



PENINSULA EMERGENCY PREPAREDNESS 2021 GUIDE

LESSONS LEARNED

This publication aims to properly educate and prepare people of Clallam and Jefferson counties for emergencies resulting from disasters that interrupt supplies and services by providing a comprehensive insight into community preparedness planning.





Content for this publication has been provided by Clallam County Fire District 3

Preparedness on the Peninsula

BY JIM BUCK, FORMER STATE REPRESENTATIVE,
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FIRE DISTRICT 3 DISASTER PLANNER

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For a copy of the guides from 2018 and 2019, go to bit.ly/2018PEPG and bit.ly/2019PEPG.

Welcome! This is the fourth in the series of Emergency Preparedness Guides developed for the community to improve its readiness for major disaster events. You will hear us talk about Cascadia a lot and this is because it is the worst-case scenario, and if we handle it we can deal with anything else. In fact, much of our success in handling COVID-19 stemmed from our Cascadia work. This year's theme is the "Lessons Learned" since 2016, when both Jefferson and Clallam counties began major efforts to improve their resiliency for government and their communities.

So, what is the No.1 key lesson we have learned? We are far less prepared than we imagined and the key to recovery is local communities' ability to help themselves. If a community expects county, state or federal government to save them, they will suffer or perish before significant resources can get to them and be organized to help. The response really starts with the local community, its citizens, their churches, service and fraternal groups and local city government and agencies (such as fire districts, PUD, water districts, park & recreation districts and school districts) that will provide the most effective response.

Jim Buck is a 1971 West Point graduate, Army veteran and former Washington state representative. He has been an active volunteer for Clallam County Emergency Management (CCEM) since 2015. He received the 2018 Governor's Volunteer Service Award in the "disaster preparedness and response" category for his efforts in the Joyce Emergency Planning and Preparation (JEPP) community organization, which received the Individual and Community Preparedness (ICP) Award honorable mention by FEMA in 2017.

Blaine Zechenelly is a former IBM executive with a master's degree in business administration in finance. He is currently a volunteer at Clallam County Fire District 3 as a disaster planner and EMT responder with over 22 years of experience in emergency services including emergency management with City of San Jose, Calif.; Santa Clara County Sheriff Search & Rescue, and Santa Clara Emergency Medical Services' Disaster Medical Assistance Team (DMAT). He is one of less than a dozen in the state of Washington to hold FEMA's Emergency Management Institute's Advanced Professional Series certification. He and his wife, Cindy Zechenelly, received the 2020 Governor's Volunteer Service Award in the "volunteer family" category.



Julie Black
Support Services Director

Every day.

At Olympic Medical Center, we continually improve our readiness to respond to disasters and local emergencies. We do this through training and working closely with local, state and federal agencies. We follow best practices so we can be prepared to meet your needs.

Emergency Preparedness is everyone's responsibility. We encourage you and your family to prepare so you can help yourselves in a disaster. Start by going to www.ready.gov to help you plan for a disaster whether you're at home, work or school. The best time to prepare for a disaster is before it strikes. Start today!

*Caring for you. Protecting you. Every day.
It's the OMC Way.*



olympicmedical.org

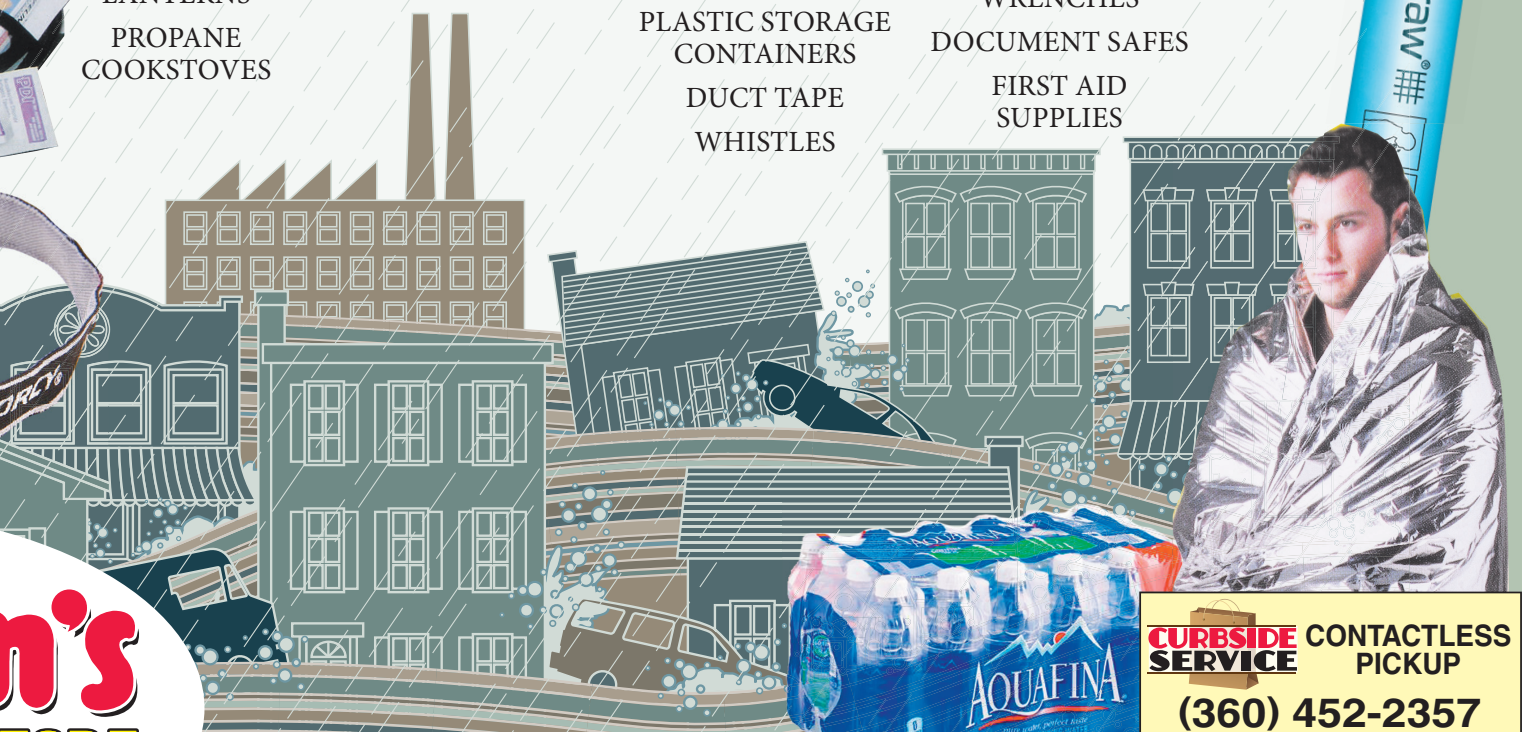


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A LESS GENTLE WAKEUP CALL

BY JIM BUCK, CLALLAM COUNTY EMERGENCY MANAGEMENT

Hello, folks, Jim Buck here. Many of you know me as the Cascadia guy, but I am also a volunteer with Clallam County Emergency Management. Emergency management usually focuses on preparing for natural disasters like the coming Cascadia Earthquake. I hope the quake is a long way out in our future, because right now we have all we can handle with COVID-19.

A pandemic is a new experience for us. Few of our elders experienced a disease this deadly, so we have little experience to guide us. No one I know in emergency management predicted this catastrophe. Anyone planning for this disruption would have been ridiculed – no PPE? Stock market crash? Business closures? Empty store shelves? Mass unemployment? No paychecks? Stay at home isolation? – Are you out of your mind?

In light of this COVID emergency, let's consider the following. Last year, nature sent us a very gentle wake-up call to prepare for Cascadia. In a few short weeks, our community was isolated by a windstorm and a blizzard. To your credit, you rose to the occasion. Most of you had enough supplies to get through the emergency. We all pitched in and helped those in need get through it. Within a

few days, things got back to normal. Many of you learned valuable lessons about being prepared.

Now, nature is sending us not-so-gentle wake-up calls. This pandemic and the Texas Deep Freeze are causing the same problems we expect from the Cascadia earthquake without the quake and tsunami and loss of our supply chain. To your credit, you are rising to the occasion. You are learning how to shelter in place. You are learning what supplies you need when the store shelves are bare, and how to take care of each other when times are tough. COVID-19 and the Texas Deep Freeze are the closest things to the Cascadia Quake we can experience without the ground shaking.

Please use this experience to learn your lesson for future emergencies.

Most of us have everything we need to survive in our homes. We just need to take the time to think about how to use it when faced with an emergency. Please heed these wake-up calls to learn lessons and build your skills to face Cascadia and any other hazards. Stay safe. This too shall pass.

CURRENT CLALLAM COUNTY EFFORTS IN COVID-19

DRIVE-THROUGH CLINICS (STAY IN CAR)

- *Sequim – Jamestown Family Health Clinic*
- *Forks*

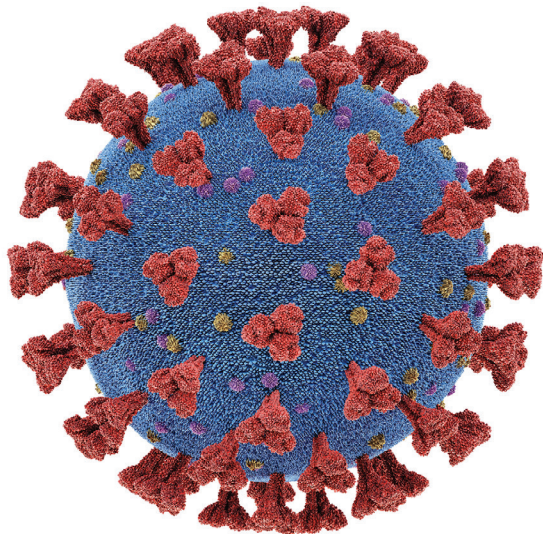
PARK AND ENTER BUILDING CLINICS

- *Clallam Bay*
- *Joyce*
- *Port Angeles*

FOOD DISTRIBUTION SUPPORT

- *Port Angeles – PA Food Bank*
- *Sequim – Sequim Food Bank*

COVID 19 DATA FOR THE PENINSULA



AS OF MARCH 10, 2021	CLALLAM COUNTY	JEFFERSON COUNTY
CONFIRMED CASES	930	336
PROBABLE CASES	70	2
TOTAL CASES	1000	338
HOSPITALIZATIONS	43	24
DEATHS	8	2
PERCENT OF DEATHS (DEATHS/TOTAL CASES)	0.8%	0.6%
TOTAL MOLECULAR TESTS	39,386	8,678
NUMBER OF VACCINE DOSES GIVEN	43,641	14,160

LESSONS LEARNED 2016 CASCADIA RISING EXERCISE

WHAT WE LEARNED

WASHINGTON RESIDENTS NEED TO PREPARE.

A Cascadia Subduction Zone (CSZ) rupture would destroy transportation systems and isolate many Western Washington communities, including ours. Cascadia Rising confirmed that it could take several weeks for assistance to reach communities that have become isolated because of the earthquake impacts. Our families, communities, schools, hospitals and businesses are not prepared for the catastrophic disaster that a worst-case CSZ earthquake would cause.

THE EXERCISE IDENTIFIED THE NEED TO COMPLETE COMPREHENSIVE,

COORDINATED PLANS/SYSTEMS.

State and local government – agencies, emergency management, leadership, professional responders (fire services, law enforcement, public works, public health, and emergency management organizations), have not sufficiently planned and rehearsed for a catastrophic event where they themselves are in the impact zone.

CATASTROPHIC RESPONSE REQUIREMENTS ARE FUNDAMENTALLY DIFFERENT

In the CSZ scenario, the response infrastructure is severely damaged. The people, equipment, facilities, power, bulk fuels and other material resources that would normally be called on to respond to a seasonal disaster, such as a wildfire, winter storm or flooding, will

be in the impact zone.

A Cascadia Subduction Zone event will impact the western half of Washington, Oregon and British Columbia.

There is a need to treat catastrophic disasters differently than seasonal disasters.

A “push” response is required – one in which resources are “pushed” out to local jurisdictions before a request for assistance from the state/federal government is received. The typical response uses a ‘pull’ system – once the local level and mutual aid is overwhelmed, requests for support are elevated to the county, then state, and if required, to the federal level.

Cascadia Rising proved this approach is inadequate in response to a CSZ earthquake due to the widespread

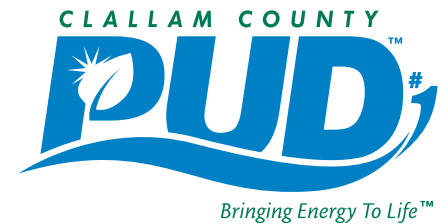
damage, sense of urgency, and barriers to normal communication and coordination.

A massive response will be required as this affects millions of people from British Columbia to Northern California. Leaders in Washington state identified that the response should be a coordinated national-state, proactive response. The principal goal of the initial response is to support the maximum number of survivors until our transportation system is usable again because the severe first-order damage to the power grid, transportation networks and drinking water facilities will lead to second-order and third-order problems of food and water shortages, sanitation issues, heating issues, and other public health and healthcare-related issues.

You may have plenty of this:



But are you prepared for a real emergency?



From a power outage to a major disaster, the best thing you can do for yourself and your loved ones, is to be prepared. This can include:

Minor event (such as power outage)

- Extra batteries
- Portable radio or hand-crank radio
- Cell phone charging bank
- Generator, if needed for medical equipment
- Flashlights/light sticks
- Ice to preserve refrigerated and frozen goods
- Extra blankets

Major event (in addition to items at left)

- Establish a meeting location/communication plan
- 30 day supply of potable water and non-perishable food
- First aid kit and 30 day supply of prescription medications
- Copies of important documents and cash in small bills
- Sanitation supplies
- Emergency whistle
- Clothing including leather gloves, thick-soled shoes and protective hat

Don't forget emergency supplies for your pets! Preparedness doesn't have to be overwhelming. Make the commitment to start today, acquiring an item per month. These items make great gifts too, even for those hard-to-shop-for loved ones!

For more information and resources visit www.clallampud.net/emergency-planning

CASCADIA RISING 2016 PLANS AND CONTROLS NEEDED TO BE ENHANCED AND DELEGATED

Prior to 2016, Clallam County used a centralized emergency management approach (command and control is the emergency management term), where “boots on the ground” were directed out of the county seat at Port Angeles for anything other than a “normal 9-1-1” emergency response. Cascadia Rising 2016 and damage assessment work indicated that this approach did not work for a county of over 100 miles long and 3-plus hours drive time from one end to the other. Nor would personnel in Port Angeles understand the needs of areas like Forks or Sequim or be able to see live events and make timely decisions on them.

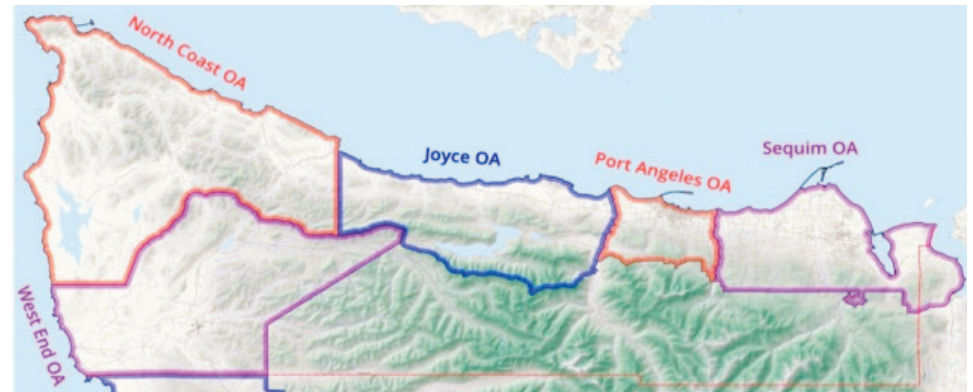
This concluded with a new “decentralized” approach of assigning the county into five operational areas that would directly manage the response and the resources. The county’s role would change to be

a coordinator rather than a direct manager of the response. Clallam County would consolidate and prioritize the requests from the operational areas for additional outside resources from the state and federal government and act as the operational areas’ liaison to them. Each operational area would be responsible for the detailed planning and use of resources in their area and direct them in the most effective manner during a disaster.

Examples of this effort are Sequim, Joyce and Forks, where agencies have formally or informally developed coordinated efforts to address the disaster challenge. Forks would bring the leadership of City of Forks, Fire District 1, Department of Natural Resources, Forks Community Hospital, Quillayute Valley School District, and the tribes together to create a coordinated effort of skills

and resources to address problems. Joyce has also brought together its school and water districts along with Fire District 4 to coordinate decision-making while the Sequim Operational Area formalized an inter-operating agreement with the City of Sequim and Fire District 3 to create, staff and fund an emergency coordination center (ECC)

along with other agencies to address detailed planning needs and decision making. This center was extensively used during the recent active shooter drills and COVID-19 response and vaccination events. Port Angeles relies on the joint city and county EMD EOC efforts to coordinate a response.



AREA	MICRO-ISLANDS IN THE OPERATION AREA	LEAD AGENCIES & COORDINATION CENTER
NORTH COAST OPERATIONAL AREA	NEAH BAY (VIA MAKAH TRIBAL EMERGENCY MGT.), SHIPWRECK POINT, CLALLAM BAY, OZETTE AND PYSHT	CCFD 5, MAKAH TRIBAL EMD CLALLAM BAY FIRE STATION
WEST END OPERATIONAL AREA	HUNGRY BEAR, BEAVER, FORKS, LA PUSH (VIA QUILEUTE TRIBAL EMERGENCY MGT.), WEST JEFFERSON COUNTY	CCFD 1 & 6, CITY OF FORKS FORKS CITY HALL
JOYCE OPERATIONAL AREA	INDIAN VALLEY, PILLAR POINT, JOYCE, LAKE SUTHERLAND, LAKE CRESCENT	CCFD 4 JOYCE FIRE STATION
PORT ANGELES OPERATIONAL AREA	PORT ANGELES EAST, PORT ANGELES WEST, LOWER ELWHA KLALLAM TRIBE	CITY OF PORT ANGELES FIRE & CCFD 2 PORT ANGELES FIRE STATION
SEQUIM OPERATIONAL AREA	DEER PARK, R CORNER, CARLSBORG, SEQUIM, DIAMOND POINT (MILLER PENINSULA) JAMESTOWN S'KLALLAM TRIBE	CCFD 3, CITY OF SEQUIM TRANSIT CENTER OR GUY COLE CENTER

INTERNET DEPENDENCIES

Our world is interconnected in ways we never dreamed of. Americans are so interconnected that a disaster in one part of the country sometimes affects all of it. The Texas Deep Freeze brought that lesson home to Clallam County. Some internet online banking became unavailable for up to a week because the online system was located on frozen servers in Texas. Shipment/delivery of some online purchases was delayed by as much as 5 days. Deliveries of the COVID-19 vaccine and other products were interrupted by transportation troubles in the heartland while nothing out of the ordinary

happened here.

After Hurricane Maria, Puerto Rico residents learned that the digital economy dies when the power goes off. No electricity means no internet/phone service. By the way, many of the “cool” Emergency Management IT tools for coordinating actions of course use the internet. No service means no ATMs. Businesses can't accept credit cards because their card readers don't work. Banks cannot access bank records so no withdrawals can be made. No ATMs, bank withdrawals or credit cards means they had to pay for the things they needed. Few had cash at a time when they

desperately needed food, water, fuel and replacement items to replace those destroyed by the storm.

Online service interruptions plagued Hurricane Maria victims' healthcare. Prescriptions could not be verified, so they could not be filled. If they could be filled the inventory system needed to resupply the drugstore didn't work. Hospitals had to learn how to keep patient records on paper.

The point of all this is to tell you that our community is very dependent on a smoothly functioning outside world. Problems can occur without an earthquake. Be prepared.



CPODS

What is a CPOD?

Community points of distribution (CPODs) are sites where the public can pick up life-sustaining emergency relief supplies following a disaster. CPOD sites are needed when normal establishments are closed or cannot supply basic commodities (food, water, ice, clothing, blankets) or medical care. CPOD sites remain open until businesses reopen or sufficient mass care operations are in place. There are two types of CPOD. A “pull” style, in which people come to a distribution point for commodities, and a “push” style

where commodities are brought to the people in need (i.e., a drop point on a highway, block or cul-de-sac). CPODs require well planned and coordinated efforts. This takes emergency management and local non-governmental agencies working together.

COVID-19 forced Clallam communities to develop skills for distributing food and vaccine. Forks and Sequim have become very good at it.

COMMUNITY COOPERATIVE PARTNERSHIPS FOR FEEDING

“Pull” style has been very successfully used here for

food distribution and Covid-19, where as the “push” style is planned for after Cascadia when roads are not passable for the public. Examples in progress in the Sequim operational area are Sequim Food Bank, Sequim Schools Central Kitchen (working with Sequim Food Bank) and restaurants and other food service groups. If you live in another Operational Area you can contact your local emergency management organization to learn how you can get involved.

COVID VACCINATIONS - SEQUIM



- Drive-through COVID-19 vaccinations
- 750-1,050 shots per day
- Coalition of community organizations working together
- Jamestown Family Health (administration support, nurses and doctors)
- CCFD No. 3 (incident commander, EMTs and CERTs)
- City of Sequim ((incident commander, public works and VIPs)
- Trinity United Methodist Church

FOOD PACK DISTRIBUTIONS



- Drive-through food distributed to families in our area
- Average was 500 families each event

SHELTERING

WHEN WE THINK ABOUT POST DISASTER SHELTERING AND FEEDING OUR THOUGHTS NORMALLY GO TO THE AMERICAN RED CROSS.

The issue is that the our local Red Cross chapter does not have enough volunteers to staff the many sheltering locations identified by Red Cross documents. There will be no ability to bring volunteers from across the nation to help us for weeks to months.

SO HOW DO WE HELP

Joyce Emergency Planning and Prep (JEPP) has set an excellent example in Joyce for feeding and sheltering persons. This includes a disaster service center that assists people by guiding them to needed services and facilities. It will also help them contact family outside the affected area. Using the JEPP documents modified to each operational area's specific needs, local Churches and Community Organizations can help to set up their own shelters, feeding centers and/or disaster service centers.

What facilities can shelters be placed in (in order of traditional use).

- Schools
- Public convention or community Buildings
- Civic or service groups facilities
- Churches
- Tribal facilities

Depending on the disaster many of the facilities may not be available due to damage or the location of the event. The traditional shelter location of schools are not expected to be usable after a Cascadia event. Clallam County may need shelter for 10 percent of the population (7,700 people). Most shelters house 100 to 200 people.

Plans modeled on JEPP's shelter and disaster service center are being developed in the Sequim Operational Area. Local churches are being contacted to help organize and staff feeding centers and shelters. Long-term Shelters are those that will be operational for weeks to months. Short-term Shelters are those that will be operational for days to weeks. Disaster service centers may need to stay open longer than shelters. They will continue to assist people in need to address their problems.

FINANCES

FINANCES IN AN EMERGENCY

Finances after a disaster are a tricky subject to write about, especially if money is tight for a family or business before the event. Let's start with the disaster and move on to a suggested solution.

Hurricane Maria struck Humacao, Puerto Rico, in 2017 with 25 hours of hurricane-force winds and gusts to 205 mph plus 30 inches of rain. A lot of homes were damaged, and anything that was not blown away was soaked, so few possessions were undamaged.

Let's focus on one family facing this situation. They needed several things right away – drinking water, building supplies to set up/repair a shelter, food, fuel, meds, replacement clothing and bedding. The primary earner's workplace is destroyed, so there is no paycheck coming, which leads to having little to no cash on hand. The family tries to go to Home Depot and Walmart in Humacao, but they can't help. The HVAC equipment was blown off the roof of their buildings while wind and water ruined the contents. Even if the store was safe to enter, there was no way to conduct business. No power – no internet. No internet – no credit cards/ no cash machines/no bank withdrawals. Purchases in many businesses were limited to cash transactions, good credit or barter. The family now faces a financial disaster on top of a natural disaster.

To their credit, Walmart, Home Depot, Pizza Hut, McDonald's, Burger King,

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the way.
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can get
your shot.**

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Walgreens and several other chains quickly set up emergency facilities with satellite phones so they could continue to serve customers.

In the meantime, families without cash had problems. Hurricane Maria's financial impacts affected businesses, too. A lot of businesses that still had inventory had to decide what to do with it. What were the insurance issues if

they gave items away or it was looted? If they gave credit, would they get paid? How could they replace their inventory if it was destroyed or they had no cash flow?

A vicious financial circle started for families and businesses. No power meant no work; no work meant no pay; no pay meant no purchases. For example, cannot fix the house – cannot

replace necessities. No purchases meant no receivables; no receivables meant no payables; no payables meant owners can't hire workers or replace inventory. No inventory slowly turned into business closures, which sent the owner and employees back to no work. That cycle continued to happen till the spring of 2018.

Puerto Rico is the same size as

Clallam and Jefferson counties. We can expect damage from the Cascadia quake to equal or exceed that experienced in Puerto Rico. Puerto Rico is an island. The Cascadia quake will isolate the North Olympic Peninsula just like the island of Puerto Rico. We cannot avoid the coming earthquake disaster, but we can take steps to make our lives easier when it happens.

CASCADIA RISING JUNE 2022

From the June 2016 Cascadia Rising earthquake exercise, government agencies and non-governmental organizations (NGOs) in Clallam County came away from the drill with a treasure trove of lessons learned, besides the ones already discussed:

- The NW-Pacific Seismic Network updated its shake maps for the county.
- Department of Natural Resources created new and more detailed tsunami inundation maps.
- A 2019 FEMA/WSDOT statewide road and bridge inventory confirmed

the threats identified in our Hazard Mitigation Ground Truth studies to roads and bridges in the county and across Western Washington.

- FEMA designated William R. Fairchild International airport as a Federal staging area (FSA) where emergency supplies can be delivered for the North Olympic Peninsula.
- WS DOT committed to opening key roads to the FSA (US 101 to the Peninsula).

The agencies/NGOs spent the last four years incorporating this information into better plans

to prepare for the earthquake. These include

- Improved CERTs (search/rescue), VIPs (police), DARTs (private air) organizations with policies and plans
- More reliable communications at the county and in operational areas
- Updated hazard mitigation plans & comprehensive emergency management plans
- Joyce Emergency Planning and Prep used the time to complete the development of a proto-type emergency shelter system for the Joyce Operations Area, which could

be used countywide.

Cascadia Rising 2022 will occur in June of 2022. Emergency management leaders throughout the county are looking forward to testing the new plans during the event. The event will focus on command and control, communications, transportation and mass care. Mass care includes sheltering, feeding, first aid, reunification, mental health services, short-term housing and assistance for those with access/functional needs.

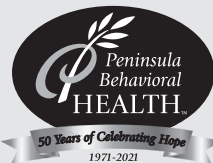
More information about CR2022 will be coming soon.

IT IS NORMAL TO FEEL STRESSED RIGHT NOW

Be kind to yourself. Care for your physical health. Take breaks from social media. Breathe.

Peninsula Behavioral Healthcare providers are here, offering therapy to current and new clients.

PBH thanks all of our colleagues in healthcare for their dedication. We can do this together.



Office: (360) 457- 0431
24/7 Crisis: (888) 910 - 0416

132561601

What to do when the lights go out...

Check your breakers

Many outages are merely tripped circuit breakers. Before calling the PUD, check your electrical panel to see if one or more breakers has tripped. If so, try resetting.

Check your neighbors

Before reporting, check to see if your neighbors are also without power. This helps the PUD understand what type of outage you may have.

Check our website

Check the outage map on our website jeffpud.org to see if your outage is part of a larger affected area. If the outage is widespread, the phone lines will likely be busy.

Report the outage

Call (360) 385-5800 and choose option 3. Give your name and physical address. You can also report the outage on Smart Hub from your phone.

Stay up to date on social media

Keep a back-up battery charged and use a smart phone to follow PUD outage updates on Facebook or Twitter.

(360)385-5800 JEFFPUD.ORG



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PETS

Remember your Pets - CDC Checklist for Pets:

Documents

- Photocopied veterinary records & registration information ownership
- Pet description (ex: breed, sex, color, weight, photo)
- Microchip information & your contact information

Water, Food, & Medications

- 4-6 week supply water & food stored in waterproof containers
- 4-6 week supply of medications & instructions
- 4-6 week supply of flea, tick and heartworm preventative
- Non-spill food & water dish

Other

- Leash, collar with ID, transport cage, toys & harness
- Cleaning supplies for accidents
- Pet first aid book and first aid kit



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CARBON MONOXIDE POISONING

Another year has passed and CDC says

- Another 400 Americans are dead from carbon monoxide poisoning (CO).
- Another 50,000 were hospitalized.
- Carbon monoxide poisoning is preventable.
- Never run a vehicle or generator indoors.
- Never have a charcoal fire indoors.
- Never run a generator near an open window or door.
- If you must use a camp stove or lantern indoors, do so in a ventilated area.
- Use only UL approved space heaters indoors.
- Always have a battery powered CO detector in your living space AND check the batteries.

Symptoms of mild CO poisoning include dizziness, nausea and headaches. First aid for this is fresh air. It can take as long as six hours to cycle the poison out of your bloodstream.

More serious symptoms include upset stomach, vomiting, chest pain, confusion, seizures and unconsciousness. Serious cases require hospitalization with oxygen treatment.

Psychological First Aid

DO:

Promote safety:

Help people meet basic needs for food and shelter, and obtain emergency medical attention. Provide repeated, simple and accurate information on how to get these basic needs.

Promote calm:

Listen to people who wish to share their stories and emotions, and remember that there is no right or wrong way to feel. Be friendly and compassionate even if people are being difficult. Offer accurate information about the disaster or trauma, and the relief efforts underway to help victims understand the situation.

Promote connectedness:

DO NOT:

- Force people to share their stories with you, especially very personal details.
- Give simple reassurances like “everything will be OK” or “at least you survived.”
- Tell people what you think they should be feeling, thinking, or how they should have acted earlier.
- Tell people why you think they have suffered by alluding to personal behaviors or beliefs of victims.
- Make promises that may not be kept.
- Criticize existing services or relief activities in front of people in need of these services.

Help people contact friends and loved ones. Keep families together. Keep children with parents or other close relatives whenever possible.

Promote self-efficacy:

Give practical suggestions that steer people toward helping themselves. Engage people in meeting their own needs.

Promote help:

Find out the types and locations of government and nongovernment services and direct people to those services that are available. When they express fear or worry, remind people (if you know) that more help and services are on the way.

After a disaster, people may be having reactions of confusion, fear, hopelessness, sleeplessness, anxiety, grief, shock, guilt, shame, and loss of confidence in themselves and others. The goal in providing psychological first aid is to promote an environment of safety, calm, connectedness, self-efficacy, empowerment, and hope.

FOR MORE INFORMATION

www.apa.org/practice/programs/dmhi/psychological-first-aid

THIS GUIDE MORE INFORMATION

<https://store.samhsa.gov/product/Psychological-First-Aid-for-First-Responders/NMH05-0210>

LEARN HOW TO MAKE A DIFFERENCE IN YOUR COMMUNITY.

- Know how to respond to each kind of hazard.

Some advice has changed over the years. Even if you think you know, give it a quick scan; you'll probably see at least one new thing. Take a look at 2019's Preparedness Guide online for detailed info on some of the Peninsula's most likely natural hazards, bit.ly/2019PEPG.

- Prepare your home.

Home adjustments and maintenance can be done beforehand for earthquakes, wildfires and winter weather. Specific recommendations can be found online in Washington's Preparedness Guide at bit.ly/WashingtonEPG.

- Be self-reliant.

Gather and store enough supplies for you, your family and pets for at least seven days. If you can (or slowly over time), increase your supplies to 30 days or more; response timelines show Peninsula residents should not discount the possibility of up to three months' isolation in severe, communitywide disasters.

- Expand your skills.

Learn CPR/first aid.

Join a community emergency response team (CERT), volunteer in police service (VIPS), Search and rescue or community policing team or other emergency-related education programs.

Get licensed and become a member of amateur radio emergency services (ARES).

Become a volunteer firefighter. There are several districts that run only on volunteers.

EMERGENCY MANAGEMENT CONTACTS

SEQUIM OPERATIONAL AREA FIRE & RESCUE

CLALLAM COUNTY FIRE DISTRICT 3

For questions regarding insert materials or for group presentations, contact us.

- Office: 323 N. Fifth St., Sequim
- Contacts:
Dan Orr, 360-683-4242, ext. 114, dorr@ccfd3.org
Blaine Zechenelly, bzechenelly@ccfd3.org

COMMUNITY EMERGENCY
RESPONSE TEAM (CERT)

For Eastern Clallam County, Gardiner and West Discovery Bay

- Contact: Cindy Zechenelly, czechenelly@ccfd3.org

MAP YOUR NEIGHBORHOOD (MYN)

- Contact: Lynne Schlosser, Lynne5977@live.com

CLALLAM COUNTY

CLALLAM COUNTY EMERGENCY
MANAGEMENT (CCEM)

- 223 E. Fourth St., Suite 12, Port Angeles
- clallam.net/emergencymanagement
- ccecm@co.clallam.wa.us
Ron Cameron, 360-417-2544
rcameron@co.clallam.wa.us

COMMUNITY EMERGENCY RESPONSE
TEAM (CERT)

For Western Clallam County and Port Angeles, west of Deer Park

- Contact: CCEM,
360-417-2544, ccecm@co.clallam.wa.us

MAP YOUR NEIGHBORHOOD (MYN)

- Contact: Ann Chastain, 360-417-2483
achastain@co.clallam.wa.us

JOYCE PREPAREDNESS

JOYCE EMERGENCY PLANNING AND
PREPAREDNESS (JEPP)

- Website: jeppgroup.org
- Social Media Page:
facebook.com/JEPPgroup
- Contact: Jim Buck, 360-808-2105,
buckdj@olyopen.org

JEFFERSON COUNTY

JEFFERSON COUNTY DEPARTMENT OF
EMERGENCY MANAGEMENT

CERT and MYN for Jefferson (except Gardiner and West Discovery Bay)

- Office: 81 Elkins Road, Port Hadlock
- Phone: 360-385-9368
- Email: jcdem@co.jefferson.wa.us
- Contact: Willie Bence, 360-344-9729
wbence@co.jefferson.wa.us, jcdem@co.jefferson.wa.us
co.jefferson.wa.us/950/Dept-of-Emergency-Management



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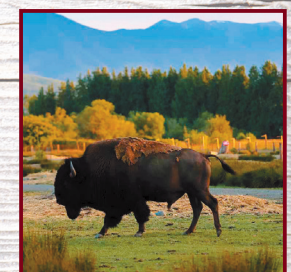
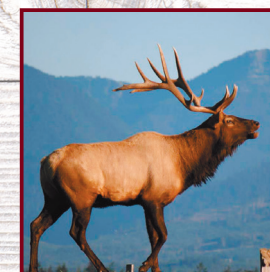
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