Polk County Public Health

POLK COUNTY

Family and Individual Emergency Planning Guide

EMERGENCY PREPAREDNESS

Table of Contents Page

PREFACE

September is National Emergency Preparedness Month. The goal of emergency response planners at all levels of government and private enterprise is to be unneeded. We practice and plan for events that are out of the ordinary and which bring misery to the lives of many. That misery and level of crisis is worsened by failure to think of "what if" and how to respond to that event. This holds true for government, business, families and individuals.
This guide is not complete and never will be. It is an evolving document that must be modified by each individual as personal circumstances change.
Use a pen where you think the information will stay consistent, a pencil where the information may change.
Polk County evaluates the highest direct risks in our area to severe earthquake or weather extremes including high wind, flood, snow, and ice. The Polk County area can also suffer the indirect effects of a disaster such as if a tsunami occurs on our coastline causing large numbers of people to evacuate inland.
We all watched the crisis after Hurricanes Katrina and Rita. We all had thoughts, to various degrees of "Why didn't they prepare to take care of themselves?" The well publicized poor planning and response overshadowed the responses that were effective.
If you cannot totally rely on someone else to help you and your family you must plan on doing for yourself.

This guide is a first step.

Use it.

Family Emergency Plan

Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster. Review and practice your plan.

Out-of-Town Contact

Name:

_____

Telephone Number:

H_____C_____W_____

Email:

_____

Neighborhood Meeting Place:

_____

Telephone Number:_____

Regional Meeting Place:

_____

Telephone Number:_____

Evacuation Location:

_____

Telephone Number: _____

Fill out the following information for each family member and keep it up to date.

Name: _____
SSN: _____
Date of Birth: _____
Important Medical Information:

_____
_____
_____

Name: _____
SSN: _____
Date of Birth: _____
Important Medical Information:

_____
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Name: _____
SSN: _____
Date of Birth:_____
Important Medical Information:
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Date of Birth: _____
Important Medical Information:
_____
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Name: _____
SSN: _____
Date of Birth: _____
Important Medical Information:
_____
_____
_____

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One_____
School Location One_____
Address: _____
Address: _____
Phone Number: _____
Phone Number:_____
Evacuation Location: _____
Evacuation Location: _____

Work Location Two_____
School Location Two_____
Address: _____
Address:_____
Phone Number: _____
Phone Number: _____
Evacuation Location: _____
Evacuation Location: _____

Work Location Three_____
School Location Three_____
Address: _____
Address: _____
Phone Number:_____
Phone Number:_____
Evacuation Location:_____
Evacuation Location:_____

Other place you frequent_____
Address: _____
Phone Number: _____
Evacuation Location: _____
Other place you frequent_____
Address: _____
Phone Number: _____
Evacuation Location: _____

IMPORTANT INFORMATION

Poison Control Phone 1-800-222-1222 Web: www.ohsu.edu/poison/resources
Home Medical Assist Provider/Phone_____
Doctor Name/Phone_____
Doctor Name/Phone_____
Doctor Name/Phone_____
Medical Insurance/Policy #_____
Medical Insurance/Policy #_____
Life Insurance/Policy #_____
Life Insurance/Policy #_____
Dental/Vision Insurance/Policy #_____
Pharmacy Name/Phone_____
Homeowner/Rental Ins/Policy #_____
Veterinarian/Kennel/Policy #_____
Vehicle Make/Model/Yr/License#_____
Vehicle Insurance/Policy #_____
Vehicle Make/Model/Yr/License#_____
Vehicle Insurance/Policy #_____

Vehicle Make/Model/Yr/License#_____
Vehicle Insurance/Policy #_____
Water/Sewer Provider/Phone_____
Electricity Provider/Phone_____
Fuel (natural gas, propane, oil)/Phone_____
Telephone Provider Repair/Phone_____
Cable Provider Repair/Phone_____

The following several pages provides some general overview information concerning several types of events. Later in this guide is much more specific information on a multitude of events listed in alphabetical order.

Earthquake

The projection is for the Oregon region to have a 9.2 earthquake from the Cascadia Fault during the next 50 years. This would wreak havoc on the entire region. The coast of course would be isolated. Virtually all the towns are islands connected by bridges. Many, if not all of the bridges would fail. Highway 101, which routinely has weather related washouts/landslides during each winter, would disappear. Sewer, water, and power utilities would be devastated as would grocery stores, service stations, and health care facilities. Portland would not fair much better. Salem has the potential for its bridges over the Willamette to fail. Polk County could find itself isolated.

Remember to DROP, COVER, and HOLD. DROP to the ground/floor, COVER under a sturdy table desk or doorway, HOLD on to something heavy and secure.

If you are outdoors, stay there. Keep away from buildings, trees, power lines and utility poles, etc. Drop to the ground and stay down until after the tremors have quit. You want to lie down rather than be thrown down by the earthquake. If you are outside of taller buildings try to get into a building doorway/lobby to protect yourself from falling debris.

If you are driving pull over to a safe area away from objects, including overpasses that could fall onto your car. Do not stop on or drive over bridges and overpasses that may have been damaged during an earthquake.

If you are indoors lie down under or beside something sturdy that is secure. Do not lie down by a bookshelf that has not been secured to the wall (which could tip and fall) or that has glass which could shatter during the shaking and cause laceration injury. Do not leave the building for several seconds after the shaking stops as objects can still be falling. If you are in a theater or stadium stay in your seat, duck down and protect your head with your arms. If you are in a store get away from display shelves if possible.

If you are to the west of the coast range lie down, hold on and wait for the earthquake to stop. After the shaking has stopped, as rapidly as possible evacuate inland and uphill. A tsunami can occur within minutes of an earthquake.

If you use a wheelchair move to a clear or covered area, set the brakes, and protect your head with your arms.

After an earthquake check yourself, and then others nearby for injury. Be prepared for aftershocks. Be cautious leaving and entering buildings. Stay away from downed power lines. If you smell gas or hear a hissing sound, open a window and evacuate the building. Turn off the gas at the outside delivery site. Use the phone sparingly and then only to report life-threatening emergencies. Limit driving; keep the roads clear for emergency and public works vehicles. Check on your neighbors, especially the elderly or disabled. Listen to the radio for emergency updates. Attempt to contact your out-of-area phone contact.

Flood

Every winter and spring Polk County or nearby jurisdictions suffer from flooding. Some years the flooding is quite extensive. In 1996 we had snow and rain that caused a great deal of flooding in the area. Most floods are predicted hours if not days in advance based on rain volumes, river flow, snow pack amounts, temperature etc. This region does not suffer greatly from flash flooding but can occur after sudden large rainfall amounts such as from powerful thunderstorms.

Be prepared before a flood, especially if you live in a flood-prone area. Have your home inspected and flood-proofing performed if you can afford it. Buy and maintain a flood insurance policy. Have your emergency pack ready and important documents and photo albums ready to take with you if flooding is a potential. Gather your pets and pet supplies to take with you also. Keep your vehicle fuel tank full and listen to ongoing radio and television reports on local media and NOAA Weather Radio. Take photo or video documentation of your home, home contents and belongings to assist with insurance claim processing.

During a flood follow the designated evacuation routes. Do not drive into water as your vehicle may stall, the road may be damaged or washed away or your car may wash away. If your car does stall in water get out quickly and move to higher ground, a person can be swept away in 6 inches of moving water. A car may be lifted and swept away in 2 feet of moving water. Stay away from downed power lines and turn off utilities until you are told it is ok to turn them back on. DO NOT turn gas lines back on, only the natural gas company can safely do that. Stay out of damaged buildings as floors and walls are weakened and may collapse. Do not attempt to pump the water out of basements until the floodwaters have receded. The water is contaminated with fuels, human and animal waste, and other toxins. Stay out of the water if possible. Wash your hands frequently with soap and uncontaminated water.

After a flood wear boots and gloves when cleaning up your home. Open the windows and turn on fans to help dry out the interior and decrease the odor. Wash all linens and clothes in hot water. Wash counters and other solid surfaces with a 1-cup of bleach to 1 gallon of water mixture. Throw away mattresses, stuffed furniture and food that have come into contact with floodwaters. Bottled or canned goods are probably still good so long as the container has not been punctured but wash the outside of the container thoroughly. If you have a septic tank for wastewater, do not use it until the ground around it has dried. If you flush while the ground is still saturated the tank is unable to hold the wastewater. If you have a private well the water is probably contaminated and should not be used until evaluated by environmental health. If you are on the public water system do not use the tap water until told by public health/environmental health, by radio or television, that the water is safe. Learn how to purify water and decontaminate private wells and use bottled water. Be cautious driving not only because of debris but some roads will have damage that is not visible.

Windstorms

While we do not have hurricanes in this region we do get hurricane-force winds striking the coast and have had 70+mph windstorms into the Willamette Valley. The occasional tornado in Oregon does only isolated damage and destruction. Every fall and winter several low-pressure weather systems cause high windstorms in the Pacific Northwest. Spring and summer bring thunderstorms that will have strong winds but usually of a shorter duration than the windstorms.

Have your disaster supply kit prepared ahead of time. Learn the city, county, and state emergency response plans including at work, school or daycare. Evaluate the area outside your home and remove any dead or diseased trees and branches that might fall during a storm. Have your roof inspected for durability and wind resistance. If you have a electric garage door opener know how to operate the manual override. Know how to use home generators and position the generators so that fumes are not entering your home. Talk with your veterinarian on pet needs that may occur with the storm. Check on your neighbors, especially the elderly, infirm, single parents, or non-English speaking that may need additional assistance before and after a storm. Listen to the television and radio for information and orders.

During a storm do not panic. Take measures to protect yourself and others. If you are driving pull over in a clear area away for power lines, utility poles, or trees. If possible leave your car and enter a sturdy building. If outdoors get inside. Again avoid power lines or other objects that may topple or dislodge. Indoors keep away from windows that may shatter if struck by falling objects or objects that are propelled by the wind. Close curtains so that if windows do break the curtains slow the debris. Keep on the first floor if a multi-story building or in the basement if available. Continue to listen to the radio for emergency instructions. Turn off power to your electronics and appliances. Turn off the stove if you are cooking when the power goes out. You do not want to have the power come back on and cause a fire by burning food or melting cookware.

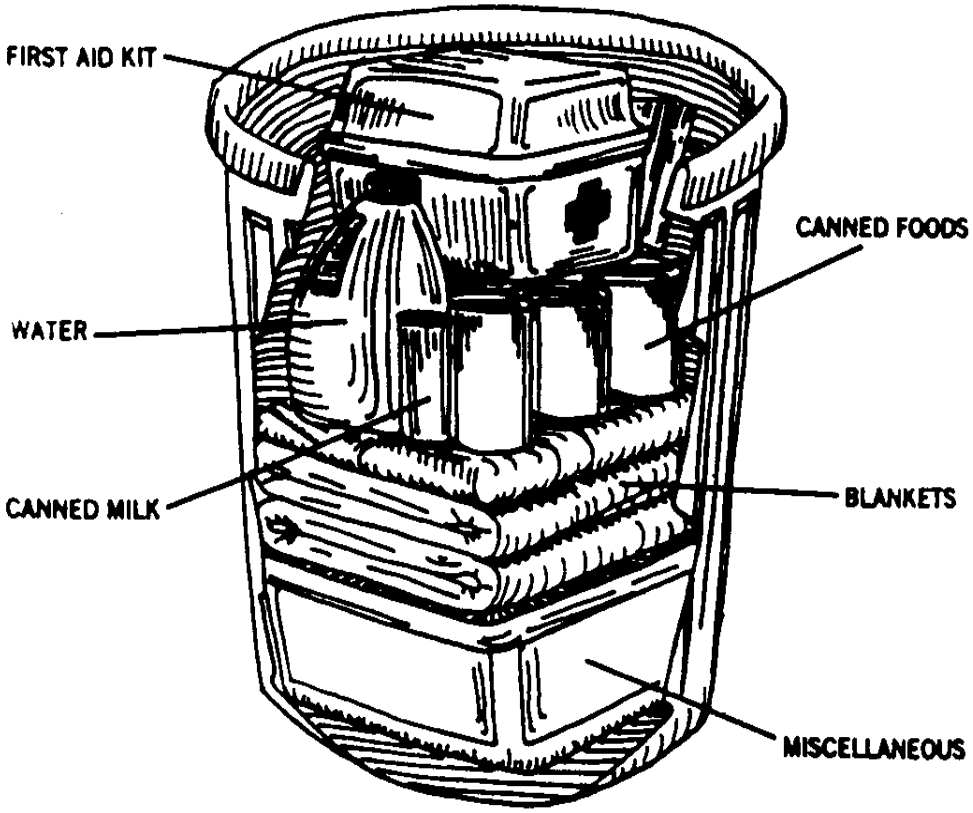
After a storm evaluate you, your family and neighbors for injury. Only call 9-1-1 for life-threatening injuries or illness in the period following a major windstorm (or other disaster), as emergency responders will be over-whelmed with calls for assistance. If your building is damaged evacuate it until told by authorities it is safe to return. If you smell gas or hear a hissing, open windows and evacuate the building. Turn off the gas and do not turn it back on. Do not use lighters, matches, candles, open flame or electrical switches/equipment indoors during a gas leak. If outdoors also do not use electrical or flame. If you have lost power you can keep your food safe for up to 2 days by limiting the opening of refrigerator and freezer doors. Continue to monitor your radio for a "all-clear" "storm has passed" announcement. Radio stations will broadcast emergency instructions including the location of shelters or medical treatment locations and the amount of damage in the area as that information becomes available.

Taking it one step at a time.

72 HOUR KIT FOR YOUR HOME

It's never too early to prepare! Disasters seldom give warning and are often devastating to their victims.

Prepare yourself for a minimum of 3 days. Due to overwhelming need or no road access, emergency services may not be available for up to 72 hours after a major disaster.



Storing Emergency Supplies

- ***Choose a location,*** such as a closet or "safety corner" in the garage, where it is cool and dark. If you live in an apartment or have limited space, be innovative. Other possible storage locations include under the bed, under stairways, or even in a large box or plastic tub that can be covered with a tablecloth and used as an end table.
- ***Layer supplies*** as shown, and keep them together in a container such as a plastic garbage can with wheels. Check every 6 months for food expiration dates, children's clothing sizes, etc.
- ***Start with what you already have.*** If you're a camper or backpacker, you've got a head start. Your tent, cook stove, and other gear can double as emergency supplies.

Being prepared is another form of insurance

FOOD:

• Use canned foods for easy storage and long shelf life. Choose ready-to-eat canned meat, fruits, and vegetables that your family likes. (During a disaster is not the time to try new menu items. You're under enough stress!) Keep food fresh by checking dates and replacing it every year.

• Also recommended are canned or dried juice mixes; powdered or canned milk; high energy food (peanut butter, jelly, crackers, unsalted nuts, and trail mix); cereals, and rice.

• Store foods in single- or family meal-size packaging. Unrefrigerated leftovers can lead to food poisoning.

• Don't forget your pets. Store canned and dry pet food along with an extra collar and leash. Pets are not allowed in most shelters. If evacuated, you may have to leave them behind with extra food.

• Add a manual can opener, cooking and eating utensils, and basic food seasonings.

WATER:

• Store a three day supply of water for each family member. One gallon per person per day is recommended for drinking, cooking, and washing. Remember to include water for your pets. Write the date on the water containers and replace them every six months.

• Learn how to remove the water from your hot water heater just in case you need it. Be sure to turn off the gas or electricity to the tank before draining off water for emergency use.

• Purify water by boiling it for 5 to 10 minutes or by adding drops of household unscented bleach containing 5.25% hypochlorite. The Federal Emergency Management Agency (FEMA) recommends 16 drops of bleach per gallon of water. Water purification tablets or a filter system such as those designed for campers and backpackers also work.

OTHER ITEMS:

- ☐ First aid kit
- ☐ Blankets
- ☐ Battery-powered clock
- ☐ Candles
- ☐ Flashlights
- ☐ Battery-powered radio
- ☐ Extra batteries
- ☐ Matches
- ☐ Money (coins)
- ☐ List of insurance policy numbers
- ☐ Fire extinguisher
- ☐ Trash bags
- ☐ Medications
- ☐ Copy of prescriptions
- ☐ Extra eye glasses
- ☐ Hearing aid batteries
- ☐ Cook stove with fuel
- ☐ Heavy gloves
- ☐ Duct tape
- ☐ Sturdy shoes for each family member
- ☐ Ax, shovel, broom
- ☐ Pliers, wrench, pry bar
- ☐ Household bleach
- ☐ Map of area (for identifying evacuation routes or shelter locations)
- ☐ Diapers, baby formula
- ☐ Vaccination records
- ☐ Hygiene products
- ☐ Warm set of clothes for each family member

GET YOUR NEIGHBORS INVOLVED:

• Working through your Neighborhood Watch Program or homeowners' association, arrange to share expensive equipment items such as chain saws, generators, and 4-wheel drive vehicles. (If the Neighborhood Watch Program isn't active in your neighborhood, rally your neighbors to start one.)

• 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.

• Turn your organizing efforts into a neighborhood social event, such as a block party. (Draw them in with food, then make your presentation!)

Taking it one step at a time.

BLOODBORNE & AIRBORNE PATHOGENS

What personal precautions should you take before rendering First Aid to an injured person? Experts agree that blood and other body fluids should always be considered potential sources of pathogen infections, including HIV (AIDS) and Hepatitis B and C. Diseases such as colds, influenza, tuberculosis, and meningitis can be transmitted via airborne pathogens.

"Universal Precautions"

! The dangers of exposure to bloodborne and airborne pathogens are not always obvious, but they are very real. "Universal Precautions" is the name used to describe a prevention strategy in which all blood and potentially infectious materials are treated as if they are, in fact, infectious, regardless of the perceived status of the source person. To protect yourself, it is essential to have a barrier between you and the potentially infectious material.

Personal Protective Equipment (PPE)

PPE provides a barrier between you and the potentially infectious material. Important PPE rules to follow:

- Always wear personal protective equipment in potential exposure situations.
- Remove/replace PPE that is torn, punctured, or has lost its ability to function as a barrier.
- Remove and properly dispose of PPE before leaving the exposure area.
- Minimum PPE items include: latex gloves, fluid-resistant apron, safety goggles, face mask, long-sleeved shirt, long pants, and shoes

Bloodborne/Airborne Pathogens Kit:

A portable kit designed for use when rendering First Aid can literally save your life! It may include:

- Plastic bucket with lid -
  - Used to hold everything else!
  - Also used to mix the disinfecting bleach solution. It is helpful to mark the side of the container with fill lines for one part unscented household bleach to ten parts water.
- Small bottle of unscented household liquid bleach (5.25% sodium hypochlorite)
  - Use bucket to mix a disinfecting solution of one part bleach to ten parts water
  - Use disinfecting solution to clean up any spills (see reverse side of this flyer)
- 1 large garbage bag - For disposal of contaminated materials. Choose a strong bag (≥ 1 mil thickness) to ensure it doesn't break
- Antibacterial hand cleaner - The no-water-needed variety is good
- Germicidal cloth wipes - Baby Wipes® or any other alcohol-based brand
- Antimicrobial wipes - Hibistat Wipes® or equivalent, available at medical supply stores.
- CPR mask with one-way breathing valve - ask your CPR instructor for a local source or purchase from the American Red Cross
- Several pair of latex gloves -
  - Blow them up like a balloon to ensure they are not damaged.
  - Remove them carefully to ensure they do not contact any exposed skin
- Fluid-resistant apron - (or a large garbage bag with holes cut for neck and arms - works great and it's disposable!)
- Fluid-resistant cap- a shower cap works just fine
- Pair of goggles and a face mask. (A full face shield provides additional protection from splashing)

Precautionary Hygiene Practices

It is your personal responsibility to follow these guidelines whenever there is potential for exposure.

General Hygiene: Whenever there is reasonable likelihood of exposure, **you must never:**

- ⇒ **Eat**
- ⇒ **Drink**
- ⇒ **Smoke**
- ⇒ **Apply cosmetics or lip balm**
- ⇒ **Handle contact lenses**

No food or drink should be kept in refrigerators, freezers, shelves, cabinets, or on counter tops where blood or potentially infectious materials are present.

Handwashing is one of the most important (and easiest!) practices used to prevent transmission of bloodborne or airborne pathogens. Hands or other exposed skin should be thoroughly washed as soon as possible following an exposure incident. Use soft, antibacterial soap, if possible. Avoid harsh, abrasive soaps, as these may open fragile scabs or other sores. Hands should also be washed immediately (or as soon as feasible) after removal of gloves or other personal protective equipment.

Do not use contaminated water to wash your hands! If proper handwashing facilities are not available, you may use bottled water, water that has been boiled for 3 - 5 minutes, or antibacterial soap/towelettes designed for use without water. You may also purify water for hand washing using unscented household liquid bleach (5.25% sodium hypochlorite). Add 16 drops of bleach to a gallon of water, stir, and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand for another 15 minutes.

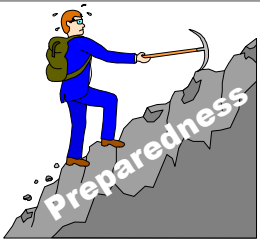
Decontamination and Sterilization: All surfaces that come in contact with blood or potentially infectious materials must be decontaminated as soon as possible. Decontamination should be accomplished by using a solution of unscented household bleach (5.25% sodium hypochlorite) diluted about 1:10 with water.

Handy Tip: When gathering decontamination supplies, measure and mark the fill lines on your bucket ahead of time, one fill line for the bleach, and another fill line for the water. You might also want to pre-mark a spray bottle, which may be easier to use than a bucket for smaller spills. Pre-marking your containers gives you easy, measuring-free mixing of your bleach cleaning solution when you need to use it.

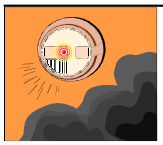
If you are cleaning up a spill of blood, carefully cover the spill with paper towels or rags, then gently pour your 10% solution of bleach over the towels or rags. This will help decrease the chances of causing a splash when you pour the bleach on it. ***Leave it in place for at least 10 minutes.*** This will help ensure that the bloodborne pathogens are killed before you actually begin cleaning or wiping the material up.

The same is true when decontaminating equipment or other objects (knives, tweezers, mechanical equipment upon which someone has been cut, first aid boxes, or whatever): you must leave your disinfectant in place for *at least 10 minutes* before continuing the cleaning process. Any materials used to clean up a spill must also be decontaminated immediately, including mops, sponges, re-usable gloves, buckets, etc.

Accidental Exposure: Even with all these precautions, you may still be exposed to contaminated water or human waste. Flush the exposed area immediately with plenty of clean water. If the exposure occurred by splashing onto mucous membranes of the eyes, nose, or mouth, or onto non-intact skin (abrasion, eczema, or other damaged skin), seek advice from a medical professional within two hours! Timely intervention is necessary for the initiation of preventive medication or vaccination.)



Taking it one step at a time.



SMOKE DETECTORS and FIRE EXTINGUISHERS

Ever Vigilant Sentries That May

SAVE YOUR LIFE

Half of the home fires and three-fifths 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 that you check and maintain it frequently.

You Need To Know What Kind Of Smoke Detector You Have & How To Maintain It

Battery-Powered

- Battery-powered smoke detectors operate on alkaline batteries. Unlike the bunny, they won't keep going forever. The battery should be checked weekly 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 Back-up

- This type of smoke detector operates on household current. As long as you have electricity, it will function; but 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 Back-up

- 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 or when needed.

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 that is able to awaken most people from their sleep.

10-Year Smoke Detector

- All smoke detectors sold in Oregon after January 1, 1998 must have a 10-year battery and a hush feature. The detectors' 10-year lithium batteries eliminate the need for annual battery replacement. The hush feature allows you to silence the alarm when it's activated by smoke from cooking or steam from a shower. If the hush button is pushed, the alarm will be silenced for 15 minutes and will then reset itself.

Important Information About Smoke Detectors

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.

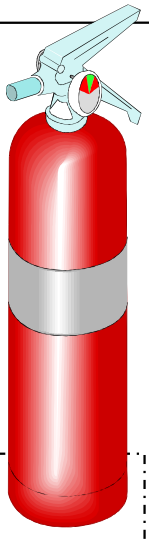
Smoke Detector Replacement

- It is recommended that 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.

REMEMBER

Change Your Smoke Alarm Battery The Same Day You Change Your Clocks For Daylight Savings Time

Know Your Fire Extinguisher A,B,C's



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 much worse.

Traditionally, fire extinguishers have only been labeled with the letters 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

Type A: Ordinary combustibles

To be used on fires in paper, cloth, wood, rubber, and many plastics. This is a water type extinguisher.

Type B: Flammable Liquids

To be used on oils, gasoline, some paints, lacquers, grease in a frying pan or an oven, solvents, and other flammable liquids.

Type C: Electrical Equipment

To be used on fires in wiring, fuse boxes, and other energized electrical equipment.

D: Metals

To be used on combustible metals such as magnesium and sodium.

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.**
4. Extinguishers should be installed near escape routes away from potential hazards.

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

DIAL 9-1-1

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.

Learn How To P A S S

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

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

3. Squeeze Squeeze or press the handle.

4. 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**.

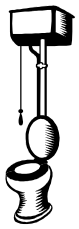
Learn Not To Burn

Taking it one step at a time.

DISASTER SANITATION

What would you do without the convenience of your sink and toilet?
Disposing of human waste can pose serious public health problems when sewer or water systems are not working. With some preplanning, you can assemble supplies to get your family through a disaster without risking contamination.

Emergency Toilets: One easy solution is a portable chemical toilet, found at recreational vehicle supply or camping stores. Alternatively, a simple emergency toilet can be provided using:



- Medium-sized plastic bucket with tight-fitting lid (to store the supplies and to serve as the emergency toilet)
- Container of unscented household liquid bleach (5.25% sodium hypochlorite), to be mixed in a 1:10 solution with water
- Plastic/vinyl garbage bags with twist ties (sized to line the bucket)
- Toilet paper
- Liquid antibacterial soap and/or towelettes
- Sand, sawdust, or "kitty litter" (optional)

Line the bucket with a garbage bag. If you choose, you may put sand, sawdust, or kitty litter in the bottom of the garbage bag to absorb liquids. After each use, pour a disinfecting solution of 1 part bleach to 10 parts water into the garbage bag. This will help avoid infection and stop the spread of disease. Use twist ties to close the bags between uses, and close lid tightly. *Wash your hands!*

At the end of each day, the bagged waste should be securely tied and removed to a protected location, such as a designated garbage can in the garage, basement, or an outbuilding, until safe disposal is available.

If the sewer is not working and your toilet bowl is empty, you can line your toilet with garbage bags and use it in the same manner. This has the added comfort advantage of using a regular toilet seat.

Another emergency toilet option...
If your water is cut off, but the sewer system is still working, and if you have an auxiliary supply of water, you can flush your toilet by pouring 2-3 gallons of water into the bowl. If you are given prior notice of the water system shutoff, you could fill your bathtub or child's wading pool with water for this purpose. You could also use water from your swimming pool.
Note: Water brought into the area for drinking purposes must not be used for this.

Note: This waste **cannot** be disposed of with your regular garbage. Once the disaster is over, dispose of the waste according to directions from your local Health Department or Emergency Manager.

General Guidelines: When creating an emergency toilet, it is always important to:

- Locate the toilet away from food preparation or eating areas.
- Provide a place next to the emergency toilet to wash hands that offers soap, water, and paper towels.
- Keep toilet closed when not in use to keep out insects/animals and to prevent the spread of disease.
- Supervise small children when they are using the emergency toilet.

Precautionary Hygiene Practices

It is your personal responsibility to follow these guidelines whenever there is potential for exposure.

General Hygiene: Whenever there is reasonable likelihood of exposure, **you must never:**

- ⇒ **Eat**
- ⇒ **Drink**
- ⇒ **Smoke**
- ⇒ **Apply cosmetics or lip balm**
- ⇒ **Handle contact lenses**

No food or drink should be kept in refrigerators, freezers, shelves, cabinets, or on counter tops where blood or potentially infectious materials are present.

Handwashing is one of the most important (and easiest!) practices used to prevent transmission of disease. Hands or other exposed skin should be thoroughly washed as soon as possible following an exposure incident. Use soft, antibacterial soap, if possible. Avoid harsh, abrasive soaps, as these may open fragile scabs or other sores. Hands should also be washed immediately (or as soon as feasible) after removal of gloves or other personal protective equipment.

Do not use contaminated water to wash your hands! If proper handwashing facilities are not available, you may use bottled water, water that has been boiled for 3 - 5 minutes, or antibacterial soap/towelettes designed for use without water. You may also purify water for hand washing using unscented household liquid bleach (5.25% sodium hypochlorite). Add 16 drops of bleach to a gallon of water, stir, and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand for another 15 minutes.

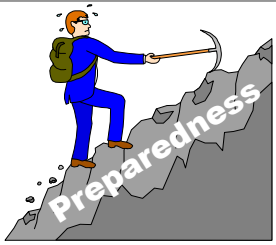
Decontamination and Sterilization: All surfaces that come in contact with blood or potentially infectious materials must be decontaminated as soon as possible. Decontamination should be accomplished by using a solution of unscented household bleach (5.25% sodium hypochlorite) diluted about 1:10 with water.

Handy Tip: When gathering decontamination supplies, measure and mark the fill lines on your bucket ahead of time, one fill line for the bleach, and another fill line for the water. You might also want to pre-mark a spray bottle, which may be easier to use than a bucket for smaller spills. Pre-marking your containers gives you easy, measuring-free mixing of your bleach cleaning solution when you need to use it.

If you are cleaning up a spill of blood, carefully cover the spill with paper towels or rags, then gently pour your 10% solution of bleach over the towels or rags. This will help decrease the chances of causing a splash when you pour the bleach on it. ***Leave it in place for at least 10 minutes.*** This will help ensure that the bloodborne pathogens are killed before you actually begin cleaning or wiping the material up.

The same is true when decontaminating equipment or other objects (knives, tweezers, mechanical equipment upon which someone has been cut, first aid boxes, or whatever): you must leave your disinfectant in place for *at least 10 minutes* before continuing the cleaning process. Any materials used to clean up a spill must also be decontaminated immediately, including mops, sponges, re-usable gloves, buckets, etc.

Accidental Exposure: Even with all these precautions, you may still be exposed to contaminated water or human waste. Flush the exposed area immediately with plenty of clean water. If the exposure occurred by splashing onto mucous membranes of the eyes, nose, or mouth, or onto non-intact skin (abrasion, eczema, or other damaged skin), seek advice from a medical professional within two hours! Timely intervention is necessary for the initiation of preventive medication or vaccination.)



Taking it one step at a time.

Disaster Psychology

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.

Disaster-induced stress and trauma are "normal" reactions 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. Strength 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 strength of the individual
- Individual feelings that there is no escape, which sets the stage for panic
- The length of time that has elapsed since the event occurred

Survivors may go through distinct emotional phases following a disaster:

- In the *impact phase*, survivors do not panic and may, in fact, show no emotion. They do what they must to respond to the situation and keep themselves and their families alive.
- In the *inventory phase,* which immediately follows the event, survivors assess damage and try to locate other survivors. During this phase, routine social ties tend to be discarded in favor of the more functional relationships required for initial response activities such as searching out family members and seeking medical assistance.
- In the *rescue phase,* emergency services personnel are responding and survivors take direction from these groups without protest. They trust that rescuers will address their needs and that they can then put their lives back together quickly.
- In the *recovery phase,* survivors may believe that rescue efforts are not proceeding quickly enough. That feeling, combined with other emotional stressors (e.g., dealing with insurance adjusters and living in temporary accommodations), may cause survivors to pull together *against* those who are trying to help them.

Pre-empt some of the symptoms by taking good care of yourself!

- Try to rest a bit more.
- Eat well-balanced and regular meals (even when you don't feel like it).
- Try to keep a reasonable level of activity - physical activity is often helpful.
- Reestablish 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 or periods of a day.
- Recurring thoughts, dreams, or flashbacks are normal - don't try to fight them. They'll decrease over time and become less painful.

Post-event psychological and physiological symptoms:

The intensity, timing, and duration of these responses will vary from person to person. They may be: acute or mild, immediate and/or delayed, cumulative in intensity.

Psychological Symptoms:

- Irritability or anger
- Self-blame, blaming others
- Isolation, withdrawal
- Fear of recurrence
- Feeling stunned, numb, or overwhelmed
- Feeling helpless
- Concentration and memory problems
- Sadness, depression, grief
- Denial
- Mood swings

Physiological Symptoms:

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

If the symptoms described above are severe or if they last longer than six weeks, the traumatized person may need professional counseling.

Emotional First Aid for Survivors:

Using these techniques will provide the survivor the initial comfort and support he/she needs in taking the first step toward recovery.

- *Establish Rapport.* Talk to the person. Encourage him or her to talk about his/her feelings as well as their physical needs.
- *Listen.* If the person has something to say, take the time to listen.
- *Empathize.* Show through your response that you understand the person's concerns or worries and that such feelings are to be expected.
- *Provide Confidentiality.* Respect the person's confidence. Don't repeat personal information to other people.
- Some of the following may also help to alleviate the emotional pain of a traumatic event:
    - Spend time with the traumatized person.
    - Reassure them that they are safe.
    - Offer your assistance even if they have not asked for help.
    - Don't take their anger or other feelings personally.
    - Don't tell them that they are "lucky it wasn't worse" - they won't be consoled by this. Instead, tell them that you are sorry such an event has occurred and you want to understand and assist them.

"Humanizing" the disaster response:

In the aftermath of a disaster, rescue operations can be more responsive to both the survivors' and rescuers' psychological needs if their feelings are recognized. Psychologists encourage open, honest expression of emotions as a self-protection mechanism. To avoid "emotional overload," survivors and rescuers should be allowed to express their feelings openly, as long as doing so does not interfere with the rescue. *Listen, but try not to take ownership of others' feelings.*

Taking it one step at a time.

When an earthquake strikes:

Drop, Cover and Hold

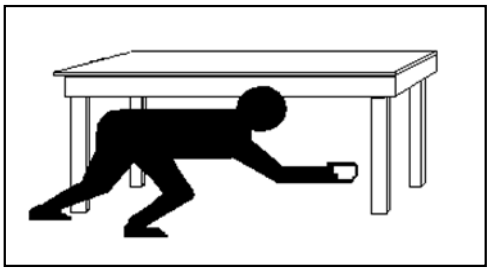
Whether you are in your home, at work, in school, or in any other type of building, it is important to know how to protect yourself during an earthquake and its aftershocks.

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

When the shaking starts:

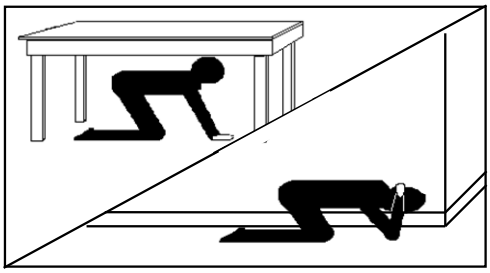
DROP

DUCK or drop down to the floor



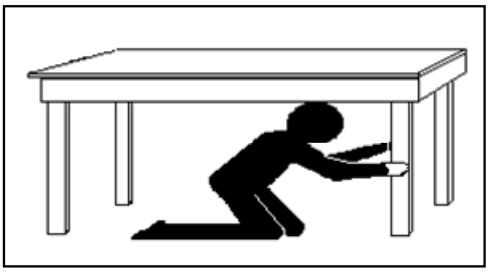
COVER

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

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.



Earthquake

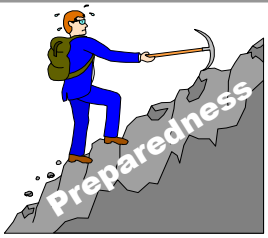
DUCK, COVER & HOLD TIPS

Falling objects cause most earthquake-related injuries!

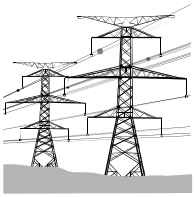
When you begin to feel an earthquake, **DUCK** under a sturdy piece of furniture like a desk or table. Stay away from windows, bookcases, pictures and mirrors, hanging plants and other heavy objects that may fall. Be aware of falling materials such as plaster, ceiling tiles and bricks that may come loose during the quake. Stay under **COVER** until the shaking stops. **HOLD** on to the desk or table that you are under and if it moves, move with it.

- If you are not near a table or desk, move against an interior wall, and protect your head with your arms. **Do <u>not</u> go into a doorway**, the shaking can cause the door to swing forcibly shut.
- <u>HIGH-RISE BUILDINGS</u> - Do not use the elevators and don't be surprised if the fire alarm and/or sprinkler systems come on.
- <u>OUTDOORS</u> - Move to a clear area away from trees, signs, power lines, buildings and poles.
- <u>NEAR BUILDINGS</u> - Be aware of falling bricks, glass, plaster and other debris. Duck into an entryway and protect your head with your arms.
- <u>DRIVING</u> - Pull to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over.
- <u>STORE OR OTHER PUBLIC PLACE</u> - **Do not rush for the exit.** Move away from shelves and displays that may fall over or contain objects that could fall, then duck, cover and hold.
- <u>WHEELCHAIR</u> - If you are in a wheelchair, stay in it. Move to cover, if possible (i.e., an interior wall), lock your wheels, and protect your head with your arms.
- <u>KITCHEN</u> - Move away from the refrigerator, stove and overhead cupboards, then duck, cover and hold. [Now would be a good time to anchor appliances and install security latches on cupboards to reduce hazards.]
- <u>THEATER OR STADIUM</u> - If possible get on the floor between the rows and cover your head with your arms, otherwise stay in your seat and protect your head with your arms. Do not try to leave until the shaking stops, then leave in a calm, orderly manner.

AFTER AN EARTHQUAKE, BE PREPARED FOR AFTERSHOCKS AND PLAN WHERE YOU WILL TAKE COVER WHEN THEY OCCUR.



Taking it one step at a time.



ELECTRICAL OUTAGES AND HOME SAFETY

Are you prepared if the power goes out?

IF THE POWER GOES OUT:

1. **Check your fuse or breaker box** for blown fuses or tripped circuits. If they are okay, see if neighbors are without power.

2. **Call your utility** immediately. You may be asked for information, or hear a message if the situation has already been reported.

3. **Turn off** all electrical equipment (e.g., water heater, electric furnace, heaters, stove, washer, dryer, TV) to prevent overloading the system when power is restored.

4. **Turn on** a porch light and one inside light so you and utility crews will know when service is restored.

5. **Listen to the radio** (battery-powered) for updates on major electrical outages.

6. If your neighbors' power comes back on but yours does not, call your utility company again.

Important Information when Reporting a Power Outage

- Name & address
- Time of outage
- Are lights out, flickering or dim?
- Are the neighbors' lights out?
- Were there loud noises preceding the outage?
- Have any wires fallen to the ground?
- Tree limbs on lines?

Crews may have to remove limbs, replace broken insulators or fuses and close circuit breakers. The more serious the problem, the longer it will take to restore customer service.

EMERGENCY LIGHTING:

Flashlights: Each person should have their own flashlight. Store extra bulbs and batteries.

Lightsticks: Self-contained chemical lights that activate by bending. Work well as night-lights for children.

Candles: Can be dangerous. Set in low wide cans. Keep away from curtains and flammable furniture and out of children's reach.

DOWNED POWER LINES

If you see a power line lying on the ground, don't touch it with anything - - stay back. Call your utility company immediately. Keep kids and pets away.

NEVER touch a downed power line. Electricity can travel through your body causing serious injury or death. If you see a downed power line, take these precautions:

Expect every power line to be "live." Electricity is invisible. The line doesn't have to spark or sizzle to carry electricity**.**

If a power line is touching someone, stay away - you cannot help. If you touch the person, you could become a victim too.

Call 911 for emergency help!

If a power line falls across your vehicle, don't get out! Wait for emergency help to arrive.

EMERGENCY KIT CHECK LIST

- ☐ Lantern/Candles & matches
- ☐ Battery-powered radio
- ☐ Paper plates/plastic utensils
- ☐ Manual can opener
- ☐ Bottled drinking water
- ☐ Flashlight
- ☐ First aid kit
- ☐ Extra batteries
- ☐ Firewood/kindling
- ☐ Gas camp stove/BBQ (never use indoors)
- ☐ Battery or wind-up alarm clock

STAYING WARM:

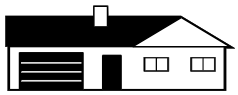
Outages can occur at any time of year, but during cold weather the temperature inside your home can drop rapidly. Tips for staying warm:

Save Body Heat - Wear a hat, even while sleeping. Wear loose layers of clothing to trap body heat. Use blankets and a hot water bottle.

Lock in Home Heat - Pick one room (on the sunny side of the house) and close it off to keep the heat in.

Watch for **Hypothermia** (a drop in core body temperature) especially in infants and elderly. Symptoms include slow, slurred speech, clumsiness, confusion and/or persistent shivering. Call 9-1-1 if you suspect hypothermia. Remember to check on isolated friends and neighbors.

HOUSEHOLD TIPS:



Your **Freezer** will keep food frozen during an outage for about two days if it's full; one day if it's less than half-full. Don't open the door. It also helps to cover the freezer with blankets.

Protect your Pipes: If the power is out and the weather is freezing, keep a steady drip of cold water on an inside faucet and wrap pipes to prevent damage.

Automatic Garage Door Openers won't work if the power is out. Check to see if you have a manual override.

Home Computers: Install a surge protector (not just a power strip) to protect your computer from power surges.

Charcoal Briquettes: ***Never*** use briquettes indoors. They produce carbon monoxide which can be deadly.

Generators: Never connect a home generator to a wall outlet. If used incorrectly, portable or auxiliary generators used for backup power at home can ruin your electrical system and start a fire and can also feed electricity back into the utility system. This is very dangerous for crews repairing lines.

WHO TO CALL TO REPORT A POWER OUTAGE IN POLK COUNTY:

PP &L 1-888-221-7070

PGE Emergency Outage

Toll Free.....1-800-544-1795

Salem Electric…… .503-362-3601

Monmouth Power & Light 503-838-3526

Consumer Power & Light 800-872-9036

Taking it one step at a time.

EMERGENCY COMMUNICATIONS

During a disaster, telephone communications may be hampered by a combination of circuit overload and equipment damage. If the power goes out, you could lose the use of your television or radio. With some pre-disaster planning, you will have other communications options.

It isn't only telephones that are dependent upon telephone lines.

Telephones, cellular telephones, satellite telephones, pagers, facsimile machines, e-mail, and internet connections may all be dependent upon "land lines" provided by your local telephone company. Whether using a public or private telephone system, your call may traverse several different types of transmission paths before completing your connection.

Designate an out-of-state telephone contact.

Disasters don't always happen when you're at home, so you'll need a way to check in with family members. Sometimes, when local telephone lines are down, it is still possible to make an out-of-state call. Arrange with someone living in an area that is covered by a different telephone area code, and have family members call to report their location and status. Carry that telephone number in every wallet in the family, so it is accessible during a disaster. As with the rest of your family disaster preparedness plans, practice, practice, practice! Make sure the procedures are worked out before you need to use them.

You can learn a lot from the local news.

Radio - The same radio stations you normally listen to for news coverage will probably be covering the local disaster situation. Stations compete for listeners by being first with the latest news scoop. Many radio stations have backup power, so they can stay on-the-air in the event of a power failure. You should also have a backup plan, including a battery-operated or hand-cranked radio.

Television - The same is true of television stations - they'll compete for your viewing by bringing the disaster right into your home in living color! Many stations use generators to remain on-the-air during a power failure. Battery operated televisions may not get reception after the switch to digital television in January 2009. A less expensive alternative is a battery-operated or hand-cranked radio that receives television audio.

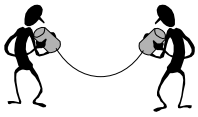
Emergency Alert System - You hear EAS tested periodically on radio and television - those obnoxious tones followed by the message, "This has been a test of the Emergency Alert System..." A recent EAS equipment upgrade by all radio and television broadcasters, cable TV providers, and the National Weather Service has greatly improved our ability to get the emergency message out. If you're listening on the radio, you'll hear the warning tones followed by a recorded emergency message of up to two minutes in length. If you're watching local broadcast or cable television, you'll get the same warning tones and recorded message, but you'll also get a written message scrolled across the bottom of your television screen. *Note: If you are watching a television that is subscribed to a satellite broadcast service, you will not receive the emergency warning unless you are viewing a local station. Satellite systems cover too broad an area to transmit "local" EAS messages.*

Communications Tip: Don't depend upon "high tech" solutions, and don't overlook the obvious. Sometimes, sending a runner is the best solution! You could set up a "sneaker net" in your neighborhood, where neighbors go from home to home to pass the latest disaster news.

Some Emergency Radio Communications Options

NOTE: For more information on regulations governing these radio services, see the Code of Federal Regulations Title 47, Part 95 (http://www.fcc.gov/wtb/prs/) and Part 97 (http://www.fcc.gov/wtb/amateur/).

Citizen's Band Radio - This may be the most familiar radio system, due to its popularity with truckers and as part of the pop culture of the 1970s. CB has 40 radio channels to choose from, and you can be heard for a distance of 4-5 miles. Channel 9 is set aside by the FCC for emergency communications, and many CB enthusiasts monitor that channel for distress calls. You do not need a license to operate a CB radio.



Family Radio Service - These small, battery-operated, handheld radios with up to 14 channels can be heard for a distance of 1-2 miles. They are great in an emergency and also great for keeping track of each other during family outings. On the downside, they tend to use up batteries very quickly, so you might want one that is rechargeable or has a cigarette lighter adapter. You do not need a license to operate an FRS radio.

General Mobile Radio Service - GMRS radios may transmit at higher power and be heard for 5 - 25 miles. Many GMRS radios share 7 of the 14 FRS channels, so you can communicate between the two systems. *You must have an FCC-granted license and station identification to operate a GMRS station.* Licenses are granted for the benefit of the licensee and immediate family members only.

Amateur Radio - It's not just a hobby, it's an emergency communications adventure! Amateur radio operators, or "hams," have been providing emergency radio services since 1936. Your local Emergency Manager is supported by a group of well-organized ham enthusiasts who have voluntarily registered their qualifications and radio equipment for duty during emergencies. You are also likely to have one or more hams living in your neighborhood. (Hint - look for the antennas!)

You must have an FCC-granted license and call sign to operate amateur radio equipment, and operating privileges are different for each of the three levels of licensing.

Hams can operate in most frequency bands from their homes, vehicles, or outdoors. The high frequency (HF) band can communicate across the country or worldwide. Very high frequency (VHF) and ultra high frequency (UHF) bands provide more local communications, often from a handheld radio that fits in your shirt pocket! Amateur radio has one especially useful emergency feature: they can interconnect with the local telephone company to make a call (when phone lines are working). They can also send voice messages or video with a latitude/longitude location tag, which is useful for initial reporting of disaster damages to local authorities.

Communications Tip: If you'll be using radios in a noisy environment, invest in a good, comfortable headset. Your ears will thank you! An added benefit is that your batteries will last longer at the lower volume level.

Emergency Radio Etiquette:

- Refrain from using the radio except for bona fide emergency needs, *and keep conversations short.* Radio frequencies are shared, and your chatter may prevent someone from requesting needed help.
- Good News - You'll be heard by anyone monitoring the radio frequency! This increases your chances of getting the help you need.
- Bad News - You'll be heard by anyone monitoring the radio frequency! No radio communication is truly private, so don't broadcast sensitive information.
- Use plain language. Although you may know the meanings of all the "10 codes" and other radio jargon, the folks you're trying to talk to may not, or they may know a different meaning altogether.
- Listen before you transmit. Make sure you aren't interrupting a conversation.
- If you must interrupt for a bona fide emergency, say "Break for a medical emergency" or other appropriate language. The other parties should yield the frequency to you or attempt to assist.
- Do not use obscene, indecent, or profane words, language, or meaning.
- Do not use the radio to advertise the sale of goods or services.

Taking it one step at a time.

FAMILY DISASTER PLANNING

Where will you and your family be when disaster strikes? What would you do if basic services - water, gas, electricity, and telephones - were cut off for long periods?

Whether faced with a family emergency or a regional disaster, the effort you've put into family preparedness and disaster planning will play a large role in how well you "survive" the event. The following steps can help you enhance your family's preparedness.

IDENTIFY THE HAZARDS

Visit the library, contact the American Red Cross or your local Emergency Manager, and log on to the Federal Emergency Management Agency (FEMA) web site at www.fema.gov to learn about the hazards in your area.

⇒ Winter Storm
⇒ Flood
⇒ Wind Storm
⇒ Hazardous Material Spill
⇒ Earthquake
⇒ Wildfire
⇒ Landslide

LEARN HOW THE HAZARDS CAN IMPACT YOUR FAMILY

Assess what the consequences might be for your family when disaster strikes. Consider the time of day, the day of the week, and the time of year.

⇒ Injury
⇒ Isolation
⇒ Phone Outage
⇒ Property Damage
⇒ Separation
⇒ Power Outage
⇒ Water Outage

IDENTIFY STEPS YOU CAN TAKE TO MINIMIZE OR PREVENT THE HAZARD IMPACTS

Determine procedures and practices you can develop/implement to enhance your disaster resistance. Consult with the Red Cross, your local Emergency Manager, or FEMA for assistance.

- Plans for home escape, neighborhood evacuation, and family communication.
- Procedures for drop, cover, and hold; shelter in-place; and utility shutoff.
- Training in CPR, basic first aid, and use of a fire extinguisher.
- Hazard-resistant construction materials.
- Floodproofing, landscaping, and site drainage practices.
- Non-structural earthquake hazard mitigation techniques.
- Warning system installation (e.g., smoke detectors).
- Comprehensive hazard insurance for your home and personal property (e.g., fire, flood, and earthquake).
- Neighborhood disaster resource inventory.

IDENTIFY EQUIPMENT AND SUPPLIES YOU'LL NEED TO HELP SURVIVE POTENTIAL CONSEQUENCES

- Food and Water
- First Aid Supplies
- Sanitation Supplies
- Clothing and Bedding
- Prescription and Non-prescription Medicines
- Light Sources (flashlights, candles, and/or light sticks)
- Tools, Equipment, and Supplies (manual can opener, utensils, fire extinguisher, matches, money, batteries)
- Special Items (baby supplies, pet food, important family documents, etc.)

IDENTIFY THE EQUIPMENT, SUPPLIES, PROCEDURES, AND PRACTICES YOU ALREADY HAVE IN PLACE

- Camping Gear (sleeping bags, cooking equipment, utensils, tent, etc.)
- Fire Escape Plan
- Extra Food and Water
- First Aid Kit

IDENTIFY YOUR SHORTFALLS

What equipment, supplies, procedures, and plans do you need to complete your family preparedness effort?

DEVELOP A PLAN TO ELIMINATE THE SHORTFALLS

Identify short and long term objectives. For the short term, focus on items that are low cost or easy to implement and that have high payoff. Some suggestions include:

- Install hazard warning systems such as smoke detectors.
- Develop fire escape and neighborhood evacuation plans.
- Develop a simple family communications plan such as a wallet card with common numbers to call and important policy numbers.
- Develop drop, cover, and hold; utility shutoff; and shelter in-place procedures.
- Attend CPR, basic first aid, and fire extinguisher training.
- Begin or expand your disaster supplies kit. Start with basic necessities such as food, water, light sources, first aid supplies, clothing, and bedding.
- Host a neighborhood meeting to exchange preparedness information and ideas.

For the long term, focus on higher cost items or those that are more difficult to implement. These items might include:

- Special tools and equipment.
- Expanded insurance coverage.
- Building retrofitting.
- Structural earthquake mitigation.
- Drainage improvements.

TRAIN AND MAINTAIN

- Conduct fire evacuation drills.
- Test/recharge fire extinguishers.
- Test smoke detectors.
- Test communications plans.
- Practice utility shutoff; drop, cover, and hold; and shelter in-place procedures.
- Replace stored food, water, and medicines before the expiration date.

For more information call 503-623-9251

Taking it one step at a time.

Family Member Locator Plan

Your first concern during a disaster is usually for the safety of your family members. If disaster strikes without warning during your normal, busy day, how will you locate them?

Advance preparations can help you check on your family more quickly during an emergency. Nothing else will matter until you know that all is well at home. Only then can you turn your attention to other things, such as returning to work or helping your less fortunate neighbors.

Make a list and check it twice!

Where would you look?

Do something now to prepare, while you have the time and can think clearly!

- Make a list of the most logical places to look for each family member: at home, at work, at school, at a friend's house.
  - Consider all times of the day, routine schedules, and any favorite "hangouts." (For example, does your spouse stop at the gym before or after work? Is it Thursday afternoon, and your son is probably at his Boy Scout meeting?)
  - Add a few co-workers, colleagues, neighbors, or school friends, just in case.
- Collect the address and telephone number for each of those places. Don't forget about cell phone and pager numbers!
  - Arrange them in a way that makes sense to you. Adapt the chart on the next page of the guide for your own use.
  - Add an out-of-state family member or friend as your contact if local telephone lines are down. Instruct all family members to call the out-of-state number and check in, if they can't get through on a local telephone line.

I made my list... what's next?

Make plenty of copies!

- Share copies with family members - everyone in your household plus relatives that you see frequently.
- Keep a copy everywhere you might need it - at home, by the phone, in the car, at work, in your wallet, etc.
- Share the information with babysitters or other visitors to your home who may need to know.
- Talk about it! Discuss your plan with your family. Make sure they understand, in case they need to use it.
- Update it when you do your bi-annual smoke alarm test and set your clocks ahead/back.

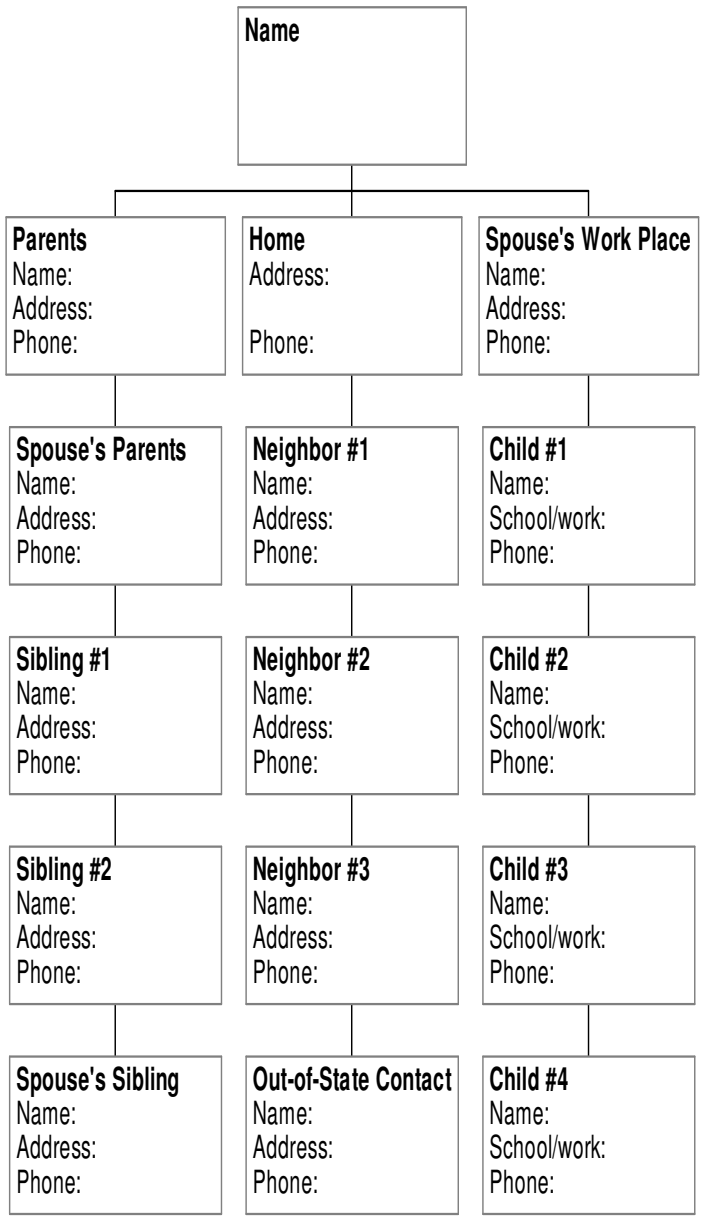
Now that you're prepared, encourage others to do the same!

What if your employer needs to contact your family about you? Could they do it?

- Encourage your employer to adapt the chart on the next page for office use. (You could incorporate it into your employee safety program.)
- Devise a plan to keep the information current - it's only as good as the latest update!
- If your employer requires you to stay at work during a disaster, convince them to dedicate a person to check on employees' families. You'll be more effective if you know everyone is okay.

Family Locator Chart

Date: _____



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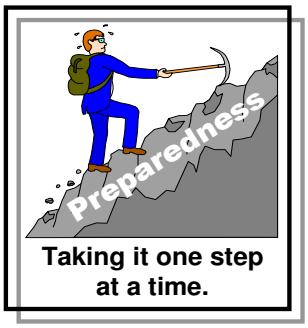


Taking it one step at a time.

FIRE! Prepare to Survive

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? We encourage you to PREPARE, PREVENT, & PRACTICE so you are ready if a fire occurs.

PREPARE . . .

Working Smoke Detectors

- ❑ Test your detectors monthly by pressing the test button and listening for the alarm.
- ❑ Change the detector batteries twice a year. Consider doing this at the same time you change your clocks in the fall and spring.
- ❑ NEVER disable a smoke detector - only WORKING smoke detectors save lives!
- ❑ Consider retrofitting with smoke detectors featuring lithium batteries that can last up to 10 years.

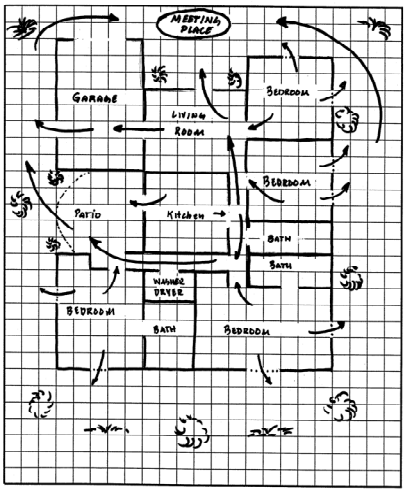
Home Escape Plan (also see "PRACTICE" on next page)

- ❑ Draw a diagram of your house showing doors and windows
- ❑ Determine two escape routes out of every room.
- ❑ Identify an outdoor meeting place a safe distance from the house where everyone will report (e.g., mailbox).
- ❑ Teach everyone to "Get Out and Stay Out!" - to leave the house and never re-enter the building for any reason.
- ❑ Teach everyone to call 9-1-1 from a neighbor's.

Visible Address

- ❑ Be sure your address is marked clearly and is visible from the street so emergency crews can find your house quickly.

SAMPLE ESCAPE PLAN



PREVENT . . .

Heating Equipment

- ❑ Never use charcoal or unvented appliances in your home.
- ❑ Clean/service your chimneys and heating systems annually.
- ❑ Keep combustibles at least 18 inches away from baseboard and portable heaters. Never leave a portable heater unattended in a room or around children.

Smoking /Ashes

- ❑ NEVER smoke in bed!
- ❑ Extinguish smoking materials in sturdy, non-tip ashtrays - do not throw them into trash cans, shrubbery, or barkdust.
- ❑ Dispose of hot ashes and briquettes in metal containers, not in paper bags, cardboard boxes, trash cans, or plastic buckets. Keep containers of hot ashes and briquettes outside, far away from the side of the house and off of wood decks and patios. Briquettes and ashes can stay hot for several days.

More on next page . . .

PREVENT, cont'd . . .

Matches & Lighters

- ❑ KIDS + MATCHES/LIGHTERS = FIRE! 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 their bedrooms.
- ❑ Consider using only lighters with child-resistant features.

Cooking

- ❑ Never leave the room when using burners, especially when warming food. Fats and greases are highly susceptible to ignition if left unattended. In case of a grease or pan fire, smother the fire with the lid to the pan or use an extinguisher. NEVER throw water on a grease fire.
- ❑ 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 Safety

- ❑ 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, be sure to use power strips with circuit breakers.
- ❑ Unplug small appliances, like toasters and curling irons, when not in use.
- ❑ Do not overlook tripped circuit breakers, as they may be an indication of a dangerous situation.

Flammable Liquids

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

PRACTICE . . . Panic can slow you down - know what to do and how to do it!

Crawl Low Under Smoke!

- ❑ When you test your detectors, discuss what the alarm means. Teach family members to crawl low along the floor in a smoke-filled room - the "good air" is near the floor. Spread out a sheet and shake it a couple of feet above the ground to simulate smoke and have everyone crawl very low under it. Don't forget to practice crawling down the stairs - feet first for safety!

Hold regular fire drills to practice your home escape plan

- ❑ Practice crawling low under smoke and escaping via windows, especially using fire escape ladders.
- ❑ Be sure to include meeting at the designated point and going to a neighbor's home as if calling the 9-1-1 operator.
- ❑ Keep track of how quickly you clear the house - try to be as fast as possible! Remember, you may have less than two minutes to escape!
- ❑ Mix it up . . . practice a variety of scenarios, just in case!

CONTACT YOUR LOCAL FIRE DEPARTMENT FOR MORE INFORMATION ON PREVENTING AND SURVIVING A FIRE IN THE HOME!

Do You Have . . .

- ✓ ***Working smoke detectors on each level of your home?***
- ✓ ***Fire extinguishers in the kitchen and garage?***
- ✓ ***An escape ladder for upper floors?***
- ✓ ***An escape plan?***

Taking it one step at a time.

First Aid

It's an old saying, but...*An Ounce of Prevention, **IS** Worth a Pound of Cure,* especially in an emergency situation when seconds count. Here are a few selected first aid tips that may be useful in a disaster situation!!

First aid is the immediate care given to a person who is injured or ill. Sudden illness or injury can often cause irreversible damage or death to the victim unless proper care is initiated as soon as possible. First aid includes identifying a life-threatening condition, taking action to prevent further injury or death, reducing pain, and counteracting the effects of shock, should they be present.

Because life-threatening situations do occur, everyone should know how to provide emergency care until a victim can be treated or transported to a medical facility.

First aid is not intended to replace care by a physician. Its intent is to protect the victim until medical assistance can be obtained. For any situation that appears to be life-threatening, it's important to remember to call 9-1-1 and get help on the way as soon as possible.

The primary purpose of first aid is to:

- Care for life-threatening situations.
- Protect the victim from further injury and complications.
- Arrange transportation for the victim to a medical facility.
- Make the victim as comfortable as possible to conserve strength.
- Provide reassurance to the victim.

As a Rule of Thumb Call 9-1-1 if:

- The victim has lost consciousness, is unusually confused, or is losing consciousness
- The victim has difficulty breathing or is not breathing in a normal way
- The victim has chest pain or pressure that won't go away
- The victim has persistent pressure or pain in the abdomen
- The victim is vomiting or passing blood
- The victim is having seizures or severe headache, or has slurred speech
- The victim has head, neck, or back injuries
- The victim seems to have been poisoned

An accident can occur at any time or any place. If you are the first person to arrive, there are a few basic principles you should follow to protect yourself and the victim. First, **CALL 9-1-1;** then:

1. ***Survey the Scene.*** Before you help the victim, determine if the scene is safe. If anything dangerous is present, don't put your own life at risk to try and help the victim; you will be of no aid if you become a victim too. Summon help and wait for trained people to resolve the situation. If the scene is safe, try and determine what happened and how many victims there may be. Never move the victim unless an immediate, life-threatening danger exists, such as a fire or the threat of a building collapse.
2. ***Primary Victim Survey.*** After ensuring the scene is safe, you can turn your attention to the victim. Begin by performing a primary survey to determine if the victim:
   A] is conscious
   B] has an open, unobstructed airway
   C] is breathing
   D] has a heartbeat
   E] is not bleeding severely

To check for consciousness, gently tap the person and ask if they are okay. If there is no response, this in an indication that a possible life-threatening situation may exist. If the person is responsive and can talk or cry, this indicates they are conscious, breathing, have an unobstructed airway, and a pulse.

If the victim is unconscious, kneel down next to the head and check for the **ABC's**: **A**irway, **B**reathing, and **C**irculation. To check the ***A***irway (clear and maintain an open airway), ***B***reathing (restore breathing), and ***C***irculation (restore circulation), place your ear next to the victim's mouth and listen/feel for breath sounds while looking for a rise and fall of the chest. While doing this, check for a pulse by placing your fingers on the neck, just below the angle of the jaw, and feel for the pulse from the carotid artery. These three steps will determine if cardiopulmonary resuscitation (CPR)is needed. If you would like to ***learn how to perform CPR and First Aid, contact your local fire department, hospital, or the American Red Cross.***

WOUNDS

Caring for a Minor Open Wound

Blood color in a minor wound is dark red/purple and is the result of venous bleeding.

- Stop the bleeding by applying direct pressure with a clean, absorbent cloth; if a cloth is not available, use your fingers.
- If the blood soaks through, apply a second bandage on top. DO NOT remove the first bandage because it will disturb the clotting which has already occurred.
- If the bleeding still does not stop, elevate the wound higher than the heart.
- Once the bleeding stops, clean the wound gently to get all the debris and dirt out.
- Apply an antibiotic ointment if necessary.
- Wrap the wound firmly in a cloth or bandage. DO NOT cut the circulation off.

Caring for a Major Open Wound

Blood color of a major wound can be either dark red /purple or bright red. If the blood is bright red and spurts from the wound, it is arterial. Arterial bleeding is life-threatening and must be treated immediately.

- Cover the wound with a clean dressing and press against it firmly with your hand.
- Elevate the wound above the level of the heart.
- Cover over the clean dressing with a roll bandage to hold the dressing in place.
- If the bleeding does not stop, add additional dressings over the roll.
- Squeeze a pressure point, which means to press the artery, above the wound, against the bone. The primary pressure points are on the inside of the arm, just under the armpit, and on the inside of the leg in the groin.
- Seek medical aid as soon as possible.
- Be careful not to shut the circulation off, except as a last resort.

First aid Kit

What Your First Aid Kit Should Consist Of

- First Aid Manual
- Basic Bandages (an assortment of adhesive bandages or athletic tape and moleskin)
- Basic Drugs/Lotions (aspirin, antiseptic, antacids)
- Basic First Aid Tools (Tweezers, small mirror, razor blade)
- Additional items if desired such as: gauze pads, ace and butterfly bandages, burn ointment, Caladryl, ice packs, slings, and basic splints.

SHOCK

The Silent Killer

Shock is a life-threatening secondary condition wherein the body's vital physical and mental functions are seriously impaired due to an inadequate supply of oxygenated blood reaching the lungs, heart or brain. This is the body's reaction to a serious injury, illness, or other traumatic event.

Characteristics of shock include: (1) Anxiety (usually the earliest sign), weakness, paleness, sweating, and thirst; (2) Pulse may become rapid and weak; (3) Patient may become dizzy and pass out; (4) The more severe the injury or illness, the more likely shock will set in; (5) Shock can result in death if not treated rapidly.

To treat shock, check your "ABC's," then, (1) Handle the patient gently, and only if necessary; (2) If conscious, place the victim on his/her back; if unconscious, place face down, with the head to one side, but only if no neck injury is suspected; (3) Except in the case of a head injury or suspected neck fracture, lower the head and shoulders and elevate the feet approximately 15 inches; (4) Make sure there are no broken bones before straightening the patient out; (5) Protect the patient from becoming cold, especially from the ground below; (6) Continue to reassure the patient.

Bone Fractures

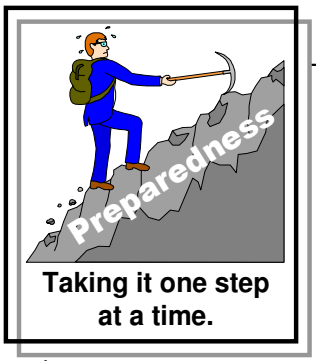
There are to two types of fractures:

(1) Closed Fracture, which is a break or crack in a bone that does not puncture or penetrate the skin.

(2) Open Fracture, where there is a break in the skin caused by a protruding bone, or there is an open wound in the area of the fracture. Open fractures are more serious than closed fractures.

Some symptoms of a fracture are: (1) The injured part appears deformed; (2) Pain is present when attempting to move the part; (3) Absence of feeling when touched; (4) Bluish color and swelling in the area of the injury.

To treat a fracture: (1) Splint the patient before moving; (2) 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; (3) If the limb is grossly deformed by the fracture, splint in place, and do not try to straighten it; (4) Elevate and use indirect (not on skin) ice packs if available.



Taking it one step at a time.

Floods

Suggestions to help minimize the loss of life and property

Floods claim an average of 263 lives every year in the United States

The Myth *- Flooding only occurs near rivers, streams, and other waterways.*

The Fact *- Any low lying area has the potential to flood. Inundation flooding may occur when the amount of rainfall and runoff exceeds a stormwater system's (ditch or sewer) capability to remove it.*

Steps To Take Today:

- Find out if you live in a flood prone area.
- Identify any dams or levees in your area.
- Purchase flood insurance for your home if you are in a flood plain, and consider purchasing it even if you're not. Flood damage and loss is not covered under a homeowner's policy. There may be as much as a 30 day waiting period before the policy comes into effect, so don't wait until the last minute to apply.
- Make an itemized list of all of your personal property, including furnishings, clothing, and valuables. Take pictures or videos of your home, inside and out, as well as its contents, especially high value items. The pictures will help in settling insurance claims and in documenting uninsured losses, which are tax deductible. Keep your insurance policies, pictures or video tapes, and lists of your personal property in a safe place.
- Put together a 72 hour disaster supply kit. *Contact your emergency management office for a list of suggested supplies.*
- Take steps to reduce the risk of flood damage to your home. If you live in an area that floods frequently, store materials such as sandbags, plywood, plastic sheeting, and lumber to use to protect your property. Contact your local building department or emergency management office for more information on how to protect your home.
- Plan how you would evacuate from your home when there is a threat of flooding. What you would take with you, what is the safest route, and where would you go?

Flood Safety

- During heavy or prolonged rains, listen to the TV or radio (or weather radio) for watches and warnings issued by the National Weather Service. Keep a battery-operated radio on hand and tuned to a local station in case the power goes out.
- If you see any possibility of a flash flood occurring, move immediately to high ground. **Don't wait for instructions to evacuate.**
- **Don't** walk through flood waters. One foot of flood waters can knock you off your feet, and the water is often contaminated by sewage and flood-related chemical spills.
- **Never go around safety barricades set up in the road**. Two feet of water is enough to float a car, and the flood waters can conceal places where roadways and bridges have been washed out.

Weather Terminology

Flood Watch or Flood Forecast - Rainfall is heavy enough to cause rivers to overflow their banks.

Flood Warning - Flooding is occurring or is likely to occur soon.

Flash Flood Watch - Heavy rains are occurring or are expected and may cause sudden flash flooding in specific areas.

Flash Flood Warning - Flash flooding is occurring or is imminent at designated areas.

N.O.A.A. Weather Radios (available at many stores) are the best means to receive and monitor warnings from the National Weather Service.

When it Floods:

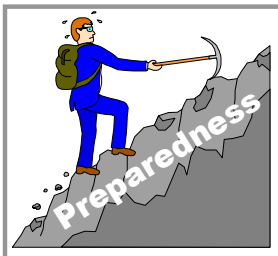
The safety of your family is the most important consideration. Since flood waters can rise very rapidly, you should be prepared to evacuate before the water reaches your property.

- Keep a battery-powered radio tuned to a local station and follow all emergency instructions.
- If directed to evacuate, and time permits, turn off all utilities (gas, water, and electricity) at the main switch or valve.
- Move personal property, especially valuables, to upper floors or higher elevations or stack them on top of other items.
- Secure all outdoor equipment, furniture, and other movable objects that might be swept away.
- Store fresh water and food.
- Gather the items you plan on taking with you during an evacuation (e.g., important papers, 72 hour kits) in one location or load them in your vehicle.

After the Flood:

If you have suffered flood damage, immediately call the agent or broker who services your flood insurance policy.

- Prior to entering a building, check for structural damage. If unsafe, do not enter. Do not use an open flame inside a flood damaged building until verifying the absence of explosive gases or fumes.
- Authorized repair personnel should check all utility systems and appliances before you turn them on.
- Cover broken windows and holes in the roof or walls to prevent further weather damage.
- Start cleanup measures immediately to help reduce health hazards. Throw out open food and medicines that have come in contact with flood waters.
- Water for drinking and food preparation should be boiled vigorously for ten (10) minutes (*until the public water system has been declared safe.)*
- All damaged items should be kept for inspection by your insurance adjuster. Take pictures of the damage done to your property, your home, and its contents.
- Dry clothing and household fabrics prior to brushing off dirt/mud, then rinse in lukewarm water to remove lodged soil. Wash in lukewarm water, using mild detergent; rinse and dry in sunlight.
- Take damaged furniture and appliances outdoors to hose off and dry, but keep them out of the sun to avoid warping. A garage or carport is a good place for drying damaged property.
- Shovel out mud while it is still moist to give floors and walls a chance to dry out.
- Clean metal items promptly and then wipe them with a kerosene-soaked cloth to minimize rusting.



Taking it one step at a time.

FOOD & WATER
IN AN EMERGENCY

If an earthquake, winter storm, or other disaster strikes your community, you might not have access to food and water for days or even weeks. By taking some time now to store emergency food and water supplies, you can provide for your entire family.

WATER - THE ABSOLUTE NECESSITY

You and your family can survive for many days without food, but only a short time without water. Following an earthquake or other catastrophe, there may be significant damage to regional and local water supply systems. Having an ample supply of clean water is a top priority in an emergency. Store a three-day supply of water for each family member. One gallon per person per day is recommended for drinking, cooking, and washing. Remember to include water for your pets. Write the date on the water containers and replace the water every six months.

Indoor Water Sources

Ice Cubes - Melt and use.

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 or 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.

Outdoor Water Sources

If you need to seek water outside your home, you can use these sources. But purify the water before drinking it.

- Rainwater
- Ponds and lakes
- Natural springs
- Streams, rivers, and other moving bodies of water

Purify water by boiling it for 5-10 minutes or by adding 16 drops of household bleach containing 5.25% hypochlorite per each gallon of water. Water purification tablets or filter systems; such as those designed for campers and backpackers, also work.

REMEMBER:

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

EMERGENCY FOOD

- Store at least a three-day supply of nonperishable food.
- Select food items that are compact and lightweight.
- Take into account your family's unique needs and tastes.
- Select foods that require no refrigeration, preparation, or cooking and little or no water.
- Try to include foods they will enjoy and that are high in calories and nutrition.

NUTRITION TIPS:

During and right after a disaster, it will be vital that you maintain your strength. So remember:

Eat at least one well-balanced meal each day.

Drink enough liquid to enable your body to function properly.

Take in enough calories to enable you to do any necessary work.

Include vitamin, mineral, and protein supplements to assure adequate nutrition.

SUGGESTED FOOD ITEMS:

Ready to eat canned meats, fruits, and vegetables.

Canned juices, milk, and soup (if powdered, store extra water).

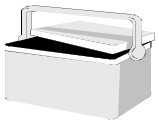
Staples - sugar, salt, and pepper.

High energy foods - peanut butter, jelly, crackers, granola bars, trail mix.

Foods for infants, elderly persons, and persons on special diets.

Comfort/stress foods - cookies, candy, cereal, lollipops, instant coffee, tea bags.

FOOD STORAGE TIPS:



Keep food in a dry, cool spot.

Keep food covered at all times.

Open food boxes carefully and close tightly after each use.

Don't forget canned and nonperishable foods for your pets.

Wrap cookies and crackers in plastic bags and keep them in tight containers.

Empty opened packages of sugar, dried fruits, or nuts into screw-top (plastic) jars or airtight tin cans to protect from pests.

Foods in glass bottles and jars may break when a disaster occurs. Buy and store emergency foods in cans or plastic containers whenever possible.

Use foods before they go bad and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.

Taking it one step at a time.

HAZARDOUS MATERIALS

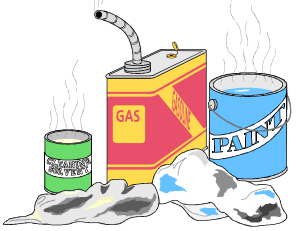
in Your Home and Community

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

WHAT ARE "HAZARDOUS MATERIALS"?

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 TYPES OF HAZARDOUS MATERIALS ARE FOUND IN A "TYPICAL" HOME?



- 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 if swallowed.
  - 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 removers - flammable
  - Perfume, cologne - flammable
  - Deodorant (aerosol) - flammable
- Garage or Garden Shed Products:
  - Paints, varnish, paint thinner - flammable
  - Gasoline - flammable and irritant
  - Diesel - combustible and suspected carcinogen
  - Pesticides, herbicides - poison
  - Fertilizer - poison, caustic, oxidizer. Explosive when mixed with hydrocarbons (such as diesel).
  - Lighter fluid - flammable
- Other Materials:
  - Propane tanks - flammable gas. Exposure to heat may cause venting or vapor ignition.
  - Oily rags - spontaneously combustible when stored in other than airtight containers.

For more information on hazardous household products and effective alternatives, call Mid Valley Garbage and Recycling Association at 503-390-4000.

WHAT IS THE HAZARDOUS MATERIALS THREAT IN MY COMMUNITY?

A wide variety of hazardous materials are transported through, stored, or used in Washington County, from flammable gases to highly toxic materials. Most hazardous materials are transported into and out of Washington County by truck. Other transportation methods include pipeline and rail. Common hazardous materials 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 industrial storage and manufacturing facilities, strict Fire and Building Codes mandate double- and triple-redundancy safety systems to reduce the impact of human error or mechanical failures.

WHAT CAN I DO TO DECREASE MY RISK OF EXPOSURE?

- While there is no way to predict hazardous materials accidents, certain areas are at some degree of risk, including those located near interstate highways; manufacturing, storage, or disposal facilities; and nuclear power plants. Prevention of accidents, rather than prediction, is central to avoiding potential damage, loss, or contamination from hazardous materials.
- All producers of hazardous material substances are required to describe the hazards on the product label. Always 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 mower, should be stored only in approved containers.
- Around the house, remember the acronym **LIES**:
    - **L**imit - limit the amount of hazardous materials stored to the absolute minimum
    - **I**solate - store hazardous materials in a separate, locked cabinet whenever possible
    - **E**liminate - get rid of hazardous materials as soon as they are no longer needed. Call Mid Valley Recycle Hotline (390-4000) for hazardous waste collection dates in your area.
    - **S**eparate - do not store potential reactants together - for example, oxidizers with flammables, or bleach with ammonia.
- During a hazardous materials incident in your neighborhood, sheltering in-place is most often your safest option. Close windows, shut vents and damper, turn off fans and other ventilation systems, and shove a wet towel under exterior doors to minimize contamination from outside air.
- If you witness a hazardous materials transportation accident, spill, or leakage:
    - Distance yourself from the site to minimize risk of contamination - stay uphill, upwind, or upstream. Try to go at least one-half mile (about 10 city blocks) from the danger area.
    - Call 9-1-1. Your local fire department will isolate the area, investigate the situation, and may call in the regional hazardous materials response team, if needed.
    - If you are in a car, close windows and vents and shut off heat or air conditioning.
    - Evacuate if told to do so. If local officials say there is time, close windows, shut vents and damper, and turn off fans and other ventilation systems to minimize contamination.

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 (KATU, KGW, KOPB, KOIN, WB32 and KPTV) will also cover any large event.
- If you're in the affected area, follow all instructions from public officials.

Taking it one step at a time.

Heat Wave: A Major Summer Killer

Heat kills by taxing the human body beyond its capabilities. In a normal year, about 175 Americans succumb to the demands of summer heat. Among the family of natural hazards, including floods, earthquakes, lightning, tornadoes, and hurricanes, only the cold of winter takes a greater toll than heat.

The National Weather Service has stepped up its efforts to alert the general public to the hazards of heat waves. Based on the latest research findings, the NWS has devised the "Heat Index," or HI. The HI, given in degrees Fahrenheit, is an accurate measure of how hot it really feels when relative humidity is added to the actual air temperature. To find the HI on the Heat Index Chart below, find the air temperature on the left side of the table and the relative humidity across the top of the table. The HI is at the intersection of the temperature row and relative humidity column.

On the Heat Index chart, the area above the line corresponds to a level of HI that may cause increasingly severe heat disorders with continued exposure and/or physical activity.

NOTE: Heat Index values were devised for shady, light wind conditions. FULL SUNSHINE CAN INCREASE HI VALUES BY UP TO 15 ºF. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous.

RELATIVE HUMIDITY (%)

AIR TEMPERATURE (ºF)

Heat Index (or Apparent Temperature)

	0	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
140	125																				
135	120	128																			
130	117	122	131																		
125	111	116	123	131	141																
120	107	111	116	123	130	139	148														
115	103	107	111	115	120	127	135	143	151												
110	99	102	105	108	112	117	123	130	137	143	150										
105	95	97	100	102	105	109	113	118	123	129	135	142	149								
100	91	93	95	97	99	101	104	107	110	115	120	126	132	138	144						
95	87	88	90	91	93	94	96	98	101	104	107	110	114	119	124	130	136				
90	83	84	85	86	87	88	90	91	93	95	96	98	100	102	106	109	113	117	122		
85	78	79	80	81	82	83	84	85	86	87	88	89	90	91	93	95	97	99	102	105	108
80	73	74	75	76	77	77	78	79	79	80	81	81	82	83	85	86	86	87	88	89	91
75	69	69	70	71	72	72	73	73	74	74	75	75	76	76	77	77	78	78	79	79	80
70	64	64	65	65	66	66	67	67	68	68	69	69	70	70	70	70	71	71	71	71	72

*Heat Disorder Symptoms and Treatment

• **Sunburn:** Redness and pain. In severe cases, there may be swelling of the skin, blisters, fever, and/or headaches. Use ointments for mild cases. If blisters appear, do not break them. If blisters break, apply a dry, sterile dressing. Refer serious cases to a physician.

• **Heat Cramps**: Painful muscle spasms may occur, usually in the legs and/or abdomen. Use firm pressure on cramping muscles, or use gentle massage to relieve the spasms. Give sips of water to replace the water lost through sweating. If nausea occurs, discontinue water.

• **Heat Exhaustion**: Heavy sweating, weakness, skin is cold, pale, and clammy. Pulse is weak and shallow. Normal temperature is possible. Fainting and vomiting may occur. Get the victim out of the sun. Lay him or her down and loosen clothing. Apply cool, wet cloths.

• **Heat Stroke** (or Sunstroke): High body temperature (106 ºF or higher). Skin is hot and dry. Pulse is rapid and strong. Possible unconsciousness. ***See warning box at right***.

WARNING: HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. *SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL. DO NOT GIVE FLUIDS. Move victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use fans or air conditioning. If victm's temperature rises again, repeat the cooling process.*

Heat Wave Safety Tips

• **Slow down.** Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk due to medical problems should stay in the coolest available place, not necessarily indoors.

• **Dress for summer.** Loose, lightweight, light-colored clothing reflects heat and sunlight and helps your body maintain normal temperatures.

• **Put less fuel on your inner fires.** Foods that increase metabolic heat production (like proteins) also increase water loss.

• **Drink plenty of water.** Your body needs water to keep cool; so drink plenty, even if you don't feel thirsty. Avoid drinks with sugar, caffeine, or alcohol. Persons who (1) have epilepsy or heart, kidney, or liver disease, (2) are on fluid restrictive diets, or (3) have a fluid retention problem should consult a physician before increasing their fluid consumption.

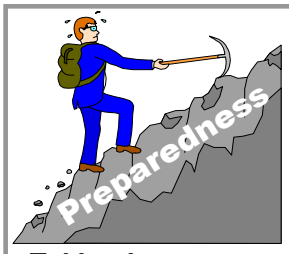
• **Do not drink alcoholic beverages.**

• **Do not take salt tablets unless specified by a physician.** Persons on salt-restrictive diets should consult their physician before increasing their salt intake.

• **Spend more time in air-conditioned places.** Air conditioning in homes and other buildings markedly reduces your danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air-conditioned environment affords some protection.

• **Don't get too much sun.** Sunburn makes the job of heat dissipation that much more difficult.

*For More Information: Contact the Red Cross (585-5414) and ask to enroll in a first aid course.



Taking it one step at a time.

HOME HAZARD HUNT

Do you believe that your home is a safe place to be?
Statistics show that most fires, accidents, and injuries occur in the home.

An important step in family preparedness is the identification of hazards in your home. Once the hazards are identified, it doesn't take much time or effort to make your home a safer place to live.

Getting Started: Using the checklist below, involve the whole family, especially your children, in a home hazard hunt. Remember that anything that can move, break, fall, or burn is a potential hazard. Foresight, imagination, and common sense are the only tools you will need! After identifying what needs to be done, devise a plan to do it.

Kitchen

Yes/No

- ☐ ☐ Wear snug-fitting clothes when cooking
- ☐ ☐ Do not leave cooking food unattended
- ☐ ☐ Keep pan handles turned in while cooking
- ☐ ☐ Keep a pan lid nearby in case of fire
- ☐ ☐ Keep cooking areas clean and clear of combustibles
- ☐ ☐ Keep cords from dangling
- ☐ ☐ Ensure outlets near the kitchen sink are GFI (Ground Fault Interrupt) equipped
- ☐ ☐ Keep sharp knives out of reach of children

Outside

Yes/No

- ☐ ☐ Clear dry vegetation and rubbish from around the house
- ☐ ☐ Use barbecue grills away from buildings and vegetation
- ☐ ☐ Dispose of barbecue briquettes in a metal container
- ☐ ☐ Maintain a "greenbelt" around rural buildings
- ☐ ☐ Check with the fire department before burning debris or using a burn barrel

All Rooms

Yes/No

- ☐ ☐ Ensure floor coverings (rugs, carpets) are properly secured to prevent tripping hazards
- ☐ ☐ Separate draw cords on blinds and drapes to reduce strangulation hazards for kids
- Ensure room exits are unobstructed

Smoking and Matches

Yes/No

- ☐ ☐ Store matches and lighters out of reach of children
- ☐ ☐ Use large, deep, non-tip ashtrays
- ☐ ☐ Never smoke when drowsy or in bed
- ☐ ☐ Dispose of ashes and cigarette butts in a metal can at least daily
- ☐ ☐ Check furniture for smoldering cigarettes every night, especially after parties

Electricity

Yes/No

- ☐ ☐ Avoid the use of extension cords (If used, ensure the correct wattage rating)
- ☐ ☐ Plug only one heat producing device into an electrical outlet
- ☐ ☐ Ensure cords are not placed under rugs
- ☐ ☐ Verify circuits are not overloaded
- ☐ ☐ Replace damaged cords, plugs, sockets
- ☐ ☐ Use bulbs with the correct wattage for lamps and fixtures
- ☐ ☐ Check fuses/circuit breakers for the correct amperage ratings
- ☐ ☐ Do not override or bypass fuses or circuit breakers

Clothes Washer and Dryer

Yes/No

- ☐ ☐ Verify that appliances are properly grounded
- ☐ ☐ Ensure lint filter is clean and serviceable
- ☐ ☐ Check vent hose and vent line to ensue they are clean and provide unobstructed airflow

HOME HAZARD HUNT

Garage/Attic/Shed

Yes/No

- ☐ ☐ Use gasoline as a motor fuel only and never use or store it inside the home
- ☐ ☐ Keep only a small quantity of gasoline, if necessary, in an approved container locked in the garage or shed
- ☐ ☐ Keep flammable liquids such as paints and thinners in their original containers and store on or near the ground and away from sources of heat, sparks, or flame
- ☐ ☐ Store used oily rags in sealed metal containers
- ☐ ☐ Never store combustibles such as newspapers and magazines in your attic

Heating Equipment

Yes/No

- ☐ ☐ Ensure fireplace inserts and gas/wood stoves comply with local codes
- ☐ ☐ Clean and inspect chimney annually
- ☐ ☐ Dispose of ashes in metal container
- ☐ ☐ Keep clothes, furnishings, and electrical cords at least 12" from wall heaters and 36" from portable heaters
- ☐ ☐ Service furnace annually
- ☐ ☐ Set water heater thermostat at 120° F
- ☐ ☐ Elevate new or replacement gas water heaters at least 18" above the floor

Bathrooms

Yes/No

- ☐ ☐ Store poisonous cleaning supplies and medicines in "child-proofed"
- ☐ ☐ cabinets
- ☐ ☐ Replace glass bottles with plastic containers Ensure all outlets are GFI equipped

Family Preparedness

- ☐ ☐ Plan two unobstructed exits from every room, including the second floor, and make sure everyone knows them
- ☐ ☐ Designate a meeting place outside
- ☐ ☐ Have an out-of-state contact for family check after a disaster/emergency
- ☐ ☐ Develop an escape plan and practice it regularly
- ☐ ☐ Store important papers and valuables in a fire proof safe or cabinet
- ☐ ☐ Maintain proper insurance coverage for your home and its contents (earthquake, flood, renter's, fire)

Fire Extinguisher

Yes/No

- ☐ ☐ Verify that an all purpose fire extinguisher (Class ABC) is maintained in an accessible location
- ☐ ☐ Ensure that all occupants know how to use it
- ☐ ☐ Are additional fire extinguishers kept in the kitchen, garage, basement, and sleeping area?

Smoke Detector

Yes/No

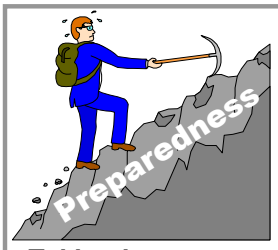
- ☐ ☐ Installed properly on every level?
- ☐ ☐ Tested 1st Tuesday of each month?
- ☐ ☐ Battery replaced every year?

Earthquake Hazards (All Rooms)

Yes/No

- ☐ ☐ Bolt heavy, tall, upright furniture to wall studs
- ☐ ☐ Lock or remove rollers on beds, furniture and appliances
- ☐ ☐ Secure hanging plants and light fixtures with one or more guy wires to prevent swinging into walls or windows and breaking
- ☐ ☐ Locate beds away from windows and heavy wall-mounted objects
- ☐ ☐ Secure kitchen and bathroom cabinets with "positive" (self-closing) latches
- ☐ ☐ Secure items on shelves with quake mats, Velcro™, low shelf barrier, etc.
- ☐ ☐ Store heavy and/or breakable items on lower shelves
- ☐ ☐ Strap water heater to wall studs
- ☐ ☐ Use flexible connections on gas appliances
- ☐ ☐ Check chimney for loose bricks and repair as needed
- ☐ ☐ Check foundation for cracks and repair as needed
- ☐ ☐ Bolt home to foundation to prevent shifting during an earthquake
- ☐ ☐ Secure mirrors and pictures to the wall or hang them with heavy wire, looped through eye screws or tongue-in-groove hangers

Practice drills are a great way to help your family plan and remember what to do in case of a disaster or emergency



Taking it one step at a time.

MOTOR VEHICLE PREPAREDNESS

If a disaster occurred while you were driving, would you know what to do? Making the wrong decision could be fatal.

These are some safety tips for drivers when they find themselves in different types of emergencies. The most important thing for you to remember when faced with an emergency is **DON'T PANIC.**

WINTER STORMS

Stay in your vehicle

Avoid driving in severe winter storms. If you are caught in a storm and get stuck, stay in the vehicle and await rescue. Do not attempt to walk from the vehicle unless you can see a definite safe haven that is close. A visible light in the distance does not necessarily indicate a safe haven.

Turn the vehicle's engine on for brief periods to provide heat and recharge the battery. Periodically make sure the exhaust pipe is clear of snow and always leave a downwind window open slightly when running the engine to avoid a build-up of deadly carbon monoxide.

Generate body heat by not remaining in one position for long; clap your hands, stomp your feet, or just move around a bit. Avoid exposure or overexertion from trying to dig or push your car out.

Listen to the radio or television for the latest National Weather Service Bulletins on severe weather for the area in which you will be driving.

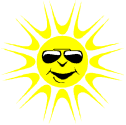
HIGH WINDS

Avoid Driving

Gale force winds can easily push a car out of its lane of travel or off the road. The larger the vehicle, the more susceptible it will be to the force of the wind. Avoid driving when gale force winds are predicted or present. If you are driving when high winds occur, pull safely off of the road and seek shelter in a building. Being in a parked car is safer than being outside; however, being in a building is safer than being in the car.

During and after periods of high winds, be cautious of debris in the roadway and downed or low hanging utility wires.

SUMMER HEAT



Stay out of parked vehicles

During hot weather, heat can build up rapidly in a closed or nearly closed car. Children, the elderly, and pets can die from heat stroke in a matter of minutes when left in a closed car.

Never leave anyone or any pets in a parked car during periods of high temperatures

FLOOD

Get out of your vehicle

Never attempt to drive through water on a road. Two feet of water can float most cars, and not much more will float a large pickup. The water can be deeper and moving faster than it appears, and water levels may rise quickly.

Water weighs 62.4 lbs. per cubic foot and flows downstream 6 - 12 miles an hour. A foot of water will exert about 500 lbs. of force against a vehicle. Floodwater can erode roadways and hide sections of road and bridges that have been swept away.

Wade through floodwater only if it is no higher than your knees and is not flowing rapidly.

If your car stalls in floodwater, get out quickly and move to higher ground. The water level may still be rising and the car could be swept away at any moment.

EARTHQUAKE

Stay in your vehicle

Pull to the side of the road , bring the vehicle to a halt as soon as safely possible, and shut off the ignition. If possible, stop clear of buildings, utility wires, and overpasses/bridges. Also be sure to stop clear of any steep slopes or cliffs where loose rocks may land on your vehicle. Because of the vehicle's suspension, it will shake violently, but it will be a safe place to stay.

When the shaking has stopped, proceed cautiously, avoiding bridges, overpasses, or any other elevated structure that might have been damaged during the quake. Be aware of utility wires laying on the road or hanging low over it and be prepared to respond to aftershocks.

Developing Emergency

Stay informed

During emergencies such as severe weather, hazardous material spills or earthquakes, keep a radio or television on and wait for further information and instructions.

If evacuation is recommended, the area to be evacuated will be announced along with the routes to be used, the location of evacuation shelters, and other related information.

EMERGENCY SUPPLIES

To keep in your vehicle

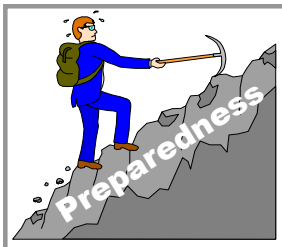
All personal and work vehicles should be equipped with supplies which could be useful in any emergency. The items you keep in your vehicle will depend on location, season, climate, and personal needs. Long trips, especially when severe weather may be encountered, require additional items.

Items that should always be carried:

Blanket(s), jumper cables, tools (to do minor repairs), first aid kit, flashlight, flares or warning triangle, work gloves, bottled water, change (for pay phones).

Additional items could include, but are not limited to:

Maps of the areas around your routes of travel, sleeping bag(s), canned food/nuts, can opener, shovel, traction mats/chains, rain gear, extra clothes and shoes, warm gloves, necessary medications, personal hygiene items, paper and pen, spare pair of glasses, paper towels, matches, candles.



Taking it one step at a time.

NEIGHBORHOOD RESOURCES INVENTORY

"Neighbors Helping Neighbors"

Planning ahead can lessen the impact of a disaster on your neighborhood and also help you recover more quickly. And when you get your neighbors involved, it can even be fun!

There's 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. Search them out, and then work with your neighbors on a plan to use them to everyone's best advantage. Getting agreement ahead of time to share disaster resources can save valuable time when it is needed most - in an emergency. Does it still sound like an overwhelming task? Then break it down into smaller, manageable tasks, as described below.

Start With What You Already Have.

Canvas your neighbors for disaster skills and equipment that could be shared in an emergency. Make it a social event. Invite your neighbors out for a block party - if you feed them, they will come! Put neighborhood preparedness as the only thing on the agenda. Most of all, have fun!

- Use the form on the reverse side of this flyer to help you. Don't be discouraged if the resulting list seems small - creativity and innovation are your most valued resources!
- Camping gear such as tents, canopies, and cooking stoves can be used for temporary shelter, a feeding station, a first aid station, a pet care center, etc.
- Individuals with a certificate or license for medical skills (MD, DC, RN, LPN, etc.), building skills (architect, construction worker, building inspector), utility worker, heavy equipment operator, etc., may indicate willingness to lead their particular area of expertise.
- Communications gear, especially amateur (ham) or citizen's band radio, may be your only link to rescue crews, local government, or each other if telephone lines and cellular telephone sites are down. Encourage amateur radio operators to join a group that provides emergency communications to learn the local emergency frequencies and protocols.
- Transportation such as 4-wheel drive vehicles, cargo trucks, boats, snowmobiles, etc., may become the only means available to get through debris-strewn, icy, snowy, or flooded streets.
- 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.

Build On Your Strengths.

- Integrate this approach into your Neighborhood Watch Program or Homeowners' Association. Don't reinvent the organizational "wheel;" use what you already have in place and working.
- Invite 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.

Family Resources Inventory Date:

Last Name: Address:
Home Phone:

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

[1] Use this number to refer to which family member is volunteering, has the indicated skills, etc., below

Is your family prepared to sustain themselves for at least 72 hours without power and water? ☐ Yes ☐ No
Is your home "earthquake proofed"? (Cabinets latched, water heater strapped, etc.) ☐ Yes ☐ No
Would you attend a training class on family preparedness and home hazards? ☐ Yes ☐ No

Skills Inventory

Disaster Skill:	#1	#2	#3	#4	#5	#6	Comments
1st Aid/CPR							
Fire extinguisher							
Amateur radio							
Group leadership							
Tree/limb removal							
Heavy equipment operator							
Building/construction							
Sandbagging							

Disaster Volunteer Opportunities

Activity	#1	#2	#3	#4	#5	#6	Comments
Fire suppression team							
Medical team							
Search & rescue team							
Logistics team							
Staging area team							
"Buddy" squad [2]							
Runner [3]							
4-wheel drive operator							
Childcare							
Meal preparation							
Shelter Management							
Pet Care							

[2] "Buddy" squad checks on those with special needs: mobility impaired, latch key kids, medically frail, etc.
[3] Runners are used to pass messages when telephone, radio, or other communications means are not available.

This information is confidential and will be used for emergency response purposes only.

Emergency contact (that does not live with you):

Other comments (medical concerns, mobility problems, etc.):

Taking it one step at a time.

Nonstructural Mitigation

Reducing the risks of damage and injuries caused by earthquakes

Over 90% of post earthquake damage is of a nonstructural nature.

The greatest number of injuries during an earthquake are caused by falling objects.

Nonstructural: Those portions of a building or facility and all their contents with the exception of those items that are part of the physical structural. In other words, everything except the columns, floors, beams, load-bearing walls, etc. Typical examples of nonstructural elements of a building are: suspended ceilings, light fixtures, windows, doors, furniture, kitchen cabinets, computers, appliances, TVs, stereos, display cabinets, bookshelves, interior or exterior ornamentation, heating and air conditioning equipment, electrical systems, etc.

Mitigation: Actions carried out before, during, and after an emergency or disaster which are intended to reduce or eliminate the degree of risk or vulnerability to hazards present in the area.

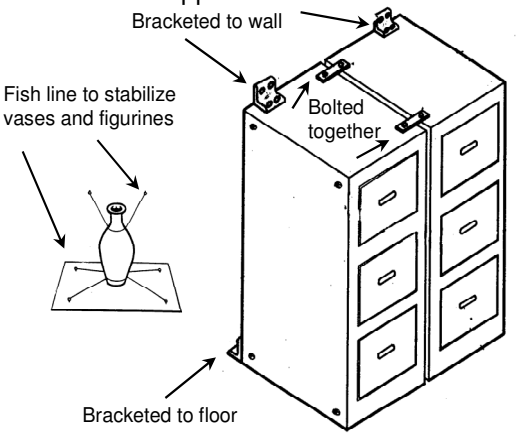
STEP 1. Identify the Hazards: The first step in reducing the risk of nonstructural damage is to do a hazard assessment. To do this, you need to determine what nonstructural risks are present in your home or workplace and assess what threat those risks pose.

At home:

- ☐ Are there heavy and/or tall items in your home that may move or fall over during an earthquake?
  - If these items moved or fell, would they block exit routes out of a room or out of your house?
  - Can these items be secured to structural support (i.e., wall studs)?
- ☐ Are hanging plants and light fixtures secured to prevent them from swinging free, breaking against walls or furniture, or breaking windows?
- ☐ Are gas appliances securely fastened in place (e.g., water heater and clothes dryer) so they won't pull the gas line connections apart?
- ☐ Are wall-mounted objects (clocks, pictures, mirrors, etc.) secured against falling?
- ☐ Are items on shelves and in display cabinets secured to prevent them from falling out?
- ☐ Is your house securely fastened to its foundation?

At work:

- ☐ Are items on shelves and in cabinets secured to prevent them from falling out?
- ☐ Are there items that no longer serve a useful function that can be removed?
- ☐ Are there incompatible chemicals stored together that should be moved to prevent mixing if the containers break?
- ☐ Are free-standing file cabinets, bookcases, and other tall pieces of furniture secured to structural support?

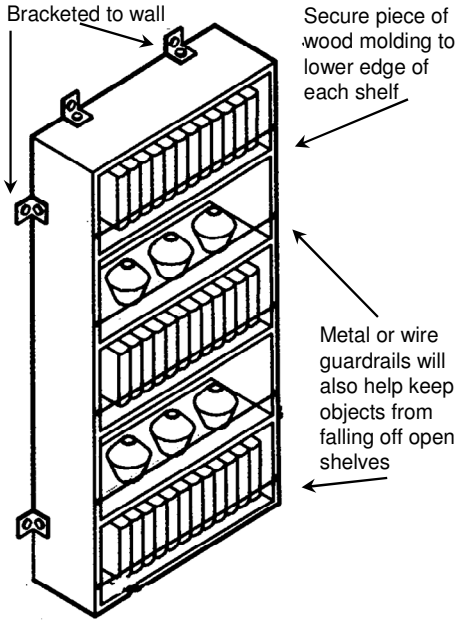


STEP 2. Once you've identified the hazards**... Make your plan.**

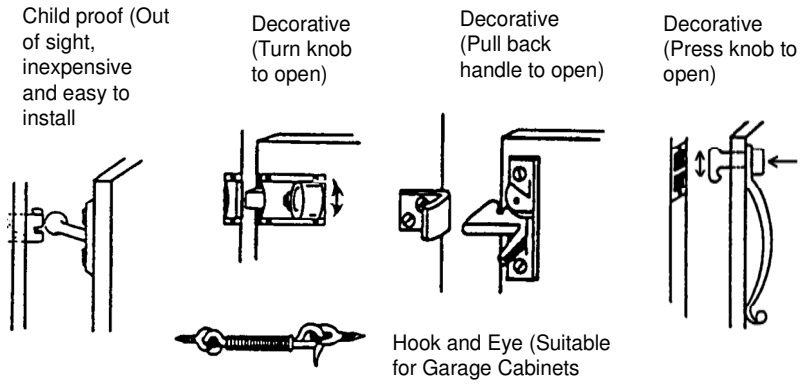
- Identify which mitigation activities will reduce the risks of damage and injury the most.
- Determine which activities can be accomplished at little or no cost (i.e., securing bookcases to walls, closed hooks for pictures and mirrors)
- Determine the best method for correcting larger problems (retrofit, remodel, or incremental upgrades).
- In the future consider purchasing only items that are considered "seismic-resistant." For example, file cabinets with strong latches on the drawers and wall or floor attachments.
- Routinely check any protective measures you have already taken to see that they are still effective.

Mitigation Activities:

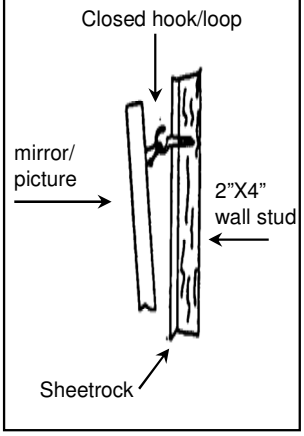
☐Bolt heavy, tall, upright furniture to wall studs
☐Lock or remove rollers on beds, furniture, and appliances
☐Secure hanging plants and light fixtures with one or more guy wires to prevent swinging into walls or windows and breaking
☐Locate beds away from windows and heavy wall-mounted objects
☐Secure kitchen and bathroom cabinets with "positive" (self-closing) latches
☐Secure items on shelves with quake mats, Velcro™, low shelf barrier, or other restraining devices
☐Store heavy and/or breakable items on lower shelves
☐Strap water heater and all gas appliances to wall studs
☐Use flexible gas connections on gas appliances
☐Check chimney for loose bricks and repair as needed
☐Check foundation for cracks and repair as needed
☐Bolt home to foundation to prevent shifting during an earthquake
☐Secure mirrors and pictures to the wall or hang them with heavy wire, looped through eye screws or tongue-in-groove hangers
☐For additional information on nonstructural mitigation activities contact your local Emergency Management Office

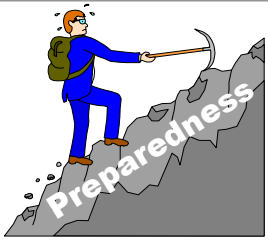


Types of positive catching latches for cabinets



Mirrors and Pictures





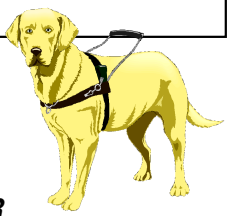
Taking it one step at a time.

PROTECT YOUR PETS IN CASE OF DISASTER

The best way to protect your family from the effects of a disaster is to have a disaster plan. If you are a pet owner, that plan should include your pets.

It may be difficult, if not impossible, to find shelter for your animals in the midst of a disaster; so plan ahead.

Red Cross shelters cannot accept pets because of State health and safety regulations. The only exceptions to this policy are service animals who assist people with disabilities.



BEFORE A DISASTER

Ask friends, relatives, or others outside the affected area whether they could shelter your animals. If you have more than one pet, they may be more comfortable if kept together; but be prepared to house them separately.

Contact hotels and motels outside your immediate area to check policies on accepting pets and restrictions on number, size, and species. Ask if "no pet" policies could be waived in an emergency. Keep a list of "pet friendly" places, including phone numbers with other disaster information and supplies. If you have notice of an impending disaster, call ahead for reservations.

Prepare a list of boarding facilities and veterinarians who could shelter animals in an emergency. Include 24-hour phone numbers.

Include pet supplies as part of your 72-hour kit.

DISASTER SUPPLIES FOR YOUR PET

- Portable carrier (essential for cats)
- Food and water bowls
- Three day supply of food and water, stored in plastic bottles
- Litter and litter box for cats
- Medications
- First aid kit
- Health records, including vaccination records
- Instructions on your pet's feeding schedule and diet, medications, and any special needs
- Leashes

Make sure all dogs and cats are wearing collars that are securely fastened and have ID tags containing up-to-date information. Attach to the collar or tag the phone number and address of your temporary shelter, if you know it, or of a friend or relative outside the disaster area. You can buy temporary tags or put adhesive tape on the back of your pet's ID tag.

DURING A DISASTER

Bring your pets inside immediately. Animals have instincts about severe weather changes and will often isolate themselves if they are afraid. Bringing them inside early can keep them from running away. ***NEVER LEAVE A PET OUTSIDE OR TIED UP DURING A STORM!***

If you have no alternative but to leave your pet at home, there are some precautions you must take; but remember that leaving your pet at home alone can place your animal in danger! Confine your pet to a safe area inside. Place a notice outside in a visible area, advising what pets are in the house and where they are located. Provide a phone number where you or a contact can be reached as well as the name and number of your vet.

BIRDS

Transport in a secure travel cage or carrier.

In cold weather, wrap a blanket over the carrier and warm up the car before placing birds inside.

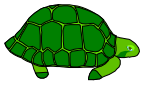
During warm weather, carry a plant mister to mist the bird's feathers periodically.

Do not put water inside the carrier during transport. Provide a few slices of fresh fruits and vegetables with high water content.

Have leg bands and a photo for ID.

Try to keep the carrier in a quiet area.

Do not let the birds out of the cage or carrier.



REPTILES

Snakes can be transported in a pillowcase but they must be transferred to more secure housing when they reach the evacuation site.

If your snakes require frequent feedings, carry food with you.

Take a water bowl large enough for soaking as well as a heating pad.

When transporting house lizards, follow the same directions as for birds.

POCKET PETS

Small mammals (hamsters, gerbils, etc.) should be transported in secure carriers suitable for maintaining the animals while sheltered.

Take bedding materials, food, bowls, and water bottles.

AFTER A DISASTER

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

The behavior of your pets may change after an emergency. Normally quiet and friendly pets may become aggressive or defensive. Watch animals closely. Leash dogs and place them in a fenced yard with access to shelter and water.

Taking it one step at a time.

PREPAREDNESS CALENDAR

Family Disaster Supplies and Preparedness Activities

- *This calendar is intended as a tool to help you prepare for disasters before they happen.*
- *After you purchase an item or complete an activity, check the box next to it.*

MONTH 1	**Purchase:** ☐Water - 3 gallons per person and pet ☐Hand-operated can opener and bottle opener ☐Instant drinks (coffee, tea, powdered soft drinks) ☐2 flashlights with batteries	**Activities:** ☐Make your family disaster preparedness plan* ☐Inventory disaster supplies already on hand, especially camping gear ☐If you fill your own water containers, mark them with the date filled ☐Date water/food containers if they are not dated ☐Conduct a home hazard hunt*
MONTH 2	**Purchase:** ☐Canned meat, stew, or pasta meal - 5 per person ☐Sanitary napkins ☐Videotape ☐Family-size first aid kit	**Activities:** ☐Change battery and test smoke detector (purchase and install a detector if you don't have one) ☐Videotape your home, including contents, for insurance purposes. Store the tape with friends or family who live out of town.
MONTH 3	**Purchase:** ☐Canned fruit - 3 cans per person ☐Any foods for special dietary needs (enough for 3 days) ☐2 rolls of toilet paper per person ☐Crescent wrench(es) (or utility shutoff tools)	**Activities:** ☐Conduct a home fire drill ☐Check with your child's day care or school to find out about their disaster plans ☐Locate gas meter and water shutoff points and attach/store wrench or shutoff tool near them ☐Establish an out-of-state contact to call in case of emergency

Your supplies may be stored together in one large container, such as a garbage can on wheels, or several small ones. Food items could be kept on a specific shelf in the pantry.

MONTH 4	**Purchase:** ☐Canned vegetables - 4 per person ☐Extra baby bottles, formula, and diapers, if needed ☐Extra pet supplies; food, collar, leash ☐Large storage container(s) for preparedness supplies	**Activities:** ☐Place a sturdy pair of shoes and a flashlight under your bed so that they will be handy during an emergency ☐Place a supply of prescription medicine(s) in storage container and date the medicine(s) if not already indicated on its label ☐Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member
MONTH 5	**Purchase:** ☐Canned, ready-to-eat soup - 2 per person ☐Liquid dish soap ☐Plain liquid bleach ☐Portable am/fm radio (including batteries) ☐Anti-bacterial liquid hand soap ☐Disposable hand wipes	**Activities:** ☐Make photocopies of important papers and put in the storage container ☐Talk with neighbors to find out who may have skills or training that would be beneficial after a disaster (i.e., first aid, child care, amateur radio, tree removal, small engine repair, heavy equipment operations, wilderness survival, light rescue, carpentry)

Contact your local Emergency Management Office for more information on this activity

Examples of Food Items:

- *Select based on your family's preferences*
- *Pick low-salt, water-packed varieties when possible*

Canned Meat	*tuna, chicken, raviolis, chili, stew, Spam™, corned beef, etc.*
Vegetables	*green beans, corn, peas, beets, baked beans, carrots, etc.*
Fruit	*pears, applesauce, mandarin oranges, pineapple, etc.*

MONTH 6	**Purchase:** ☐Quick-energy snacks (granola bars, raisins, peanut butter) ☐6 rolls of paper towels ☐3 boxes of facial tissue ☐Sunscreen ☐Anti-diarrhea medicine ☐Latex gloves, 6 pairs, (to be put with the first aid kit)	**Activities:** ☐Check to see if your stored water has expired and needs to be replaced. (Replace every 6 months if you filled your own containers. Store-bought water will have an expiration date on the container.) ☐Put an extra pair of eyeglasses in the supply container ☐Store a roll of quarters with the emergency supplies and locate the pay phone nearest to your home ☐Find out about your workplace disaster plans
MONTH 7	**Purchase:** ☐Whistle ☐ABC fire extinguisher ☐1 large can of juice per person ☐Adult and children vitamins ☐A pair of pliers and/or vise grips	**Activities:** ☐Take a first aid/CPR class ☐Identify neighbors who might need help in an emergency, including those with limited mobility or health problems and children who might be alone ☐Show family members where and how to shut off the utilities
MONTH 8	**Purchase:** ☐Box of crackers or graham crackers ☐Dry cereal ☐"Child proof" latches or other fasteners for cabinet doors and drawers ☐1 box of large, heavy-duty garbage bags ☐ Camping or utility knife	**Activities:** ☐Secure shelves, cabinets, and drawers to prevent them from falling and/or opening during earthquakes ☐Meet with neighbors to inventory expensive equipment that could be shared in the event of an emergency, such as chain saws, chippers/shredders, utility trailers, snow blowers, and 4-wheel drive vehicles
MONTH 9	**Purchase:** ☐Extra batteries for flashlights, radio, and hearing aids (if needed) ☐Heavy rope ☐Duct tape ☐Crowbar	**Activities:** ☐Make a small preparedness kit for your car. Include food, water, blanket, small first aid kit, a list of important phone numbers, and quarters for pay phones. ☐Secure water heater to wall studs (if not already done)
MONTH 10	**Purchase:** ☐Hammer and assorted nails ☐Screw drivers and assorted wood screws ☐Heavy duty plastic tarps or sheets of visquine ☐Extra toothbrush per person and toothpaste	**Activities:** ☐Make arrangements to have someone help your children if you're are at work when an emergency occurs ☐Conduct an earthquake drill at home ☐Replace prescription medicines as required by expiration dates
MONTH 11	**Purchase:** ☐Package of paper plates ☐Package of napkins ☐Package of eating utensils ☐Package of paper cups ☐Masking tape ☐Kitchen-size garbage bags (1 box)	**Activities:** ☐Make arrangements to have someone to take care of your pets if your are at work when an emergency occurs ☐Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency ☐Start a Neighborhood Watch Program if none exists
MONTH 12	**Purchase:** ☐Heavy work gloves ☐Box of disposable dust masks ☐Safety goggles ☐Antiseptic ☐Sewing kit	**Activities:** ☐Check to see if your stored water has expired and needs to be replaced. (Replace every 6 months if you filled your own containers. Store-bought water will have an expiration date on the container.) ☐Check the dates on stored food and replace as needed

Taking it one step at a time.

SHELTERING IN-PLACE

Although your first instinct may be to get away as far and as fast as possible from a hazardous materials accident, evacuation is not always the safest option.

Your home or workplace can be a safe haven during a hazardous materials emergency. Up-front preparations are the key to your safety.

• *"Sheltering In-Place"* simply means staying put inside your home, workplace, or other building until the emergency passes and the "all clear" signal is given. Local officials, especially the fire department, are best qualified to recommend protective actions against hazardous materials accidents. Sheltering in-place is most often your safest option.

• Hazardous materials are all around us at home, work, and school, in industrial and commercial buildings, and on the highways. When properly handled, they pose no health threat. When improperly transported, stored, or used, or when accidentally released, however, there is a potential for devastating damage.

• During an accidental release of hazardous materials, air quality may be threatened. Evacuation may take you through a plume of toxic chemicals, leading to serious, long-term health risks or even death. Sheltering in-place can be a viable alternative which keeps you inside a protected environment.

• Preparedness is the key to surviving any emergency, especially a hazardous materials accident. Toxic releases can come without warning and allow only minutes to respond.

• Shelter in-place preparations complement your other family emergency preparedness efforts.

Toxic releases can come without warning!

PREPARE YOUR HOME <u>BEFORE</u> DISASTER STRIKES

- ☐ ***Choose a room:*** The ideal room has few windows, is large enough to house your whole family or co-workers comfortably, and preferably has access to water. A bedroom with adjoining bath, a large restroom, or an employee break room may be good choices.
- ☐ ***Prepare window coverings:*** When the room is used as a shelter, the windows must be sealed against any outside air entering. Measure all window openings in the room, then add a generous six inches on all sides of each window measurement. Don't forget the skylights. Cut plastic sheeting according to the measurements. Label each sheet to show which window it covers. Store enough rolls of duct tape to go around all the windows completely.
- ☐ ***Prepare vent and door coverings:*** Just as you did for the windows, measure each air vent, door, and any other openings leading outside the room. Cut and label plastic sheeting for each opening. Storing multiple rolls of tape allows more than one person to work at a time.
- ☐ ***Assemble shelter in-place supplies:*** Your supplies should be stored in the chosen shelter room. Put the plastic sheets, duct tape, and other recommended supplies (see list on reverse) together in one container. An under-the-bed box works well, or use a container that fits on a closet shelf or in a cabinet.

SHELTERING IN-PLACE SUPPLIES

- ☐ Cut and labeled plastic sheeting for each window, door, air vent, or other opening (See reverse for preparation instructions.)
- ☐ Multiple rolls of duct tape for sealing plastic sheeting (allows more than one person to work at the same time)
- ☐ Towel for under the door to seal against outside air
- ☐ Battery-powered radio, flashlight, and extra batteries; battery-powered or cellular phone (if no phone in room)
- ☐ Snack foods, canned juices or other drinks, pet foods
- ☐ Games and books to pass the time

Preparing now can buy time later!

SHELTERING IN-PLACE PROCEDURES

• Stay inside an enclosed building, such as your home or workplace. If possible, bring your pets inside. *Do not* risk your safety for your pet.

• Close and lock all windows and doors to the outside. Close drapes or shades over all windows. Push wet towels under the doors to help seal against outside air.

• Turn off heating/air conditioning systems, and switch inlets or vents to the "closed" position. Close all fireplace dampers.

• Use tape and pre-cut and labeled plastic sheeting to seal around doors and windows, heating vents, skylights, or any opening which could let air in (in shelter room only).

• Seal bathroom exhaust fans or grills, range vents, dryer vents, and other openings (in shelter room only).

•. While sheltering in-place, stay away from windows.

• If there is no phone in your designated shelter room, bring along a battery-operated or cellular phone.

• Listen to the Emergency Alert System radio messages and follow the message instructions. The primary alerting station for the Portland metro area is KUFO (101.1 FM); KXL (750 AM) is the alternate alerting station. Other local radio stations may also carry the news story.

• Do not go outside or attempt to drive unless you are specifically told to do so. Evacuation procedures may vary by community.

• Once the emergency has passed, ventilate your entire house to remove any residual hazardous fumes.

SHELTER IN-PLACE "NO-NOs"

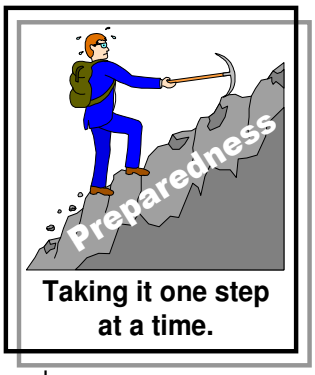
***DO NOT**:*

• Call the school or try to pick up your children. They will be safer sheltering in-place at school than they would be riding in your vehicle.

• Leave your shelter until the "all clear" signal is sounded.

• Risk your safety for your pets. If they can't be found within a minute or two, you'll have to shelter in-place without them.

• Wait until the disaster strikes to prepare... ***It's never too early!***



Taking it one step at a time.

THUNDERSTORMS & LIGHTNING

Its estimated that at any given moment nearly 2,000 thunderstorms are in progress over the earth's surface, and lightning strikes the earth 100 times each second.

Thunderstorms can bring heavy rains, flash flooding, tornadoes, strong winds, lightning, and hail.

- Flash Floods/Floods are the number one killer associated with thunderstorms with nearly 140 fatalities a year.
- Although thunderstorms in the northwest are less likely to spawn tornadoes than elsewhere in the United States, most wind-related damage caused by thunderstorms is from "straight-line" rather than tornadic winds. "Downbursts," a type of straight-line wind, can cause damage equivalent to a strong tornado.
- Lightning occurs with all thunderstorms. Its electrical charge and intense heat can electrocute on contact, cause electrical failures, split trees, and ignite structure and brush fires.
- Hail associated with thunderstorms can be smaller than peas or as large as softballs and can be very destructive.
- While some thunderstorms can be seen approaching, others hit without warning. It is important to learn to recognize the danger signs and to plan ahead.
- When thunderstorms are forecast or skies darken, look and listen for:
  - Dark, towering, or threatening clouds
  - Increasing wind
  - Flashes of lightning
  - The sound of thunder

When a thunderstorm is approaching…

At Home:

- ☐ Secure outdoor objects such as lawn furniture that can blow away and cause damage or injury.
- ☐ Bring lightweight objects inside.
- ☐ Listen to a battery-operated radio or television for the latest storm information.
- ☐ Do not handle any electrical equipment or telephones because lightning could follow the wires.
- ☐ Avoid bathtubs, water faucets, and sinks because metal pipes can transmit electricity.
- ☐ Pets are particularly vulnerable to hail and should be brought inside.

If Outdoors:

- ☐ Attempt to get into a building or car.
- ☐ If no structure is available, get to an open space and squat low to the ground as quickly as possible. (If in the woods, find an area protected by a low clump of trees. Never stand underneath a single large tree in the open.)
- ☐ Be aware of the potential for flooding in low-lying areas.
- ☐ Kneel or crouch with hands on knees.
- ☐ Avoid tall objects such as towers, tall trees, fences, telephone lines, and power lines.
- ☐ Stay away from natural lightning rods such as golf clubs, tractors, fishing rods, bicycles, and camping equipment.
- ☐ Stay away from rivers, lakes, and other bodies of water.

What is a severe thunderstorm?

- A thunderstorm is considered **severe** if it produces hail at least 3/4-inch in diameter, winds of 58 mph or higher, or tornadoes.

What is the difference between a watch and a warning?

- A severe thunderstorm **watch** is issued by the National Weather Service when the weather conditions are such that a severe thunderstorm is likely to develop.

- A severe thunderstorm **warning** is issued when a severe thunderstorm has been sighted or indicated by weather radar. At this point, the danger is very serious and everyone should go to a safe place, turn on a battery-operated radio or television, and wait for further information

LIGHTNING

Lightning is a major threat during a thunderstorm. In the United States, between 75 and 100 people are hit and killed by lightning each year.

Myth: Lightning never strikes the same place twice.
Fact: Lightning can strike the same place twice and may strike it multiple times during the same discharge.

Myth: If it is not raining, then there is no danger from lightning.
Fact: Lightning has been detected as far as ten miles from the edge of a thunderstorm cell, and at locations with blue skies overhead.

First aid recommendations for lightning victims:

Most lightning victims can actually survive an encounter with lightning, especially with timely medical treatment. *A person who has been struck by lightning does not carry an electrical charge that can shock other people.*

If a person is struck by lightning:

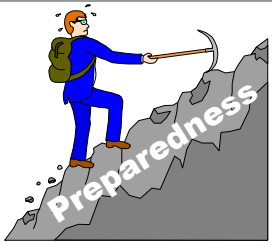
- ☐ Call 911 to provide location and information about the incident including the number of people injured.
- ☐ Look for burns where the lightning entered and exited the body.
- ☐ If the strike caused the victim's heart and breathing to stop, give cardiopulmonary resuscitation (CPR) until medical professionals arrive and take over.

If your house is struck by lightning:

- ☐ Check all around the interior and exterior to make sure that it did not start a fire.
- ☐ If you smell or see smoke, call 911.
- ☐ All appliances and electrical devices that were plugged in when the lightning struck the house should be checked for damage before being used. Indications of possible damage include scorched outlets, scorch marks on the device, melted cords, and broken light bulbs.

Remember to help neighbors who may require special assistance (infants, senior citizens, and people with disabilities).

If you are driving after a thunderstorm, be vigilant for downed branches and power lines or other debris lying in the road.



Taking it one step at a time.

UTILITIES

When disaster strikes, it often affects one or more of the utility systems in our homes. It is important to know where the main controls are located and when and how to turn them off. Learn these things before disaster strikes!

ELECTRICITY - A disaster can disrupt your electrical service or cause wires and electrical fixtures to separate, creating a shock and fire hazard:

Before a disaster occurs:

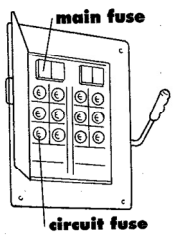
- ⇩ Locate your main electrical panel or fuse box. Usually it's on an interior wall near your electric meter.
- ⇩ If your residence has a fuse box, maintain a supply of spare fuses of the correct amperage.
- ⇩ Always keep a working flashlight available, with extra batteries of the correct size and type.

When you lose power, check the fuses and/or circuit breakers to be sure the trouble is not in your household electric system.

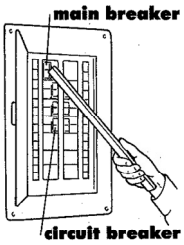
- ⇩ **Turn off** all electrical equipment (e.g., water heater, electric furnace, heaters, stove, washer, dryer, TV) to prevent system overload when the power is restored.
- ⇩ **Turn on** a porch light and one inside light so you and utility crews will know when service is restored.
- ⇩ If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.
- ⇩ If a generator is used as backup power supply, remember to follow the manufacturer's instructions. Connect lights and appliances directly to the generator and not the electrical system**.**

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.
- ⇩ For a fuse box, pull out the two main (cartridge) fuses.

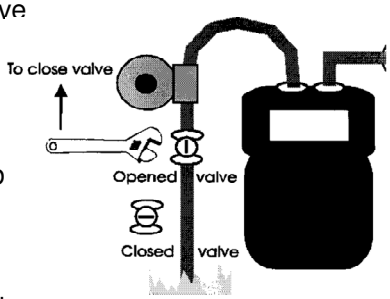


Fuse Boxes



Breaker Boxes

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



- ⇩ Locate the shut-off valve.
- ⇩ Use a crescent wrench and turn the rectangular knob one quarter turn clockwise to the horizontal position.
- ⇩ Call your gas company from a neighbor's home.
- ⇩ If you turn off the gas for any reason, service should be restored by a professional.

If you suspect a gas leak:

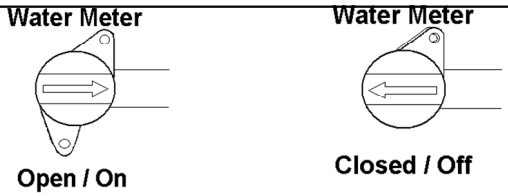
DON'T *use your telephone. This includes cellular phones and all types of portable communication and electronic devices that have a battery. These can spark and create a source of ignition.*

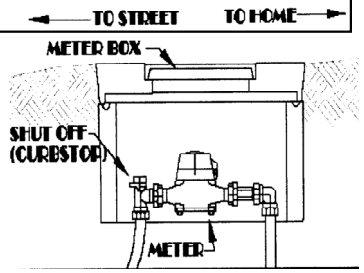
DON'T *use matches, lighters, or open flame appliances and don't operate electrical switches.*

WATER - Earthquakes and freezing weather can rupture water pipes, causing flooding if not turned off quickly. Find the location of your home's shut off valve.

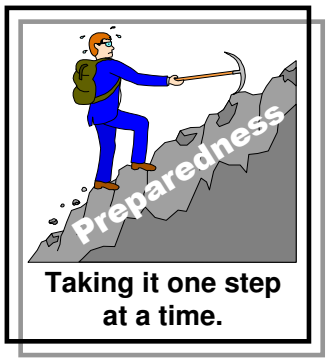
- ⇩ There is a shut off valve at the water meter, but there may also be one closer to your house.
- ⇩ Some common places to look for your master shut off valve are:
  - In the crawl space or basement where the water line enters the house.
  - In the garage where the water line enters the wall or ceiling,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

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.





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.



Taking it one step at a time.

Windstorms and Tornadoes

Most types of severe weather have the potential for generating dangerous winds any time of the year. In some cases, they may even spawn tornadoes. Windstorms and tornadoes are a serious threat in most parts of the country.

The Pacific Northwest has experienced many violent windstorms, including: the Columbus Day Storm (1962), the November 1981 Windstorm, the Inaugural Day Storm (1993), and, most recently, the Windstorm of December 1995.

Common items, such as cans, bottles, signs, trees, glass, roof shingles, lawn furniture, and toys, can become flying debris, or "projectiles," in high winds. They frequently cause severe property damage as well as major injuries and even death.

The extent of damage that a storm may cause is based on its wind speed.

WIND SPEED (MPH)	WIND EFFECTS
25 – 31	Large branches will be in motion.
32 – 38	Whole trees in motion; inconvenience felt walking against the wind.
39 – 54	Twigs and small branches may break off of trees; wind generally impedes progress when walking; high profile vehicles such as trucks and motor homes may be difficult to control.
55 – 74	Potential damage to TV antennas; may push over shallow rooted trees especially if the soil is saturated.
74 – 95	Potential for minimal structural damage, particularly to unanchored mobile homes; power lines, signs, and tree branches may be blown down.
96 – 110	Moderate structural damage to walls, roofs and windows; large signs and tree branches blown down; moving vehicles pushed off roads.
111 – 130	Extensive structural damage to walls, roofs, and windows; trees blown down; mobile homes may be destroyed.
131 – 155	Extreme damage to structures and roofs; trees uprooted or snapped.
Greater than 155	Catastrophic damage; structures destroyed.

BEFORE HIGH WINDS OCCUR

- ☐ Identify a shelter or safe area in your home, away from windows, that will provide you with maximum protection.
- ☐ Locate utility shutoff locations and show family members how to turn them off when necessary.
- ☐ Identify items that must be secured or brought inside during high winds and severe weather.
- ☐ Discuss what to do in case the power goes out or someone gets injured.
- ☐ Assemble an emergency kit. Be sure to include flashlights, a battery-powered radio, extra batteries, and a manual can opener.
- ☐ Keep some non-perishable packaged or canned food on hand.

WHEN HIGH WINDS HAVE BEEN FORECAST

- ☐ Fill family vehicles with fuel.
- ☐ Anchor outdoor objects that can blow away (such as garbage cans, hanging plants, and lawn furniture) or move them inside.

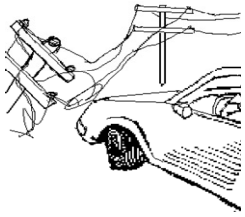
DURING HIGH WINDS

- ☐ Stay indoors and away from windows.
- ☐ Do not drive.
- ☐ Stay away from downed power lines.
- ☐ Stay tuned to a local radio or TV station for additional weather and emergency information.

Avoid driving when high winds are predicted or present. High winds can easily push a car out of its lane of travel or off the road. The larger the vehicle, the more susceptible it will be to the force of the wind.

If you are driving when high winds occur, pull safely off of the road and seek shelter in a building. Being in a parked car is safer than being outside; however, being in a building is safer than being in a car.

During and after periods of high winds, be cautious of debris in the roadway and downed or low-hanging utility wires.



If you see a power line on the ground, **DO NOT TOUCH** it with anything. Expect every power line to be "live."

If a power line falls across your vehicle, **DON'T GET OUT!** Wait for emergency help to arrive.

KEEP AN EYE ON THE WEATHER

For the latest weather information, tune to your local radio or TV station. Listening to a NOAA weather radio station will also provide current and forecast weather information. The National Weather Service operates these "radio stations" and provides listeners with continuous updates 24 hours-a-day.

A weather **WATCH** means that atmospheric conditions are right for severe weather.

A weather **WARNING** means that severe weather has been observed or is imminent in the area specified.

Weather Website:
http://nimbo.wrh.noaa.gov/portland

Tornadoes Do Occur Locally - FACTS You Should Know:

Tornadoes travel at an average speed of 30 mph, but have been known to reach speeds of 70 mph, and can generate winds of over 200 mph.

While most tornado damage is caused by violent winds, tornado injuries and deaths typically result from flying debris.

During severe weather or a Tornado Watch, BE OBSERVANT:

- Severe thunderstorms; dark, often greenish-colored skies; large hail, 3/4-inch in diameter or more; and a loud roar similar to a train may be indications of a developing or approaching tornado.
- If you see a tornado or any of these indicators, take the actions noted below.

If a Tornado Warning is issued, TAKE ACTION IMMEDIATELY:

- Go to a basement or an interior part of the lowest level of the building you are in.
- Stay away from windows, doors, and outside walls.
- In most cases, closets, bathrooms (without windows), and interior hallways work best.
- Get under something sturdy - lie face down, draw your knees up under you and cover the back of your head with your hands.
- If you are outside - lie down flat in the nearest ditch or ravine.

Taking it one step at a time.

WINTER PREPAREDNESS

Winter Storms are deceptive killers since most of the deaths that occur are indirectly related to the actual storm.

- *People die in traffic accidents on icy roads*
- *People die of heart attacks while shoveling snow*
- *People die of hypothermia from prolonged exposure to the cold*

ARE YOU PREPARED FOR WINTER?

Winter Weather Terminology

Monitor weather reports so that adequate preparation can be made to lessen the impact of severe weather conditions. Some terms you should understand are:

Freezing Rain or Freezing Drizzle indicates rain that freezes as it strikes the ground and other surfaces forming a coating of ice.

Sleet indicates small particles of ice, usually mixed with rain. If enough sleet accumulates on the ground, it will make travel hazardous.

Snow, when used without a qualifying word such as occasional or intermittent, indicates that the snowfall will be steady and probably continue for several hours.

Snow Flurries indicates periods of snow falling for short durations at intermittent periods. Accumulations are generally small.

Winter Storm Watch indicates severe winter weather conditions may affect the area (freezing rain, sleet, or heavy snow may occur separately or in combination).

Winter Storm Warning indicates that severe winter weather conditions are imminent.

Cold Related Injuries

Frostbite: Damage to body tissue caused by that tissue being frozen.

Warning signs. - a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes, or the tip of the nose.

If symptoms are detected, get medical help immediately!

- If you must wait for help, slowly rewarm affected areas.
- However, if the person is also showing signs of hypothermia, warm the body core before the extremities.

Wind Chill

The wind chill is based on the rate of heat loss from exposed skin caused by combined effects of wind and cold. As the wind increases, heat is carried away from the body at an accelerated rate, driving down the body temperature.

Temperature (F)

Wind Speed (mph)	35	30	25	20	15	10	5	0	-5	-10	-15	-20
5	32	27	22	16	11	6	0	-5	-10	-15	-21	-26
10	22	16	10	3	-3	-9	-15	-22	-27	-34	-40	-46
15	16	9	2	-5	-11	-18	-25	-31	-38	-45	-51	-58
20	12	4	-3	-10	-17	-24	-31	-39	-46	-53	-60	-67
25	8	1	-7	-15	-22	-29	-36	-44	-51	-59	-66	-74
30	6	-2	-10	-18	-25	-33	-41	-49	-56	-64	-71	-79
35	4	-4	-12	-20	-27	-35	-43	-52	-58	-67	-74	-82
40	3	-5	-13	-21	-29	-37	-45	-53	-60	-69	-76	-84
45	2	-6	-14	-22	-30	-38	-46	-54	-62	-70	-78	-85

COLD · VERY COLD · BITTER COLD

VERY COLD · BITTER COLD · EXTREME COLD

Hypothermia: Low Body Temperature

Warning signs - uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion.

Detection - Take the person's temperature. If below 95F (35C), immediately seek medical care!

If medical care is not available, begin warming the person *slowly*.

- Warm the body core first. If needed, use your own body heat to help.
- Get the person into dry clothing and wrap them in a warm blanket covering them completely, including the head and neck.
- Do not give the person alcohol, drugs, coffee, or any hot beverage or food; warm broth is better.
- Do not warm extremities (arms and legs) first! This drives the cold blood toward the heart and can lead to heart failure.

Heart Attack: Strain from the cold and hard labor may cause a heart attack.

- Avoid overexertion, such as shoveling heavy snow, pushing a car, or walking in deep snows, especially if you are not in peak physical condition.
- If you must shovel snow, take it slow and lift small amounts, especially when removing heavy snow, slush, or ice

Prepare in Advance

- Have extra blankets on hand and ensure each member of your household has a warm coat, gloves/mittens, hat, and water-resistant boots.
- Check battery-powered equipment and make sure you have plenty of spare batteries.
- If you have propane or oil heat, check your fuel supply.
- Check your food supply and stock up on basic items.
- Have your car winterized before the winter season starts and always keep the fuel tank full.

Winter Dress

Plan from head to toe:

- Wear a hat. This can prevent the loss of half your body heat.
- Gloves and warm socks help protect fingers and toes, which is where you can first feel the effects of cold temperatures.

Wear layers of loose-fitting, warm clothing:

- Remove layers to avoid overheating, perspiration, and subsequent chill.
- Layering clothes helps prepare you for different conditions and activities.
- Use three essential layers - underwear, insulation, and outer shell - in different combinations to maintain comfort through changes in weather and exertion levels.

Underwear

- Provides basic insulation and moves moisture away from skin, preventing chill when activity stops.
- Choose long underwear, or thin, snug-fitting pants with a long-sleeved T-shirt or turtleneck.

Insulation

- Use one or more layers, depending on conditions, including layers of pants to keep your legs warm.
- Sweaters, sweatshirts, and other similar garments are good insulators.

Outer Shell

- Choose garments that are windproof, and preferably waterproof, such as those made of coated nylon or polyester.
- Many shells - such as ski jackets or parkas - combine the outer and insulating layers.
- Good fit is crucial. If the shell is too big, heat loss can occur rapidly. If it is too small, you may not have enough room for insulating layers.

Food and drink. *Food provides the body with energy for producing its own heat. Keep the body replenished with fluids (water and juice; limit your intake of caffeine and alcohol) to prevent dehydration.*

CONTACT NUMBERS

9-1-1 FOR ALL LIFE THREATENING EMERGENCIES

NON-EMERGENCY CONTACT NUMBERS

POLK COUNTY EMERGENCY MANAGEMENT 503-623-9251
POLK COUNTY PUBLIC HEALTH 503-623-8175
POLK COUNTY PUBLIC HEALTH 24/7 INFORMATION LINE 503-623-8176
POLK COUNTY PUBLIC WORKS 503-623-9287
POLK COUNTY ENVIRONMENTAL HEALTH 503-623-9237
POLK COUNTY SHERIFF 503-623-9251
POLK COUNTY FIRE DISTRICT #1 503-838-1510
DALLAS POLICE 503-831-3539
DALLAS FIRE DEPARTMENT 503-831-3530
FALLS CITY FIRE DEPARTMENT 503-787-3767
WEST VALLEY HOSPITAL 503-623-8301
INDEPENDENCE POLICE 503-838-1214
MONMOUTH POLICE 503-838-1109
SALEM POLICE 503-588-6123
SALEM FIRE DEPARTMENT 503-588-6245
SALEM HOSPITAL 503-561-5200
PORTLAND GENERAL ELECTRIC 1-800-542-8818
NW NATURAL 1-800-422-4012
GAS ODOR EMERGENCIES 1-800-882-3377
MARION COUNTY SHERIFF 503-588-5094
BENTON COUNTY SHERIFF 541-766-6858
LINN COUNTY SHERIFF 1-800-884-3911
LINCOLN COUNTY SHERIFF 541-265-4277
YAMHILL COUNTY SHERIFF 503-434-7506

INTERNET SOURCES FOR EMERGENCY PLANNING

American Red Cross www.redcross.org
American Red Cross, Willamette Chapter (Salem)
www.redcross-salem.org
Bioterrorism www.bt.cdc.gov
Bird (avian) Flu www.cdc.gov/flu/avian
Center's for Disease Control www.cdc.gov
FEMA www.fema.gov
Oregon Health Alert Network www.oregonhealthnetwork.org
Pandemic Flu www.pandemicflu.gov
Polk County Community Emergency Response Team (CERT)
http://polkcounty-cert.org
Polk County Public Health www.co.polk.or.us/Public_Health
Ready.gov www.ready.gov
Salem Community Emergency Response Team (CERT)
www.cityofsalem.net/departments/fire/emergencymanagement
West Nile Virus www.cdc.gov/westnile

RADIO, TELEVISION, NEWSPAPER SOURCES

RADIO

KWIP 880 AM, Dallas, www.kwip.com
KWBY 940 AM, Woodburn, www.lapantera940.com
KEX 1190 AM, Portland, www.1190kex.com
KYKN 1430 AM, Salem, www.kykn.com
KBZY 1490 AM, Salem, www.kbzy.com

TELEVISION

KATU Channel 2, Portland, www.katu.com
KOIN Channel 6, Portland, www.koin.com
KGW Channel 8, Portland, www.kgw.com
KPTV Channel, 12 Portland, www.kptv.com

NEWSPAPER

Polk Itemizer-Observer, Dallas, www.itemizerobserver.com
Statesman-Journal, Salem, www.statesmanjournal.com
The Oregonian, Portland, www.oregonlive.com/oregonian

LOCAL AREA PHARMACIES

Bi-Mart Pharmacy
444 S Pacific Ave
Monmouth
503-838-0683
Fax 503-838-1704

Dallas Pill Box
625 SE Miller Ave
Dallas
503-623-2400
Fax 503-623-5799

Hi-School Pharmacy
1357 Monmouth St
Independence
503-838-2195
Fax 503-838-3129

The Medicine Shop
289 E Ellendale
Dallas
503-623-5998
Fax 503-623-1173

Rite Aid Pharmacy
178 W Ellendale
Dallas
503-623-8334

Fax 503-623-7077

Safeway Food & Drug
138 W Ellendale
Dallas
503-623-3809
Fax 503-365-2177

Safeway Food & Drug
1455 NW Edgewater St NW
Salem
503-365-2174
Fax 503-365-2177

Walgreens Pharmacy
699 Wallace Rd NW
Salem
503-428-5073
Phone or in person only at this time (March 19, 2008)

Walgreens Pharmacy 24 hours
1992 Lancaster Dr. NE
Salem
503-362-4845
Fax 503-362-5137

Wal-Mart
321 NE Kings Valley Hwy
Dallas
503-623-5091
Fax 503-623-1117

West Valley Hospital Pharmacy
525 SE Washington St
Dallas
503-623-7306
Fax 503-831-3484