

BE AWARE & PREPARE

BEFORE DISASTER STRIKES: A *Prepare Oregon* Campaign

ARE YOU PREPARED FOR DISASTER? FIND OUT BY ASKING YOURSELF THE FOLLOWING QUESTIONS:

- *How will my family reunite following a major disaster?*
- *What should we do if the water supply is contaminated?*
- *How will we obtain emergency information if the electricity is out?*
- *If no medical professionals are available, who can give first aid to my family?*
- *Can we evacuate our home safely in five minutes? And if so, what should we take with us?*

This publication answers these questions and more. It will guide you through the steps you and your family need to take to be self-sufficient for the first three days after a major disaster. By taking these steps, you'll be able to respond safely and with confidence in a variety of emergency situations.

FIVE STEPS TO FAMILY DISASTER PREPAREDNESS

1

TALK — with your family about disasters that could happen in the Pacific Northwest, such as home fires, wildfire, severe winter weather, flooding, earthquakes, terrorism and hazardous material accidents. (All these disasters are covered in detail in this guide.)

2

TRAIN — all family members. Take first aid classes. Learn to use a fire extinguisher. Locate your utility shut off valves and know when and how to turn off your gas, electricity and water. Make sure all responsible people in the household have this knowledge or training. Pick two places to meet – (1) right outside of your home in case of a sudden emergency, like a fire; (2) outside of your neighborhood in case you can't return home or are asked to leave your neighborhood. Everyone must know the address and phone number of the meeting locations.

3

TAKE STOCK — of supplies you may already have on hand that would be helpful in a disaster. Involve the whole family in collecting and assembling supplies of food, water and emergency tools (checklists are included in this booklet).

4

TELL — everyone in the household where emergency contact information will be kept. Post a copy on your refrigerator, keep another with your emergency supplies and in your purse, wallet or backpack. Complete the *Emergency Contacts* section on the back of this booklet, and make copies for each member of your family. Make sure you have included an out-of-state contact. You may be able to reach them when local phone lines are down.

5

TEST — your readiness on a regular basis. Review your family disaster plan and go through supplies at least once a year. Commit to a day or weekend to update phone numbers, hold family fire and earthquake drills and check supplies.

TABLE OF CONTENTS

| | | | |
|---|---------------|-----------------------------------|----------------|
| Prepare Oregon _____ | 2 | Floods _____ | 11 |
| Disaster Supplies Kit _____ | 3 | Earthquakes _____ | 12 - 14 |
| Evacuation _____ | 4 - 5 | Hazardous Materials _____ | 14 |
| Water Storage _____ | 5 | Wildfire _____ | 15 |
| Utilities _____ | 6 - 8 | Terrorism _____ | 16 |
| First Aid Primer _____ | 8 | Tsunamis _____ | 17 |
| Planning for Specific Disasters ____ | 9 - 18 | Coping With Disaster _____ | 18 |
| Fire _____ | 9 | Pets and Disaster _____ | 18 |
| Winter Weather & Windstorms ____ | 10 | Resource Page _____ | 19 |
| | | Emergency Contacts _____ | 20 |

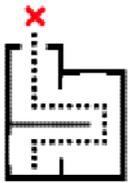
PREPARE OREGON

Throughout this booklet, you will see the *Prepare Oregon* icons used as an informational guide. Each icon quickly tells you how the prevailing information on the page corresponds to the steps of the *Prepare Oregon* campaign. As you read through *Be Aware and Prepare*, you will notice that all of the potential disasters we address use at least one of the four steps in preparation and response. By taking the four simple steps in the *Prepare Oregon* campaign, you can prepare your family and community and create a stronger, safer, Oregon.



Build a kit.

Build a three-day disaster supplies kit. This explains what to put in your kit, how to store it and why it is vital that each family has at least one kit assembled and complete.



Make a plan.

This guide talks extensively about different disasters that could affect the Pacific Northwest. By making a family disaster plan, you will be confident in your ability to communicate with your loved ones and know how to react and respond to various situations.



Get trained.

Make sure that at least one family member is trained in first aid and CPR. Learn the Emergency Action Steps: Check the scene and the victim; Call 9-1-1 or your local emergency number; Care for the victim. Teach children how to dial 9-1-1 in an emergency. For class descriptions, times and costs, visit www.PrepareForLife.org or contact the Oregon Trail Chapter.



Give blood.

Scheduling regular blood donations ensures that a safe and stable blood supply is available for Oregonians at all times. Blood donated before a disaster strikes is critical to immediate needs during relief and recovery efforts. Call 1-800-GIVE LIFE to schedule a blood donation.

DISASTER SUPPLIES KIT CHECKLIST



What you have on hand when a disaster strikes can make a big difference for your comfort and safety in the hours and days following a disaster. Basic services, such as electricity, gas, water and telephones, may be cut off, or you may have to evacuate at a moment's notice. If you are confined at home, it may take some time for professional emergency responders to get to you, so plan on storing enough supplies for everyone in the family for at least three days. Your family will cope best by preparing for disaster before it strikes.

THE SIX BASICS:

Water, food, first aid supplies, clothing and bedding, tools, emergency supplies and special items.

Keep these items in a rugged but easy to carry container such as a large covered trash can, overnight backpack or duffel bag. Keep a smaller version of the kit in the trunk of your car. If you become stranded or are not able to return home, having some items will help you to be more comfortable until help arrives. Store your kit in a structurally sound location.

Disaster Supplies

The following are the basic supplies you need to have on hand in case of an emergency (see page 4 for an expanded list).

- Water. One gallon per person per day, for drinking, cooking, and sanitary needs.**
- Food (ready to eat, non-perishable, high-protein, high-calorie foods that you enjoy: peanut butter, canned meats, energy bars, canned fruits and vegetables, etc.).**
- First aid kit (see list of items below) and first aid reference guide (available from your local Red Cross).**
- Portable battery-operated radio and spare batteries.**
- Flashlights and spare batteries and/or glow sticks.**
- List of emergency contacts (back page).**
- Blankets, extra clothing, sturdy shoes and gloves.**
- Can opener (non-electric).**
- Fire extinguisher (A-B-C type).**
- Three-day supply of critical medications, an extra pair of eyeglasses, copies of important documents and comfort items such as toys and books.**
- Food and water for pets.**
- Several copies of *Be Aware and Prepare* (additional copies available from the Oregon Trail Chapter of the American Red Cross at 503-284-1234).**
- Map of local area in case evacuation to shelters is necessary.**
- Crescent wrench for utility shut off.**
- Duct tape and plastic sheeting or large plastic garbage bags for sheltering-in-place.**
- Extra cash and coins for emergency purchases and pay phones.**

FIRST AID KIT



Build or buy a first aid kit. Everyone over the age of 10 should have basic first aid training. The American Red Cross holds classes for all groups. Check and replenish first aid supplies yearly.

- | | |
|---|---|
| <input type="checkbox"/> Disposable gloves | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Scissors and safety pins | <input type="checkbox"/> Tongue depressors |
| <input type="checkbox"/> Roller gauze and elastic bandages | <input type="checkbox"/> Soap and clean cloth |
| <input type="checkbox"/> Nonstick, sterile pads (different sizes) | <input type="checkbox"/> Tweezers/needle |
| <input type="checkbox"/> Assorted adhesive bandages | <input type="checkbox"/> Eye dressing or pad |
| <input type="checkbox"/> Triangle bandage | <input type="checkbox"/> Paper tape |
| <input type="checkbox"/> Aspirin or substitute* | <input type="checkbox"/> Small plastic cup |
| <input type="checkbox"/> Antibiotic ointment* | <input type="checkbox"/> Pen and note paper |
| <input type="checkbox"/> Current prescription medicines* | <input type="checkbox"/> Emergency phone numbers (page 2) |
| <input type="checkbox"/> Disinfectant (for cleaning wounds)* | <input type="checkbox"/> American Red Cross first aid reference guide** |
| <input type="checkbox"/> Syrup of ipecac* | |

*Keep all medications in original containers. Check expiration dates and replace as needed.

**First aid reference guides can be purchased from the American Red Cross.



ADDITIONAL DISASTER KIT SUPPLIES

Sanitation

- Large plastic trash bags (for trash, waste and water protection)
- Large trash can
- Bar soap and liquid detergent
- Shampoo
- Toothpaste/toothbrushes
- Feminine and infant supplies
- Toilet paper
- Household liquid bleach for water purification, plus eyedropper for measuring (see Water Storage, page 5)
- Newspaper to wrap garbage and waste
- Pre-moistened towelettes
- Bucket, plastic trash bags, bleach and two boards to construct a makeshift toilet

Safety and Comfort

- Heavy gloves for cleaning up debris
- Sturdy shoes (keep pair by bed)
- Clothes for protection from cold and rain or extreme heat
- Matches, kept in waterproof, child-resistant container
- Light sticks
- Garden hose with shut off nozzle for fighting fire
- Tent and tarps
- Whistle to signal for help

Tools and Supplies

- Crescent wrench, 12 inches or longer (store near natural gas shut off in waterproof container)
- Axe, shovel, pry bar, broom
- Screwdrivers, pliers, hammer
- Coil of 1/2 inch nylon rope (50 feet)
- Duct tape and plastic sheeting
- Pocket knife and staple gun
- Pen and paper (stored in watertight container)
- Change for telephone or telephone calling card

Emergency Supplies For Your Vehicle

(keep in plastic tub or other container that can be closed)

- Blanket(s) and/or sleeping bag
- Booster cables and tool kit
- Bottled water (use a heavy plastic bottle specifically made for water storage and fill with tap water)
- Canned fruits/nuts and can opener
- Critical prescriptions
- Emergency flares and distress flag/sign
- First aid kit and reference guide (available from the American Red Cross)



EVACUATION

In certain emergencies, you may need to evacuate your home. Listen to local radio (Emergency Alert System) or television and follow the instructions of local emergency officials. Evacuate immediately if told to do so. Authorities do not ask people to leave unless they truly feel lives may be in danger. Follow their advice.

Before Evacuating

- ♦ Lock your home. If instructed, turn off water, gas and electricity.
- ♦ Post a message on the door (and put one on your answering machine if you have one) indicating where you can be found.
- ♦ Wear protective clothing and sturdy shoes and take your disaster supplies kit with you.
- ♦ Use travel routes specified by local authorities.
- ♦ Make arrangements for your pets. **Pets, other than service animals who assist people with disabilities, are not allowed in Red Cross shelters for health and safety reasons.** It is recommended that you pre-identify friends or relatives who agree to take your pets temporarily. Include contact information for these people and your animals' veterinarian in your Emergency Contact Information. Also, have a color photo and detailed description of your pets with you in case the animals are lost during a disaster. (More information on Pets and Disasters on page 18.)



EVACUATION - CONTINUED

If you have to evacuate your home for an extended period of time because of a disaster, Red Cross will open a shelter at a church, school, recreation center or other public building. Listen for shelter locations announced over the radio Emergency Alert System (EAS). In addition to your disaster supplies kit, you'll want to take the following items to the shelter (if possible, keep these items in an easily-accessible container by the door):

- ♦ Prescription drugs in childproof containers
- ♦ Eyeglasses/contact lenses
- ♦ Money, credit cards, checks, I.D., copies of important papers and photos
- ♦ Phone numbers/addresses of people you'll want to contact while in the shelter
- ♦ Clothing for 24 hours
- ♦ Toys and games
- ♦ Pillows

WATER STORAGE

You will need more water than you might think in an emergency. Store a minimum of three days worth of water per person: one gallon per person per day (and the same amount for each pet).

IF YOU ARE RUNNING LOW ON WATER IN AN EMERGENCY, DO NOT RATION. DRINK WHAT YOU NEED TODAY, TRY TO FIND MORE FOR TOMORROW.



IF A DISASTER CATCHES YOU WITHOUT ENOUGH WATER, FOLLOW THESE STEPS TO ACCESS THE WATER IN YOUR HOT WATER TANK:

1. Find your incoming water valve. Shut it off to avoid possibly contaminated water coming into the tank.
2. Turn off the gas or electricity to the tank.
3. Turn on a hot water faucet in the house.
4. Collect water as needed from the tap at the bottom of the hot water heater.

Other Indoor Water Sources

- ♦ Toilet tank (not the bowl). Do not use if you have added chemical treatments to the tank.
- ♦ Ice cubes — melt and use.

Proper Water Storage

- ♦ Store bottled drinking water out of direct sunlight, away from chemicals which might permeate the container and in an area not likely to freeze.
- ♦ If bottling tap water, buy empty jugs or use well-washed plastic soda bottles (no empty bleach, detergent or milk jugs!). Every six months, empty tap water from containers, wash containers and refill.
- ♦ Pouring water back and forth between two containers will add oxygen and make the water taste better.

Treating Water

If you are uncertain about the purity of any water source, treat it before you use it for drinking, food preparation or hygiene. In addition to having a bad odor and taste, water from questionable sources may be contaminated by a variety of microorganisms, including bacteria and parasites that cause diseases such as dysentery, cholera, typhoid and hepatitis.

TO TREAT WATER, FOLLOW THESE STEPS:

1. Filter the water using a piece of cloth or coffee filter to remove solid particles.
2. Bring it to a rolling boil for about one full minute.
3. Let it cool at least 30 minutes. Water must be cool or the chlorine treatment described below will not work.
4. Add 16 drops of liquid chlorine bleach per gallon of water, or 8 drops per 2-liter bottle of water. Stir to mix. Sodium hypochlorite (concentration 5.25% to 6%) should be the only active ingredient in the bleach. There should be no added soap or fragrance.
5. Let stand 30 minutes.
6. If the water smells of chlorine, you can use it. If it does not smell of chlorine, repeat steps 4 and 5 above. If after this second try the water smells of chlorine, you can use it. Otherwise, discard and find another source of water.

DISINFECTION – People with certain medical conditions may need distilled or sterile water.

Your physician can tell you whether you fall in this category. If so, the Red Cross can provide you instructions on how to distill water.





UTILITIES

(other utility information in Winter Weather section, page 11, and Emergency Contacts, back page)

Natural Gas (the following information courtesy of NW Natural)

Your gas company injects an odorant into your gas before it is distributed. The odorant is so highly concentrated that even the smallest amounts of natural gas can be detected. The odorant gives off a foul smell like rotten eggs.

Any odor of natural gas inside your home may indicate a leak. Follow these steps if you detect a leak:

- ♦ **Do open windows and doors.**
- ♦ **Do evacuate all persons from the building.**
- ♦ **Do call NW Natural or your local gas company from a neighbor's phone or a phone far away from the building.**
- ♦ **Don't use the telephone in the building with the odor (including cell phones and other portable communications devices with a battery). These can spark and create an ignition source.**
- ♦ **Don't light matches or create any other source of ignition.**
- ♦ **Don't turn lights off or on, or operate any electrical switches (either off or on). This could create a source of ignition.**

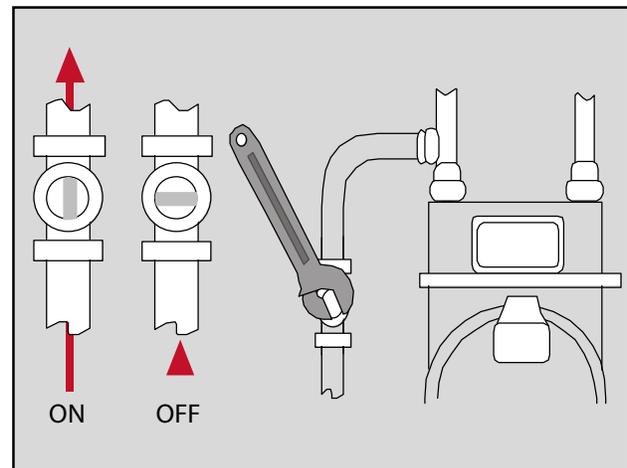
If there is a strong gas odor in your home, or you can see or hear a break, follow the instructions above. Meanwhile, turn off the gas valve located at the gas meter (see instructions and illustration below) with a wrench or other suitable tool. If the leaking gas ignites, do not attempt to put out the flames. Get to safety, call 911, then call the fire department and then call your local gas company.

NOTE: Turn off the gas valve only if you smell a strong gas odor or hear gas leaking.

Shutting Off Your Gas

If you need to have your gas shut off, call your gas company to do it, if possible. However, in an emergency when you need the gas shut off immediately, take these steps:

- ♦ **Locate the shut off valve on the riser pipe (the pipe running out of the ground to your meter). To turn the valve, you will need a crescent or pipe wrench, or a special wrench available from NW Natural or your local gas company.**
- ♦ **When the valve head is parallel to the riser pipe, it is in the "on" position. Turn the valve head crosswise to the pipe and it will be in the "off" position (see illustration above). There are also shut off valves on the lines feeding individual gas appliances.**
- ♦ **Once the gas is off, leave it off. Call the nearest gas company office when you are ready for the gas to be turned back on. A qualified technician will check your system, turn on your service and re-light the pilot for you.**



Water

Earthquakes or severe freezing weather can interrupt water supplies. It's important to turn off the water quickly to avoid flooding or possible contamination of your water system. Locate the main water valve, often near the wall in a basement or garage. Label it for quick identification. If you need to turn the water off, turn the valve clockwise until it stops.

UTILITIES - CONTINUED

Electricity (electricity information courtesy of Portland General Electric)

IF THE POWER GOES OUT:

1. Check your fuse or breaker box for blown fuses or tripped circuits. If they're okay, check to see if your neighbors are without power.
2. Call your power company immediately (utility outage contact numbers on back page) to report the outage. Please call only once so other customers can get through.
3. Turn off all electrical equipment, including your water heater, electric furnace or heaters, stove, washer and dryer, stereo and TV, to help prevent overloading the system when power is restored. (Major appliances can be turned off at the breaker box). Do, however, turn on a porch light and one inside light so you and repair crews will know when service is restored.
4. Listen to the radio (battery-powered) for updates on major storm outages. You can also call your power company for information on when power will be restored.
5. If your neighbor's power comes back on but yours does not, call your power company again.
6. If your lights are very dim or very bright once power is restored, turn off the power at the breaker or fuse box and call your power company.

Downed Power Line Safety

Never touch a downed power line – electricity can travel through your body causing serious injury or death. If you see any line on the ground, assume that it might be live and stay away. Take the following precautions:

- ♦ **Expect every line to be live. If you see a downed line, call the local power company immediately.**
- ♦ **If a line is touching someone, stay away; you could become a victim if you touch the person. Call 911 for emergency medical help.**
- ♦ **If a line falls across your vehicle, do not get out! Wait for emergency help to arrive.**
- ♦ **Keep on the lookout for crews repairing downed lines. Slow down when approaching work areas and always obey flaggers.**

Food Safety In An Outage

While the power is out, your food supplies can be saved by following these simple steps:

FROZEN FOOD — If your freezer is full, food will stay frozen for about two days. If it is less than half full, food will stay frozen for about one day. Cover the freezer with blankets, quilts or sleeping bags to further insulate the freezer and help food stay frozen longer. After power is restored, check all frozen foods to determine the extent of thawing. Dispose of any food that is discolored or smells spoiled. If in doubt, throw it out.

REFRIGERATED FOOD — To avoid losing the cold air in your refrigerator, don't open doors unnecessarily. Meat and fish spoil quickly at temperatures above 40°F. Other quick-spoiling foods include milk, custard, creamed foods and any foods containing mayonnaise or eggs. Cooked and cured meat will keep for several days in a closed refrigerator. Hard cheeses keep well, even at room temperature. Again, if in doubt, throw it out. You might also try placing bags of ice in the refrigerator, or place food in a cooler or ice chest with ice.

Cooking During An Outage

Never use barbecues or liquid fuel stoves to cook/heat food indoors. Cooking with these types of appliances will produce carbon monoxide. Carbon monoxide is odorless, colorless and deadly.

Special Instructions For Life Support Patients

If someone in your home is on life support equipment and you experience a power outage, you should notify your electric utility of your situation immediately. Even before any outage may occur, your power company would like to be aware of all of their life support customers. Contact them for their notification form. They will put a special note on your account. They also strongly suggest that you consider investing in a home generator (see next page).



UTILITIES - CONTINUED

Generator Safety

Owners of portable or auxiliary generators should note these precautions.

- ◆ **Never plug your generator into a wall outlet. It can result in injury to you or others and damage to your electrical system.**
- ◆ **Portable generators are gasoline-powered and should always be placed in a well-ventilated area. Use an indoor/outdoor, grounded (three-prong) extension cord to connect your generator to an appliance.**
- ◆ **Permanently installed auxiliary generators must meet electric codes and have a transfer switch to prevent dangerous back-feed of electricity into power lines. Contact a licensed electrician. Also, please notify your power company if you have a permanent generator.**

FIRST AID PRIMER

By itself, this text material does not constitute comprehensive Red Cross training or certification.

To receive training and certification in first aid and CPR, call 503-280-1440 to register for a class.

If you encounter someone who is injured or ill, apply the emergency action steps: **Check-Call-Care**. Check the scene to make sure it is safe for you to approach. Then check the victim for unconsciousness and life-threatening conditions. Someone who has a life-threatening condition, such as not breathing or severe bleeding, requires immediate care by people trained in first aid/CPR and may require treatment by medical professionals. Call out for bystanders to help, if possible. Call 9-1-1, the workplace emergency number or your local emergency number. If you are unable to get through to 9-1-1, call local fire, police or the local hospital if possible. In a disaster situation, you may not be able to get through to the emergency medical services system at all. Also, you may not have access to telephones. In these situations, you should shout for help to alert nearby neighbors or others who may be able to help you.

Here are some steps that you can take to care for someone who is hurt, but whose injuries are not life threatening.

CONTROL BLEEDING

- ◆ **Cover the wound with a clean dressing, and press firmly against the wound (direct pressure).**
- ◆ **Elevate the injured area above the level of the heart if you do not suspect that the victim has a broken bone.**
- ◆ **Cover the dressing with a roller bandage.**
- ◆ **If the bleeding does not stop: (1) Apply additional dressings and bandages. (2) For leg or arm injuries, squeeze a pressure point at the artery against the bone.**
- ◆ **Provide care for shock.**

CARE FOR INJURIES TO MUSCLES, BONES AND JOINTS

- ◆ **Support the injured area.**
- ◆ **Control any external bleeding.**
- ◆ **Apply ice or a cold pack to control swelling and reduce pain.**
- ◆ **Avoid any movement or activity that causes pain.**
- ◆ **If you must move the victim because the scene is becoming unsafe, try to immobilize the injured area to keep it from moving.**

REDUCE ANY CARE RISKS

The risk of getting a disease while giving first aid is extremely rare. The following precautions can further reduce the risk:

- ◆ **Avoid direct contact with blood and other body fluids.**
- ◆ **Use protective equipment, such as disposable gloves and breathing barriers.**
- ◆ **Whenever possible, thoroughly wash your hands with soap and water immediately after giving care.**

CARE FOR SHOCK

- ◆ **Keep the victim from getting chilled or overheated.**
- ◆ **Elevate the legs about 12 inches (if broken bones are not suspected).**
- ◆ **Continue to monitor for airway, breathing and circulation (ABCs).**
- ◆ **Do not give food or drink to the victim.**

CARE FOR BURNS

- ◆ **Stop the burning by cooling the burn with large amounts of water.**
- ◆ **Cover the burn with dry, clean dressings or cloth.**
- ◆ **Treat for shock**

BE AWARE OF BIOLOGICAL/RADIOLOGICAL EXPOSURE

- ◆ **Listen to local radio and television reports for the most accurate information from responsible governmental and medical authorities on what's happening and what actions you will need to take.**
- ◆ **The Web sites referenced at the end of this booklet can give you more information on how to protect yourself from biological or radiological hazards.**



PLANNING FOR SPECIFIC DISASTERS

FIRE



Be Aware

Fire is the fifth leading unintentional cause of injury and death in the United States. It also ranks as the first cause of death in the home for children under the age of 15.

Prepare

- ◆ Install working smoke alarms that have long-life lithium batteries and a hush button on each level of your home (on the ceiling, outside each bedroom, in the basement, near but not in the kitchen).
- ◆ Check smoke alarms once a month by pressing the test button. If alarm doesn't sound, replace battery immediately. Change batteries yearly unless using lithium batteries. Replace smoke alarms after ten years of use.
- ◆ Make an escape plan. Identify two exits from every room in your home.
- ◆ Agree on a reunion site immediately outside of the house where family members will meet.
- ◆ Remind everyone to exit quickly and call 911 from a safe location away from the home.
- ◆ Practice crawling out of the home with your eyes shut. Heavy smoke and poisonous gases make it hard to see and breathe. Staying low increases your chance of escape.

FIRE EXTINGUISHER: Purchase an A-B-C type fire extinguisher and teach all responsible family members how to use it. Fire extinguishers are for small fires only. When using one, stand back ten feet from the fire, keep your back to an exit and remember the **PASS** sequence:

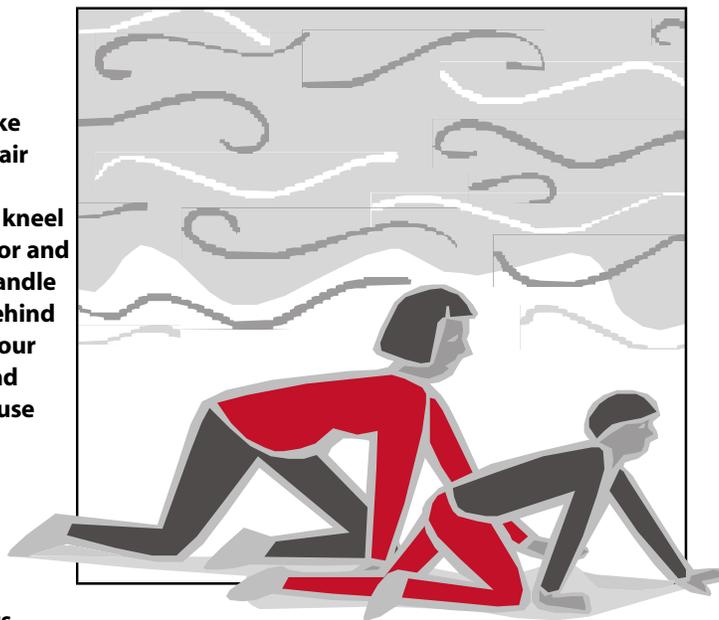
- ◆ Pull the pin out
- ◆ Aim the extinguisher
- ◆ Squeeze or press the handle
- ◆ Sweep from side to side at the base of the fire

Respond

Whether you are a renter or a homeowner, buy fire insurance!

ESCAPE: If you are in a building and smell smoke or see fire, get out quickly and call 911 from a safe place:

- ◆ Sleep with bedroom doors closed. If the smoke alarm sounds, crawl to the door; the freshest air will be closer to the floor.
- ◆ Before opening a door in a burning building, kneel down and check the air coming under the door and also feel the door handle. If the air and the handle are cool and you don't smell smoke, kneel behind the door while you open it just a little with your face turned away from the opening. Listen and smell for fire and smoke. If smoke is present, use another exit.
- ◆ Close doors behind you as you leave.
- ◆ Use a stairway, **NOT AN ELEVATOR**, to escape from a burning building.



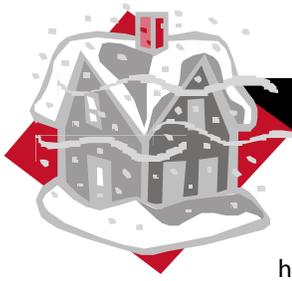
STAY LOW AND GO

IF YOU'RE TRAPPED BY FIRE AND HEAVY SMOKE:

- ◆ Stay low under the smoke and close the doors between you and the fire (see illustration at right).
- ◆ Open a window slightly and hang something out of it (like a shirt or towel) to attract attention. Stay low and leave the window slightly open for ventilation.
- ◆ If your clothes catch on fire, stop where you are, cover your face, drop to the ground and roll back and forth. **STOP, DROP AND ROLL!**

Your local fire department can answer further questions about smoke alarms, fire extinguishers or fire safety.





WINTER WEATHER AND WINDSTORMS

Be Aware

Heavy snowfall, ice storms or extreme cold can immobilize our entire region. Even with our mild-northwest winters, we can have paralyzing cold. Results can range from isolation to major traffic hazards on icy highways.

Prepare

Understanding weather warnings on the radio or TV:

TRAVELERS ADVISORY is issued when ice and snow are expected to hinder travel.

WINTER STORM WATCH means severe weather conditions – such as freezing rain, sleet or heavy snow – could affect your area. Avoid unnecessary travel before or during the storm.

WINTER STORM WARNING means severe weather is occurring or about to occur. Stay indoors during the storm and avoid travel.

You should be ready for winter weather by November 1.

- ♦ **Check home and car emergency supplies (see pages 3 and 4).**
- ♦ **Review family backup plans for cooking, heating and lighting. Choose safe alternate sources (flashlights or electrically powered lanterns, NOT candles or gas lanterns!).**
- ♦ **If you have a fireplace or wood stove, stock up on seasoned wood and have your chimney or stovepipe checked and cleaned by a professional.**
- ♦ **Insulate water pipes with fiberglass or foam insulation.**
- ♦ **Winterize your cars — check and adjust or replace antifreeze before November 1.**

Respond

Outages can occur at any time of the year, but during cold weather the temperature inside your home can drop rapidly. Take these simple precautions to stay warm safely if you do lose power.

SAVE BODY HEAT — Wear a hat, even while sleeping. Wear loose layers of clothing to trap body heat. Keep moving: exercise generates body heat. Use plenty of blankets and a hot-water bottle if you're able to heat water.

BE ALERT - for signs of hypothermia (a drop in core body temperature) especially in infants and the elderly. Even air temperatures of 65°F can trigger hypothermia, and some medical conditions can make people more susceptible. If someone has a body temperature below 95°, call for medical help. Check on elderly neighbors, too.

LOCK IN HOME HEAT - Pick one room on the sunny side of the house and close it off to keep the heat in. Use blankets to insulate windows and doors.

USE HEAT SOURCES SAFELY - Keep fire-fighting materials handy: baking soda and a fire extinguisher. Local laws prohibit the use of kerosene heaters indoors.

HAVE A BACK-UP PLAN - If your neighborhood experiences an extended outage, can you stay with friends or relatives in another area of town?

Before And During A Windstorm:

The northwest has experienced several devastating windstorms in the past four decades. If high winds are forecast for your area, you should:

- ♦ **Identify a shelter or safe place within your home, away from windows, that will provide you with maximum protection.**
- ♦ **Identify items that must be secured or brought inside during high winds (such as toys, lawn furniture or tarps). Bring these objects inside or anchor them.**
- ♦ **Know what to do if the power goes out (see page 7).**

During high winds:

- ♦ **Stay indoors and away from windows.**
- ♦ **Do not drive.**
- ♦ **Stay tuned to a local TV or radio station for weather and emergency information.**

FLOODS



Be Aware

Floods claim dozens of lives in the United States every year. Flood waters only a foot deep can be strong enough to sweep you off your feet.

Prepare

- ♦ **Check with your local emergency manager to find out if your home is in a flood plain. Even if it is not, you should be prepared for a flood.**
- ♦ **If you do live in a flood plain, assemble materials such as plywood, plastic sheeting and sandbags that you may need in a flood.**
- ♦ **Discuss flood insurance coverage with your agent. Normal homeowners insurance does not cover flooding.**
- ♦ **Plan your evacuation — refer to evacuation guidelines on page 4.**

Understand flood forecasts, warnings and watches broadcast on local TV and radio.

FLOOD FORECAST means rainfall is heavy enough that rivers will overflow their banks.

ACTION: Discuss a possible evacuation.

FLOOD WATCH means flooding is possible in your area.

ACTION: Fill your car's gas tank in case an evacuation notice is issued.

FLOOD WARNING means flooding is occurring or will occur very soon.

ACTION: Turn off utilities if your home is likely to be flooded.

FLASH FLOOD WATCH means heavy rains are occurring or expected and are likely to cause flash flooding in specific areas.

ACTION: Prepare for evacuation if you are in the watch area.

FLASH FLOOD WARNING means flash flooding is occurring or imminent in designated areas.

ACTION: If your area is affected, evacuate immediately to higher ground. If you are driving, stay away from storm drains and irrigation ditches. Never drive around a police barricade. If your car stalls in rapidly-rising water, abandon it immediately and climb to higher ground.

Respond

DURING HEAVY RAINS

- ♦ **Listen carefully to the radio (Emergency Alert System) for specific instructions from emergency officials, such as filling your bathtub with drinking water, securing your house, putting out sandbags, or evacuating to higher ground.**
- ♦ **If told to evacuate, follow all evacuation instructions carefully (see also page 4).**

EVACUATING TO HIGHER GROUND

- ♦ **If you see any possibility of a flash flood occurring, move immediately to higher ground. Do not wait for instructions to move.**
- ♦ **Walking or driving through flood waters is the most dangerous thing you can do.**

AFTER THE FLOOD

- ♦ **Contact your local emergency management office and insurance company for guidance on safely returning to a flood-damaged home.**





EARTHQUAKES

Be Aware

The threat of earthquakes in the Pacific Northwest is real. Scientists predict a magnitude 8.0 or greater earthquake could occur at any time.

Prepare

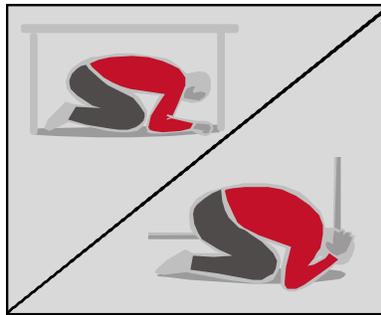
- ◆ Pick “safe spots” in each room of your home. A safe spot could be under a sturdy table or desk or against an interior wall away from windows, bookcases, or tall furniture that could fall on you.
- ◆ Practice **DROP, COVER, AND HOLD ON** (see below) in each safe spot. Drop under a sturdy desk or table, hold on, and protect your eyes by pressing your face against your arm.
- ◆ If inside during an earthquake, stay there. Move only a few steps to a nearby safe spot (10 feet or less). If you are in bed, hold on and stay there, protecting your head with a pillow.
- ◆ If outdoors during an earthquake, stay there. Find a clear spot away from buildings, trees, street lights, and power lines. Drop to the ground until the shaking stops. If you are in a vehicle, pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking has stopped. Once the shaking has stopped, proceed with caution.
- ◆ Discuss the possibility of an earthquake with your family, and go through the checklists (on page 3 and 4) to make sure you have everything you need to be self-sufficient for three days.
- ◆ Does anyone need training, such as first aid, or instruction in turning utilities off? Make a list of who needs to learn what and set aside a time for training. At least one household member should be certified in first aid and CPR.
- ◆ Review and update your family plan yearly or as needed. Are phone numbers current? Are safety spots still practical? Has the plan for reuniting the family changed?
- ◆ Conduct a Home Hazard Hunt. Bolt bookcases and china cabinets to wall studs and place heavier objects on lower shelves. Install strong latches on cupboards.

Respond

- ◆ When the ground begins to shake, **DROP, COVER, AND HOLD ON!**



DROP

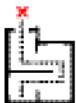


COVER



HOLD ON

- ◆ When the shaking has stopped, check for injuries and provide first aid.
- ◆ Protect yourself from further danger by putting on shoes and work gloves. This will protect you from further injury by broken objects.
- ◆ Look for and extinguish small fires. Eliminate fire hazards.
- ◆ Leave the gas on at the main valve, unless you smell gas or think it's leaking. Turn off water if necessary (see pages 6 and 7). Assume any downed power lines are live and **STAY AWAY** (see page 7).
- ◆ Clean up dangerous spills such as medicine, bleach, gasoline or other flammable liquids immediately.
- ◆ Turn on portable radio and listen for instructions from public safety agencies.
- ◆ Use phones **ONLY** for emergencies. Unnecessary calls can prevent others from getting emergency help.
- ◆ Watch animals closely. Leash dogs and place them in a fenced yard. The behavior of pets may change dramatically after an earthquake.



Strapping Your Water Heater

A water heater that is not strapped to the frame of your home can tip over in an earthquake, potentially causing a gas explosion hazard and wasting a possible source of water if city water supplies are interrupted. You can get advice and materials for strapping your water heater at most hardware/home improvement stores.

There are many methods for strapping water heaters. The method described below is recommended for fire safety in that metal is the only natural material that comes in contact with the water heater.

Before You Start

First ensure that your water heater is fitted with a flexible gas supply line. If your water heater does not have a flexible gas supply line, contact a licensed plumber to install one.

MATERIALS NEEDED

- ♦ (2) Six-foot lengths of 1-1/2-inch, 16-gauge pre-drilled strap
- ♦ (1) 10-foot length of 1/2-inch EMT tube (conduit)
- ♦ (4) 5/16-inch lag screws with washers
- ♦ (4) 5/16-inch x 3/4-inch long hex head machine bolts with four nuts and eight washers each
- ♦ (2) 5/16-inch x 1-1/4-inch long hex head machine bolts with one nut and two washers each

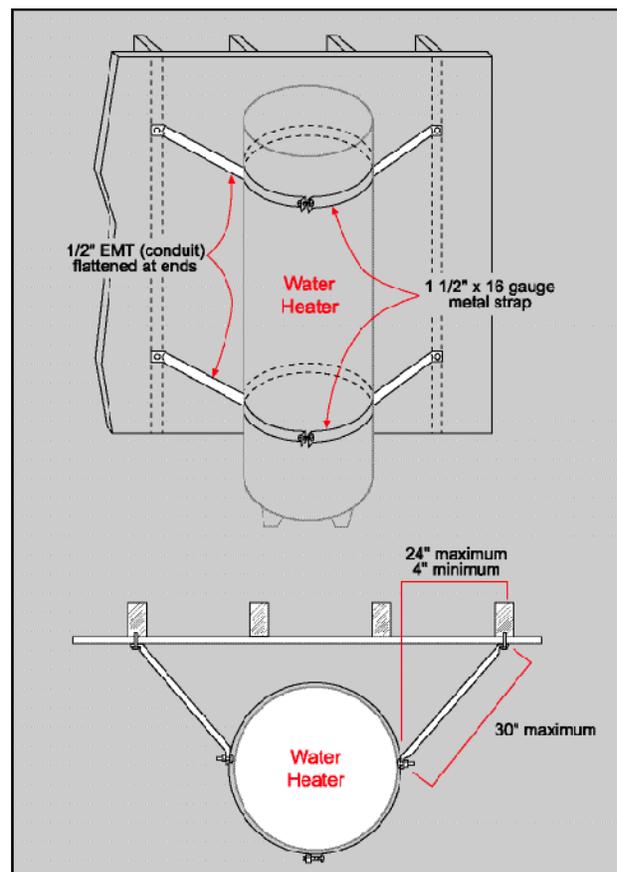
TOOLS NEEDED

- ♦ Tape measure
- ♦ Power drill
- ♦ Hammer
- ♦ Hacksaw
- ♦ Crescent wrench
- ♦ Vise or clamp
- ♦ 3/8-inch drill bit
- ♦ 3/16-inch drill bit
- ♦ Center punch

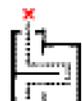
Strapping Instructions

The following instructions are for strapping a 30-40 gallon water heater located within 12 inches of a stud wall.

1. Measure 6 inches down from top of the water heater and about 18 inches up from bottom. Do this on both sides of the water heater. Make marks on both sides of the water heater.
2. Mark the location of the studs in the wall (you may want to use a stud locator) at the same height as the four marks you made on the water heater.
3. Drill four holes, using a 3/16-inch drill bit, three-inches deep into the center of the wood studs.
4. Measure the distance around the water heater and add two inches to the measurement. Using a hack saw, cut the two 1-1/2-inch x 16 gauge metal straps to the measurement.
5. Mark 1-1/2 inches from each end of the two metal straps. Insert each end in a vise (or under a heavy object) and bend the 1-1/2-inch ends outward into a right angle.
6. Bend the two straps into a curve to surround the water heater.

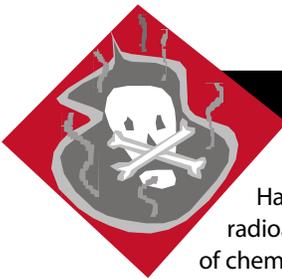


Continued on page 14



Strapping Instructions - continued

7. Measure the distance from a point halfway on each side of the water heater to the two upper holes drilled in the wall (these may be different lengths.) Add 1-1/2 inches to each measurement. Use a hack saw to cut two pieces of conduit to each of these two lengths.
8. Take the two pieces of tubing and flatten approximately 1-1/2 inches at each end. Simply lay the tube on a flat metal or concrete surface and flatten the ends with a hammer.
9. With a hammer and the center punch, make a mark 3/4" from each of the flattened tubing ends. Drill a 3/8" hole through the marks. Be sure the tube is clamped down while drilling. Use the vise or clamp to bend the EMT conduit to allow the flattened ends to fit flush against the wall and water heater (about 45°F).
10. Wrap the straps around the heater and insert a 5/16-inch x 1 1/4-inch bolt with washers into the bent ends. Tighten nuts with fingers.
11. Insert 5/16-inch x 3/4-inch bolts through strap from the inside at the mid-point on each side of water heater. Attach one end of each flattened tube to a protruding bolt, add a washer and nut, and tighten with fingers.
12. Insert a 5/16-inch lag screw in the opposite end of each tube strut and screw it into the wall stud. You may need to tap the lag screw gently into the hole with a hammer to start it. Then tighten the screws with a crescent wrench.
13. Adjust straps to proper height and tighten nuts snugly, but not too tight.



HAZARDOUS MATERIALS

Be Aware

Hazardous materials come in the form of explosives, flammable and combustible substances, poisons, and radioactive materials. These substances are most often released as a result of transportation accidents or because of chemical accidents in manufacturing plants.

Prepare

- ◆ **Discuss the potential for a hazardous material accident in your community. The risk is split between trucks and trains passing through your area and material stored in the area. Your local emergency management office can help you identify sites in your area where hazardous materials are stored or processed, what kind of materials they are and what risk they carry.**
- ◆ **Review your family's evacuation plan. Make sure you understand the specialized procedures for responding to a hazardous materials accident (see below).**

Respond

- ◆ **If you witness or become aware of a hazardous materials accident, immediately call 911.**
- ◆ **Turn on your television or radio and follow directions exactly. Hazardous materials incidents often involve substances that you cannot see or smell. You may be exposed to a toxic chemical through breathing, touching, eating or drinking without being immediately aware of the exposure.**
- ◆ **Stay away from the incident site to avoid getting contaminated. If you are asked to evacuate, do so immediately.**
- ◆ **You may be instructed to stay indoors rather than evacuate. This is called sheltering-in-place. If told to shelter-in-place, immediately get inside your home or office and close and lock all windows and exterior doors.**
- ◆ **Turn off all fans, heating and air conditioning systems. Close the fireplace damper.**
- ◆ **Get your family disaster supplies kit and make sure the radio is working.**
- ◆ **Go to an interior room with the fewest windows that's above ground level. In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air, and may seep into basements.**
- ◆ **Bring your pets with you, and be sure to bring additional food and water supplies for them.**
- ◆ **Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the door and any vents into the room.**
- ◆ **Keep listening to your radio or television until you are told all is safe or you are told to evacuate.**
- ◆ **Remember that instructions to shelter-in-place are usually provided for durations of a few hours, not days or weeks. There is little danger that the room in which you are taking shelter will run out of oxygen.**

WILDFIRE



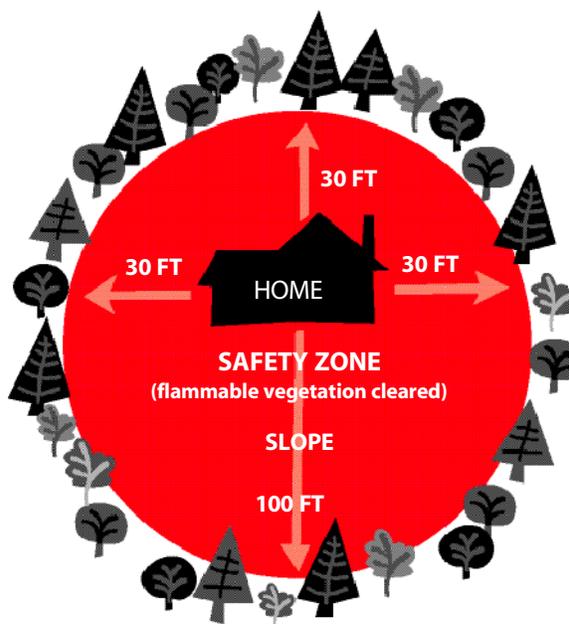
Be Aware

If your home is near a forest, prairie, valley or hillside, you need to be prepared for wildfire.

Prepare

You should safeguard your home by taking the following precautions:

- ◆ **Roofing should be made of noncombustible material, such as composition shingles, tile, slate, cement shingle, sheet metal or aluminum.**
- ◆ **Trees need to be trimmed away from your roof. Limbs should reach no closer than 10 feet from the house.**
- ◆ **Plant low, less flammable plants near the house; higher, more flammable plants at a distance. (Contact your local Forestry Department for specific plant recommendations and distance guidelines.)**
- ◆ **Flammables should be stored away from the home. Do not stack firewood against your house.**
- ◆ **Yard should be well-trimmed and free of debris – keep trees and bushes well-trimmed and free of dead branches. Remove woody debris on a regular basis.**
- ◆ **You should have a 30-foot noncombustible fire break around the home. If you live in a forested area within a city, you may need a permit to cut vegetation because of environmental zones.**
- ◆ **If your home is on a slope, you should leave a 100-foot buffer zone (see illustration above), since wildfire travels fastest uphill.**
- ◆ **Make sure you have an adequate water supply to fight a fire (i.e., cistern, hydrant, or swimming pool with a high-volume pump). Keep a hose with a nozzle connected to an exterior water source at all times.**
- ◆ **Make sure to provide good access for emergency vehicles.**
- ◆ **Make sure exterior walls are made of fire-resistant material, such as brick, stone, aluminum or treated wood. Your local Forestry Department can recommend materials.**



Respond

Fight or flee? In remote areas it may be up to you to put out a small fire before it spreads. Read through these steps to make sure you are ready to respond:

- ◆ **Know how to contact your local fire fighting agency.**
- ◆ **Decide where you would go and what you would take if you have to evacuate (see page 4).**
- ◆ **Plan at least two escape routes by car and another by foot.**
- ◆ **Have a ladder available that is long enough to reach your roof.**
- ◆ **Have fire tools handy: long-handled round-point shovel, rake, ax, gas chainsaw and a 2 1/2 gallon water bucket.**





TERRORISM

Be Aware

Devastating acts perpetrated in our county have left many concerned about the possibility of future incidents in the United States and their potential impact. These acts have raised uncertainty about what might happen next. Nevertheless, there are many things you can do to prepare for the unexpected and reduce the stress that you may feel now and later should another emergency arise. Taking preparatory action can reassure you and your family that you can exert a measure of control even in the face of such events. The potential impact of a devastating act such as terrorism can be similar to that of a natural disaster. Utility service may be interrupted; businesses may be closed; telephone service may be down or intermittent; transportation routes may be obstructed; family members may be separated; and, evacuation may be necessary.

Prepare

- ◆ **Build a disaster supplies kit**
- ◆ **Create an emergency communications plan**
- ◆ **Establish family reunion sites**
- ◆ **Understand evacuation and sheltering-in-place procedures**

Respond

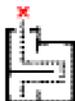
- ◆ **Remain calm and be patient.**
- ◆ **Follow the advice of local emergency officials.**
- ◆ **Listen to your radio or television for news and instructions.**
- ◆ **If the disaster occurs near you, check for injuries. Give first aid and get help for seriously injured people.**
- ◆ **If the disaster occurs near your home while you are there, check for damage using a flashlight. Do not light matches or candles or turn on electrical switches. Check for fires, fire hazards and other household hazards. Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.**
- ◆ **Shut off any other damaged utilities.**
- ◆ **Confine or secure your pets.**
- ◆ **Call your family contact -- do not use the telephone again unless it is a life-threatening emergency.**
- ◆ **Check on your neighbors, especially those living alone, elderly or disabled.**

For information about your community's specific plans for response to disasters and other emergencies, contact your local office of emergency management (pg. 19).

The U.S. Department of Homeland Security publishes a homeland security alert system that monitors terrorist threats and offers up-to-date information on its Web site: <http://www.dhs.gov/dhspublic/>

Sept. 12, 2001, A Red Cross disaster volunteer puts drops in the burning eyes of a weary rescue worker. The heavy smoke caused eye and breathing problems for everyone close to the site of the World Trade Center collapse.

Photographer: Daniel Cima



TSUNAMIS



Be Aware

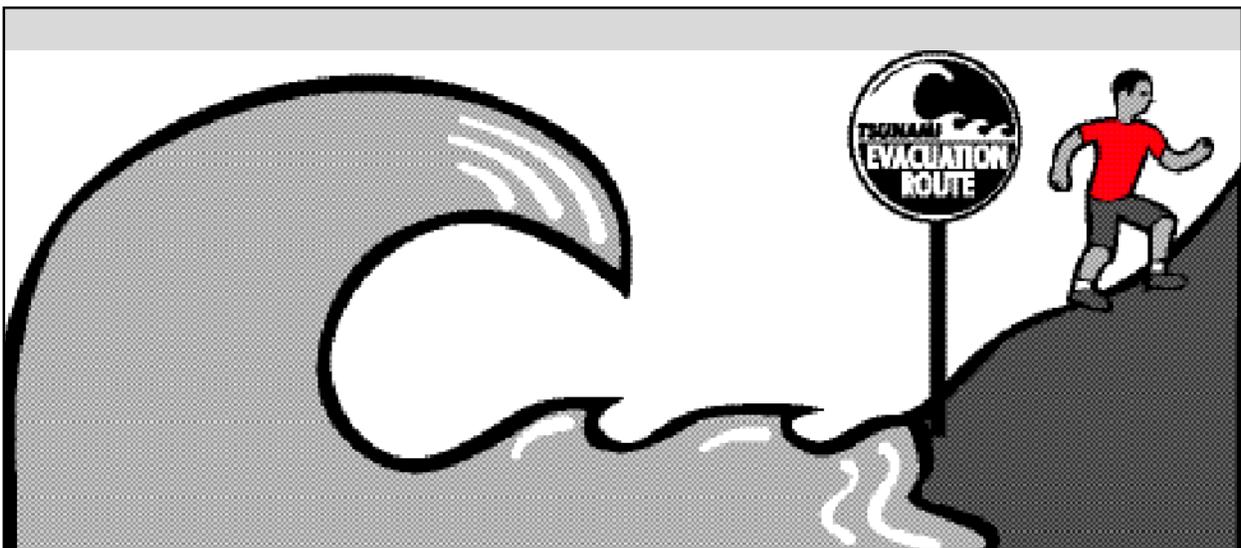
A tsunami is a series of ocean waves usually caused by earthquakes or underwater landslides. Tsunami waves travel up to 600 miles an hour in open water. As they enter shallow water near land, they get higher and can cause great loss of life and property damage. Experts believe a tsunami could hit the northwest coast with as little as five minutes warning. In low-lying areas without a tsunami warning system, an earthquake may be the only sign a tsunami is approaching. Contact your local emergency management office to find out if there is a tsunami warning system in your area.

Prepare

- ◆ **Become familiar with the tsunami warning signs. A strong earthquake may generate a tsunami. A noticeable rapid rise or fall in coastal waters is a sign that a tsunami is approaching, in addition to a loud rumbling sound such as rocks being overturned as the water returns.**
- ◆ **Plan an evacuation route from your home, school, workplace, or any other place you'll be where tsunamis present a risk.**
- ◆ **If you are visiting an area at risk from tsunamis, become familiar with tsunami evacuation information and how you would be warned.**
- ◆ **Assemble a disaster supplies kit (see page 3) and keep it handy in your home or vehicle.**
- ◆ **Train all family members over the age of 10 in first aid (training for youth and adults is available from the American Red Cross).**
- ◆ **While deadly, tsunamis are also very infrequent. Be aware of the risk, but don't let it compromise your plans.**
- ◆ **Tsunami evacuation maps are available for many coastal communities. Please check with your local Emergency Management office for a map of your area.**

Respond

- ◆ **If you feel an earthquake while you are on the coast, **DROP, COVER and HOLD ON** if inside, and avoid falling objects if outside (see "Earthquakes," page 13).**
- ◆ **When the shaking has stopped, move quickly inland and to higher ground. Go on foot if possible. Take your disaster supplies kit, but don't delay leaving.**
- ◆ **If a tsunami watch is issued, listen to a NOAA weather radio, Coast Guard emergency frequency station, or other reliable sources for updated emergency information and be ready to evacuate.**
- ◆ **Do not return to shore after the first wave. More high waves are likely to follow.**
- ◆ **Listen to your portable or car radio for an official "all clear" announcement.**



Get to higher ground as far inland as possible. Watching a tsunami from the beach or cliffs could put you in grave danger. Return home only after local officials tell you it is safe.





COPING WITH DISASTER

Be Aware

Disaster may cause highly emotional responses among family members.

Normal responses include:

- ♦ Numbness, apathy or depression
- ♦ Difficulty concentrating or making decisions
- ♦ Anxiety, restlessness, irritability, fear
- ♦ Disorientation
- ♦ Sleep disturbance
- ♦ Fatigue

Prepare

You can reduce the emotional impact of a disaster by being prepared. Review this booklet with your family. Practice your evacuation plans. Make sure your supplies are in order and emergency contact information is up-to-date. You can't take away the feeling of shock after a disaster, but you can reduce the feeling that everything is out of control.



Respond

After you and your family are out of danger, sit down together and collect yourselves. Limit family decisions to today's needs. Avoid discussions of long-term issues of recovering from the disaster.

Mental Health Survival Tips

- ♦ Stay calm and assured
- ♦ Don't stay by yourself if you can avoid it
- ♦ Accept help from others
- ♦ Notice positives; don't blame
- ♦ Talk about your feelings

For Your Long-term Adjustment

- ♦ Allow yourself to cry
- ♦ Get some exercise
- ♦ Avoid excessive alcohol/drugs
- ♦ Seek counseling if you continue to feel depressed, anxious or debilitated



PETS AND DISASTER

Be Aware

A disaster will be traumatic for your pets as well as you. **REMEMBER:** Pets, other than service animals who assist people with disabilities, are not allowed in Red Cross shelters for health and safety reasons.

Please take the following steps to assure your pets are well-cared for, whether you'll be staying in your home, or you have to evacuate.

Prepare

Assemble a disaster supplies kit for your pet, including the following items (you may want to put these items with your personal disaster supplies kit, see page 3):

- ♦ Portable carrier (essential for cats)
- ♦ Food, potable water, bowls and can opener
- ♦ Litter and litter box for cats
- ♦ Medications
- ♦ Pet first aid kit (available from the American Red Cross)
- ♦ Health records, including vaccination records
- ♦ Instructions on feeding, schedule and diet for your pet, medications and any special needs
- ♦ Leashes
- ♦ Make sure your dog or cat is wearing a collar that is securely fastened and that has up-to-date ID information
- ♦ Current photos of your pets in case they get lost
- ♦ Ask friends or relatives if they would be willing to take your pet temporarily in case of a disaster
- ♦ Contact motels and hotels outside your local area about their policies on pets staying with you
- ♦ Keep a list of pet-friendly places. Prepare a list of boarding facilities or veterinarians who could shelter a pet in the event of an emergency. Include 24-hour contact numbers

OTHER RESOURCES



County Emergency Management Contacts:

If your city is not specifically listed, please call your county emergency management office.

CLACKAMAS: 503-655-8378

CLARK: 360-737-1911

CLATSOP: 503-325-8645

COLUMBIA: 503-366-3905

TILLAMOOK: 503-842-3412

YAMHILL: 503-434-7428

MULTNOMAH: 503-793-3858

Gresham: 503-618-2425

Portland: 503-823-3738

WASHINGTON: 503-649-8577

Tualatin: 503-691-3090

Other Emergency Contacts: _____

Fire Non-Emergency Contacts:

Portland Fire Bureau: 503-823-3333

Local Fire Bureau: _____

Tualatin Valley Fire and Rescue: 503-629-0111

HELPFUL LINKS ON THE WORLD WIDE WEB

National Sites

American Red Cross national site

www.redcross.org/services/disaster

Extensive information on disaster preparedness, response and relief, educator information plus much more.

American Red Cross/CNN/IBM partnership

www.disasterrelief.org

News of disasters around the world, updated daily, plus an interactive disaster quiz.

Federal Emergency Management Agency – FEMA

www.fema.gov

A great clearinghouse for information on all types of disasters.

Institute for Business and Home Safety

www.ibhs.org

Extensive “how-to” information on how to protect your home and business from natural disasters.

U.S. Department of Homeland Security

<http://www.dhs.gov/dhspublic/>

Up-to-date information on national threat levels.

Center for Disease Control and Prevention

www.bt.cdc.gov

National Fire Protection Association

www.nfpa.org or www.sparky.org

Extensive fire prevention and safety information. “Sparky the Fire Dog” site contains several multimedia educational activities for kids.

The Weather Channel

www.weather.com/safeside

Preparedness information on many kinds of disasters, but with a focus on severe weather.

U.S. Geological Survey

www.usgs.gov

Easily accessible information on geological hazards for each state.

National Weather Service

www.nws.noaa.gov

Latest forecasts, preparedness information, explanations of the different types of weather warnings and more.



REMG ENCOURAGES USE OF BE AWARE AND PREPARE

The Regional Emergency Management Group (REMG) encourages individuals and families to use the information presented in *Before Disaster Strikes* to prepare themselves, loved ones and neighbors for disasters. REMG is composed of elected officials, local government emergency managers and the Oregon Trail Chapter of the American Red Cross. REMG urges you to take action now—prepare at home, work, school and your neighborhood.

For additional information on family and community preparedness, consult the phone book for your county or American Red Cross Service Center.



EMERGENCY CONTACTS



In case of police, fire or medical emergency, call 911. For non-emergency concerns refer to your phone book. Unnecessary calls to 911 can prevent others from getting the help they need. Fill in the names and numbers below and make copies for each family member:

Out-of-State Contact Person: _____

School(s): _____

Work Site(s): _____

Doctor(s): _____

Neighbor(s): _____

Day Care: _____

E-mail(s): _____

Other: _____

Insurance Agent(s): _____

Family Meeting Places: _____

 Outside your home in case of fire: _____

 Outside your neighborhood in case you can't return home: _____

Caretaker for Pets: _____

Veterinarian: _____

Utilities:

 Portland General Electric: 503-464-7777 (24 hours) or 800-544-1795

 Pacific Power & Light: 1-888-221-7070 (toll free)

 Northwest Natural: 800-422-4012 (to report gas leaks: 800-882-3377)

 Clark County PUD: 360-992-8000

Water District (broken water pipes in street): _____

Other Utility: _____

REMEMBER TO:

- ♦ Make copies of this list for all family members
- ♦ Post on refrigerator
- ♦ Store with emergency supplies
- ♦ Update all copies when numbers change



American Red Cross

Oregon Trail Chapter

P.O. Box 3200

Portland, OR 97208-3200



American Red Cross- Oregon Trail Chapter

503-284-1234

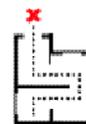
www.redcross-pdx.org

www.PrepareForLife.org

The programs of the American Red Cross are made possible by the voluntary services and financial support of the American people.



Build a kit.



Make a plan.



Get trained.



Give blood.