Family Emergency Preparedness Handbook

GET READY ROGUE

EMERGENCY PREPAREDNESS AND RESPONSE

A Josephine and Jackson County Publication

Why Plan for an Emergency?

Did you know Oregon is considered an all-hazard state? While Southern Oregon is a beautiful place to live, we are vulnerable to disasters. Many of these disasters have already occurred here and undoubtedly will again. During some of these events, you may be able to stay in your home, but you could be without power, water or other services. It's important to plan for disasters at home as well as those that may occur while you are away from home.

The top hazards in the Rogue Valley have been identified as:

- Fire
- Earthquake
- Hazardous Materials Spills
- Infectious Disease
- Heat/Winter Storms
- Utility Failure
- Flood

TIP: During a large-scale event emergency services may not be available. Be sure to have plans, skills and supplies for all types of events.

Rogue Valley residents are fortunate that local emergency managers have developed an effective and cooperative emergency response system. Throughout Josephine and Jackson Counties, agencies work together to prepare for any emergencies that come our way.

While agencies may be in a state of readiness for disasters, there is no substitute for individual preparedness. Our Oregon state standard for preparedness is "2 Weeks Ready," but Josephine and Jackson County Emergency Management recommend that you plan for longer term events. You are not being asked to deal with emergencies alone, but your individual preparedness efforts will allow emergency service agencies to assist those in life-threatening situations. This preparedness guide will help you to be the help until help arrives.

Your plan will work best when everyone included agrees to operate within its guidelines. This handbook is provided as a guide and if followed, you'll have plans, skills and supplies to help you through any kind of disaster. Once you are prepared, it will be time to plan with your neighbors. In times of disaster they will probably be the first ones available to come to your aid, or they may be in need of your help. Find out before disaster strikes what skills and resources you and your neighbors have and how you can work together. Good luck!

TIP:
Be sure your plans, skills and equipment are appropriate for all types of conditions –

- Can you start a fire in the rain or in freezing temperatures?
- Can you evacuate your home in total darkness?
- Review your plan every six months!

TIP:
Your plan is only as good as your drills! Do drills often! Drills help work out issues and details that you may not otherwise consider:

- Is your child strong enough to open their window?
- Does the emergency ladder reach the ground?
- Will your pet behave differently with the heightened activity?
- Do your emergency kits fit in your vehicle with your family and pets?

You are responsible for your family's safety! Start now, start today!

SUPPLIES TRAINING ARE YOU PREPARED? PLANNING

Josephine and Jackson County Family Emergency Preparedness Handbook

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Chapter 1
Hazards

Fire Hazards

If a fire breaks out in your home you may have less than two minutes to escape before it's engulfed in flames. How can you be sure you and your family will know what to do? Prepare, prevent and practice so you are ready for a house fire.

TIP: Prepare, Prevent and Practice!

PREPARE:

Working Smoke Detectors

- ❑ Test your smoke detectors monthly by pressing the test button and listening for the alarm.
- ❑ Change the detector batteries on the first day of spring and the first day of fall.
- ❑ Smoke detectors should be placed in every bedroom and outside every sleeping area. There should be smoke detectors on every level of the home, including the basement.
- ❑ **Never** disable a smoke detector - only **working** smoke detectors save lives.

A Home Escape Plan

- ❑ Draw a diagram of your house showing doors and windows (see sample escape plan below).
- ❑ Determine two escape routes out of every room. Contact your local fire department for help in planning for the safe escape of those with disabilities.
- ❑ Identify an outdoor meeting place a safe distance from your home. Make sure everyone knows where it is.
- ❑ Teach everyone to get out and stay out - leave the house and never re-enter for any reason.
- ❑ Make sure windows are not nailed or painted shut.
- ❑ If you have pets, determine who is responsible for bringing each pet to safety.
- ❑ Call 911 from a neighbor's property. Use their phone if you don't have a cell phone.
- ❑ Teach children to keep shoes and a flashlight under the bed. Have them practice putting on their shoes and using their flashlight to get out of the house safely.

A Visible Address

- ❑ Be sure your address is marked clearly and is visible from the street so emergency crews can find your house quickly.
- ❑ If you have a gate code, call your non-emergency police number to file your gate code so emergency personnel can get in.

TIP: Doorknobs can burn you if the fire is outside the door. Touch doorknobs with caution. Teach children how to test for heat.

PREVENT:

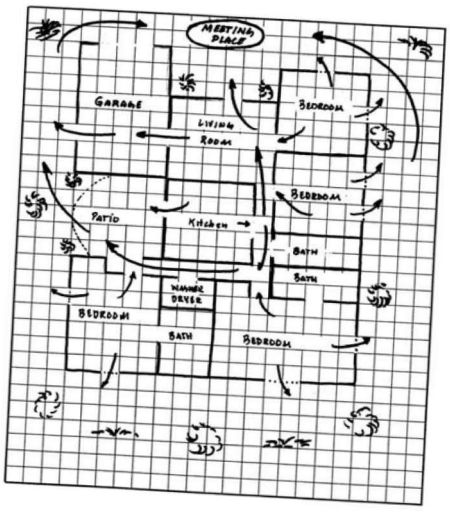
Heating-Equipment

- ❑ Never use charcoal or un-vented appliances in your home.
- ❑ Clean/service chimneys and heating systems annually.
- ❑ Keep combustibles at least 18 inches away from baseboards and portable heaters.
- ❑ Never leave a portable heater unattended, especially around children!

Smoking/Ash

- ❑ Never smoke in bed!
- ❑ Extinguish smoking materials in sturdy, non-tip ashtrays – do not throw them into trash cans, shrubbery or bark dust.
- ❑ Dispose of hot ashes or briquettes away from the house, wood decks and patios.

Sample Escape Plan



Fire Hazards

TIP: Never throw water on a grease fire!

PREVENT CONTINUED:

Matches & Lighters

- ❑ Keep matches and lighters out of the reach of children!
- ❑ Teach children to tell an adult when they find matches or lighters, and that those items are not toys.
- ❑ Do not allow children to use matches or lighters to light candles, especially in bedrooms.
- ❑ Consider using only lighters with child-resistant features.

Cooking

- ❑ Never leave the room when using burners, especially when warming food. Fats and grease are highly flammable. In the case of a grease fire, smother the fire with the lid to the pan or use an extinguisher.
- ❑ Keep combustibles away from cooking surfaces – even if the heating elements are not in use. Do not store extra pans or combustibles in the oven.

Electrical

- ❑ Extension cords should not be used in place of permanent wiring.
- ❑ Do not overload plugs or extension cords! If you cannot avoid using a number of power cords, such as for Christmas lights, be sure to use power strips with surge protector.
- ❑ Unplug small appliances like toasters and curing irons when not in use.
- ❑ Do not overlook tripped circuit breakers, as they may be an indication of a dangerous situation.
- ❑ Do not use circuit breakers as switches; it wears the breakers out which can cause arcing over time.

Flammable Liquid

- ❑ Store paint, paint thinner, gasoline and other flammable liquids outside of your home and away from any heat source.
- ❑ Rags or combustibles soaked with flammable liquid should be discarded in metal containers with lids, not in trash cans, to prevent spontaneous ignition.

PRACTICE:

- ❑ When you test your smoke detectors, discuss with young children what the alarm means.
- ❑ Sleep with your door closed; this can give you extra time and protection from smoke while the smoke alarm alerts you to the fire.
- ❑ Teach family members to feel whether doors are hot before they open them; there could be fire on the other side!
- ❑ If you have a multi-story home and plan to use an escape ladder, make sure everyone has practiced using it. Climbing down a ladder in the dark can be scary!

Hold Regular Fire Drills to Practice Your Plan

- ❑ Practice during the day and night so your family is used to getting out of the house under different conditions.
- ❑ Be sure to include meeting at the designated spot and going to the neighbor's house as if you were going to call 911.
- ❑ Keep track of how long it takes everyone to get out. Try to be as fast as possible while being safe. Give yourself a two-minute time limit and train until you can get out within that timeframe.
- ❑ Remember to include all of your emergency kits in your drills to make it as realistic as possible!

Panic can slow you down - know what to do and how to do it to help prevent panicking.

Fire Hazards

More than one-third of fire deaths occur in homes without smoke detectors. Hundreds of people die each year in homes with smoke detectors that don't work. It's important that you not only have a smoke detector, but also that you check and maintain it regularly.

TIP: Smoke detectors should be mounted high on the wall or ceiling while carbon monoxide detectors should be placed 5 feet off the floor near each sleeping area and on each level of the home.

Types of Smoke Detectors

Battery Powered

Battery-powered smoke detectors operate on alkaline batteries. The battery should be checked monthly and replaced twice a year. A good time to do this is when you change your clock in the fall and spring.

Hard-Wired without Battery Backup

This type of smoke detector operates on household electrical current. As long as you have electricity, it will function; if your house loses power, it will no longer function. If you have this type you should also install battery-operated models for back-up.

Hard-Wired with Battery Backup

These are hard-wired models that have battery back-up so the detector will still function in case of power failure. If you have this type, the battery should be changed twice a year.

Hearing Impaired

There are smoke detectors available that have been designed for the hearing impaired. These smoke detectors have strobe lights that, when activated, emit an extremely bright white light or a bed shaker that is able to awaken most people from their sleep.

Make Placement a Priority

At a **minimum** there should be a smoke detector in the hallways and corridors between the sleeping areas and the rest of the house and/or a smoke detector in the center of the ceiling directly above each stairway.

Additional measures include installing smoke detectors on a wall or the ceiling in each sleeping room.

Because smoke rises, smoke detectors should be mounted high on the wall or ceiling. A ceiling-mounted unit should be placed as close to the center of the room as possible, or a minimum of 12 inches from the wall. Avoid installing detectors near air supply duct outlets and windows and between bedrooms and the furnace cold air return. For a wall-mounted unit, the top of the detector should be 6-12 inches from the ceiling.

Smoke detectors collect dust like everything else in a house. To ensure your smoke detector is clean, follow the manufacturer's recommendations for cleaning or use a vacuum cleaner to remove dust and cobwebs.

TIP – Smoke Detector Replacement

It is recommended that smoke detectors be **replaced every 10 years**. At 15 years, there is a 50/50 chance your detector will fail, and almost 100% chance of failure at 30 years.

Fire Hazards

A fire extinguisher is a storage container for a fire-extinguishing agent such as water or chemicals. Fire extinguishers are labeled according to the type of fire they are intended for. Using the wrong type of extinguisher on a fire can make the situation worse.

Traditionally, fire extinguishers have only been labeled A, B, C or D to indicate the type of fire they are to be used on. Recently, pictograms or pictures have come into use. A blue pictogram or picture on the extinguisher indicates the type of fire it should be used on, and a black picture with a slash through it indicates the type of fire it should **not** be used on. Fire extinguishers may have the letter indicators, pictograms, or both.

Fire Extinguisher Types

Class A: Ordinary Combustibles
- To be used on fires in paper, cloth, wood, rubber and many plastics. This is a water type extinguisher.

Class B: Flammable Liquids
- To be used on oils, gasoline, some paints, lacquers, grease in a frying pan or oven, solvents and other flammable liquids.

Class C: Electrical Equipment
- To be used on fires in wiring, fuse boxes and other energized electrical equipment.

Class D: Metals
- To be used on combustible metals such as magnesium or sodium.

Learn How To P A S S

Pull — Pull the pin. Some extinguishers require the releasing of a lock latch, pressing a puncture lever or other similar motion.

Aim — Aim the extinguisher nozzle (horn or hose) at the **base of the fire**.

Squeeze — Squeeze or press the handle.

Sweep — Sweep from side to side at the base of the fire until it goes out. Shut off the extinguisher. Watch for a reflash and reactivate the extinguisher if necessary. Foam and water extinguishers require a slightly different action. **Read the instructions.**

Remember - If there is a fire in your home, get everyone outside.

DIAL 911

Fight a small fire only. If the fire gets big, get out! Close doors to slow the fire spread and make sure you stay between the fire and an exit.

Buying and Maintaining a Fire Extinguisher

1. If you plan to buy only one type of extinguisher, a multi-purpose dry chemical extinguisher labeled ABC puts out most types of fires.
2. The larger the extinguisher, the more fire it puts out. Make sure you can hold and operate the one you purchase.
3. Ask your dealer or contact your fire department to determine how to have your extinguisher serviced and inspected. **Recharge or replace the extinguisher after any use.**

For more information, contact your local fire department.

TIP: Using the wrong type of fire extinguisher can make the fire worse!

Fire Hazards

Fire is a natural element in forest ecosystems. Today, more people are taking up residence in the forests and rangelands – and thus becoming part of the wildland/urban interface – where the urban environment meets the wild. Residents living in wildland/urban interface areas should be aware of the danger of wildfire and prepare accordingly.

There are basically three ways that structure fires ignite from forest fires:

- When fire reaches such intense radiant heat that a nearby combustible starts burning.
- When the fire burns right to an object or right to the structure, causing the flames to directly touch and ignite something that will burn.
- When fiery embers, also known as firebrands, fly through the air and land on the structure or combustibles, starting a fire.

The Home Ignition Zone (HIZ)

The HIZ includes your home and the immediate area surrounding your home, up to 200' from the home depending on terrain and vegetation. Keeping your HIZ as fire-safe as possible will reduce the chance that your home will ignite during a wildfire.

Your Home:

- ❑ Replace wood shake roofs with non-flammable roofing material.
- ❑ Remove leaves and needles from gutters, roofs and decks.
- ❑ Remove tree limbs that hang over the roof.
- ❑ Keep decks free of flammable lawn furniture, door mats, etc.
- ❑ Screen vents and areas under decks with 1/8" metal mesh to keep embers from getting in your house.
- ❑ Store firewood in a safe location – at least 30 feet away from your home and deck.

Within 30 Feet of Your Home:

- ❑ Maintain 30 feet around your home - lean, green and clean. Remove dead vegetation and keep dry grass trimmed to 4 inches tall.
- ❑ Plants directly near the home should be carefully chosen (ideally they should be of a fire-resistant nature) and maintained (well-watered and free of dead materials that could ignite during a wildfire).
- ❑ Flammable brush (juniper, for example) should be removed.

Learn more about keeping your home safe from wildfire at www.firewise.org

NFPA FIREWISE USA™ Residents reducing wildfire risks

Within 100 Feet of Your Home:

- ❑ Remove dead plants and brush.
- ❑ Remove low branches from trees and shrubs.
- ❑ Mow grass to 6 inches.
- ❑ Tree crowns should be spaced 10-15 feet apart to avoid dangerous crown fires.
- ❑ Driveways leading to the home should also be clear of heavy vegetation on either side and should be wide enough to accommodate fire-suppression vehicles and personnel.

Earthquakes

Drop!

Drop to the ground (before the earthquake drops you).

Cover!

Take **cover** under a sturdy desk, table or other furniture that is not likely to tip over. If that is not possible, seek **cover** against an interior wall and protect your head with your arms. Avoid dangerous spots near windows, hanging objects, mirrors and tall furniture.

Hold On!

If you take cover under a sturdy piece of furniture, **hold on** to it and be prepared to move with it. **Hold** the position until the ground stops shaking and it is safe to move.

But what if I am:

- In bed – If you are in bed, stay there. Hold on and protect your head with a pillow.
- In a multi-story building – Drop, cover, and hold on. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate. Avoid stairs until shaking has stopped.
- Outside – Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles and other hazards.
- Driving – Pull over to the side of the road, stop and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If power lines fall on your vehicle, stay inside until a trained person removes them. **Do not open your door or put your feet on the ground.**
- In a theater or stadium – Stay at your seat. Duck down and protect your head and neck with your arms. If you can't duck under the seat, at least put your head and upper body under the seat. Don't try to leave until the shaking stops. Exit cautiously, watching for falling debris or anything that could fall during an aftershock. Stay calm and encourage others to do the same.
- In the mountains – Avoid unstable slopes or cliffs. Landslides are a common hazard during earthquakes. Watch for falling rocks and debris.

Myth: The "Triangle of Life" is the best way to protect yourself inside a building. **Not true!**
The best survival method inside a building is to drop, cover and hold on. The triangle of life advocates you get next to a large object rather than crouch beneath a desk or table. This can expose you to lacerations and crushing injuries from falling objects and debris. Almost all scientific, government and relief organizations, including the American Red Cross, recommend "drop, cover and hold on". Find out more at www.shakeout.org.

TIP: Teach yourself and your family these procedures and practice them so that when an earthquake strikes, you will be able to react automatically.

Earthquakes

Hazards

Getting Prepared

- ✓ Securely fasten water heaters and gas appliances.
- ✓ Repair defective electrical wiring, leaky gas and inflexible utility connections.
- ✓ Place large, heavy objects on lower shelves. Fasten shelves to walls. Brace tall and top-heavy objects.
- ✓ Store bottles, glass, china and other breakables on low shelves or in cabinets that can be fastened shut – use earthquake putty.
- ✓ Be sure the house is firmly anchored to its foundation.
- ✓ Anchor overhead lighting fixtures.
- ✓ Know how to shut off all utilities.
- ✓ Locate safe spots in each room.
- ✓ Identify danger zones in each room.

TIP: Whether you are in your home, office, school or any other type of building, identify the safe spots and danger zones so you can protect yourself during an earthquake and its aftershocks.

When the Shaking Stops

- ✓ Check for injuries to yourself and those around you.
- ✓ Keep flashlights in several easily accessed locations to use if the electricity goes out.
- ✓ Keep sturdy shoes under your bed, and protective eyewear, face covering, leather gloves and a flashlight in your nightstand for easy access should a quake occur at night. Put on your protective gear before assessing damage.
- ✓ If you smell gas or hear a hissing sound, open a window and leave the building. Shut off the main gas valve outside – keep the necessary tool nearby. If you turn off the gas for any reason, service should be restored by a professional.
- ✓ If there is electrical damage, loose wiring, arcing, sparking or smoke, switch off the power at the main control panel.
- ✓ If water pipes are damaged, shut off the water supply at the main valve.
- ✓ Check your home for obvious structural damage, including the chimney.
- ✓ Clean up bleach, gasoline and other flammable liquids.
- ✓ Visually inspect utility lines and appliances for damage.
- ✓ Do not flush toilets until you know that sewage lines are intact.
- ✓ Open cabinets cautiously - beware of objects that may have shifted.
- ✓ Use your phone only to report emergency conditions or for emergency assistance.
- ✓ Text rather than call. A text will often go through when a call will not (only send emergency texts).
- ✓ If possible, listen to news reports for the latest emergency information.
- ✓ Stay off the streets unless travel is essential for your safety.
- ✓ Stay away from damaged areas unless your assistance has been specifically requested by authorities.
- ✓ Do not use candles, matches, camp stoves, generators, barbecues or open flames because of the possibility of a gas leak after each aftershock, even if there was no initial damage.

⚠ After an earthquake, be prepared for aftershocks and plan where you will take cover when they occur. Aftershocks can occur over a period of weeks, months or years.

Hazardous Materials

Hazards

What is a Hazardous Material?

By law, a hazardous material is *"any product that corrodes other materials, explodes or is easily ignited, reacts strongly with water, is unstable when exposed to heat or shock, or is otherwise toxic to humans, animals or the environment."* Hazardous materials can include: explosives, flammable gases and liquids, poisons and poisonous gases, corrosives and caustics, nonflammable gases, oxidizers, water-reactive materials and radioactive materials.

What are Common Hazardous Materials?

Cleaning Products:

- Bleach (liquid, powdered cleanser, etc.) - reactive and can form toxic vapors when mixed with other cleaners, especially ammonia or any acid, including vinegar. Irritant to eyes and mucous membranes. Corrosive.
- Ammonia (liquid, glass cleaner, etc) - reacts with acids (such as vinegar) to form a flammable vapor. Skin, eyes, nose and throat irritant. Corrosive.
- Oven cleaner - skin irritant, inhalation hazard, caustic substance.
- Laundry detergent - harmful if swallowed. Mild to severe irritant to skin and eyes.
- Aerosols - container may explode if heated. Contents may be highly flammable, irritants corrosives, toxins or poisons.

Beauty Aids:

- Hair spray (pump or aerosol) – most contain alcohol, which is flammable. Aerosol types have inherent propellant flammability.
- Nail polish and remover – flammable.
- Perfume/cologne – flammable.

Garage or Garden Shed Products:

- Paints, varnish, paint thinner – flammable.
- Gasoline – flammable and irritant.
- Diesel – combustible and suspected carcinogen.
- Pesticides, herbicides – poison.
- Lighter fluid – flammable.
- Fertilizer – poison, caustic, oxidizer. Explosive with hydrocarbons (i.e. diesel).

Other Materials:

- Propane tanks – flammable gas. Exposure to heat may cause venting or vapor ignition.
- Oily rags – spontaneously combust when stored in anything other than airtight containers.

While the United States has laws governing the safe handling, transport and disposal of hazardous materials, accidents can and do occur throughout the country on a regular basis.

For more information on hazardous household products and effective alternatives, call your local fire department.
Always call before disposing of possible hazardous material. Please remember to dispose of hazardous material properly!

Hazardous Materials

Hazards

Am I in Danger in My Community?

A variety of hazardous materials are transported through, stored or used in our modern communities every day. Common hazardous material sites include high-tech facilities, commercial gas stations, propane distributors, fertilizer plants, feed and garden stores and public swimming pools. Once hazardous materials are on site at storage and manufacturing facilities, strict fire and building codes mandate redundant safety systems to reduce the impact of human error or mechanical failures.

What Can I do to Decrease My Risk of Exposure?

Prevention of accidents, rather than predicting, is central to avoiding potential damage or loss, or contamination from hazardous materials. For example, areas located near highways, railways, manufacturing, storage or disposal facilities are likely to be at higher risk for accidents and extra precautions should be taken whenever possible.

Producers of hazardous material substances are required to describe the hazards on the product label. Read the labels carefully and follow directions completely when purchasing, using or storing these products. Whenever possible, store substances in original containers. Bulk items such as gasoline for your power equipment should be stored only in approved containers.

Around the house, remember the acronym **LIES:**

- **Limit** - Limit amounts of hazardous materials stored to the minimum.
- **Isolate** - Store hazards in a separate area or secured bins.
- **Eliminate** - Properly get rid of materials as soon as they expire.
- **Separate** - Don't put potential reactants together (i.e. oxidizers and flammables).

During a hazardous materials incident, emergency personnel will tell you what to do. They may evacuate you to a safe area until the spill is cleaned up. If you witness a hazardous materials transportation accident, spill or leakage, first distance yourself to minimize risk of contamination. Stay far uphill, upwind or upstream. **Call 911.** Your local fire department will isolate the area, investigate the situation and may call in hazardous materials responders, if needed.

How Will I Know What to Do?

In the event of a hazardous materials release in your community:

- Tune to your local radio or television stations for further information. Local television stations will cover most large events.
- If you're in the affected area, follow all instructions from public officials.
- If alone in an incident, seek guidance from 911 or the Poison Control Center.

Health Hazards

As you are preparing for hazards like wildfires and floods, it's important to also prepare for health emergencies. Health emergencies can vary in size from an outbreak of food poisoning at a community event to a pandemic illness.

Sometimes health emergencies can be scary; you can't see, touch or smell diseases the same way that you can smell the smoke from a wildfire or see the flood waters rising. Although thinking about these things can be upsetting, it's important to learn how to keep yourself and your family as safe as possible.

What are federal, state and local public health agencies doing to prepare?

The U.S. Department of Health and Human Services, Center for Disease Control, Oregon Health Authority, Josephine County Public Health and Jackson County Health and Human Services have developed many emergency plans to respond to health emergencies. State and local health departments are also working with healthcare facilities, businesses, faith-based organizations and other community groups to help them prepare.

What can you do to prepare?

Start by staying healthy! It sounds simple, like what your grandmother used to tell you, but staying healthy can increase your chances of success in any disaster!

- Get a yearly flu shot
- Make sure children are current on immunizations
- Maintain a healthy diet
- Cook foods to the proper temperature and store them in a safe manner
- Get plenty of rest
- Limit consumption of alcohol and tobacco
- Dress appropriately for the weather
- Wear sunscreen
- Follow health advisories from Public Health officials
- Exercise regularly

Community Mitigation

If a lot of people are sick, Public Health officials may implement something called *Community Mitigation Strategies*. Community Mitigation Strategies are ways that members of the community can work together to limit the spread of disease until a vaccine or a cure is available. This can be done in a number of ways:

- Closing schools, daycares and after-school programs
- Canceling public gatherings
- Asking businesses to have workers work from home (telecommuting)
- Asking businesses to modify their leave policies

In addition, Public Health officials may ask that people follow isolation and quarantine guidelines.
In order for community mitigation strategies to work, community members must follow the instructions from Public Health officials. Although some of these measures can disrupt our daily lives, it's important to follow guidelines for everyone's safety!

Health Hazards

Stay home when you're sick!

With many illnesses, you are more contagious when you first become sick. Staying home limits the spread of germs to other people, and can help you get better more quickly.

Cover your cough!

Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve or elbow, not your hands. Put your used tissues in a waste basket. After coughing or sneezing, wash your hands with warm, soapy water for at least 20 seconds (the time it takes to sing *Happy Birthday* twice) or clean your hands with an alcohol-based sanitizer.

During a health emergency:

- Stay informed about the status of the illness (television, radio, newspapers, internet)
- Learn what you can do to protect yourself
- Follow instructions from Public Health Officials

Public Health Terminology

Isolation - When a person who is sick is asked to stay home for a specified period of time. This helps to ensure that the person doesn't infect others with the disease.

Quarantine - When people who may have been exposed to a disease are asked to stay home for a specified period of time. In some cases, a person can spread an illness before they even know they are sick.

TIP: Consider creating your own stockpile of the medications, vitamins and other health care supplies you would need to have on hand if help was not available for an extended period of time.

TIP: You can find more information about preparing for health emergencies at the following websites:

www.cdc.gov www.oha.gov www.who.int www.rvem.org

Heat Hazards

In southern Oregon, summer temperatures can hover in the 90s for weeks at a time. It is not unusual to have numerous days where the temperature reaches over 100 degrees! Whenever possible, avoid prolonged exposure to the heat.

Heat kills by taxing the human body beyond its capabilities. Under normal conditions, the body produces perspiration that evaporates and cools. In extreme heat or high humidity, evaporation is slowed and the body has to work harder to cool itself. In a normal year, an average of 175 Americans die from extreme heat. Young children, the elderly and those who are sick or overweight are more likely to become victims.

Extreme Heat Terms

Heat Wave – Prolonged periods of excessive heat, often combined with excessive humidity.

Heat Index – A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Heat Cramps – Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first sign that the body is having trouble with the heat.

Heat Exhaustion – Typically occurs when people exercise heavily or work in a hot, humid place where the body fluids are lost through heavy sweating. Blood flow to the skin increases causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke – A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Sun Stroke – Another term for heat stroke.

During a Heat Emergency

- Stay indoors as much as possible and limit sun exposure.
- Stay on the lowest floor of your home out of the sunshine if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings with air conditioning such as libraries, schools, movie theaters, shopping malls and other community facilities.
- Eat well-balanced, light and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Limit intake of alcoholic beverages – alcohol is a diuretic and causes your body to remove fluids and quickly dehydrate.
- Dress in loose - fitting, lightweight clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Check on family, friends and neighbors who do not have air conditioning and who spend much of their time alone.
- Never leave children or pets alone in closed vehicles.
- Be sure pets have plenty of water and shelter from the sun.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

TIP: Children, the elderly and pets can be more susceptible to the effects of extreme heat.

Winter Storms

Hazards

Winter can bring weather such as snow, ice, freezing temperatures and windstorms. Being prepared for these types of emergencies can save lives!

Weather Terminology

Winter Storm Watch – A watch is used when forecasters believe it is likely that hazardous weather will occur, but are still unsure about its location and/or timing. A watch is issued to give people time to prepare for the event.

Winter Storm Warning – A warning is used when forecasters believe that hazardous weather is imminent, or very likely to occur. A warning is used for conditions that would threaten lives or property.

TIP: Always tell someone where you are going, when you are leaving, your expected arrival time and the route you are taking when traveling.

During a Storm:

- Eat regularly and drink ample fluids. Avoid caffeine and alcohol. Dehydration can happen easily during freezing temperatures.
- Listen to your NOAA weather radio or your local radio station for weather reports and emergency information.

If You Go Outside:

- Wear several layers of loose-fitting, lightweight, warm clothing. Make sure the outer layer is water and wind-proof.
- Wear mittens or gloves.
- Wear a hat.
- Cover your mouth with a scarf to protect your lungs from extremely cold air.
- Avoid overexertion if possible. Overexertion can bring on a heart attack – a major cause of winter deaths. Stretch before any strenuous activity and take plenty of breaks.

After a Storm:

- Check your home for any structural damage, or damage to utilities. If in doubt, ask a building inspector or call your utility company.
- Replenish any items used.

Winter Preparedness Tips

- ❑ Keep rock salt on hand to melt ice from walkways around your house.
- ❑ Ensure that outside pets have adequate shelter from the elements. Check their water bowls often and keep them from freezing.
- ❑ Make sure you have sufficient heating fuel or an alternate heat source in case the power goes out. Do not use portable gas heaters or charcoal grills for heating in closed areas.
- ❑ Insulate your pipes to keep them from freezing.
- ❑ Winterize your home by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.
- ❑ Have your vehicle winterized and use traction tires or carry tire chains. Don't let your gas tank fall below half full.
- ❑ Carry a Car Kit with emergency equipment for your vehicle (see page 41).
- ❑ Carry a Go Kit with emergency equipment for you and your passengers (see page 40).
- ❑ Check battery-powered items in your emergency kits and make sure you have plenty of spare batteries.
- ❑ If it is freezing outside, keep an inside faucet turned on to a steady drip to prevent pipes from freezing.

TIP: When packing clothing, it's preferable to include layers rather than one warm, heavy coat or jacket. It's also better to be prepared with polypropylene, wool, silk or other non- cotton fabrics. Cotton retains moisture and loses all insulating qualities when wet.

Utility Failure Hazards

Are You Prepared for a Power Outage?

Before the power goes out:

✓ Locate your main electrical panel or fuse box (it's usually on an interior wall near your electric meter).
✓ If your residence has a fuse box, maintain a supply of spare fuses of the correct amperage.
✓ Always keep a working flashlight available with extra batteries of the correct size and type.

When the power goes out:

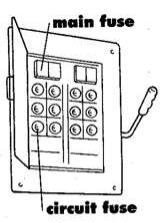
✓ Check your fuse or breaker box for blown fuses or tripped circuits. If they are OK, see if neighbors have power.
✓ Call your utility company to report the outage. You may be asked for information or hear a recorded message that the outage in your area has already been reported.
✓ Turn off all electrical equipment (water heater, furnace, heaters, stove, TV, etc.) to prevent overloading the system when the power comes back on.
✓ Turn on a porch light and one light inside your home so you and the utility crew will know when power has been restored.
✓ Listen to the radio for updates on a battery powered radio.

Household Tips

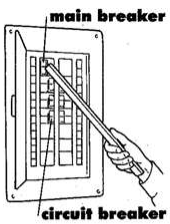
✓ Your freezer *may* help keep food frozen during a power outage. Keep the door closed and cover it with blankets to help insulate it. When the power is restored, check the food and throw out anything that has spoiled.
✓ Automatic garage doors and gates won't open if the power goes out. Check to see if you have a manual override and learn how to use it.
✓ Never cook inside using charcoal or camping stoves; they can produce deadly carbon monoxide gas. Cook outside in a sheltered area.
✓ Never connect a home generator to a wall outlet. If used improperly, it can ruin your electrical system, start a fire and back-feed the system. Choose important appliances to plug into a generator and run it as needed.

If you see sparks or broken/frayed wires or if you smell hot insulation, shut off your electricity immediately.

➢ For a circuit breaker panel, shut off the electricity by turning all circuit breaker switches to the "off" position.
➢ Use a wooden stick/dowel to turn off circuit breakers.
➢ For a fuse box, pull out the two main fuses (cartridges).



Fuse Boxes

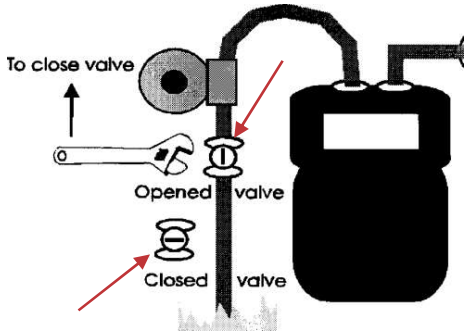


Breaker Boxes

TIP: Each person should have their own flashlight or headlamp. Store extra bulbs and batteries. You can purchase flashlights that you wind or shake rather than using batteries. **Candles can be dangerous!** It is best not to use candles for emergency lighting.

Utility Failure Hazards

Natural Gas – Any odor of natural gas inside your home might indicate a leak. If you smell natural gas or hear a blowing or hissing noise, open the window and quickly leave the building. Turn off your gas at the meter as soon as possible.



To turn gas off:

1. Locate the shut-off valve.
2. Use a crescent wrench and turn the rectangular knob one-quarter turn clockwise to the horizontal position.
3. Call your gas company from somewhere other than your home.
4. If you turn off the gas for any reason, service should only be **restored by a professional!**

If you suspect a gas leak:

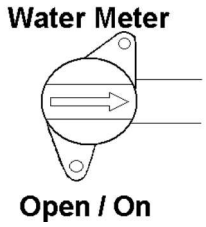
If you smell natural gas, get everyone away from the home immediately! ***Don't use your telephone.*** This includes cellular phones and all types of portable communications and electronic devices that have a battery. These can spark and create a source of ignition! Don't use matches, lighters or open-flame appliances and don't operate electrical switches.

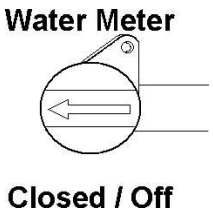
WATER MAIN TIP:

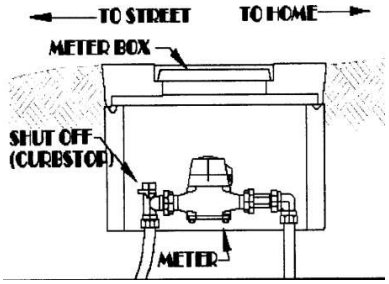
Earthquakes, winter storms and freezing weather can not only disrupt power, but they can also rupture water pipes causing flooding if not turned off quickly. Find the location of your home's water shut-off value:

- ➢ There is a shut-off valve at the water meter, but there may also be one closer to your house.
- ➢ Some common places to look for your master shut-off valve are:
  - ➢ In the crawl space or basement where the water line enters the house.
  - ➢ In the garage where the water line enters the wall or ceiling, near the water heater or by the clothes washer hookup.
  - ➢ Outside near the foundation of your home, possibly protected by a concrete or clay pipe ring.

TIP: If you don't find a hand-operated master shut-off valve, have one installed on the house side of the meter. It may come in handy!







TIP: Your sewer system could also be damaged in a disaster such as an earthquake, landslide or flood. Make sure the system is functioning as designed before using it. This may prevent the contamination of your home and possibly your drinking water supply.

Flood Hazards

Flooding can occur near any stream, river or other waterway. Flooding can also occur in any low-lying areas if the amount of rainfall and runoff exceeds the capacity of the storm drain system or ditch.

TIP: Never walk in floodwaters. Six inches of water can sweep you off your feet and cause loss of control or stalling of most passenger vehicles.

Weather Terminology

Flood Watch – A watch is used when forecasters believe it is likely that hazardous weather will occur, but are still unsure about its location and/or timing. A watch is issued to give people time to prepare for the event.

Flood Warning – A warning is used when forecasters believe that hazardous weather is imminent or very likely to occur. A warning is used for conditions that would threaten lives or property.

Preparing for a Flood

- Find out if you live in a flood zone by visiting https://msc.fema.gov/portal/home.
- Consider purchasing flood insurance for your home. Flood damage and loss is *not* covered under a homeowner's policy.
- If a flood were to occur, think about how you would keep water from getting in your home.
- Keep a battery-operated weather radio on hand in case the power goes out.
- Consider keeping filled sandbags on hand. Sandbags are available at most farm and home-improvement stores.

If Flooding is Imminent

- Listen to the radio or TV, or check the internet at www.wrh.noaa.gov for watches and warnings issued by the National Weather Service.
- Move important items and papers to a safe place in your home, or seal them in plastic reusable bags to help protect them. These items/documents should be stored in your Grab-n-Go Binder or your Evac Box.
- If you plan to stay in your home, check your supply of stored water and food, and other items such as flashlights, batteries and important medications. In an event like this, your 2 Weeks Ready supplies should sustain you until the threat has passed.
- If you need to leave your home, follow your evacuation plan and take your Grab-n-Go Binder, Evac Box, Bug-Out Bag and Pet Kit, if applicable. Call 511 or visit www.tripcheck.com to verify road conditions on your evacuation route are safe for travel. For more information on kits, see Chapter 4 *Kits* - Pages 39-42.

During a Flood

- The safety of your family is the most important consideration. If you think the flood may reach your home, evacuate immediately. If time permits, turn off utilities (gas, water and electricity) at the main switch or valve.
- Secure outdoor equipment, furniture and other moveable objects that might be swept away.
- Do not allow children or animals to play in floodwaters. Floodwaters are often contaminated with sewage and flood-related chemical spills.
- Listen for information from the health department about the safety of drinking water. If there is a problem with wells or public drinking water, the health department will provide instructions for boiling water before drinking it or suggest you use bottled water.
- Never go around safety barricades set up in the road! Flood waters can conceal dangerous debris and places where roadways and bridges have been washed out.

TIP: Two feet of water can float a car! Do not drive through floodwaters!

Chapter 2
Fundamentals

Plans

Fundamentals

Where will you and your family be when disaster strikes? What would you do if basic services like water, gas, electricity, telephones or even emergency services were cut off for a long period of time? What would you do if there was a shortage of supplies such as food, water or fuel? Your emergency plan is ***what you will do, how you will do it*** and ***who you will do it for and with*** when something disastrous happens.

Whether faced with a personal or family emergency, or a regional or global disaster, the effort you put into family preparedness and disaster planning will play a large role in how well you do in the event. The following information can help you enhance your family's preparedness:

Identify the Hazards

Below are hazards that may occur in our area. Visit the library, contact County Emergency Management or log on to www.fema.gov or www.rvem.org to learn more about each hazard.

- Fire
- Earthqake
- Hazardous Material Spills
- Infectious Disease
- Heat/Winter Storms
- Utility Failure
- Flood

TIP:
More than one event can occur simultaneously, so plan accordingly!

Things to Consider

- What if family members are at work or school?
- Would you be impacted differently if the weather is very warm or very cold?
- How would you get by if utilities are interrupted?
- How would you handle damage to your house or property?
- How would you deal with a blocked driveway or roads?

Identify Steps You Can Take to Minimize or Prevent Impact

- Create plans for family communication, home escape and neighborhood evacuation.
- Learn procedures for Drop! Cover! Hold On!, shelter-in-place and water/utility shutoff.
- Obtain training in CPR, basic first aid, fire extinguisher use and Stop the Bleed.
- Use hazard-resistant construction materials and fire-resistant plants, when possible.
- Learn non-structural earthquake hazard mitigation techniques (secure shelves, breakables, etc.).
- Acquire early warning systems (e.g. smoke and carbon monoxide detectors, Citizen Alert, NOAA weather radio, etc.).
- Consider comprehensive hazard insurance for your home/personal property (e.g. fire, flood, earthquake).
- Develop a neighborhood disaster resource inventory (See page 51).
- Find out about the disaster plan at your workplace, your children's school or childcare center and other places your family frequents.

TIP: Create a preparedness calendar to keep your skills, equipment and food storage up to date.

What Kit Are You Building?

Preparing for each hazard individually is important, but many of the skills and supplies you will need during one event are also useful during another. If you do not yet have a kit, Chapter 4 will help guide you. You may start at with the Grab-n-Go Binder and progress through to 2 Weeks Ready or build them in the way that best suits your family. Remember, 2-Weeks-Ready is the state standard but it is only the foundation for long-term preparedness. Ask yourself these questions to help you on your way:

1. What scenario are you planning for?

2. How many people are you planning for, including those who may not live with you?

3. What skills, equipment and supplies will you need?

4. What skills, equipment and supplies do you already have?

5. What shortfalls can you eliminate?

6. How do you train/maintain your plans?

Water Fundamentals

If an earthquake, flood, winter storm or other disaster occurs in your community, you might not have access to clean water for days, weeks or even months. Take some time now to store emergency water, filtration and purification supplies, and learn several filtration and purification methods.

WATER - AN ABSOLUTE NECESSITY

You and your family can survive for many days without food, but only a short time without water. Following certain emergencies, there may be significant damage to regional and local water supply systems, and even wells. Having an ample supply of clean water is a top priority in an emergency. Store a minimum of 2 weeks worth of water for each family member and household pet. One gallon per person and pet per day is recommended for drinking, cooking and minimal washing. Consider what you may need for dishes, laundry, and even cleaning wounds! (Remember, larger animals require much more water!) Write the date on the water storage containers and rotate every six months if you don't plan on purifying the water before use.

Outdoor Water Sources

If you need to seek water outside your home, there are several sources. Be sure to filter *and* purify the water before drinking it.

- Rainwater
- Ponds and lakes
- Natural springs
- Streams and rivers

Indoor Water Sources

Don't forget your ice cubes!

Toilet Tank (not the bowl) - contains clean water which can be used directly from tank. Do not use this water if you have added any chemical treatments (cleaners) to the tank.

Hot Water Heater - Be sure electricity/gas are turned off. 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 when the tank is empty.

Never drink or cook with water from a waterbed, pool or spa! They contain an algicide that can make you very sick.

Purification & Filtration

All sources of water, including well water, should be treated after an earthquake until water can be tested by a local water lab. You will need to ensure that your water is safe to drink by filtering and purifying. Please visit www.cdc.gov/healthywater or www.ready.gov/water for more information.

Water Storage

Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances. If using recycled plastic containers, soft drink bottles are best. You can also purchase food grade plastic buckets or drums. Rotate water every six months unless you plan to purify water upon use.

REMEMBER:

Never ration water! Drink the amount you need today and try to find more for tomorrow.

TIP:

After a flood or earthquake have your well inspected and disinfected by a well or pump contractor.

TIP: During an earthquake, underground pipes and storage containers, as well as the aquifer can be damaged. Listen to your local public health authorities for guidance on using your water, as it may become contaminated.

Food Fundamentals

Our state preparedness standard is “2 Weeks Ready.” Build a two-week supply of nonperishable foods that includes canned, dried, freeze dried, dehydrated and shelf stable selections. Take into account your family's unique needs and tastes. Include foods that are nutrient dense and high in calories for the initial phase of an event. It’s also a good idea, during the initial phase to have foods that require no refrigeration, preparation or cooking and little or no water. You may be without power or water for several days, or even months, after an emergency so you will need to consider how you will prepare your emergency foods.

TIP: During, and immediately following a disaster, it will be vital that you maintain strength.

- Eat at least one well-balanced meal per day.
- Drink plenty of water to enable your body to function properly.
- Take in enough calories to enable you to do any necessary work.
- Include plenty of protein.
- Take vitamin supplements to ensure adequate nutrition.

TIP:
Vegetables canned in water provide a small amount of liquid you can use.

Suggested Food Items:

- Ready-to-eat canned meats, fruit and vegetables.
- Canned juices, milk and soup (if powdered, store extra water).
- Staples - sugar, salt, oil, spices, etc.
- High energy food - peanut butter, jam, crackers, granola bars, trail mix.
- Foods for anyone with special dietary needs (infant, elderly, diabetic).
- Comfort food - cookies, candy, cereal, instant coffee, tea, etc.

Gardening and Seed Storage

You can only store so much food. Consider learning how to garden as part of your skill building by taking classes in your community or from a friend, family member or neighbor.

You can order a large supply of vegetable and fruit seeds that can be stored for years. Buy heirloom seeds so you can harvest the seeds from the crop. Hybrid seeds will not reproduce so you cannot collect seeds for the next planting season.

Food Storage Tips:

- Keep food in a cool, dry place.
- Keep food covered at all times.
- Open food boxes carefully and close tightly after each use.
- Don’t forget canned and non-perishable foods for your pets.
- Seal cookies and crackers in plastic bags and keep in tightly sealed containers to help preserve freshness.
- Empty opened packages of sugar, dried fruit or nuts into screw top and airtight containers to protect from unwanted pests.
- Foods in glass bottles and jars may break when a disaster occurs. Buy and store emergency food in non-breakable containers whenever possible.
- Use foods before they expire and replace them with fresh supplies by rotating your stock regularly. Date each item with a marker and place new items in the back of your storage while moving older items forward.
- Remember to store your food in such a way that it’s easy to rotate items into your pantry and replace older ones.

Shelter Fundamentals

Shelter is a fundamental need during an emergency of any kind. With severe weather being one of our year-round hazards in southern Oregon, having adequate shelter is a year-round concern. Whether you purchase a shelter or learn how to build your own, having everything you need on hand is essential. Keep necessary items for your shelter in your vehicle in the event that you're not at home when disaster strikes.

Sheltering Away From Home

- Make sure your shelter is wind and rain proof.
- How many people will you likely need to shelter - who often travels with you?
- Remember to store sleeping bags or warm blankets along with your sheltering supplies.
- Consider what you would want under you, not just over you, to stay warm and comfortable.
- If you had to stay in your shelter for several days before help arrived, could it withstand the elements?

Sheltering at Home

- Your home is a natural shelter, but what if it was not safe to enter when you got home? This could happen in an earthquake, flood or winter storm due to fallen trees. Is there a location outside of your home, such as a shed or garage, to store some of your supplies?

TIP: Your vehicle is a shelter from wind and rain, but not from extreme temperatures. If you cannot run your vehicle due to damage or lack of fuel, it may not help you stay warm or cool. Don't count on your car!

- Do you have tarps, plastic sheeting, duct tape, etc. on hand to seal a broken window or even a damaged roof due to a fallen tree or downed power pole? It is important to have what you need to keep weather out.

Other Considerations

- Be sure to have lighting that allows you to use your hands. A headlamp or lantern will be more useful than a flashlight while building a shelter.
- Remember, you may be building your shelter in adverse conditions, such as freezing temperatures that make fine motor skills difficult - have warm gloves, socks and a hat in your kit. Extreme heat makes any activity more dangerous due to dehydration. Keep water, a hat, extra sunglasses and a cooling towel on hand. Do not exert yourself during the heat of the day; you will lose a lot of water by sweating.

Using a Tarp

A tarp can make a wonderful shelter. However, a tarp can be very heavy and cumbersome to use. If your tarp doesn't have grommets, you may have a hard time anchoring it. If you use a tarp, you will need rope or paracord. Rope is also quite heavy and often expensive. If you use paracord, its break strength should be at least 750 pounds.

Mylar/Emergency Tent

A mylar tent is lightweight and easy to use. Because of the mylar material they retain heat, which helps keep you warm. They are also reflective, so they are easy to spot for rescue workers. Depending on the brand and thickness, mylar may be easily torn or punctured. Be sure to check on the strength of your particular tent should you go this route.

TIP: Put a tent up in one room of the house and close off the room. The temperature inside the tent may be up to 10 degrees warmer than the rest of the house.

Sanitation & Hygiene Fundamentals

Water, Sanitation and Hygiene (WASH) related emergency preparedness and outbreak response has become one of the most significant and crucial public health issues in recent history. Emergencies can include natural disasters (hurricanes, floods and droughts), man-made disasters (chemical spills into waterways) and outbreaks (infections linked to water exposure after disaster).

Having clean and safe water in an emergency situation to meet drinking, sanitation and hygiene needs is essential for every person.

Learn basic water filtration and purification skills so that you are always ready to prepare water for cleaning, cooking and drinking.

You may not have power during a long-term event. Keep supplies on hand to boil water on an outside camp stove or fire pit.

Hygiene

Hand washing and basic personal hygiene are critical for staying healthy during any type of event. It helps stop the spread of disease and keeps us healthy, allowing for medical professionals to focus on the critically injured. While hygiene is of the utmost importance, it can be difficult during a flood or earthquake. Without clean water, good hygiene, dental hygiene and wound care is impossible.

Show me the Science

Hand washing reduces the amount of all types of germs, chemicals, pesticides and heavy metals on hands. Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do *not* eliminate all type of germs and are not effective on visibly dirty hands.

When hand washing is not available, use a hand sanitizer that is at least 60% alcohol. Sanitizers with less than 60% alcohol merely reduce the growth of germs rather than kill them outright.

- Sometimes bathing or showering may be done with water that is not safe to drink. Be sure it does not get into your eyes or mouth. Water with chemicals in it should not be used to shower or bathe.
- Store some mouthwash in the event your water service is interrupted. You can rinse your mouth with it rather than water.
- If you or someone with you has an open wound, it should **never** come in contact with dirty water. Dirty water may cause an infection and drastically increase the need for medical intervention. (For more information on wound care, see *First Aid* on pages 28-30.)

TIP: Liquid soap can burst and solid soap can melt if left in a hot vehicle during summer days. For a light-weight, easy to pack soap, consider sheet soap. It comes in a small, reusable container with 50-250 sheets and can be found in most camping stores for just a few dollars.

Sanitation & Hygiene Fundamentals

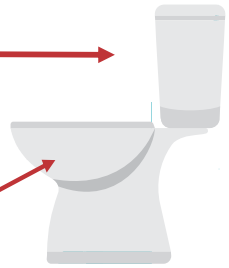
In a disaster, plumbing may not be usable due to disrupted water and sewer lines. Each person in your household should know how to properly dispose of human waste (i.e. a two-bucket system - see below) and sanitize all necessary items in order to avoid infection and spread of disease.

TIP:

If the water is off but the sewer lines are unaffected, toilets can be flushed with stored water. Save your drinking water and opt for dirty water to flush!

Pour water in holding tank to flush. This method requires more water since the tank must be full to flush.

Throw water with force in bowl to flush. This method works by force and requires less water.



Emergency Supplies Recommended

- Two five-gallon plastic buckets with tight fitting lids or five-gallon metal containers with tight fitting lids should be stored as makeshift toilets. A seat can be fashioned from a pool noodle cut length wise and placed on the rim of the bucket, or a toilet seat for a bucket can be purchased. Portable toilets can be obtained from a camping supply store.
- Keep a supply of plastic liners (5-6 gallon size) to line your buckets.
- Store toilet paper, disinfectant spray, hand sanitizer, deodorizer tablets and air fresheners nearby.
- One or more large metal covered garbage cans should be available to contain waste after it has been sealed in plastic. If you don't have large cans available consider storing several five-gallon buckets for disposal.

Four Types of Surface Disinfectants

- If water is available, it is best to use a solution of one part liquid chlorine bleach to ten parts water. (Don't use dry bleach, which is caustic and not safe for this type of use.)
- HTH, or calcium hypochlorite, (Chlorine), is available at swimming pool supply stores. HTH is intended to be used as a solution with water. It can be mixed according to the package directions and then stored.
- Portable toilet chemicals, both liquid and dry, are available at recreational vehicle supply stores. These chemicals are for use with toilets that are not connected to sewer lines. Use as directed.
- Powdered, chlorinated lime is available at building supply stores, which can be used dry. Be sure to get chlorinated lime and not quick lime, which is highly alkaline and corrosive.

Disinfecting Surfaces With Bleach

- First, wash surfaces with soap and warm, clean water to remove dirt and debris, if possible.
- Next, sanitize surfaces with diluted regular, unscented household bleach that is dye free.
- Never mix bleach with ammonia or any other cleaner.
- Wear rubber or other non-porous boots, gloves and eye protection.
- Try not to breathe in product fumes. If using indoors, open windows and doors to allow fresh air to enter.
- Check the CDC website for recommendations for cleaning and sanitizing food cans and surfaces. Water-to-bleach ratios will be different for different surfaces and applications. Print materials and charts for each and store them in your emergency kit - you may not have access to the internet after a large event.

TIP: If you elect to build a latrine, be sure you know the necessary distance between the pit and any nearby water sources and the distance above the groundwater table. The hole should be 2 ½ feet deep, 1 foot wide and 4 feet long. Soil removed from the trench should be placed nearby to shovel after each use. Cover the trench completely when the waste and soil reach within a foot of the top.

First Aid Fundamentals

Accidents can happen anywhere, at any time. If you witness an accident or are the first person to arrive when one has happened, there are a few basic principles to follow to protect yourself and the patient:

- **Call 911 from where you are standing**

  Identify where you are, what seems to have happened and how many people you can see who may need help.

- **Survey the Scene**

  Remember, you cannot help if you are hurt. Make sure that whatever happened to the patient doesn't happen to you too. Take a few deep breaths and look around. Look for hazards like downed power lines, hazardous materials or fires, and pay extra attention on roadways. Traffic around accident scenes is very dangerous.

- **Primary Patient Survey**

  If it is safe for you to approach the patient, begin by calling out as you walk up. If they do not respond as you approach, touch them and call out again. A person who responds to you by talking or crying is conscious, has an open airway and is breathing adequately.

- **Perform CPR**

  If they do not respond, this is likely a life-threatening situation. Remember that for every minute of delay in starting CPR, a patient's chance of survival decreases 10%.

  Check quickly for breathing by placing your ear near the patient's mouth and looking down their chest for movement. If the patient is not breathing at all, or you see gasping, prepare to do CPR. Ask someone to look for a nearby Automated External Defibrillator (AED) if you are trained to use one. Make sure that 911 has been called if you didn't do it yourself.

  CPR is most effective when the patient is on their back on a hard, flat surface. It is a good idea to move the person out of a cramped space like a vehicle or small bathroom.

  If you have been trained to do CPR, do what you know. If not, perform hands-only CPR by placing one hand on top of the other in the center of the patient's chest, over the breastbone and push hard and fast at a rate of 100 beats per minute (many people think of the song "Stayin' Alive", or "Another One Bites the Dust"). Push to one third of the depth of the chest and allow for full recoil. You may feel popping and cracking: **this is normal**. Continue for as long as you are physically able, or until help arrives.

  CPR can be a lifesaving intervention, especially when it is done quickly and with an AED. Unfortunately, not everyone can or will be saved, even with the best possible care. In a disaster, you may need to stop doing CPR if help is not able to reach you, and you become exhausted and there is no one else who can rotate in, or the situation becomes too unsafe.

What Is Shock?

Shock is what results when injury, trauma or illness is very severe, and the body is losing its ability to compensate. Oxygen and nutrient-carrying blood is not reaching body tissues like the heart, brain or lungs, and the tissue is becoming damaged. This may happen because of loss of blood, a body-wide infection (sepsis), anaphylaxis, psychological trauma or other possible cause. Good basic first aid will require recognizing and caring for potential shock.

First Aid Fundamentals

What Is Shock continued…

Shock may look like one or more of the following:

- Anxiety, restlessness or a feeling of impending doom
- Weakness or fatigue
- Rapid heart rate or breathing
- Nausea or vomiting
- Shaking or shivering uncontrollably
- Blue or gray color in the lips, gums or nailbeds regardless of complexion
- Confusion or disorientation up to unconsciousness

Handle the patient gently and reassure them. Keep communications calm, supportive and ongoing. Keep them from moving if you suspect a head, neck or back injury. First aid for shock is about supportive care.

- Keep them warm; protect them from extreme ground temperatures.
- Help protect the airway by putting them in the recovery position if they are unconscious. (Someone on their back is in danger of choking.)
- Do not let them eat or drink, to reduce the risk of vomiting.

Recovery Position

Bone Fractures

Two types of fractures:

➢ Closed Fracture: a break or crack in a bone that does not puncture or penetrate the skin.

➢ Open Fracture: a break in the skin caused by a protruding bone, or an open wound in the area of the fracture. Open fractures are more serious than closed fractures.

Some symptoms of a fracture:

- The injured part appears deformed.
- Pain is present when attempting to move the part.
- Absence of feeling when touched.
- Bluish color and swelling in the area of the injury.

TIP: You are the first responder if you are first on the scene!

To treat a fracture:

- Splint the patient before moving.
- Pad the splint and place it so that it supports the joint above and below the fracture.
- Immobilize a leg fracture by splinting the fractured leg to the unbroken leg if no other materials are present.
- If the limb is grossly deformed by the fracture, splint it in place. **Do not try to straighten it.**
- Elevate and use indirect (not on skin) ice packs if available.

Caring for Wounds

If you see a wound that is spurting or pulsating large amounts of blood, immediate action is needed. In most cases, applying external pressure with your hands to the bleeding vessel will be enough to stop the bleed. If you have a tourniquet and have been trained to use it, do so. (Wear gloves to protect yourself from all bodily fluids.)

- For wounds to the limbs, take clean soft material, preferably gauze, and press it deep into the wound. Apply pressure with both hands, leaning into the wound with your body weight - do not stop. Do not remove or move the dressing - you want the blood to clot.

- For gaping wounds or wounds to the shoulder or groin, pack clean soft material like a roll of gauze in to fill the wound and hold pressure using both your hands and body weight. Do not remove or move the dressing. You can always add more, if needed. Leave a “tail” so that emergency personnel can easily locate the end of the gauze.

First Aid Fundamentals

First aid is the immediate care given to a person who is injured or ill. Because life-threatening situations occur, everyone should know how to provide basic emergency care to keep an injured or sick person alive and safe until they can receive care by emergency responders or hospital staff.

The best way to become comfortable with first aid is to take a class through the American Red Cross, a community college or other reputable provider. It is a good idea to keep a reference book in your disaster kit to help you make decisions if you are not able to access emergency medical services or medical care as quickly as you normally would.

For any situation that appears to be life-threatening, it's important to call 911 and get help on the way as soon as possible.

The primary purpose of first aid is to:

- Manage injuries and care for life-threatening situations.
- Protect the patient from further injury and complications.
- Arrange transportation for the patient to a medical facility.
- Make the patient as comfortable as possible.

Call 911 if:

- The patient is not conscious, is confused (cannot remember their name, location or recent events), or is losing consciousness.
- The patient is not breathing normally or is having difficulty breathing.
- The patient is experiencing chest pain, pressure or sudden, severe back or jaw pain.
- The patient has persistent pressure or pain in their abdomen.
- The patient has had a seizure (especially if it lasted several minutes or there was more than one).
- The patient is vomiting or passing blood.
- The injury might be causing internal bleeding.
- The injury might include broken bones.
- The patient seems to have been poisoned.
- The patient has one sided weakness in their face or body, slurred speech or difficulty speaking.
- The patient has sudden and severe headache.
- The patient has head, neck or back injuries.

TIP:

It is important to note that during a large-scale event, such as the Cascadia Subduction Zone earthquake, emergency services may not be available for an extended period of time. Everyone is a first responder! Get training so you can be the help until help arrives.

Communications Fundamentals

Having a communications plan is one of the most important pieces of your emergency preparedness plan. If communications are down in your area, each person in your plan should know:

- Who the out-of-area contact is for the family; their phone number should be written down and memorized.
- What information to share with your contact:
  - Where you are (address or name of location).
  - How you are (uninjured, hit my head, broke my leg, I'm panicking).
  - Where you are going or if you are staying in place (if leaving the current location, include the route you will take if it applies).
  - The meeting location if home is not an option (due to distance, river crossing, etc.).
- To send a text rather than calling if you have a cell phone; a text will often work when a voice call won't.

Your out-of-area contact should know to text (if possible) the information they receive to the other members in your communications plan. Relay updated information at designated times (5 minutes before/after the hour).

Family Contact Card

Name_____Cell_____
Home_____Work_____
Name_____Cell_____
Home_____Work_____
Name_____Cell_____
Home_____Work_____
Out of area contact _____
Phone 1_____Phone 2_____
Family meeting place _____
_____

TIP: Cordless phones do not work when the power is out. If you have a land line telephone, ensure that it does not require power to operate.

TIP: Power cell phones off between scheduled communication times.

Family Contact Cards are an important tool to help your family members stay in touch with each other during an emergency. Planning ahead can reduce the time it takes to contact each of your family members during an emergency. While it is important to know where everyone is and whether or not they are safe, it's also important that everyone understands what their role and responsibility is during a disaster.

Sometimes during an emergency, local phone circuits are busy but calls can still be made to other area codes. It may be easier for you to reach someone out of the area, even in another state, than to reach someone in the same city. Designate a friend or family member who lives out of the area to collect and pass information between your immediate family members or anyone else in your communications plan.

Designate a safe place for your family to meet in case you are unable to contact each other. If all communications are down, plan for each family member to go to the designated meeting place to wait for others. If you cross a waterway for work of leisure activities, choose a location on both sides of the waterway.

The Family Contact Card is located above. Make copies and fill out cards for each member of your family to carry with them at all times. Make sure caregivers for younger children have your Family Contact Card information as well. If a disaster occurs during work or school hours, it's critical that everyone, including children or their caregivers, knows who to contact and where to meet. Be sure to keep cards updated as information changes.

TIP: If you are traveling, tell someone where you're going, when you're leaving, the route you are taking and the expected arrival time.

TIP: If applicable, have a meeting place on both sides of the river, which may not be crossable after a large earthquake.

TIP: If your cell phone is lost or damaged, you will need to have a backup for remembering phone numbers. Having the information written down somewhere is a good idea.

Chapter 3

Special Considerations

Disaster Psychology

Special Considerations

When disaster strikes, physical assistance may be only part of what survivors need. “Psychological First Aid” for disaster induced stress and trauma may also be required. Severe cases will require the assistance of a mental health professional. For many, however, the best medicine you can provide may be a sympathetic ear.

TIP: Disaster-induced stress is a normal reaction to an abnormal situation.

Disaster survivors normally experience a range of psychological and physiological reactions. Survivors’ reactions may become more intense as the amount of disruption to their lives increases. The severity and type of reaction varies with each person and depends upon several factors:

- Prior experience with the same or a similar event
- The intensity of the disruption
- The emotional aptitude of the individual
- Individuals feeling that there is no escape, which sets the stage for panic
- The length of time that has elapsed since the event occurred

Preempt some of the symptoms by taking care of yourself:

- Try to rest a bit more
- Eat well-balanced and regular meals and drink plenty of water (even when you don’t feel like it)
- Try to keep a reasonable level of activity; physical activity is often helpful
- Re-establish a normal schedule as soon as possible; fight against boredom
- If you are alone, have someone stay with you for at least a few hours a day
- Recurring thoughts, dreams or flashbacks are normal; don’t try to fight them as they will decrease over time

Psychological symptoms may include:

- Irritability or anger
- Self-blame or blaming others
- Isolation or withdrawal
- Fear of recurrence
- Feeling helpless
- Sadness, depression or grief
- Mood swings

TIP: The intensity, timing and duration of post-event psychological and physiological symptoms will vary from person to person. They may be acute or mild and may be immediate or delayed.

TIP: Psychological reactions to disaster include behavioral changes and regression in children including fear and anxiety about recurrences, sleep disturbances and school avoidance leading to development of school phobias. Re-establishing routine is essential for both children and adults.

Physiological symptoms may include:

- Loss of appetite
- Headaches, chest pain
- Diarrhea, stomach pain, nausea
- Increase in alcohol or drug use
- Feeling stunned, numb or overwhelmed
- Hyperactivity
- Nightmares
- Inability to sleep
- Fatigue, low energy

TIP: During most disasters, mental health workers are available to help survivors, response workers and others affected by the disaster. If you, a family member or friend is in need of assistance, help may be available from the American Red Cross, Josephine County Public Health, Options for Southern Oregon or the Jackson County Mental Health Department.

Special Considerations Kids

Kids are a huge help when it comes to preparing for emergencies. It is important to include them in all of your planning, organizing and drills. They will experience disasters just like adults will, so it's equally important that they be involved and know how to respond.

Check out Ready.gov for these activities and more!

Learn how to become a Disaster Master – make the right decision and unlock new levels!

Prepare with Pedro!
Use this activity book to learn how to stay safe during disasters and emergencies.

Build-a-Kit Game
You're on a mission to build an emergency kit. Do you know what you need?

Ready 2 Help card game teaches five simple steps to stay safe and make a difference until help arrives.

Ready Wrigley is a series of books created by the Center for Disease Control and Prevention that provide tips, activities and stories to help whole families prepare for emergencies.

All Ready Wrigley Publications can be found at CDC.gov/readywrigley

Teenagers and other young people help their families, schools and communities prepare for hazardous events. They can be leaders before, during and after disasters. Whether you're just starting to learn about preparedness, want to join or start a youth preparedness program, or are looking for materials to teach the next generation of preparedness leaders, you'll find lots of options on cdc.gov/readywrigley and ready.gov/kids to help you learn how to prepare for a disaster.

TIP: Be sure to pack special items for your kids/teens when building your kits.

For younger children:

- Comfort items – blanket, stuffed animal
- Favorite toy or book

For older kids:

- Crafts, safe tools, books, music

Your family pet may be very comforting during uncertain times, but remember, if your pet is scared, it may behave unexpectedly.

TIP: Your teen is capable of saving your life. Whenever possible, have your teen join in training classes. Include them in CPR, first aid, Stop the Bleed and others.

Encourage them to get involved in anything that will help your family prepare for emergencies. Look for areas of interest such as gardening, canning and outdoor survival skills or get them involved with Search and Rescue Explorers.

Special Pets & Livestock Considerations

When disaster threatens, bring your pets inside immediately. Animals have instincts about severe weather and impending disaster and will often isolate themselves if they are afraid. Bringing them inside early can keep them from running away.

Make a plan for what to do with your pets if you have to evacuate your home. Josephine and Jackson County may offer companion animal sheltering for persons who are staying in a Red Cross shelter. All shelters are volunteer based and may not be able to open depending on the type of disaster. Have an alternate plan for your pets and livestock. If you have livestock, arrange for someone across the county to board them, and you theirs, if the event only affects one area.

If you must leave your large animals, never open gates and let them loose. Animals enter the roadway and block emergency vehicles and evacuation routes.

Locate and prearrange an evacuation site for your family and animals that is outside your immediate area. Ideally, this will be a friend/relative or a pet-friendly hotel willing to let your family and animals stay in the event of a disaster. Other possible animal housing options include veterinary hospitals, boarding kennels and animal shelters.

Dogs, cats, birds, reptiles, and pocket pets (mice, hamsters, etc.) all need to have plans for transporting and housing in a secure travel cage or carrier, with appropriate food, water, current veterinary records and photos for identification or reunification if they are being taken to a shelter.

If you are not home, pre-designate a willing neighbor or nearby friend to tend to your animals in the event of a disaster. They should have a key to your home, be familiar with your animals, know your evacuation procedures and where your evacuation supplies are kept. Keep leashes near the door making it easier for rescuers.

AFTER A DISASTER

In the first few days after a disaster, leash pets when they go outside. Always maintain close contact; familiar scents and landmarks may be altered and your pet may become confused or lost.

The behavior of your pets may change after an emergency. Normally friendly pets may become aggressive or defensive. Watch animals closely. Leash or keep them in a secure, fenced area with shelter and water.

www.ready.gov/pets

TIP: If you are evacuating, crate or collar and leash your pet before opening your door. When animals are scared, they will often behave unpredictably and may run if not crated or harnessed.

LIVESTOCK

It is especially important for livestock owners to be prepared and practice their plans.

- Be *prepared* to evacuate at a Level 1 notice, evacuate livestock at a Level 2 (see Chapter 5 *Resources* for evacuation levels - Pg.49)
- Create a list of emergency telephone numbers to include veterinarian, state veterinarian, trailering resources and local volunteers
- Identify evacuation locations with water and power resources
- Make sure every animal has durable, visible identification
- Take food and other supplies for their care
- Take vaccination and feeding schedule in addition to ownership information

www.avma.org/disaster

TIP: Never leave a pet outside or tied up during a storm!

Varied Abilities

Special Considerations

Anyone can experience an access or functional need at any time. A broken leg requiring crutches can create a temporary disability that changes your response to an emergency, for example. The needs may be physical, mental, emotional, socioeconomic, cultural or language based. Persons with access and functional needs and anyone assisting, living with or working with them should create a disaster plan. Addressing these potential challenges ahead of time will reduce the physical and emotional stresses during an emergency.

Persons with Mobility Challenges

- Store emergency supplies in a pack or backpack attached to a walker, wheelchair or scooter.
- Keep a pair of heavy gloves in your supply kit to use while wheeling over glass or debris.
- If your chair does not have puncture-proof tires, keep a patch kit or can of sealant and air to repair tires.
- If you cannot use stairs, discuss lifting and carrying techniques that work for you. Write out brief instructions and keep them in your pack.
- If you use an electric wheelchair, keep a manual chair on hand for emergencies.

Persons with Hearing Challenges

- Store hearing aids in a strategic and consistent place, to locate quickly.
- Have paper and pens in your kit to use if you lose your hearing aids.
- Install smoke alarms with both a visual and audible alarm. At least one should be battery-operated.
- If needed, ensure your TV has a decoder chip for access to signed or captioned emergency reports, or has closed captioning on for alerts. All TV's manufactured since 1993 have built in decoders.

Persons with Medical Needs

- Where possible, aim for a 14-day supply of all of your medications and medical supplies (bandages, ostomy bags, syringes, tubing, solutions, etc.).
- If you use insulin or other refrigerated medication, ask your providers for tips on keeping items cool during longer power outages and options for medications that are more shelf stable for use during emergencies.
- If you use oxygen, remember you may not be able to acquire more for several days. Be sure to have several days worth on hand.
- Store your medications in one location, in their original containers with labels.
- Note important allergies and keep lists of all of your medications, including the name of medication, dose, frequency and prescribing doctor on your emergency information list.
- For all medical equipment that requires power, get information regarding back-up power, such as a battery or generator. If using a generator, seek professional help to make sure it is properly installed, vented and can be safely operated by you or an assistant.
- Know if your IV infusion pump has a battery back-up and how long it would last in an emergency
- Ask your home care provider about manual infusion techniques.
- Have written instructions for all equipment attached to the device(s).

Varied Abilities

Special Considerations

All Persons With Access and Functional Needs

- Make an emergency information list and keep it with you. This list should have medical and health insurance and emergency contact information with names and numbers of contacts in the area and out of area. If you have a communication disability, make sure you list notes the best way to communicate with you.
- If you currently use a personal care attendant from an agency, check with the agency to see if they have special provisions for emergencies.
- If you hire your own personal care attendant, discuss your emergency plan with them and encourage them to have their own emergency plan.
- Find the location of utility shutoff valves and switches where you live; learn how and when to turn them off.
- Practice evacuation drills. Evacuate to a designated location to learn what assistance you might require and what you can do independently.
- Learn what to do in case of power outages. Know how to connect or start a back-up power supply for essential medical devices. Write down clear directions and attach it to the power supply.
- If you don't drive, talk with others about how you might leave if authorities require an evacuation and what local transportation is available that can meet your transport needs.
- Ask your provider about getting extra oxygen tanks and spare batteries to keep on hand; they may be covered by your insurance plan or provided by your supplier.
- Arrange for a relative or neighbor to check on you after an emergency event.
- Keep supplies in a consistent place that is easy for you to find and remember. Aim for at least two weeks of stored food and water. Learn to purify water for drinking and how to meet additional hygiene needs. (See the Preparedness Calendar on pages 44-47 for help.)
- Service animals may become confused or frightened. Keep them confined or securely leashed.
- Sign up for the Disaster Registry by visiting www. rvcog.org. (See page 48 for more information.)

Persons with Visual Challenges

- If you are visually impaired, place security lights in each room to light paths of travel. These lights plug in but have a battery backup in case of power failure. Small solar lights may be another option.
- If helpful, mark emergency supplies with large print, fluorescent tape or braille. Add a magnifying lens if that will be a helpful aid outside the home.
- Store high-powered flashlights with wide beams and extra batteries.
- Hang on to older prescription glasses or spare contacts for backup use.

Chapter 4

Kits

Grab-n-Go Binder

Kit Types

Uses:
- All evacuations

Tip: Your Grab-n-Go Binder will help you recover in the event that you lose your home or are unable to enter safely due to structural damage. This binder is comprehensive and should contain financial, personal, legal and medical documents as well as a thumb drive containing photos and videos of each room and a backup of your hard drive to take with you when you evacuate. Remember to video document any high-value items.

Copy each of these documents, front and back.

Copy of Financial Documents
- ❑ Front & back of debit/credit cards
- ❑ Property deeds/mortgage information
- ❑ Car titles & registration
- ❑ Bank account numbers and contact information
- ❑ Insurance policies (life, heath, auto, home)
- ❑ Contact information for anyone you send a payment or bill to
- ❑ Stocks, bonds & savings bonds
- ❑ Statements from investment firms

Copy of Personal Documents
- ❑ Address book
- ❑ List of firearms & serial numbers
- ❑ Birth certificates
- ❑ Concealed handgun license
- ❑ Rent/lease agreement
- ❑ Diplomas/transcripts
- ❑ Documented appraisals of valuable possessions
- ❑ Driver's license
- ❑ Marriage license
- ❑ Military documents
- ❑ Passport
- ❑ Pet vaccine records
- ❑ Recent photo of each family member & pet
- ❑ Receipts from expensive items
- ❑ Social Security Card

Copy of Legal Documents
- ❑ Child custody/adoption papers
- ❑ Divorce agreements
- ❑ Will, living/family trust
- ❑ Past/current binding contracts
- ❑ Attorney contact information

Copy of Medical Information
- ❑ Health insurance cards
- ❑ Blood types of each family member
- ❑ Contact information for all medical providers
- ❑ Medical history of each family member
- ❑ Immunization records
- ❑ List of current prescriptions and dosage
- ❑ Pharmacy contact information
- ❑ Any other important documents

Pet Kit

Uses:
- Anytime a human kit is necessary

Tip: Your Pet Kit will be used whenever you have a need of a kit yourself. Use small plastic bags to carry smaller quantities from your pet kit in case you and your pet are not at home when an event starts and walking is required. Consider the seasonal needs of your pet when rotating items. Warmer weather calls for more water, whereas winter weather requires a way for your pets to stay warm. Remember, your pet may be scared and behave abnormally.

Start with water and food and add the other items as resources become available.

- ❑ Water for at least two weeks
- ❑ Food for at least two weeks
- ❑ Prescriptions/vaccination records
- ❑ Veterinary contact information
- ❑ Treats
- ❑ Collar & leash with a backup
- ❑ Recent photo with your pet
- ❑ Food and water bowls
- ❑ ID tags
- ❑ Blanket
- ❑ Toys
- ❑ Crate or carrier if applicable
- ❑ Pet first aid kit
- ❑ Pet waste bags
- ❑ Hand sanitizer or wipes

Go Kit

Kit Types

Uses:
- Stuck in Vehicle
- Evacuation
- Earthquakes Away from Home

Tip: A Go Kit is a 3-day supply of essential items for survival and should be kept in your vehicle. Have one kit for each person that travels with you. Consider packing your Go-Kit in a backpack or a roller bag (if you are unable to carry a pack). Keep in mind that you may be walking a long distance to get back home or to safety if you happen to be away from home during a large-scale event such as the Cascadia Subduction Zone earthquake. Some suggested items are listed below.

Every consumable item in this kit should last you for three days.

- ❑ Water
- ❑ Food – lightweight/no preparation needed
- ❑ First aid supplies & prescription medications
- ❑ Shelter building supplies
- ❑ Flashlight or headlamp
- ❑ Fire-starting method(s)
- ❑ Money in small denominations
- ❑ Blanket or sleeping bag
- ❑ Season-appropriate clothing
- ❑ Extra cell phone battery/charger
- ❑ Fixed-blade knife
- ❑ Comfortable, sturdy shoes
- ❑ Hand sanitizer
- ❑ Toilet Paper
- ❑ Leather and latex gloves
- ❑ Poncho
- ❑ Whistle
- ❑ NOAA radio
- ❑ N95 mask
- ❑ Personal items: lip balm, hair tie, etc.

BOB

(Bug-Out Bag)

Uses:
- Evacuation
- Hazmat
- Earthquake at Home

Tip: The BOB, otherwise known as an I.N.C.H. (I'm Never Coming Home) bag, has larger quantities of supplies and is intended to be taken with you in the event that you cannot stay home. This bag should have everything you need to get you to your predetermined destination. It is important to have a very comfortable pack should you need to walk a long distance. Some suggested items are listed below.

Make sure your pack fits properly by being fitted at an outdoor store.

- ❑ Food
- ❑ Water (and supplies for purification/filtration)
- ❑ Hygiene supplies
- ❑ Trash bag
- ❑ Extra prescription medication
- ❑ Extra pair of glasses
- ❑ Sunglasses
- ❑ Hairband
- ❑ Bandana
- ❑ Duct tape
- ❑ Fire-starting method(s)
- ❑ Extra cell phone battery/charger
- ❑ Lip balm
- ❑ First aid supplies
- ❑ Headlamp
- ❑ Extra batteries for any battery powered gear
- ❑ Feminine hygiene products
- ❑ Maps of commonly traveled areas
- ❑ Multi-tool, fixed blade knife
- ❑ Seasonal clothing and shoes
- ❑ Mirror or reflective item
- ❑ Sheltering items (tent, tarp & rope, etc.)
- ❑ Hand-crank, solar-powered radio
- ❑ Communication information
- ❑ Contact cards
- ❑ Grab-n-Go Binder (see list on page 39)

TIP: You may not always have your cell phone charged or available. Keep contact information written down in the event you would need to call from someone else's phone.

Evac Box

Kit Types

Uses:
- All evacuations

Tip: Your Evac Box is one of the most important kits you can build. This box includes not only your Grab-n-Go Binder, but it also includes items that are irreplaceable and cannot be stored on a thumb drive. Your Evac Box may end up being more than one box. The goal is to make these items easily accessible by storing them together in a safe place. After all people and pets are safe, gather your kits! Some suggested items are listed below. Consider storing your other preparedness kits together.

- ❑ Grab-n-Go Binder
  - ❑ See list on Page 39
- ❑ Heirlooms
  - ❑ Family quilt
  - ❑ Letters
  - ❑ Medal of Honor
  - ❑ Burial flag
  - ❑ Etc.
- ❑ Souvenirs
- ❑ Sentimental items
- ❑ List of items to gather upon evacuating, with their location
  - ❑ Jewelry box
  - ❑ Keys to safety deposit box RV, additional vehicles, storage facility, office, etc.
  - ❑ Purse, backpack
  - ❑ Other Emergency Preparedness Kits (Pet Kit, BOB, etc.)

Car Kit

Uses:
- For any emergency that happens while your vehicle is with you.

Tip: Your car kit will be everywhere your car goes. Consider storing items in small containers under the seats. A dark container will help conceal items that could otherwise be seen though windows. Your Car Kit is not only for your vehicle itself but may also include larger quantities of personal items as a back up to your Go-Kit or for unexpected passengers. See a list of suggestions below.

Items for car care:
- ❑ Jumper cables
- ❑ Roadside flares
- ❑ Flat tire inflation canister (non-explosive)
- ❑ Spare tire
- ❑ Jack
- ❑ Spare car fuses
- ❑ Small tool kit (screwdriver, pliers, vise grips, adjustable wrench, tire pressure gauge, etc.)
- ❑ Fire extinguisher
- ❑ Antifreeze
- ❑ Vehicle escape tool
- ❑ No-spill gas can
- ❑ Road maps
- ❑ Small, collapsible shovel
- ❑ Flashlight
- ❑ Two quarts of oil
- ❑ Roll of duct tape
- ❑ Paper towels/rags
- ❑ Washer fluid/de-icer
- ❑ Pen and paper
- ❑ Tow strap or chain
- ❑ Latex and leather gloves

Items for personal care:
- ❑ Seasonal gear (hat, jacket, gloves, etc.)
- ❑ Sanitation items (soap, sanitizer, trash bag)
- ❑ Cell phone charger (keep one in vehicle)
- ❑ Solar battery charger for phone
- ❑ Extra shoes and socks (seasonally appropriate)
- ❑ Sleeping bag/blanket
- ❑ Food for several days
- ❑ Water for several days
- ❑ Extra first aid items

Shelter-in-Place

Kit Types

Uses:

- Large chemical spill

Tip: There is a difference between Shelter-in-Place and Shelter-at-Home. Shelter-in-Place means to gather all necessary items to shelter in an internal room, preferably without windows, central heating/air turned off, and doors sealed. Stay put until further notice. This is for a chemical, biological, radiological or nuclear event. Shelter-at-Home means to stay inside your house with windows and doors closed and locked until further notice.

Communications Equipment

- ❑ Cell phone with charger/landline
- ❑ NOAA radio with AM/FM radio
- ❑ Pen and paper
- ❑ Computer with charger

Emergency Equipment

- ❑ Fire extinguisher
- ❑ Blankets, sleeping bags
- ❑ Trash bags
- ❑ Commonly used tools
- ❑ Portable heater
- ❑ Hand-cranked flashlight/glow stick
- ❑ Duct tape, plastic sheeting (pre-measured for door(s) and windows), towel for under the door.

Water/Food

- ❑ One gallon of water per person/pet per day
- ❑ Food for each person for several days
- ❑ Pet food, litter box

First Aid

- ❑ First aid kit with instructions
- ❑ Sanitary items
- ❑ Goggles
- ❑ Eye drops
- ❑ Extra prescription medication

Sanitary Supplies

- ❑ Two-bucket system or portable chemical toilet
- ❑ Personal hygiene items
- ❑ Disinfectant wipes
- ❑ Chlorine bleach
- ❑ Latex gloves
- ❑ Paper towels/rags
- ❑ Hand Sanitizer
- ❑ Toilet paper

2 Weeks Ready

Uses:

- Any long-term event

Tip: Your 2 Weeks Ready "kit" meets the state standard for preparedness. While gathering supplies, consider who you are preparing for as you evaluate each topic. For a large-scale event you need to develop skills and plans to be successful. Preparing for two weeks is a long-term project; make it a family affair and a part of your daily life!

2-Weeks-Ready is the state standard for preparedness and is the culmination of your preparedness efforts. There are two main scenarios where your 2-Weeks-Ready plan would be initialized: a large-scale event that requires you to be at home without assistance or services of any kind (potentially including medical assistance, power, heat, water, gas or communication), or a large-scale event that requires you to evacuate to a shelter or predesignated location for an indefinite period of time. Your planning should include detailed plans of action for either scenario. While your kit supplies can be used for all types of disasters, be sure they are stored together in easy-to-grab containers and in a convenient location. All the fundamentals (see Chapter 2) should be considered as you prepare, along with an special considerations (see Chapter 3). For help through the process of preparing, refer to the Preparedness Calendar on pages 44-47. The calendar will break down the process of preparing over a year's time. (For additional resources, see www.rvem.org.)

Chapter 5
Resources

Preparedness Calendar

Resources

MONTH 1

Planning

Build your Grab-n-Go Binder (page 39). Think about what disasters you are planning for (see Chapter 1 - Hazards). Sign up for Citizen Alert by visiting www.rvem.org. Install smoke detector or change their batteries, if needed.

Training - Train or Be Trained

Choose an evacuation location, one on each side of any river you cross. Consider finding a location across the county in case your entire community needs to be evacuated.

Supplies - Gather or Purchase

Get binder with clear sleeves or thumb drive to store documents listed in your Grab-n-Go Binder (page 39). Add one gallon of water per person or pet to your supplies. Aim to add a three day supply of water per person and pet each month. (Since you'll be adding each month, consider how you want to purchase it: cases, gallons, 5 gallons, 20 gallons or large drums.)

MONTH 2

Planning

Take photos/videos of every room, closet, cabinet and drawer in your home. Store photos online, if possible, or in your binder. Be sure to photograph big-ticket items individually. Contact your insurance provider to make sure you have enough coverage to replace your home and its contents.

Training - Train or Be Train

Practice evacuating from each room of your home. Do day and night drills, as well as rain and shine drills.

Supplies - Gather or Purchase

Add three more days worth of water per person and pet to your kit. Add ready-to-eat foods to your supplies. Start with enough for three days worth for each household member. Add any necessary baby supplies.

MONTH 3

Planning

Decide who you are planning for. Remember, that may include people who do not live with you (an elderly neighbor or child who is left home alone) and animals. Will you need to purify water if your purchased water expires or runs out? You can find a water-to-bleach ratio sheet and a boiling time sheet for sterilizing water online. Print it out and keep a copy in your kit(s).

Training - Train or Be Trained

Focus on learning (or teaching) some of the skills your grandparents had. Learn to preserve food and gather, filter and purify water. Learn to sew, darn a sock or replace a button. Learn to make candles and soap. Learn to hunt and fish (when seasonally appropriate).

Supplies - Gather or Purchase

Get large capacity coffee filters to filter water if you run out of stored water. Get one purification method (dye-free bleach, chlorine tabs, etc.). Add another three days worth of water. Add three days worth of canned food (preferably in water) and a can opener. Get foods you know your family will eat. Add a sewing kit or simple sewing supplies (needles, needle threader, thread, thimble, scissors, etc.) to your kit.

Preparedness Calendar

SUPPLIES TRAINING ARE YOU PREPARED? PLANNING

Resources

MONTH 4

Planning

Develop your communications plan. Choose your out-of-state contact. Let them know your plan. (See Communications on page 31 for more information.) Practice your communications plan with everyone involved by creating a mock event on a specific day and time. Everyone should text their information and have it relayed back to your group by your emergency contact. Evaluate what is missing and update your plan.

Training - Train or Be Trained

Learn to use a fire extinguisher. Contact your local fire department for more information. Learn to tie two types of knots and how to build a shelter. Would it keep you dry during rain? Use your hose to test it out. Does the ground underneath stay dry? Will it keep wind out? If you plan to use a tent instead, practice setting it up in the dark or the wind, or maybe even with one arm in case you're injured.

Supplies - Gather or Purchase

Purchase an ABC fire extinguisher for your kitchen. If possible, purchase extinguishers for each vehicle. Add three days worth of water and freeze dried foods to your supplies.

MONTH 5

Planning

Decide how you will stay safe, warm and fed if you are stuck at home without any services. How will you heat your home? How will you cook? What sorts of supplies do you need to be successful?

Training - Train or Be Trained

Learn to start a fire in several different ways. What would you use to boil water (for food, drinking or sanitation) if you didn't have a stove? What fuels (sticks, Vaseline and cotton balls, etc.) do you need on hand? If you have a propane barbeque, does everyone know how to replace the empty tank?

Supplies - Gather or Purchase

Add three more days worth of water per person and pet to your kit and three days worth of dried foods to your food supply. Don't forget the benefits of sproutable beans and seeds - they are a good source of vitamins, are shelf-stable, sprout within three days and add great variety and flavor to your meals! (For more information on emergency foods, see page 24.)

MONTH 6

Planning

Consider the medical needs of anyone you'll be caring for during an emergency. Make a list of the supplies you'll need to have on hand for life safety. Fix hazards in and around your home; look for fire hazards, secure large shelves to the wall, use earthquake putty to secure smaller items, install smoke detectors or change batteries if necessary, etc.

Training - Train or Be Trained

Take CPR/First Aid training. Take a gardening course from a friend, neighbor or family member, or through OSU Extension Services. There are many resources available online, as well.

Supplies - Gather or Purchase

Add first aid supplies to your kit based on the needs of those you will be caring for. Add general first aid items after specific items are acquired. Think of gauze like water: you can never have too much! Don't forget prescriptions, extra glasses or contacts, saline solution and similar items. Add three more days worth of water and food.

Preparedness Calendar

SUPPLIES TRAINING ARE YOU PREPARED? PLANNING

Resources

MONTH 7

Planning

Special considerations are things to think about outside of your own personal needs. Who in your plan may have specific needs that you must consider? (See Chapter 3 - Special Considerations for more information.)

Training - Train or Be Trained

Your physical health and fitness matter! You will be putting a high demand on your body and mind during an emergency. Consider what you need to work on to be of the most help to others. What is most difficult for you: flexibility, strength, stamina? Focus on strengthening yourself where it's needed.

Supplies - Gather or Purchase

Add remaining pet supplies from the Pet Kit list on page 39 (also see page 35). Review what items are remaining on the Go Kit list on page 40; add necessary items to your kit. Add water and food for three days - get comfort foods and favorite snacks.

MONTH 8

Planning

Staying healthy and clean won't happen by accident! How much additional water do you need for cleaning? What other cleaning supplies need to be gathered or purchased for an emergency? What types of sanitation and hygiene practices will you want during an emergency (see pages 26-27)? Remember, if water is scarce, sanitizing wipes are a good option. Build and use a two-bucket toilet system (page 27) and make a list of items you may want to add to your supplies.

Training - Train or Be Trained

Practice crating your pets and loading them, their supplies, your family and supplies into your vehicle(s). Does it all fit? Could you do it in under five minutes? Could you do it in the dark? What needs to be tweaked in order for it to work in an actual emergency?

Supplies - Gather or Purchase

Focus on sanitation and hygiene supplies. Look through the kit lists on pages 39-42. Decide which supplies you need. Don't forget feminine hygiene and incontinence supplies. Add the items for a two-bucket toilet system found on page 27. Add water and food for three days - consider juices or powdered electrolyte mixes.

MONTH 9

Planning

Make sure everyone in your plan knows the steps to take to make it successful, even if they are the only one able to carry it out. Does everyone know where to go, who to call, where the supplies are, etc.? Talk with your group about each event and what the plan of action is.

Training - Train or Be Trained

Learn to turn off your gas and water mains in the event of an earthquake. If you have a hand pump on your well, learn how to use it. This is a good time for a weekend experiment - live in your home for a weekend without the use of light, heat, water or anything electronic (TV, radio, phones, etc.). What skills and supplies did you find you needed to succeed if it had been an actual emergency?

Supplies - Gather or Purchase

Gather or purchase the tools and/or missing items from the kit lists. You likely have most of these items around your home. Consider whether or not you want paper plates, plasticware and napkins during an emergency or extra dish soap, water and towels. Make a list and purchase necessary items. Add water and food for three days - don't forget coffee, tea or other favorite drinks.

Preparedness Calendar

SUPPLIES TRAINING ARE YOU PREPARED? PLANNING

Resources

MONTH 10

Planning
Begin to create a plan to work with your neighbors during a disaster. (See pages 50-51 for a guide.) Learn what plans are in place at work, schools or your child care facilities.

Training - Train or Be Trained
Learn or teach someone to use the tools around your home. If you have a generator, chainsaw, tractor, etc. practice using them until you're comfortable on your own.

Supplies - Gather or Purchase
Add supplies to your Car Kit (you should build one kit per vehicle). Gather or purchase the missing items. Add water and food for three days - remember your spices and sweeteners.

MONTH 11

Planning
Download some useful emergency notification apps on your cell phones to stay informed about weather, or local, state and federal emergencies. Make a plan for sheltering in place (see page 42).

Training - Train or Be Trained
Take Stop the Bleed training. Go to www.stopthebleed.org for more information. Practice your CPR and first aid skills.

Supplies - Gather or Purchase
Review your Shelter-in-Place supply needs. Gather or purchase necessary items. Add water and food. Consider purchasing some of the "emergency foods" that have very long term shelf life. (MREs, food ration bars, or any variety of emergency foods that can be found online by searching "emergency foods". These have a shelf life of 5-25+ years.)

MONTH 12

Planning
Gather your Evac Box supplies together (see page 41). These are not items you purchase, but rather they are sentimental items, as well as financial, medical and legal documents that need to be stored in an easy-to-carry container, in a convenient location. In this final month of preparation, look at getting involved in your community through volunteering. Shelters, food banks, donation centers, etc. are staffed by volunteers. This service can only be provided if local people volunteer.

Training - Train or Be Trained
Shore up what you've already learned and fill in any gaps so that you feel prepared to be the help until help arrives.

Supplies - Gather or Purchase
Get a bin or two for your Evac Box supplies. Review your Bug Out Bag supplies (page 40). Gather or purchase the missing items. Add water and food for an additional three days. Make sure to have a good protein source! Add books, games, cards or other non-electronic entertainment to your kits. Start your calendar over next month and rotate any items that may have expired. Pick up supplies you may have skipped; review your plans and continue training so your skills do not expire.

Congratulations on your preparedness efforts! Be sure to test and maintain your emergency plans and supplies. Consider expanding over time to include additional items your family needs in order to be comfortable.

Citizen Alert Resources

Get notified about emergencies and other community alerts via your home phone, cell phone, text message or email by signing up for Citizen Alert.

The notification system helps local officials provide you with critical information quickly in a variety of situations such as fire, flood, unexpected road closures, missing persons and evacuation of buildings or neighborhoods.

In the event of an emergency, local officials will use the Citizen Alert system's emergency notification function to call the homes and businesses using landlines in the affected area. If you don't have a landline, you will not be notified unless you register another contact option. If you register other contact options, such as your cell phone, work phone or email, you can be notified (even when you're not at home).

You can specify how you want to be contacted. For example, you can tell the system to call your cell phone, then work phone, followed by a text and/or email. You can set up your account to communicate in whichever way works best for you. You may add up to five Josephine or Jackson County addresses in the system (home, work, school, parent's home, etc.)

Helpful Tips on Signing Up

- Visit www.rvem.org to sign up.
- Everyone with a cell phone should have their own account, even if they live in the same household. If two cell phone numbers are listed on the account, the second number will not receive the notification once you confirm receipt. Don't make yourself responsible to contact everyone in your household - let us do that for you!
- Do not turn your cell phone off at night if it is your only phone in the house. Think of it like a smoke alarm - you need to hear it for it to work!
- Signing up with a cell phone allows us to notify you even if you aren't at home.
- We cannot contact you if you don't sign up!
- If you do not have access to a computer you may call your local emergency management office and they can sign you up. The disadvantage is that you will not control your own account and will need to call the office to have updates made. If you create your own account you will have ownership and can update it as needed.

TIP: If you have a cell phone, you must opt in to receive alerts. Landlines are automatically uploaded into the system.

Would you need special help in an emergency?

You might want to apply to be in the Disaster Registry if in the case of a flood, forest fire or other disaster you or someone you care for would:

- Need outside help to safely leave your home during an emergency
- Be in jeopardy if you stayed in your home, without assistance, for three days
- Need special notification about the need for evacuation, due to impairment

The Disaster Registry provides the names and locations of people who need special assistance to fire, police, health and rescue workers. Being on the disaster registry does not guarantee that you'll get help first in a disaster. There are so many needs during a disaster that first responders may not be able to assist you for an extended period of time, but if your name is in the registry, they will know of your need for special assistance.

www.rvcog.org / 541-664-6674

Evacuations

Be Ready, Be Set, GO!

LEVEL 1 – BE READY

A Level 1 evacuation means "BE READY" for potential evacuation. Residents should be aware of the danger that exists in their area, monitor emergency services websites and local media outlets for information. This is the time for preparation and precautionary movement of persons with special needs, mobile property and (under certain circumstances) pets and livestock. If conditions worsen, emergency services personnel may contact you via an emergency notification system. All residents should be at this level of readiness at all times!

LEVEL 2 – BE SET

A Level 2 evacuation means "BE SET" to evacuate. This level indicates there is significant danger to your area, and residents should either voluntarily relocate to a shelter or with family/friends outside of the affected area, or if choosing to remain, to be ready to evacuate at a moment's notice. Residents MAY have time to gather necessary items, but doing so is at their own risk. THIS MAY BE THE ONLY NOTICE THAT YOU RECEIVE. Emergency services cannot guarantee that they will be able to notify you if conditions rapidly deteriorate. Area media services will be asked to broadcast periodic updates.

LEVEL 3 – GO!

A Level 3 evacuation means that you need to LEAVE IMMEDIATELY! Danger to your area is current or imminent, and you should evacuate immediately. If you choose to ignore this advisement, you must understand that emergency services may not be available to assist you further. DO NOT delay leaving to gather any belongings or make efforts to protect your home. Access to evacuated areas may be denied until conditions are safe for citizens to return. DO NOT plan to return to check on your house or animals. If it's not safe for you, it's not safe for them!

TIP: Park vehicles facing outward and keep your keys in the same spot. Never let your gas tank get below half full.

Evacuations

Evacuations are conducted to save lives and allow responding personnel to focus on the emergency at hand.

Please evacuate promptly when requested!

Evacuation Orders

It is important that you follow all evacuation instructions immediately for your safety. If you have animals or special needs you should consider leaving at Level 1.

TIP: Evacuations can take much longer than expected when entire neighborhoods are evacuating. Leave early when possible!

The Evacuation Process

Officials will determine the areas to be evacuated and the routes to use depending upon the safest option for the specific incident. Law enforcement agencies are typically responsible for enforcing an evacuation order. Follow their directions promptly! You will be advised of potential evacuations as early as possible, but ***don't wait to leave if you feel unsafe.*** Continually listen to your radio/TV for announcements from law enforcement/emergency personnel.

TIP: Sign up for Citizen Alert to receive emergency notifications!

If Evacuation is a Possibility

Follow your personal/family evacuation plan. You should have several routes out of your neighborhood, if possible, and practice with the whole family at least twice a year. Locate pets and keep them nearby; initiate your livestock evacuation plan. Before you leave your home, close windows and turn off central heating/air conditiong. Be sure to take your Grab-n-Go Binder, Evac Box and any other kits you have (Go Kit, Bug-Out Bag, etc.).

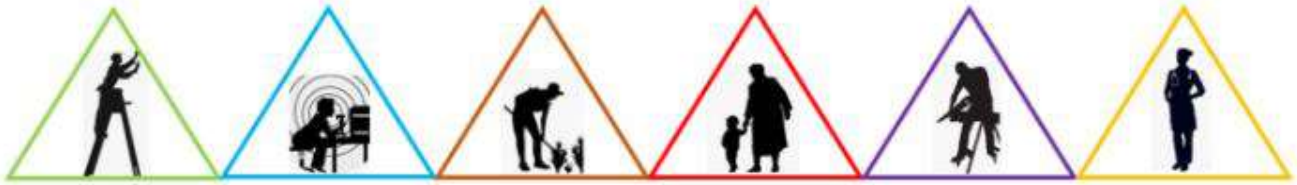
TIP: You can go to a Level 3 with no warning! Always be ready!

Your plan should include:

- Where you will take vehicles that have no driver if your warning is early enough?
- Where you will go and how you will get there (this is where family members who are not at home will meet)?
- Where your pets (including livestock) will go if they can't shelter with you?
- How you will let others know where you will be if communications are down?

Returning Home

Emergency officials will determine when it is safe for you to return to your home. This will be done as soon as possible, while considering safety and accessibility. Be alert for downed power lines and other hazards. Carry ID or proof of residency with you.



Resources
Neighborhood Preparedness

What is Neighborhood Emergency Preparedness?

Neighborhood preparedness refers to a neighborhood-wide effort to share the training, education and resources that each person has in order to prepare in advance for disaster on a collective level.

There is so much to do… So get some help!

To do it right, preparing for emergencies can be a full-time job with a hefty price tag. But, it doesn't have to be that way when you make it a collaborative effort among your neighbors. Many of the skills and equipment you will need in an emergency may already exist in your neighborhood. Use the Neighborhood Resource Inventory on the following page to easily compile of list of neighbors, equipment and skills each neighbor can offer to help in the recovery effort.

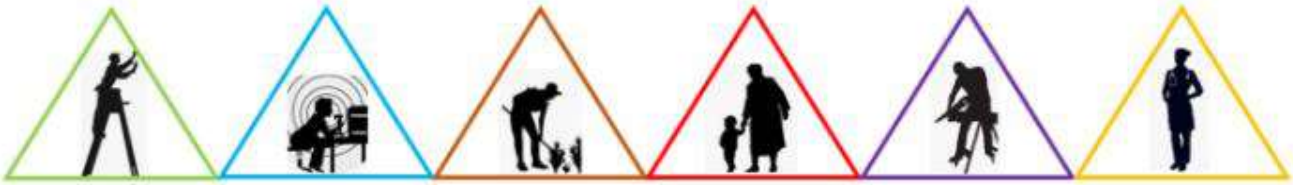
Coordinate with Neighbors

- Work with your neighbors to compile a list of available skills and resources. Make it a social event, like a block party - feed them and they will come! Put neighborhood preparedness as the only item on the agenda.
- Don't be discouraged if the resulting list seems small – creativity and innovation are your most valuable resources!
- Camping gear such as tents, canopies and cooking stoves can be used for temporary shelter, a feeding station, first aid station, pet care center, etc.
- Individuals with a certificate or license for medical skills (MD, RN, EMTs, etc.), building skills (architect, construction worker, building inspector), utility worker or heavy equipment operator may be willing to lead in their particular area of expertise.
- Equipment and tools used for debris removal, home repair, snow removal, etc. could be shared rather than purchased. Be sure to include provisions for replacement, if necessary.
- Integrate this approach into your Neighborhood Watch Program or Homeowners' Association. Don't reinvent the organizational wheel; use what you have already in place.
- Invite the knowledgeable neighbors to teach disaster skills at a Neighborhood Watch or Homeowners' Association meeting. Invite guest speakers from your local emergency management office, the fire department or the American Red Cross to discuss related topics.
- Start a "buddy squad" to check on elderly or disabled neighbors during and after disasters such as extended power outages or winter storms. Also check on children who may be home alone.

Start with What You Already Have

- Communications gear, especially amateur (ham) radio or citizen's band radio, may be your only link to rescue crews, incident updates, local government or even others in the community if telephone lines and cellular services are down.
- Transportation such as 4-wheel drive vehicles, cargo trucks, boats, snowmobiles and ATVs may become the only means available to get through debris-strewn, icy, snowy or flooded streets.

TIP: After an earthquake, when pavement is broken and debris has riddled the roadway, a bicycle will be one of the best modes of transportation!



Neighborhood Resource Inventory

Last Name:	**Address:**
Home Phone:	

	First Name	Age	Workplace or School Name and Address	Work Phone
1				
2				
3				
4				
5				
6				

Use the number next to the name to refer to which family member is volunteering, has the indicated skills, etc. below.

Is your family prepared for at least 2 weeks without power, water or assistance of any kind?	Yes		No	
Is your home "earthquake proof" (cabinets latched, water heater strapped, foundation reinforced)?	Yes		No	
Would you attend a training class on family and neighborhood preparedness?	Yes		No	

Skills Inventory

Disaster Skills:	#1	#2	#3	#4	#5	#6	Comments
1st Aid/CPR							
Fire Extinguisher							
Amateur Radio							
Group Leadership							
Tree/Limb Removal							
Heavy Equipment Op							
Building/Construction							
Sandbagging							
4-Wheel Drive Op							

Disaster Volunteer Opportunities

Activity	#1	#2	#3	#4	#5	#6	Comments
Fire Suppression Team							
Medical Team							
Search & Rescue Team							
Staging Area Team							
Search & Rescue Team							
Logistics							
*Buddy Squad							
**Runner							
Childcare							
Meal Preparation							
Shelter Management							
Pet Care							

*Buddy Squad checks on those with special needs: mobility impaired, latch-key kids, medically fragile, etc.
**Runners are used to pass messages when telephone, radio or other communications means are not available.

GET READY ROGUE

EMERGENCY PREPAREDNESS AND RESPONSE

Josephine County Emergency Management
250 Tech Way
Grants Pass, Oregon 97526
(541) 474-5300

Jackson County Emergency Management
10 South Oakdale
Medford, Oregon 97501
(541) 774-6790