



# NEWSLETTER

Volunteers Building Strong, Healthy, and Prepared Communities

## Cascadia Rising Exercise

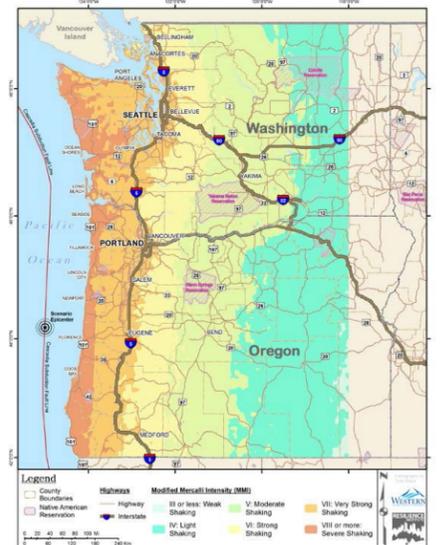
November 2015

Agencies and organizations in the State of Idaho are preparing to participate in the Cascadia Rising 2016 Functional Exercise which will be held the week of June 6, 2016. This exercise is intended to test the ability of local, state, tribal, Federal government, and select private sector and non-governmental organizations to jointly respond to an earthquake and tsunami. The scenario involves a 9.0 magnitude earthquake which occurs along the length of the Cascadia Subduction Zone (CSZ) fault with an epicenter 95 miles west of Eugene, Oregon. The earthquake triggers a tsunami which impacts the entire Pacific Basin.

### In this issue:

- Cascadia Rising
- Coping with Disaster
- Cold and Flu Season

The Cascadia Subduction Zone plate interface is a giant fault (approximately 700 miles long) that runs along the Pacific Coast from Northern California through Oregon and Washington and into British Columbia. The world's largest quakes occur along subduction zones. The most recent one was the East Japan earthquake and tsunami of 2011 that killed 16,000 people. Based on scientific evidence and a few Native American and First Nations oral stories, it is believed that the last known earthquake that occurred along the Cascadia Subduction Zone happened in January 1700. It was estimated to be on the order of magnitude 9.0, followed within minutes by a large tsunami. Stresses have now been building along the Cascadia Subduction Zone for more than 300 years.



More than 8 million people live and work within the projected CSZ earthquake damage zone in Washington and Oregon. It is estimated that an earthquake and tsunami of this magnitude could result in over 10,000 deaths and more than 30,000 injured people. Damage from the earthquake and subsequent tsunami will also likely result in extensive road and bridge damage, air, rail and seaport transportation disruption, infrastructure damage (water & wastewater systems, dams and levees, electric power and natural gas systems, hospitals and schools), and communication systems disruption. Over 1 million residences may be damaged. Some estimates suggest that 1 million people may need short-term sheltering.

So, why is Idaho participating? It is likely that the Idaho emergency responder community will be (continued on page 2)

**Ryan Bender—MRC Coordinator**  
**(208) 799-0393**  
**rbender@phd2.idaho.gov**

Public Health - Idaho North Central District  
215 10th Street Lewiston, ID 83501

## Cold and Flu Season

If you're sick with the flu (or a flu-like illness) the Centers for Disease Control and Prevention recommends that you should stay home and keep away from others as much as possible. In fact, CDC officials say you should stay at home until you are fever-free for at least 24 hours without the use of medication. That means it could be just you, your cat and talk show episodes for quite a few days. So if it's flu season or if someone you know is sniffing and sneezing, take some time to check your sick-day supplies.

### What should you have on hand in case you get the cold/flu?

At the very least, you know you're going to need tissues and some cold or flu medicine. Don't forget to stock up on liquids, such as decaf tea or soup (but watch out for soups with high sodium, as that can make you more dehydrated).

You should also make sure you have some surface cleaners, disinfectants and paper towels at home, as studies have shown flu viruses spread easily through tissues and can survive on surfaces in your home for up to eight hours. Make sure to throw tissues directly in the trash, and wash your hands afterward. It's important to keep surfaces (especially bedside tables, bathroom surfaces, kitchen counters and kids' toys) clean by wiping them down with a household cleaner according to directions on the product label.

For more information go to:  
<http://www.cdc.gov/flu/about/disease/>.



## Cascadia Rising Continued...

...asked to assist our neighbors in Washington and Oregon. This assistance should be well coordinated in order to avoid contributing to problems within the affected areas. In addition, Idaho may also be directly impacted by the cascading effects of such a disaster. As evidenced during the 2005 Hurricanes Katrina and Rita, the mass evacuation of thousands of people can have impacts in neighboring states. In addition, transportation disruption may impact the availability of critical supplies and resources, including food to Idahoans.



This exercise provides us with an opportunity to test the state and local plans, policies and procedures which would have to be implemented during this type of disaster. In addition, the exercise provides an opportunity to interface with our partners in Washington and Oregon, as well as our federal partners such as FEMA Region X.

The North Central Idaho Medical Reserve Corps has been invited to participate in the exercise on June 10, 2016. If you would be interested in participating, please contact Ryan Bender at 208-799-0933 or rbender@phd2.idaho.gov.

### Thank you to those who have participated in recent MRC activities:

#### University of Idaho Vaccination Clinics

Susie Bunt	Debbie Lemon	Jill McFall	Heather Leonard
Tabitha Stancell	Alex Drummond	Aimee Ashe	Brea Reyes
Jake Kleinsmith	Tracy Williams	Sharon Snow	Bill Snow
Amy Grow	Nicole Wheaton	Marilyn Ludden	Pat Monger
Mariah Chavez			



#### Disaster Action Team and Shelter Fundamentals (10/23-24/15)

Karin Banks	Carolyn Anderson	Nezbeth Bell	Jill McFall
Sharon Snow	Bill Snow	Lisa Vines	Tyler Williams
Lindi Burgess			

## Helping Children Cope with Disaster

Children may respond to disaster by demonstrating increased anxiety or emotional and behavioral problems. For most children these changes will be mild, not last long, and diminish with time. However, reminders of what happened could cause upsetting feelings to return and behavior changes to emerge again. Watching scenes of the disaster on television can be distressing for children, especially for younger children.

Younger children may return to bed-wetting, have difficulty sleeping, and not want to be separated from their caregivers. Older children may show more anger than usual, find concentrating at school harder, and want to spend more time alone than usual. Some children are more vulnerable, and their reactions can be more severe and last for a longer period of time.

#### Factors that contribute to greater vulnerability include:

- Direct exposure to the disaster: This includes being evacuated, seeing injured or dying people, being injured themselves, and feeling that their own lives are threatened.
- Personal loss: This includes the death or serious injury of a family member, close friend, or family pet.
- On-going stress from the secondary effects of disaster: This includes temporarily living elsewhere, losing contact with their friends and neighbors, losing things that are important to them, parental job loss, and the financial costs of reestablishing their previous living conditions.
- Prior exposure to disaster or other traumatic event.



How parents and caregivers react to and cope with a disaster or emergency situation can affect the way their children react. When parents and caregivers or other family members are able to deal with the situation calmly and confidently, they are often the best source of support for their children.

#### What parents and caregivers can do:

It is important for parents and other caregivers to understand what is causing a child's anxieties and fears. Following a disaster, children are most afraid that:

- The event will happen again.
- Someone close to them will be killed or injured.
- They will be left alone or separated from their family.

Parents and caregivers can clarify misunderstandings of risk and danger by acknowledging children's concerns and perceptions. Discussions of preparedness plans can strengthen a child's sense of safety and security.



Preparing for disaster helps everyone in the family accept the fact that disasters do happen, and that they can do something about it. Families should work together to identify and collect the resources needed to meet basic needs during and after disaster. When people feel prepared, they cope better. For more information on family planning and preparedness go to [www.ready.gov](http://www.ready.gov).

