

Preparedness Newsletter: February 2025

Topics: Your Emergency Action Plan, The Rule of 3's, and Staying Warm

February Action Steps

1. Make sure you and your family are signed up for PC-Alerts and have Wireless Emergency Alerts enabled on your phones.
2. Determine how any of the hazards below could affect you and your family, both on and off-island. How could you survive them?
3. Store some warm, protective clothing in your vehicle or outside of the house. My Dad used to tell us – if you are in the car, dress so you can walk to safety!

Emergency Action Plan - Know Your Hazards



To create an action plan, you must know your hazards. The main hazards we face here on Fox Island are:

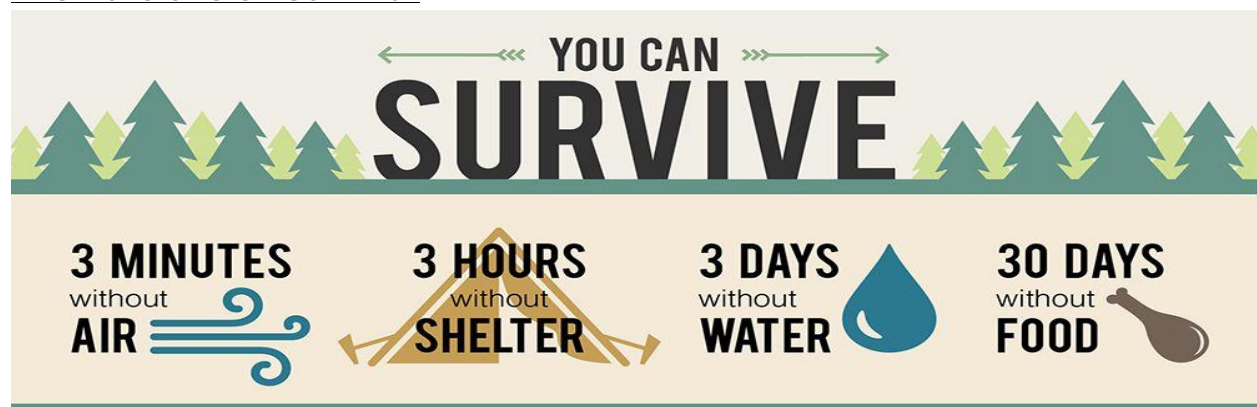
- Losing the bridge
- Earthquakes, both Cascadian Subduction and various other faults
- Wildfires
- Severe weather

What could impact your family the most?

Additionally, many of us do not spend all of our time on Fox Island. Other coastal areas and places around us are more subject to Tsunamis and volcano eruptions (Mt. Rainier). As you travel, be aware of the hazard zones you might be entering and of any warnings.

- **Bridge Out:** This is why a family communication plan is important. Think about how you could shelter in place if need be. We will cover that in more detail later this year.
- **Earthquake:** Drop, Cover, and Hold On. Where would you find safety at home?
- **Wildfires:** Have a plan to escape your house, and long-term look at mitigating your property hazards. Granted, routes are limited on the island, but we will revisit this topic.
- **Severe Weather:** How do you get your weather information? Emergency information?

The Rule of 3's - Survival



All of the above estimated survival times assume – ASSUME – you are healthy and in good condition. And, that the previous survival rule is met. Meaning, it will be difficult to survive 3 days without water if you are not warm and sheltered.

One extra tip – in an earthquake, you may have only 3-30 seconds to get to a place of safety.

Staying Warm

Cold can be a real killer, and while we generally are warmer here than elsewhere, add a cold rain with no cover and you have the formula for hypothermia, especially in the winter.

Here is how to prepare:

1. Leave home either dressed to walk to safety or have those clothes(and shoes!) in your vehicle. Who will walk to safety if need be?
2. Store a bag of warm clothes outside of your house, perhaps in your car. Have clothes for each family member and possibly add a few small blankets.
3. Consider storing some waterproof matches, and some Firestarter(lint, dry shredded paper, etc.) in a small bag in your car.

Useful Links

PC-Alert - <https://www.piercecountywa.gov/921/Pierce-County-ALERT>

Wireless Emergency Alerts

<https://www.weather.gov/media/wrn/WEA-factsheet-2021-final.pdf>

Rule of Threes – <https://survivalstoic.com/survival-rule-of-3/>

Ready.gov – has a good section on types of hazards and emergencies.

<https://www.ready.gov/be-informed>

“The Really Big One” – 1/26/2024 Seattle Times

<https://www.seattletimes.com/seattle-news/northwest/on-this-day-in-1700-the-really-big-one-a-magnitude-9-0-earthquake-hit-western-washington/?>

DIY Firestarters - <https://www.treksnw.com/best-diy-firestarters/>

Individual Family Response in an Emergency

Fox Island Meeting Site:_____

Off-island Meeting Site:_____

Off-Island/Out of State Contact:_____

Their Text Number:_____

Important Numbers during an Emergency:

[illegible]