



# DISASTER & EMERGENCY HANDBOOK

HOW TO PREPARE YOURSELF AND YOUR COMMUNITY FOR  
FIRES • FLOODS • POWER OUTAGES • WIND STORMS • EARTHQUAKES



LIFESONG PHOTOGRAPHY

A PROJECT OF THE METHOW VALLEY  
LONG TERM RECOVERY ORGANIZATION

METHOWREADY.ORG  
509.449.5590

## WHEN DISASTER STRIKES, WILL YOU BE READY?



### BE PREPARED

While summer is the season of wildfire, with the prospect of evacuations, winter can also test our preparedness. Storms knock out power, a deep freeze strands us in our homes, a rain-on-snow event brings flooding that cuts roads and highways.

What simple steps can you take ahead of time to make yourself and your home more survivable?

- Build a disaster and evacuation kit.
- Sign up for Okanogan County Emergency Alert System notification: [okanogandem.org](http://okanogandem.org)
- Install a reflective address sign so your home can be easily located.
- Implement Firewise principles to reduce fuels around your home and outbuildings.

### MAKE A PLAN

When a disaster or emergency strikes, it's too late to plan. Being Methow Ready is planning ahead of time for you and your family. Regularly discuss the plan with your family, friends and neighbors, and update the plan as needs or circumstances change.

### WHAT BASICS DOES YOUR PLAN NEED TO INCLUDE?

- First and foremost, fill out the HouseHold Emergency Plan & Contact List on the last page of this handbook. Keep it in a visible spot at all times.
- Talk about what you've done to be prepared with the people you care about.
- Plan how you will care for your pets and livestock.
- Plan how you will care for people with special needs in your household.
- Become familiar with alternate routes out of your area.
- Have a plan for both evacuating and for staying put for an extended time without power.

## CONNECT WITH YOUR NEIGHBORS

In a disaster the neighbors living around you are your most immediate source of help. Traditional 911 responders are quickly overwhelmed by demand. An increasing number of neighborhoods and drainages in the Methow Valley have groups or associations to support each other in time of disaster.

### CONTACT US AT [INFO@METHOWREADY.ORG](mailto:INFO@METHOWREADY.ORG)

to find out how to connect with your neighborhood group. If there isn't one, we'll give you the tools and the know-how to start one!

## GET TRAINED

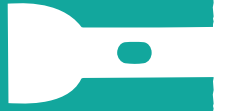
The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. Methow Valley's CERT program is coordinated by the Twisp Police Department 509-997-6112.

Sometimes when disaster strikes we find ourselves in a position to manage illness or injuries before professional help arrives. First Aid and CPR classes can make you more confident, knowledgeable and able to respond in an emergency situation.

### CPR AND FIRST AID CLASSES ARE AVAILABLE LOCALLY AT AERO METHOW.

[AEROMETHOW.ORG/CLASSES](http://AEROMETHOW.ORG/CLASSES)

## DISASTER SUPPLY KIT BASICS



A Methow Ready family has an emergency kit. A very simple disaster kit can mean basic survival items when you need them most. Your kit can be assembled quickly and inexpensively, easily stored, and always ready to grab and use on a moment's notice. A good rule of thumb is to have supplies for about 3 days or 72 hours for evacuation, or a 2-week supply for hunkering down at home. You'll be surprised at how much you already have.

Check off what you have below and collect items together. Fit what you can in a plastic tub with a tight fitting lid. Circle the items you need, and make a plan to acquire those as soon as possible. Then enjoy the peace of mind that comes with being prepared.

### ESSENTIALS

- ☐ Water: 1 gallon per person per day
- ☐ Food: non perishables
- ☐ First aid kit
- ☐ Flashlight and extra batteries
- ☐ Fire extinguisher
- ☐ Manual can opener
- ☐ Maps of the area
- ☐ Matches

### USEFUL

- ☐ Warm clothes and sturdy shoes
- ☐ Radio (battery operated or hand crank)
- ☐ Cash
- ☐ Sleeping bag or blankets
- ☐ Cellphone charger
- ☐ Wrench, pliers or multi-use tool to turn off utilities
- ☐ Treats: a supply of chocolate, dried fruit or nuts can give you energy and lift your spirits

## PERSONAL

- Prescriptions: 7-day supply of medicine
- Personal hygiene and sanitation items: toilet paper, feminine supplies, hand sanitizer, toothbrush, soap, unscented bleach, heavy duty garbage bags
- Documents: copies of your birth certificate, driver's license, passport, leases, titles, insurance policies, and your emergency plan and contact list
- Baby supplies and children's toys
- Pet items: extra food, water, toys
- Spare set of glasses, contact lenses and supplies
- Family photos
- Important items for special needs you might have

## EVACUATION

### SHOULD I STAY OR SHOULD I GO?

Use common sense and available information to determine if there is an immediate danger. In a disaster situation, local authorities may or may not immediately be able to provide information on what is happening and what you should do. Listen to the radio, talk with your neighbors and follow local evacuation instructions. If available, use the internet to stay informed and evaluate your risks. If you are in doubt about whether to stay or go, err on the side of caution and leave. MethowReady.org has a list of informational sources you can use to stay informed.

### IF EVACUATION SEEMS LIKELY

Make an evacuation "go bag" that you can grab at a moment's notice. Most items from this kit will easily fit into a medium size duffle bag or backpack. Assemble a backpack for each member of your family. Ideally your "grab bags" are prepared and ready before an evacuation notification.

Keep a full tank of gas handy as gas stations may be closed during emergencies or unable to pump gas during power outages. Get in the habit of regularly filling up your vehicle.

### BEFORE EVACUATING

- Secure your home by closing and locking doors and windows.
- Unplug electrical equipment such as radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding.

### BEFORE EVACUATING CONT.

- If you smell or hear propane leaking, shut off your propane tank. Leaking propane smells like rotten eggs and usually makes a hissing sound. Gas leaks and explosions are responsible for a significant number of fires following disasters. It is vital that all responsible household members know how to shut off all your utilities.
- Consider reaching out to those in your vicinity who might need assistance evacuating. Double check they are getting the help they need.
- Leave a note telling others when you left and where you are going.

## STAYING PUT

In many cases, hunkering down at home is the best and safest way to ride out a crisis. Be ready ahead of time for this possibility.

- Invest in an alternative source of heat, such as a wood stove.
- Get a good multi-fuel camp stove so you can cook food out of doors.
- Consider getting a portable generator.
- Learn how to shut off your water at your house so you can preserve water. Gravity may drain the water in your hot water and toilet tanks unless you trap it in your house.

For more in-depth information, resources and tips for home preparedness, visit us at [methowready.org](http://methowready.org) or email [info@methowready.org](mailto:info@methowready.org).

## THANK YOU METHOW READY PARTNERS

AERO METHOW RESCUE SERVICE • CARLTON COMPLEX ASSIST. NETWORK • ROOM ONE OKANOGAN CONSERVATION DIST. • OKANOGAN COUNTY FIRE DIST. 6 • OKANOGAN COUNTY ELECTRIC CO-OPERATIVE • OKANOGAN COUNTY DEPT. OF EMERGENCY MANAGEMENT OKANOGAN COUNTY PUBLIC UTILITY DISTRICT • LOOKOUT COALITION • TOWN OF TWISP TOWN OF WINTHROP • TWISP POLICE DEPARTMENT • WINTHROP MARSHAL'S OFFICE

# HOUSEHOLD EMERGENCY PLAN & CONTACT LIST



PUT THIS ON YOUR FRIDGE OR SOMEWHERE VISIBLE. MAKE COPIES FOR FRIENDS & FAMILY.

## HOUSEHOLD MEMBERS

|             |             |
|-------------|-------------|
| NAME _____  | NAME _____  |
| PHONE _____ | PHONE _____ |
| EMAIL _____ | EMAIL _____ |
| NAME _____  | NAME _____  |
| PHONE _____ | PHONE _____ |
| EMAIL _____ | EMAIL _____ |

## OUR MEETING SPOT

In case of an emergency, we will meet at:

ADDRESS \_\_\_\_\_

## IMPORTANT CONTACTS

SCHOOLS \_\_\_\_\_

WORK \_\_\_\_\_

DOCTOR \_\_\_\_\_

NEIGHBOR \_\_\_\_\_

DAY CARE \_\_\_\_\_

VETERINARIAN \_\_\_\_\_

PHARMACIST \_\_\_\_\_

HOMEOWNERS \_\_\_\_\_

RENTAL INSURANCE \_\_\_\_\_

## MY PEOPLE

People I will check in with include:

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

## OUT OF AREA CONTACT

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

METHOWREADY.ORG  
INFORMATION & RESOURCES

## METHOW VALLEY SAFETY & EMERGENCY

|   |              |
|---|--------------|
| Aero Methow Rescue Service – Main         | 509-997-4013 |
| Aero Methow Rescue Service – Alternate    | 509-997-4014 |
| Aero Methow Rescue Service – Alternate #2 | 509-449-6619 |
| Okanogan County Electric Co-op            | 509-997-2228 |
| Okanogan County Emergency Mgmt.           | 509-422-7207 |
| Douglas Okanogan Fire District #15        | 509-689-0216 |
| Okanogan County Fire District #6          | 509-997-2981 |
| Okanogan County P.U.D.                    | 509-997-2526 |
| Town of Twisp                             | 509-997-4081 |
| Town of Winthrop                          | 509-996-2320 |
| Twisp Police Department                   | 509-997-6112 |
| Winthrop Marshal's Office                 | 509-996-2160 |

## COMMUNITY RESOURCES

|                                    |                     |
|------------------------------------|---------------------|
| Carlton Complex Assistance Network | 509-699-9429        |
| Lookout Coalition                  | 509-997-2050        |
| Methow at Home                     | 509-997-5844        |
| Methow Ready                       | 509-449-5590        |
| Okanogan Conservation District     | 509-422-0855 ext. 5 |
| Room One                           | 509-997-2050        |
| The Cove                           | 509-997-0227        |

## OTHER RESOURCES

|           |                      |
|-----------|----------------------|
| FireWise  | firewise.org         |
| Ready.gov | ready.gov            |
| Red Cross | redcross.org/prepare |

Washington State Department of Health  
doh.wa.gov/emergencies

Washington State Emergency Management Division  
mil.wa.gov/preparedness

## INFORMATION (during disasters)

|                                  |                 |
|----------------------------------|-----------------|
| Okanogan County Emergency Center | 509-422-7348    |
| Okanogan Alert System            | okanogandem.org |
| Methow Valley News Facebook Page |                 |
| KTRT 97.5 The Root Facebook Page |                 |