

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



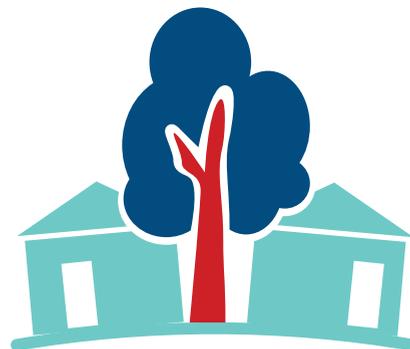
For more information:

www.Oregon.gov/OEM

www.Ready.gov

Take some time to reach out to your community leaders and volunteer to help. Most likely, there are several ways you could become a part of the preparedness process in your community.

Nearly all towns, cities or counties have councils, commissions, and committees to help plan the day to day operations and plan for the future. These are most often staffed by volunteers who want to help their community. Consider checking out the websites of your town, city, or county to see where you can volunteer. Or consider running for office to truly influence how your community prepares for disasters.

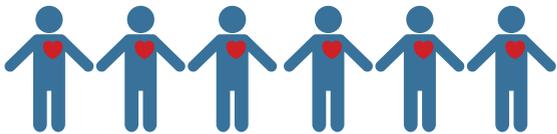


Creating a Prepared Community



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.



We all are responsible for at least a small part. There is a lot that individuals and neighborhoods can do to get prepared. Communities have a role in supporting individual preparedness and to provide support in planning on a larger scale. First responders, such as police and fire, do a good job during disasters, but they can’t do it alone.

When you move to a new town or community, engage with the first responders and emergency management agencies. Both will have opportunities for eager volunteer to become involved, whether it’s through Community Emergency Response Teams (CERT), Medical Reserves, amateur radio courses, and many others.

You can look to other types of programs, such as community gardens, food banks, or elder care groups if that is more to your liking. It all adds to a community’s ability to recover from disaster quickly. No matter your interests, you can be a valuable asset to your community’s preparedness efforts.

Start by contacting your city administrative office, or county if you live in a rural area, to get contact information. Then jump in with both feet and make a difference in your community. It is through the efforts of the people who live, work, and play in the community that it will become resilient. You cannot rely just on others.

What are some of the ways that an individual can help a community?

Volunteer

- Community Emergency Response Teams (CERT)
- After school program/ work with kids to teach safety/preparedness
- First responder volunteer

Start a nonprofit to address a community issue

- Food security/ neighborhood gardens
- Bicycle transport
- Elder networking



Create the community you want to live in