Emergency Preparedness Newsletter

September 2026: Under the Bed

Be ready before you stand up

September's theme is "Under the Bed." Earthquakes and other no-notice emergencies can happen at night. A small kit beside or under the bed helps you protect your feet, hands, eyes, and head before moving through a dark room with broken glass or fallen objects.

Why this matters

Washington Emergency Management's Prepare in a Year playbook emphasizes that some disasters, especially earthquakes, can strike without warning. If they happen while we are asleep, confusion is greater and normal services such as power, water, and communications may be interrupted.

The under-the-bed kit is not a full go-bag. It is the first safe step: shoes before glass, light before moving, gloves before touching debris, and a whistle or OK/Help card if you need assistance.

Basic under-the-bed kit

Sturdy shoes	Protect feet from broken glass and debris.
Flashlight or headlamp	Keep light within reach before standing.
Extra batteries or light stick	The Clallam County tip: flashlight in one shoe, batteries in the other, covered with socks.
Utility gloves	Protect hands when opening doors or moving light debris.
Helmet, hard hat, or bike helmet	Protect against falling objects, branches, or loose debris.
Safety goggles	Protect eyes from dust, glass, smoke, or ash.
OK/Help card + tape or bandages	Post OK if safe, HELP if assistance is needed.
Whistle or signaling device	Call for help without exhausting your voice.

First 10 minutes after a nighttime earthquake

1. Protect yourself during shaking. If in bed, protect your head and neck with a pillow if that is safest.
2. Wait for shaking to stop, then put on shoes before standing.
3. Use a flashlight or headlamp; avoid candles or flames if gas or propane could be leaking.
4. Put on gloves and eye protection if there is debris, dust, or broken glass.
5. Check yourself and household members for injuries.
6. Watch for fire, smoke, propane smell, hissing, water leaks, sparks, damaged wiring, and blocked exits.
7. Use the OK/Help card or whistle if you need neighbors or the Care Team to find you.
8. Expect aftershocks and move slowly.

Make the bedroom safer now

- Move heavy pictures, mirrors, shelves, and lamps away from above the bed.
- Secure tall furniture to the wall.
- Keep a clear path from bed to door.
- Keep glasses, hearing aids, phone, and flashlight in consistent locations.
- Store the kit in a small bag, box, or pair of shoes you can reach without standing.

Pick one thing this week

- Put sturdy shoes under the bed.
- Add a flashlight or headlamp.
- Add utility gloves.
- Make an OK/Help card.
- Add a whistle.
- Add safety goggles.
- Add a helmet or hard hat.
- Add spare glasses or hearing aid batteries.
- Add your out-of-area contact card.
- Show another household member where the kit is.

Sources

Washington Emergency Management Division - Prepare in a Year: Under the Bed Playbook: https://mil.wa.gov/asset/60e5f5d8b24f5

Clallam County - September: Under the Bed: https://www.clallamcountywa.gov/m/newsflash/home/detail/562

Upcoming Events

Sequim CERT Academy / CERT training Three Different Saturday classes in September roughly 8am to 5pm. These will repeat in October and November. Each of the three classes must be completed for CERT training. They do not need to be done on sequential Saturdays. For questions call: Cindy Zechenelly, 360-504-2531.

Public Safety & Information Fair / Safety Fair October 3, 2026 9 am to 4 pm Sequim CERT / CCFD3 https://sequimwa.gov/Calendar.aspx?EID=2306

The Great American Shakeout October 15, 2026 at 10:15 am. https://www.shakeout.org/washington/

Clallam Ready Sequim:

10/3 @ Guy Cole 10am – Safety Fair – CRS has 2 tables with 5 volunteers working
10/10 @ DCC 12:30pm – Wilderness Survival II (WS I was on 7/11 *****)
10/15 @ 10:15 am = Great Washington Shake Out – What's your plan of action?
10/16 @ DCC 10am – Food Ready – Open to All, No RSVP needed
10/17 @ DCC 12:30pm – First Aid – Open to All, RSVP required. Class size limited and you will need a list of supplies.
10/24 @ Shipley Center 9:30am