



What do you do in the first ...

2 minutes

Drop, Cover and Hold on

2 hours

Check your immediate surroundings

Evacuate, if necessary

Follow your plan

IEQText:Your Out-of-State contact

2 days

Use resources in preparedness kit

Check with neighbors & community

2 weeks

Organize community members

www.facebook.com/2WeeksReady
On Twitter @2WeeksReady

Credits

Oregon Office of Emergency Management

Ashland Fire & Rescue

Dept. of Geology & Mineral Industries

Hood River County



For more information:

www.Oregon.gov/OEM

www.Ready.gov

How to Reach Friends, Loved Ones & Emergency Services

If you have a life-threatening emergency, call 9-1-1.

If you are not experiencing an emergency, do not call 9-1-1. If your area offers 3-1-1 service or another information system, call that number for non-emergencies.

For non-emergency communications, use text messaging, e-mail, social media and the American Red Cross's Safe and Well program.

Keep all phone calls brief.

If you are unsuccessful in completing a call using your cell phone, wait ten seconds before redialing.

Conserve your cell phone battery.

Tune into broadcast television and radio for important news alerts. If applicable, be sure that you know how to activate the closed captioning or video description on your television.

Communicating during & after emergencies



Introduction to “Two Weeks”

Preparing for disasters can be done over time. The usual three-day supply is a good start. It is helpful in the event of short-term power outages or temporary evacuation. But a large earthquake and tsunami will leave much of the area’s transportation routes destroyed. This will make it difficult or impossible to deliver assistance and supplies. Oregonians will have to count on each other in the community, in the workplace and at home in order to be safe until responders can reach them. It is recommended that families, neighborhoods and communities strive to be self-sufficient for two weeks.

**Out of State
Contact
“1EQText”**



A communication plan is important.

After a large disaster, one of your first thoughts will be about your family and friends. Having a communication plan is an important part of any preparedness effort. Knowing they are safe, or them knowing you are safe is key to being able to make wise decisions when you may be far from home and not able to return quickly.

Your plan needs to spell out what is expected of them in an emergency. Should they call in? Radio in? Head home? Make sure you clearly spell out what the family member should do – or what you will do during an emergency so everyone is clear on the plan.

Determine a preset time after an emergency event that the plan will be put into motion. For example – if something happens, the family member will wait exactly one hour to resume communications. If communications are non-functional after that hour, he or she will head home. Make sure each family member has an idea of how long the commute might take.

Practice walking the routes between home and work or home and school.

Before a Disaster: How to Prepare Your Home and Mobile Device

Be sure to have an out-of-state contact into your contacts list under the name “1EQText” so that it is at the top of your contacts list.

Maintain a list of emergency phone numbers in your cell phone and in a printed list.

Keep charged batteries and car-phone chargers available.

If you have a traditional landline phone, keep at least one non-cordless phone in your home because it will work even if you lose power.

Program “In Case of Emergency” (ICE) contacts into your cell phone so emergency personnel can contact those people for you if you are unable to use your phone.

If you do not have a cell phone, keep a prepaid phone card to use if needed during or after a disaster.

Have a battery-powered radio or television available (with spare batteries).

Subscribe to text alert services from local or state governments to receive alerts in the event of a disaster. Parents should sign up for their school district emergency alert system.

