



## CAMANO PREPAREDNESS GROUP

May 2019 NEWSLETTER

**Monthly Meetings:** Every Second Thursday 7-9pm

Vista Madrona Fire Station – 273 N. West Camano Dr.



### Water – Part II

Last month we dealt with the need for every water association to have a disaster plan in place for the event of a major disaster. To be perfectly clear, however, responsibility for your survival falls first and foremost on you.

Understand your needs. Every person needs at least one gallon of water per day, depending on your age, physical condition, activity, diet, and climate. Children and nursing mothers need more. Extreme heat can double the amount of water needed. Also, medical emergencies could require more water. If you have pets, learn what their needs are, as well. Providing you have the space, store bottled water sufficient for a minimum of 72 hours – longer if possible.

Keep bottled water in original containers and do not open until it is needed. If filling containers yourself, choose food-grade two-liter plastic bottles. Do not store water in containers that previously held milk or juice as they retain a residue that could allow for bacterial growth. Before filling, thoroughly clean with dishwashing soap and water and rinse completely. To sanitize bottles, add 1 teaspoon unscented household chlorine to 1 quart of water. Thoroughly rinse with clean water. Replace stored water every six months.

Learn the location of other sources of water. These can be your hot water tank, creeks, streams, rain barrels, etc. Know how to filter, treat, and/or purify water that may be contaminated. If using bleach, use unscented chlorine that says sodium hypochlorite 8.25%. Carefully measure bleach with a sterile eyedropper or teaspoon using a ratio of:

1 quart/liter: 2 drops

1 gallon: 6 drops

2 gallons: 12 drops (1/8 teaspoon)

4 gallons: 1/4 teaspoon

8 gallons: 1/2 teaspoon

For cloudy water: double the amount of bleach. \*\*Bleach loses potency at a rate of 20%/year. Write date of purchase on the bottle.

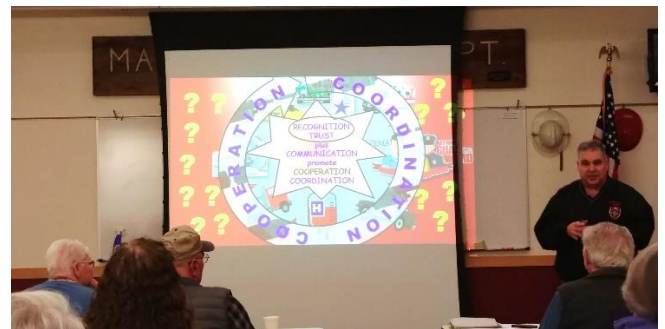


If boiling water, boil for at least one minute.

There are also a wide variety of filters and purifiers that can be found online, with equally wide ranges of cost. Water is critical for survival. Have a personal/family plan in place to cover your needs.

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### Dr. Robert Mitchell – Disaster Medicine Project



The CPG welcomed Dr. Robert Mitchell as our guest speaker at our April membership meeting. Dr. Mitchell works in disaster/high-consequence event response planning, training and education, spending his time with hospitals, fire service/EMS, law enforcement, emergency management and the military, all branches. He also teaches **Stop the Bleed** courses, the next one for Camano to be held in October.

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### ACTIVE AND RETIRED MEDICAL PROFESSIONALS – YOU ARE NEEDED!

Camano Island has no hospital, only one small clinic, and no pharmacy. If we are isolated from the mainland for any length of time, medical expertise will be a critical need. Dr. Mitchell will be convening three townhall-style sessions in August to meet with Camano active and retired medical professionals. The topic of discussion will be forming a local reserve corps of

doctors, nurses, technicians, etc. Watch for the dates, locations, and times for these townhalls to be announced in coming newsletters.

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### Upcoming 2019 CPG Events & Meetings:

**May 4** – Volcanoes in Our Backyard – Camano Library – 4pm

**May 9** – CPG meeting/program – Communications for Non-Hams – Vista Madrona Fire Station – 7-9pm

**June 1** – Beer, Brats & Biz – Freedom Park – 11am – 4pm

**June 8** – CERT Continuing Ed focused on accessibility training – working with differently abled individuals as CERT members and learning to assist differently abled victims. You must register for this course - [www.islandcert.org](http://www.islandcert.org)

**June 13** – CPG meeting/program – Earthquake, Flood, and Wildfire Insurance – Vista Madrona Fire Station – 7-9pm

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### Planning Ahead: Items for this month

An ongoing look at spreading the cost of preparedness over the year, and at other measures you can take to prepare for any emergency/disaster.

#### Items to Purchase:

Compass; Extra prescription medications; Over the counter pain relievers; American Red Cross First Aid Kit; Safety Pins; Sunscreen

#### Actions to take:

Make sure you have the following under or within easy access of your bed --

**heavy shoes** kept near or under the bed to protect your feet, should you need to exit your home at night;

**work gloves** to protect your hands from broken items;

**hardhat** to protect your head for items that may continue to fall;

**flashlight and light sticks** to help you find your way safely through the house or down the road at night;

**“OK” and “HELP” signs** to hang on front door or window to let friends and neighbors know you are

safe or you need help, along with tape to hang the sign.

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### Useful Preparedness Websites:

CPG – [camanopreparednessgroup.org](http://camanopreparednessgroup.org)

FEMA (Federal Emergency Management Agency – Training.fema.gov;

\*\*Very good free online preparedness info / course;

CIF&R – [camanofire.com](http://camanofire.com)

ICDEM (Island County Dept. of Emergency Management) - [islandcountywa.gov/dem/pages/home](http://islandcountywa.gov/dem/pages/home)

Earthquake Country Alliance - <https://www.earthquakecountry.org/prepare/>

Map Your Neighborhood - <https://rtcil.drupal.ku.edu/sites/rtcil.drupal.ku.edu/files/images/galleries/MapYourNeighborhood.pdf> - This brings up the MYN booklet and lets you download it.

Amateur Radio - [scarcwa.org](http://scarcwa.org) – Information regarding the Stanwood/Camano Amateur Radio Club; [arrl.org](http://arrl.org) – Information regarding the Amateur Radio Relay League

Robert Mitchell, MD, FACOG -- Disaster Medicine Project - [www.omfcares.com](http://www.omfcares.com)

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\*\*\*The Camano Preparedness Group is a non-profit 501-C3 organization working to help Camano residents develop the skills necessary to make it safely through whatever major events we may encounter. We provide programs at monthly meetings, presentations for neighborhoods and local groups, and make available a wealth of materials at community events.

Tax deductible donations welcome and can be sent to CPG, P.O. Box 1325, Stanwood, WA 98292.



Just be prepared!

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