



# MARYSVILLE READY NEIGHBORS

## Household Preparedness: *Information & Family Activity Packet*

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*The following packet includes more information and various activities on disaster preparedness. Review each page with your family to decide which activities to complete!*



# Table of Contents

Neighborhood Preparedness.....	3
The Great Washington Shakeout Earthquake Drill.....	4
Local Hazards.....	5
Preparedness Self-Assessment.....	6
ShakeAlert Earthquake Early Warning.....	7
Earthquake Checklist.....	8
Game: Supply Scavenger Hunt.....	9-10
Preparing for Seasonal Hazards.....	11
Power Outage Safety.....	12
Preparing for Extreme Heat.....	13
Staying Informed Before, During, and After Disasters.....	14
Safe Drinking Water.....	15
Water Treatment.....	16
Learning to Shelter-In-Place.....	17
Extra Notes.....	18



# Neighborhood Preparedness

In case of disaster, do you know the people who live around you?

## Find Creative Ways to Interact with Your Neighbors

**WHY?** Every residential community is different and only you and your neighbors will know the best ways to collaborate on preparedness.

- *Identify a neighborhood meeting point*
- *Encourage new neighbors to prepare for disasters*
- *Regularly discuss your neighborhood preparedness*
- *Have a community BBQ to get to know each other*
- *Learn where individuals and families can sign up for training*
- *Create a map of shared supplies, skills, and resources (i.e. chainsaw)*
- *Sign up for the annual Great Washington ShakeOut earthquake drill*
- *Brainstorm other activities that work best for you and your neighbors*

## Sharing Information with Your Neighbors

**WHY?** Whether you're sharing information before a disaster or communicating during one, your neighborhood should think about ways to stay in touch.

- *Plan to discuss preparedness topics at existing neighborhood meetings or invite Marysville Emergency Management to come guide discussion*
- *Add information to an existing neighborhood website, newsletter, or community board*
- *Get extra flyers from Marysville Emergency Management to make available in common gathering places (i.e. an HOA meeting, the front counter of an apartment building, or another shared community space)*
- *What other ideas do your neighbors have?*



# The Great ShakeOut

Practice Earthquake Safety with an Earthquake Drill.

**When?** The third Thursday of October

**What?** A drill simulating that an earthquake has occurred, and an opportunity to practice how you would protect yourself in that situation. Drop, Cover, and Hold on to protect yourself, and stay there for a minute! If you live in a tsunami hazard zone, this is also an excellent time to practice walking your route to high ground! At this time, all Coastal Tsunami Sirens will play the “Wail” sound as part of the drill – not the usual test sound that goes off on the first Monday of each month.

**Where?** Wherever you are!

**Why?** Washington is earthquake Country. After California, we have the 2nd-highest risk from earthquakes in the U.S. The State also has more than 3,000 miles of coastline, all susceptible to tsunami hazards. “Drop, Cover, and Hold on” is the best way to protect yourself from the immediate hazards of falling objects, the ground shaking beneath you, and other dangers from earthquakes. Practicing now (while there's not an earthquake) will help ensure that you know how to protect yourself when an earthquake strikes. Visit [www.shakeout.org/washington](http://www.shakeout.org/washington) to register.

Even with the new ShakeAlert Earthquake Early Warning system in Washington, you'll still only get seconds of warning before shaking, so the more quickly you can protect yourself, the lesser your chance of injury.



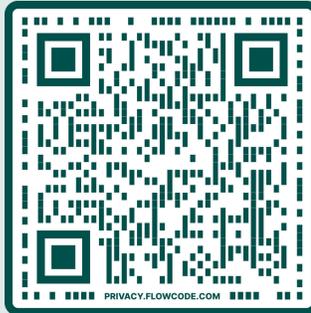
# Local Hazards

Do you know which hazards are most likely to impact Marysville?

## Learning About Local Hazards

**WHY?** Learning more about the hazards that we are at risk of help to remind us why preparedness is important.

Scan the QR Code to review local natural hazards with the [Snohomish County Natural Hazard Viewer Story Map](#).



**TIP:** Some hazards have a higher risk level in specific areas. Use the map to zoom in on places that you spend a lot of time at to identify what potential hazards and impacts you might encounter.

## Discussion: Based on where you live, which hazards are you most concerned about? What about where you work?

**WHY?** Identifying which hazards concern your household the most can help guide which preparedness actions you take next. Consider “no-notice” events and hazards that can be forecasted and provide some warning time.



# Preparedness Self-Assessment

Check the items off that you have completed.

## Assessing Your Preparedness

**WHY?** Getting an idea on where your preparedness currently stands is a great way to identify gaps and guide you on first steps to take.

- I have enough supplies at home to be self-sufficient for at least 14 days including my pets.
- I have a go-kit for work and other places you spend significant time.
- I have emergency supplies in my vehicle that align with the current seasonal hazards.
- I have a plan to rotate my perishable supplies and update my emergency kits every season.
- I have an emergency communications plan with my family.
- I am aware of our local natural and human-caused hazards and their potential impacts.
- Each family member in my household is signed up for Marysville Alerts.
- I know how to connect with Marysville Emergency Management for preparedness resources.
- I know where my utility shut-offs are and can turn them off in the event of a disruption.
- I have secured my decorative items to shelves and cabinets with earthquake putty.
- I used closed hooks or earthquake putty when hanging pictures and other wall décor.
- I used straps or earthquake brackets to secure my water heater and heavy furniture.
- I have considered hazard specific insurance coverage that is not included in my current policy.
- I have a back up friend, family member, or trusted neighbor who can check on my pets.
- My household has discussed a plan to stay in touch before, during, and after a disaster.
- Everyone in our household knows where our family meeting point is.

How many items could you check?

16

Survey: Given your results, how prepared do you feel at this point?



Not Prepared



A Little Prepared



Some Prepared



Very Prepared

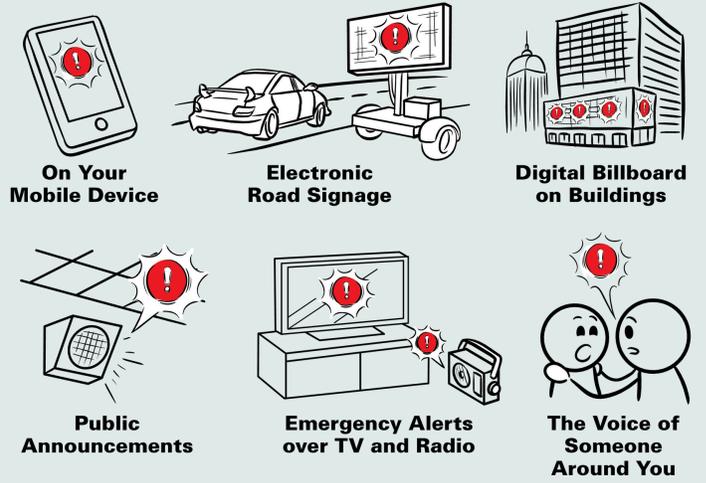


# ShakeAlert

## Earthquake Early Warning

The ShakeAlert® Earthquake Early Warning System is a U.S. Geological Survey product that detects earthquakes quickly so that we may get a message before shaking happens. These alerts can prompt people to take protective action as well as trigger automated actions to protect systems and facilities

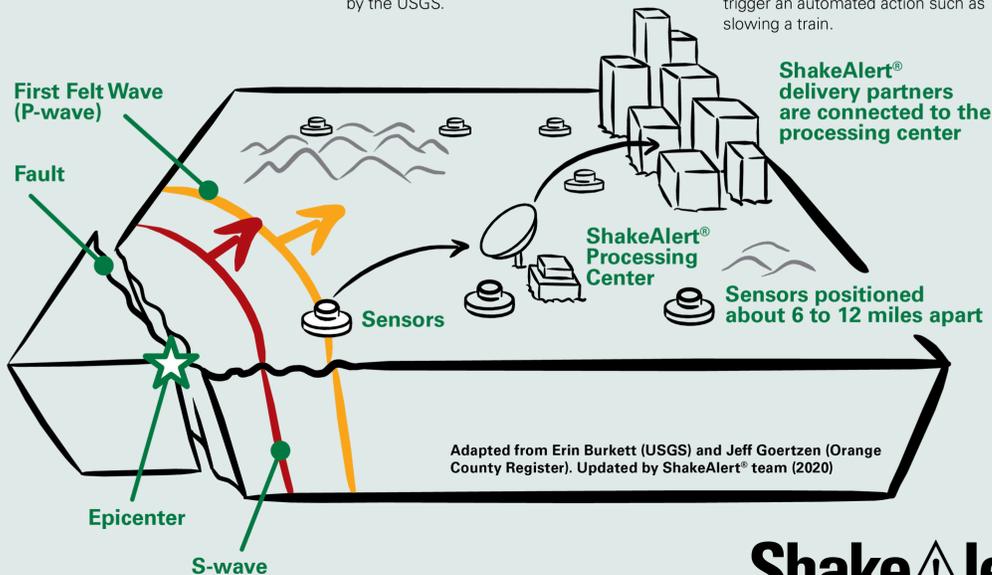
More information about ShakeAlert and schools: [tinyurl.com/ShakeKit](https://tinyurl.com/ShakeKit).



**ShakeAlert**

### ShakeAlert® EARTHQUAKE EARLY WARNING BASICS

- 1 During an earthquake, a rupturing fault sends out different types of waves. The fast-moving P-wave is first to arrive, followed by the slower S-wave and later-arriving surface waves.
- 2 Sensors detect the P-wave and immediately transmit data to a ShakeAlert® processing center where the location, size, and estimated shaking of the quake are determined. If the earthquake fits the right profile a ShakeAlert® Message is issued by the USGS.
- 3 A ShakeAlert® Message is then picked up by delivery partners (such as a transportation agency) that could be used to produce an alert to notify people to take a protective action such as **DROP, COVER, AND HOLD ON** and/or trigger an automated action such as slowing a train.



**ShakeAlert**



# Earthquake Checklist

Whether you rent or buy, protect your home with preventative action.

## SECURE WATER HEATERS

Fasten your water heater to the wall with earthquake straps. As they are connected to both water and gas, they can be potential sources for indoor flooding or fires.

## SECURE HANGING OBJECTS AND DECOR

Use earthquake putty, closed loop picture hangers, or velcro to secure hanging items or other decor around your home.



Cut feet from broken glass and mirrors is one of the most common injuries we see from earthquakes.

## LATCH AND LOCK YOUR STORAGE CABINETS

Unsecured cabinet doors fly open during earthquakes, allowing glassware and dishes to crash to the floor. Keep doors and drawers locked and consider installing latches to those without existing hardware.

## SECURE HEAVY FURNITURE TO THE WALL

Install straps or earthquake brackets to secure tall, heavy furniture to the wall to prevent injuries from broken glass and help keep a clear path to the exit.

## CONSIDER EARTHQUAKE INSURANCE

Consider adding Earthquake insurance to your standard homeowners or renters insurance policies, as it usually only covers losses from fire after an earthquake.

## Practice How To Keep Yourself Safe During an Earthquake

In the event of an earthquake, do not run outside and do not panic. When the earth begins to shake, most people should Drop, Cover, and Hold On. Stay where you are until the shaking has stopped. If you are near the coast, head to high ground.



# Game: Supply Scavenger Hunt

Need to get your kit started? Get help from family of all ages!

## Gathering Supplies with the Whole Family

**WHY?** Many of the disaster supplies you need are often already things you have around the house.

- *Gather your family and discuss the importance of emergency preparedness.*
- *Review the list of supplies on the back of this page with your children and decide which supplies work best for your family. Cross out any that you don't have or want them searching for.*
- *Add three other supplies that are not already included in the list to the blank boxes in the bottom row.*
- *Have children search for each item on the list to cross off.*
- *Children can work together as a team with other members of the family.*
- *Find a bag, tote, or other container to place supplies in and work together to identify a storage place where everyone can get to it.*
- *After everything has been collected, identify what supplies might be missing.*

### Go Bag

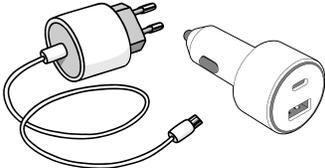
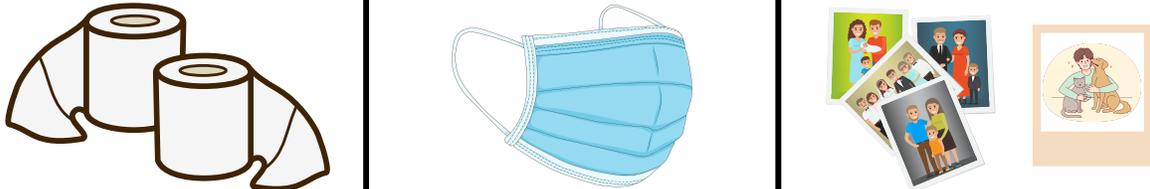
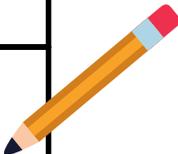


### Two Weeks Ready Supply



# Game: Supply Scavenger Hunt

Remember that your supply kit should address your family's specific needs. What will your family add to the list?



# Preparing for Seasonal Hazards

Freezing temperatures, downed power lines, power outages, frozen pipes, snow, wind, and ice are all winter hazards we may see.

## Frozen Water Pipes

**WHY?** Cold weather can mean freezing pipes. Here are some tips to prevent this from happening in your home.

- *Cover your outdoor spigot and wrap exposed pipes with insulation*
- *Know where your water shut off is located*
- *Allow a faucet to slowly drip to keep water moving*
- *Open cabinet doors that contain plumbing*
- *Disconnect and drain garden hoses*

## Keeping Warm With or Without Power

**WHY?** Power outages during the cold season can make keeping your family warm a challenge.

- *Check to see if your gas fire place has a battery back up*
- *Prepare firewood ahead of time if you have a wood fireplace*
- *Keep space heaters 3 ft. away from flammable objects such as curtains*
- *Do not use a gas stove or oven to heat your home*

## Other Tips

- *If you use candles as a source of light during a power outage, be sure to keep away from kids, pets, flammable objects, and don't walk away*
- *If you go out, walk and drive carefully when on snow and ice*
- *If you see a downed power line, stay far away and never try to move it.*
- *Remember the dangers of over-exertion while shoveling snow.*



# Power Outage Safety

Seasonal hazards can bring power outages when we least expect it.

## Food Safety

**WHY?** Refrigerated or frozen foods may not be safe to eat after the loss of power. Never taste food to determine if it is safe to eat. **When in doubt, throw it out.**

- *For food without power or a cold source, throw out after 4 hours in the fridge, 48 hours in a full freezer, and 24 hours in a half-full freezer*
- *Throw out any food with an unusual odor, color, or texture*
- *Check temperatures of food and throw out food above 40°F*

## Generator Safety

**WHY?** Generators can be helpful when the power goes out. It is important to know how use them safely to prevent carbon monoxide (CO) poisoning and other hazards.

- *Generators and fuel should always be used outdoors and at least 20 feet away from windows, doors and attached garages*
- *Install working carbon monoxide detectors on every level of your home*  
*Carbon monoxide is a colorless, odorless gas that can kill people and pets*
- *Keep the generator dry and protected from rain or flooding. Touching a wet generator or devices connected to one can cause electrical shock*
- *Always connect generators to appliances with heavy-duty extension cords*

## Other Tips

- *Disconnect appliances/electronics to avoid damage from electrical surges*
- *Have alternate plans and supplies for charging phones, refrigerating medicines, or using power-dependent medical devices*
- *Practice safe cooking and never use a grill or portable camping stove inside*



# Preparing for Extreme Heat

## Prepare Ahead of Time

- Learn to recognize the signs of heat illness
- Do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature
- Cover windows with drapes or shades and weather-strip doors and windows
- Install window air conditioners if you can and insulate around them

## Stay Safe During

- Take cool showers/baths and wear loose, lightweight, light-colored clothing
- Use your oven less to help reduce the temperature in your home
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated
- Avoid high-energy activities or work outdoors during midday heat, if possible
- Check on family members, older adults, and neighbors
- Watch for heat cramps, heat exhaustion, and heat stroke

## Look Before You Lock

**WHY?** The temperature in your car can quickly become deadly, even when the outside temperature is only 80 degrees.

Never leave people or pets in your car on a warm day. When it is 80° outside:



Inside temp is 99°  
after 10 minutes



Inside temp is 114°  
after 30 minutes



Inside temp is 109°  
after 20 minutes



Inside temp is 123°  
after 60 minutes

[www.weather.gov/heat](http://www.weather.gov/heat)



# Stay Informed Before, During and After Disasters

**Why?** Receiving timely information about weather conditions or other emergency events can make all the difference in knowing when to take action to be safe.

## Sign up for Marysville Alerts

An important step in your preparedness is to sign up to receive emergency alert notifications from Marysville Emergency Management. We recommend that you encourage everyone in your household to sign up, as well as other family members who may live or work outside of the City but still should be “in the know” about what is going on in Marysville. These alerts are reserved for disasters or major emergencies, so don’t expect to receive regular alerts on traffic accidents or other common incidents.

## How do I sign up?

From any phone with texting capabilities, draft a message to 67283, enter the code MarysvilleWa in the text field, and send. You should receive two confirmation texts back to make sure you are signed up. Para recibir alertas de emergencia en español, envíe un mensaje de texto con la palabra MarysvilleWaESP al 67283.



We also encourage you to sign up for local alerts in other places your loved ones live that you may want to check on during an emergency, such as an elderly parent or grandparent.

## Other Resources

Scan the QR codes below to learn more about Marysville Alerts, sign up for SnoCo Alerts, bookmark [www.marysvillewa.gov/emergencyinfo](http://www.marysvillewa.gov/emergencyinfo), and learn about other types of alerts you may receive but don’t have to opt-in for.

City of Marysville  
“Marysville Alerts”



Snohomish County  
“SnoCo Alerts”



Marysville Emergency  
Information Page



More Info on Other  
Types of Alerts



# Safe Drinking Water

If your tap stopped working how much water would your family have?

## Determining Water Needs

**WHY?** In a disaster clean drinking water may not be available, so it is important for your household to build a supply of properly stored water.

Store at least one gallon of water per person per day for several days, for drinking and sanitation. A normally active person needs about 3/4 of a gallon of fluid daily. However, individual needs vary depending on age, health, physical condition, activity, diet and climate.

## Water Storage

**The best thing you can do is buy commercially bottled water and store it in the sealed original container in cool, dark place.**

To prepare your own containers of water, purchase food-grade water storage containers. Before filling with chlorinated water, thoroughly clean the containers with dishwashing soap and sanitize the bottles by cleaning with a solution of one teaspoon of non-scented liquid household chlorine bleach to a quart of water. Water that has not been commercially bottled should be replaced every six months.

## Water Tips

- *Never ration drinking water unless ordered to do so by authorities. Drink the amount you need today and try to find more for tomorrow.*
- *Reducing activity and staying cool will minimize the amount of water you need.*
- *Drink water that you know is not contaminated first. If necessary, suspicious water, such as cloudy water from regular faucets or water from streams or ponds, can be used after it has been treated.*
- *Consider purchasing camping gear like life-straws or water purification tablets.*
- *Caffeinated drinks and alcohol dehydrate the body which increases the need for drinking water.*



## Water Treatment

**WHY?** If you have used all of your stored water and there are no other reliable clean water sources, it may become necessary to treat suspicious water.

Treat all water of uncertain quality before using it for drinking, food washing or preparation, washing dishes, brushing teeth, or making ice. In addition to having a bad odor and taste, contaminated water can contain microorganisms (germs) that cause diseases such as dysentery, cholera, typhoid, and hepatitis.

## Boiling

**WHY?** If you do not have bottled water, boiling water is sufficient to kill pathogenic bacteria, viruses, and protozoa, but will not remove other contaminants such as heavy metals, salts, and most other chemicals.

- *If water is cloudy, let it settle and filter it through a clean cloth, paper towel, or coffee filter. In a large pot or kettle, bring water to a rolling boil for one full minute, keeping in mind that some water will evaporate. Let the water cool before drinking.*
- *Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. (This also will improve the taste of stored water.)*

## Chlorination

**WHY?** If you can't boil water, you can use household liquid bleach to kill microorganisms. Keep in mind that chlorination will not remove other contaminants such as heavy metals, salts, and most other chemicals.

- *If water is cloudy, let it settle and filter it through a clean cloth, paper towel, or coffee filter.*
- *Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches, or bleaches with added cleaners.*
- *Add 1/8 teaspoon of bleach per gallon of water, stir and let stand for 30 minutes. The water should have a slight bleach odor. If it doesn't, then repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water.*



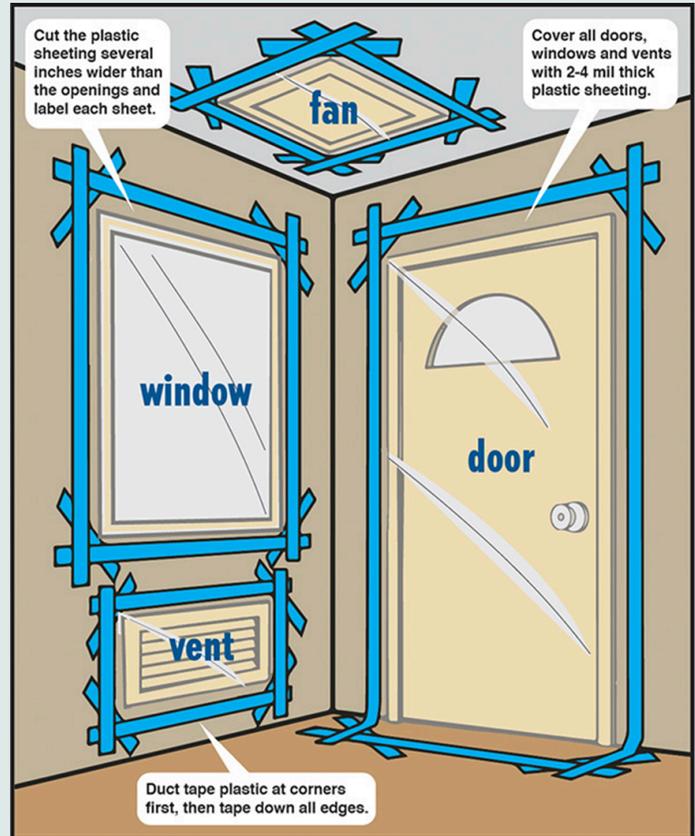
# Learning to Shelter-in-Place

During a Hazardous Materials Release

## Considerations for Sheltering In Place

**WHY?** Hazardous materials can include explosives, flammable and combustible substances, poisons, and radioactive materials. Releases can happen during the production, storage, transportation, use, or disposal of hazardous materials.

- *Local authorities may not immediately be able to provide information on what is happening and what you should do.*
- *Pay attention to local media outlets for official news and instructions as they become available.*
- *Bring your family and pets inside.*
- *Lock doors, close windows, air vents, and fireplace dampers.*
- *Turn off fans, air conditioning, and forced air heating systems.*
- *Grab your emergency supply kit unless you have reason to believe it has been contaminated.*
- *Go into an interior room with few windows if possible.*
- *Seal all windows, doors, and air vents with thick plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.*
- *Cut plastic sheeting several inches wider than openings and label each sheet.*
- *Duct tape plastic at corners first and then tape down all edges.*
- *Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any contamination.*



## Extra Notes



*Want to get more involved? Scan the code to learn about Marysville Emergency Management's other programs!*

