

CORDOVA PREPARED

Updated 10/20/09



Citizens of Cordova! This website will provide an array of information for you and, hopefully, it will help prepare you for any potential disaster. The weekly articles about disaster preparation (from the *Cordova Times*) will be archived here, as well as other pertinent information.

This week's featured information....AGAIN!

The 7 Day SURVIVAL KIT !!...please link to

<http://ready.alaska.gov/homelandsecurity/pdf/DHSEM%207%20Day%20Survival%20Kit.pdf>

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Centers for Disease Control & Prevention	www.cdc.gov	All you want to know about H1N1 ...and more

CORDOVA PREPARED ARTICLES

JUNE 10: It is prudent to be prepared. We all know that. We just don't usually do it.

Recent events, particularly the H1N1 flu threat and the potential for ash fallout reminds us all that, even in Cordova, Alaska, we should be prepared to face a community-wide public health emergency. To that end, the city of Cordova is currently updating the Emergency Management plan. This is an "all-hazards" plan that will guide the actions of the Emergency Management Team in the event of any city-wide emergency, from a plane crash to an earthquake to a pandemic flu.

Part of that plan is to prepare the citizens of Cordova. It is assumed and understood that, in the event of a large scaled event, the city would have to fend for themselves for at least seven days until outside help would arrive...and very possibly more time than that. Each individual family should be absolutely prepared to support themselves for a week...at home...without any outside help.

Is your family ready? Would you have enough drinking water if the city water source was interrupted and you could not drive to the springs? Does your family have a disaster plan, so your children would know what to do in the case of an earthquake? During the next 6 months, this column, in short and concise articles, will address many of the issues we all face as we learn to prepare. Be watching. Be prudent. Be ready. In the meantime, check out www.ready.gov and click on the Ready America link.

JUNE 17: Is your family ready? Disaster can strike quickly and without warning. Cordova's potential hazards may include an earthquake, an avalanche, a pandemic flu, a tsunami, a plane crash, or ash falling from the sky. Your family may have to abruptly leave your home...or be confined to your home. Families can – and do- cope with disasters such as these by preparing in advance.

The first step to protect yourselves is to prepare a **Family Disaster Plan**. This plan is not a vague ideology, a random list of ideas, or an evening discussion with your kids. Instead, it is a purposeful, deliberate set of actions that require commitment and time. The family disaster plan begins by educating yourselves; find out what could happen to your family in Cordova.

Cordova's disaster management team has created a list of potential hazards in Cordova, which can be viewed on the city website. Go to www.cityofcordova.net ...and click on the link for "*Cordova Prepared*". For each of those potential hazards, gather information on how to prepare for them. Much of that specific information will be discussed in this column over the next six months.

So, what can you do now...today? You may begin...this week...by finding out what the disaster plan is at your workplace, your children's school or day care center, your church, and other places where your family spends time. As you ask, you may find that many places do not yet have a plan. The city of Cordova is not unlike many other small towns across America, just beginning this process. Disaster planning is time-consuming and hard to relate to, until a disaster actually happens. Let's be one step ahead. If there is no plan in place where you inquire, don't complain...offer to help create one.

As always. Be prudent. Be ready. Be prepared.

JULY 2: The first step towards protection in the face of a disaster, as was discussed last week, is to prepare a **Family Disaster Plan**. Assuming that your family has taken steps to become informed of the potential disasters in Cordova (haven't gotten that far? Check out www.cityofcordova.net)...the next step to prepare your family is to actually **MAKE A PLAN**. Start, this week, with the following four tasks:

- *Meet with family members and talk about what the local hazards are.* Explain the potential hazards our city faces to your children and explain that, as a team, your family will prepare for those potential dangers. Include your caregiver in this conversation.
- *Choose an “out-of-town” contact.* Make sure everyone has that phone number...HANDY. After a disaster, everyone should call this person. Why? After a disaster, it is often easier to make a long-distance call than a local one! This way you can check on the status of one another.
- *Decide where to meet after an emergency...two places, actually.* Choose one place right outside your home for a sudden localized emergency, like a house fire. Choose another location outside your neighborhood in case your home is not readily accessible.
- *Complete a Family Communication Plan.* See <http://www.redcross.org/www-files/Documents/pdf/Preparedness/ECCard.pdf> for an example of the information each family member should carry with them. This website offers an emergency wallet card that can be printed, filled out, and distributed to each family member. This information should also be posted next to the home telephone.

Your time and effort in finishing these activities could save a life....or save you significant heartache. It is difficult to find that time...but it is time well spent.

As always. Be prudent. Be ready. Be prepared.

JULY 9:

A Family Disaster Plan: it means for your household to be ready.

A funny thing happened last night. This article was just about to be written when the electricity went out. “No problem,” I thought, as I stumbled in the shadows towards the bed to gather the flashlight. Well, you guessed it. The flashlight was not where it was “supposed” to be...where it has been for two years. This author of preparedness wasn’t prepared. I’ll try to do better this week as I draw out a house plan.

That’s the next step to family preparedness...drawing a house plan and defining escape routes and safe places. It’s a fun project and one that everyone in the household can participate in. In a fire or other emergency, you may need to get out quickly or go to a safe spot in the house. Mapping the house helps each member of the family predetermine what they would do, thus creating a better chance of survival.

On a blank piece of paper, draw the floor plans. Be sure to include the obvious, like doors and windows. Additionally, mark the locations of disaster supplies, fire extinguishers, first aid kits, collapsible ladders (to help get out), and utility shut-off points. Indicate at least TWO escape routes from each room, and mark a place outside the home where household members should meet. Then, when the floor plan is done...have a practice night. Set off the fire alarm (they need to be checked too) and evacuate! Do this at least twice annually. Try to do it this week.

As always. Be prudent. Be ready. Be prepared. And put a flashlight next to your bed.

JULY 16: Alaska is actually one of the most seismically active areas in the entire world. Many Cordovans remember the 1964 earthquake. They distinctly remember where they were. They distinctly remember what it felt like. They distinctly remember the chaos in the aftermath. “Great” Alaskan earthquakes happen, on the average, every 13 years. We know there will be an earthquake again. We just don’t know exactly when ...and we don’t know how big. The good news is there is much we can do to prepare ourselves for the next big one.

What do we do DURING an earthquake?

- Stay calm
- If inside: stand in a doorway or crouch under a desk or table. Stay away from windows or glass and watch for falling objects.
- If outside: stand away from buildings, telephone and electric lines, and trees.
- If “out-the-road”: stay off the bridges; stop in a safe area and stay in your vehicle.

What do we do AFTER an earthquake?

- Check for injuries and provide first aid. (Have you had a first aid course lately?...call the Cordova Volunteer Fire Department @ 424-6117)
- Check for safety hazards: gas, water or sewage breaks; downed electric lines; building damage; turn off appropriate utilities
- Carefully clean up dangerous spills (Call Cordova volunteer Fire Department for specific questions regarding this topic)
- Listen to the radio (do you HAVE a battery powered portable radio?) for public safety guidelines or, if the internet is working, watch the city website, www.cityofcordova.net , for information.
- Do NOT use the telephone, except for emergencies. Keep the lines open for REAL emergencies.

For more detailed information, read the article entitled “Are you prepared for the Next Big Earthquake in Alaska?” It is an outstanding reference. Go to http://www.aeic.alaska.edu/html_docs/pdf_files/eqprepare.pdf
As always. Be prudent. Be ready. Be prepared.

JULY 30:

Danger! Tsunami! Hopefully, Cordovans will not hear the sirens announcing such news. However, Cordova experienced a tsunami in 1964 and it is absolutely possible that it could happen again. If tsunamis have damaged an area before, they are actually likely to do so again...but with proper planning, preparation, and evacuation, Cordovans can mitigate that danger.

If there is an earthquake near the coastline of the northern Pacific Ocean, the West Coast/Alaska Warning Center will know immediately and determine whether or not it may generate a tsunami. An offshore earthquake with a magnitude of 7 or greater could generate a tsunami, at which time a warning would be issued to the citizens of Cordova through the use of the sirens and by a door-to-door evacuation program (by the fire department) in selected areas. When a tsunami WARNING is issued in Cordova:

- Keep calm and take a safe route to high ground. Learn where tsunami safe areas are.
- If you are on a beach or near the shore, evacuate to higher ground IMMEDIATELY.
- A noticeable rise or fall of the coastal water is nature's tsunami warning...listen to it and seek higher ground if you observe that phenomenon.
- Closely monitor our local radio station, USCG emergencies stations, NOAA weather stations or other reliable sources. There WILL be information issued on our local radio station.
- **NEVER** go down to the beach to "watch". If you can see a wave, you are too close to escape.
- A small tsunami at one beach can be HUGE at another beach...do not become complacent if you see a small one.
- Follow the instructions of any local officials. If you are ordered to leave your home, do so immediately.
- If you must leave home, remember to bring your emergency "GO" kit (Does your family HAVE one?)
- Turn off your electric and gas mains, if time permits
- Remember that a tsunami is NOT just one wave, but a SERIES of waves

Lastly, learn about tsunamis. And, as always. Be prudent. Be ready. Be prepared.

AUGUST 6:

Tsunamis, a Japanese word for “harbor waves”, are ocean waves that are produced by earthquakes. One hundred and six Alaskans died from tsunamis after the 1964 Alaskan earthquake, as well as 16 people in Oregon and Washington.

In the midst of a deep ocean a tsunami may travel as fast as 500 miles per hour...but is not necessarily dangerous because the wave may only be inches high. When that same wave approaches shallow waters, like the Cordova coastal areas, it may gain height dramatically and potentially become very dangerous. That is why Cordova has been installing tsunami sirens.

Approximately seven years ago, the city received a grant from the State of Alaska to acquire two tsunami sirens. One of those was successfully installed in the town center. Recently, that siren was replaced by a newer, state-of-the-art version, called an “audible “ siren. It has the capability of sending out a message along with the siren, as you may have heard. Every Wednesday, at noon, the siren will be tested. And, you may have noticed, it is loud. It needs to be loud in order to accomplish its goal.

The weekly TEST message will inform you that it is only a test and that, if it were a real event, everyone should tune into the local radio station (Again, we remind you...do you have a PORTABLE radio handy for emergencies??). If it were a REAL tsunami coming, the siren would clearly state that it is NOT a test. It would instruct everyone to move to higher ground and tune into the local radio station for more information.

Engineers have determined that Cordova actually needs to have four sirens to get full coverage. Two other sirens will be erected, one out near the ferry terminal and the other on Whitshed Road. Additionally, the city intends to eventually position one at Mile 6 Copper River Highway and, to that end, is in the process of trying to acquire land in that area. Once that is accomplished , a grant will be written to attain the fourth siren.

For more information, you may contact Cordova Volunteer Fire Department at 424-6117.
In the meantime, as always. Be prudent. Be ready. Be prepared.

AUGUST 13:

Recently, a group of dedicated Cordovans attended 2+ days of training to help our community prepare for a disaster. The training was provided by Mary Lowery, from the American Red Cross of Alaska, for free.

As a result of those days, the community now has 14 people who have been trained to help establish shelters and assist disaster victims, should there be a catastrophic event that necessitated evacuation of Cordovan homes. Those people represented the Cordova School District, Bidarki Recreation Center, St. Joseph's Catholic Church, Cordova Community Baptist Church, Cordova Volunteer Fire Department, Cordova Telephone Cooperative, Cordova Family Resource Center, and Orca Adventure Lodge. Additionally, one local Cordovan chose to become a Red Cross Representative for our community. It has been eight years since there has been a Red Cross presence in Cordova.

The American Red Cross is willing to come into any community after a disaster, as long as the community requests the help. The organization does not come in and "take over"...but, instead, comes when invited and works alongside the community. They may assist a community in running their own shelters...or...communities have the option of requesting that the Red Cross run the shelters. It is conceivable that, after a major disaster, Cordova may be isolated for days and forced to rely entirely upon ourselves. To that end, we must prepare to run the shelters ourselves....but that doesn't mean we cannot ask for help at a later date, when the Red Cross CAN get here. Therefore, Cordova has chosen, in the city emergency operating plan, to run their shelters according to the Red Cross methods. Using their methods will provide a seamless transition from "Cordova" shelters to Red Cross" shelters. After evaluating their sheltering methods, and training for three days with the Red Cross, the decision of how to run the shelters seemed an easy one. The Red Cross method is organized, precise, and efficient.

Cordova is on the right track now. Sheltering massive numbers of displaced community members is a complicated and extensive job for any city, but the preparation has begun. New shelter workers/managers in Cordova are Wendy Armstrong, Joanie Behrends, Debbie Collins, Jason Fischer, Dick Groff, Jen Hutchings, Julie Mair, Dennis Marchant, Jim Nygaard, Melanie O'Brien, Crystal Shapleigh, Nicole Songer, Kent Thelen, and Frank Wicks. Thanks to all of you. Especially to Wendy Armstrong, our new Red Cross representative.

As always, Cordova. Be prudent. Be ready. Be prepared.

AUGUST 20:

H1N1 flu. You may have noticed a significant rise in the media attention about H1N1 flu recently and wondered, “What is all the fuss about?” H1N1 flu case numbers (originally referred to as the swine flu) continue to rise in Alaska...335 as of August 12th, so Alaska is preparing. And so should Cordova. It is expected that the numbers will continue to rise during the fall, as the normal fall/winter flu season approaches, and as school resumes. Symptoms vary, in different individuals, from very mild to very severe. Please refer to the city website (www.cityofcordova.net) for updated information about H1N1. Click on the H1N1 link to get weekly updated numbers and locations of flu cases in Alaska, as well as general information about the disease.

As individual citizens, we can do much to mitigate the effects of any flu outbreak in Cordova by following the simple rules regarding respiratory diseases. Wash your hands often. Sneeze or cough into your sleeve, or use a tissue. Go home if you are sick. Educate yourselves.

If there were a high likelihood of H1N1 in Cordova, the city would put into effect the same plans that were tested earlier this year (remember the scare?). In the effort to educate the community:

- A community emergency hotline (English 424-8888, Spanish 424-8889) would dispense information about what to do if someone in your family got sick. That hotline is not activated now...but will be, if the need arises.
- A community-wide educational campaign would be initiated
- The City of Cordova website would be updated regularly with information about H1N1, as well as information regarding the seasonal flu vaccine and the H1N1 flu vaccine.

Yes...plans are being implemented to distribute the H1N1 vaccine (as well as the seasonal flu vaccine). Feverish work is being done, at the federal level, to test and eventually distribute the H1N1 vaccine nationwide later this fall. It takes many months to create and manufacture a new vaccine. The H1N1 vaccine is currently being tested and many of the details/results will be forthcoming over the next few weeks. The State of Alaska is currently holding weekly teleconferences providing healthcare workers with the latest news, and the city Cordova is participating.

You should too. Be prudent. Be ready. Be prepared.

AUGUST 27

What do we do with our pets in an emergency? Do we leave them behind when we have to go to a shelter? To anyone who does not own a pet, that may sound like an unimportant query. Really, though, are there families in Cordova without pets???? Not many. This town loves its animals...and where we go, our dogs go. Isn't that the truth? So, a Cordova emergency response plan without an associated pet plan would be remiss. To that end, the Emergency Operations Plan (EOP) that is currently being revised is also considering that aspect of disaster response. Our pets.

As responsible pet owners, we can do much to protect and prepare those furry friends. Our pets depend entirely upon us to care for them and they are often overlooked in disaster preparedness. A few simple steps, taken by the loving pet owner, can potentially save their lives.

- Pre-designate a neighbor (at least one neighbor) to take care of your pet in case you are unable to get to your home. Choose someone who actually likes your pet, is familiar with your pet, is responsible, and knows where your house key and pet supplies are.
- Get a kennel for your pet.
- Pre-position extra food, an extra leash or harness, and other pet supplies in your kennel at all times. Then, if a disaster happens, you can grab the kennel (and yes, the pet too) and run ...or your neighbor can grab the kennel and have everything he needs to care for your pet in one place.
- Understand that if you have to seek shelter for any reason, your pet will not be allowed to come into any of the shelters.
- Clearly label your kennel so that you are sure to get it back after the disaster. Put the name of your pet, your address, and your name on the kennel...just in case you and your pet are separated in the chaos.
- Take a photo of your pet with you; again, in case you are separated from your pet.

It has not yet been determined where our displaced pets will be housed in a major disaster. Ideally, we would like to have a large, warm area as the "Pet Safe House." If you have any ideas, or any extra kennels ...let us know. Please feel free to call Joanie at 424-5773 with your ideas. For our pet's sake, let's be prudent. Be ready. Be prepared.

SEPTEMBER 3

Two separate flu vaccinations will be available to Cordovans this fall...vaccinations for the seasonal flu, as well as vaccinations for the H1N1 flu. Each fall we see our Public Health Nurse, Susanna Marquette, offering clinics and diligently meeting the public to give them that option. Is it really that important? Who should consider getting the vaccinations?

It may be that you should. In fact, this may be the year to get both vaccinations. At the present time the severity of the H1N1 flu is lower than was originally feared. But as that flu strain develops and “mutates”, it can become more virulent (deadly). One of the ways that we can prevent that from happening is to avoid letting the DNA’s of the two strains of flu mix. We can accomplish that by making all efforts to avoid getting either illness. If we get the seasonal flu...and follow it up with the H1N1 flu, we mix the DNA’s...and we don’t want to do that. The result could be a more deadly H1N1.

Each flu has specific groups of people that have the highest risk of contracting the disease, and it is those groups who should get the vaccines first. Each vaccine has specific ways it will be administered. And each vaccine will arrive at different times. Seasonal flu most severely affects the young and the old...children 6 months to 18 years, as well as people over 50. Therefore, those are the targeted first priority groups. The vaccine comes in two forms, a live nasal mist and an inactivated injection. It is currently available privately and will soon be distributed through the state...and, in Cordova, through our Public Health Nurse and Ilanka Clinic.

The H1N1 flu vaccine is expected to arrive much later this fall, possibly in October. The five high priority targeted groups, to receive the first of that vaccine, are: pregnant women, caregivers of children under 6 months, health care providers, people between 6 months and 24 years, and finally, people between 25 and 64 who are at a higher risk for novel H1N1 because of chronic health disorders or compromised immune systems. It is important to note that the H1N1 flu vaccine will probably be administered in two phases, possibly 21-28 days apart. It is also important to note that anyone with severe allergies to eggs is advised to contact a healthcare provider before getting any vaccine.

Find the answers to any further questions by checking out <http://www.cdc.gov> or calling your local healthcare provider.

As always. Be prudent. Be ready. Be prepared.

SEPTEMBER 10

Take the next 24 weeks and build a 7 Day Survival Kit! Cordovans will certainly notice the “7 Day Survival Kit” campaign going on during the next few weeks. As has been mentioned previously in these preparedness articles, Cordovans must learn to rely upon ourselves in the face of a disaster. No one else. The responsibility begins with individual families. Secondly, the city steps in to help. Then the state ...and finally, the federal government will provide disaster relief, if necessary. But the chief responsibility for emergency preparedness remains with the family.

It is assumed that in a major disaster, it may be several days before any outside help reaches Cordova. Each family should have an emergency plan to rely upon, and emergency supplies, that will sustain the family during that time. Yet few families have the resources to go purchase all the emergency supplies needed in one shopping trip. Additionally, few families have the time to devote to preparing in the way we “should”. It can leave us frustrated and overwhelmed, with just another item on our “list-of-things-we-really-should-do”.

Alaska Department of Homeland Security (DHS&EM) has developed a pamphlet, a 24-week schedule, with an easy-to-follow Preparedness Supplies Calendar, helping to take the anxiety out of this process. The calendar delineates a specific plan of tasks and purchasing, eventually ensuring each family is ready. The next few weeks will be devoted to acquainting Cordova citizens with that preparedness calendar. It will be on the radio. It will be on the television. It will be in the grocery stores.

Local grocers, Nichols Backdoor Company and Alaska Commercial, have supported Cordovans in emergency preparedness this past summer and continue that support with this 7 Day Survival Kit campaign. Each week, for the next several weeks, reminders will be posted in each store, encouraging families what to purchase ...and what to do...to prepare their kits. Theoretically, the entire town could have survival kits within 24 weeks. What a goal!

The 7 Day Survival Kit pamphlet can be found on the city website. Go to www.cityofcordova.net , follow the link to “Cordova Prepared”...and then to the 7 Day Survival Kit. Additionally, pamphlets will also be available at displays in each of the grocery stores. Be sure to take one home.

Start your kits. Be prudent. Be ready. Be prepared.

SEPTEMBER 17

Representatives from the State of Alaska Department of Health and Social Services, Division of Public Health and the Department of Homeland Security and Emergency Management facilitated a training workshop for numerous Cordovan citizens on September 8th. The full day workshop was intended to prepare Cordova with regards to disasters in general and specifically, preparation for a possible H1N1 flu outbreak. Attendees were the Mayor and the Public Health nurse, as well as members of Cordova Community Medical Center, Ilanka Clinic, Cordova Family Resource Center, Cordova School District, Cordova Volunteer Fire Department, The Native Village of Eyak, and Orca Adventure Lodge.

First on the agenda was an update of the Alaskan situation with regards to H1N1, including information on the first H1N1 school-aged death in Alaska, a sobering and effective way to start the day. Attendees quietly looked around the room pondering how many in the room had school-aged children.

The H1N1 flu is the primary strain of flu presently circulating throughout Alaska. As many of us know, the normal seasonal flu claims approximately 36,000 deaths each year. That number, due to the H1N1 strain, is expected to increase this year. So, whether we believe that it will be a problem for Cordova, or not, it would be prudent to be prepared. One death would be too many for Cordova. The challenges are numerous. It is difficult to determine the difference between the regular seasonal flu and the H1N1 flu. It is difficult, for that matter, to tell the difference between flu and the common cold. The vaccine will not be out for many weeks. And school has already begun. How do we keep our children and ourselves safe? Which information is reliable?

We keep ourselves safe by educating ourselves and choosing not to panic. The best precautionary measures to take against the spread of flu are simple. Wash our hands. Cough into our sleeves or a tissue. And prepare to stay home if we are sick. Prepare, today, for the possibility that our sick child may have to stay home from school for some time. Make certain we have someone lined up, ahead of time, to watch that sick child if we cannot do it. Watch our family for signs of fever and illness and do the responsible thing if someone is sick. Let's be very clear. The responsible thing is to stay home...even when it is inconvenient.

Lastly, educate ourselves. As an employer, do you know when it is appropriate for a sick employee to return to work? As a parent, do you know when your sick child can return to school? The answers to most the questions above, whether you are a family, an employer, a school teacher, or a child caretaker ...can be found at www.pandemicflu.alaska.gov. or on the city website www.cityofcordova.net . Take the time to find the information that pertains to you. Do it today.

Be prudent. Be ready. Be prepared. And please, wash your hands.

SEPTEMBER 24

Social Distancing. What in the world is that?? It's a new concept for Cordovans...a concept completely foreign to those of us who shake hands with a few of the folks on Main Street... and hug most of the others. Social Distancing. It refers to the process of distancing oneself from others in order to avoid getting sick. Basically, you decrease your risk of contracting the flu by increasing your social distance. Influenza spreads from person to person through the social contact network. Therefore, understanding and strategically controlling this network during a period of pandemic is critical.

Social distancing may be instituted during a flu outbreak and includes such measures as:

- Avoiding close contact (i.e. being within about 6 feet) with others. Droplet spread is defined as large droplets (particles >5 micrometers) generated when an infected person coughs or sneezes. This is the predominant mechanism of influenza virus transmission. Therefore, people who are less than 6 feet from infected people have the greatest risk of infection.
- Avoiding enclosed spaces containing crowds.
- Possibly wearing facemasks. Information on the effectiveness of facemasks and respirators for decreasing the risk of influenza infection in community settings is extremely limited. See <http://www.cdc.gov/h1n1flu/masks.htm> for more information on masks, to help determine if and when they should be used.
- Partial or full closures of schools, childcare centers, and nonessential businesses, as well as cancellations of public gatherings.
- A system of isolation or quarantine. Isolation and quarantine are used to protect the public by preventing exposure to infected persons or to persons who may be infected. **Isolation** is used to separate **ill** persons who have a communicable disease from those who are healthy. Isolation restricts the movement of ill persons to help stop the spread of certain diseases. **Quarantine** is used to separate and restrict the movement of **well** persons who may have been exposed to a communicable disease to see if they become ill. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms. Quarantine can also help limit the spread of communicable disease.

No one act, alone, will guarantee that the flu will not be spread...but social distancing practices, collectively, can help provide a degree of protection to the community as a whole. Hopefully, we'll never see these measures taken in Cordova...but, if they ever are, we'll know why.

Be prudent. Be ready. Be prepared. Be distant.

OCTOBER 1

So...just what, exactly, is potable water? That term is thrown around whenever folks start talking emergency preparedness, and it's really just a strange reference for a simple concept. Potable water is water which is fit for consumption by humans and other animals. Period.

The term is simple, but sometimes the acquisition is not. We do not necessarily have a challenge getting water in Cordova, but getting potable water may be another story altogether. Especially in an emergency situation.

Having an ample supply of water in any emergency is a top priority, so it is advisable to store it in preparation. Normally, a person who is active will drink two quarts of water each day (or least that person should be). Children, nursing moms, and ill people require even more. As a rule, there should be one gallon/person/day stored. And there should be two weeks worth of water stored for each member of the family.

Here are some guidelines:

- Store water in clean “food grade” plastic containers with tight-fitting lids ...but do not use plastic milk bottles. 2- litre pop containers are perfect.
- You may also store water in glass, fiberglass, or enamel-lined metal containers.
- Never use a container that has held a toxic substance.
- Seal water containers tightly, and label them with the current date.
- Store the water in a cool, dark place (closet or cupboard).
- Do not add bleach to the water from a commercial utility, but do add ¼ teaspoon bleach to every gallon of spring water that you store.
- Remember to empty and refill every 6 months

Should a disaster happen in Cordova, use that stored water. And don't be shy about it. Interestingly enough, the Federal Emergency Management Agency (FEMA) advocates that if supplies run low, we are never to ration water. Drink what you need today, and make all efforts to find more for tomorrow. That's how important water is to our bodies. Every day.

So, store your water. Be prudent. Be ready. Be prepared.

OCTOBER 8

Accessing water in Cordova is not really a problem. Accessing potable water, which is fit for consumption, may be more challenging. Contaminated water may have a bad taste, a pungent aroma, or a cloudy appearance...orit may taste, smell, and appear absolutely normal. Be careful. Microorganism in post-disaster contaminated water can cause diseases such as dysentery, typhoid, hepatitis, and giardia. Whether the accessible water is used for drinking, cooking, or hygiene...if it is suspect, it should be purified before your family uses it.

There are numerous ways to purify water. Prior to the actual purifying, let the water settle and let any suspended particles fall to the bottom, or strain them through layers of paper towels or cloth. Then, choose the best purifying option for your family.

- Boiling water is the easiest and the most effective way to kill microorganisms. Boiling kills the dangerous microbes, but does not remove heavy metals or salts. It is still safe to drink. Be sure to boil, at a rolling boil, for 3-5 minutes
- Disinfecting water is another relatively easy way to purify water. Use simple household liquid bleach that contains 5.25 % sodium hypochlorite; that's why you buy bleach and add it to your 7 Day Survival Kit! Do not use scented bleach or any of the others with additives. Add 16 drops of bleach per gallon of water. Stir. Let stand for 30 minutes. Repeat the process again if you do not smell a slight odor of bleach upon completion. During the second dosage, it only needs to stand for 15 minutes. Bleach is the best choice for disinfecting. Commercial products that do not have 5.25 % sodium hypochlorite as the only active ingredient should not be used. If your family uses water purifying products that are sold in camping or surplus stores, check the active ingredient.
- Filtering water through a high-grade filter meant for that purpose, solely, is another alternative to purifying water, although a more expensive one. The initial cost is high, the filtering process is tedious, and filters must be maintained and replaced periodically. But it is an effective alternative.
- Lastly, there is distilling. When you boil water and then collect the vapor, that condensed vapor water is purified. Additionally, it does not have any salt and other impurities.

- None of these ways to purify water is perfect...but one of these ways will best fit your family. Consider your options for purifying water. But more importantly, remember your options.

Be prudent. Be ready. Be prepared. Drink safe water.

OCTOBER 15

Six weeks into the campaign, Cordova has been inundated with messages about the 7 Day Survival Kit. We understand that we should be prepared to feed ourselves for up to two weeks. It is unlikely that we will ever have the need for that two week supply... but it is definitely possible. Samoa is proof enough.

After a disaster, our bodies will be under both physical and emotional strain, making nutrition doubly important. We must be attentive to our nutritional needs, although the crisis of the moment may render us anything but hungry. It is vital that strength be maintained. Each person will need to take in enough calories to enable themselves to do any necessary post-disaster work. Be sure to eat one good meal, at least, every day, as well as drink enough water. Remember, each person needs 2 quarts liquid daily...just for drinking. And do not forget to include vitamins, mineral, and protein supplements in your stockpile to assure adequate nutrition.

So, as we increase the amounts of food we store on our shelves we need to consider some ways to store it. As you store the extra supplies be certain to:

- Find an appropriate storage area. It should be cool, dry, and dark.
- Open and close all the storage containers carefully, so that they can be fastened again securely after each use. That applies to food boxes, as well as cans.
- Obviously, keep food covered at all times.
- Wrap cookies, crackers, rice cakes...and other like items in plastic bags and keep them in tight containers.
- Empty opened packages of sugar, dried fruit and nuts, etc. into screw-top jars or air-tight cans to keep out the pests.

- Inspect any and all food before eating it.
- Lastly, watch the storage supply. Use the foods before they spoil and replace disaster supplies as you use them, dating them with a marker. Do what the grocers do...put all the old items in the front and move the newer items to the back.

It isn't difficult to store the extra supplies needed for an emergency cache, but like anything worthwhile, it takes time. Take that time. Be prudent. Be ready. Be prepared.

Table 1-X City of Cordova Hazard Analysis Chart

HAZARD→		Flooding (Eyak Lake/River)		Fire		Earthquake	
VULNERABILITY ANALYSIS	Vulnerability zone	Buildings and streets near Eyak Lake and River, hospital		Entire census area including the boat harbor		Entire census area including the boat harbor	
	Population within vulnerability zone	Unknown		2,400 (5,000 summer)		2,400 (5,000 summer)	
	Property that may be affected	Private dwellings and outbuildings, Cordova City airstrip and hangers, Nirvana Park, water treatment plant, boat launch, hospital basement, CEC transfer station		Private and public structures, facilities, processors, public works, vehicles, aircraft, boats		Private and public structures, facilities, processors, public works, vehicles, aircraft, runways, bridges, fuel storage tanks, pipelines. Liquefaction and consequent structural damage on dredged soil fill.	
	Environment that may be affected	Shoreline and flood plain		Possibly nearby waters		Land and waters where hazardous materials are stored or present	
RISK ANALYSIS	Probability of occurrence	Moderate		Low		Moderate	
	Consequences to people	Damage or loss of shelter, hardship due to disruption of transportation. Loss of some medical services.		Possible loss of shelter, injury or death		Injuries and deaths, loss of shelter, disruption of vital services such as medical, water, sewer, power, and transportation	
	Consequences to property	Damage to structures, roads, facilities, well contamination.		Loss or damage of property		Damage to structures, roads, utilities, runways	
	Consequences to environment	Possible contamination from hazardous materials, sewage tanks present in flood plain, sedimentation of salmon spawning habitat, floating debris.		Possible contamination from hazardous materials released by fire		Contamination from hazardous materials released by damaged facilities; landslides; uplift & subsidence& and their effects (seiche etc.)	
	Probability of simultaneous emergencies	Moderate: high winds associated with storms		Low (earthquake, technological)		High (fire, tsunami, avalanche, landslides)	
SEVERITY RATING	Categories	Severity	Points	Severity	Points	Severity	Points
	History	High	6	Moderate	3	Moderate	3
	Vulnerability	Moderate	4	Low	3	Moderate	5
	Maximum threat	Moderate	4	High	8	High	9
	Probability	Moderate	4	Moderate	4	Moderate	4
	TOTAL	18		18		23	

Table 1-X City of Cordova Hazard Analysis Chart (continued)

HAZARD→		Volcano (ash fallout)		Avalanche		Tsunami	
VULNERABILITY ANALYSIS	Vulnerability zone	Entire census area		Power Creek hydro plant, 2.0 mi - 5.5 mi Copper River Hwy		Immediate coastal zone below 50 ft elevation	
	Population within vulnerability zone	2,400 (5,000 summer)		Unknown, <20		Unknown, <2,000	
	Property that may be affected	Private dwellings and outbuildings, airports and hangers, water treatment plant, engines, diesel generators		Private and public structures, facilities at 5.5 mi Copper River Hwy Power Creek hydro plant		Private and public structures, facilities, processors, public works, vehicles, aircraft, boats, docks, floats, City Hall, police/fire station	
	Environment that may be affected	Anything down wind of volcano		Possibly Eyak Lake		Land below 50 ft. elevation and waters where hazardous materials are stored or present	
RISK ANALYSIS	Probability of occurrence	Low		Moderate		Low	
	Consequences to people	Disruption of transportation and services, respiratory problems. Warnings issued by Volcano Observatory help mitigate.		Possible loss of shelter, injury or death; road blockage and it's consequences		Injuries and deaths, loss of shelter, disruption of vital services such as medical, water, sewer, power, and transportation	
	Consequences to property	Damage to structures, roads, facilities, engines		Loss or damage of structures, vehicles		Damage to structures, roads, utilities,	
	Consequences to environment	Ash in lakes and streams could disrupt salmon spawning		Possible contamination from hazardous materials released Power Creek hydro plant		Contamination from hazardous materials released by damaged facilities	
	Probability of simultaneous emergencies	Low (earthquake)		Low (earthquake); weather extremes		High (earthquake, fire, avalanche, seiche)	
SEVERITY RATING	Categories	Severity	Points	Severity	Points	Severity	Points
	History	Low	2	Moderate	4	Low	2
	Vulnerability	Low	2	Low	2	High	8
	Maximum threat	High	6	Moderate	4	High	8
	Probability	Low	2	Moderate	3	Low	3
	TOTAL	12		13		21	

Table 1-X City of Cordova Hazard Analysis Chart (continued)

HAZARD→		Weather Extremes		Landslide/Seiche		Oil Spill (Copper River)	
VULNERABILITY ANALYSIS	Vulnerability zone	Entire census area		Mountainous terrain within census area		Downstream any of the 3 pipeline crossings on Copper River tributaries	
	Population within vulnerability zone	2,400 (5,000 summer)		Unknown		Unknown, but most Cordovans rely economically on Copper River fisheries.	
	Property that may be affected	Roads, utilities, airports, residences, water sources and other structures		Roads, utilities, airports, residences and other structures		None in the Cordova area	
	Environment that may be affected	N/A		Unknown		Copper River watershed, Gulf of Alaska	
RISK ANALYSIS	Probability of occurrence	High		Low		Moderate	
	Consequences to people	High winds can cause injury or death, delays in ferry or air service. Severe cold can cause hypothermia and frostbite.		Possible loss of shelter, injury or death, especially with seiche		Probable loss of commercial fishing opportunity and income, loss of subsistence and recreation along Copper River	
	Consequences to property	Damage to structures, utilities, roads (flooding), ice loading damage to roofs		Loss or damage of structures, vehicles, roads, especially with seiche		None	
	Consequences to environment	N/A		Unknown		Depending on volume of oil spilled, could be severe damage to fish and wildlife resources.	
	Probability of simultaneous emergencies	Moderate (flooding, fire, transportation accidents, avalanche)		Moderate (earthquake, avalanche)		High (earthquake, fire, avalanche)	
SEVERITY RATING	Categories	Severity	Points	Severity	Points	Severity	Points
	History	Moderate	5	Low	2	Moderate	4
	Vulnerability	Low	2	Moderate	5	High	8
	Maximum threat	Low	2	Moderate	6	High	9
	Probability	High	7	Low	3	Moderate	4
	TOTAL	16		16		25	

Table 1-X City of Cordova Hazard Analysis Chart (continued)

HAZARD→		Oil Spill (PWS or Gulf)		Airline Crash		Weapons and Terrorism	
VULNERABILITY ANALYSIS	Vulnerability zone	Prince William Sound, Gulf of Alaska waters		Mudhole Smith Airport area and 6 mile subdivision		Entire city	
	Population within vulnerability zone	Unknown, but most Cordovans rely economically on commercial fisheries		None living in zone, but would affect those living in Cordova		Entire population	
	Property that may be affected	Unknown		Probably none except airport		Public and private facilities	
	Environment that may be affected	Prince William Sound, Gulf of Alaska waters and shoreline including the Copper River Delta.		West Copper River Delta		Incident specific	
RISK ANALYSIS	Probability of occurrence	Low		Low		Low	
	Consequences to people	Probable loss of commercial fishing opportunity and income, loss of subsistence and recreation, psychological trauma associated with technological disasters		Mass casualties, fatalities, disruption of travel and medical services		Mass casualties, fatalities, disruption of services	
	Consequences to property	Unknown		Unknown		Damage or destruction	
	Consequences to environment	Depending on volume of oil spilled, could be severe damage to fish and wildlife resources.		Possible fuel spill into wetlands		Degradation of air and water quality	
	Probability of simultaneous emergencies	Low		Low		Low	
SEVERITY RATING	Categories	Severity	Points	Severity	Points	Severity	Points
	History	High	9	Low	0	Low	0
	Vulnerability	High	9	Low	2	Low	3
	Maximum threat	High	10	Mod	4	High	7
	Probability	Low	2	Low	1	Low	1
	TOTAL	30		7		11	

Table 1-X City of Cordova Hazard Analysis Chart (continued)

HAZARD→		Pandemic Disease	
VULNERABILITY ANALYSIS	Vulnerability zone	Entire census area	
	Population within vulnerability zone	2,400 (5,000 summer)	
	Property that may be affected	None	
	Environment that may be affected	N/A	
RISK ANALYSIS	Probability of occurrence	Low	
	Consequences to people	Mass casualties, fatalities, disruption of services	
	Consequences to property	None	
	Consequences to environment	N/A	
	Probability of simultaneous emergencies	Low	
SEVERITY RATING	Categories	Severity	Points
	History	Low	3
	Vulnerability	High	8
	Maximum threat	High	9
	Probability	Moderate	4
	TOTAL	24	