



What's Happening

Northwest Region Emergency Medical Services
and Trauma Care Council

April 2010

Earthquake Preparedness 101

You only need to look as far as the recent Haitian or Chilean earthquakes to see what life might be like here when the big one strikes. Buildings flattened, check. No water, check. Medical care sparse to non-existent, double check.

As any one who works in disaster management in the Pacific Northwest will tell you, it isn't *if* an earthquake will happen but *when*. Here's what you need to do to get prepared before such an event happens:

- You need to create three emergency kits, one for your home, one for your car, and one for your office. Of course your car kit won't be as extensive as your home kit, but all of your emergency kits should contain: food, water, flashlight, extra batteries, a battery or wind-up radio, cell phone charger, cash and coins, a dust mask, a first aid kit, a whistle, wet wipes, extra medication, etc (comprehensive supply lists can be found online by Googling 'earthquake supply lists').
 - You need to be up on your vaccinations before a disaster strikes. Tetanus, Hepatitis A and B, and any other vaccines your doctor recommends should be in place prior to a disaster.
 - You need to be trained. Can you do CPR? Do you know basic first aid? Are you licensed to use a HAM radio? Can you shelter in place or, if your home is crushed, can you camp outside for an extended period of time? Get the training you need now—via the Red Cross, Department of Emergency Management, your local fire department, or your local HAM radio club—so that when a disaster strikes you will be ready to react quickly and appropriately.
 - You need to be educated. Do you know what to do when an earthquake strikes? Do you run outside or hide in your home? Do you call 911 after an earthquake or do you try to drive yourself for help? Watch this video (www.spike.com/full-episode/earthquake/34636) to get an idea about what could happen before, during, and after an earthquake. Be sure to take advantage of other earthquake preparedness courses that are available in your area as well (contact your local Department of Emergency Management or Red Cross).
 - You need to prepare your family. Does grandma live with you and have special needs such as oxygen or medications that are critical for her well being? How would you deal with this after an earthquake? Do you have a baby who requires formula and diapers? You may want to stock extra of these items in the event that you cannot just go out and purchase them after a disaster.
 - You need food and water in your home. If you end up stuck in your home (or back yard) after a disaster, you can pretty much survive for an extended period of time if you have the basics such as food and water. Store a couple weeks supply of both food and water to see you through any disaster (from earthquake to pandemic flu) that would keep you away from the stores for an extended period of time.
 - You need to plan ahead. Think you can drive your loved one to the hospital after an earthquake? If you plan ahead by checking your evacuation routes, you will note that overpasses, underpasses, and bridges can be found within a couple of miles of every major road in our area. How will you evacuate if all of these structures are collapsed?
- Even though we don't like to think about a major earthquake striking our area, we know it will happen sooner or later. Start today to get prepared so that when the worst happens you will be ready.
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April 2010 NW Region Calendar

- **April 1st**—Kitsap County Base Station Meeting in Bremerton. Topic: Renal Failure. Info: 360-447-2066
- **April 1st**—*April Fools Day*
- **April 4th**—*Easter*
- **April 6th**—Jefferson County EMS Council meeting in Chimacum at 7pm
- **April 6th**—Jefferson County Base Station Meeting in Pt Townsend. Topic: Cardiology Skills. Info: 360-385-5589
- **April 6th**—Hands-on Social Media Training; 9am at the Kitsap DEM office in Bremerton. 360-307-5871
- **April 8th**—Clallam County DUI Panel in Pt Angeles at 6:30pm. 360-417-2385
- **April 8th**—Region 2 Hospital Prep meeting in Pt Townsend at 9:30am. 360-479-5631
- **April 8th**—Region 2 Healthcare Coalition meeting in Pt Townsend at noon. 360-479-5631
- **April 9th**—Clallam Public Health Exercise meeting in Pt Angeles at OMC at 11:30am. 360-417-2274 (Christina Dettra)
- **April 10th**—Jefferson County DUI Panel in Pt Townsend at 8:30am. 360-385-9153
- **April 13th**—Vulnerable Populations meeting at the Kitsap DEM in Bremerton. 360-307-5870
- **April 13th**—Kitsap Youth DUI Panel in Bremerton at 7pm. 360-731-5139
- **April 13th**—EMS Live@Night: Topic: 'Street Drugs' Info: 509-232-8155
- **April 14th**—Mesa Redonda de Kitsap meeting; 8:30am at the Norm Dicks Government Center. 360-440-2376.
- **April 14th**—Kitsap Safe Kids meeting at CKFR in Silverdale at noon. 360-337-5235 (Barb Smithson)
- **April 15th**—Mason County EMS Council meeting in Shelton at 6pm.
- **April 15th**—Clallam County EMS Council meeting in Pt Angeles at noon.
- **April 15th**—West Olympic Peninsula Council meeting in Forks at 7pm.
- **April 15th**—Mason County Base Station Meeting in Shelton. Topic: All Hazards and MCI Info: 360-426-1611
- **April 16th**—Clallam County Healthcare Coalition meeting; 10am at OMC in Pt Angeles. 360-479-5631
- **April 16th**—State DOH Exercise Planning meeting; 11:30am at Kitsap DEM in Bremerton. 360-479-5631
- **April 21st**—Mason County Inter-Agency meeting; Noon in Shelton. 360-427-1686
- **April 21st**—Kitsap Child Death Review meeting. 8:30am at the Norm Dicks Center in Bremerton. 360-337-5250
- **April 22nd**—*Earth Day*
- **April 23rd**—NWREMS Executive/Funding meeting; 9am at the Lodge in Sequim. 360-479-5631
- **April 26th-30th**—ICS 300 and ICS 400 in Pt Townsend. 360-385-9368
- **April 27th**—Kitsap Adult DUI Panel in Bremerton at 7pm. 360-731-5139
- **April 28th**—Kitsap County EMS Council meeting in Bremerton at 9am.
- **April 28th**—Kitsap Suicide Prevention Task Force meeting; 3:30pm in Bremerton. 360-337-5250
- **April 30**—NWREMS QI Conference; 1pm at the Clubhouse at McCormick Woods in Pt Orchard. 360-479-5631
- **April 30th**—*Arbor Day*

Get Active This Spring

With beautiful weather, warm temperatures, and amazing scenery, the Pacific Northwest is the perfect place to get out and exercise. Consider these options for getting active (and getting healthy) this spring:

- **Volksmarching.** The Olympic Peninsula Explorers and Kitsap Volkssporters are fantastic groups of people who organize 10k walks around the Kitsap and Olympic Peninsulas. Find information on your local Volkssport organization at www.ava.org.
- **Biking** is very popular in the Pacific Northwest. From short family events such as the Rhody Bike Tour in Pt Townsend to multi-day rides such as the STP (Seattle to Portland), there are a huge number of biking events for you to enjoy. Check out the Washington state biking calendar at www.bicyclealliance.org/rides/calendar_rides.html
- **Running** is popular too. The Rock and Roll Seattle marathon and half marathon will take place on June 26th. Check out the Northwest Runner calendar at www.nwrunner.com for more races and events that are open to the public.
- **Triathlons** are also gaining in popularity. The Kitsap Tri-babes (www.kitsaptribabes.com) are an active group of tri athletes who help new members train for their first triathlon event.
- **Local community colleges** often have outdoor programs and classes to teach the finer points of rock climbing, mountain climbing, and backpacking to people who are interested in learning more about these sports.
- **Check out your community parks and recreation office** to find out what types of activities and events are offered for community members in your area.
- **Check out Active** (www.active.com) to find all kinds of local fitness and athletic events in your area.

News for Veterans

- Did you know that approximately 18 Veterans a day commit suicide? The National Suicide Prevention Lifeline has set up a special suicide prevention hotline number specifically for vets. Call 800-273-TALK (8255) and press #1. A live online chat option is also available for vets in distress. Find out more about both of these programs and other resources for vets at www.suicidepreventionlifeline.org/Veterans/Default.aspx.
- Veterans, even those who only served one term of duty, are eligible for a whole host of benefits. Check out the VA benefits page at www.vba.va.gov/VBA/ to see what kind of benefits are offered.
- Local resources for veteran's benefits include the local office of Veteran's Affairs at 360-895-4371, local VFW (Veteran's of Foreign Wars) posts, and local DAV (Disabled American Veterans) offices.
- The VA hospitals at Seattle and American Lake can provide information about what medical benefits you are entitled to based on your service record.
- Most Indian tribes have VA liaisons for tribal members who have served in the military.
- College and university student services offices have information on educational benefits available for vets.
- A huge list of veteran's resources can be found online at www.vetsresource.com.
- The Washington State Department of Veteran's Affairs website is another wonderful source of news, information, and services for vets. Find them online at www.dva.wa.gov.

Disaster Preparedness News You Can Use

April is a busy month for all things disaster preparedness-related. Here's what's happening:

- The Partners in Emergency Preparedness Conference will take place in Tacoma on April 6th and 7th. Go to www.piepc.org for more information about this event.
- The Region 2 Hospital Prep meeting will take place on April 8th at 9:30am at Jefferson Healthcare in Pt Townsend. This meeting is for all hospital reps in Kitsap, Clallam, and Jefferson Counties. Call 360-479-5631 for more information.
- The Region 2 Healthcare Coalition meeting will take place on April 8th at noon at Jefferson Healthcare in Pt Townsend. This meeting is for all healthcare coalition members in Kitsap, Clallam, and Jefferson Counties. Our main topic at this meeting will be mass fatality planning. Call 360-479-5631 for more information.
- The 12th Annual Communications Academy will take place on April 10th and 11th at South Seattle Community College in Seattle, WA. Go to www.commacademy.org for more information.
- On April 13th at 4am, all hospitals in Kitsap, Clallam, and Jefferson counties will participate in a functional exercise which will focus on communications, evacuation, staff accountability, and patient accountability in the event of an earthquake.
- The Washington State Department of Health will be holding their state-wide full-scale exercise in Clallam County in January, 2011. The next meeting to plan for this exercise will take place on April 16th at 11:30am at the Kitsap DEM (other counties will participate via web conferencing).
- The Washington State Healthcare Coalition meeting will take place on April 29th in Kent.
- A Mass Fatalities Incident Response training course will take place on April 26th and 27th in Lakewood and April 29th and 30th in Moses Lake. This is a free and highly regarded training course. Register at www.nmfi.org/requestclassinfo.php.
- Jefferson County DEM will be offering ICS 300 and ICS 400 courses on April 26-30 at East Jefferson Fire and Rescue Station 1-6 in Pt Townsend. Call 360-385-9368 for details or to register.
- The 10th Annual HazMat Workshop will take place on April 3rd and 4th at the HAMMER Training Facility in Richland, WA. The workshop will cover HazMat IQ, ethanol emergencies, initial law enforcement response to suicide bombings, hazmat chemistry for common alarms, and street smart response to propane emergencies. Go to www.123signup.com/register?id=jdqdn to register or contact Stefani at s.christensen@emd.wa.gov for more information.
- The Kitsap DEM will offer a Hands-on Social Media training class on April 6th and a Severe Weather Shelter Operations training class on April 10th. Both classes will be held at the Kitsap DEM in Bremerton. Call 360-307-5870 for details.
- The state-wide earthquake drop, cover, and hold drill will take place on April 21st at 9:45am. Is your agency participating?



Did You Know...?

- The 12th Annual Communications Academy will take place on April 10th and 11th at South Seattle Community College in Seattle, WA. This is a popular annual event which is open to anyone with an interest in emergency communications—volunteer or professional. The presentations are designed to promote the development of knowledgeable, skilled emergency communicators who will support their local communities during a disaster or emergency situation. Go to www.commacademy.org for more information.
- The Partners in Emergency Preparedness Conference will take place in Tacoma on April 6th and 7th. Go to www.piepc.org for more information about this event.
- The Central Kitsap Kid's Day will be held on June 5th at the Fairgrounds in Bremerton. This event always draws a huge crowd of kids and parents who come to see firefighters in action and learn about safety from the many vendors at the event. Applications for booths at the event are now being taken. For more information, contact Teresa MacLennon at 360-447-3550.
- The Washington State 2010 Public Safety Communications Summit will take place in Seattle on April 13th. The purpose of this summit is to create seamless emergency communications in order to ensure that emergency responders can communicate with each other during a disaster. Registration for the summit is open now. To register, go to www.siec.wa.gov/news/news_Dec1.shtml
- The Kitsap County Department of Emergency Management will be hosting a Vulnerable Populations meeting on April 13th at 9am at the Kitsap DEM office in Bremerton. This group will meet to discuss ways to help vulnerable populations (ie: homeless, mentally ill, people with limited English abilities, and others who need additional assistance) during a disaster. Call 360-307-5870 for more information.
- The Washington State Drowning Prevention Network meeting and workshop will take place on April 29th from 9:30am to 2:30pm at the Hal Holmes Community Center in Ellensburg.

For more information, contact Martha Tansik at 206-987-4519.

- A Substance Abuse Prevention Specialist Training course will be offered May 12, 13, 19, and 20 in Spokane, WA. This is a free, comprehensive four-day course on the science and application of substance abuse prevention. Go to www.preventioncertificationwa.org to register or for more details.
- The Washington Traffic Safety Commission is accepting RFPs for projects that reduce the number of deaths and serious injuries resulting from traffic crashes on Washington roads. Grants in the amount of \$5,000 to \$50,000 will be awarded. Go to www.wtsc.wa.gov for details. Hurry, proposals are due May 14th.
- Check out '20 Resources for Dealing with Funerals' at <http://tiny.cc/havz4>.
- The Makah Tribe at Neah Bay is gearing up to host the Tribal Journey canoe event this year. The event, which will take place July 19-26 and draw around 15,000 people, is a huge cultural event for all of the tribes in the Pacific Northwest. Volunteer medical providers (EMTs, paramedics, nurses, and doctors) are being sought to help out with the event. Donated basic medical supplies are also welcome. If you can spare a day or more to help out with this wonderful cultural event, contact Louise Smith at 360-645-2481.
- The Kitsap Continuum of Care Coalition has recently published a new brochure entitled "56 Ways to Help the Homeless in Kitsap County". Note that many of the ideas will work anywhere. Check it out at <http://tiny.cc/31b1n>.
- The Washington State Department of Health has added a new section to their website entitled 'Take as Directed'. This site provides information for patients, parents, health professionals, and others on how to prevent death from overdoses involving prescription pain medication. Check it out at www.doh.wa.gov/hsqa/TakeAsDirected/default.htm.

**NORTHWEST REGION
EMERGENCY MEDICAL
SERVICES AND TRAUMA**

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We're On The Web!
www.nwrems.org

The Northwest Region Emergency Medical Services and Trauma Care Council is a non-profit umbrella organization which oversees EMS training, prevention activities, and program funding in Clallam, Jefferson, Kitsap and Mason Counties.

The mission of the NWREMS & TCC is to promote and support a coordinated system for local Emergency Medical Services/Trauma Care Councils by:

- *Providing resources/funding*
- *Enhancing education/training*
- *Promoting data collection/analysis*
- *Facilitating communication*
- *Promoting standardization*
- *Promoting public education and prevention*

NWREMS Office News

- Be sure to sign up for our annual NWREMS QI Conference which will be held April 30th from 1pm to 8pm at The Clubhouse at McCormick Woods in Pt Orchard. As usual, we will have interesting case reviews, great guest speakers, and some wonderful door prizes. Hurry—space is limited and spots are filling up fast. Call 360-479-5631 to register.
- There are a number of classes, events, and trainings scheduled in our region each month. For the most up-to-date information on these opportunities, check out our website at www.nwrems.org which is continually updated with news and information you can use. Also, if you will be hosting a class in our region, be sure and let us know about it so we can share this information on our website and in this newsletter.
- We want to thank everyone who has been participating in our regional committees (Training and Education, QI, and Injury Prevention). With everyone's help, we have been able to make good progress on a number of projects and tasks. Committee meetings are held on the second Thursday of every other month beginning at 9am right before our Regional Council meetings in Sequim; all are invited to participate!
- The NWREMS Executive/Funding meeting has been rescheduled from its original date to April 23rd at 9am at the Lodge at Sherwood Village in Sequim. Please mark your calendars!