

CITY OF SAMMAMISH
EMERGENCY
PREPAREDNESS
GUIDE



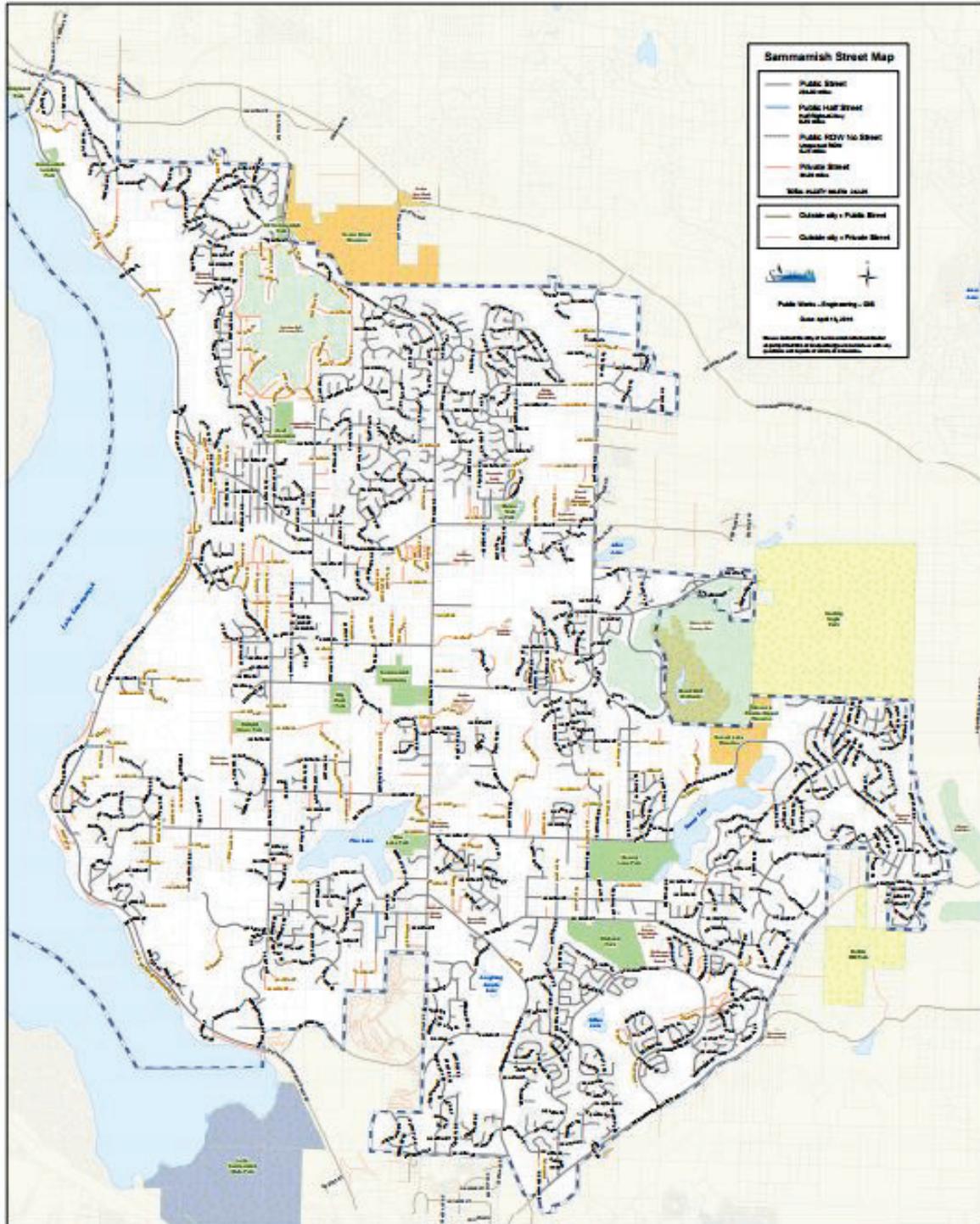
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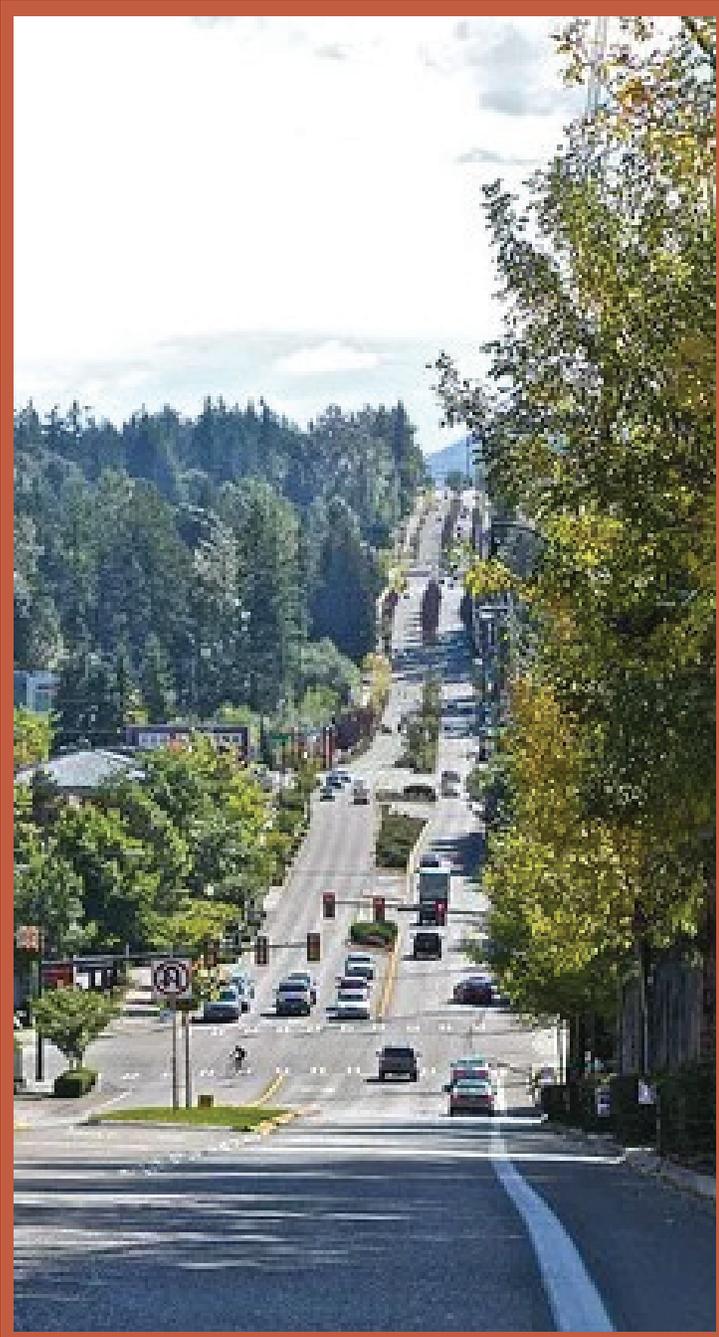
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RESPONDING TO

DISASTERS

IN SAMMAMISH



The City of Sammamish and King County are subject to various destructive emergencies including earthquakes, floods, landslides, wild fires, urban fires, tsunamis, hazardous material releases, terrorism, extreme weather, and civil unrest. Major earthquakes have occurred in Washington causing damage in 1909, 1939, 1946, 1965, and 2001. The potential exists for large earthquakes along the Cascadia Subduction Zone, up to an earthquake measuring 9 or more on the Richter scale. This would cause coastal areas to drop up to 6 feet in minutes and would produce a tsunami all along the fault line from British Columbia to Northern California. Such an earthquake would last several minutes and produce catastrophic damage

Emergency situations become disasters when they overwhelm the resources available to protect our community. In a disaster, first responders will do everything possible to provide assistance to residents. However, large disasters may completely overwhelm our resources with multiple incidents and competing public safety needs. First responders will need to focus their efforts in the areas where they can do the most good - helping severely endangered people and heavily impacted areas first. It is possible, even likely, that some areas may not get professional assistance for days after a disaster has occurred.

A major disaster can leave hundreds, possibly thousands, of people homeless and strain food, water and shelter resources for all emergency response and support agencies.

This Guide is intended to help you and your family survive and recover after a major disaster. Become familiar with the tips and the resources provided in this Guide and take steps to keep your family safe.

City of Sammamish
Office of Emergency Management

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You may be the first person to spot an emergency and be in a position to notify authorities. This is best done through the 911 system, preferably using a landline (such as a home or office telephone) so your location is accurately recorded.

Never assume that someone else has called 911 when you see an emergency. In fact, the more people who call 911 to report an emergency, the better. Each call received may provide more information than the previous call.

In an emergency large numbers of 911 calls from cellular telephones may cause significant delays when trying to reach a 911 operator.

Cellular calls do not always capture your location. When reporting an emergency on a cellular telephone:

- Give your cellular telephone number to the 911 operator immediately in case the call is dropped or lost.
- When asked for your location, report the location where the incident occurred.



In case of emergency
DIAL 9-1-1

FOUR STEPS TO PREPAREDNESS

Are you prepared to survive a major earthquake, winter storm, fire, flood, act of terrorism or other disasters? The time to start thinking about what to do in an emergency is before it happens. By following some simple guidelines you can help prepare your family, neighborhood, business or school to be better prepared and self-sufficient after the next disaster.

The City of Sammamish maintains formal disaster plans designed to coordinate emergency services provided by local, county, state, federal and volunteer agencies. Every effort will be made to preserve basic services to City residents, but survival during a disaster depends on individual and family preparedness.

1. HAVE A PLAN

Beginning on Page 10



2. BUILD A KIT

Beginning on Page 34



3. STAY INFORMED

Beginning on Page 41



4. GET INVOLVED

Beginning on Page 43



FAMILY EMERGENCY PLAN

A good place to begin emergency preparedness is by writing a Family Emergency Plan. Your Plan should include every member of your household – including pets!

10 ESSENTIAL Actions



- 1 Learn the threats in your area
- 2 Identify meeting places
 - Outside your home
 - Outside your neighborhood
- 3 Select your out-of-state contact
- 4 Know your evacuation routes
 - Exits and alternate ways to leave home
- 5 Know the location of utility shut-offs
 - Water
 - Gas
 - Electricity
- 6 Know the emergency policies of schools and adult-care centers
 - Emergency shelter/supplies
 - Transportation
- 7 Identify safe spots in each room to take cover, if needed
 - Under sturdy tables and desks
 - Against interior walls
- 8 Extra medications
- 9 Make special provisions for
 - Children
 - Seniors
 - Pets
 - People with disabilities
 - Non-English speaking
- 10 Schedule annual disaster drills





FIRE ESCAPE PLAN

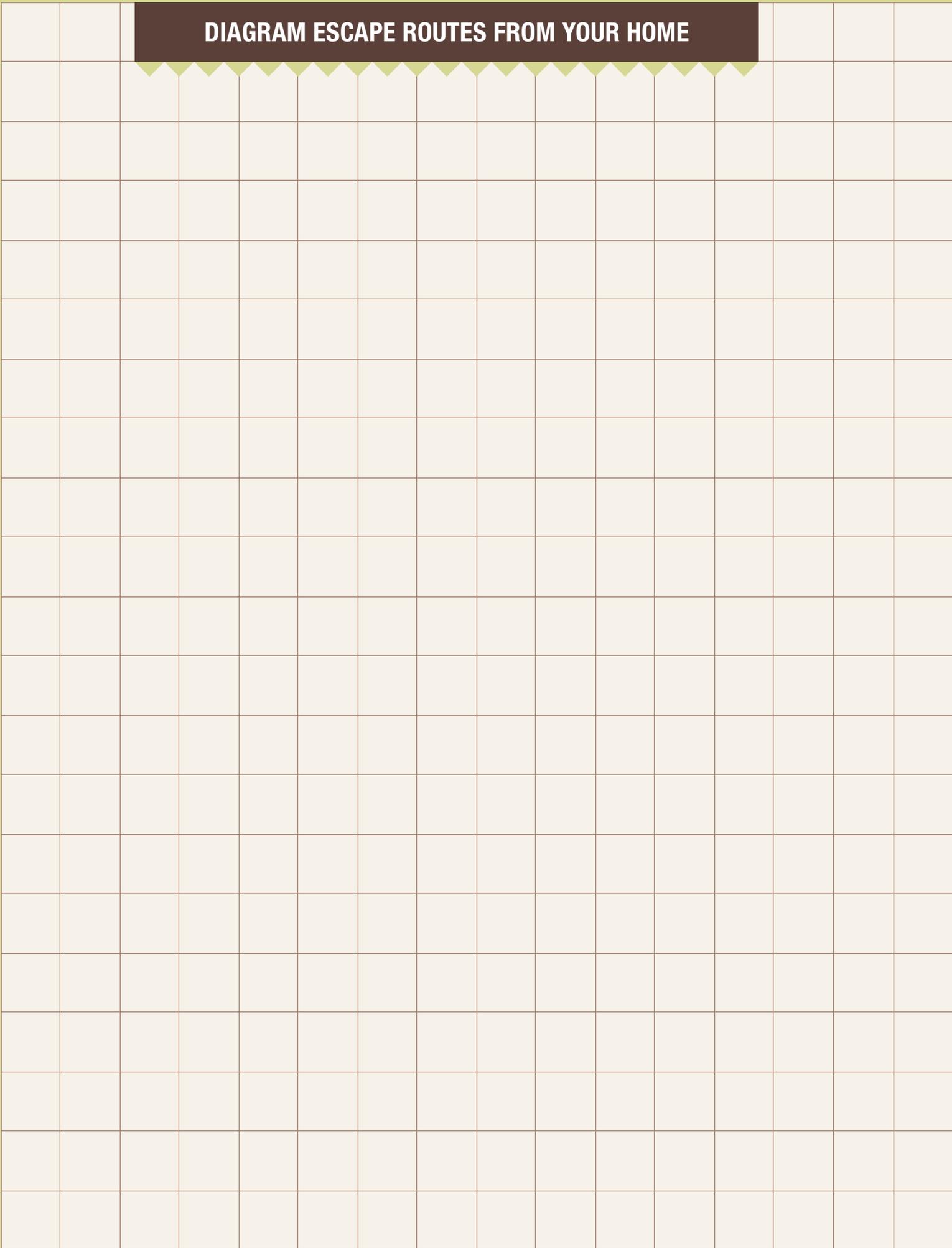
1. Sit down with your family and make a step-by-step plan for escaping from your home during a fire. Draw a diagram of your home.
2. Plan two ways out of every room, especially the bedrooms.
3. Make sure everyone can unlock all locks and open all windows and doors quickly.
4. Ensure that safety bars contain the proper device so that in an emergency, they may be easily unlocked.
5. If you must escape from a second-story window, be sure you have a safe way to reach the ground. Make special arrangements for small children and people with disabilities.

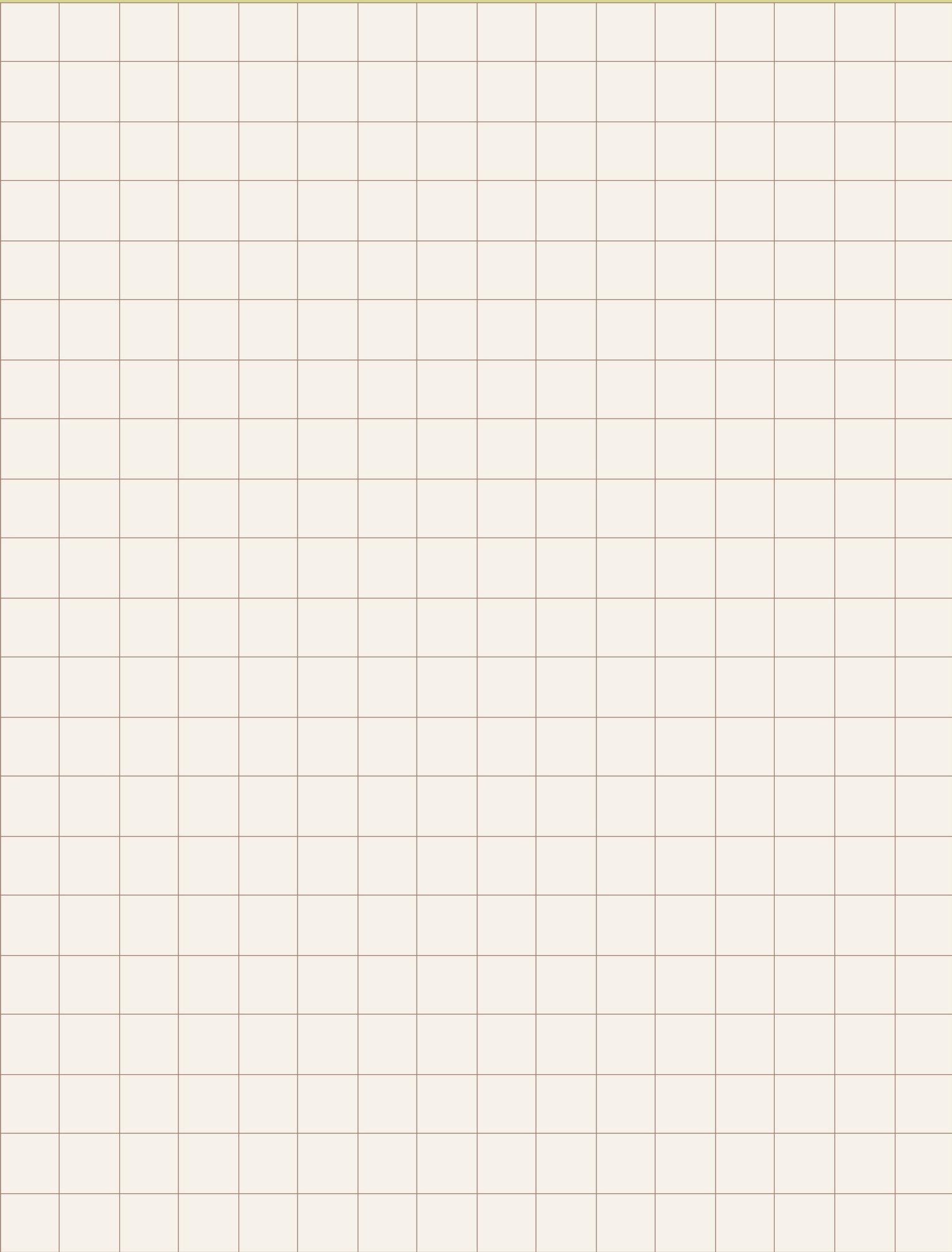


For more information on **fire safety** visit
www.eastsidefire-rescue.org

DIAGRAM ESCAPE ROUTES FROM YOUR HOME

HAVE A PLAN





INDIVIDUALS IN NEED OF ASSISTANCE

Be sure that your Family Emergency Plan includes the needs of all members of your household. Consider forming a neighborhood network to assist in times of emergency. Individuals in need of unique support may include:

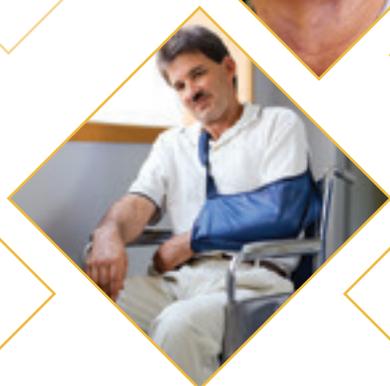
- Elderly
- Temporary or casual workers
- Pregnant women or parents with newborns
- People unable to leave their residence independently
- Non-English-speaking individuals
- Post-surgery patients
- People with physical, sensory or cognitive disabilities
- Individuals with no access to transport
- People with special dietary needs

All individuals in need of unique support should interpret an Evacuation Warning as an Evacuation Order and make arrangements to leave the impacted area immediately.

When considering how to prepare for emergencies, think about the people in your neighborhood and how you can work together. The first people to assist in an emergency are often your neighbors, friends and co-workers.

NEIGHBORS

not professional first responders, typically perform 70% of all rescues in major disasters.



For more information on emergency planning for people with disabilities visit the King County Community Resilience + Equity Program (CR+EP) at <http://www.kingcounty.gov/depts/health/emergency-preparedness/partnerships/Community-Resilience-Equity-Program.aspx>

EVACUATIONS

An Evacuation Warning

or Voluntary Evacuation, means that it is time to prepare to leave your home and the area. Gather your family, pets, basic needs and important paperwork and listen for instructions from emergency responders. If you have special medical needs or have limited mobility, you should prepare to leave the area when an Evacuation Warning is issued. Those with horses or large animals should also begin to evacuate.

An Evacuation Order

or Mandatory Evacuation, is a directive from the Police or Fire Departments to leave your home or business immediately. Failure to follow an Evacuation Order may result in endangerment to the lives of others, personal injury, or death. Once you have left the area you will not be able to return until the Order has been lifted.

An Evacuation Shelter

may be set up by the Red Cross at the request of the City if an area must be evacuated for an extended amount of time. The location for an evacuation shelter will be announced by local officials, once a safety assessment is complete and the shelter is ready to accept those affected by the evacuation.

Shelter-in-Place

means the best place to be safe is indoors. If authorities advise you to shelter-in-place you should turn off air-conditioner and fan units, seal the gaps around windows and doors and listen to the radio for authorities to announce the threat has passed. Do not venture out of your shelter area until you are instructed that it is safe to do so.

FLOODS

A flood **WATCH** means flash flooding is possible in your area.

A flood **WARNING** means a flash flood is occurring or will occur very soon.

If you evacuate, remember to leave information inside your home so others know where you are planning to go. Be sure to include your out-of-area contact information.

EVACUATION CHECKLIST

10 ESSENTIAL Items

1

Emergency Supply Kit

2

Out-of-State Contact List

3

Cash and Credit Cards

4

Important Documents

- Social Security card
- Drivers License
- Passport
- Medical card and records
- Insurance information

5

Change of Clothing

- For each family member

8

Baby Items

- Diapers
- Formula
- Food
- Change of clothing

6

Personal Hygiene Items

- Toothbrush & Toothpaste
- Shampoo & Soap
- Lotion
- Deodorant
- Kleenex and Toilet Tissue

7

Family Photos

9

Special Needs Items

- Wheelchair, Canes & Walkers
- Medications
- Hearing Aids (& extra batteries)

10

Pet Care Items

- Identification & Immunization Records
- Carrier or Cage
- Muzzle and Leash
- Food & Water



SCHOOL SAFETY

If you have children attending school in Sammamish it is important for you to obtain a copy of the school's disaster plan and include it in your Family Emergency Plan. The school's disaster plan should answer the following questions:

WHO SHOULD I CALL TO KEEP UPDATED ON THE STATUS OF MY CHILD?

Name _____

Phone _____

- | YES | NO | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Will my child be sheltered in place during a winter storm or other emergency? |
| <input type="checkbox"/> | <input type="checkbox"/> | If so, do I know what precautions my school has taken to ensure my child's safety? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does the school maintain a parent-provided disaster supply kit for my child? |
| <input type="checkbox"/> | <input type="checkbox"/> | If so, have I recently updated its contents? |
| <input type="checkbox"/> | <input type="checkbox"/> | Does the school have adequate emergency supplies on hand to care for my child? |
| <input type="checkbox"/> | <input type="checkbox"/> | Will I be able to pick up my child, or send someone else to pick up my child? |
| <input type="checkbox"/> | <input type="checkbox"/> | Will my child be evacuated? |
| <input type="checkbox"/> | <input type="checkbox"/> | If so, do I know to what location my child might be evacuated? |
| <input type="checkbox"/> | <input type="checkbox"/> | If my child needs special medications, can a short-term supply of these medications be kept at the school nurse's office for use during any emergency? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is your child's emergency contact information up-to-date? |



PUBLIC SCHOOL CLOSURES



Before School Has Begun for the Day

If one or all schools cannot open due to unsafe road conditions or other reasons, district superintendents will declare a school closure and the school will notify local radio stations to announce planned closures. If conditions allow, district personnel including custodians, maintenance, and office staff will report to work as usual.

Once School Has Begun

Once school has started for the day, students will remain until the regular dismissal hour or until students are checked-out by an adult listed on their emergency card. During bad weather, principals or other school representatives will remain on campus until all students have been picked up from school.

Transport coordinators for the school will notify the principal and superintendent if road conditions in the area mean that students cannot safely leave. If an earthquake or other disaster prevents parents or guardians from picking up students when school is over, students will be sheltered at the school. Schools plan for extended stays by keeping food and other supplies for students and staff onsite.

School Evacuation

If an individual school must be evacuated due to flooding, fire, or destruction of facilities, students will be evacuated by school bus or other means to another district school site. Parents and guardians will be notified through local radio station announcements about evacuations and transfer sites where they can pick up students.

TIP

Follow your children's school district Twitter and Facebook accounts for information on school status and closures.

PREPARE AT WORK

THINGS TO DO

1

Recognize potential hazards and how they can impact your business operations.

- Earthquake
- Fire
- Power Outage
- Flood
- Water Damage
- Theft
- Security Risk

2

Begin to prepare a disaster and continuity plan.

- Emergency Contact list
- Key Contacts
- Vital Records
- Critical equipment
- Identify alternate work locations

3

Stockpile supplies, encourage employees to keep emergency supplies at work.

- First Aid
- Food
- Water
- Lighting
- Communications
- Tools
- Hygiene & Sanitation

4

Identify steps you can take to mitigate potential building damage.

- Talk to building owner
- Request safety inspections
- Consult Fire Marshal

5

Practice Drop, Cover and Hold On!

- Under desk
- Under a table
- Away from windows
- Stay low
- Cover neck and head

6

Once the danger has passed first check for injured people then look for serious damages to your building.

- Address life safety issues
- Address outer building safety
- Address internal building safety
- Perform more detailed building assessment
- Have a meeting place

7

Use your plan to resume business operations.

- Complete a detailed assessment of your vulnerability to hazards
- Communicate with employees and customers about your plan
- Find the resources you need to recover in your community
- Refine your Disaster Plan with Best Practices

PREPARING YOUR CONGREGATION FOR DISASTER



Ensure your place of worship has an updated emergency plan. Decide how your place of worship will respond in a major disaster and provide training to your worship community to help you carry out your plans.

- Identify potential hazards and threats
- Prepare your buildings for a disaster
- Plan for building evacuations
- Train staff in disaster readiness and response
- Prepare to help your congregation after a disaster
- Prepare to help other members of your community
- Set up telephone calling trees
- Appoint leaders to groups of members to keep the place of worship informed of needs



For more information on preparedness and a template disaster plan for faith organizations, please visit <https://www.sammamish.us/government/departments/emergency-management/preparedness-resources/>



PLANNING FOR WATER

To prepare the safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it. Be sure to notice the expiration or “use by” date.

- A normally active person needs to drink at least two quarts of water each day. Children, nursing mothers, and others may need more.
- Very hot temperatures can double the amount of water needed.
- Store at least one gallon per person per day, for drinking and cooking.
- Store water in thoroughly washed plastic, glass, or enamel-lined metal containers.

Recycle self-stored water every six months.

Recycle commercially bottled water every two years.

WARNING

The water stored in water heaters is **VERY HOT**. Take precautions to avoid injury!



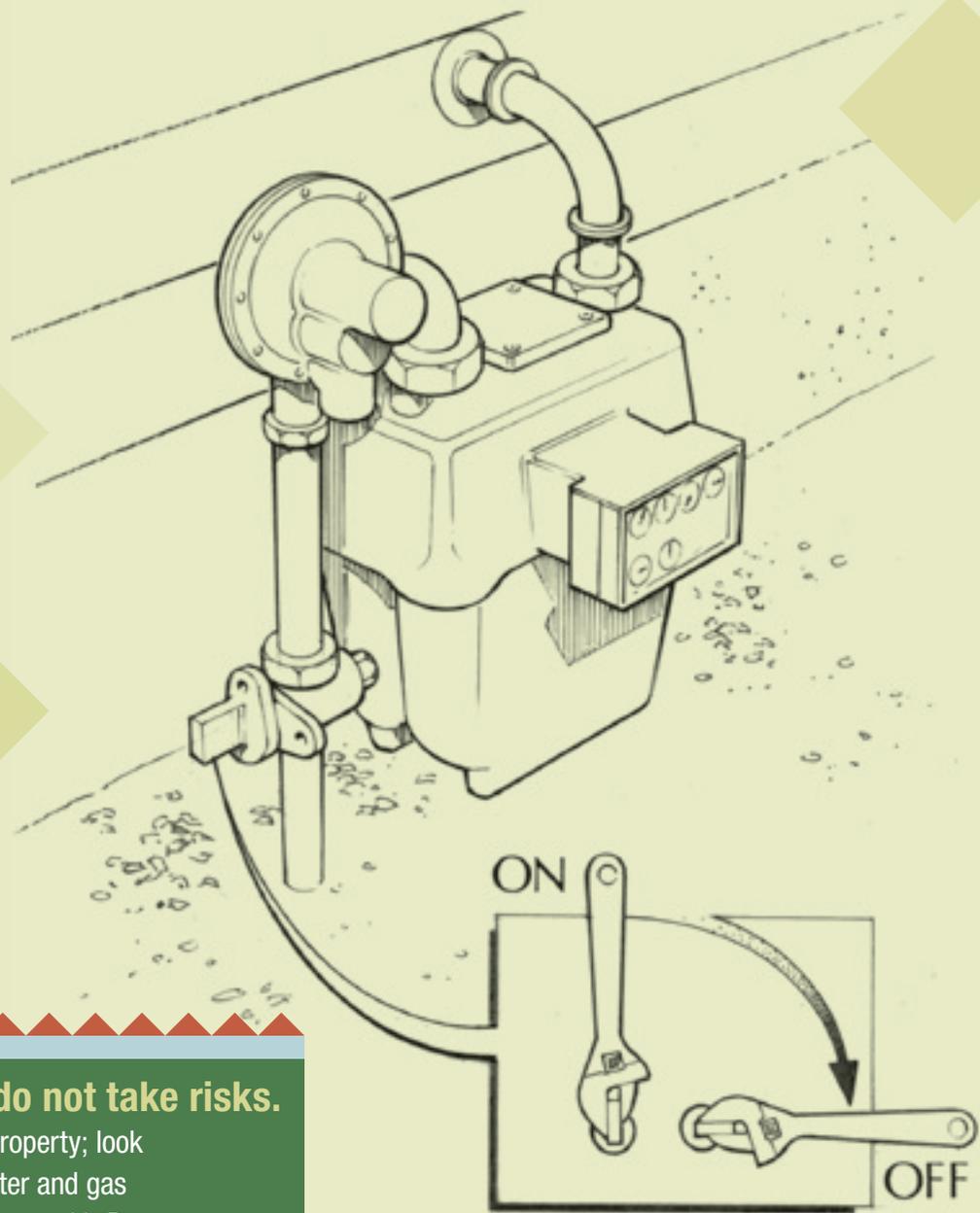
TIP

Your hot water heater can be a source of water.

Turn off the power that heats the tank and let it cool.

When you want water, place a container underneath and open the drain valve on the bottom of the tank.





Think **SAFETY** and do not take risks.

Walk carefully around your property; look for downed power wires, water and gas leaks and damage to the structure(s). Do not enter severely damaged buildings, especially alone. Wait for help and use safety gear.

GAS SHUT OFF

Learn the location of your gas meter and how to shut off the supply valve. Do not shut off the gas supply valve unless you smell or hear gas leaking. If you have “Natural Gas” (a line from the street) the main shut-off valve is located next to your meter on the inlet pipe. Use a wrench and carefully give it a quarter turn in either direction so that the bar runs crosswise on the pipe. The line is now closed. Shut off valves covered with paint should be tapped gently to break the seal; forcing the valve can break it. If you have propane (gas in a tank), turn off the main gas supply valve if it is safe to do so. To close the valve turn it to the right (clockwise).

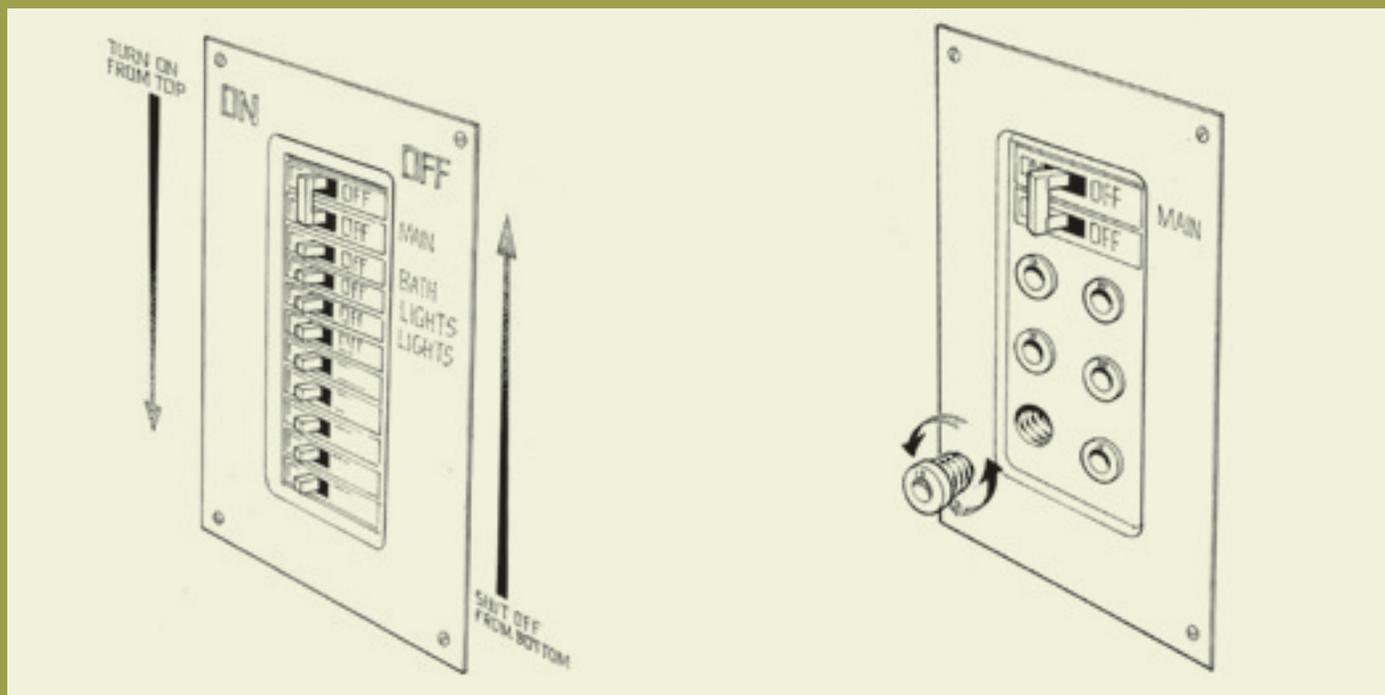
UTILITIES



ELECTRICITY SHUT OFF

Every responsible member of your household should know where your electrical switch box is and which switch controls power to your home. This switch may be found on the circuit breaker panel or it may be separately located near the meter.

Remember - do not operate any electrical switches if a gas leak is suspected. To shut off the electricity to your home, turn off individual breakers first, then the main switch. To turn back on, turn on the main switch first, then individual breakers.



WATER SHUT OFF

The water shut off valve is found where the water supply enters the house. Check with your water company to determine if a special tool is needed to turn the valve. Consider installing a turn off valve near your home to help with leaks or burst pipes inside. Water is essential for survival but in an emergency, may be limited or unavailable. Properly stored water is the most important part of your emergency plan.

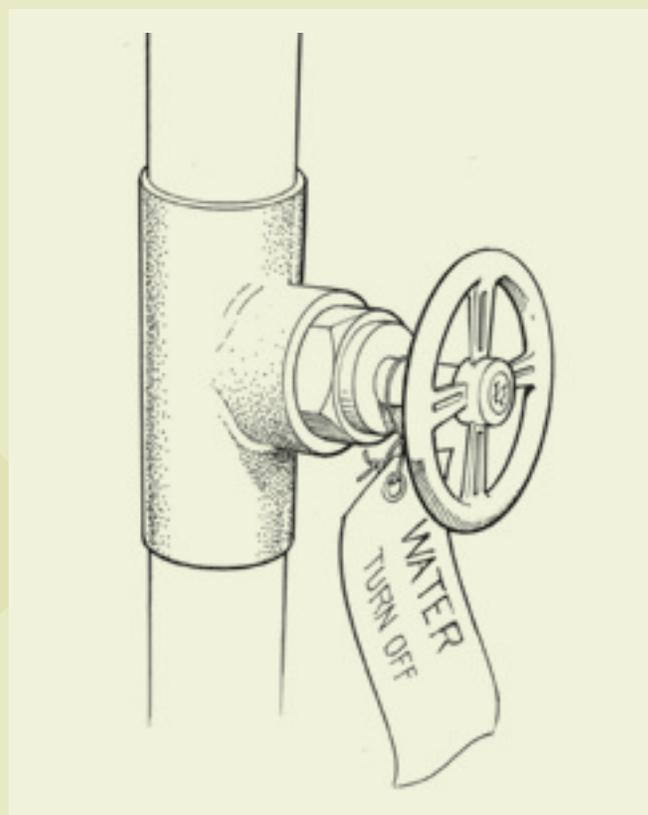
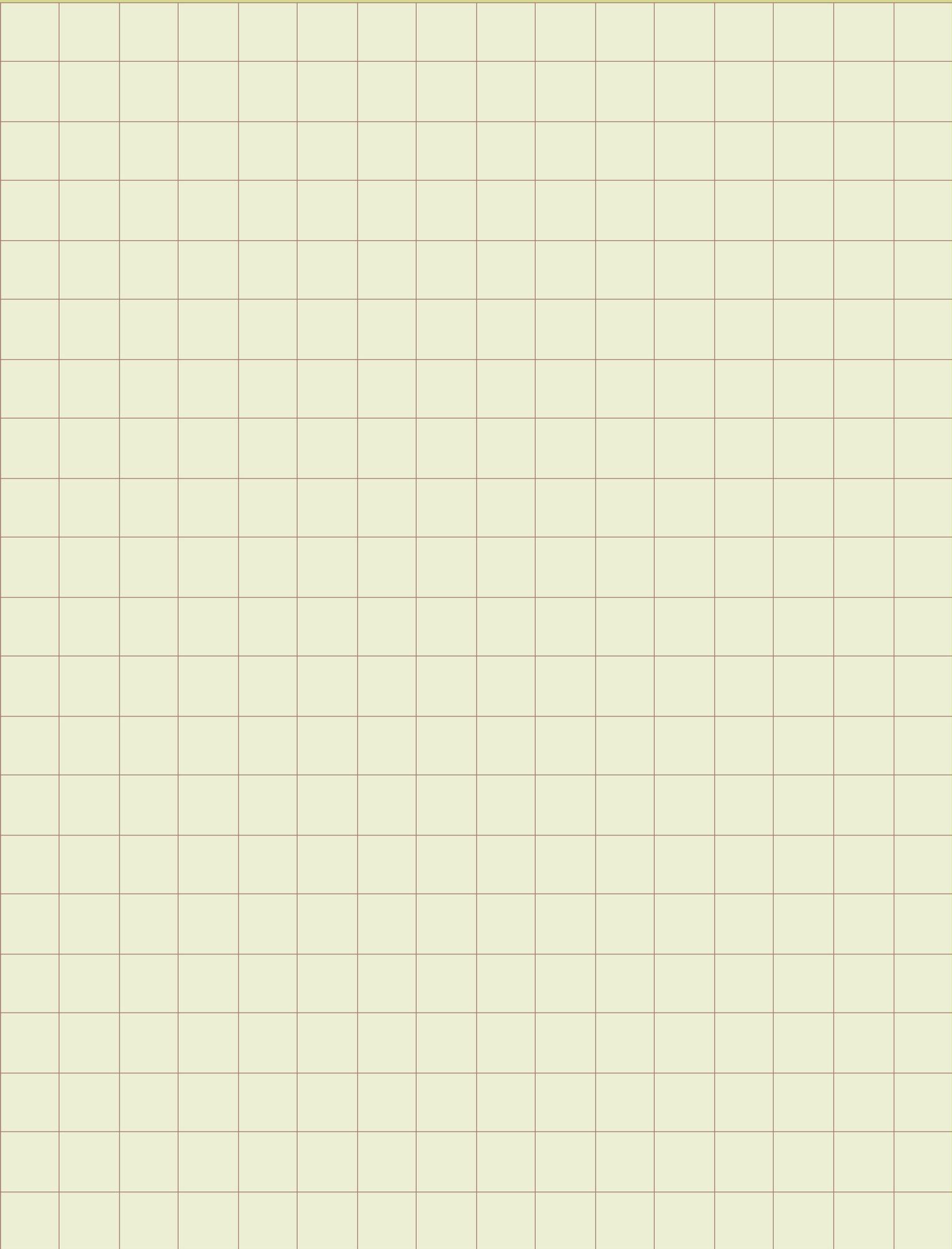


DIAGRAM THE LOCATION OF YOUR UTILITY SHUT-OFF VALVES; INCLUDE WATER, ELECTRICAL AND GAS.

A large grid of graph paper for diagramming utility shut-off valves. The grid is composed of 20 columns and 20 rows of squares. The top portion of the grid is partially obscured by a dark brown banner with white text. The banner has a decorative, scalloped bottom edge. The grid is intended for drawing a floor plan or map showing the locations of water, electrical, and gas shut-off valves.



ANIMAL PREPAREDNESS

Dogs, Cats and Other Small Animals

Whether you are away from home for a day or a week, you'll need essential supplies for your pets. Keep items in an accessible place and store them in sturdy containers that can be carried easily (duffel bags, covered trash containers, etc.). Keep non-expired medications and food ready at all times. Be Sure All Your Pets are Clearly Identified

- Be sure all dogs and cats are wearing collars with securely fastened current identification.
- Attach the telephone number and address of your temporary shelter to their collar.
- If you have not identified a temporary shelter, include the name and numbers of a friend or relative well outside the impacted area.

Identification microchips are highly recommended for all pets.

Contact the Regional Animal Services of King County (RASKC) for more information.



TIP

Register your pet's microchip and keep the phone number of the data carrier with your important evacuation papers.

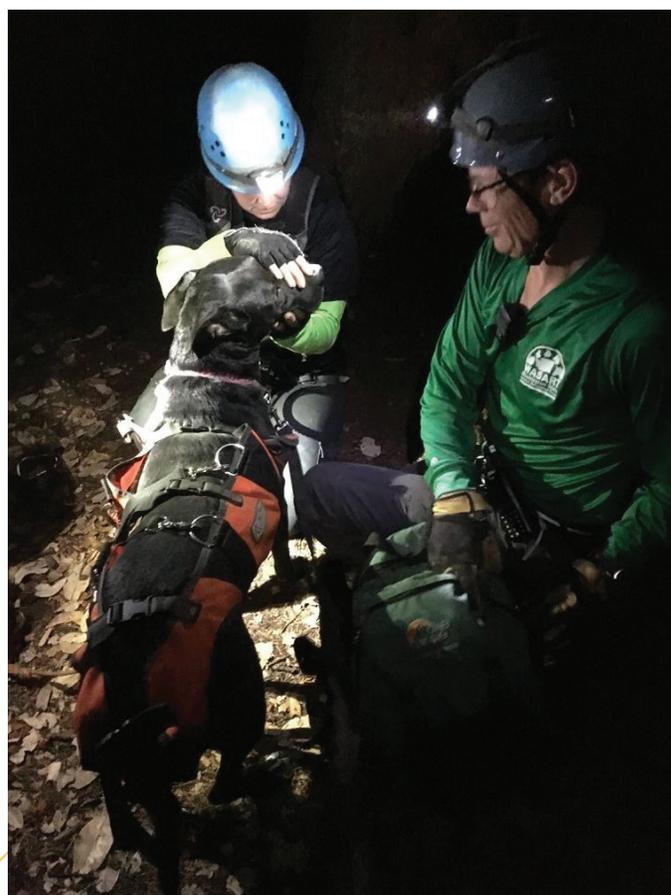
HORSES AND LARGE ANIMALS

Emergency preparedness is important for all animals, but preparedness for horses and large animals is especially important because of their size and special transportation needs.

Horses should be evacuated as soon as an EVACUATION WARNING is issued. Do not wait for the EVACUATION ORDER. If you are unprepared or wait until the last minute, you may need to leave your animals behind. Consider these tips as you prepare your evacuation plan:

ANIMAL EVACUATION PLAN

- Before the emergency, make arrangements to shelter your animals at two different locations far apart from each other.
- If you have large animals, evacuate when you hear the EVACUATION WARNING.
- Train horses to lead and trailer so that they become comfortable with the process.
- Keep your truck and trailer in safe, working condition (gas tank full). If you don't have a truck and trailer, make arrangements in advance to have someone evacuate your animals.
- Know who is evacuating your animals. Be sure to exchange phone numbers, Drivers License numbers and other relevant information with the person evacuating your horse. Know where your animals will be taken.
- Network with your neighbors prior to an emergency. Work together to help horse/pet owners on your street who do not have horse trailers or who are not home during an emergency.



WASART (Washington State Animal Response Team) is a 501(c)(3) non-profit all-volunteer organization that helps companion animals and livestock out of immediate crisis and dangerous situations. For example, if your horse falls into a well, your dog falls over a cliff, your cow gets stuck in a barn wall, or your community needs help sheltering animals for short-term issues such as threat of fire, WASART is trained to help out in these situations

For more information visit their website:
www.washingtonsart.org

TIP

Mount fire extinguishers near barn entrances and around stables for easy access in the event of a barn fire. Store hay outside the barn in a dry covered area when possible.



RISKS TO ANIMALS AFTER THE DISASTER

Risks to animals after a fire include burned or cut paws, eating or inhaling toxic substances or residues, escaping because of downed fences or other damage, loss of shelter and shade, and a lack of water supply, power supply, and other services. Similar risks will be present after an earthquake or other disaster.

After the crisis has passed, it may be some time before you can return to your home. Even if your house is intact and you are allowed to return, the area may not be safe for your pets. Anticipate visits from inspectors and workers and make arrangements to provide your pet with a secure place where they will be safe and out of harms way.

Keep in mind that when animals return to a changed landscape, they will be upset, disoriented, and easily stressed. Try to be calm and follow normal routines whenever possible.



The **ASPCA** has **PET PREPAREDNESS** information available online at: www.aspca.org/pet-care/general-pet-care/disaster-preparedness

LARGE ANIMAL SHELTER-IN-PLACE

Shelter-in-place means providing optimum shelter on your property for your horses/livestock if you cannot evacuate. We do not endorse the Shelter-in-Place strategy for large animals.

If you MUST shelter in place:

- DO NOT TURN HORSES LOOSE – they may return home to a burning barn. Loose horses also cause serious problems for first responders.
- Maintain adequate clearance – the Fire Department recommends clearing underbrush from around your property.
- Turn horses into an area with sufficient brush and tree clearance – Your horse corral should be made with metal pipes, not PVC or wood.

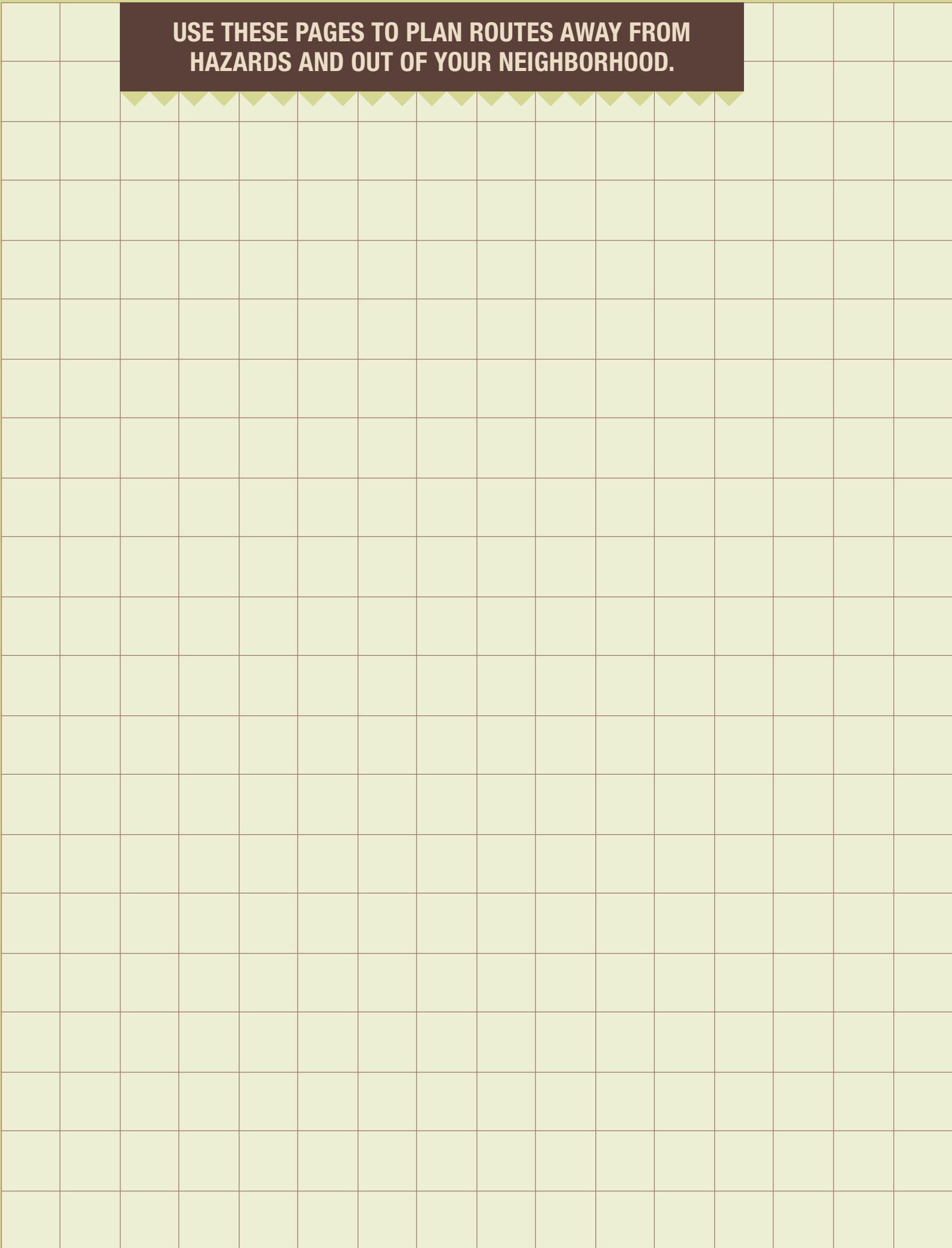
Consider having the following items near the horse corral:

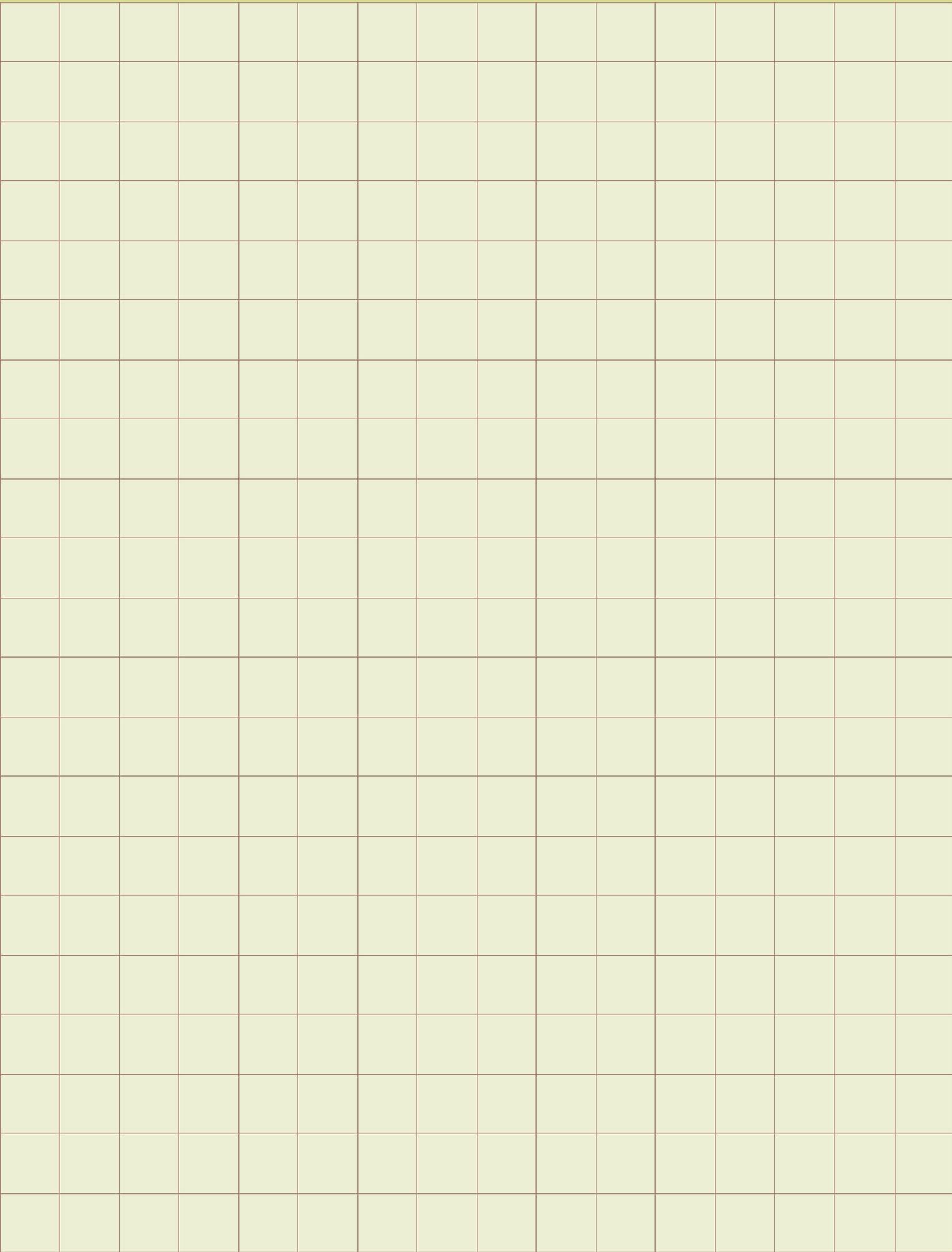
- Fire hose(s)
- Generator
- Multiple tools (shovels, axes, hoes, rakes, brooms, etc.) placed strategically around property,
- Multiple ladders extended and placed at both ends of house and ready for use near the barn
- Portable AM/FM radio with spare batteries
- Hand-held FRS radios (walkie-talkies) and hand held scanner with spare batteries
- Masks, goggles, heavy working gloves and bandannas
- Use leather halters not nylon



TIP Post important addresses & telephone numbers by your telephones in the house and in the barn.

USE THESE PAGES TO PLAN ROUTES AWAY FROM HAZARDS AND OUT OF YOUR NEIGHBORHOOD.





DISASTER SUPPLY KITS

Purchase a NOAA Weather Radio for All Hazards, set it up and learn how to use it. Determine in advance how you will stay informed about the latest flood and flash flood watches, warnings, and weather advisories.

A Disaster Supply Kit is any pre-assembled group of items that will improve the health and safety of your family during a disaster. Kits can be purchased or be homemade in a variety of styles and sizes. They can be as small as a shaving kit for your glove compartment or as big as a 50-gallon drum for your business. In general, kits should be easy to carry and as lightweight as possible. You can have many kits, each suited to a different purpose.

Car

School

Home

Work

**Place of
Worship**



10 ESSENTIAL Emergency Supplies

At a minimum, your emergency supplies should include these 10 essential items.

- 1 Water for 3-14 days
(1 gallon per person per day)
- 2 Food for 3-14 days
(including pet food)
- 3 First Aid Kit and Instructions
- 4 Flashlights (and extra batteries)
- 5 Radio (and extra batteries)
- 6 Medications
(prescription and non-prescription)
- 7 Cash and important documents
(small bills and coins, birth certificates,
tax returns, deeds, titles, insurance
papers, medical cards)
- 8 Clothing and sturdy shoes
- 9 Tools (wrench, duct tape, fire
extinguisher, sturdy gloves, whistle)
- 10 Sanitation and hygiene supplies



TIP

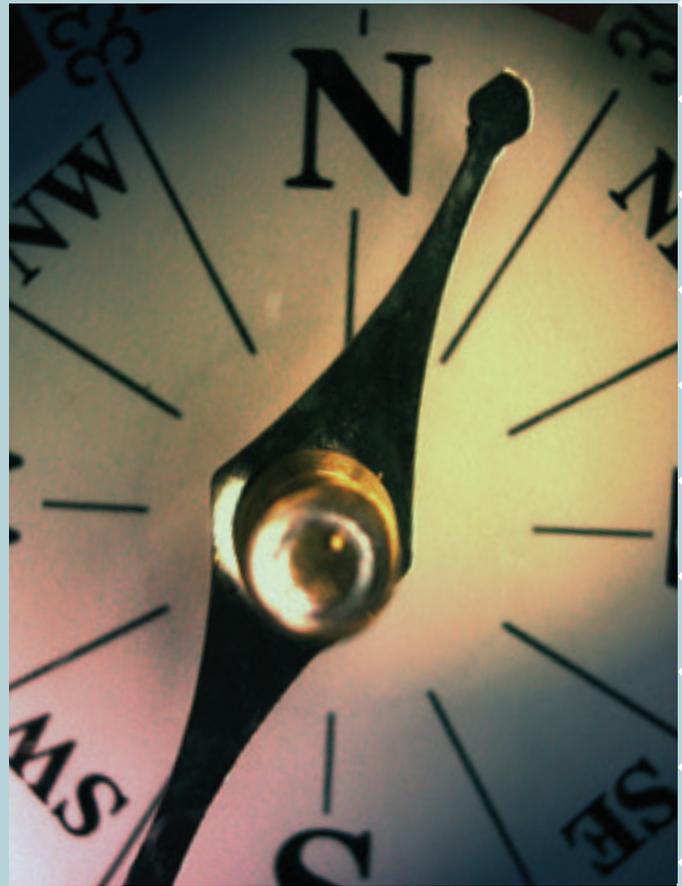
When purchasing a fire extinguisher the best type is ABC, which covers combustible, liquids and electrical fires. Be sure to check the expiration date on your extinguisher.

PERSONALIZE IT!

Include items in your disaster kit that will help your family be comfortable and self-sufficient after a disaster.

Consider adding:

- Camping stove, fuel, pots and pans, aluminum foil, paper cups, plates & plastic utensils
- Emergency blankets or sleeping bags
- Pet carriers and supplies
- Extra set of car, home, and safe deposit box keys
- List of emergency telephone numbers
- Portable toilet, toilet paper and plastic bags for human waste
- Compass
- Pens, pencils, paper tablet
- Toys, crayons and books to keep children busy



FOOD SUPPLIES

Select foods that require no refrigeration and can be prepared with little or no water. Select food items that are compact and lightweight including a selection of the following foods:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples. Such as, sugar, flour, salt, pepper
- High-energy foods such as peanut butter, jelly, crackers, granola bars, trail mix
- Food for infants, elderly persons, or persons on special diets
- Comfort/stress foods in small amounts such as cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags
- Manual can opener
- All-purpose knife
- Household liquid bleach to treat drinking water
- Plastic wrap
- Re-sealing plastic bags

BASIC FIRST AID KIT

Be sure to include personal items that you rely on daily. A basic first aid kit should include:

- Disposable/sterile burn blankets
- Adhesive tapes
- Hydrogen peroxide, Betadine
- 4x4 gauze pads (sterile and non sterile), roller gauze
- Band-Aids (assortment)
- Ice packs
- Triangular bandages, ace bandages
- Eye pads
- Scissors
- Cotton balls/Q-tips/cotton applicators (12 count)
- Tweezers
- Penlight
- Thermometer
- Safety pins and sewing needles/thread
- Optional: over-the-counter pain medication and digestive aid
- Anti-bacterial towelettes
- Blood-stopper compresses
- Burn ointment
- CPR shield
- Tri-biotic ointment
- Earplugs
- Over the counter medications



SOURCES OF DRINKING WATER

In an emergency you can use water already in your water heater tank, plumbing, and in ice cubes. Do not use water from the reservoir tank of your toilet.

- Access reserves in the water heater by opening the spigot at the bottom of the tank, attach a garden hose and strain the water through a coffee filter or clean cloth.
- Before you access the water in your plumbing, locate the water inlet/shutoff valve for house, condominium or apartment and turn off the water.
- Pools, spas, waterbeds and similar sources of water should be used for sanitary purposes only. Do not drink the water from these sources.

RATIOS FOR PURIFYING WATER WITH BLEACH

WATER QUANTITY	BLEACH ADDED
1 Quart	4 Drops
1 Gallon	16 Drops
5 Gallons	1 Teaspoon

After adding bleach, shake or stir the water container. Let stand 30 minutes before drinking.

Most utilities are only responsible for repairs to their meters. They will not be able to repair damages to your pipes or electrical wiring. However, repairs may be required before utility connection can be restored. Be patient and wait for the proper clearances from utility companies and health officials.

PET DISASTER SUPPLY KIT CHECKLIST

- Name tags and phone numbers for collars and harnesses
- Leashes, harnesses, gloves and carriers to transport pets safely and securely
- Water and food for 3-10 days
- Supplies like bowls, cat litter and pans, manual can opener, foil or plastic lids for cans
- 3-10 day supply of medications. Medical records stored in a waterproof container
- Current photos of your pets in case they get lost
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to board your pets. Don't forget pet beds and toys!
- First Aid kit (including large/small bandages with elastic tape, scissors, tweezers, Q-tips, antibiotic ointment, saline eyewash, & hydrogen peroxide)



Don't forget to include identification tags on carriers, harnesses and leashes



TIP

When you get an evacuation warning gather up small animals and confine them so they can be crated quickly. Transport cats in a plastic or wire carrier only; do not carry in your arms. Cover the carrier with a light cloth, which will help keep cats quiet. Remember that animals may be anxious in an emergency and be sure to include safety items like sturdy gloves in your emergency kit.

HORSE AND LARGE ANIMAL DISASTER SUPPLY KIT CHECKLIST

- ❑ Halters with identification tags and lead ropes for each horse.
- ❑ Vaccination and identification forms with current photos.
- ❑ Food, feed buckets, and any medications for 7–10 days.
- ❑ Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to board your horse(s).
- ❑ First Aid Kit with wraps.
- ❑ Duct tape to write identification on horse halters.
- ❑ Headlamp light (much better than flashlight when working with large animals).



TIP Have your horses micro-chipped.

It is important to know how the City of Sammamish will notify the community before, during and after an emergency. Here are some of the ways you can expect to find important emergency information:

1. EMERGENCY ALERT SYSTEM

Emergency information is broadcast directly by the King County Sheriff's Department. For emergency events and conditions of widespread concern, a broadcast message will be sent to the public via radio and television stations. You may have already seen these messages which are voice messages with text scrolling on the television screen.

2. ALERT KING COUNTY

ALERT King County is a Community Mass Notification System that will be used in emergencies to contact County residents and businesses through phone messages, text messages and e-mail. To register your cell phone, phone number, and e-mail address go to www.kingcounty.gov/depts/emergency-management/alert-king-county.aspx and click on the link to "Subscribe to ALERT King County".



3. LOCAL MEDIA

Listen to local broadcast station AM 540 or Channel 21 on your television for emergency information for the City of Sammamish and surrounding areas. Because power failures are likely in an emergency, keep at least one battery-powered radio in your household.

4. AMATEUR RADIO

The National Association for Amateur Radio (ARRL) works with trained ham radio operators throughout the country to provide reliable emergency communications in a crisis. To find out more about ARRL and requirements to become amateur radio licensed, visit <http://www.arrl.org/>

5. WEBSITES

Websites like the National Weather Service, www.nws.noaa.gov, allow you to sign up for web feeds that are sent directly to your computer. For County updates after a disaster, go to www.kingcounty.gov/depts/emergency-management The County website will provide critical information regarding disaster recovery and other essential survival information.

TIP

Remember that your car radio might be the easiest way to listen to emergency broadcasts.

USE THIS PAGE TO RECORD THE LOCATIONS OF
COMMUNITY INFORMATION IN YOUR NEIGHBORHOOD.
BE SURE TO INCLUDE THE LOCATION OF THE NEAREST
DISASTER SUPPORT HUB.

STAY INFORMED

TIP

Does your neighborhood have an emergency plan? Visit <https://www.sammamish.us/government/departments/emergency-management/> for information on the 5 Step Neighborhood Action Kit



NEIGHBORHOOD PREPAREDNESS

Setting up community networks before a disaster can help you get good and reliable information after a disaster. The City of Sammamish has resources to help you organize and prepare your neighborhood to:

- Care for children and the elderly
- Care for people with mobility problems or disabilities
- Rescue household pets
- Activate phone trees
- Turn off utilities when a neighbor is absent
- Take Community Emergency Response Team (CERT) training
- Learn First Aid and CPR
- Become a HAM Radio Operator
- Learn about the resources already in your neighborhood
- Identify a Disaster Support Hub

GET INVOLVED

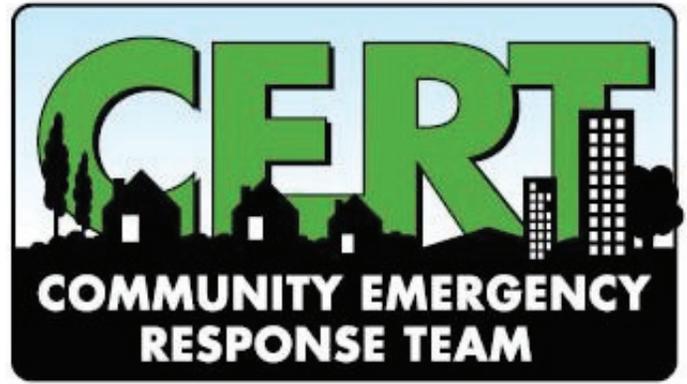
TIP

Neighborhood preparedness teams should meet at least once a year to update rosters, include new residents and update plans for working with those with mobility issues.

COMMUNITY EMERGENCY RESPONSE TEAMS - CERT

The Community Emergency Response Team (CERT) Program trains residents on disaster preparedness and the hazards that may impact their area. You will learn basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using classroom training and practical exercises, CERT members learn to help their neighbors and co-workers after a disaster when professional responders are not immediately available to help. CERT members are encouraged to support first responders by becoming leaders in emergency preparedness in their community

The Sammamish Citizen Corps provides CERT training, but it is important to know that CERT volunteers do not work for the City of Sammamish. Official emergency volunteers are registered with the City and require additional training, credentialing, and background checks. In a disaster, CERT volunteers can have the skills and tools necessary to take care of themselves, their families, their neighbors and coworkers and reduce dependence on first responders.





WHEN DISASTER STRIKES

When disaster strikes you and your family may be affected in several ways. This may range from injuries, physical or emotional, to damage or the loss of property. Remember not to panic and help those who need extra assistance.



ASSESS

Locate and notify family members of your circumstances



FIND SHELTER

Find a safe haven in your home, with family or at a shelter



BE SAFE

Proceed cautiously and follow local safety instructions



GET HELP

Get local service availability information



BEGIN RECOVERY

Contact insurance providers, FEMA and secure documentation

WHEN
DISASTER STRIKES



TIP

Program your local emergency numbers into your cellular phone so you are able to call numbers directly if necessary.

WHEN
DISASTER STRIKES

ASSESS

Immediately after a disaster, listen to local media for advisories and instructions from local officials. Instructions will vary according to the disaster.

After an earthquake, check for injuries then assess your building for obvious hazards and dangerous situations. Once you and your family are safe, activate your telephone calling tree to locate and notify family members about your circumstances. Limit your phone calls to emergencies and necessary notifications to reduce the strain on the telephone system.

First responder agencies will be working to assess damages throughout the County and determine which areas are most severely impacted. They will begin to clear disaster routes so emergency vehicles can get through to help where they are most needed. Utilities and transportation routes will be restored more slowly as they perform assessments and prepare to serve the needs of residents and emergency responders.

FIND SHELTER

Find a safe haven in your home, with family or at a shelter.

When an Evacuation Order has been issued for your area

- Gather your family, pets, and disaster supply kit into your car and prepare to leave your home or business immediately.
- Follow instructions and directions from Police and Fire personnel.
- Drive carefully and at a normal speed with your headlights on.
- Keep your car windows rolled up and turn on air vents to re-circulate.

Evacuating Your Pets

- Choose evacuation locations ahead of time; you should have at least two options.
- Prepare a list of boarding facilities and veterinarians who can shelter your pets in an emergency (include 24-hour numbers).
- Contact hotels and motels outside your immediate area to check policies on accepting pets and restrictions on number, size, and species.
- Ask friends, relatives and others outside the affected area if they can shelter your animals. The Red Cross does not house pets inside shelters.
- If you have more than one pet they may be more comfortable if kept together, but be prepared to house them separately.



TIP

Everyone who needs unique assistance should interpret an Evacuation Warning as an Evacuation Order and make arrangements to leave their residence or place of business immediately.

BE SAFE

Inspecting your home after a disaster

Natural gas

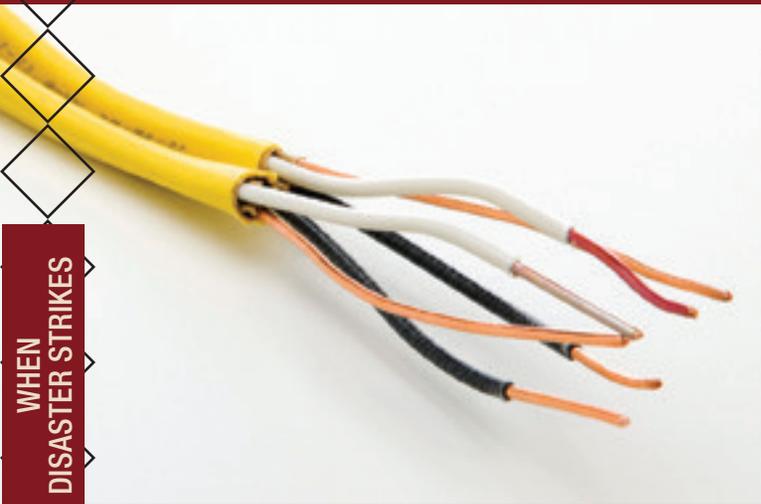
If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call the gas company from a neighbor's residence. If you shut off the gas supply at the main valve, you will need a professional to turn it back on. Do not smoke or use oil, gas lanterns, candles, or torches for lighting inside a damaged home until you are sure there is no leaking gas or other flammable materials present.

Sparks, broken or frayed wires

Check the electrical system, do not check it if you are wet, standing in water, or unsure of your safety. If possible, turn off the electricity at the main fuse box or circuit breaker. If the situation is unsafe, leave the building and call for help. Do not turn on the lights until you are sure they're safe to use. You may want to have an electrician inspect your wiring.

Roof, foundation, and chimney cracks

If it looks like the building may collapse, leave immediately.



WHEN
DISASTER STRIKES



TIP After an earthquake, be prepared for aftershocks.



HOME SAFETY CHECK

Your Basement

If your basement has flooded, pump it out gradually (about one third of the water per day) to avoid damage. The walls may collapse and the floor may buckle if the basement is pumped out while the surrounding ground is still waterlogged.

Appliances

If appliances are wet, turn off the electricity at the main fuse box or circuit breaker. Then, unplug appliances and let them dry out. Have appliances checked by a professional before using them again. Also, have the electrical system checked by an electrician before turning the power back on.

Water and Sewage Systems

If pipes are damaged, turn off the main water valve. Check with local authorities before using any water; the water could be contaminated. Pump out wells and have the water tested by authorities before drinking. Do not flush toilets until you know that sewage lines are intact.

Food and Other Supplies

Throw out all food and other supplies that you suspect may have become contaminated or come in to contact with floodwater.

Open Cabinets

Be alert for objects that may fall.

Clean up Household Chemical Spills

Disinfect items that may have been contaminated by raw sewage, bacteria, or chemicals. Also clean salvageable items.

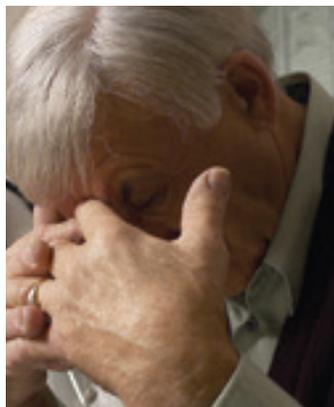
Call Your Insurance Agent

Take pictures of damages. Keep good records of repair and cleaning costs

COPING WITH DISASTER-RELATED STRESS

COMMON REACTIONS TO DISASTERS

Irritability and anger	Fatigue
Loss of appetite	Inability to sleep
Nightmares	Sadness
Headaches	Nausea
Hyperactivity	Lack of concentration
Hyper-alertness	Increase in alcohol or drug consumption



WHEN
DISASTER STRIKES

- Talk with someone about your feelings - anger, sorrow, and other emotions - even though it may be difficult.
- Seek help from professional counselors who deal with post-disaster stress.
- Do not hold yourself responsible for the disastrous event or be frustrated because you feel you cannot help directly in the rescue work.
- Take steps to promote your own physical and emotional healing by healthy eating, rest, exercise, relaxation, and meditation.
- Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family.
- Spend time with family and friends.
- Use existing support groups of family, friends, and religious institutions.
- Ensure you are ready for future events by restocking your disaster supplies kits and updating your family disaster plan. Doing these positive actions can be comforting.

	Issues	Public Agencies Responsibilities	Residents & Businesses
<p>Immediate</p> <h2>Life & Safety</h2>	<ul style="list-style-type: none"> Food and Shelter People and pet reunifications Physical Safety 	<ul style="list-style-type: none"> Ensure transportation routes are operational Implement public safety measures 	<ul style="list-style-type: none"> Dial 9-1-1 for emergencies Use CERT skills
<p>Short Term</p> <h2>Care & Shelter</h2>	<ul style="list-style-type: none"> Restoration of Utilities Crisis counseling Temporary housing Rebuilding infrastructure Loose or wild animals 	<ul style="list-style-type: none"> Issue information on available resources and service locations Issue health alerts & warnings Mitigate secondary damages and effects Coordinate provision of basic services 	<ul style="list-style-type: none"> Finding safe shelter Re-opening businesses Coping with limited communications Finding alternate transportation routes Learning what services may be available from organizations like the Red, Cross, Salvation Army, etc.
<p>Long Term</p> <h2>Restore & Rebuild</h2>	<ul style="list-style-type: none"> Job losses and unemployment Displaced households Loss of housing stock Transportation issues Long-term economic impacts Community identity Coping with physical and emotional loss 	<ul style="list-style-type: none"> Issue permits for rebuilding Provide information on available emotional, financial, and physical assistance Streamline permit and licensing processes to accommodate high volume requests Convene public forums and task forces targeting specific areas of need 	<ul style="list-style-type: none"> Re-establishing with suppliers and customer base Restoration of pre-disaster employment numbers Rebuilding homes and businesses Potential assistance from government agencies including Small Business Administration and the Federal Emergency Management Agency (FEMA)

GET HELP

Here are some of the agencies that can make a difference in your emergency plans and preparedness in Sammamish and King County. Please take the time to add information for organizations that serve in your neighborhood and community.

Where can I find information about...	Agency	Contact Information
Emergency planning and preparedness information for the City of Sammamish	City of Sammamish - Office of Emergency Management	425-295-0549 www.sammamish.us
Community Emergency Response Team (CERT) training	City of Sammamish	www.sammamish.us
Fire Department requirements for damaged structures	Eastside Fire & Rescue	425-313-3200 www.eastsidefire-rescue.org/
Community and personal protection issues	Sammamish Police Department	206- 296-3311 www.sammamish.us/government/departments/police/
Road closures and conditions in Sammamish	Sammamish Department of Public Works	425-295-0500, 425-295-0700 www.sammamish.us
Clearing and repairs to County maintained roads and bridges	King County Department of Transportation - Road Services Division	206-477-8100 http://www.kingcounty.gov/depts/transportation/roads.aspx
Building inspections and permits	Sammamish Community Development	425-295-0500 https://www.sammamish.us/permits-regulations/
Flood control and drainage issues	Sammamish Stormwater Management	425-295-0500 www.sammamish.us
Road closures and conditions for State Highways	WSDOT	511 www.wsdot.wa.gov/traffic/trafficalerts/
County-provided emergency social services	King County Social Services	http://www.kingcounty.gov/services/social-services.aspx
Mental Health services for disaster victims	King County Community and Human Services	206-461-3222
Communicable disease, preventive health measures, and contamination control	King County Department of Public Health	206-296-4600 http://www.kingcounty.gov/depts/health.aspx

Where can I find information about...	Agency	Contact Information
Assistance with injured animals and information on animals displaced by a disaster	Regional Animal Services of King County	206-296-7387 http://www.kingcounty.gov/depts/regional-animal-services/animal-control-response.aspx
Air quality reports	U.S. Environmental Protection Agency	https://www.airnow.gov/
Status of Lake Washington and Issaquah School District schools	Lake Washington School District Issaquah School District	https://www.lwsd.org/ https://www.issaquah.wednet.edu/
Organizations that provide response and recovery assistance in the event of a disaster	211 King County	211 https://crisisclinic.org/
Questions or reports about water outages or quality	Sammamish Water Plateau	425-392-6256 http://spwater.org/
	Northeast Sammamish Sewer & Water District	425-868-1144 http://nesswd.org
Questions or reports of power & natural gas outages	Puget Sound Energy	1-888-225-5773 https://pse.com/accountsandservices/servicealert/pages/default.aspx
Emergency Financial First Aid Kit	WA State Department of Social and Health Services	https://www.dshs.wa.gov/esa/community-services-offices/emergency-programs
Disaster loan and grant information	U.S. Small Business Administration	800-659-2955 www.sba.gov
Preparing and planning for disasters	Federal Emergency Management Agency (FEMA)	www.ready.gov
Information and services for individuals, families and businesses needing disaster recovery assistance	Federal Emergency Management Agency (FEMA)	1-800 621-3362 www.DisasterAssistance.gov
Latest earthquake information	U.S. Geological Survey	www.quake.usgs.gov/recent
Latest weather information	National Oceanic Atmospheric Administration	www.noaa.gov
Information on environmental disasters	U.S. Environmental Protection Agency	www.epa.gov/ebtpages/emergencies.html

BEGIN RECOVERY

The emotional toll of a disaster from loss of a business, home, school, job, personal property or loved ones can be devastating. You may need help from one of the many human service agencies throughout the region.

In King County, you can dial 2-1-1 or visit the website <https://crisisclinic.org/> for information and referrals to thousands of agencies and organizations that provide assistance such as food, water and shelter after disasters. This service is available 24 hours a day, 7 days a week and is TTY accessible.



WHEN
DISASTER STRIKES

For further assistance and information regarding resources available following a disaster, visit <https://resourcetalk.crisisclinic.org/>

DISASTER ASSISTANCE INFORMATION

What is FEMA Disaster Assistance?

Disaster assistance is money or direct assistance to individuals, families and businesses in an area where property has been damaged or destroyed and when losses are not covered by insurance. It is meant to help with critical expenses that cannot be covered in other ways. Assistance is not intended to restore your damaged property to the same condition as before the disaster. While some housing assistance funds may be available through the FEMA Individuals and Households Program, most disaster assistance from the Federal government is in the form of loans administered by the United States Small Business Administration (SBA). FEMA Disaster Assistance is only available if the President signs a declaration of disaster

How do I apply for Disaster Assistance?

There are various services and special programs that may be available when the President signs a Disaster Declaration. The phone number to apply for assistance will be advertised widely following the disaster; notices will be listed on City and County websites, posted at County Libraries and reported by the news media. Special one-stop centers may also be set up to help residents find the assistance they need.

How can I get in touch with my family?

The American Red Cross Safe and Well website is a central location for people in disaster areas to register their current status, and for their loved ones to access that information. It helps provide displaced families with relief and comfort during a stressful time. The Safe and Well website is easy to use: If you are currently affected by a disaster somewhere in the U.S., click List Myself as Safe and Well, enter your pre-disaster address and phone number, and select any of the standard message options. **Safe and Well is available 24 hours a day, 365 days a year and is accessible in both English and Spanish.**



WHEN
DISASTER STRIKES



FEMA

DISASTER ASSISTANCE INFORMATION

What if my home is destroyed?

For immediate housing needs, the American Red Cross and other volunteer agencies set up shelters for people who cannot return to their homes. Listen to your radio or watch local media for the location of the nearest volunteer agency facility.

For health and space reasons pets are not permitted in public emergency shelters. Contact your local emergency management office, animal shelter or humane society for more information on sheltering pets during and after a disaster.

For those who have longer-term housing needs, FEMA may offer several types of assistance including services and grants to help people repair their homes and find replacement housing.

For long-term assistance after a Presidentially Declared Disaster, call the FEMA registration number and apply for FEMA and Small Business Administration (SBA) assistance programs. FEMA assistance does not make you whole again, but it can give you a helping hand while you recover.

Where can I get food and water following a disaster?

After a disaster, the American Red Cross and other volunteer agencies will provide food, water and clothing to the best of their ability. Listen to your radio or watch local media for distribution locations.

What if I lost my job or can't work because of a disaster?

People who lose their jobs because of a disaster may apply for Disaster Unemployment Assistance (DUA). DUA provides weekly benefits to individuals who are unemployed and not eligible for regular unemployment insurance compensation. Apply by registering with FEMA or contacting your local unemployment office.

What if I think I need legal help?

Local non-profit organizations often provide legal assistance to individuals who have been impacted by disasters. Also, local members of the American Bar Association offer free legal counseling to low-income individuals. You can get more information at a Local Assistance Center or Disaster Recovery Center that is set up after the President declares a major disaster.



WILDLAND FIRE

Before the Fire

Red Flag weather conditions mean that humidity is very low (usually below 15%) and winds exceed 25 mph. When a Red Flag Warning or Alert has been issued there is a greater possibility for brushfires to spread rapidly. If you live in an urban-interface area subject to Red Flag Alerts here are a few tips:

- Park your car heading out and keep your car keys handy
- Disconnect automatic garage door openers in case of power failure
- Place your important records and documents inside your car
- Keep pet carriers handy
- When you leave your home:
 - Keep drapes and window coverings open
 - Close all interior doors in your home
 - Close all windows
 - Keep interior lights on
 - Move combustible furniture away from windows and towards the center of the room

An average of **905** wildfires burn **6,488** acres annually in Washington State, with a resource loss of **\$2,103,884**.

The probability of a wildfire in any one locality on a particular day depends on fuel conditions, topography and weather conditions



For more information on building emergency plans visit <http://www.dnr.wa.gov/WildfirePrevention>



FIRE HAZARD REDUCTION LANDSCAPING

Create a minimum 30-foot defensible space surrounding the house that should be well irrigated and fire resistant. Because fire travels quickly on a hill, the steeper the slope, the more open space you will need to protect your home. If you live on a hill, extend the zone on the downhill side.

- Clear away all combustible materials—including leaves or needles and other debris—from the roof, gutters, and decks (on top and below), and around the foundation.
- Remove vines from the exterior of the house. Move shrubs and other vegetation away from the sides of the house. Prune branches and shrubs within 15 feet of chimneys, stove pipes, or the structure. Avoid using bark and wood chip mulch next to any structure.
- Remove tree limbs within 15 feet of the ground. Create a 15-foot space between tree crowns.
- Replace or prune any plants that could help fire move from the ground into the treetops.
- Ask the power company to clear branches from or near power lines.
- Store outdoor furniture cushions, brooms, or other flammable items when not in use.



In case of a house fire, don't stop for anything—just get out. Call the Fire Department from a neighbor's telephone after you are out of the house.



During the Fire

- Follow your evacuation plan instructions and the directions from Police and Fire Department personnel.
- Gather your family, pets and disaster supply kit and immediately leave your home or business.
- Drive carefully at a normal speed with your headlights on.
- Never park your vehicle in a traffic lane or safety area.
- Keep pets in carriers or on leashes.

TIP

Pre-wetting your home and surrounding areas will not improve the safety of your home—and it wastes valuable time and water resources.

WILDLAND FIRE

After the Fire

- Don't return to your home before the area is declared to be safe by local officials. Returning home can be both physically and mentally challenging.
- Assess damage; check that your home is safe to occupy.
- Before returning home, be sure that utilities are operational.
- Check with the Department of Public Works at 1-425-295-0500 to find out what roads are damaged or closed.
- Remember, burned hillsides may have trouble absorbing water after a fire. Monitor burn areas and be prepared to evacuate if necessary.



IF YOU LIVE NEAR A RECENTLY BURNED AREA...

Flash floods and debris flows may now be a danger. Once the smoke clears from a wildfire, the danger is not over! Other hazards, such as flash floods and debris flows, now become the focus. Steep mountainsides and hillsides recently burned by wildfires are particularly susceptible to flash floods and debris flows during rainstorms. Just a short period of moderate rainfall on a burn scar can lead to flash floods and debris flows. Rainfall that is normally absorbed by vegetation can run off almost instantly. This causes creeks and drainage areas to flood much sooner during a storm, and with more water than normal.

Additionally, the soils in a burn scar are highly erodible so flood waters can contain significant amounts of mud, boulders, and vegetation. The powerful force of rushing water, soil, and rock, both within the burned area and downstream, can destroy culverts, bridges, roadways, and structures, and can cause injury or death if care is not taken.

Smoke from fire contains numerous hazardous materials. Do not enter a burned area without proper personal protective equipment.



HAZARDS



WINTER STORMS

Severe winter storms are a common hazard in western Washington, and Sammamish is no stranger to the threats they pose. Winter storms can bring wind, snow, ice, hail, thunder, lightning, and even tornadoes to the Pacific Northwest. Power outages and road closures often accompany these weather events

Before the Storm

- Store extra fuel and emergency supplies to survive several days without electricity, heat, and hot water. Consider purchasing a generator and strictly adhere to safety standards.
- Know safe alternate travel routes to/from your home, work, and school in case roads are closed.
- Learn the signs of hypothermia - a common problem during freezing temperatures - and how to treat it. Young children and older adults are especially vulnerable.
- Protect your pets. If you cannot bring them indoors, provide warm and dry shelter with access to unfrozen water.
- Winterize your home. Install storm windows. Insulate walls, attics, and pipes. Apply caulk and weather-stripping to doors and windows. Allow faucets to drip a little during cold weather to keep pipes from freezing. Learn how to shut off water valves (in case a pipe bursts).
- Winterize your vehicles. Keep them in good repair and fuel tanks at least half full. Have the battery, ignition system, radiator, lights, brakes, and tires checked. Check and fill antifreeze, oil, and window washer fluids levels. Keep winter weather emergency supplies in your trunk.



A series of snow, ice and rainstorms beginning on Dec. 26, 1996, caused **16 deaths** in the state and **\$57 million** in damages in Seattle and King County. Two storms — one dumping 6-12 inches and another of 10 inches of wet snow — followed by heavy rain collapsed carports and covered boat moorings and snapped power lines.





Winter Driving Tips

- ✓ Accelerate and decelerate slowly. ...
- ✓ Drive slowly. ...
- ✓ The normal dry pavement following distance of three to four seconds should be increased to eight to ten seconds. ...
- ✓ Know your brakes. ...
- ✓ Don't stop if you can avoid it. ...
- ✓ Don't power up hills. ...
- ✓ Don't stop going up a hill. ...
- ✓ Stay home

WINTER STORMS

During the Storm

- ✓ Stay informed. Monitor local news and information on your TV, mobile device, or battery-operated radio. Follow emergency instructions.
- ✓ Stay indoors if possible. If you go outside, wear several layers of loose-fitting, lightweight, warm clothing and avoid exertion. Cold weather puts added strain on the heart. Perform hard work, such as shoveling, slowly.
- ✓ Watch for signs of hypothermia and get medical help immediately.
- ✓ Stay away from storm-damaged areas, especially fallen power lines and flooded roadways. When outside, be aware of tree limbs or structures that may fall due to heavy snow or ice accumulation.
- ✓ Prevent carbon monoxide poisoning. Carbon monoxide is produced whenever any fuel such as gas, oil, kerosene, wood, or charcoal is burned. Hundreds of people die accidentally every year from carbon monoxide poisoning caused by appliances that malfunction or are used improperly.
- ✓ Check on neighbors; especially anyone who might need extra help.
- ✓ Avoid travel. If you must drive, fill your fuel tank beforehand, stay on main roads, and keep others informed of your schedule and route. Pay attention to any travel advisories and do not drive in low visibility conditions. Slow down to avoid traffic accidents.
- ✓ If you become stranded, call for help, set your vehicle's hazard lights to flashing, and remain with your vehicle. Don't set out on foot unless you see a building close by where you know you can get help or take shelter.



WINTER STORMS

After the Storm

When the snow and ice melt, it's tempting to relieve that cabin fever and hit the roads. But melting snow can cause floods, partially cleared roads may be icy or blocked, creeks and rivers often overflow from the rush of melting snow and ice. Heavy snow may have knocked down power lines and caused gas leaks, both of which can be deadly, but are not obvious at first glance. Follow the tip below to stay safe.

- ✓ Stay Informed
- ✓ Avoid roads impacted by fallen trees or downed utilities.
- ✓ Check your home and yard for damage. Be especially careful around affected trees that have not completely fallen.
- ✓ Contact family and isolated neighbors.
- ✓ Know your physical limitations when shoveling snow or removing debris from your yard.

Potholes are a common road hazard following winter precipitation and can be difficult to see and can cause serious damage to your vehicle. Be sure to report potholes to the Public Works Department.





EARTHQUAKES

The time to prepare for an earthquake is NOW...not next week or after the shock. Protect your family by taking the actions on the **BEFORE Checklist** as soon as you can. It's a good idea to make copies of the **DURING Checklist** and post them by your house and garage exits and in all your family cars.

Before the Earthquake

- Identify safe spots in each room of your home. Note sturdy tables, desks, and interior walls. Know your danger spots: windows, mirrors, hanging objects, fireplaces, and tall, unsecured furniture.
- Conduct practice drills with your family and know the safest locations in your home.
- Decide how and where your family will reunite, if separated during an earthquake.
- Choose an out-of-state friend or relative to contact so family and friends know your status.
- Learn First Aid and CPR and put together a First Aid Kit.
- Learn how to shut off gas, water and electricity; it may be necessary during an earthquake.
- Check chimneys, roofs, walls, and foundations for stability – make sure your house is bolted to its foundation.
- Secure your water heater and major appliances as well as tall, heavy furniture, hanging plants, mirrors, and picture frames.
- Keep breakables, heavy objects, and flammable or hazardous liquids such as paints, pest sprays, and cleaning products in secured cabinets or on lower shelves.
- Participate in organizing your neighborhood to be self-sufficient after an earthquake.

EARTHQUAKES

During the Earthquake

- If indoors, stay there. Get under a desk or table or stand in a corner. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants and other heavy objects that could fall. Watch out for falling plaster and ceiling tiles. Stay under cover until the shaking stops. Hold on to your cover – if it moves, move with it.
- If outdoors, get into an open area away from trees, buildings, walls, and power lines.
- If driving, pull over to the side of the road and stop. Avoid areas around power lines. Stay in your car until the shaking is over.
- If in a crowded public place, do not rush for the doors. Crouch and cover your head and neck with your hands and arms.

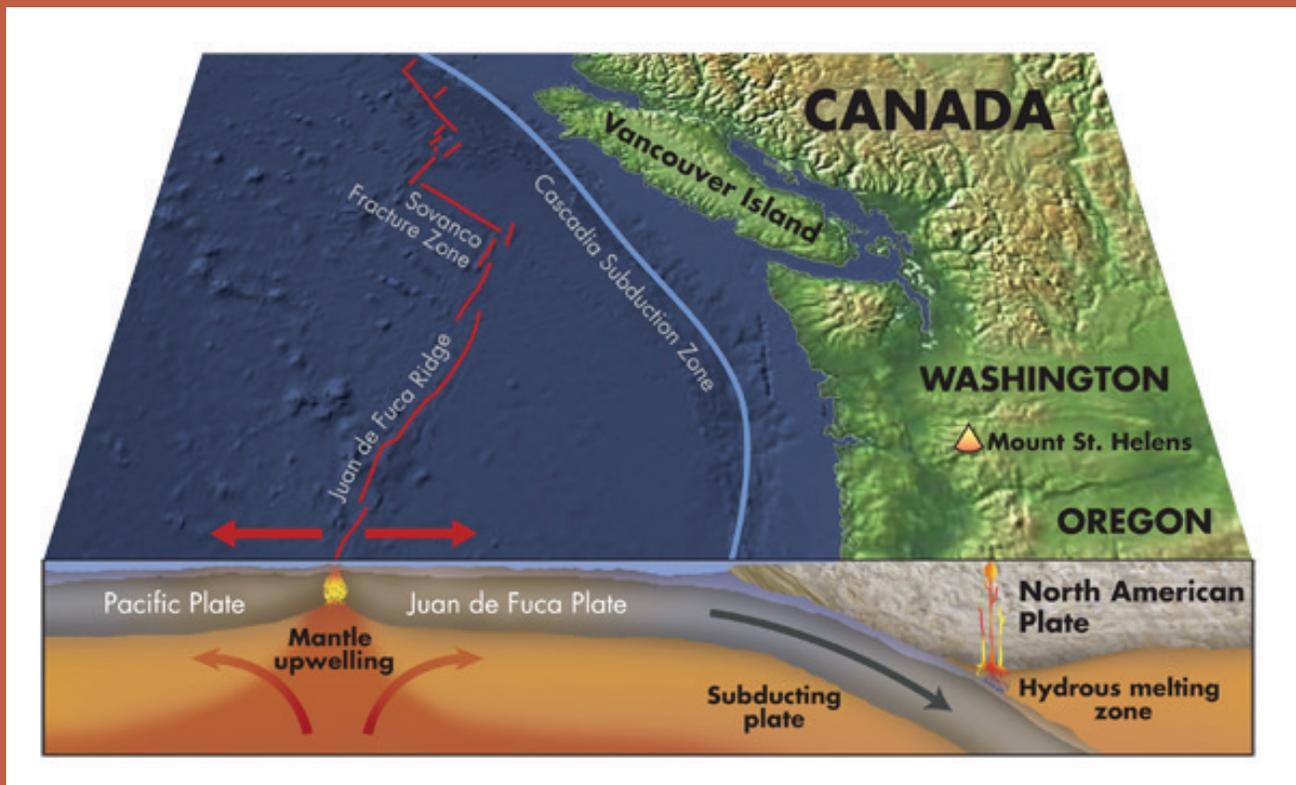
The magnitude 6.8 Nisqually earthquake occurred on February 28th, 2001 and resulted in 1 fatality, over 400 injuries, and over \$2 billion worth of damages throughout the state.



CASCADIA SUBDUCTION ZONE EARTHQUAKE

Subduction Zone earthquakes occur at the interface between tectonic plates. A subduction zone earthquake affecting King County would be centered in the Cascadia Subduction zone off the coast of Washington or Oregon. Such earthquakes typically have a minute or more of strong ground shaking, and are quickly followed by damaging tsunamis and numerous large aftershocks. The potential exists for large earthquakes along the Cascadia Subduction Zone, up to an earthquake measuring **9 or more on the Richter scale**.

This would cause coastal areas to drop up to 6 feet in minutes and would produce a tsunami all along the fault line from British Columbia to Mendocino, California. Such an earthquake would last several minutes and produce catastrophic damage.



EARTHQUAKES

After the Earthquake

- Do not attempt to use the telephone unless there is an immediate, life-threatening emergency.
- If it is safe, check for gas and water leaks, and broken electrical wiring or sewage lines. If there is damage, turn the utility off at the source and immediately report gas leaks to your utility company.
- Stay away from downed power lines and warn others to stay away.
- Do not attempt to re-light the gas pilot unless your gas line has been thoroughly inspected. Call your gas company for assistance.
- If you are able to safely do so, check your building for cracks and damages, including the roof, chimney, and foundation.
- Turn on your portable radio for instructions and news reports.
- Cooperate fully with public safety officials and follow instructions; they are trained to ensure safety.
- Do not use your vehicle unless there is an emergency.
- Be prepared for aftershocks – Stay calm and help others.
- If you evacuate, leave a message at your home telling family members and others where you can be found.





DISEASE OUTBREAK

An outbreak can happen when a disease is new to a community, been absent for a long time, or has a population uniquely vulnerable to infection. The most serious outbreaks occur when people have little or no immunity, and there is no vaccine to prevent or medication to treat the illness. A large outbreak that sweeps across the nation and world is called a “pandemic.” The disease may spread, cause serious illness and potentially impact daily community life. Wherever and whenever a disease outbreak occurs, neighbors can help neighbors through planning, preparedness and concern for their community’s health.

Things to remember:

- An outbreak may come and go, or appear repeatedly in waves over many weeks.
- An especially severe disease outbreak could lead to high levels of illness, hospitalization, death, social disruption, and economic loss.
- Everyday life can be disrupted as many people in many places become seriously ill at the same time.
- Impacts can range from school and business closings to the interruption of basic services such as public transportation and food delivery.
- Families, neighborhoods and communities alike may need to adjust their behavior and social patterns in order to prevent the spread of disease in their homes, schools, places of work and neighborhoods.
- Neighbors may need wellness checks so that help can be given or requested for those in need.

For more information visit: King County Public Health at <http://www.kingcounty.gov/depts/health.aspx>

PANDEMIC FLU

You can prepare for an influenza pandemic now

- Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies such as power outages.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

To limit the spread of germs and prevent infection

- Teach your children to wash hands frequently with soap and water.
- Teach your children to cover coughs and sneezes with tissues.
- Teach your children to stay away from others as much as possible, if they are sick.
- Stay home from work and school if you are sick.



TERRORISM

Devastating acts of terrorism have left many concerned about the possibility of future incidents in the United States and their potential impact. They have raised uncertainty about what might happen next, increasing stress levels. There are things you can do to prepare for the unexpected and reduce the stress should another emergency arise. Taking preparatory action can reassure you and your children that you can exert a measure of control even in the face of such events.

What You Can Do

Preparedness against terrorism or other human caused disasters includes many of the same steps you will take to prepare for earthquakes, flooding, fires and other disasters.



CREATE

an emergency communications plan.



ESTABLISH

a meeting place.



ASSEMBLE

a disaster supplies kit.



What Could Happen

There can be significant numbers of casualties and/or damage to buildings and infrastructures.

Heavy law enforcement involvement at local, state and federal levels follows a terrorist attack due to the event's criminal nature.

Health and mental health resources in the affected communities may be strained to their limits, even overwhelmed.

Extensive media coverage, strong public fear and international implications and consequences can continue for a prolonged period.

Workplaces and schools may be closed, and there may be restrictions on domestic and international travel.

You and your family or household may have to evacuate an area, avoiding roads blocked for your safety.

Clean-up may take many months.

Additional Positive Steps You Can Take

Remember that young children watching televised reports do not realize that it is repeated video footage, and think the event is happening again and again. Adults may also need to give themselves a break from watching disturbing footage. You may want to make some arrangements to take turns listening to the news with other adult members of your household.

People who may have come into contact with a biological or chemical agent may need to go through a decontamination procedure and receive medical attention. Listen to the advice of local officials on the radio or television to determine what steps you will need to take to protect yourself and your family. As emergency services will likely be overwhelmed, only call **9-1-1** about life-threatening emergencies.

Listen to local authorities

If local authorities ask you to leave your home, they have a good reason to make this request, and you should heed the advice immediately. Listen to your radio or television and follow the instructions of local emergency officials and keep these simple tips in mind.

Your local authorities will provide you with the most accurate information specific to an event in your area. Staying tuned to local radio and television, and following their instructions is your safest choice.

If you are advised by local officials to "shelter in place"

- Remain inside your home or office and protect yourself there.
- Close and lock all windows and exterior doors.
- Turn off all fans, heating and air conditioning systems.
- Close the fireplace damper. Get your disaster supplies kit, and make sure the radio is working.
- Go to an interior room without windows that's above ground level.
- In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed.
- Using duct tape, seal all cracks around the door and any vents into the room.
- Keep listening to your radio or television until you are told all is safe or you are told to evacuate.
- Local officials may call for evacuation in specific areas at greatest risk in your community.

TSUNAMIS

A tsunami (seismic sea wave) is a series of extremely long ocean waves generated by earthquakes, volcanic eruptions, or massive undersea landslide that displaces a large mass of water. From the area of the disturbance, the waves travel outward in all directions, much like the ripples caused by throwing a rock into a pond.

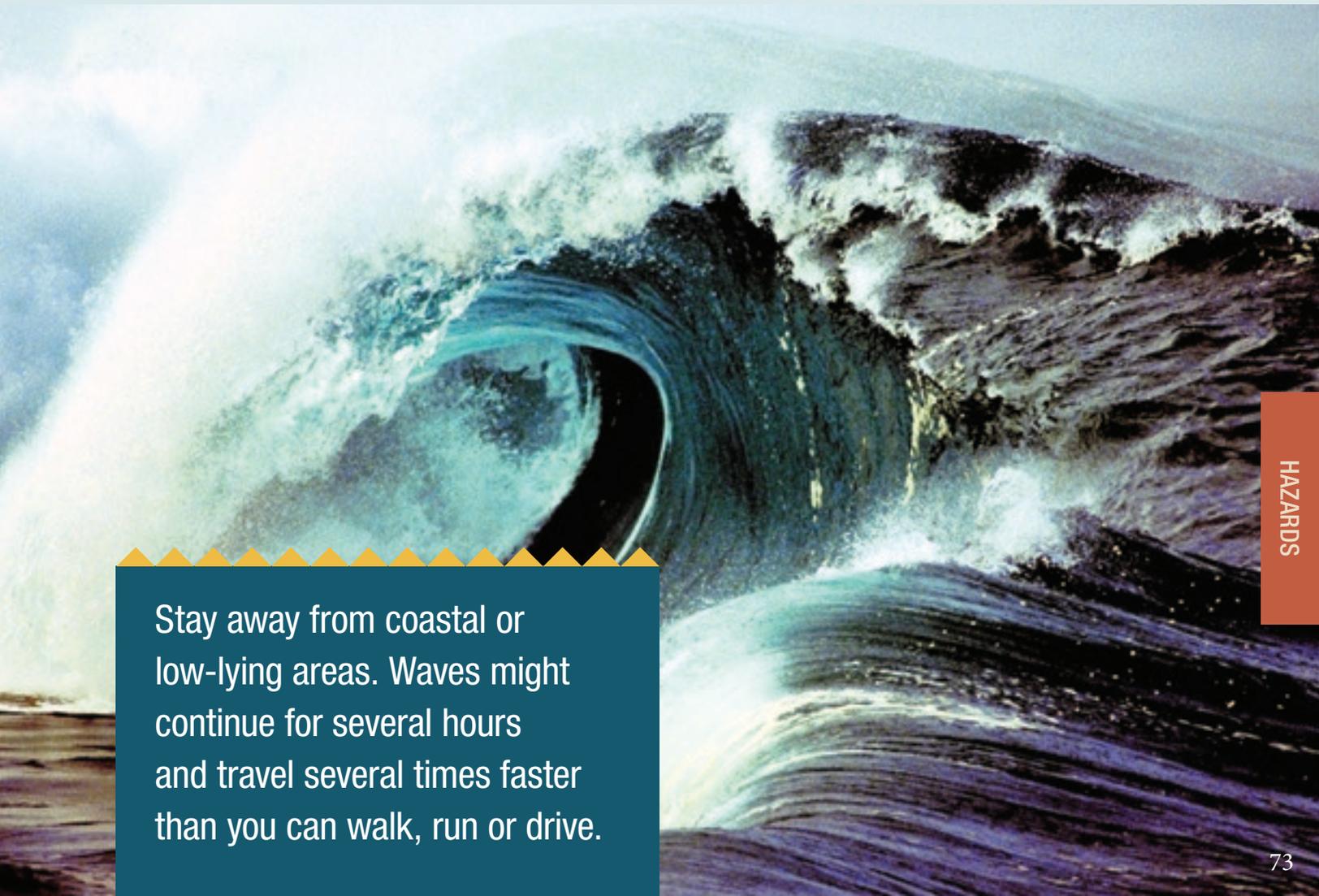
As the waves approach shallow coastal waters, they appear normal and the speed decreases. Then as the tsunami nears the coastline, it may grow to great height and smash into the shore, causing great destruction and loss of life.

The time between wave crests may be from 5 to 90 minutes, and the wave speed in the open ocean may be more than 450 miles per hour. Tsunamis have reached heights of more than 100 feet.

People who are near the seashore during a strong earthquake should listen to a radio for a tsunami warning and be ready to evacuate at once to higher ground. Tsunamis arrive as a series of successive “crests” (high water levels) and “troughs” (low water levels).

Rapid changes in the water level may be an indication of an approaching tsunami.

Tsunamis from both local and distant earthquakes threaten Western Washington coastal communities. Although our oceans are monitored for developing tsunamis, when a large earthquake occurs nearby, the first tsunami wave may reach coastal communities within a few minutes of the event.



Stay away from coastal or low-lying areas. Waves might continue for several hours and travel several times faster than you can walk, run or drive.

TSUNAMIS

Local populations at risk must be able to recognize the signs of impending tsunami hazards and seek higher ground immediately. While distant-source tsunamis give residents more time to evacuate threatened coastal areas, they increase the need for timely and accurate assessment of the tsunami hazard to avoid costly false alarms.

Sammamish resident visiting coastal communities need to be aware of what areas are likely to be flooded and learn the tsunami evacuation routes.

- If you are near the coastline, an earthquake may be your only warning of an approaching tsunami, so it is very important to act quickly.
- If you are at the beach and you notice the water has receded, creating a vast expanse of exposed beach, this is a warning that a tsunami may be imminent.
- Never go to the beach to watch for or to surf a tsunami wave!

More Tsunami preparedness is available free at www.tsunami.noaa.gov/prepare.html





TSUNAMI WATCH

This means that a significant, distant earthquake has occurred. Tsunami approach is possible but not confirmed. Stay tuned to local radio and TV stations for information. Prepare for a possible Tsunami Warning.

TSUNAMI WARNING

This means that a tsunami approach has been confirmed. Stay tuned to local radio and TV stations for information and be prepared to evacuate, if advised to do so by local authorities.

TSUNAMI EVACUATION

Those within the evacuation advisory area should immediately make their way to higher ground. Tsunami Safe Areas may be indicated by signs placed along roads at elevations of 90 feet or more above sea level. Stay tuned to local radio and TV stations for information about local evacuation centers.

BASIC FIRST AID

Your first concern after a disaster is your family's health and safety. You need to consider possible safety issues and monitor family health and well-being. The following information should be used as a reminder to sign up for First Aid and CPR training through your local Red Cross Chapter. Find your local chapter online at www.redcross.org.

AIDING THE INJURED

Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.

- If the victim is not breathing, carefully position the victim for artificial respiration, clear the airway, and commence mouth-to-mouth resuscitation.
- Maintain body temperature with blankets. Be sure the victim does not become overheated.
- Never try to feed liquids to an unconscious person.

HEALTH

- Be aware of exhaustion. Don't try to do too much at once. Set priorities and pace yourself. Get enough rest.
- Drink plenty of clean water and eat well. Wear sturdy work boots and gloves.
- Wash your hands thoroughly with soap and clean water often when working in debris.

SAFETY ISSUES

- Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring, and slippery floors.
- Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation, and dead animals.





CHOKING

If the person is unable to speak, cough, or breathe, call 911. If the problem is resolved, you can call back and cancel.

1. Identify yourself and ask if you can help the victim. They may nod “yes” or shake their head “no”.
2. Stand behind the person.
3. Place the thumb side of your fist against the middle of the abdomen just above the navel.
4. Grasp your fist with your other hand.
5. Give quick upward thrusts.
6. Repeat until the object is coughed up. Stop if the person becomes unconscious.

HEAD, BACK AND/OR NECK INJURIES

For severe pain or pressure in the head, neck, or back:

1. Check the scene first to ensure your safety, and then check the victim.
 - Identify yourself and ask the victim if you can help.
 - Apply basic precautions to prevent disease transmission.
2. If you think the victim has a head, neck, or back injury call, or have someone else call, 911.
3. Minimize movement of the head, neck, and back.
 - Place your hands on both sides of the victim’s head and support and maintain the victim’s head in the position you found it.
 - If the head is sharply turned to one side, do not try to align it.
 - Remember – support the victim’s head as you find it.

SHOCK

1. Check the scene first to ensure your safety, and then check the victim.
2. Cover the victim and keep her/him lying down. Cover only enough to keep her/him from losing body heat.
3. Do not give food or water.
4. Raise feet.
5. Obtain medical help as soon as possible.

CONTROLLING BLEEDING

For an open wound

1. Check the scene first and then check the victim.
 - Identify yourself and ask the victim if you can help. Apply basic precautions to prevent disease transmission.
2. Cover wound with dressing.
 - Press firmly against the wound (direct pressure).
3. Cover the dressing with a roller bandage.
 - Tie the knot directly over the wound.
4. Elevate the injured area.
 - Keep the wound above the level of the heart (only when you suspect that a bone is not broken).
5. If bleeding does not stop:
 - Apply additional dressing and bandages.
 - Use a pressure point to squeeze the artery against the bone.
 - Apply a tourniquet.
 - Call or have someone else call 911.



APPLYING A SLING TO AN ARM OR SHOULDER

1. Check the scene first and then check the victim.
 - Ask the victim if you can help.
 - Apply basic precautions to prevent disease transmission.
2. If the victim is unable to move or use an injured arm, call or have someone else call 911.
3. Support the injured arm above and below the site of injury.
4. Check for feeling, warmth and color below the injured area.
5. Place the sling
 - Leave the arm in the position you find it.
 - Place a triangular bandage under the injured arm and over the injured shoulder to form a sling.
6. Tie the ends of the sling at the side of the neck.
 - TIP: Place pads of gauze under the knots to make it more comfortable for the victim.
7. Secure the injured area.
 - Secure the arm to the chest with a folded triangular bandage
8. Recheck for feeling, warmth, and color below the injured area.



City of Sammamish
Office of Emergency Management

