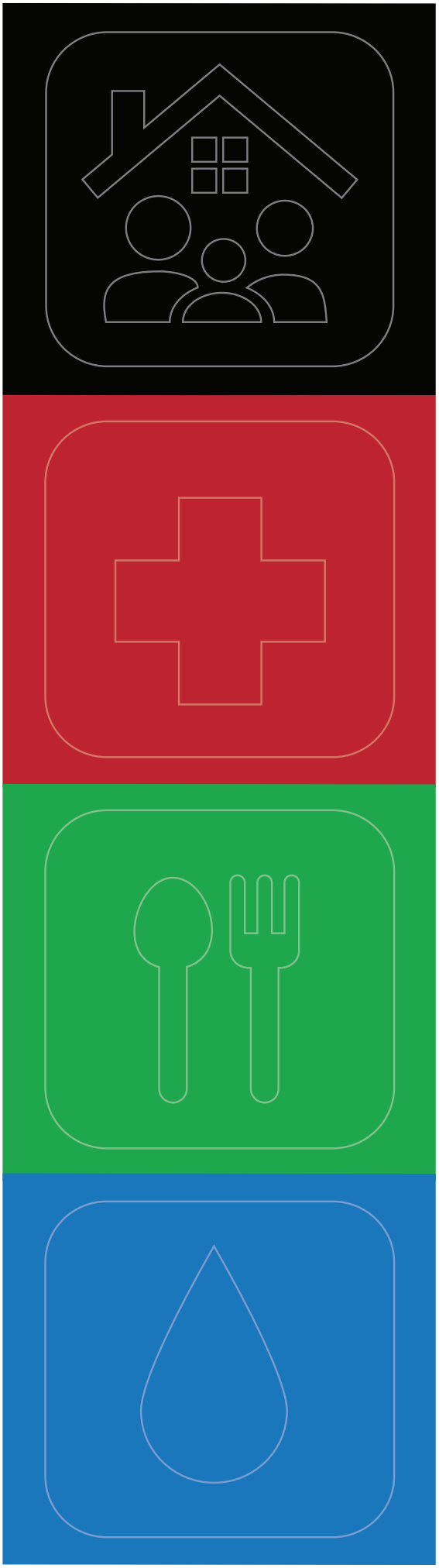
BE 2 WEEKS READY

TOOL KIT

OREGON DEPARTMENT OF EMERGENCY MANAGEMENT
OEM

BE 2 WEEKS READY



Disasters can happen anywhere, at any time. That's why individuals, families and communities should take steps to "*Be 2 Weeks Ready*."

Being *2 Weeks Ready* means having an emergency plan and enough supplies for you and everyone in your household to survive for at least two weeks following a disaster. When you're *2 Weeks Ready*, you're prepared for any type of emergency – a power outage, a wildfire evacuation, or a large earthquake and tsunami.

When a disaster strikes, it could take days to weeks for first responders to reach you. Being *2 Weeks Ready* empowers you to make choices to help you, your household and your neighbors survive until help arrives. This lets first responders prioritize other life-threatening situations.

Being *2 Weeks Ready* may sound overwhelming, but you're probably more prepared than you think! This *Be 2 Weeks Ready* Program is designed to help you start from where you're at and build your self-reliance and community preparedness step-by-step.

This program is organized into eight user-friendly lessons and an activity book filled with helpful hints, fun projects and resources to help you prepare for a disaster. Do one section at a time, at your own pace. By the end of this program, you'll be confident and prepared when the next disaster strikes!

OREGON DEPARTMENT OF EMERGENCY MANAGEMENT
OEM

BE 2 WEEKS READY

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RATINGS KEY

COST

- $ **LOW COST** (Less than $25)
- $ $ **MEDIUM COST** ($25 to $100)
- $ $ $ **HIGH COST** ($100 or more)

TIME

- **LOW TIME COMMITMENT** (Less than 1 hour)
- **MEDIUM TIME COMMITMENT** (1 to 6 hours)
- **HIGH TIME COMMITMENT** (6 hours or more)

EFFORT

- **LOW LEVEL OF EFFORT TO COMPLETE**
- **MEDIUM LEVEL OF EFFORT TO COMPLETE**
- **HIGH LEVEL OF EFFORT TO COMPLETE**

1 PREPARING TO PREPARE

A disaster can happen anywhere, at any time. Think about how prepared you'd be if an earthquake happened and your household had to survive weeks without running water, working toilets and functioning appliances. In this section, you'll record your thoughts for later use.

QUICK-START STEPS

- Why Journaling is Important
- Different Ways to Journal
- Practice
- Considerations

WHY JOURNALING IS IMPORTANT

Journaling is a way to keep records of things—what you have and consume, what you've done and experienced, and how you feel about what's happening or has happened in your life. Here are some benefits of keeping a journal for your preparedness journey:



- Stay on track: Writing down what you do regularly helps you stick to your goals.
- Face fears: If you write down what scares you, it's easier to get help and feel less afraid.
- Overcome procrastination: If you write down small tasks, you're more likely to finish them quickly.
- Learn from emergencies: By writing about how you handle emergencies, you can get better at dealing with them.
- Celebrate progress: Looking back at your journal lets you see how far you've come and feel proud of your achievements.

BE 2 WEEKS READY

DIFFERENT WAYS TO JOURNAL

Journals take many forms and it's important to find one that works for you. When you find what works best, you're more likely to stick with it. Here are some different ways to record your thoughts and feelings:

- Notebook and pen.
- Word document on a computer.
- Voice app on your phone.
- Video recording on your phone.

PRACTICE

Feeling safe is especially challenging during uncertain times, especially after a disaster when your normal daily living has been significantly interrupted. Being prepared can help you feel more at ease and calmer inside.

Any disaster can be scary and difficult. You're taking great steps on your preparedness journey, so take a few moments to write down some advice and kind words for yourself in the future.

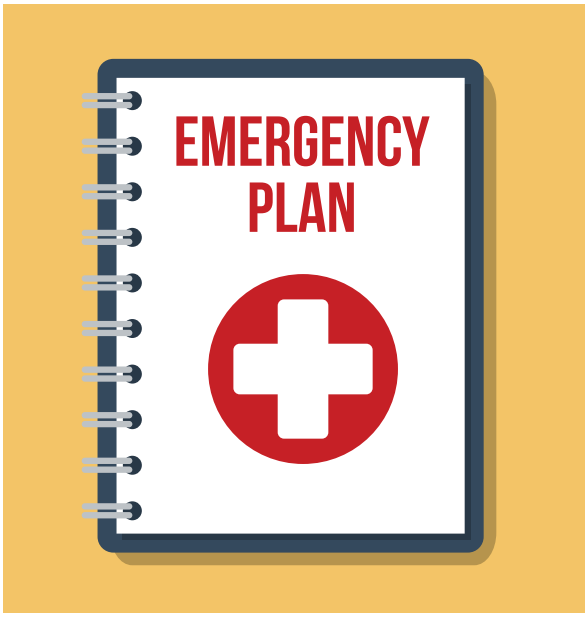
CONSIDERATIONS

If you have kids, suggest that they make their own journals, too. This can be a healthy lifelong habit and decorating a journal can be fun for all ages!

ACTIVITIES: Pages 33-44



2 YOUR EMERGENCY PLAN



Preparedness begins by thinking about what each person in your home might need and understanding the risks you might encounter. The goal is to make sure everyone in your household is ready. When everyone is prepared for unexpected situations, it can save lives and make it easier to go back to your usual routine faster.

QUICK-START STEPS

- Learn About the Hazards in Your Area
- Make a Household Communication Plan
- Make an Emergency Plan
- Sign Up for Emergency Alerts
- Practice
- Considerations

LEARN ABOUT THE HAZARDS IN YOUR AREA

Different places have different risks. If you live in a tall building in the city, the risks might be different from someone living by the ocean. Local emergency management agencies and fire departments can help you identify the hazards where you live, like earthquakes, floods, mudslides, wildfires and tsunamis.

MAKE A HOUSEHOLD COMMUNICATION PLAN

Talk to everyone in your household about what to do in an emergency. You may need to evacuate or shelter in place. Here are some important things to consider in your communication plan:

- Out-of-area contact: Who can you connect with that isn't impacted by the disaster?
- Evacuation routes: Both out of your home and neighborhood.
- Meeting place: Where will everyone meet after the disaster if not at home?
- How to make contact if separated: What is the plan for reaching each other?
- Share your plan: Let others like family and out-of-state friends know about your plan.

MAKE AN EMERGENCY PLAN

Creating your emergency plan is an important job that should involve everyone. Your plan needs to cover what to do if you need to leave or stay where you are. In the event of an evacuation, you should have an emergency go-kit to take with you. To remember what to put in your go-kit, think about the Six Ps:



- People and pets (food, water, hygiene, sanitation, clothing and comfort items).
- Prescriptions (medications, hearing aids, eyeglasses and medical devices).
- Phones, personal computers, hard drives, disks and chargers.
- Plastic (ATM debit and credit cards) and cash.
- Papers and important documents (photo ID, birth certificates, social security cards, passports, visas, insurance policies, etc.).
- Pictures and other irreplaceable memorabilia.

Visit www.ready.gov or www.redcross.org for more recommended emergency kit items.

When sheltering in place, you need to have enough supplies for everyone in the household to survive for two weeks without electricity, running water and working toilets. In addition to the Six Ps, take these important steps when deciding what you need to survive:

- Track what your household eats over two weeks, so you have an idea of how much food you'll need.
- Gather any emergency supplies you may already have, like flashlights, power banks or batteries. You probably have more than you think!

Specific steps on how to gather supplies will be covered more extensively in later sections of this toolkit.

SIGN UP FOR EMERGENCY ALERTS

The easiest way to know what is happening in your area is to sign up for emergency alerts. Here are different ways you can sign up:

Priority Alerts:

- Visit your county emergency management website to sign up or update your contact information.
- Ensure your cell phone can accept Wireless Emergency Alerts.

  For Apple devices:

  - Go to settings.
  - Click on "Notifications."
  - Scroll to the bottom of the screen until you see "Government Alerts."
  - If the bar is green, it means the notification is turned on.

For Android devices:

- Go to settings.
- Either search “Emergency” or click on “Safety and Emergency.”
- Make sure that “Earthquake Alerts” and any other alert options are turned on.

- In Oregon, visit www.oralert.gov to sign up to receive local emergency alerts in your area.

Additional Alerts:

- Download the free “MyShake” app to get early earthquake notifications in Oregon, Washington and California.
- Purchase a NOAA (National Oceanic Atmospheric Administration) radio to receive updates on severe weather warnings. $ $
- Sign up for social media notifications from your local emergency management office on Facebook or X (formerly Twitter).

PRACTICE

Once you have a plan, practice it! This is the best way to know that your plan will work. It’s better to know which parts of your plan won’t work before a disaster happens. Here are some ways you can practice:

- Walk through your emergency plan every few months to keep everyone’s memory fresh.
- Test the evacuation route out of your home or neighborhood.
- Animals often sense danger before humans and may become agitated before an impending disaster. Practice getting your cat in its carrier or your dog on its leash while moving quickly.
- Take part in the Great ShakeOut (www.shakeout.org) and Great Camp-In drills.

CONSIDERATIONS

- Make sure to account for access and functional needs, such as equipment to help with mobility or CPAP machines that rely on electricity. Deaf, blind or hard-of-hearing individuals may also have specific needs.
- Talk to your doctor about ways to stock up on extra doses of necessary prescribed medications.
- To save space, scan all your important documents, such as birth certificates or photos, onto an external hard drive or USB drive.
- Include other documents, such as a rental agreement, utility bills or letter of employment.
- If your address or phone number changes, make sure to update your contact information with your county for emergency alerts.
- Sign up for alerts for areas you visit when away from home.

ACTIVITIES: Pages 45-57

3 FOOD PLAN

Making a food plan is a key step to being *2 Weeks Ready.* You and your household, including service animals, pets and large animals, need food to survive any emergency. With a food plan, you'll know how to gather and store two weeks' worth of non-perishable food and how to prepare it without electricity or gas.

QUICK-START STEPS

- Safety Considerations
- Create a Non-Perishable Food Inventory
- How to Store Food
- Different Ways to Cook Food
- Other Considerations

SAFETY CONSIDERATIONS

- Do not eat refrigerated food if you've lost power for longer than four hours and do not eat any frozen food that has thawed.
- Throw away any food that's been at room temperature for two hours or more.
- Use non-perishable, pasteurized milk in cans or cartons quickly once opened.
- Cooking indoors with barbecues or grills can lead to deadly consequences, including the risk of carbon monoxide poisoning, fires and other life-threatening hazards. When faced with a power outage, always use safe and approved alternative methods for cooking, such as camp stoves, portable butane stoves or outdoor cooking equipment specifically designed for indoor use.
- Be cautious of dented, deformed or bloated cans, as this can be an indication of spoiled food that can be deadly.
- Check expiration dates and rotate food out as needed.
- To keep things sanitary and reduce fire risk, don't let food waste accumulate inside.
- Keep cooking and eating utensils clean.

CREATE A NON-PERISHABLE FOOD INVENTORY

Gathering two weeks' worth of food may seem overwhelming. Begin by starting small, recognizing it may take a while to build up a food stash. Here are some easy ways to create your non-perishable food inventory:

$ LOW COST	$ $ $ HIGH COST
Add one can of food to your shopping cart each time you visit the store. Recommended items include beans, green beans, soup or chili.	Purchase freeze-dried meals. These typically have a shelf life of 20-30 years. You can purchase meals individually or in kits. There are many options available, including for individuals with food allergies.
Buy beans and rice in bulk and set a small amount aside in a food-safe container.	Dehydrate foods; fruits and vegetables are good for this.
Buy in-season produce from local farmers markets or roadside stands then freeze, can, dry or pickle it.	Make your own jerky.
Buy day-old bread from the grocery store and freeze it.	Build a garden and grow your own food

When dealing with an emergency, eating unfamiliar foods places more stress on everyone, especially young children. Choose foods your household will eat that don't require refrigeration and have a long shelf life. Suggested emergency food items include:

- Ready-to-eat canned meats, fish, fruits and vegetables.
- Protein bars and fruit bars.
- Pudding cups.
- Dried cereal, granola and trail mix.
- Nut butters (some come in powdered form).
- Dried fruit.
- Comfort foods.
- Rice cakes and crackers.
- Canned soups and chili.
- Canned and boxed juices.
- Non-perishable, pasteurized milk in cans or cartons.
- Powdered milk (requires water to reconstitute).
- Food for infants and extra water to constitute baby formula.



This is not an all-inclusive list. Additional suggestions can be found at www.ready.gov.

Building an extra two-week food supply can be difficult if your food resources are limited. Visit www.oregonfoodbank.org for information and locations of food pantries and food banks in your area. Some pantries allow you to shop more than once a month.

For additional training and information, visit https://extension.oregonstate.edu/mfp .

HOW TO STORE FOOD

It can be difficult to find extra space to store your emergency stash. Here are some helpful tips on storing supplies:

- If space in your home is limited, be creative with finding space in the back of closets or cabinets, or under furniture, such as beds or couches. Additionally, take some time to declutter to create more usable space.
- Be mindful of where you store bagged items since they can be easily chewed through by insects and animals.
- Don't pack away supplies and forget about them. Rotate your extra supplies into your regular meal routine as they start to expire.

DIFFERENT WAYS TO COOK FOOD

While you're building up your food supply, think about how you might cook indoors without traditional appliances that require power and how you might cook outdoors. Whatever alternative cooking methods you prefer, it's best to have more than one in mind and stock the necessary fuel sources. Here are some alternative cooking methods:

INDOOR WITHOUT ELECTRICITY OR GAS		OUTDOOR	
	Sterno is a gelled alcohol substance that comes in a small can. When ignited, Sterno can be used to heat fondue pots and camp stoves.		Charcoal Briquettes
	Wood Burning Stove		Butane
	Wood Burning Fireplace		Liquid Propane Tanks
	Alcohol Burner		Wood

OTHER CONSIDERATIONS

- Avoid salty foods that will make you thirsty.
- Remember special dietary needs and cultural considerations.
- Use disposable or inexpensive dinnerware and utensils that are easy to clean with minimal water.
- Stock a variety of alternative fuel sources to use when preparing food, such as charcoal, propane or wood.
- Eat foods from your stash regularly to ensure they don't expire.

ACTIVITIES: Pages 58-64

4 WATER PLAN

Hydration matters, especially in times of stress. A water plan shows you how to gather and store enough water for 14 days and make it safe to drink without modern conveniences.

QUICK-START STEPS

- Safety Considerations
- How Much Water Do You Need?
- How to Store Water
- How to Sanitize Water
- Other Considerations



SAFETY CONSIDERATIONS

- Potable means "safe to drink." Potable water is water that's not contaminated and is safe to use for drinking, brushing your teeth, food preparation and hygiene. People and animals should only consume potable water.
- Rivers, streams, ponds and lakes might be contaminated with livestock waste, human sewage, chemicals and other contaminants that can lead to illness.
- Avoid water that contains floating matter.
- Avoid water that has an odor or dark color.
- Avoid water contaminated with fuel or toxic chemicals since it can't be made safe by boiling or disinfection.
- Never use floodwater.
- Water typically weighs 8.3 pounds per gallon. Store it where you can reach it and move it.
- Never use pool cleaning tablets for drinking water.
- If you are unsure if your water is safe, do not use it.

HOW MUCH WATER DO YOU NEED?



The average person uses about 80-100 gallons of water per day for indoor home uses. How much water you need to *Be 2 Weeks Ready* depends on several factors. Each person will need water each day for drinking, meal preparation and cleanup, and personal hygiene. The amount of water you'll need will also be impacted by the kinds of foods you plan to eat (pasta, oatmeal, baby formula, powdered milk, etc.) and if you have pets.

Recommended water storage is one gallon per person, per day. Some pets will need more water than others; track how much water your pet uses in a day and store that amount.



12 pack 20oz Bottles



1 Gallon Bottle



5 Gallon Bottle

HOW TO STORE WATER

Storing water for use during a disaster is critical. Just like with food, it can be difficult to find extra space to store your emergency water supply. Store what you can, and keep in mind the following:

- Store water where anyone in the household can access it.
- If possible, store water in a dark, dry, consistently cool space that stays at a relatively constant temperature (50-70 F or 10-21 C). Treat your water if you have any concerns.
- If possible, do not store it in direct sunlight.
- Do not store water near chemicals, fuel, pesticides, herbicides, or products with strong odors that can be absorbed by the storage container and transferred to the water.
- If possible, store parts of your water supply throughout your living space so if a disaster damages part of your living space, you can still access other parts of your supply.
- Store some water in your freezer to create jugs of ice that can be used in a cooler when transporting food and provide safe drinking water as they melt.
- Storing water up high can be dangerous because it could fall during an earthquake or be difficult to move.

Some creative spaces where you can store water include:

- Under beds and sinks.
- In cabinets and closets.
- Behind books on bookshelves.
- In garages and storage sheds.
- Under car seats.

HOW TO SANITIZE WATER

When in doubt about water's quality, purify it. There are five main ways to purify water; most of these methods are low-cost, and you likely already have some supplies. See page 68 for step-by-step instructions on each of these methods:

- **Boiling:** Boil water for at least one minute. In most cases, this is the safest method of treating water.
- **Filtration:** This mechanically removes contaminants from water. Carefully follow the manufacturer's instructions for your water filter.
- **Water purification tablets:** National Sanitation Foundation (NSF)-approved products are recommended. These tablets are small, lightweight and inexpensive. Be sure to follow instructions closely.
- **Chemical disinfection:** Iodine and tablets containing iodine or unscented bleach. Follow the manufacturer's instructions on the label or package. Note, water disinfected with iodine is NOT recommended for people who may be pregnant, people with thyroid issues or those with hypersensitivity to iodine. No one should continuously use iodine for more than a few weeks at a time.
- **Distillation:** Water that has been boiled into vapor and condensed back into a liquid in a separate container.



OTHER CONSIDERATIONS

- Powdered drink mixes, like Kool-Aid or Crystal Light, can improve the taste of disinfected water. It's a good idea to keep some with your water supply.
- Soft drinks, caffeinated beverages like coffee and tea, and alcohol should not be substituted for water in your calculation of water needs.
- Reduction in water supplies can result in poor livestock performance and condition. Locating additional sources of stock water becomes critical to avoid damage to both animals and range resources.

ACTIVITIES: Pages 65-74

BE 2 WEEKS READY

5 WASTE AND HYGIENE PLAN

A waste and hygiene plan is essential to maintain healthy living conditions during disasters. Studies show damage to sewer and wastewater infrastructure is likely to take much longer to recover than other types of infrastructure, such as drinking water supplies.

QUICK-START STEPS

- Personal Hygiene
- Dealing with Household and Pet Waste
- Dealing with Household Trash
- Laundry During a Disaster
- Privacy Considerations
- Septic System Considerations



PERSONAL HYGIENE

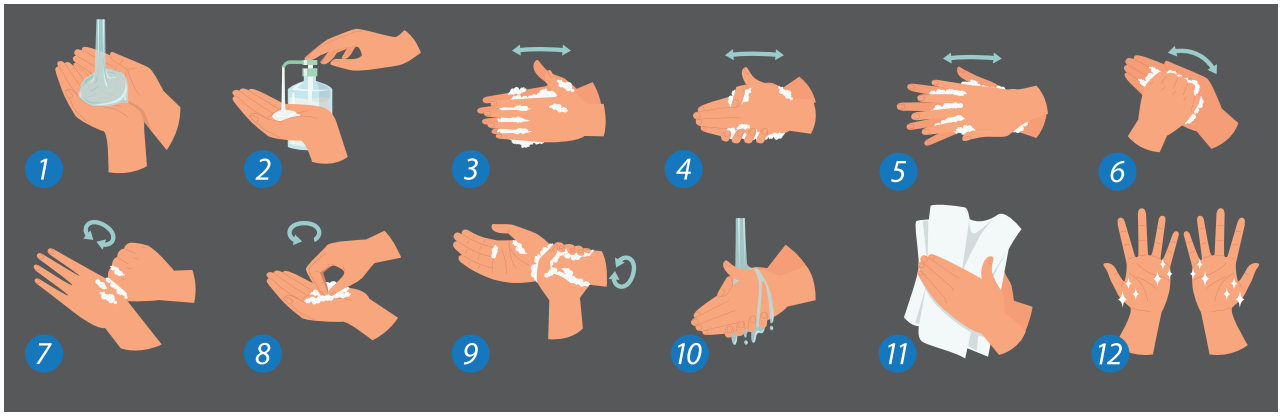
SAFETY CONSIDERATIONS

- Don't bathe in water that may be contaminated with sewage or toxic chemicals, or in streams or lakes contaminated by flood water, human sewage or animal waste.
- Multiple people should not bathe using the same water.
- If you have a drinking water well, listen to local health authorities for advice on using well water for showering and bathing.
- If extensive flooding has occurred or you suspect the well may be contaminated, contact your local, state or tribal health department for specific advice on well testing and disinfection.
- Use only clean water to brush your teeth; tap water may be contaminated following a disaster.

During longer-term disasters when indoor plumbing may not be available, you need to keep your body clean to avoid infection and skin irritations. Here are some short-term options to help conserve water:

- Baby wipes or other personal hygiene wipes.
- Dry shampoo.
- Alcohol-based hand sanitizer.
- Bleach and water combination: Add 1/8 teaspoon of bleach per gallon of water, stir and let stand for 30 minutes.

Wash your hands regularly to prevent the spread of germs.



DEALING WITH HOUSEHOLD AND PET WASTE

SAFETY CONSIDERATIONS

- Always wash your hands thoroughly after handling human and pet waste bags.
- Double-bag and store the waste separate from other garbage and away from food and water.
- Keep your yard clean of animal poo to limit infection and illness.
- Do not use pool noodles as a seat for your two-bucket system. They collect bacteria.
- Label each bucket so everyone in your household knows what waste goes in each bucket.

Despite how well you keep your space and body clean after a disaster, human waste can still make you and others sick. Methods for handling waste must be simple, cheap and able to protect public health by limiting exposure to waste. There are two methods for dealing with human waste: Pit toilets and the two-bucket system.



1. Pit Toilet

Also known as a latrine, a pit toilet is simply a hole in the ground that collects human waste (both pee and poo) in an emergency. It's ideal for more rural areas with wide open spaces, but it can still be used in urban areas if location guidelines are followed. All you need is a shovel to dig the hole.

2. Two-Bucket System



This method requires 5-gallon buckets and heavy-duty plastic bags. Plan for 5 gallons of waste from each person each week to help you know how many buckets you'll need. This method is ideal for dense urban areas with limited open space and located with a high-water table. Make sure to label one bucket for pee and one for poo. Separating pee lessens volume and odor, making contents safer and easier to store and dispose.

HOW TO DISPOSE OF WASTE

Make sure to store and dispose of waste properly to prevent the spread of illnesses, such as Hepatitis A, E. coli and C. diff.

For pee:

- If possible, add water to the bucket to dilute the contents.
- Pour on the lawn, garden or ground.
- Place toilet paper in the poo bucket.

For poo:

- Cover each use with bark chips, dirt, etc. to help dry the waste.
- Fill the bucket no more than half full of waste.
- Double-bag and store the waste separate from other garbage and away from food and water.
- Secure waste from pets, flies, rats, etc.

For menstrual product waste:

- Disposable tampons and sanitary pads should be placed in a separate garbage bag.
- If using a menstrual cup, the contents can be poured into a pit toilet or the poo bucket.

Visit www.rdpo.net/emergency-toilet for more information.

DEALING WITH HOUSEHOLD TRASH



SAFETY CONSIDERATIONS

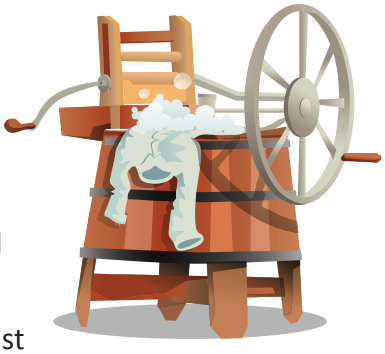
- Do not burn plastic, Styrofoam or other items that release toxins when burned.
- Be mindful of dry conditions and only burn trash in appropriate locations.
- When burying trash, dig a hole at least 4 feet deep and cover it with at least 18 inches of soil to prevent insect and animal infestation.



Work at reducing all household waste as an everyday practice. That way, it's not nearly as difficult when disaster strikes. Here are the best ways to dispose of household trash:

- Separate and compost food waste.
- Reduce bulk by smashing cans and boxes.
- Compact where possible.
- Separate and burn trash if you can.
- Bury paper and compostable trash in shallow pits if you can. Bury trash as far away from your home as possible and be mindful of high-water tables.
- Layer garbage with soil, ashes, lime or borax to help control odors.

LAUNDRY DURING A DISASTER



Disasters could cause you to be without electricity and the convenience of modern appliances, such as washing machines and dryers. While you can typically wear outer garments for several days before washing them, changing out or washing undergarments—especially underwear—helps limit infections and irritations. Here are four alternative ways of washing your clothes:

1. **Washboard Method:** This involves rubbing the fabric against itself with your hands or using an old-fashioned washboard. It's a time-consuming but reliable way of washing small batches of clothes. $ 🕒 🕒 😠 😠 😠
2. **Bucket and Plunger Method:** Place dirty clothes, water and detergent in a bucket with a hole cut in the lid for a plunger. The plunger is used to agitate the clothes. You can buy a commercially designed model, but a quality sanitized plunger with a few holes drilled in the top of the rubber dome also works. $ $ 🕒 😠 😠 😠
3. **Laundry Pod Method:** A laundry pod is a non-electric, portable washing machine that resembles a salad spinner and washes small, light loads of clothing. One gallon of water will wash one load. The water is drained out the bottom and clean water is added through the top. $ $ 🕒 😠 😠
4. **Sailor's Method:** Sailors used to fill a heavy-duty black garbage bag with dirty clothes, water and soap. The black bag took advantage of the sun to heat the water, and the ship's movement agitated the wash. This method can be adapted by gently pressing on the bag to agitate the clothes. This is a practical method for washing large items, such as comforters, blankets or sleeping bags that don't fit in 5-gallon buckets. $ 🕒 🕒 😠 😠



When finished, dump any leftover water on your lawn, garden or the ground.

PRIVACY CONSIDERATIONS

Creating private spaces is not always something we think about when it comes to planning for an emergency or disaster, but access to privacy can have a major impact on people's health and safety following a disaster. Privacy is an important consideration in instances such as bathing and using the bathroom, nursing, changing clothes and hanging clothing garments to dry when a dryer is not accessible.

- Include a screen or tarp in your preparations to create a layer of privacy where needed.
- Plan by including whatever nursing supplies you might require in your emergency kit.

SEPTIC SYSTEM CONSIDERATIONS



You should know where your septic system is and what it consists of before an emergency occurs. It's also a good idea to know this for maintenance purposes. Your county may have a record of where septic systems were installed.

Unless there's a pump, all tanks have an inlet and outlet pipe. The normal sewage level is at the outlet pipe level. Most of the time, you can see this pipe when you open the access to the tank. DO NOT go into the tank.

Signs your system is working:

- Your water supply is functioning.
- You have electricity (some systems require power for a pump).
- Toilets flush and sinks drain properly.

Signs your system is not working:

- The earth has moved around your septic system.
- There are abnormal wet or soft spots in your yard.
- You smell sewage odors.
- Water or sewage is backing up in the downstairs bathroom or floor drains.

If the level in your septic tank is high, sewage might not be leaving the tank. If the level is low, the tank itself may have been compromised, or the piping between the house and the tank may be damaged. You can usually examine the tank level when there's access to the ground-level inspection point.

If you have problems with your septic tank:

- Limit the use of water in your home and use the two-bucket system or pit toilet option until repairs are made.
- Keep people and pets away from your septic system until it's back in service.
- Only use a licensed professional to repair or replace your septic system.
- If sewage is staying below ground and not backing up, continued use should be okay. Avoid any scenario where exposure to or contact with waste could occur.

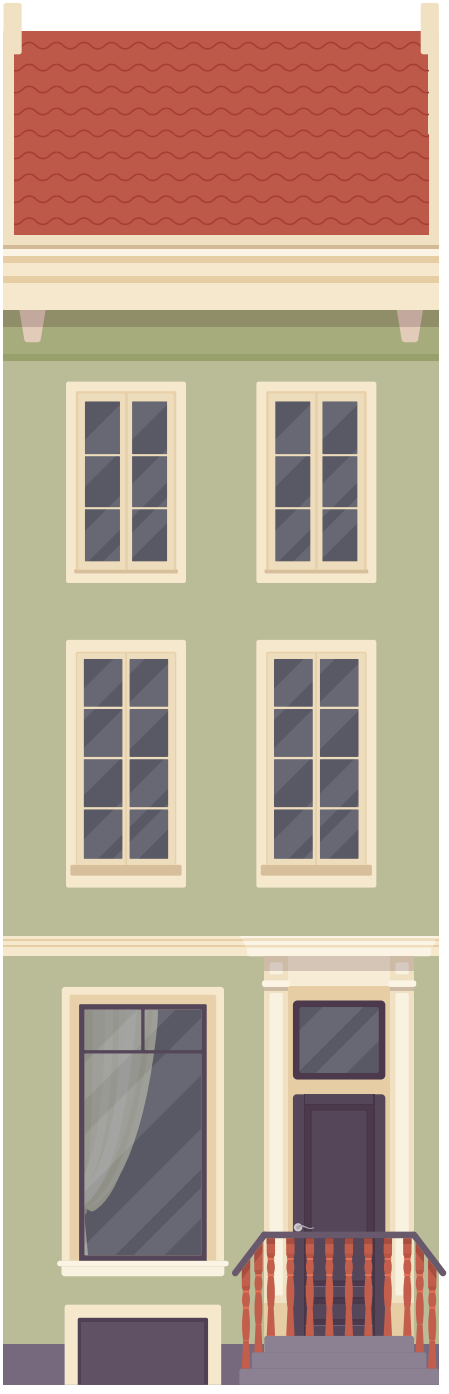
Waste and Hygiene Considerations:

- Use non-latex gloves when disposing of waste.
- Find out from your homeowner association (HOA), property manager or multi-family dwelling if there are pre-identified locations for pit toilets.
- Learn where your underground utilities are located to avoid hitting a utility line that can harm your system or delay a return to service.

ACTIVITIES: Pages 75-78

6 SHELTER PLAN

A shelter plan helps you prepare for a variety of safe locations following a disaster. Whether you shelter inside or outside your home, in a community shelter, or with family and friends, you need to be prepared to shelter for up to two weeks following a disaster.



QUICK-START STEPS

- How to Make Your Place Safer
- Sheltering in Place
- Sheltering Away from Home
- Pet Evacuation Checklist
- Safety Measures

HOW TO MAKE YOUR PLACE SAFER

Be aware of any hazards in your place. Once you know your hazards, you can take steps to make your place safer. For example, to reduce risk during an earthquake you should secure items such as bookcases and dressers to the wall and lock the rollers of any large appliances or pieces of furniture. It's easiest to break up your projects into three categories:

1. Things you can do right away.
2. Things you can do with a little more time and resources, such as money or equipment.
3. Things that will take even more time and resources, such as working with your landlord or a contractor.

SHELTERING IN PLACE

Sheltering in place means you shelter where you normally live and severely restrict or eliminate outside travel. You may be urged to shelter in place in the event of a pandemic, hazardous material spill or radiological incident. Many of the things you've already learned in the previous units come together in the shelter plan.

BE 2 WEEKS READY

In addition to supplies outlined in Your Emergency Plan, Food Plan, Water Plan, and Waste and Hygiene Plan, you'll want to gather the following:



Options to light your way:

- Flashlights with fully charged batteries and backup batteries.
- Headlamps with fully charged batteries and backup batteries for a hands-free option.
- Solar or hand-cranked lanterns that don't require batteries.



First-aid kit:

- Assemble your own or buy one pre-made.



Maps:

- Have both a map of the area where you live and areas where you'll evacuate if you need to leave. Downed trees or flooded streets may force you to find a different way across town.
- Have an option that's not battery-dependent.



Adjustable pipe or crescent wrench:

- These will be needed to shut off utilities.



Multi-tool:

- A good multi-tool, such as a Swiss Army Knife, includes a knife blade, screwdrivers, scissors and a can opener, providing countless uses during an emergency.



Radio:

- If the power grid goes down, you might not be able to get the latest news on your smartphone. A simple battery-powered weather radio that picks up AM, FM and NOAA radio bands can help you stay updated on the current weather and emergency conditions.
- There are solar-powered and hand-crank options available that don't need batteries.



Duct tape:

- This multi-purpose tape can be very useful.



Dust masks:

- These may help filter contaminated air and guard against airborne diseases.



Fire extinguisher:

- Some extinguishers are only good for certain types of fires, such as electrical, grease or gas. ABC extinguishers are designed for safe use on any type of fire, but they can only put out small fires (like a small trashcan).
- Have one on each floor of your dwelling and one in a weather-protected area outside.
- Teach everyone in the household how to use them properly.
- Your local fire department can show you how to properly use an extinguisher.



Sleeping bags and blankets:

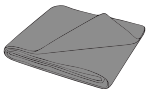
- Insulated sleeping bags are an ideal option but will likely cost more than blankets.

Personal needs items:



- Keep a supply of special needs items, such as medications, extra eyeglasses, contact lens solutions, hearing aid batteries, menstrual hygiene products, items for infants (formula, diapers, bottles, pacifiers), toys, games, books, your children's favorite stuffed animal and any other items unique to your household.
- Buckets for emergency toilets.

Plastic sheeting:



- These can be used to provide privacy for drying clothes or using the toilet.
- Plastic sheeting with a thickness of 4 to 6 millimeters (0.004 to 0.006 inches) or greater is recommended to seal around doors and windows, heating vents or any opening that could let in air.

Go-bag:



- All members of a dwelling should have a go-bag of minimal essential items within easy reach in case you must evacuate quickly. Many items that should be in your go-bag are listed above.
- Be careful not to make these too heavy to carry.
- Having quick access to your go-bag will make evacuation and sheltering elsewhere a bit easier.
- Refer to page 81 for more information on how to build a go-bag.

Sometimes it's not safe for you to stay indoors following a disaster, and you may need to camp in your backyard or nearby outdoor community space. You'll need everything outlined above, plus the following supplies:

Tents or tarps:



- A tent or tarp tied between trees, fences, etc., will help shield you from wind and weather, no matter if it's raining, snowing or hot.

Rope:



- Clotheslines can be useful for many purposes, including setting up outdoor shelters.
- Rope should never be used near outdoor flames.

Matches in a waterproof container:



- These will help limit your dependence on potentially volatile liquid or gas fuel sources for cooking or making an outdoor campfire.

If you look around your place, you'll find you most likely already have many of these items.

SHELTERING AWAY FROM HOME

While staying in or close to your own living space is always preferable, disasters may require you to shelter in a safe environment elsewhere. This might include a community shelter or the home of a family member or friend. You should have a variety of options identified to be ready for almost any situation. Here's what you need to do if you must shelter away from home:

- Know the locations of several community shelters.
- Discuss in advance the possible need for sheltering with family and friends who live elsewhere.
- Take only the minimal essentials. Shelters will have food and water supplies, as well as toilet facilities, but you'll want personal items. This is true of children and those with special needs.
- Sign up with your county or tribal emergency management office to receive local emergency alerts in your area: Visit www.oralert.gov.
- Turn on Wireless Emergency Alerts (WEA) on your cell phone.
- Know where you and your household will go and how you'd get there.
- Identify evacuation routes from home, work, school and the surrounding neighborhood.
- Print out a map and highlight at least two alternate routes to your work, school, daycare and home, and keep it in your go-bag.

PET EVACUATION CHECKLIST

Animals often sense danger before humans and may become nervous before an impending disaster. Know where pet shelters are in both your community and out of the immediate area. You should also consider any special items required for household pets, such as reptiles or birds. Create a pet go-bag or box that includes:

- Crate (if applicable).
- Collar with pet's name, chip ID, owner and phone number.
- Leash.
- Favorite toy and small blanket.
- Food for up to two weeks.
- Feeding dishes.
- Pet waste bags.
- Medications, supplements and all instructions.
- Written proof of vaccinations.
- Name and contact information for your veterinarian.
- Photo labeled with pet's name, owner's name and contact information.
- Any essential information, such as allergies or phobias.



SAFETY MEASURES

Assume there's been an earthquake and people in your household have taken protective actions such as *Drop, Cover and Hold On*, or alternate measures for people with access and functional needs. Once the shaking has stopped, you need to make sure it's safe for you to stay inside and shelter in place. Here are the safety measures you should take:

Check on everyone in your home and respond to injuries:

- Find where the people in your household may be. Let each other know if you're safe or need immediate help.
- If anyone has stopped breathing, follow the American Red Cross' guidelines on CPR at www.redcross.org/take-a-class/cpr/performing-cpr/cpr-steps.
- Stop any bleeding injury by applying direct pressure to the wound.
- Do not move seriously injured people unless they are in immediate danger of further injury.
- Cover injured people with blankets to keep them warm.

Listen for emergency updates and news reports:



- Your emergency radio will notify you of blocked roads (in case you need to evacuate), boil water advisories (in case area water supplies may be contaminated), and other important facilities that may not be available due to damage, such as hospitals, food stores, etc.

Be aware of other dangers, such as aftershocks and tsunamis:

- **Aftershocks** are likely to occur after a major earthquake. These secondary earthquakes are usually less violent than the initial earthquake, but they can be strong enough to cause additional damage. It may be aftershocks that make it unsafe for you to shelter inside, even if you determined it was safe at first.
- **Tsunamis** are possible if you live in a coastal area. If you feel the ground shake, assume that a series of dangerous waves is on the way. If you're near the coastline, move inland to higher ground as quickly as possible.

Wear shoes:



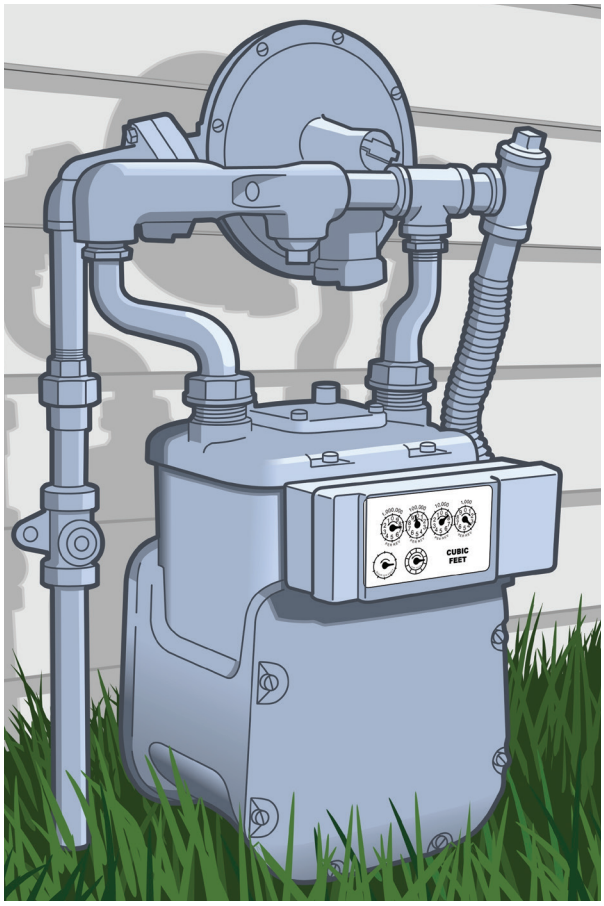
- This will help you avoid injuries you could get from stepping on sharp objects that have fallen and broken. Put on shoes before checking for safety issues (both inside and out).
- Keep a pair of shoes under your bed that you can reach during a disaster.

Extinguish small fires or evacuate to safety:

- If it's not possible to extinguish a fire, you must evacuate immediately.
- Try to contact the fire department but understand they may not be able to get to you in time during widespread disasters.
- Warn your neighbors of the fire, especially if there are gas supplies or lines nearby.

Turn flashlights on ONLY WHEN OUTSIDE:

- Batteries can produce a spark that could ignite leaking gas inside your dwelling.



Shut off utility services:

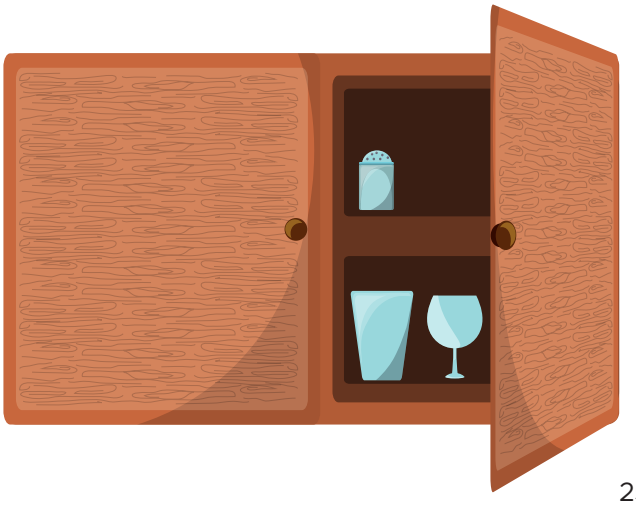
- In the event of an earthquake, you may be told to shut off utility services. Teach capable, responsible members of your household how to turn off the gas, electricity, and water at valves and main switches.
- If you smell gas or see a broken line, shut off the main valve from outside. Do not switch on the electricity again until the power company has first checked your home.
- If the gas is turned off, a professional must turn it back on.
- Never search for gas leaks with a lighted match.
- Plug bathtub and sink drains to prevent sewage backup.
- Contact your local utility company if you need more information BEFORE a disaster, since you may not be able to reach them during a disaster.
- Refer to page 80 for steps on how to shut off your utilities.

Check for structural cracks and damage:

- Look around chimneys and brick walls.
- Leave immediately if it looks like the structure might collapse.
- Be aware of broken glass.

Check water and food supplies and appliances for damage:

- Throw away all food that may be spoiled. Prioritize what should be consumed first, such as dairy products.
- Do not use any appliances that are damaged, even if you still have electricity, as this can present fire hazards.



Check closets and cupboards:

- Open doors cautiously, as objects can fall off shelves.

Clean up spilled medicines, bleach, gasoline and other flammable liquids:



- Do not put gasoline-soaked rags in a tightly closed container, as it could catch fire.
- You can add soiled rags with undrinkable water in a metal can, such as a coffee can. If you don't have water to spare, you can use a screwdriver to punch holes in the bottom and sides of the can for ventilation. Put the rags inside and attach the lid.
- This can should be stored outside, away from children, pets and anywhere you may cook.
- No one who smokes should be near these cans to avoid fire.
- Do not place these cans near campfires.
- Do not mix different types of soiled rags in the same container.
- Do not bury spilled medicines or put them in the toilet or sink for later disposal. This can contaminate water supplies. Put them in a disposable container or bag for disposal at a safe drop-off location later.

Do not use your car unless you must evacuate:

- Do not go sightseeing through damaged areas, as this will interfere with relief efforts.
- Keep streets clear for emergency vehicles.

There's a lot to know about making a shelter plan. Take it one step at time and do what you can when you can. You'll get there!

ACTIVITIES: Pages 79-82

BE 2 WEEKS READY

7 FIRST-AID PLAN

After a disaster, the emergency medical system will be in high demand and help may be delayed. Learning how to treat different injuries and illnesses can prepare you and the people you care about and help save lives. You are the help until help arrives.

QUICK-START STEPS

- The Three Ps of First Aid
- Build a First-Aid Kit
- Oregon's Good Samaritan Law

THE THREE PS OF FIRST AID

Preserve Life:

- Start with C-A-B: Circulation, airway and breathing.
- Assess the quality of the injured person's circulation and adjust if needed.
- Ensure the injured person has no blocks to their airway and they're breathing.

Prevent Deterioration:

- Do what you can to keep the injured person in stable condition.
- This may mean moving them to a safer location, applying first aid, stabilizing them, or just staying with them and providing comfort.

Promote Recovery:

- Encourage confidence, provide comfort and attempt to relieve pain.



BUILD A FIRST-AID KIT

An important part of being *2 Weeks Ready* is having first-aid supplies organized and ready to use quickly. While a store-bought first-aid kit is an easy way to start, it can be more cost-effective to build your own.

The American Red Cross recommends that all first-aid kits include the following:

- Compress dressings (5-by-9 inches).
- Adhesive bandages (assorted sizes).
- Adhesive cloth tape.
- Antibiotic ointment packets.
- Antiseptic wipe packets.
- Aspirin.
- Emergency blanket.
- Breathing barrier with one-way valve.
- Instant cold compress.
- Non-latex gloves (size large).
- Hydrocortisone ointment packets.
- 3-inch gauze roll.
- Sterile gauze pads (3-by-3 inches).
- Oral thermometer (non-mercury).
- Triangular bandages.
- Tweezers.
- Emergency first-aid instructions.



This is not a complete list, and you may need to add additional supplies based on your household's needs. You'll want to keep a first-aid kit in your dwelling, vehicle and go bag. Consider getting your friends and neighbors involved to offset the cost by buying in bulk and sharing supplies.

OREGON'S GOOD SAMARITAN LAW

Oregon's Good Samaritan Law protects you from liability when rendering emergency medical assistance. Ask permission to help an injured or sick person; if they are confused or critically injured or ill, you can assume that they would want you to help them. This is known as "implied consent."

ACTIVITIES: Pages 83-86

BE 2 WEEKS READY

8 EMERGENCY MANAGEMENT

Emergency management agencies at the federal, state, tribal and local levels help protect people and places during disasters. Emergency managers partner with the public to help everyone *Be 2 Weeks Ready*. Building prepared communities means knowing what support you may or may not receive from emergency managers and first responders after a disaster and planning accordingly. Know where to go when the official response doesn't meet all your needs.

QUICK-START STEPS

- What is Emergency Management?
- Emergency Alerts
- Community Emergency Response Teams (CERT)
- Get Involved

WHAT IS EMERGENCY MANAGEMENT?

Emergency management focuses on mitigating, preparing for, responding to and recovering from disasters. Local, state, tribal and federal governments all have emergency management functions, as do many other private and nonprofit organizations.

The Federal Emergency Management Agency (FEMA) is the national-level emergency management organization. **The Oregon Department of Emergency Management** is the state-level emergency management department that coordinates with and supports the state's counties, cities and communities.

Along with coordinating the response to help ensure timely and effective use of resources, emergency managers also:

- **Run local emergency preparedness programs**. Many emergency management offices provide specific information for children, families and communities.
- P**lan for local hazards.** This helps local governments identify and plan for the most likely hazards faced by that community.
- **Create local response plans.** Your community has hazards that will require evacuation, sheltering in place and other protective actions. Local emergency management offices coordinate and deliver important alerts and information to their communities. It's your responsibility to be aware of what's going on and prepare your community.

EMERGENCY ALERTS

No single tool will provide enough warning to all residents in all situations. Each emergency warning method has its limitations. That's why signing up for multiple alerts will increase your awareness of what's happening in your community.

OR-Alert: This website is a resource to search for local emergency alerts in Oregon. Visit www.oralert.gov and enter your county, city, tribe or zip code, and you'll be rerouted to your local sheriff or emergency management website to sign up or update your information to receive alerts.

County or Tribal Emergency Alerts: Visit your county or tribal emergency management website to sign up or update your contact information. You can find this information at www.oregon.gov/oem/documents/locals_list.pdf.

Emergency Alert System (EAS): These alerts are broadcast through radio, TV and cable TV. You do not have to sign up for them. You can find radio and TV stations on your local emergency management office's website that will broadcast these messages in your area. Program the stations into your car radio and tape the numbers to your battery-operated emergency radio.

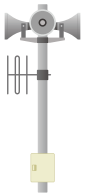
Wireless Emergency Alerts (WEA): These alerts allow your cell phone to receive alerts specific to your area. This is a free service that can be received on both prepaid and postpaid mobile devices. However, not all areas receive WEAs and not all phones can receive alerts, depending on your carrier.

For Apple devices:
- Go to settings.
- Click on "Notifications."
- Scroll to the bottom of the screen until you see "Government Alerts."
- If the bar is green, it means the notification is turned on.

For Android devices:
- Go to settings.
- Either search "emergency" or click on "Safety and Emergency."
- Make sure that "Earthquake Alerts" and any other alert options are turned on.

NOAA Weather Radio: A nationwide network of radio stations broadcasting continuous weather information directly from the nearest National Weather Service office. You can find your community NOAA Weather Radio frequency at www.weather.gov.

Sirens: Some communities, especially those with tsunami risk, will use a loud siren to broadcast alerts. Pay attention to the regular tests of these systems so you know what to listen for in an emergency.



ShakeAlert Earthquake Early Warning System: ShakeAlert detects significant earthquakes (Magnitude 4.5+ in Oregon) and sends a real-time alert to people on compatible cell phones and other mobile devices through WEA and apps as they become available. ShakeAlert does not predict when or where an earthquake will occur or how long it will last.

COMMUNITY EMERGENCY RESPONSE TEAMS (CERT)



As you and your household work to *Be 2 Weeks Ready*, you may decide to become more involved in emergency management and disaster preparedness in your community. One way to increase your preparedness training is to join your local CERT program.

CERT is a FEMA-sponsored program that educates and trains volunteers in disaster preparedness. This program offers a consistent platform to create teams that professional responders can rely on during disaster situations.

There are four types of CERT programs: Community, Workplace, Campus and Teen. Each program is supported by a sponsoring organization. A sponsoring organization can be any government agency, such as a fire department, emergency management agency or city council.

As a member of CERT, you will be trained in basic disaster response skills, such as disaster medical operations, disaster psychology, fire safety, and light search and rescue. It's up to the sponsoring organization to determine how teams will be utilized. The most common activities CERT members participate in are traffic and crowd management, supporting emergency operation centers and distributing preparedness information to the public.

There are more than 50 active CERT programs in Oregon. No matter your skill set, there's a place for everyone in CERT. Visit www.oregon.gov/oem to find a team in your area.

GET INVOLVED

You can also get involved in preparedness activities by participating in the Great ShakeOut and the Great Camp-In. Both events allow you to use your supplies and practice your emergency plan before a disaster happens.

Great ShakeOut: A national earthquake drill that happens every year on the third Thursday in October. You can coordinate and conduct a drill practicing *Drop, Cover and Hold On* in your household, business or community. Visit www.shakeout.org/oregon to register.

Great Camp-In: This event takes place the weekend following the Great ShakeOut drill. It's an opportunity to implement your *Be 2 Weeks Ready* plan and practice what it would be like to survive in your home without basic services, such as plumbing and electricity. The Great Camp-In can be modified to fit individual needs and can be practiced for the full two days or just a few hours.

Lastly, talk to your neighbors, coworkers and other people you see regularly about their plan and resources. You may find out that people you know have valuable skills when it comes to preparedness like advanced first-aid training. You'll also want to know who may need additional help when a disaster or emergency happens. Communities can survive and bounce back from a disaster more quickly when everyone works together.



ACTIVITIES: Pages 87-88

BE 2 WEEKS READY

1 PREPARING TO PREPARE

ACTIVITY 1: JOURNAL TWO WEEKS OF A DISASTER SCENARIO

Goal: Journal how you think you'd feel and respond to situations you may face for two weeks following a disaster.

The following scenario offers daily journaling prompts to help you start thinking about how you might better prepare for situations. As you review the prompts, record your responses in your chosen journal format. Take time to address improvements you've noted as necessary to *Be 2 Weeks Ready.*

THE SCENARIO

A catastrophic earthquake happens at 3 a.m. You're awakened by shaking, just as your cell phone gets a Wireless Emergency Alert (WEA) telling you an earthquake has occurred and advising you to take immediate protective actions. The earthquake has caused major damage across your community. Many roads are blocked and you and your neighbors are without power and water. Bookshelves have fallen over and emptied on the floor, and heavy pictures have been knocked off their hooks, some falling onto nearby beds. Food has been dumped from unlatched kitchen cupboards, and the pathways to exits are cluttered with debris. You're concerned about the structural safety of your place and the safety of those living with you and in your community.



JOURNAL IT

When you felt shaking or were alerted by your cell phone app...

- Did you and those in your household take protective actions, such as *Drop, Cover and Hold On*? Take some time to practice.
- Were tall bookcases and heavy overhead objects secured to the wall to keep them from toppling over or becoming dislodged? If not, secure them.
- Were your cupboards latched? If not, secure them.
- Does each room have two exits and does everyone know where to meet up outside after the shaking has stopped? Take some time to practice.
- Did you and your household act quickly, not so quickly, or not at all? Journal and talk about it.



Day 1

You're concerned about natural gas leaks and breaks in the water lines in your place.

☐ Do you or any other adults in the household know where the power, gas, and water valves are and how to shut them off?

Journal and talk about it.



Day 2

The children are thirsty.

☐ How did you offer drinks? Did you ration the amount per person?

☐ How were you prepared? How could you be better prepared?

Journal and talk about it.



Day 3

Your household has consumed about 1/3 of the easy-to-eat food, such as granola, jerky and fruit.

☐ Do you have enough food for your household to eat for two weeks?

☐ How were you prepared? How could you be better prepared?

☐ How could you lessen the children's fears about too little food?

Journal and talk about it.



Day 4

Worries arise about ensuring that human, animal, food and consumer product waste is properly contained.

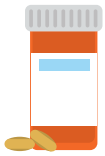
☐ Does your household know about the two-bucket pee/poo system?

☐ Who is responsible for the collection and disposal of pet waste?

☐ How do you address everyone's discomfort about going to the bathroom while others are nearby?

☐ How did you consider those with mobility challenges, such as people who use wheelchairs and walkers?

Journal and talk about it.



Day 5

Grandma needs her twice-weekly prescription.

☐ Does grandma have two weeks of medications on hand?

☐ Do you know how to reach the pharmacist during emergencies?

Journal and talk about it.



Day 6

People are getting tired of eating unheated food.

☐ Do you know how to cook without traditional power sources (electric stove, natural gas)?

☐ What backyard supplies do you have for outdoor or camp cooking?

☐ How do you feel about your degree of preparedness so far?

Journal and talk about it.



Day 7

Dark clouds are rolling in and rain is approaching.

☐ Do you have tent supplies and sleeping bags or warm blankets for everyone?

☐ What other things do you have on hand that could be used to offer shelter from the rain?

☐ How can you make sleeping outside adventurous for children?

☐ How will you provide outdoor shelter to those who use wheelchairs?

Journal and talk about it.



Day 8

One of the children cut themselves on broken glass.

☐ Do you know how to clean and bandage a wound?

☐ Do you have the proper supplies?

☐ How can you help the injured child feel safe?

Journal and talk about it.



Day 9

Your household is craving fresh food.

☐ Do you or one of your neighbors have a vegetable garden or fruit trees?

☐ Can you barter with your neighbor for something they need?

☐ Are you comfortable asking neighbors living close by for help?

Journal and talk about it.



Day 10

Aunt Bea lives a few towns away and you can't get to her. English isn't her primary language, and she will need to rely on neighbors as well as her faith community.

☐ Have you and Aunt Bea tested your out-of-area contacts?

☐ Does Aunt Bea know how to contact others in her faith community?

☐ Have you and Aunt Bea met neighbors living close to her?

☐ Is Aunt Bea prepared to *Be 2 Weeks Ready* as much as possible?

Journal and talk about it.



Day 11

You are unsure about which preserved foods are still safe to eat, especially since one of the jars of canned tomatoes didn't "pop" when opened and the food in the jar smells sour.

☐ Do you know proper food canning and preservation methods?

☐ Do you know how to tell if canned food is still safe to eat?

☐ It's been 10 days since the earthquake. How are you feeling?

☐ How has your level of preparedness contributed to those feelings?

Journal and talk about it.



Day 12

You are running low on water stored in gallon jugs.

☐ Do you know what other clean water sources may be available in and around your place?

☐ Do you know how to access and treat them to be safe for drinking and cooking?

Journal and talk about it.



Day 13

Food waste is piling up and smelling bad. You are concerned it may attract insects, rodents, or even larger animals, such as coyotes and bears.

☐ Do you know how to compost food waste?

☐ Do you have adequate supplies to contain household waste (not from humans or pets) and deter animals?

Journal and talk about it.

Day 14



You hear more vehicles around your place, which suggests roads may be increasingly passable for emergency vehicles. You start to think about recovery from the earthquake and what your insurance company will cover.

☐ Have you documented your belongings with a written, digital or photographic record?

☐ Do you have homeowners insurance, renters insurance, earthquake insurance and flood insurance?

☐ Do you have adequate coverage?

☐ Do you know how to reach your insurance agent, community services (such as American Red Cross, Salvation Army, Goodwill Industries, faith-based groups), FEMA and local emergency management agencies?

Journal and talk about it.



BE 2 WEEKS READY

ACTIVITY 2: TRACK YOUR FOOD AND WATER FOR TWO WEEKS

Goal: Create a tool you can use to start planning what you need to be as self-sufficient as possible for two weeks.



Eating healthy foods promotes and improves the body's readiness for disasters. Eating healthy doesn't have to be expensive and you don't have to be a gourmet chef to buy, share and prepare good food that can be stored and preserved to enlarge your *2 Weeks Ready* food stash. (See Unit 3: Food Plan and Unit 4: Water Plan for ideas on how to affordably build your *2 Weeks Ready* food and water stashes.)

Think about how you can maintain or improve your health through what you eat and drink, then journal it! Write down what each person and pet eats and drinks every day over a two-week period. Tracking this information will help you make your Food and Water Plans to help you *Be 2 Weeks Ready.* Here's an example:

YOUR RELATIONSHIP WITH FOOD

As you complete this activity, take time to think and journal about what you eat.

- ☐ What do you and those you live with, including animals, eat?
- ☐ Where do you purchase or get your food?
- ☐ What would you do if those food sources were unavailable?
- ☐ Can you grow, preserve and store your own food?
- ☐ Where do you currently store food in your place?
- ☐ Where can you creatively store extra food and water?
- ☐ What kind of long-term foods do you typically have on hand?
- ☐ What kind of dietary restrictions do you and those in your household have?
- ☐ Do you have non-perishable comfort foods that can be stored long-term or rotated through your pantry, such as chocolate, hard candy and beverages (that don't need refrigeration)?
- ☐ How might you eat differently following a disaster?
- ☐ What are your favorite foods and beverages (the things that comfort you)?
- ☐ How might you adapt your favorite recipes, especially without electricity or natural gas?
- ☐ What new cooking methods would you like to try?

YOUR RELATIONSHIP WITH WATER

As you complete this activity, take time to think and journal about your water consumption.

- ☐ How much water do you and those you live with, including animals, drink daily?
- ☐ Do you have extra water stored for your household, including animals?
- ☐ Where would you store enough water for your household to last for two weeks?
- ☐ Can you create more storage space for water, such as under beds, in closets or as a makeshift piece of furniture (inside boxes on which you place a TV or use as a table)?
- ☐ Do you currently know how to create clean, drinkable water from the water in and around your place and neighborhood?
- ☐ Do you know what water is safe to drink and what isn't?
- ☐ How would you boil water if you had no indoor electricity or natural gas?

YOUR RELATIONSHIP WITH WASTE

Think about and journal how to prepare for and deal with food, human and animal waste.

- ☐ How much toilet paper is used in one week by your household? (Double that amount to determine what you'll need for two weeks.)
- ☐ Do you have a safe-disposal alternative to using your in-home toilet facilities?
- ☐ Do you know about Phlush's two-bucket system that uses two large buckets with lids? (See Unit 5: Waste and Hygiene Plan.)
- ☐ Do you know the commercial reuse of plastic buckets for food is illegal? Supermarkets, restaurants and bakeries often give them away for free! Where could you ask locally about these free giveaway items?
- ☐ Do you have safety plans for dealing with human, food and animal waste?

YOUR RELATIONSHIP WITH FIRST-AID SUPPLIES, MEDICATIONS AND DURABLE MEDICAL EQUIPMENT

Journal about how to prepare for injuries, prescriptions, over-the-counter medications, and use of durable medical equipment and assistive devices.

ASSESS YOUR FIRST-AID SUPPLIES AND SKILLS

Have any items expired? What is on-hand now? List it.

Do you or anyone who lives with you have first aid, CPR or wilderness first-aid training?

Have they ever used this training? Track it. Journal about it.

PRESCRIPTIONS

List current prescriptions and how often they're filled.

How much is used daily and by whom? Track it.

Do you know how to reach your pharmacist?

Do you know how to ensure medications are water resistant?

ASSISTIVE DEVICES

Do you or anyone in your place use assistive devices?

Do any of those devices require power?

Do you have battery or generator back-up capacity?

Do you know how to reach your supplier?

FOOD & WATER TRACKER

DATE	TIME	NAME	DESCRIPTION	AMOUNT	FOOD/WATER
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NOTES

FOOD & WATER TRACKER

DATE	TIME	NAME	DESCRIPTION	AMOUNT	FOOD/WATER
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NOTES

YOUR FEELINGS ABOUT "ROUGHING IT"

It's okay if outdoor adventures don't appeal to everyone. While some like to retreat to the comforts of a cozy hotel room, others enjoy sleeping under the stars. Journal how you feel about "roughing it" outdoors for two weeks and determine if you have the supplies to be comfortable and safe. How do you feel about being able to safely shelter indoors, even without power and water?

- If you've camped before, what gear did you use? A tent? Camp stove? Sleeping bag? If you didn't have these things, what could you use to camp for two weeks? Do you have any extra blankets?
- If you don't have or can't afford camping gear, could you gather a few large tarps and rope? Do you have access to a charcoal or propane grill, wood, fire pit or chiminea that can be used outdoors? How can you use these to cook food to eat for two weeks without power?
- Do you have warm clothing meant for cold weather? If you can't afford to buy new, where could you go to find second-hand clothes inexpensively, or who might donate them to you?
- Do you and those in your household have clothing you no longer need that you can share with others? Consider a clothing swap among neighbors, especially those with children who quickly outgrow clothing or get bored with their own stuff!
- If you own a home, was it built according to earthquake safety standards, or has it been seismically retrofitted to withstand earthquake shaking? If you live in an apartment building, do you know if it meets earthquake codes? If you live in a manufactured home, is it secured with tie-downs to withstand shaking and high winds?
- Do you know where your power, water, and natural gas shut-off valves are and how to close them?



ACTIVITY 3: WORDS TO YOUR FUTURE SELF

Goal: Write your future self some advice and say, "You can do this!"

Any disaster can be scary and difficult. You're taking great steps forward, so take a few moments to write your future self some advice and encouragement using the following prompts to help.



Day 1: It's the first day of a disaster. The great news is you're *2 Weeks Ready*, so write your future self a quick note to put in your go-kit so it's there as a bit of encouragement when things get tough.

- What might you need to read as the shaking stops and the power is out?
- How can you help calm yourself (and others) as you settle in for some time without utilities and power?
- Share a great insight you've had while working through these activities, or write down some funny jokes to bring a smile to your face or someone else's.
- Write yourself a thank-you note for being *2 Weeks Ready* and remind yourself you're more prepared than you think.

Day 3: It's been 72 hours since the shaking stopped and the power went out, and you're doing well. You've checked in with loved ones, friends and neighbors. Most of your support network is *2 Weeks Ready*, which is great news because you're able to take care of most of your needs.

First, congratulate yourself and your household for putting in the hard work it took to get ready. Now, remind your future self that you're doing the absolute best you can with this difficult process, then ask yourself some important questions:

- How are you feeling? This is new. Give yourself some understanding and be kind.
- Are there any things you can improve or change given what's available to you?
- How can you offer self-care and show support to others? Who can you ask for support?
- Write how you'd answer those questions or just write the questions themselves to remind yourself of what you can and can't do. It's going to be okay.

Day 7: You're now one week in. Acknowledge that this is tough, tiring and getting very boring. There's no TV, the cooking is getting difficult and everyone is getting impatient. Take a step back and recognize that you and your support network have hit a massive milestone – you've survived seven days post-disaster. Say thank you to yourself and others and dig into what might come next. You may start to see some additional first responders and community support in your area. How could you help them help those you care about?

List what you might need help with to keep you and your family supported. Have you touched base with those you care about? Have you touched base with yourself – are you feeling strong? How might you approach the next few days as more support arrives? How do you and your community keep moving forward as you recover from this disaster?

Post-disaster: The power's back on! Celebrate – you made it! There's certainly still a lot to do, but your power, heat and water are working. You've filled your belly, and things are beginning to get back to the way they were. As you wrap up this journaling exercise, ask yourself these questions:

- What might I do to become more prepared next time?
- How might I help those I care about to do the same?
- Now that the worst is over, has my perception of my community (and my household) changed in any way? If so, why and how?

ACTIVITY 4: PRACTICE MINDFULNESS TO BUILD PREPAREDNESS

Goal: Build preparedness by creating inner calm.

Feeling safe is especially challenging during uncertain times, including immediately after a disaster when your normal daily living has been significantly interrupted. Increasing your inner calm can help create a safe place within yourself. Being prepared brings greater peace of mind and thereby contributes to your inner calm.

Practicing mindfulness is a free, portable way to increase your inner calm. Mindfulness means being fully present, aware of where you are and what you're doing, and not overly reactive or overwhelmed by what's going on around you. Being mindful can help you walk through both good times and bad, including during a disaster. Mindfulness can build preparedness.

Try the mindfulness tips below to ease your stress on the spot!





ADDITIONAL BOOK RESOURCES FOR MINDFULNESS

- The Mind of the Leader: How to Lead Yourself, Your People, and Your Organization for Extraordinary Results by Rasmus Hougaard and Jacqueline Carter (2018)
- The Mindful Day: Practical Ways to Find Focus, Calm, and Joy From Morning to Evening by Laurie J. Cameron (2018)
- A Still Quiet Place: A Mindfulness Program for Teaching Children and Adolescents to Ease Stress and Difficult Emotions by Amy Saltzman MD and Saki Santorelli EdD MA (2014)
- Mindfulness Skills for Kids & Teens by Debra Burdick (2014)
- Breathe, Chill: A Handy Book of Games and Techniques Introducing Breathing, Meditation and Relaxation to Kids and Teens by Lisa Roberts (2014)
- The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate by Susan Kaiser Greenland (2010)
- Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm and Relaxed by Christopher Willard (2010)
- Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food by Jan Chozen Bays (2009)
- Mindful Movements: Ten Exercises for Well-Being by Thich Nhat Hanh (2008)

2 YOUR EMERGENCY PLAN

ACTIVITY 5: GET KIDS INVOLVED!

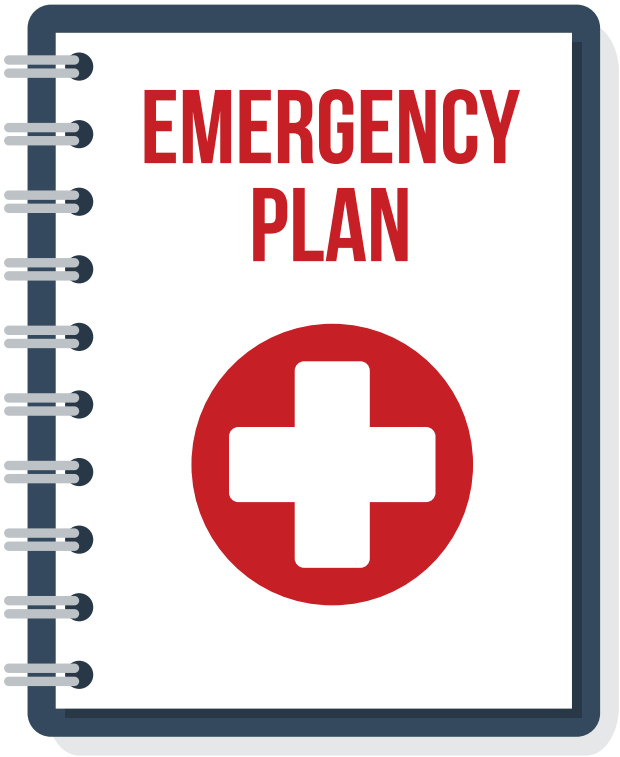


Goal: Engage children in important and fun preparedness activities.

Stage a scavenger hunt with your child. Ask them to find things for their go-bag or take a walk outside and look for examples of emergencies in your neighborhood.

Have a dress rehearsal where you walk through your emergency plan. Take an hour after dinner or on a weekend and practice what you've discussed so far. Make a game of this every few months to keep your child's memory fresh and help them feel calm and comfortable in case you must evacuate during a disaster.





ACTIVITY 6: BUILD YOUR EMERGENCY PLAN



Goal: Develop an emergency plan for those you care about.

This activity is at the heart of being *2 Weeks Ready!* It's okay to do it in small pieces and a little at a time; consider tackling one activity each week or month until it's complete.

The Navigation Tool To Build A Be 2 Weeks Ready Disaster Plan And Stash is a series of charts that helps you build your entire *2 Weeks Ready* emergency plan and stash. Use these charts to determine what you can do in steps based on what you have time for (what is easiest and takes the least effort to what takes the most effort) and what you can afford (lowest cost to highest cost).

NAVIGATION TOOL: BUILD A 2 WEEKS READY DISASTER PLAN AND STASH

The charts that follow can help you build your entire *2 Weeks Ready* stash. You can do this, especially because it doesn't need to be done all at once! Use these charts to help you determine what you can do along the way to becoming ready.

CONTAINERS			
ITEM	**EASIEST EFFORT**	**MORE EFFORT**	**MOST EFFORT**
Old backpack	X		
Large plastic bin		X	
Waterproof container			X

PERISHABLE ITEMS			
ITEM	**EASIEST EFFORT**	**MORE EFFORT**	**MOST EFFORT**
First-Aid Supplies		X	
Water			
a. Empty water containers	X		
b. Filled water containers		X	
c. Two weeks of water stored for all			X
d. Water purifications, filtration supplies		X	
Food			
a. Some items added to the emergency kit	X		
b. Three days of food		X	
c. Two weeks of food for all			X

NONPERISHABLE ITEMS			
ITEM	**EASIEST EFFORT**	**MORE EFFORT**	**MOST EFFORT**
Flashlights and lanterns		X	
Radio (battery, hand crank or solar powered)		X	
Extra batteries		X	
Plates, cups and utensils	X		
Infant and small children's needs (if appropriate)		X	
Fire extinguisher			X
Tools to shut off utilities		X	
Clothing	X		
Bedding	X		
Footwear		X	
Matches or lighters in a waterproof container		X	

Cash		X	
Plastic sheeting and duct tape for sheltering in place		X	
Cell phone chargers		X	
Solar chargers			X
Set of keys, including cars and house			X
Work gloves		X	

SANITATION AND TOILETRY ITEMS			
ITEM	**EASIEST EFFORT**	**MORE EFFORT**	**MOST EFFORT**
Sanitizer	X		
Sunscreen and bug spray		X	
Feminine care products		X	
Prescription medicines			X
Common over-the-counter medicines		X	
Filtered masks for nose and mouth	X		
Moist wipes		X	
Garbage bags	X		
Disinfecting wipes		X	
Paper towels	X		
Soap	X		

CRITICAL DOCUMENTS			
ITEM	**EASIEST EFFORT**	**MORE EFFORT**	**MOST EFFORT**
Copy of driver's license and passport		X	
Social Security card or number	X		
Copy of birth certificates		X	
Property titles or lease agreements for your car and home		X	
Bank, credit card and investment account numbers and corresponding customer service telephone numbers			X
Health insurance and life insurance account information		X	
Home possessions catalog		X	
Wills			X
Marriage certificate		X	
Adoption and citizenship papers		X	
Medications and eyeglass prescriptions		X	
Important files backed up on an external hard drive		X	

ENTERTAINMENT ITEMS			
ITEM	**EASIEST EFFORT**	**MORE EFFORT**	**MOST EFFORT**
Books	X		
Games	X		
Cards	X		
Comfort foods		X	
Paper and pencils, coloring books	X		

HAVE A PLAN

FAMILY MEMBERS AND OTHER VITAL INFORMATION			
	EASIEST EFFORT	MORE EFFORT	MOST EFFORT
Family and contacts	X		
Service provider information		X	
Insurance information		X	
Utility information		X	
Banking information			X

ESTABLISH A DISASTER MEETING PLACE			
	EASIEST EFFORT	MORE EFFORT	MOST EFFORT
Outside your place	X		
Outside your neighborhood		X	

EVACUATION PLANNING			
	EASIEST EFFORT	MORE EFFORT	MOST EFFORT
Notification (when do you evacuate)	X		
Location (where do you go, preferably not a shelter)		X	
Transportation (how are you getting there, have a backup plan)		X	
Communication (who do you tell you're evacuating)			X

FAMILY CONTACT PLAN			
	EASIEST EFFORT	MORE EFFORT	MOST EFFORT
Family contacts	X		
Out-of area family contact		X	

HOME SAFETY MAP			
	EASIEST EFFORT	MORE EFFORT	MOST EFFORT
Utility shut-off locations	X		
First-aid kit	X		
Evacuation kit location	X		
Smoke detectors	X		
Fire extinguishers	X		

BE 2 WEEKS READY

SPECIAL FAMILY NEEDS			
ADDITIONAL KIT SUPPLIES	**EASIEST EFFORT**	**MORE EFFORT**	**MOST EFFORT**
Mobility devices			X
Accessibility devices			X
Backup power for critical devices			X
Extra eyeglasses		X	
A list of the style and serial number of medical devices (include special instructions for operating your equipment if needed)		X	
Written instructions, such as languages spoken, medical requirements, people to notify, etc., that can help first responders and others assisting you get you the services you need	X		
Diapers and any other personal hygiene items	X		
Establish a support network of family, friends, neighbors or co-workers who can help prepare and help you during a disaster			X
Post emergency instructions on the refrigerator or by a door easily accessible to responders — include medications, necessary equipment information and emergency contacts		X	
Sign up for emergency alerts through your city, county or state emergency management office			X
Identify the location of life-sustaining treatments, such as dialysis, at multiple sites	X		
Medical alert tags or bracelets		X	

PET CONSIDERATIONS			
	EASIEST EFFORT	**MORE EFFORT**	**MOST EFFORT**
Tag ID with contact information		X	
Microchip			X
Critical information documented including age, vet, vaccinations	X		
Current picture of pet		X	
Pet evacuation kit			
a. Kennel		X	
b. Food	X		
c. Leashes and collars	X		
d. Water	X		
e. Bowls	X		
f. Pads		X	
g. Litter		X	
h. Toys and beds		X	
i. Garbage bags for cleanup and disposal	X		

Written instructions in case your pet has to be housed separately from you	EASIEST EFFORT	MORE EFFORT	MOST EFFORT
a. Feeding schedules	X		
b. Medical conditions	X		
c. Behavior problems	X		
d. Name and number of their vet	X		
List of boarding kennels that can care for your pets in a disaster		X	
List of pet-friendly hotels		X	

BE PREPARED

FAMILY MEMBERS AND OTHER VITAL INFORMATION			
	EASIEST EFFORT	MORE EFFORT	MOST EFFORT
Identify the hazards that are a risk in your area		X	
Identify the hazards in your home		X	
Where and how you'll be notified of an emergency or disaster		X	
Find your local emergency management agency website and social media accounts	X		
Sign up at ORalert.gov to receive emergency notifications	X		
List local radio and TV stations	X		
NOAA all-hazards weather radio channel	X		
Enable your phone to receive WEA	X		
Identify other trusted sources of information	X		
Test your plan		X	
Volunteer with an agency that helps disaster survivors (Red Cross, CERT, VOAD, Habitat for Humanity)			X

NOTES

YOUR EMERGENCY PLAN

ANNUAL UPDATE:

ABOUT THE HOUSEHOLD

FIRST/LAST NAME	DATE OF BIRTH	CELL PHONE	MEDICATIONS	ALLERGIES, OTHER INFORMATION*
	/ /	( )		
	/ /	( )		
	/ /	( )		
	/ /	( )		
	/ /	( )		
	/ /	( )		
	/ /	( )		
	/ /	( )		
	/ /	( )		

** Other Information (allergies, medical conditions, school, work, or anything else that might be important)*

PET NAME	AGE	SPECIES	LICENSE/ MICROCHIP	VET NAME/NUMBER	MEDICAL/BEHAVIORAL ISSUES

MEETING PLACE AWAY FROM WHERE YOU LIVE

ALTERNATE MEETING PLACE (in case the neighborhood is inaccessible)

OUT-OF-STATE CONTACT

EMERGENCY NUMBERS

CREATE ONE LIST FOR EACH MEMBER IN YOUR HOUSEHOLD

EMERGENCY NUMBERS FOR:			
LOCATION	**NAME**	**PHONE**	**NOTE/COMMENTS**
WORK		( )	
SCHOOL		( )	
DAYCARE PROVIDER		( )	
BABYSITTER		( )	
BEFORE/AFTER SCHOOL PROGRAM		( )	
DOCTOR/HEALTHCARE PROVIDER		( )	
PHARMACY		( )	
EYE DOCTOR		( )	
PLACE OF WORSHIP		( )	
SERVICE PROVIDER		( )	
SERVICE PROVIDER		( )	
SERVICE PROVIDER		( )	
SERVICE PROVIDER		( )	
SERVICE PROVIDER		( )	
RELATIVE		( )	
RELATIVE		( )	
RELATIVE		( )	
RELATIVE		( )	
RELATIVE		( )	
FRIEND		( )	
FRIEND		( )	
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FRIEND		( )	

EMERGENCY NUMBERS

CREATE ONE LIST FOR EACH MEMBER IN YOUR HOUSEHOLD

INSURANCE / LEGAL

COMPANY NAME	PHONE	POLICY/ACCOUNT NUMBER	NOTE/COMMENTS
HOME INSURANCE	( )		
RENTAL INSURANCE	( )		
CAR INSURANCE	( )		
LIFE INSURANCE	( )		
DISABILITY INSURANCE	( )		
EARTHQUAKE INSURANCE	( )		
FLOOD INSURANCE	( )		
MEDICAL INSURANCE	( )		
DENTAL INSURANCE	( )		
VISION INSURANCE	( )		
PRESCRIPTION INSURANCE	( )		
LAWYER	( )		
OTHER	( )		
OTHER	( )		

UTILITIES

PROVIDER INFORMATION	EMERGENCY CONTACT	POLICY/ACCOUNT INFO
WATER	( )	
SEWER	( )	
ELECTRIC	( )	
GAS	( )	
PHONE	( )	
CABLE/INTERNET	( )	
OTHER	( )	
OTHER	( )	
OTHER	( )	

EMERGENCY NUMBERS

CREATE ONE LIST FOR EACH MEMBER IN YOUR HOUSEHOLD

BANK INFORMATION (KEEP THIS INFORMATION SECURED)

BANK	ACCOUNT	WEBSITE	CUSTOMER SERVICE PHONE

EVACUATION PLAN

WHEN will you evacuate? *(Establish criteria for leaving)*

FIRE:

FLOOD:

EARTHQUAKE:

OTHER:

HOW will you evacuate? *(First choice will likely be your regular form of transportation like a family vehicle, but have alternates just in case)*

FIRST CHOICE:

BACKUP PLAN 1:

BACKUP PLAN 2:

WHERE will you go? *(Identify friends and family you can stay with if you have to leave or local shelters, if needed)*

FIRST CHOICE:

BACKUP PLAN 1:

BACKUP PLAN 2:

ACTIVITY 7: CATALOG AND INSURE BELONGINGS

Goal: Know what you have and how to insure it.



This activity helps you track the items in your household so they can be reported as part of an insurance claim if disaster strikes. Use the **Catalog And Insure Belongings Worksheet** to track what you'd miss if it was gone.

ACTIVITY TOOL: CATALOG AND INSURE BELONGINGS WORKSHEET

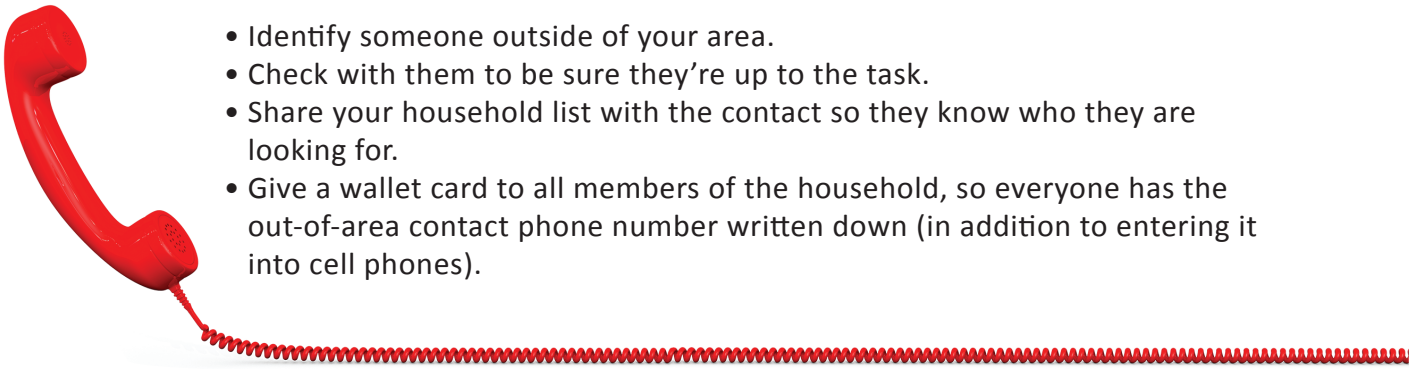
ITEM DETAILED DESCRIPTION			
	PURCHASE PRICE	APPRAISED VALUE	APPRAISAL DATE ☐ RECEIPTS ☐ PHOTOS
	SERIAL NUMBER	DATE PURCHASED	WHERE PURCHASED
	PURCHASE PRICE	APPRAISED VALUE	APPRAISAL DATE ☐ RECEIPTS ☐ PHOTOS
	SERIAL NUMBER	DATE PURCHASED	WHERE PURCHASED
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	SERIAL NUMBER	DATE PURCHASED	WHERE PURCHASED
	PURCHASE PRICE	APPRAISED VALUE	APPRAISAL DATE ☐ RECEIPTS ☐ PHOTOS
	SERIAL NUMBER	DATE PURCHASED	WHERE PURCHASED

ACTIVITY 8: TEST YOUR OUT-OF-AREA CONTACTS

Goal: Identify someone outside of your area as your contact person to communicate safety.

Phone lines can quickly become overwhelmed in a large emergency. Long-distance lines are sometimes more available, so you might be able to make a long-distance call before a local one. Identify someone outside of your area as the contact person for your household. That way, everyone has a single person to call to check in with everyone else.

ACTION STEPS



- Identify someone outside of your area.
- Check with them to be sure they're up to the task.
- Share your household list with the contact so they know who they are looking for.
- Give a wallet card to all members of the household, so everyone has the out-of-area contact phone number written down (in addition to entering it into cell phones).

ACTIVITY 9: PRACTICE PROTECTIVE ACTIONS

Goal: Learn and practice different ways to protect yourself and your loved ones.

EVACUATION: A simple and fun way to practice evacuating your place quickly is a twist on the game hide-and-seek. Start with each household member in a different room or location in your home, away from all others. Then on a cue (whistle, music starts, etc.), everyone evacuates outside the home, using one of the exit routes previously identified. Then, meet everyone at your agreed-upon meeting location – this could be a tree, mailbox, trusted neighbor's porch, etc. While this should be done quickly, it shouldn't be structured as a race; you want to avoid someone getting hurt, particularly if they are climbing out a window. This game could be repeated so everyone can hide in different rooms and practice using different escape routes. Even some pets, especially dogs, love playing hide and seek!

DROP, COVER AND HOLD-ON: In an earthquake, seconds matter. If you get an earthquake alert on your phone or feel shaking, you need to immediately *Drop, Cover and Hold-on*.

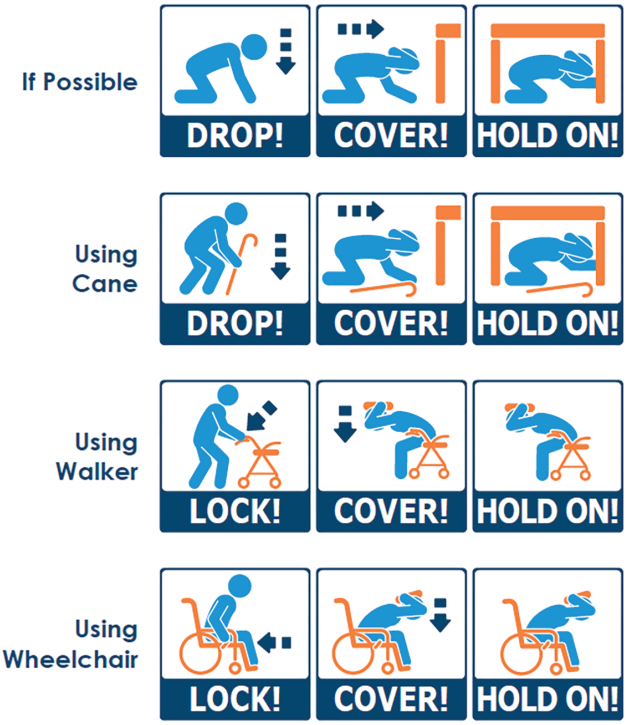
1. **DROP** where you are onto your hands and knees. This position protects you from being knocked down and allows you to stay low and crawl to shelter if it's nearby.
2. **COVER** your head and neck with both arms and hands. If a sturdy table or desk is nearby, crawl underneath it for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows, hanging objects and tall furniture).
3. **HOLD-ON** to your shelter until the shaking stops. Be prepared to move with your shelter if it shifts.

A great way to practice *Drop, Cover and Hold-on* is to participate in the Great ShakeOut earthquake drill held the third Thursday of every October.

ADAPT TO YOUR SITUATION

If you can't take cover under a desk or table when you get an alert, you may have to adapt to your situation and environment. This can be especially important to people with access and functional needs. People with disabilities who use a wheelchair or have other mobility impairments and can't *Drop, Cover and Hold-on* should protect their head and neck with a pillow or their arms and bend over to protect themselves if they are able. Follow the guidance provided in the infographic shown here. For more information, visit www.shakealert.org.

If You Feel Shaking or Get an Alert:



ADDITIONAL RESOURCES FOR DEVELOPING AN EMERGENCY PLAN

Visit www.oregon.gov/oem/be2weeksready for more resources. You can also order printed copies of FEMA publications by calling the FEMA Distribution Facility at 1-800-480-2520. Some may be available to download from the FEMA website at www.ready.gov/publications.

NOTES

3 FOOD PLAN



ACTIVITY 10: CREATE YOUR FOOD PLAN

Goal: Build preparedness by gathering and storing a two-week food supply.

Refer back to your Food and Water Tracker from Activity 2 to make your Food Plan. As you develop your plan, remember that following a disaster that knocks out power, you'll only be able to keep food properly chilled and safe to consume for a few days, provided you have enough ice and a cooler. It's best to stock food items that don't require refrigeration and have a long shelf life. Food in cans and jars or dried foods, like jerky or fruit leather, are best. Keep these foods in a cool, dry place away from animals.

The Emergency Pantry Items List helps you identify and track your progress in food storage. It includes a sample selection of the major food groups and intake recommendations. Consider printing it out and posting it on your fridge, pantry door or wherever you'll stash your *2 Weeks Ready* food supply. If you don't want to use a computer, a handwritten list will do just fine! This will be a visual reminder of the great progress you're making. Be sure to also check out the emergency food items shopping list offered in this skills-building lesson.



ACTIVITY 11: GROW YOUR OWN FOOD

Goal: Expand your options to access food.

INDOOR GARDENS

Food preparation without a fully stocked kitchen can be a challenge during disasters. One of the easiest ways to spice up bland foods is to add fresh herbs. Basil, parsley, thyme and oregano grow well indoors in Oregon and are easy to grow yourself. Start a garden in your kitchen or on a south-facing windowsill to make sure the herbs get enough sunlight. You can use existing plastic, fiberglass, metal, basketry, rot-resistant wood, glazed pottery and glass containers for pots, as long as they have drainage holes. Pick up some already growing herbs at your local grocery or hardware store or grab some packages of seeds and soil. You can also find seeds online. Choose plants that will mature quickly and stay compact, so they don't outgrow their container. The best way to keep them compact is to use them!

PERSONAL OUTDOOR GARDENS

Foods including asparagus, broccoli, carrots, corn, lettuce, peas, potatoes and tomatoes grow really well in most areas of the Pacific Northwest. Consider growing beans in your garden and keep a bag of rice in storage. These two food items eaten together create an easy, quality source of protein. Check out OSU Extension's Growing Your Own resource page at https://catalog.extension.oregonstate.edu/em9027 for more ideas.

COMMUNITY GARDENS

Community gardens are a great way to grow healthy food you can share with others. They're also a great way to meet new people and grow friendships, as well as crops. Families or individuals can rent space in a community garden and buy the seeds and plants, then tend to their plots with water and overall maintenance. Some gardens donate their harvests to local community food organizations, while others allow community members to freely pick the food being grown. Do an internet search to find a community garden near you or start one for you and your neighbors. The good news is you don't have to be a gardening pro to get involved in a community garden! You can help by providing land, building sheds, or donating tools, seeds and plants.

ACTIVITY 12: ALTERNATIVE COOKING METHODS



Goal: Find new ways to cook without power.

While you're building up your *2 Weeks Ready* food supply, consider how you might cook indoors without traditional appliances that require power and how you might cook outdoors. Whatever alternative cooking methods you prefer, it's best to have more than one in mind and stock the necessary fuel sources.

You'll need fire-starting and suppressions supplies:

- Weatherproof matches
- Butane lighters
- Flints
- Fire-suppressing foam
- Fire extinguisher

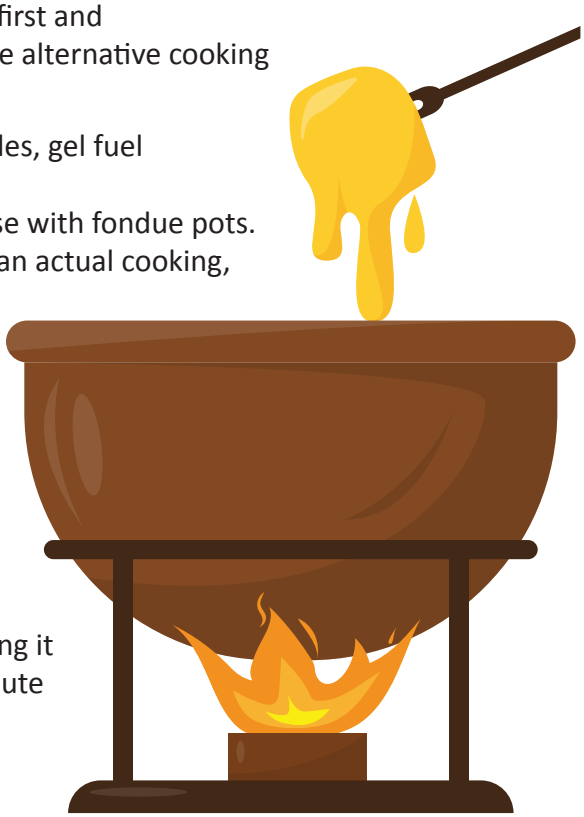


AFFORDABLE WAYS TO STASH GOOD EATS

- Buy in bulk and set a small amount aside in a food-safe container. Share!
- Dehydrate foods; fruits and vegetables are good for this.
- Buy or make your own jerky.
- Use grocery coupons.
- Buy in-season produce from local farmers markets, roadside stands or food cooperatives, then freeze, can, dry or pickle it.
- Root cellars offer a way to preserve cold weather crops, such as potatoes, cabbage and beets.
- Buy day-old bread from the grocery store to freeze; buy directly from the bakery or wholesale outlet or make your own bread and freeze it.
- Grow your own garden, even if it's in porch or patio pots or a countertop herb garden. Join a community garden. Share!
- If you hunt, this can be ready source of lean protein.
- Depending on codes in your community, consider a chicken coop for fresh eggs.

COOKING INDOORS WITHOUT ELECTRICITY OR GAS

When using fuel sources inside, always put your safety first and remember to properly ventilate. Consider some of these alternative cooking sources during disasters:



- **Fondue pots:** Use heating elements, such as candles, gel fuel and liquid fuel to heat the fondue pot.
- **Votive candles:** Ensure the brand is suitable for use with fondue pots.
- **Tealight candles:** These are better for warming than actual cooking, because they do not get hot enough to cook things such as meat, but they will keep your food warm.
- **Sterno:** Gelled alcohol substance that comes in a small can. When ignited, Sterno can be used to heat fondue pots and camp stoves. You may need a few cans to cook food thoroughly.
- **Wood-burning fireplaces:** Food can be skewered (think marshmallows or meat), wrapped in foil, or placed in a heavy pot or cast-iron pan before setting it on the fire. Rotate the pot or pan to evenly distribute the heat.
- **Wood-burning stove:** These burn wood inside a compartment surrounded by fireproof materials. Food can be cooked on top of the stove (unless it's a designated cook stove with a metal box oven for baking).
- **Alcohol burners:** These small metal burners are filled with alcohol, lit and placed under a portable folding stove. Alcohol burns clean, lights easily and stores indefinitely in a tightly sealed container. Two ounces of alcohol can burn for 10-15 minutes.

CAUTION: Only use an indoor fireplace or wood-burning stove if it's been regularly cleaned and maintained. Otherwise, it can cause a fire, carbon monoxide poisoning, or both. Burning any fuel in a low-oxygen environment, where windows are closed and there's little or no ventilation, can result in the production of dangerous carbon monoxide. **NEVER** use camp stoves or other cooking sources meant for outdoor use only indoors. If that's all you can use, go outside to do your cooking.



COOKING TIPS

- Always keep aluminum foil around. It can serve as an oven, broiler, frying pan, and many other vessels for cooking if you have food and a cooking fire.
- Use skewers to cook meat over a fire and get the heat evenly distributed on all sides. The skewers must be green, non-toxic wood, otherwise, they'll burn up and drop the food. If using metal skewers, make sure they're non-toxic; don't use galvanized metal over a fire or in direct contact with food. Keep potholders or similar items in your kit, as metal conducts heat.

COOKING OUTDOORS FUEL SOURCES

- Charcoal briquettes are engineered to be a convenient and consistent fuel source.
- Butane is a highly flammable, colorless, easily liquidized gas that quickly vaporizes at room temperature.
- All-natural wood pellets are made from a variety of trees to pair well with different meats.
- Liquid propane tanks can be purchased at many different locations, including grocery and hardware stores.
- Solar fuels technologies use sunlight, water, carbon dioxide and nitrogen from the air to produce fuels.
- Wood is consistent, abundant and packs a lot of flavor.

COOKING INDOORS AFTER A DISASTER

Only cook indoors after a disaster IF you're certain the fireplace and gas or electric stove are not damaged and if there are no gas leaks. If in doubt, cook outdoors. Do not use grills indoors (or in the garage) and only use camp stoves that use gel fuel in open, ventilated areas away from carpeting, draperies, bedding and anything that can catch on fire. Cooking outdoors is the safer option, even if you shelter indoors.

ACTIVITY 13: PIZZA BOX SOLAR OVEN COOKING

Goal: Try a fun new way to explore alternative cooking.



Try making your own solar oven using a pizza box, aluminum foil and plastic wrap! Solar ovens are a low-cost, ecologically friendly way to cook. In this activity from Scientific American, you'll learn how to build a simple solar oven from a pizza box to gather the sun's rays and cook! Consider other similarly shaped boxes if you don't have a pizza box. Watch the YouTube video at https://www.youtube.com/watch?v=nhgNh3BdMsc.

SUPPLIES NEEDED

- Pizza box (the larger the box, the better the oven should work)
- Pencil or pen
- Ruler
- Utility knife (always make sure you have adult help when using knives and other sharp objects)
- Aluminum foil
- White school glue
- Plastic wrap
- Shipping tape or black electrical tape
- A sheet of black paper
- A wooden skewer or pencil
- A warm, sunny day with no wind (temperatures above 85 degrees are recommended; the hotter the better)
- Optional s'mores ingredients: graham crackers, marshmallows and a chocolate bar

ASSEMBLY INSTRUCTIONS

Step 1: Clean out the pizza box so it's ready to become a solar oven. Remove any box liners.

Step 2: On the box lid, draw a square about one-inch inward from each edge.

Step 3: (Adults only) Use a utility knife and ruler as a straight edge to carefully cut along each side of the square you just drew, except for the side that runs along the hinge of the box. Cut all the way through the cardboard on those three sides of the square. Then fold the flap back slightly along the attached side.

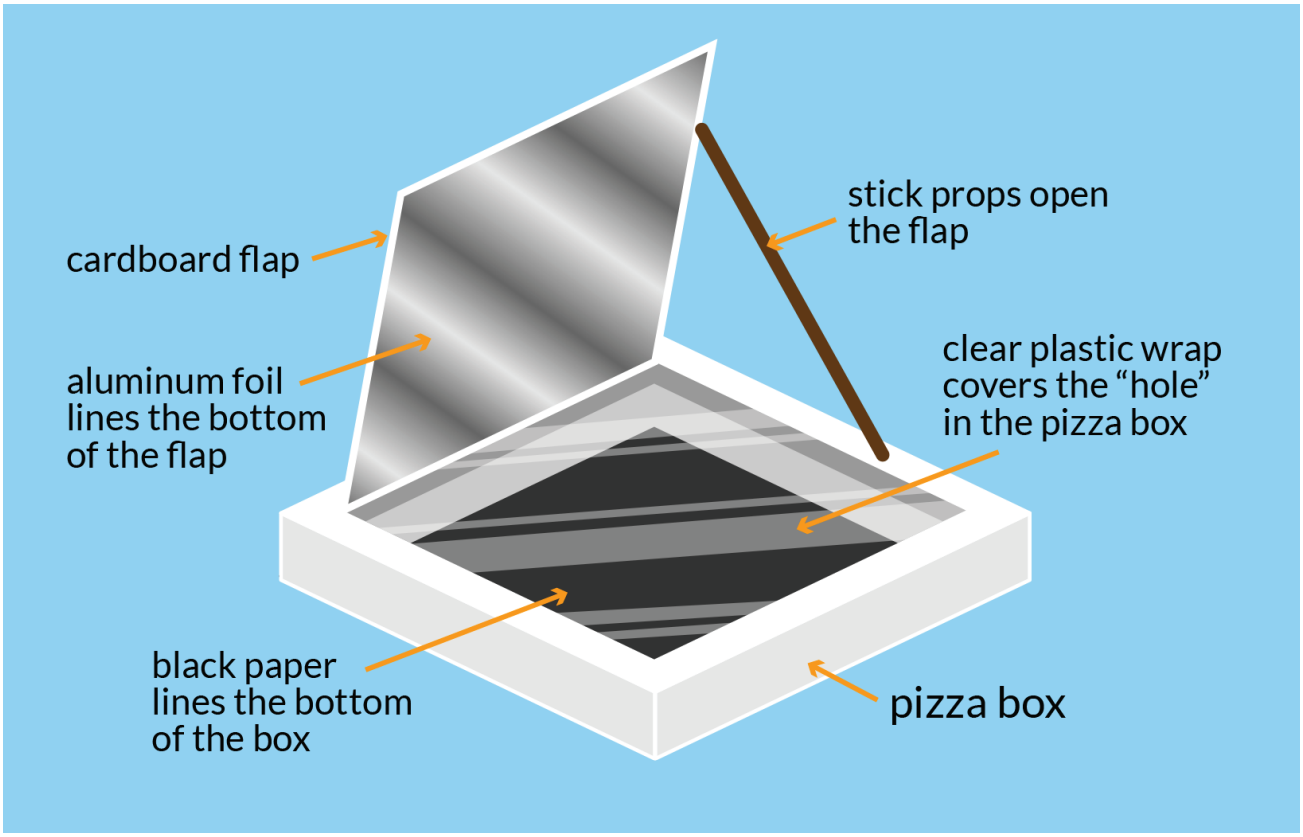
Step 4: Line the inside of the cardboard flap with aluminum foil. Fold the edges of the foil over the flap to help hold the foil in place and glue the foil onto the flap. Keep the foil as smooth as possible.

Step 5: Cover the opening made by the flap (in the lid) with a layer of plastic wrap. Attach the plastic wrap to the opening's edges using shipping tape or black electrical tape. Make sure there are no holes in the plastic wrap and that all its edges are completely attached to the lid.

Step 6: Line the inside of the box with aluminum foil so when the box is shut, the entire interior is coated with foil. It's easiest to do this by covering the bottom of the box with foil, then covering the inside part of the lid (going around the plastic-covered opening) with foil, too. Glue the foil in place.

Step 7: Glue or tape a sheet of black paper to the bottom of the box, centered there. This will act as your solar oven's heat sink.

Step 8: Lastly, use a wooden skewer or pencil (and some tape) to prop the solar oven's lid up, at about a 90-degree angle from the rest of the box. Leave the solar oven outside on a hot day. Clearly, this is a slow method of heating or melting.



TIPS

The weather outside can significantly affect how well a solar oven performs. How well does it cook on a warm day versus a very hot day? What about a sunny day versus an overcast one? **See the Food Plan on page 9 for guidance on food safety and sanitation.**

FOOD CANNING AND PRESERVING

Canning for longer-term food preservation is a traditional method of food storage. However, special equipment is required and great care must be taken when canning foods to avoid botulism and other bacteria that can make food unsafe to eat. Refer to the resources provided in this module and follow all instructions carefully. Canning is not for beginners or those without proper equipment. It's always helpful to try this method of food preservation first under the guidance of someone who has done it before successfully. It can be a fun thing to do together as you learn!

SHARE WITH YOUR NEIGHBORS

One of the best things about having an abundant harvest or food stash is sharing your bounty with friends and neighbors. It's also a great way to meet and get to know them.

SUPPORT YOUR LOCAL FOOD BANK

Once you've taken care of your needs, those in your household and any neighbors, consider supporting your local food bank. These amazing organizations help historically marginalized and underserved communities and are also great partners during disasters. You can donate food, money or time; all are excellent ways to give back to your community. Someday, it could be you who needs their services in the wake of a disaster.

EMERGENCY FOOD PREP SHOPPING TIPS

- Plan to store at least a one-week supply of non-perishable food.
- Choose healthy foods your household will eat!
- Remember special dietary needs.
- Avoid salty foods that will make you thirsty.
- Use disposable or inexpensive dinnerware and utensils that are easy to clean with minimal water (non-breakable is advised).
- Stock a non-electric can opener.
- Have household bleach to disinfect cans.
- Include paper towels, sponges, and old towels or rags.
- Stock a variety of alternative fuel sources to use when preparing food, such as gel fuel for camp stoves, charcoal for BBQs, propane for gas grills, or wood for fire pits or chimineas.
- Stock hot pads or oven mitts for hot item handling and heavy gloves to handle wood for campfires and dry ice.
- Consider food-grade moisture absorber packs for food storage.

REFERENCES AND RESOURCES



FOR ADDITIONAL RESOURCES ON THIS UNIT, VISIT OEM'S BE 2 WEEKS READY WEBPAGE AT

www.oregon.gov/oem/be2weeksready

BE 2 WEEKS READY

4 WATER PLAN

ACTIVITY 14: LEARN HOW TO STORE WATER

Goal: Learn how much water you'll need and how to store it.



STEP 1: DETERMINE HOW MUCH WATER YOU'LL NEED

How much water you need to *Be 2 Weeks Ready* depends on several factors. Each person will need roughly 1 gallon of water each day for drinking, meal preparation and cleanup, and personal hygiene. Each pet also needs roughly one gallon per day. Individual needs vary by age, activity level, health, diet and climate. The amount of water you'll need will also be impacted by the kinds of foods you plan to eat (pasta, oatmeal, baby formula, powdered milk, etc.) for two weeks without indoor running water. A medical emergency may also require additional water.

1 gallon of water per day, per person, assumes about 1/2 gallon for drinking and 1/4 gallon each for cooking and hygiene.

One gallon per pet, per day. This is a conservative amount that will need to be used wisely. It may seem like a lot, but you need to use this precious resource sparingly during disasters. For perspective, consider that on average during normal times, each person uses about 80-100 gallons of water per day for indoor home uses. Flushing the toilet uses the most water, followed by bathing and showering.

WATER FOR LIVESTOCK

Livestock and other farm animals can also be negatively impacted during disasters. Reductions in water supplies can result in poor livestock performance and condition, as well as range damage caused by both overuse and underuse. Locating additional sources of stock water becomes critical to avoid damage to both animals and range resources.

Even if storage space is limited, storing water for at least three days is critical. You should work toward storing 14 days' worth of water per person and animal.



Farmers and ranchers are impacted by many variables that affect available water supplies. The Oregon State University and Washington State University Extension Services and local farm service agencies provide regular guidance, tools and resources to farmers and ranchers on a host of topics, including water supply during times of water shortage. Find the OSU Extension Service office in your Oregon community by visiting https://extension.oregonstate.edu/.
Find the WSU Extension Service office in your Washington community at https://extension.wsu.edu.



CHECK YOUR WATER CONSUMPTION PRACTICE TIP

This is a great time to refer to your journal from Activity 1 to see how much water you and those in your household (including pets) consumed over two weeks. Consider practicing using only stored jugs of water for a few days to see how much water is used.

CONVERSION TIP

If you don't have access to large water containers (that typically hold 7 gallons) you may consider using 2-liter soft drink bottles. These are equivalent to about ½ gallon capacity each and are a cost-effective way to store water if you're on a budget. They are readily available, sturdy and small enough to be tucked away almost anywhere, even if you live in a small space. Try to rotate your water stash every six months. Water that's stored longer will not be as fresh but can always be treated.

A WORD OF CAUTION

While they are fluids, soft drinks, caffeinated beverages like coffee and tea, and alcohol should not be substituted for water in your calculation of water needs. These fluids will dehydrate the body and increase the need for more drinking water.

STEP 2: SANITIZE WATER CONTAINERS

All containers used for storing water must be sanitized before adding potable water.

- Wash containers and lids inside and out with dish soap to remove any dirt and debris.
- Rinse thoroughly with clean water.
- Add 1 teaspoon of unscented, household liquid chlorine bleach to 1 quart of water (1 quart = 4 cups or 32 ounces or 1 liter).
- Pour the bleach mixture into a clean storage container. Close it tightly and shake it well to make sure the solution coats the entire inside of the container.
- Let the container sit for at least 30 seconds, then pour out the solution.
- Let the container air dry or rinse it with clean, purified water.
- Fill it to the top with clean water and seal it tightly. Be careful not to contaminate the cap by touching the inside of it with your fingers.
- Label it with the words "Drinking Water" and the date it was stored.
- Rotate water every six months to keep it fresh.
- Use water that's rotated out to water plants, rather than dumping it down the drain.

TREATING WATER TO MAKE IT SAFE

Water from municipal water sources is already treated to be safe, so no additional treatment is necessary. Fill the clean, sanitized food-grade container with tap water, close it securely and label it with the words “Drinking Water” and the date.

Water from a well or spring, which is known to be pathogen-free but not chemically treated, should be purified by boiling or by adding unscented, household liquid chlorine bleach (see Step 2: Sanitize Water Containers).

STEP 3: PREPARE WATER FOR STORAGE

- Boiling is the safest method of treating water. Bring the water to a full, rolling boil for a minimum of one minute or three minutes for elevations above 6,500 feet. Let cool.
- To purify, use a medicine dropper to add unscented, household liquid chlorine bleach. Use new chlorine bleach, because it loses its strength over time.

Bleach Amounts

- Two drops of 5 to 6% sodium hypochlorite bleach per 1 quart of water.
- Eight drops or 1/8 teaspoon of concentrated 8.25% sodium hypochlorite bleach per 1 gallon of water.
- Put the lid on and shake the mixture well. After adding bleach, you must let it stand for at least 30 minutes before using it.
- Store the purified water in clean, sanitized containers with tight lids.



STEP 4: LABEL IT AND DATE IT

- Once your containers are filled with clean, sanitized water and are tightly sealed, label them with the words “Drinking Water” and the date.
- If you use larger containers for long-term water storage, be sure to use the proper bleach ratios to ensure the water is sanitized. Check OSU Extension’s guidance for bleach ratios to be used for large containers of 5 gallons and greater.
- People can mark or decorate water containers designated for them. This can be a fun activity for kids!

STEP 5: STORE IT

Carefully storing your water supply is important. Water is very heavy (over 8 pounds per gallon), and the people you live with may struggle to safely carry it, lift it and pull it from overhead storage areas. Consider if it will be too heavy to transport if you must evacuate.

Storing the water needed for two weeks may be unfeasible, particularly for those with limited storage space or for those on a limited budget. It’s important to store what you can and learn how to “find” water in and around your place and “make” water that’s safe to use when regular water supplies may be temporarily unavailable.

CREATIVE PLACES TO STORE WATER

- Under beds and sinks
- In cabinets and in closets (beneath clothing, on shelves)
- In garages and storage sheds
- In boxes that can be stacked and covered with a cloth and used as a table or TV stand
- Under car seats

STORING CONDITIONS

- Store water where everyone in the household can access it.
- Store water in a dark, dry, consistently cool space that stays at a relatively constant temperature (50-70°F or 10-21°C).
- Do not store water in direct sunlight.
- Do not store water near chemicals, fuel, pesticides, herbicides or products with strong odors that can be absorbed by the storage container and transferred to the water.
- If possible, store parts of your water supply throughout your living space. If a disaster damages part of your living space, you can still access other parts of your supply.

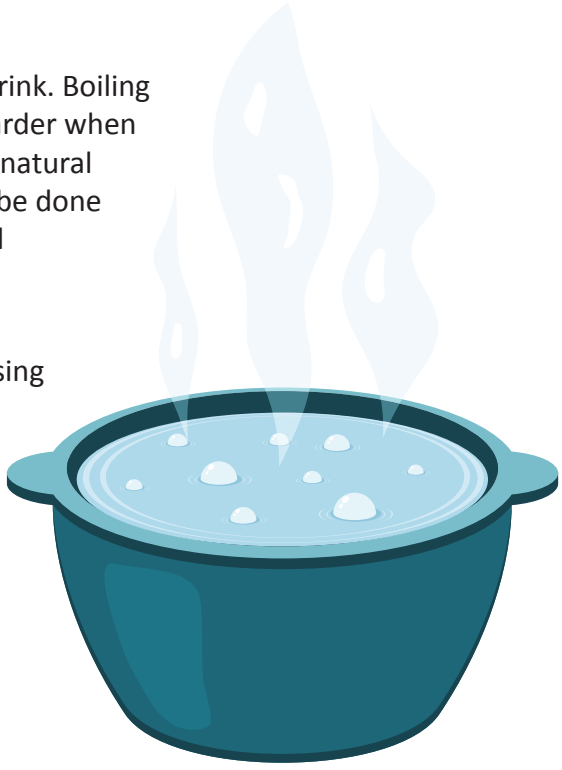
TIP: Store some water in a freezer, which is most efficient when it's full. Fill empty spaces with food-grade plastic or metal containers of water. Let the water freeze, then cap the container. Doing this:

- Increases the freezer's efficiency.
- Creates jugs of ice that can be used in a cooler when transporting food or camping.
- Helps keep the freezer cold as long as possible in the event of the loss of power.
- Provides safe drinking water as it melts.

ACTIVITY 15: LEARN HOW TO BOIL WATER BY USING COMMON METHODS

Boiling water is a highly effective way to make it safe to drink. Boiling water may seem like a basic task, but it could be much harder when a disaster occurs and you're without indoor electricity or natural gas. Boiling water requires very little equipment and can be done rather quickly. After a disaster, all water for drinking, food preparation and hygiene must be boiled if it's not sealed, store-bought or already pre-treated.

This activity will help you practice how to boil water by using common methods, such as using a camp stove, BBQ grill, propane-fired outdoor gas grill or campfire. Boiling water means heat will be involved, so extra caution should be given to handling hot cookware and being near an open fire. Use kitchen hot pads, a thermal oven mitt or layered towels for handling hot cookware.

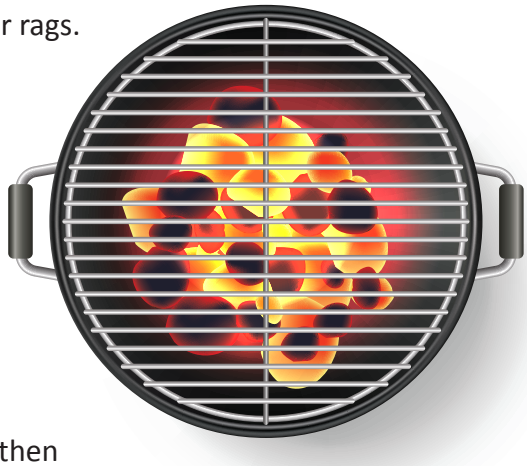


STEP 1: GATHER NECESSARY MATERIALS

This activity uses already sanitized storage containers. (See Activity 14 for how to sanitize containers.)

You'll need:

- ☐ A cooking source (camp stove, BBQ grill, propane gas grill, chiminea or campfire pit).
- ☐ A medium or large-sized pot that can be placed directly on a heat source.
- ☐ A cooking grill grate for cooking on open fires.
- ☐ Fuel (wood, propane, charcoal briquettes, lighter, matches).
- ☐ Kitchen hot pads, thermal oven mitts, kitchen towels or rags.



STEP 2: SET-UP AND ACTIVATE HEAT SOURCE

Important safety steps regarding open fires:

- Only build open fires outdoors and away from structures, trees, dry grass and shrubbery.
- Avoid open fires (such as a fire pit) if it's dry, hot or windy.
- Use rocks to build a fire ring to contain open fires.
- Stack available wood, first using tiny pieces (kindling), then adding larger pieces.
- Ignite the kindling to start the fire.
- If you don't have a grill grate, use a flat rock set on the edge of the fire ring and place your pot on top.
- Avoid set-up in areas where there is heavy foot traffic and especially where children play.

Important safety steps regarding camp stoves, BBQ grills and propane grills:

- Always ensure your equipment is away from structures, trees, dry grass and shrubbery.
- Ensure all connections are secure for propane-fueled stoves and grills.
- Ensure BBQ and hibachi grills are on level ground and away from heavy foot traffic and especially areas where children play.

TRACKING TIME WITHOUT A CLOCK OR WATCH

Assuming you don't have a working clock or watch, here are some easy ways to keep track of time for boiling water for one minute.

- Sing "Happy Birthday" at a normal pace six times.
- Count aloud "one Mississippi, two Mississippi," etc., with each "number Mississippi" being roughly equivalent to one second. You'll need to "count Mississippi" 60 times to equal one minute.
- Use a kitchen wind-up timer if you have one.

STEP 3: BRING AND KEEP WATER BOILING

- ☐ Place the pot of water over the heat source.
- ☐ Use kitchen hot pads, a thermal oven mitt, kitchen towels or rags to touch handles.
- ☐ Bring the water to a rolling boil for at least one minute; for elevations above 6,500 feet, boil for at least three minutes.

TIP: If you're unsure of your elevation, there's no danger in boiling for longer than three minutes. When in doubt, wait it out.

STEP 4: COOL AND STORE PURIFIED WATER

- ☐ Carefully remove the pot from the heat and terminate the heat source.
- ☐ Place the pot of water on a steady surface and allow it to cool completely before it can be stored. (See Activity 14 for storing water.)
- ☐ Distribute purified water into sanitized storage containers. Because boiling removes oxygen from water, it can taste flat. Pour it back and forth between two sanitized containers to replace oxygen before sealing.

ACTIVITY 16: FINDING OTHER WATER SOURCES (AFTER DISASTER STRIKES)

If the water you've sanitized and stored is not enough, you may need to find alternate water sources that are safe to drink. Fortunately, there are several sources you can use in and around your place, assuming you can access them.

Emergency Inside Water Sources

If authorities warn that public water is unsafe, or if there are signs of broken water lines, shut off the water lines entering your place. This prevents unclean water from entering your water system and contaminating the usable water.



- Plug your bathtub and sink drains and fill them with water if you can. (This water will need to be sanitized to ensure safe use. See Activity 14.)
- Water from the toilet tank (not the bowl) is usable afterpurification IF a chemical hasn't been used to keep the bowl clean, such as those that turn the water blue.
- Melt ice cubes in trays and freezer-stored jugs of water.
- Liquid from canned fruit and vegetables can be consumed; liquid in cans of vegetables may be salty, however.
- Pipes and water heaters hold water. Use every drop at each faucet wisely. Water drains downward, so obtain that last drop from the lowest faucet.

GETTING WATER FROM PIPES

Step 1: Turn off your water supply at the street to keep sewage from backing up into your water system. Before accessing any water from your pipes, make sure your water source hasn't been contaminated. Then, locate and shut off your main water valve. In a single-family home, this valve is typically located in the basement, garage or crawl space.

Step 2: Let air into your plumbing system by locating and turning on a faucet located at the highest point in your place. If you live in a one-story home, the highest faucet may be your shower head.

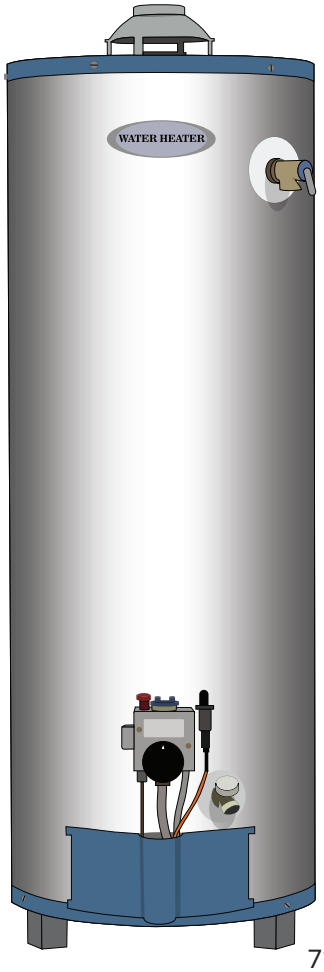
Step 3: Use a faucet located at the lowest point in your place as your water source, shutting it on and off as needed. If you live in a one-story home, the lowest faucet may be a hose spigot or your water heater.

- If you live in an apartment or condo, your water valve may be centrally located and not in your living space. The amount of available water will depend on your apartment's location in the building and how many other people are pulling water from the building's pipes.

Water from the water heater tank is also usable in a disaster (see Activity 17). This refers to the tank that connects to the water that comes out of your faucets and showerheads. *IMPORTANT NOTE: This is different from the tank used to supply hot water to radiators in older homes. In these situations, use the tap water heater tank, not the home heating system tank.

ACTIVITY 17: LEARN HOW TO REMOVE WATER FROM A WATER HEATER TANK

Water can be removed from a water heater tank if you have safe access to it. Water heaters typically range in size and can hold 30 to 80 gallons of water for drinking, cooking and hygiene. Removing the water is not difficult ***but requires great care and is best done by practicing in advance*** to be sure you do it safely. Watch this how-to video https://youtu.be/VIpOc3bmZ1E?si=MnerepR49sTyS6jd from the Regional Water Providers Consortium (https://www.regionalh2o.org) based in Portland. This resource also offers downloadable instructions that can be hung from your water heater for quick reference. The following information is excerpted from this source.



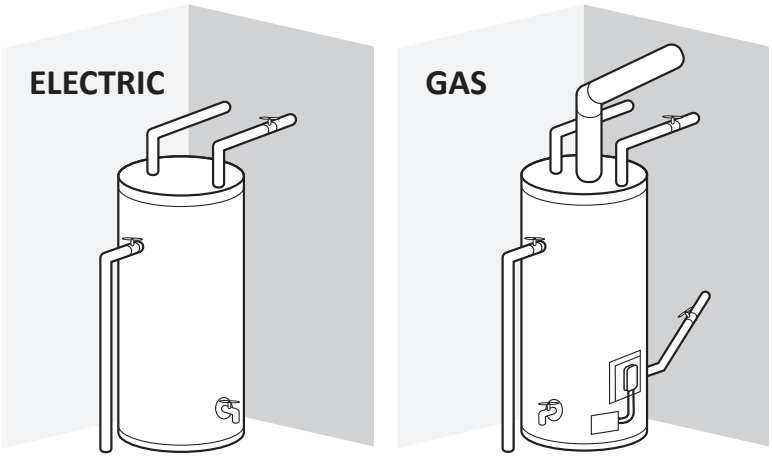
STEP 1: GATHER SUPPLIES

Gather this list of supplies to safely remove water from your water heater tank. Have them readily accessible to your water heater during an emergency.

- Flashlight
- Screwdriver
- Towel or rag
- Thermal gloves (like an oven mitt)
- Safety glasses
- Coffee filters
- Sanitized container (a large bucket is best)

STEP 2: LOCATE THE WATER HEATER

Water heaters are usually located in a basement or garage in free-standing homes and in closets of apartments and manufactured homes or trailers.



STEP 3: TURN OFF THE WATER SUPPLY TO YOUR PLACE

Emergency water shut-off valves are usually found in the basement, crawl space, garage or outside by the home's foundation. Use this valve to turn off your water supply. Taking this step, especially after an earthquake, could help to ensure the water remains in your tank and that its quality is not compromised and unsafe to use.

STEP 4: TURN OFF THE WATER HEATER'S POWER SOURCE

This step is crucial to ensure your safety.

For electric water heaters: Shut off the water heater's power by flipping the correct switch on your electrical panel. Take time to correctly identify the right circuit breaker beforehand. If it's not yet labeled, do that now.

For natural gas water heaters: Locate the on/off switch on the water heater and turn the knob to the pilot setting. Do not turn it completely off.

WORD OF CAUTION

The CDC advises to NOT DRINK water that has an unusual odor or color or that you suspect might be contaminated with fuel or toxic chemicals. This water cannot be made safe, so you must find a different source of water for your needs.

STEP 5: TURN OFF THE WATER SUPPLY TO THE WATER HEATER

Locate the water shut-off valve on the water heater and turn it clockwise until it stops. This valve is typically located on the top of the water heater.

STEP 6: LET AIR INTO THE WATER HEATER

Open the relief valve, which is located on the side of the tank. You can do this by flipping the handle so that it sticks straight up or out or by turning on hot water spigots in the main living area or upstairs in your home. This will help release water from the water heater.

STEP 7: LOCATE THE DRAIN VALVE AND RELEASE WATER

Locate the drain valve at the bottom of the water heater and release water from the tank, as needed. Place a clean container under the drain valve spigot to capture the water and turn the spigot or screw of your water heater's drain valve to the left. **Be careful: The water may be very hot!** Wearing gloves or an oven mitt and safety glasses are recommended. Turn the spigot or screw to the right to stop the flow of water. Repeat this process as often as needed until the tank is empty.

There may be some sediment that escapes with the water when you begin draining. Wait for the water to clear, then change to a new container. Filter the sediment out of the first container with a coffee filter. **You will need to treat or filter any water used for drinking, food preparation andhygiene**.

WATER HEATER MAINTENANCE TIPS

Water heater maintenance plays a critical role in the availability and quality of water contained in your water heater.

- Properly brace your heater to the wall so that it is more likely to remain connected to the wall and your water system.
- Flush your water heater annually. Doing this can significantly decrease the amount of sediment build up, and may improve the quality of the water in your water heater.

ACTIVITY 18: LEARN HOW TO DISTILL WATER

STEP 1: GATHER A POT, LID AND BOWL

Fill a pot halfway with water. Place a heat-resistant bowl on top of the water. Put the pot's lid upside down on top of the pot. Putting the lid upside down allows for the water to drip directly into the bowl.

STEP 2: BOIL

Boil the water for 20 minutes. The water that drips from the lid into the bowl is distilled.

STEP 3: SAFELY STORE

Like other clean water, distilled water should be safely stored (see Activity 14).



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5 WASTE & HYGIENE PLAN

ACTIVITY 19: BUILD A HANDWASHING AND DISHWASHING STATION

STEP 1: GATHER MATERIALS BEFORE A DISASTER



3 STURDY PLASTIC CONTAINERS



DISH SOAP



BLEACH



WATER

Gather and dedicate three buckets or containers to be used ONLY for handwashing and dishwashing. Stock up on dish soap and bleach to create your sanitizing solution.

STEP 2: BUILD YOUR STATION

- ☐ Bucket one will be your wash bucket and will contain a mix of soap and water for washing hands or dishes. To get started, pour a bit of soap or bleach into your bucket, then gently add your water. You don't want the bucket to be too full or use too much soap or bleach.
- ☐ Bucket two will be your rinse bucket. Fill this bucket with water only. You'll use this bucket to rinse your dishes or hands after washing them in the soap and bleach solution.
- ☐ Bucket three will be your sanitize bucket. Fill this bucket with water and add a small amount of bleach to serve as the final round of sanitizing for your dishes and hands. This last round is essential to keeping your hands and dishes germ-free.

ACTIVITY 20: PREPARE A TWO-BUCKET TOILET

Goal: Learn how to collect, contain and safely dispose of human waste to prevent disease.

STEP 1: GATHER YOUR MATERIALS BEFORE A DISASTER

- **Two sturdy plastic 5- or 6-gallon buckets.** The buckets need to be sturdy enough to support your weight. Most big-box stores have branded buckets for a few dollars each. Find free ones by requesting them from businesses that frequently dispose of them, such as restaurants, bakeries, food production facilities, paint stores, etc. Mark each bucket by writing poo and pee on pieces of paper and taping to the bucket, or print off stickers from www.rdpo.net/emergency-toilet
- **Layering materials like wood pellets or sawdust, garbage bags and toilet seats** (optional).



TOILET SEAT



- You can adapt a regular toilet seat or buy a seat designed for use with buckets (available at most camping stores and emergency supply retailers).
- If you can, purchase two toilet seats (one for each bucket), since many people prefer to sit when urinating.

Do not use a pool noodle for a toilet seat. They are absorbent, which increases the risk of spreading disease.

LAYERING MATERIAL

- Carbon-based material works best. It should be lightweight, dry and organic. The goal is to absorb moisture, reduce odor and deter flies. You'll need a handful to cover each time you make a feces deposit. Examples include sawdust, shredded paper, bark chips (avoid cedar), dry leaves, dry grass clippings, peat moss, toilet paper, hamster bedding, etc.
- Wood pellets that are made for pellet stoves are a low-cost source of carbon materials. When mixed with water (about 1 cup of water to 2 cups of wood pellets), it can yield about 6 cups of sawdust. ***Remember to store extra water if you plan to use pellets.***
- Ask a lumber yard or local furniture company for a bag of sawdust.
- Ask a business for a bag of shredded paper. Be creative!
- A roll or box of heavy-duty plastic garbage bags (13-gallon size, 0.9 mil or thicker). If you can't get 13-gallon bags, make sure the bags you use are big enough to tie shut once your bucket is half full, and make sure it's a sturdy bag (heavy-duty, 0.9 mil or thicker), so it's less likely to tear.

STEP 2: SET UP AND USE YOUR STATION

- Find as private a space as you can, particularly outdoors. Remember, your toilets can be moved from one location to another, if necessary.
- Try to be vigilant about keeping solids (poo) and liquids (pee) in their designated buckets.
- After using the pee bucket, remove the seat and cover it with a lid that closes well; enclosed pee smells the worst when contained.
- A day's worth of pee from one person has 10 times the volume of poo. Pee can be stored until you're able to put it 6 to 8 inches below soil.
- After using the poo bucket, sprinkle half a cup of carbon material on top of the poo to completely cover it. This will minimize odors. Put the toilet seat back down ensuring it's not airtight. Giving this bucket's contents air will allow it to dry and reduce in volume. Remember: The poo bucket contains pathogens that can cause disease.

ACTIVITY 21: MAKE AN EMERGENCY WASHING MACHINE

Even during non-emergency times, an emergency washing machine can save water, which can be especially helpful during periods of drought. This method involves a bit more expense and effort in preparation than a simple bucket or galvanized tub-and-washboard option.

STEP 1: GATHER YOUR MATERIALS



TWO 5-GALLON BUCKETS



1- GAMMA SEAL LID



RUBBER MALLET



DRILL WITH 2" DRILL BIT



MOBILE WASHER DEVICE



CLOTHESLINE WITH PINS OR A COLLAPSIBLE DRYING RACK

UNDERSTANDING YOUR MATERIALS



- **A mobile washer device** is a blue-colored device that resembles a plunger and can have either a T handle or a straight handle. The pushing and pulling agitation pulls dirt and excess detergent from clothing. This helps use less water, less detergent and no electricity. These can be found online or in big-box and hardware stores.
- **Gamma seal lids** are plastic lids built for 12-inch buckets, which include most standard size 3.5-, 5-, 6- and 7-gallon buckets. The gamma lids have an outer ring that seals onto the bucket and an inner lid that screws into the outer ring.
- **A rubber mallet** (not a hammer) is necessary to get the bottom part of the gamma seal lid to affix to the bucket. You need a solid rubber head to deliver a softened, positive strike and help absorb vibrations without damaging the plastic. A hammer will destroy the integrity of your seal.

STEP 2: Drill a hole in the top of the gamma lid using a 2-inch drill bit.





STEP 3: Drill four holes in the bottom of the top bucket using a 1-inch drill bit, as shown. You'll now have a wash bucket on top with holes in it and a rinse bucket on the bottom.

STEP 4: Use the rubber mallet to attach the gamma seal lid to the top bucket (the one that has four holes in the bottom).

STEP 5: Slip the top bucket inside the bottom bucket and insert the plunger. After you slip the bucket with the gamma seal lid into the bottom bucket, insert your plunger device (shown in Step 1) and affix the gamma lid. You only need about 4 inches of water in the bottom bucket to make this effective.



STEP 6: Rinse clothing in another bucket that uses minimal water. Try to wring out as much excess water as possible and shake it out to remove wrinkles.

STEP 7: Air dry your clothing. If you have trees, a fence or posts already situated outside, tying a clothesline is a great option for air-drying clothing. You can also use a collapsible drying rack.



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BE 2 WEEKS READY

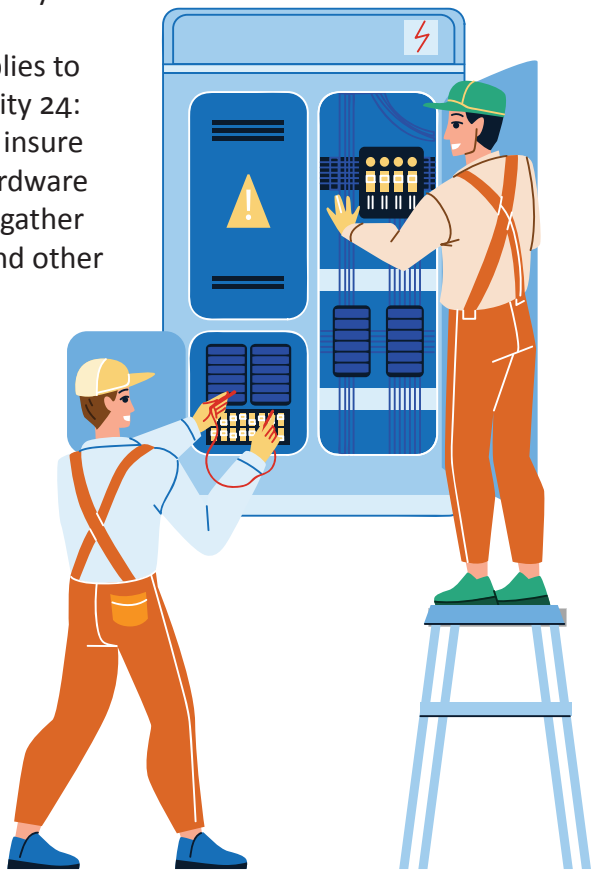
6 SHELTER PLAN

ACTIVITY 22: HOME HAZARD HUNT

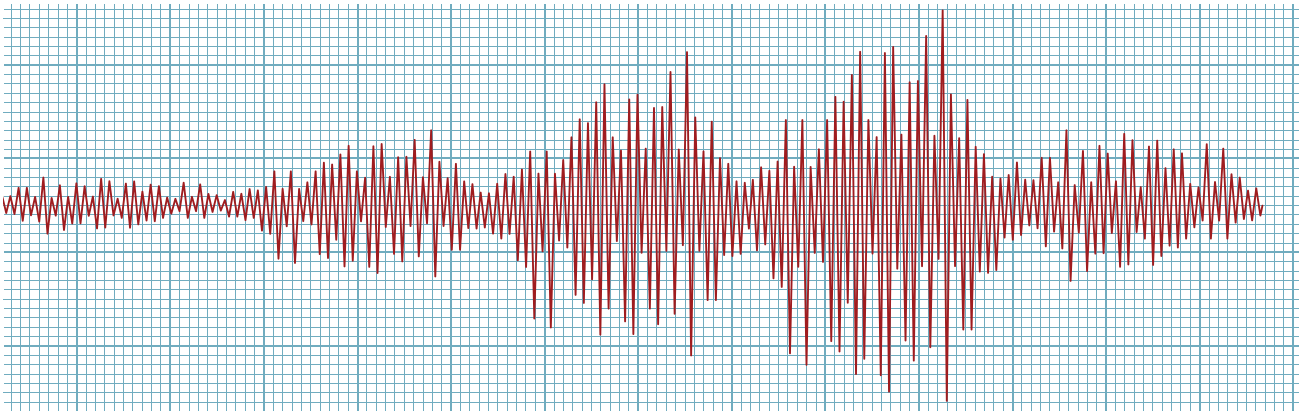
Goal: Identify hazards in and around your home before a disaster and address what you can do now to make it safer.

Consider the different hazards that could impact your area, such as earthquakes, fires and floods, and think about how these risks can affect where you live.

While you're hazard hunting, you're likely to spot supplies to include among your preparedness materials (see Activity 24: Prepare a Go-Bag) and stuff you'll want to catalog and insure (see Activity 7). You may need to make a trip to the hardware or other supply store after the Hazard Hunt activity to gather items, such as tie-downs, water-resistant containers and other supplies to keep you safe.



Determine which projects you can tackle right away, which you can manage with a bit more time and resources, and those that may require more time and possibly help from a contractor. Unless you have the proper skills, get professional help with electrical and plumbing projects to ensure personal and property safety and confirm any adjustments meet local codes and ordinances. These may be things you'll need to budget for, so planning your approach and starting now is both valuable and empowering.

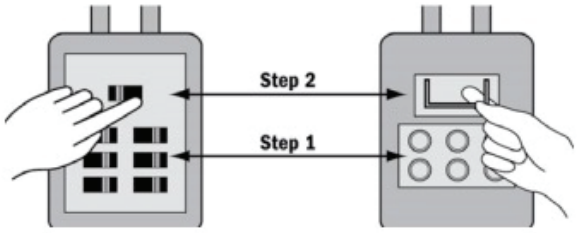


ACTIVITY 23: UTILITY SHUT-OFF

Goal: Learn how to shut off major utilities in and around your home.

Practice how to shut off breakers inside your electric circuit box and how to shut off the natural gas supply to your place before a disaster. Knowing how to turn off public water valves is also important.

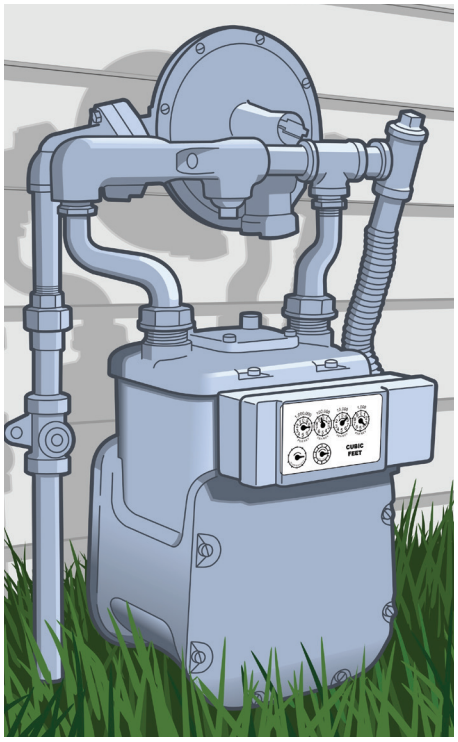
ELECTRIC CIRCUIT BOX SHUT-OFF



Circuit Box with Shut-Off
Step 1: Shut off individual breaker.
Step 2: Shut off main breaker.

Pull out Electrical Cartridge Fuses
Step 1: Pull out individual fuses.
Step 2: Pull out main fuses.

GAS SHUT-OFF (CAUTION: Do not turn off the gas unless there is a real need. A professional must turn the gas back on).

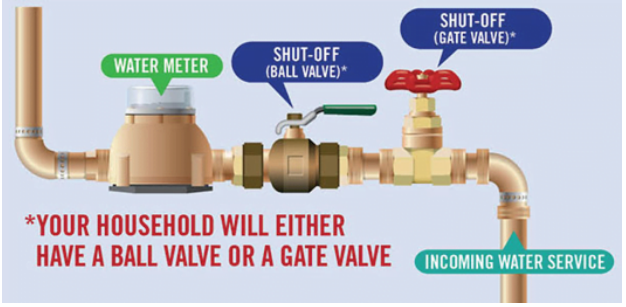


Step 1. If you smell gas or hear it leaking, open a window, if possible, and leave the area immediately on foot before trying to turn off the gas. The shut-off is typically the first valve on the pipe that runs into the gas meter from the buried line. Some newer meters have the shut-off located on the pipe that goes from the gas meter to the home. In many homes, the gas meter is located near the front of the house.

Step 2. To shut off the gas, use a wrench to turn the valve a quarter turn in either direction, so it's perpendicular to the pipe. If the valve is parallel to the pipe, it means the gas line is open. It's best to use a crescent wrench or other adjustable wrench to turn off the utility. Watch this video at https://www.nwnatural.com/safety/emergency-preparedness for more how-to guidance on how to turn off natural gas to the home.

WATER SHUT-OFF

You can shut off all water to your property by finding the water meter box (usually at the street or sidewalk). Inside the water meter box, you'll see a valve like the one on your gas meter. Turn it in the same direction as you would your gas valve. Based on your geographic location, the water main shut-off valve may be located inside your home.



ACTIVITY 24: PREPARE A GO-BAG

Goal: Assemble materials you'll need to quickly evacuate.



If you must evacuate your home quickly, a Go-Bag packed with minimal essential supplies can offer comfort. A Go-Bag contains things that are personalized to your needs. If possible, each member of the household should have their own Go-Bag. Think carefully about what you put into the bag, because you may have to carry it; the more stuff added, the heavier it will get.

You likely won't be able to pack everything you need to survive away from home for two weeks; the Go-Bag just contains the essentials. This activity assumes you're going to a community shelter or to the home of a family member or friend where it's safe and where food, water and toilet facilities are available.

Go-Bag items:

- ☐ Seasonal clothing for two or three days.
  - Plan to wear only the footwear you have on when you evacuate to conserve Go-Bag space.
  - NOTE: Clothing should be changed in your go bag on a seasonal basis. If it's cold-weather season, you'll already be wearing long pants, a heavy shirt or sweater, and a coat, hat and gloves that will go with you.
- ☐ Eyeglasses, contact lenses (with solution and storage), hearing aids and other essential medical assistive devices.
- ☐ Hand sanitizer, disinfectant wipes and personal hygiene wipes.
- ☐ Medications (prescription and over-the-counter), including a listing with quantities, frequency of dispensing and a note of all allergies.
- ☐ Important documents, including medical and contact information for each member of the household; home or apartment, vehicle and life insurance policies; local and out-of-area contacts; passports; driver's licenses; banking information; and pet information like shelters and veterinarian.
- ☐ Cell phone and charger with cord, small electronics (laptop or tablet) and chargers.
- ☐ Favorite power bars and other small, portable, non-refrigerated snacks.
- ☐ ATM card and cash.
- ☐ Area map and map for designated evacuation destinations (community shelters, homes of family and friends).
- ☐ Miscellaneous items including a flashlight, reading material, simple first-aid supplies (bandages, anti-bacterial spray, ointment), travel-size personal toiletries and a small sewing kit (such as the kind offered in hotels).











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BE 2 WEEKS READY

7 FIRST-AID PLAN

ACTIVITY 25: BUILD YOUR FIRST-AID KITS!

Goal: Organize your supplies so they're ready when you need them.

Start by inventorying your medicine cabinet and first-aid supplies. Look for and properly dispose of any outdated or expired medications. Don't flush medications down the toilet or drain – the Oregon Health Authority provides proper disposal instructions, including the location of permanent collection boxes across the state.

HOME FIRST-AID KIT

Use the following checklist to complete your in-home first-aid kit. Customize your kit for any medical needs of you and your loved ones (e.g., EpiPens, medications or other medical supplies):

- ☐ 10% household bleach to disinfect
- ☐ 4" sterile gauze pads (several)
- ☐ 4" gauze pads for bandaging large cuts
- ☐ Ace bandage (4 +)
- ☐ Adhesive tape (2 rolls +)
- ☐ Anti-inflammatory pain reliever (also known as NSAIDs, e.g., ibuprofen)
- ☐ Antiseptic hand-cleaning towels
- ☐ Assorted-sized sterile adhesive bandages/Band-Aids for small cuts (10-12 assorted +)
- ☐ Biohazard bags 3-5 gallon-size
- ☐ Cold compress(es)
- ☐ Eye dropper
- ☐ Laxative and anti-diarrhea medication
- ☐ Nitrile medical exam gloves (6 pairs +)
- ☐ Pain reliever (e.g., acetaminophen)
- ☐ Polysporin or other antiseptic gel
- ☐ Roller bandage 2" wide (2 +)
- ☐ Scissors (a good pair of medical scissors, also called trauma shears)
- ☐ Space (emergency) blanket
- ☐ Super glue
- ☐ Surgical lubricant
- ☐ Thermometer
- ☐ Triangular bandages (4 +)
- ☐ Tweezers

FIRST-AID KITS FOR A VEHICLE AND GO-BAG

For a smaller Go-Bag that fits in a vehicle, use this checklist to make sure you have the essentials:

- ☐ Alcohol wipes
- ☐ Cotton tip applicators
- ☐ Antibiotic ointment
- ☐ Instant cold compress
- ☐ Bandages -- adhesive and elastic
- ☐ Butterfly closures
- ☐ Finger splints
- ☐ Gauze pads
- ☐ Gloves
- ☐ Adhesive tape
- ☐ Scissors
- ☐ Tweezers



ACTIVITY 26: TAKE A FIRST-AID TRAINING CLASS

Goal: Formal first-aid training is the best way to learn new skills or refresh your knowledge so you can assist those around you in an emergency.

Get trained on basic first-aid skills. Bring your friends and neighbors to make it more enjoyable. You can start with basics, refresh what you learned long ago, or level up to more advanced first aid. Choose a course offered in your area; many courses are also offered virtually.

TRAINING OPPORTUNITIES

The best place to start looking for first-aid training courses is through local government agencies and community partners. The following organizations may offer first-aid courses in your area:

- Local fire department.
- County health department.
- Gym or health club.
- Employer's safety department.
- Area hospital.

American Red Cross

The American Red Cross also offers community first-aid courses. Visit the American Red Cross Training Services website https://www.redcross.org/take-a-class to find courses near you. The Red Cross also offers online training. Your community may also offer "Stop the Bleed" training.

Want to take the next step? Consider taking a Wilderness First-Aid course, which emphasizes the aid you can provide when no first responders are available. Wilderness First-Aid courses are often available through the National Outdoor Leadership School and REI.

ACTIVITY 27: PRACTICE YOUR FIRST-AID SKILLS

Goal: Regularly put your skills to work!

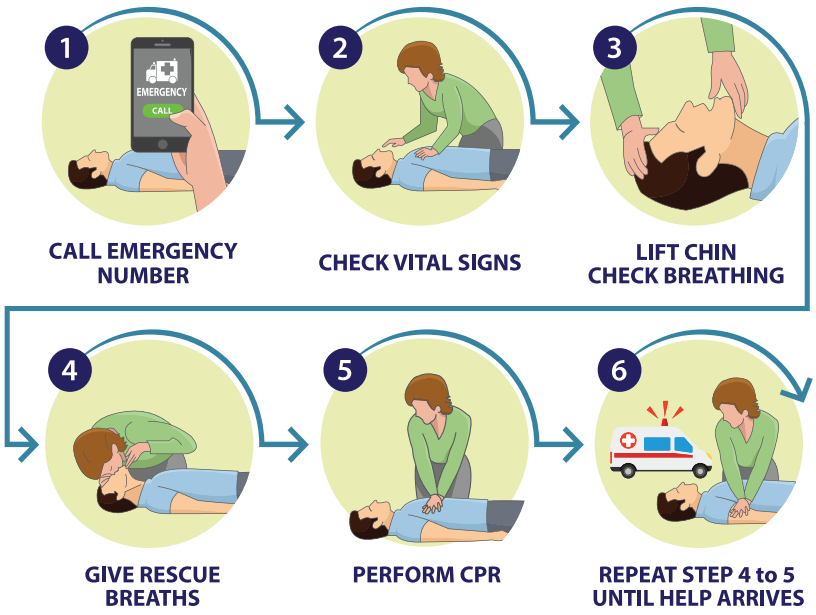
Practicing first-aid skills will help you feel more confident if you need to care for injured or sick family members, friends or neighbors. Practicing your skills is also the best way to keep your knowledge current and help you feel comfortable when you need to render aid. Continue to find new ways to practice as you enhance your skills!

T-shirt sling: If you, a family member or a neighbor hurt your collarbone, shoulder, or arm and don't have access to emergency services, you can use a t-shirt as a sling. To practice this technique, put your head through the main hole of the t-shirt as if you were going to put it on. Then, carefully slide the injured arm through the nearest sleeve and let the elasticity of the shirt brace the arm until you can access emergency services.

Splint a finger: When a finger gets jammed or fractured, there are makeshift ways to brace it until you can get help. Practice by finding a popsicle stick (or a twig or piece of metal) and some tape. Hold the popsicle stick against the finger to keep it from bending and wrap a piece of tape around the top and bottom of the finger to hold the popsicle stick in place. If you don't have a popsicle stick to brace a finger, you can "buddy tape" it to the finger next to it. Wrap a piece of tape around the injured finger and its neighbor, both at the top and bottom of the fingers.



Wrapping an ankle: Sprained ankles are common injuries. To wrap an ankle with an elastic bandage, position the injured foot at a 90-degree angle from the rest of the leg (flex the foot), begin to wrap the bandage near the bottom of the calf, and make figure eights around the ankle for extra support.



Emergency medical professionals recommend being comfortable with the following first-aid skills:

Cardio-Pulmonary Resuscitation (CPR). CPR involves chest compressions and rescue breathing for someone whose heart has stopped pumping blood. The American Red Cross offers regular CPR training classes and provides a helpful step-by-step guide on how to perform CPR.

Conscious choking. There's a simple technique you can use to help force a trapped object from a conscious person's airway when they are choking: 1. Give 5 back blows; 2. Give 5 abdominal thrusts; and 3. Repeat until the object is out. This should only be applied when the person is not coughing, unable to speak or breathe, and signaling for help (usually by holding their hands around their throat). You can even use a version of this technique on yourself.



Severe bleeding. Severe bleeding can lead to death in as little as five minutes, so it's important to know how to stem blood loss. The Stop the Bleed program, which can be found at www.stopthebleed.org, offers bleeding control training and teaches people three quick actions to control serious bleeding:

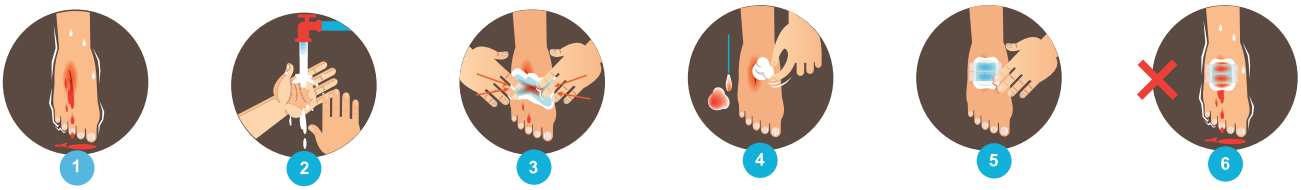


1. Apply pressure with hands.
2. Pack the wound and press.
3. Apply a tourniquet.

Shock. Shock is a life-threatening condition that occurs when vital organs aren't getting enough oxygen. Treating shock involves keeping a person warm and comfortable until help arrives by:

- Loosening restrictive clothing.
- Covering them with a coat or blanket.
- Keeping the person still and on their back.
- Reassuring the person.
- Not giving the person anything to eat or drink.

Wounds. Keeping wounds clean, even small ones, will help prevent infection. With clean hands, apply gentle pressure to a wound until it stops bleeding, rinse the wound with clean water, and apply an antibiotic cream or ointment. Minor scrapes or cuts may not require a bandage; for other wounds, you may need to apply a clean, sterile, non-stick bandage on the wound after cleaning it. Change the bandage at least once a day or when it's wet or dirty.



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8 EMERGENCY MANAGEMENT

ACTIVITY 28: MEET YOUR LOCAL EMERGENCY MANAGER

Goal: Understand what your local emergency management office does and what resources it has available to help you Be 2 Weeks Ready.

Local emergency management services are essential to a strong community. Encourage your household to connect with your local emergency management office to learn more about area hazards and how you can prepare. This can include visiting your local and state emergency management websites.

Follow your city and county's emergency management office on social media. Consider posting a question, or tag them on your *Be 2 Weeks Ready* journey. Ask your local emergency management agency about local resources for more information or volunteer opportunities.

The goal here is to be "in the know" and prepared for what might happen in the place you call home.

ACTIVITY 29: SIGN UP OR UPDATE YOUR CONTACT INFORMATION FOR EMERGENCY ALERTS

Goal: Make sure officials can reach you by opting-in to your local emergency alerting systems.

Signing up for your community's emergency alert system – or updating your information if you've signed up but moved or otherwise changed your information – is key to finding out what to do if something happens where you live. If officials can't reach you, they can't notify you of danger or provide information to help you stay safe. Visit www.oralert.gov to find out how to register for alerts where you live. You can also visit your local emergency management agency's website or give them a call.



Think about other locations where you'd like to receive important notifications from officials. This could include work, school or a relative's home. Many of these systems allow you to register multiple addresses and phone numbers.

ACTIVITY 30: HELP YOUR COMMUNITY PREPARE

Goal: Get involved in your community so you can help emergency management officials prepare your neighbors and respond to emergencies.

The best first step to help your community prepare is to contact your local emergency management team and ask how to become involved. Share that you and your neighbors are working together in the *Be 2 Weeks Ready* program and you want to learn more. Many local emergency management and fire departments have Community Emergency Response Team (CERT) training available for those who want to do more after an emergency. In some communities, these trainings are offered in multiple languages and to those with access and functional needs.



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