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
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 Filter Straw

55-Gallon Barrel of Water
Food
Sanitation
First Aid & Medications
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 do you consider a necessity? (got a pet?)**

http://www.emd.wa.gov/preparedness/prep_pets.shtml
Build a Kit on a Budget!

What:          Where:          Price:

• Utility Knife    Dollar Tree     $ .36
• 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

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

“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. Misuzuhama 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.