

**'GET SET'**



**OTTER POINT  
EMERGENCY PREPAREDNESS  
INFORMATION BOOKLET**

THIS BOOKLET CONTAINS VALUABLE INFORMATION.  
RETAIN IT FOR FUTURE REFERENCE .

# OTTER POINT EMERGENCY PREPAREDNESS INFORMATION BOOKLET

Make safety a natural part of your lifestyle and prepare yourself for a natural disaster like an earthquake if and when one should strike our community. If it happens your family will be grateful you had the foresight to prepare.

## C O N T E N T S

Page 2	OP Neighbourhood Emergency Response Pod Program
Page 3	Otter Point Area Map
Page 4	Understanding Earthquakes
Page 5	Earthquake Home Preparedness Tips
Page 6	Response Guidelines for the Home
Page 7	First Aid Kit
Page 8	Vehicle Kit
Page 9	Home Evacuation Kit
Page 10	Stay and Survive Kit
Page 11, 12	Water
Page 13	Family Information

[For further information on emergency preparedness visit:](#)

[www.pep.bc.ca](http://www.pep.bc.ca)

[www.getprepared.ca](http://www.getprepared.ca)

[victoria.emergency.management\\_agency](mailto:victoria.emergency.management_agency)

[www.redcross.ca](http://www.redcross.ca)

[www.sja.ca](http://www.sja.ca)

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## **EARTHQUAKES CANNOT BE PREVENTED OR PREDICTED**

We live in an earthquake zone where over 1200 small earthquakes are recorded each year. There is a real risk that one of these could be “the big one”. It could happen at any time of the day or night; on the weekend or a weekday; in any season; in any weather; at home, at work, shopping; or in your car.

Although we cannot prevent natural disasters from happening, we can prepare to avoid injury, minimize damage and come through the clean-up phase as quickly and comfortably as possible.

Being unprepared for a disaster can cause undue stress and shatter lives. Knowing what to do should a disaster strike will reduce panic and stress resulting in quicker recovery. It is everyone's responsibility to be prepared for the possibility of a disaster and to become self-reliant. However, no matter how prepared you may be, reliance and cooperation from nearby neighbours will be very important to everyone in the recovery stage.

### **ARE YOU PREPARED?**

The increasing frequency of natural disasters and their colossal impact has given rise to the emergency preparedness concept. Following a major disaster such as an earthquake, tsunami, wildfire, interface fire, or severe weather event, it is likely Otter Point will be without electricity, telephone service and access to necessities like food, water, medications and fuel.

Blocked roads and damaged bridges will make it impossible for emergency services to reach Otter Point for an extended period of time. Even once the way has been cleared it could be a while before emergency personnel arrive due to an increased demand for their services in larger communities like Victoria, Vancouver, Seattle, etc. Should such a situation occur, Otter Point and surrounding communities will be left to rely on themselves for recovery assistance and support. **Because of our remoteness, it is recommended that everyone be prepared to be self-reliant for a two to three week period - not 72 hours which is suggested mainly for urban areas.**

The Otter Point Emergency Preparedness Program, a regional arm of the Juan de Fuca Emergency Planning Committee, has been formed to help reduce risk and hardship by encouraging people to be prepared for the possibility a major disaster strikes our community.

## **OTTER POINT NEIGHBOURHOOD EMERGENCY RESPONSE POD PROGRAM**

Recognizing the importance of immediate neighbours following a disaster, the Otter Point Emergency Preparedness Committee has organized Otter Point into 35 Pods, or micro-neighbourhoods, each consisting of 20 to 30 homes called Pods. Every Pod, under the leadership of a volunteer Pod Captain living within the Pod, is to organize itself to become self-reliant. Pod Captains will be provided with radio communications linked to nearby pods and a command center for communication of status and needs.

### **HELP YOURSELF - HELP YOUR NEIGHBOURHOOD**

Organizing our community into self-reliant Pods provides a structure whereby neighbours look out for one another - particularly the vulnerable living within.

The effectiveness of this plan will depend upon the willingness of neighbours to organize and band together.

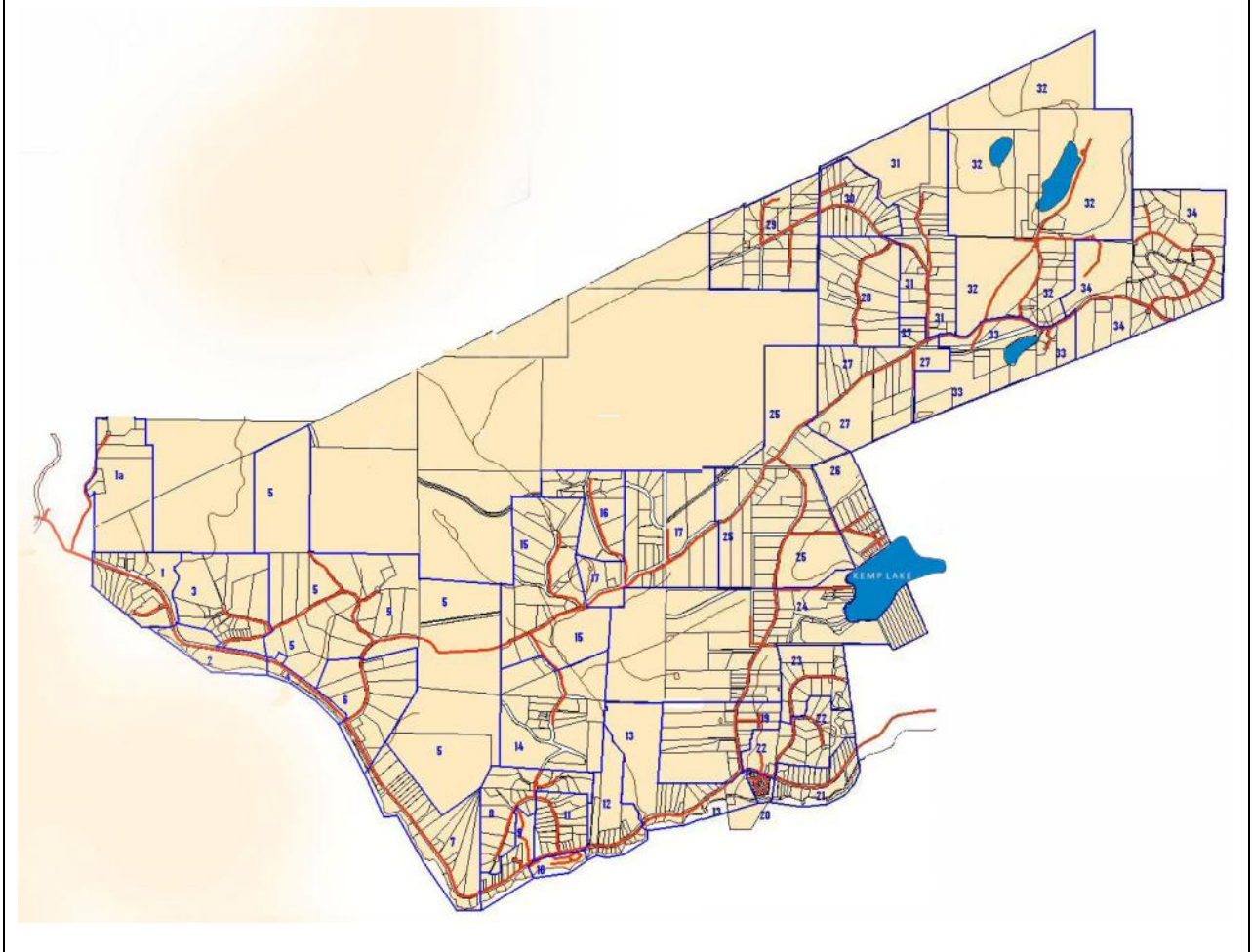
Many volunteers within Otter Point are necessary in order to put this plan into place. Should you be willing to volunteer, contact The Otter Point Emergency Preparedness Committee by e-mailing [OPemerg.prep@shaw.ca](mailto:OPemerg.prep@shaw.ca)

## OTTER POINT AREA MAP

TO FIND OUT WHICH POD YOU BELONG TO :

Visit [www.otterpointfire.bc.ca](http://www.otterpointfire.bc.ca), click the Public Info tab, click on O P Emergency Planning Committee, then click on O P Pod Map. On the map similar to the one below, click the area where you live and your Pod will appear.

*You may wish to print your Pod page and attach it to this booklet once you've printed a copy for safe keeping.*



# UNDERSTANDING EARTHQUAKES

Earthquakes are violent movements or trembling of the earth caused by shifting tectonic plates. The crust of the earth is composed of a thin, hard layer of rock. The crust is broken into pieces or plates (six major plates and nine smaller ones). Crustal plates move very slowly, at about the same pace as fingernails grow, but they can become jammed, causing a build-up of pressure. The sudden release of this stress results in an earthquake.

Each year, there are more than three million earthquakes that occur around the world. Fortunately, most are small and cause no damage. However, approximately 1,000 are capable of causing damage (magnitude 5 or higher on the Richter scale—see below), and 18 are classified as severe events (magnitude 7 or higher). Earthquakes can happen anywhere, but more than 90 percent occur near the boundaries where major tectonic plates meet.

There are about 1,500 earthquakes recorded in Canada each year. A few dozen are strong enough to cause damage. The strongest earthquakes have occurred near the Pacific rim. Significant earthquakes have also occurred in the St. Lawrence and Ottawa river valleys and in the Arctic. There are several Canadian communities vulnerable to earthquakes including Victoria, Vancouver, Ottawa, Montreal and Quebec City.

The Richter scale measures the strength of an earthquake from 0 (weak) to 10 (intense). For every ten-fold increase in the ground motion, the Richter measure increases by one number, so a magnitude 6 quake is ten times stronger than a 5. Mild quakes (magnitude of 4 or lower) may be felt by some people, but should not cause damage. Strong quakes (magnitude of 7 or more) can do major damage. Actual damage depends on a number of factors, including the depth of the epicenter, soil conditions, and how long the shaking continues.

The collapse of buildings, bridges and other structures is the primary cause of death due to earthquakes. Fortunately, no house in Canada is known to have collapsed during an earthquake. The excessive shaking of the ground causes objects inside and outside of buildings to fall posing the greatest threat of injury during an earthquake. The shifting of the tectonic plates can also trigger other hazards, including fires and tsunamis. Indeed, an earthquake off Newfoundland's Burin Peninsula in 1929 generated a 7 m tsunami that drowned 28 people, the largest recorded loss of life in Canada due to an earthquake

# EARTHQUAKE HOME PREPAREDNESS TIPS

- Nail plywood to ceiling joists to protect occupants from falling bricks.
- Securely adhere all wall hangings, anchor hanging lamps, plants and pictures preferably with closed hooks.
- Keep heavy unstable objects away from exit routes and anchor those appliances on wheels.
- Secure top-heavy furniture to wall studs with metal brackets.
- Keep all breakables in low or secure cabinets. Place secure latches on cupboards more than three feet in height above the floor to prevent door from swinging open.
- Ensure wood stoves, inserts, and flue pipes are secured to prevent movement.
- Locate furnace, electrical, gas, and water shut-offs and turn them off after emergency.
- Use flexible connectors where service lines meet appliances.
- Stabilize hot water tank with metal straps to wall studs to prevent electrical and flooding hazards.
- Keep emergency evacuation pack and stay-and-survive pack on hand. These supplies and any camping gear should be near an exit or where they will be easily accessible.
- Keep fire extinguishers in an accessible place.
- Make sure house is anchor-bolted to foundation.

Note: 10% of frame buildings may collapse during a major earthquake. Remember, aftershocks may also cause considerable damage.



# WHAT TO DO IN THE EVENT OF AN EARTHQUAKE

## DURING AN EARTHQUAKE

Immediately crouch under a strong table or desk and cover your neck with one arm and hand. With the other hand, hold onto the desk/table. Or you can go to an interior wall, hallway, door opening and crouch down with your back to the wall and raise your hands and arms to protect your neck and face.

- An earthquake will sound like a freight train running through your home.
- To relieve stress, talk to yourself or to others during the shaking.
- Wait 60 seconds after the tremors stop before you change position.
- Make sure your family is safe. Go with your family outside to a clearing and have them remain there. Do not stand under trees or hydro lines.
- Wear shoes in areas of fallen debris and broken glass.
- If another quake occurs while exiting the building, run to a clearing, but if still inside, remain indoors. Put your back to an interior wall and while leaning against it slide down to a squatting position, cover neck and face with arms and hands. Again remain in this position for 60 seconds after tremors subside.

## AFTER AN EARTHQUAKE



- Turn off electricity at breaker panel; water at stop valve; propane at stop valve on tank, fireplace, and BBQ.
- Hang up all of your telephones. If service is available in your area, it will be needed by emergency services.
- If your home is safe to return to, it will be safer inside than outside.
- If you have a portable generator make sure to use it outdoors in a well-ventilated area. Use proper extension cords to plug items directly to the generator. Should you wish to have the generator connected to your main panel, have this done by a qualified electrician with an interface isolating it from BC Hydro to ensure generated electricity does not back-feed and cause serious injury or death to anyone who touches a downed power line believed to be de-energized.
- Be prepared for numerous aftershocks - some may be as severe as the first.
- Check yourself and others nearby for injuries and administer first aid.
- Remaining calm will help reduce your children's fear.
- Stay off the telephone unless you have to report a serious injury.
- Stay home – do not attempt to drive your vehicle.
- Report your status to your Otter Point Neighbourhood Emergency Pod Leader. If able, volunteer to help those in need within your pod.
- Locate your Emergency Kits and supplies and prepare to be self-reliant for some time until aid is able to enter our community.
- Listen to your battery-powered radio for reports. (CFAX 1070)

# EMERGENCY PREPAREDNESS FIRST-AID KIT

Place items in a waterproof container and store in an easily accessible convenient place. Check your kit every six months to ensure it meets your changing needs. Ask your physician or pharmacist about storing your medications.

## MEDICATIONS: *(Check expiration dates)*

- antibiotic ointment
- prescription medications
- pain killers (aspirin or Tylenol)
- anti-inflammatory (Advil)
- antacid
- calamine lotion
- hydrogen peroxide
- alcohol
- laxative
- eye drops
- antiseptic wash
- diarrhea medication



## DRESSINGS AND BANDAGES

- plastic strip bandages
- sterile gauze (assorted)
- adhesive roll (cling strip)
- sanitary pads (for dressings)
- butterfly bandages
- rolled gauze bandages
- dressings, various size
- large triangular bandage

## ADDITIONAL ITEMS

- First Aid book
- tweezers
- scissors
- safety pins, assorted sizes
- pocket knife
- antibacterial hand soap and wipes
- prescription eyeglasses
- cotton swabs
- latex gloves
- non-breakable thermometer
- tensor bandages
- paper and pencil
- petroleum jelly
- cold pack & cold pack
- emergency phone numbers
- several quarters & loonies (change for pay phone use)
- antibiotic soap
- eye drops
- sponges
- pocket knife



Consider taking a First Aid Course or First Aid class or at least learn CPR



# EMERGENCY PREPAREDNESS

## VEHICLE KIT

If you are unable to return home, your auto pack will help turn your vehicle into a comfortable temporary shelter and its contents could be invaluable to your continued safety. Store items in a duffle bag or backpack. Keep your pack in your trunk or in an area that isn't visible.

### Contents to include:

- cash (credit cards and cheques may not be accepted)
- cell phone charger
- drinking cups
- dust masks
- first aid kit
- flashlight
- food packets – what you would normally treat yourself to at home; e.g. gum, granola bars, nuts, dried fruit.
- garbage bags
- match box and water proof matches
- pencil, felt pen, paper, notebook
- toilet paper and toiletries bag
- prescription medications
- eyeglasses
- moist towelettes
- playing cards, children's games, books
- AM radio with batteries
- survival blankets
- utility knife
- walking shoes
- whistle
- work gloves
- 6 litres of water or juices (bottled or boxed)

### Vehicle Tip

It is advisable to keep your vehicle's fuel tank at least half full at all times. Due to traffic tie-ups or road blockages during an emergency it may take a long time for you to get home and gas pumps may not be operational.

# EMERGENCY PREPAREDNESS HOME EVACUATION KIT

The majority of homes will survive a major earthquake. However your home may suffer structural damage or fire that requires you to evacuate. Store this kit in a waterproof container in a safe cool place out of the sun away from anything that could damage or bury it. Remember to place a copy of this booklet in your kit.

- non\_perfumed chlorine bleach
- carrying case(s), sports bags with or without shoulder straps
- candles & holders or candle lantern
- can opener
- cash (credit cards and cheques may not be accepted)
- cell phone and charger
- clothing, rain gear, walking shoes
- duct tape
- dust masks
- first aid kit
- flashlight with batteries
- food rations (2 weeks minimum)
- dry pet food
- garbage bags (large and small)
- power generator & gas
- hammer, nails, pliers, pry bar
- match box, waterproof matches, fire starter or lighter
- paper towels
- prescription medications & eye glasses
- tent
- moist towelettes, sanitary napkins, diapers
- pencil, pen, felt pen, notebook
- plastic sheeting, 8x10 tarp
- plates, cups, cutlery
- playing cards, games, books
- 12 volt power inverter (optional)
- AM radio with batteries
- 50 foot rope or nylon line
- safety goggles, work gloves
- small family photo album
- survival blankets
- survival knife and/or kit
- sunscreen lotion, insect repellent
- toilet paper and toiletry items
- two-way radios
- water rations (three day supply)
- water purification tablets
- whistle
- soap (hand and dish)
- mirror, needles, thread
- work gloves

The following items and information should also be included in your kit:

- passports, social ins. no's,
- stocks & bonds, etc.
- health cards & drivers licences
- family info: birth & marriage certificates and photos of all family members
- wills, insurance policies, deeds,
- lease, banking information,
- important telephone numbers

## FOOD SUPPLIES

**When assembling your emergency food supplies, choose foods that:**

- \* don't require refrigeration
- \* need little or no preparation
- \* store well in dry place
- \* will not increase thirst
- \* require little or no water
- \* are familiar to your family

# EMERGENCY PREPAREDNESS STAY AND SURVIVE KIT

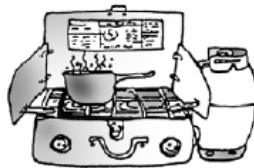
In addition to your HOME EVACUATION KIT it is recommended you have the following items on hand in order for you to stay in your home without power and water for an extended period of time.

## Tools and equipment:

- axe, broom, bucket, shovel
- pry bar
- crescent wrench, screw driver & screws, hammer & nails,
- coil of ½ inch rope, roll of plastic sheeting
- tarpaulins
- fire extinguishers, garden hose
- lanterns, candles
- portable toilet & tissue

## Bedding:

- sleeping bags, blankets, pillows



## Cooking

- for outdoor use only: barbeque, hibachi, camp stove , etc.
- fuel for cooking equipment (charcoal, camp fuel, propane, firewood)
- pots and utensils
- heavy duty aluminum foil
- filters (for water purification, coffee)
- matches or lighter

## CARING FOR YOUR PETS IN AN EMERGENCY

Be sure your pet has a current I.D. tag, licence or identification tattoo. When possible, keep your pet with you and remember your pet will be frightened and confused. If you must leave your pet in the house, confine your animal to one room with plenty of water and dry food.

# W A T E R

Water is one of your most important needs for survival. You can't live long without it. More than three-fourths of your body is composed of fluids. Your body loses fluid due to heat, cold, stress, and exertion. In order to function effectively you must replenish the fluids your body loses.

## Drinking water

It is recommended you store four litres of drinking water per person per day.

## Storing Water

Make sure the water storage containers you use are clean and food-grade quality with tight-fitting lids. Label containers with date and store in a cool, dark place.

**Replace water every six months.**

If you plan to use bottled water, keep the water in its original sealed container. Once opened do not store it any further.

## Water Treatment

If your local water is treated commercially by a water treatment utility you do not have to treat the water before storing it. If your water comes from a well or other non-treated source follow instructions about water storage provided by your public health agency or water provider.

## Three Ways to Treat Water

In addition to having a bad odor and taste, contaminated water can contain microorganisms that can cause diseases such as dysentery, typhoid and hepatitis. You should treat all water of uncertain purity before using it for drinking, food preparation or hygiene. There are many ways to treat water and none are perfect. Often the best solution is a combination of methods.

Boiling and disinfection will kill most microbes but only distillation will remove other contaminants such as heavy metals, salts and most other chemicals. Before treating, let any suspended particles settle to the bottom or strain through several coffee filters, layers of paper towel or a clean cloth.

### 1. Boiling Water

Boiling is the safest method of treating water. Bring water to a rolling boil for 10 minutes, 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 will also improve the taste of stored water.

### 2. Disinfection

You can use regular household liquid bleach containing 5.25 % sodium hypochlorite as the active ingredient to kill microorganisms. Do not use scented bleaches, colour-safe bleaches or bleaches with added cleaners.

Add two drops of bleach per litre of clear water . If the water is cloudy, treat with three to four drops of bleach per litre. Stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes longer. Water can be filtered before treatment with commercially available backpack units with filters up to 1 micron.

Water can also be disinfected using water purification tablets. (Follow the directions provided.)

### 3. Distillation

Distillation involves boiling water and then collecting the vapor that condenses back to water. The condensed vapor will not include salt and other impurities. To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down. Make sure the cup is not hanging into the water and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

## Non-Commercial Water

Kemp Lake water is chlorinated and can be stored for six months in proper well sealed clean containers. If your water comes from a private well or other non-treated source, consult your local public health agency about recommendations regarding storage of water.

## Emergency Outdoor Water Sources

Emergency water sources can include: rainwater, streams, rivers and other moving bodies of water like, ponds, lakes and natural springs. Avoid brackish water with floating material, an odor or dark color. Saltwater can be used only if you distill it first. Do not drink floodwater. Be sure to treat the water according to instructions above before drinking it.

## Hidden Water Sources in Your Home

Do you know the location of your incoming water valve? You'll need to shut it off to stop contaminated water from entering your home if you hear reports of broken water or sewage lines.

If a disaster catches you without a stored supply of clean water you can use the water in your hot-water tank, pipes and ice cubes. As a last resort, you can use water in the reservoir tank of your toilet (not the bowl).



To use the water in your pipes, let air into the plumbing by turning on the faucet in your house at the highest level. A small amount of water will trickle out. Then obtain water from the lowest faucet in the house.

To use the water in your hot water tank be sure the electricity or gas is off and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve and turning on a hot-water faucet. Do not turn on the gas or electricity back on if the tank is empty.

# FAMILY INFORMATION

Household member names : .....

## Medical:

Doctor..... Phone No.....  
Doctor..... Phone No.....  
Dentist..... Phone No.....  
Home Care Provider..... Phone No.....

## Prescription Medications:

Pharmacist..... Phone No.....

Name of Person Medications are for.....  
Medication..... Dosage..... Frequency.....  
Medication..... Dosage..... Frequency.....  
Medication..... Dosage..... Frequency.....  
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## Emergency Contact Telephone Numbers:

Out of Area  
Family Contact .....Phone No (.....).....

Fire Dept.....Police.....  
Poison Control.....BC Hydro.....

Pod Leader..... Phone No.....

Landlord..... Phone No.....  
Insurance Co..... Phone No.....  
.....  
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