



# Extended Events - Food

## Protecting stored foods when the power goes out:

- Keep refrigerator and freezer doors closed as much as possible.

A full refrigerator will maintain safe temperatures for up to six hours.

A full freezer will maintain safe temperatures for one or two days; a half-full freezer one day.

Discard at-risk refrigerated foods that are warmer than 40° Fahrenheit. If in doubt, throw it out.

- If you think the power will be out for several days, try to find some ice to pack inside the refrigerator and freezer.

Remember to keep your raw foods separate from your ready-to-eat foods.

## Foods to be concerned about:

Foods are categorized into groups:

- A. **Potentially hazardous foods** are the most important. These include meats, fish, poultry, dairy products, eggs and egg products, soft cheeses, cooked beans, cooked potatoes, cooked pasta, custards, puddings, etc.
- B. Some food **may not be hazardous** but the quality may be affected. These foods include salad dressings, mayonnaise, butter, margarine, produce, hard cheeses, etc.
- C. Some food are **safe**. These are carbonated beverages, unopened bottled juices, ketchup, mustard, relishes, jams, peanut butter, barbecue sauces, etc.

## When do I save and when do I throw out food?

- Refrigerated foods should be safe as long as the power is out no more than a few hours and the doors have been kept closed. **Potentially hazardous foods** should be discarded if they warm up to above 40°F.
- Frozen foods which are still frozen are not a problem.
- If **potentially hazardous foods** are thawed but still have ice crystals you should use them as soon as possible.
- If **potentially hazardous foods** are thawed and warmer than 40°F you should discard them.

## How do I know if the food is unsafe to eat?

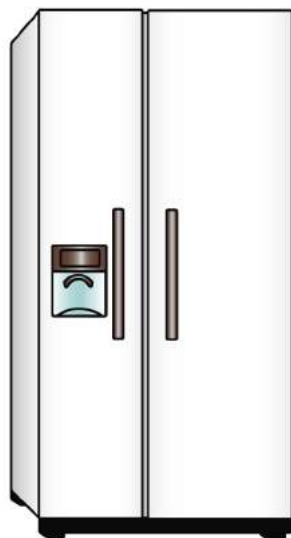
- You cannot rely upon appearance or odor. Never taste food to determine its safety.
- Some foods may look and smell fine, but if they've been warm too long, food poisoning bacteria may have grown enough to make you sick.
- If possible, use a thermometer to check the temperature of foods. If potentially hazardous foods are cooler than 40°F they are safe.

## What happens when the power goes back on?

- Allow time for refrigerators to reach the proper temperature of lower than 40°F before restocking. Start with all fresh foods.

**REMEMBER!**

*When in doubt,  
throw it out.*



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# Extended Events - Supplies

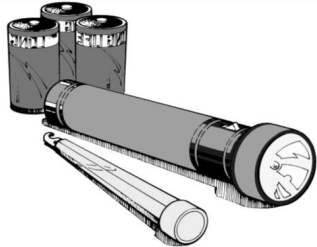
## Choosing comfort over inconvenience:

Coping with the impact of a disaster is never fun. However, much of the inconvenience and discomfort can be reduced by planning alternative ways to take care of your needs.

## Lighting:

*Caution: The use of candles is no longer recommended as a source of emergency light. Experience shows they are responsible for too many secondary fires following the disaster. Additionally, they are very dangerous in the presence of leaking natural gas.*

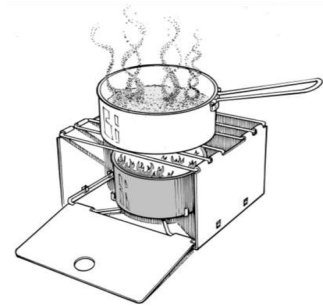
- Flashlight and extra batteries.
- Camping lanterns: battery operated, propane, or gas lanterns all work. Remember to purchase a supply of extra batteries, propane tanks, extra fuel, wicks, mantles, and matches.
- Light sticks - these can provide light for 1 to 12 hours and can be purchased at many department and camping stores.



## Cooking:

*Caution: Never burn charcoal indoors. This could cause carbon monoxide poisoning.*

- Camp stoves, sterno stove, or barbecues - store extra propane, charcoal or sterno, lighter fluid, and matches.
- Fireplaces - do not use until the chimney and flue have been inspected for cracks. Sparks may escape in to your attic through an undetected crack and start a fire.
- Paper plate and cups.
- Plastic utensils.
- Paper towels.



## Shelter:

It is common for people to not want to sleep in their homes for the few days following a major earthquake. Having an alternate means of shelter will help you and your family be as comfortable as possible.

- Tent or waterproof tarp.
- Sleeping bags or blankets and pillows.
- Rain gear.
- Mylar blankets are compact and easy to store.
- Newspapers provide insulation from the cold or heat.
- If you have a van, camper, or RV it can be used as your alternate shelter.



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# Extended Events - Sanitation

## Sanitation:

- The lack of sanitation facilities following major disasters can quickly create secondary problems unless basic guidelines are followed. If the water lines are damaged or if damage is suspected do not flush the toilet.
- Avoid digging holes in the ground and using these. Untreated raw sewage can pollute fresh ground water supplies. It also attracts flies and promotes the spread of diseases.
- Store a large supply of heavy-duty plastic bags, twist ties, disinfectant, and toilet paper.
- A good disinfectant that is easy to use is a solution of one-part liquid bleach to ten-parts water.



*Note: Dry bleach is caustic and not safe for this type of use.*

- If the toilet is not able to be flushed, it can still be used. This is less stressful for most people than using some other container. Remove all the bowl water. Line bowl with a heavy-duty plastic bag. When finished, add a small amount of deodorant or disinfectant, securely tie the bag, and dispose of it in a large trash can with a tight fitting lid. This large trash can should also be lined with a sturdy trash bag.

- Portable camp toilets, small trash cans, or sturdy buckets lined with heavy-duty plastic bags can be used. Those with tight fitting lids are best.



- Large zip lock plastic bags and toilet paper should be kept at work and in the car for use if you are away from home. These can be wrapped in newspaper in preparation for future disposal.



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# Storing Water

Water is essential for survival. The ground trembling and shaking caused by earthquakes can crack or break the lines that bring fresh water to your house. You may have to rely for three days or more on the water you have stored.

## How much water should I store?

Store 1 gallon per day for each person in your household is the minimum amount required to take care of drinking, cooking, and hygiene needs for the first hours of a disaster.

## Which containers are good?

Plastic containers with a screw-cap lid, such as two-liter soda pop bottles or food-grade plastic jugs, work great.

**You can use two-liter soda pop bottles, for ease of storage and handling.**

Do not use glass bottles or old bleach bottles (or any container that has held a toxic substance). Glass breaks too easily. The plastic of old bleach bottles contains substances that, over time, get into the water and make it unfit for drinking.

Avoid the use of plastic milk jugs. They are difficult to seal tightly, and their plastic becomes very fragile and brittle over time.



## Can I improve the taste of stored water?

Stored water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers several times.

## Storing Water:

1. Choose containers that have a tight-fitting screw-cap lid. Two-liter pop bottles are a great choice.

2. Thoroughly rinse out the container and the lid with water, and fill it to the very top of the container.



For extra safety, thoroughly rinse the container with a weak solution of liquid chlorine bleach (8-10 drops in two cups water). Empty this solution out and fill the container right to the top with fresh water.

3. Seal the container tightly.

4. Label it "drinking water" and date it.

5. Store it in a cool, dark place. Examples:

- under the bed
- in the corner of closets
- behind the sofa

*Hint: To make it easy to find many places to put your water, think about this activity as a priority rather than an inconvenience.*

## Is adding liquid bleach recommended?

In March, 1994 the Food and Drug Administration and the Environmental Protection Agency stated:

- Tap water does not need anything added to it before it is stored because it has already been chemically treated.
- Commercially purchased water does not need anything added to it. Keep it in its original, sealed container.



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# Storing Water

The treatments described below work only in situations where the water is unsafe because of the presence of bacteria or viruses. If you suspect the water is unsafe because of chemicals, oils, poisonous substances, sewage, or other contaminants do not use the water for drinking.

## What about rotation?

It is recommended that water be rotated every six months.

## Treating water of questionable purity:

- Filter the water to remove as many solids as possible. Coffee filters, cheesecloth, or several layers of paper towels work well.
- Bring the water to a rolling boil for a full 10 minutes.
- Let it cool for at least 30 minutes. Water must be cool or the chlorine you add next will dissipate and be **rendered useless**.
- **Add 1/8 teaspoon of liquid chlorine bleach per gallon of cool water or 8 drops per two-liter bottle.** The only active ingredient in the bleach should be 6.00% sodium hypochlorite and there should be no added thickeners, soaps, or fragrances.
- Let it stand for 30 minutes.
- If it smells of chlorine, you can use it. If it does not smell of chlorine, add 16 more drops of chlorine bleach per gallon, let it stand for another 30 minutes, and smell it again. If it smells of chlorine, you can use it.

If it does not smell of chlorine, discard it and find another source of water.

## Distillation - A second method of purification:

1. Fill a pot halfway with water.
2. Tie a cup to the handle on the pot's lid so that the cup will hang right side up when the lid is placed upside down on the pot (make sure the cup is not dangling in the water).
3. Boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

This method allows the vapor resulting from boiling water to collect in the cup. This condensed vapor will not include salts or other impurities.

## Additional information:

- The only thing that should be used to purify water is liquid household bleach containing 6.00% sodium hypochlorite and no thickeners, soaps, or fragrances.
- Other chemicals, such as iodine or products sold in camping or surplus stores have a short shelf life and are not recommended and should not be used.
- Boiling water kills bacteria, viruses, and parasites that can cause illness. Treating water with chlorine bleach kills most viruses, but will probably not kill bacteria. Therefore, boiling and then adding chlorine bleach is an effective water purification method.
- The only accepted measurement of chlorine is the drop. A drop is specifically measurable. Other measures, such as "capful" or "scant teaspoon" are not uniformly measurable, and should not be used.
- There is no difference in the treatment of potentially contaminated water that is cloudy or that which is clear.

SOURCE: FDA and EPA Report, 1994



**Distillation is an effective method of water purification.**



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