

# Preparing for the “Cast Away Life”



# Prepare for the “Cast Away” Life

## Psychological

Communication Plan

Meeting Place

Emotional Recovery

## Physical

Shelter & Warmth

Water & Food

Medical & Sanitation


# Separated by...

- Failed Bridges
- Landslides
- Debris
- Hazardous Materials



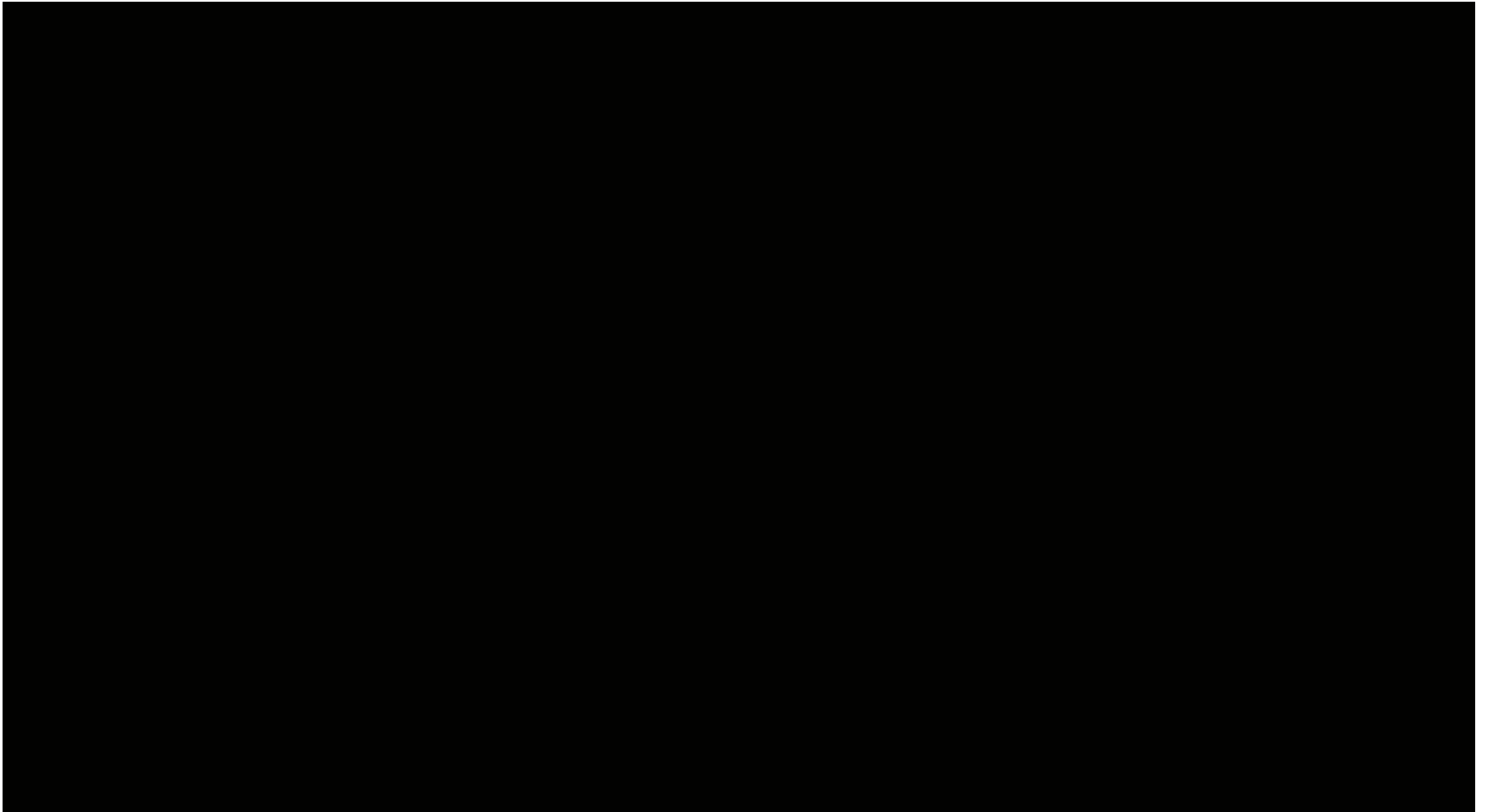
# Have a Family Plan

- Communication Plan
  - Out of Area Contact
  - Photo
  - Insurance Info
- Update School Info
- Identify Meeting Places

 **OUT OF AREA CONTACT PERSON**  
*WHY?* Local phone systems may be shut down in a disaster. However, you frequently can place a long-distance call.  
[www.emd.wa.gov](http://www.emd.wa.gov)  
**Name (print):** \_\_\_\_\_  
**Phone number (with area code):** \_\_\_\_\_  
**Cell phone number (with area code):** \_\_\_\_\_  
**TIP:** You may be able to text message all your loved ones on your cell phone. Keep these messages short.



# Have an Out of Area Contact!





# Emotional Recovery



**Imagine Extended Camp Life without infrastructure**



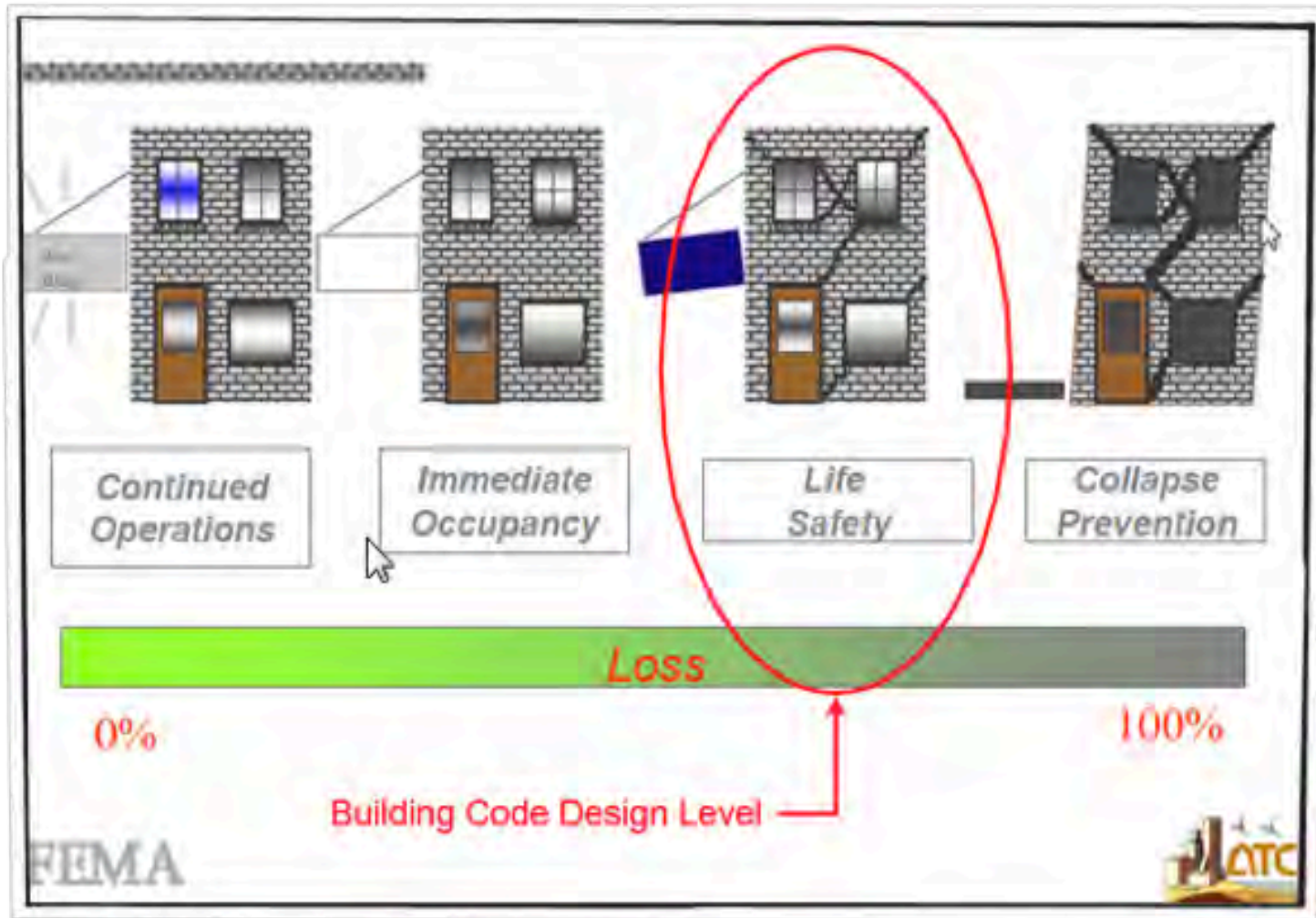
**Give Everyone a Job!**

# Without Utilities



- No Running Water
- No Electricity
- No Communications
- No Sewer System
- No Garbage Pick-up
- No Fuel
- No Groceries in the Store
- No Pharmacy

# Living Outside





# Protection from the Rain



# Make-shift Shelter



**This is not a viable solution on the Washington Coast – WIND!**



# Shelter & Warmth

**Tube Tent**



**High Occupancy Tent**



# Water

## Water Filter Straw



## 55-Gallon Barrel of Water



# Food



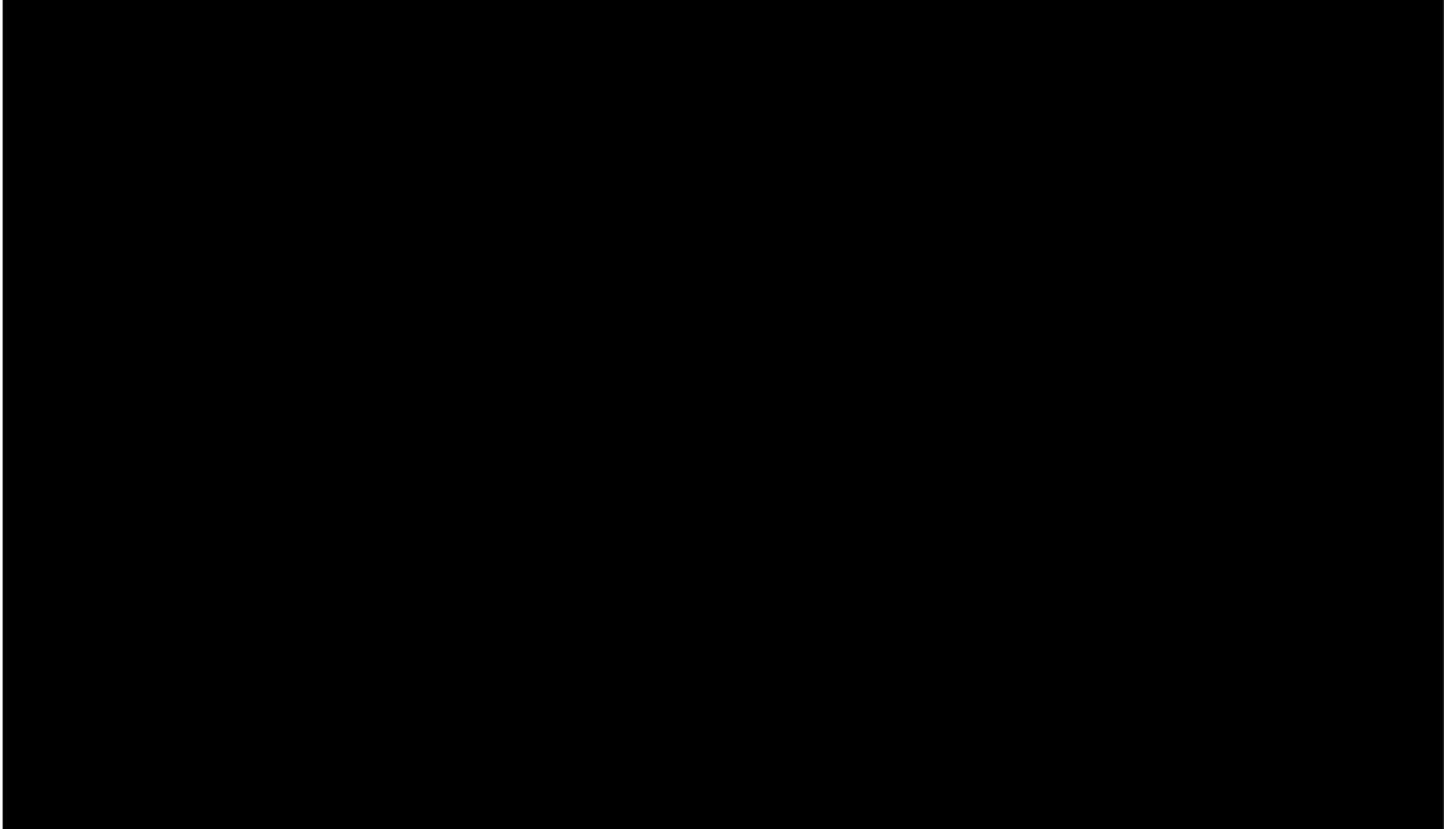


## A roll of white toilet paper with a single sheet partially unrolled. The roll is cylindrical with a central cardboard core. The paper has a soft, textured appearance. A single sheet is pulled out from the right side, showing its full length and the same soft texture. The background is plain white.





# Personal Preparedness



# But what can I do?

- Go-Kit – minimum of 72 hours

- Car
- Office
- Home

✓ Have 3 weeks worth of:

- Food
- Water
- Medicine
- Anything else you deem a necessity



What about me ?



**What do you consider a necessity? (*got a pet?*)**

[http://www.emd.wa.gov/preparedness/prep\\_pets.shtml](http://www.emd.wa.gov/preparedness/prep_pets.shtml)

# Build a Kit on a Budget!

## What:

## Where:

## Price:

• Utility Knife	Dollar Tree	\$ .30
• Radio	Walgreens	\$ .81
• Whistle	Dollar Tree	\$ .19
• Food	Walmart	\$6.50
• Water (1 Gallon)	Dollar Tree	\$1
• Basic First Aid Kit	Dollar Tree	\$1.10
• Pencils (2) / Paper	Dollar Tree	\$ .64
• Leather Gloves	Walmart	\$2.17
• Waterproof Matches	Walmart	\$ .52
• Flashlight	Dollar Tree	\$1.10
• AA Batteries (2)	Dollar Tree	\$ .27
• Survival Blanket	Walmart	\$3.17
• Backpack / Bag	Goodwill	\$2.20
Total:		\$20.03



Kit Demonstration

Please Note: **The State of Washington does not endorse specific companies.** This list is provided as a reference of what we found and where we found it. You may have the same, or even better, results with these or other stores.



# Emergency Supplies Checklist

30 gallon

Trash Can w/wheels to hold  
emergency supplies!

➤ Items should include:

- First Aid supplies
- Flashlights
- Extra batteries
- Battery operated lanterns
- Rain Gear
- Blankets or sleeping bags
- Tools (wrench, pliers, shovels, work gloves)
- Fire Extinguishers
- Tarps
- Hard Hats



# Strengthen Your Community

- Map Your Neighborhood
- Cache of Supplies
  - Neighborhood Caches
  - School Caches
- Vertical Evacuation Options
- Drills
- Seismic Strengthening



# Get to know your Neighbors...



And even though...





# Neighborhood Preparedness

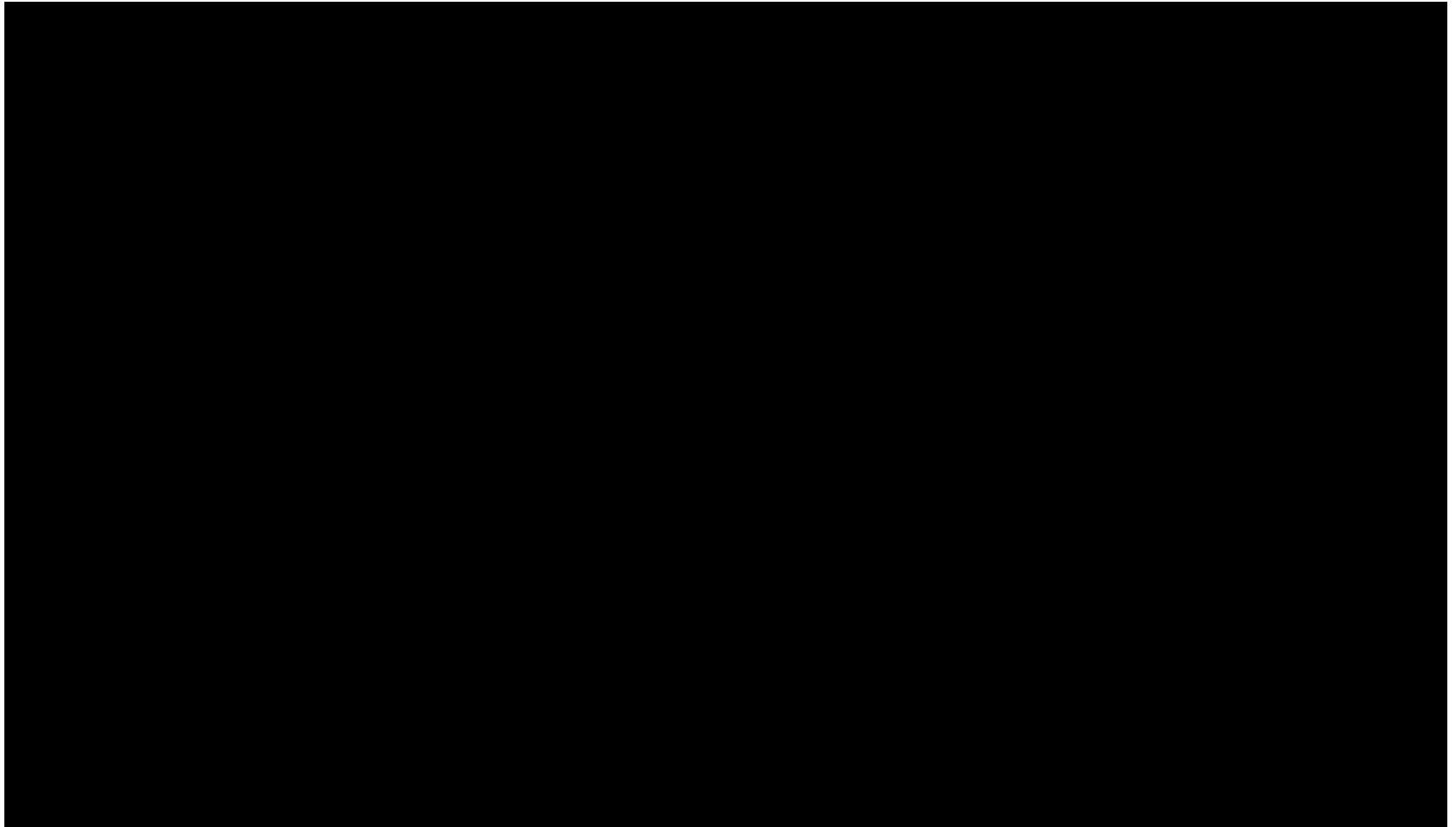
- First Responders may be overwhelmed and unable to immediately assist individuals
- Neighbors will be the first ones to offer assistance.
- Map Your Neighborhood program provides excellent guidance



*In a disaster, your most immediate source of help are the neighbors living around you*



# Map Your Neighborhood Video



# Build Response Capacity

- Community Emergency Response Team
- Red Cross
  - Shelter Ops & Management
  - First Aid
- Amateur Radio Operator
- Post-Earthquake Building Evaluations



Animals in Disasters

<http://www.ready.gov/caring-animals>



# Summary

## Distant Event

Understand  
Distant Tsunami

Plan for Before,  
During & After

## Local Event

Survive a Cascadia  
Earthquake

Escape a  
Local Tsunami

Prepare for  
Island Life

# Will Your Behavior Change?

**Mass Notification Systems**

**Prevention & Mitigation Actions**

**Drop, Cover, Hold**

**Practice Evacuation Routes**

**Communication Plan**

**Gather Supplies**

**Build Community Capacity**

# Tsunami Education = Lives Saved

“Children at the school had received tsunami training the Friday before the tsunami. When the teachers felt the quake, they led the children out the back of the school and up the hill”

“It saved the school,”

“Thank God those teachers knew what they were doing.”

**- Peter Gurr of Maota, Samoa, 2009**



Source: Kamaichi city

“The pre-disaster education guided the pupils at primary and junior high schools in Ishinomaki-city (one of the cities completely washed away) to safety during the tsunami. Misuhama area in Ishinomaki has a total of 380 residents and about 130 households. However, only one person died and eight remain missing. It has been revealed that **the people's awareness of what do at the event of an earthquake and regular conduct of (tsunami evacuation) exercises/drill had helped them**”



# Public Education Saves Lives



***Help reduce the impact of a tsunami in your community***

**Ever since the earthquake...**



**Ralph takes precautionary measures when couch napping....**