

Umpqua Prepared

Family Emergency Preparedness Handbook

A Douglas County Publication 2023

Why Plan for an Emergency?

Did you know Oregon is considered an all-hazard state? While Southern Oregon is a beautiful place to live, we are vulnerable to disasters. Many of these disasters have already occurred here and undoubtedly will again. During some of these events, you may be able to stay in your home, but you could be without power, water, or other services. It is important to plan for disasters at home as well as those that may occur while you are away from home.

The top hazards in the Umpqua Valley have been identified as:

- Fire.
- Earthquake.
- Hazardous Materials Spill.
- Infectious Disease.
- Heat/Winter Storm.
- Utility Failure.
- Flood.
- Tsunami.



TIP: During a large-scale event, emergency services may not be available. Be sure to have plans, skills, and supplies for all types of events.

Umpqua Valley residents are fortunate that local emergency managers have developed an effective and cooperative emergency response system. Throughout Douglas County, agencies work together to prepare for any emergency that comes our way.

While agencies may be in a state of readiness for disasters, there is no substitute for individual preparedness. Our Oregon state standard for preparedness is “2 Weeks Ready,” but Douglas County Emergency Management recommends that you plan for longer term events. You are not being asked to deal with emergencies alone, but your individual preparedness efforts will allow emergency service agencies to assist those in life-threatening situations. This preparedness guide will help you be the help until the help arrives.

Your plan will work best when everyone involved agrees to operate within its guidelines. This handbook is provided as a guide, and if followed, you will have plans, skills, and supplies to help you through any kind of disaster. Once you are prepared, it will be time to plan with your neighbors. In times of disaster, they will probably be the first ones available to come to your aid, or they may need your help. Find out before disaster strikes what skills and resources you and your neighbors have and how you can work together.

TIP: Be sure your plans, skills, and equipment are appropriate for all types of conditions:

- Can you start a fire in the rain or in freezing temperatures?
- Can you evacuate your home in total darkness?
- Review your plan every 6 months?

TIP: Your plan is only as good as your drills! Do drills often! Drills help work out issues and details that you may not otherwise consider:

- Is your child strong enough to open their window?
- Does your emergency ladder reach the ground?
- Will your pet behave differently with the heightened activity?
- Do your emergency kits fit in your vehicle with your family and pets?

You never know when an emergency will happen! Start now, start today!

Family Emergency Preparedness Handbook

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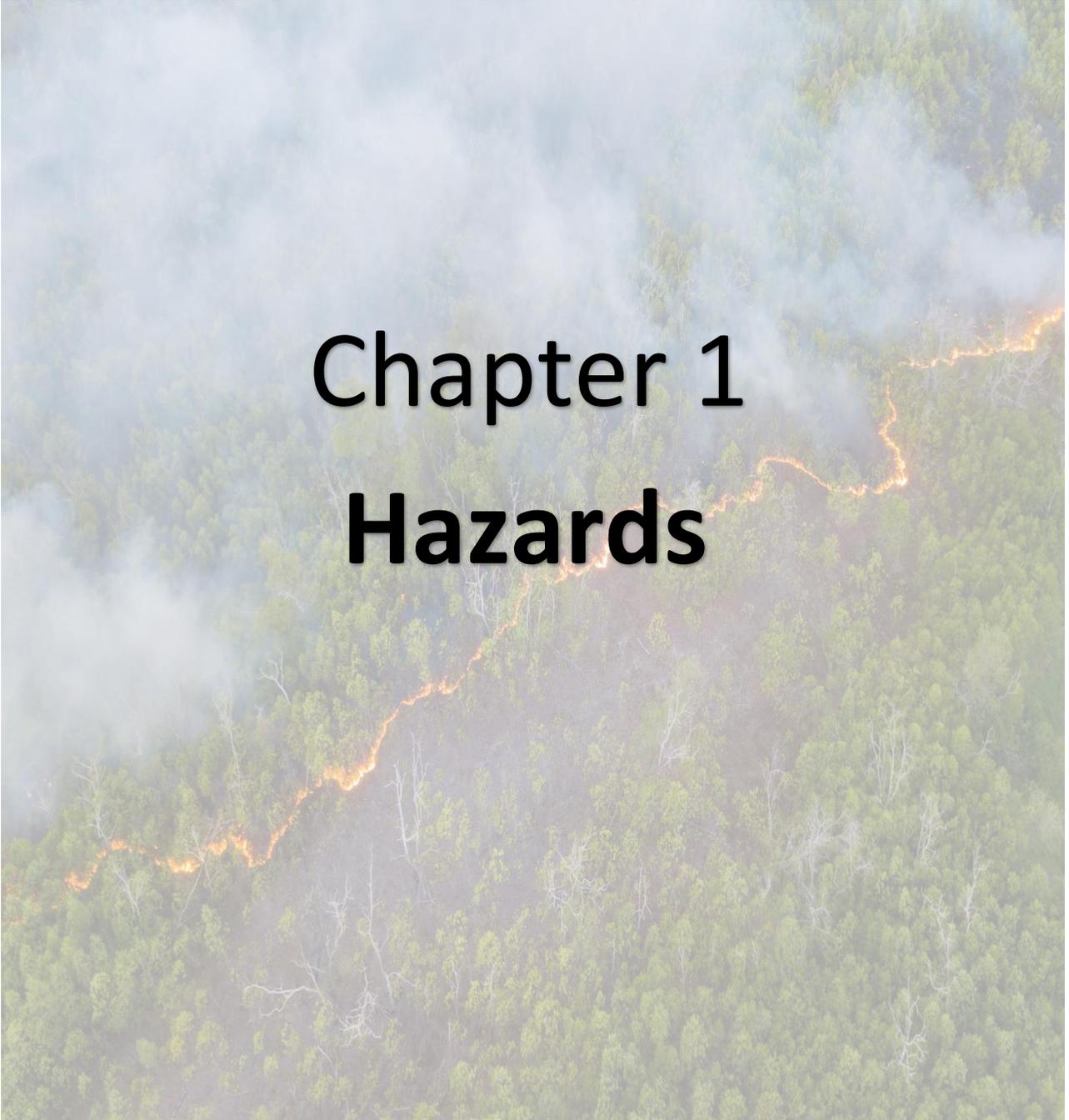
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An aerial photograph showing a large fire burning through a dense forest. The fire is a bright orange and yellow line that winds across the landscape, with thick, grey smoke billowing upwards from the burning area. The surrounding forest is mostly green, with some trees appearing charred or dead. The text "Chapter 1 Hazards" is overlaid in the center of the image.

Chapter 1 Hazards



Fire

If a fire breaks out in your home, you may have less than two minutes to escape before it is engulfed in flames. How can you be sure that you and your family will know what to do? Prepare, prevent, and practice so you are ready for a house fire.

TIP: Prepare, Prevent, and Practice!

Working Smoke Detectors

- Test your smoke detectors **monthly** by pressing the test button and listening for the alarm.
- Change the detector batteries on the first day of spring and the first day of fall, unless using 10-year sealed batteries.
- Smoke detectors should be placed in every bedroom and outside every sleeping area. There should be smoke detectors on every level of the home, including the basement.
- **Never** disable a smoke detector; only **working** smoke detectors save lives.

A Home Escape Plan

- Draw a diagram of your house showing doors and windows (see sample escape plan below).
- Determine two escape routes out of every room. Contact your local fire department for help planning for the safe escape of those with disabilities.
- Identify an outdoor meeting place a safe distance from your home. Make sure everyone knows where it is.
- Teach everyone to get out and stay out; leave the house and never re-enter for any reason.
- Make sure windows are not nailed or painted shut.
- If you have pets, determine who is responsible for bringing every pet to safety.
- Call 911 from a neighbor's property or other safe place. Use their phone if you do not have a cell phone.
- Teach children to keep shoes and a flashlight under the bed. Have them practice putting on their shoes and using their flashlight to get out of the house safely.

A Visible Address

- Be sure your address is clearly visible from the street so emergency crews can find your house quickly.
- If you have a gate code, call your non-emergency police number to file your gate code so emergency personnel can get in.

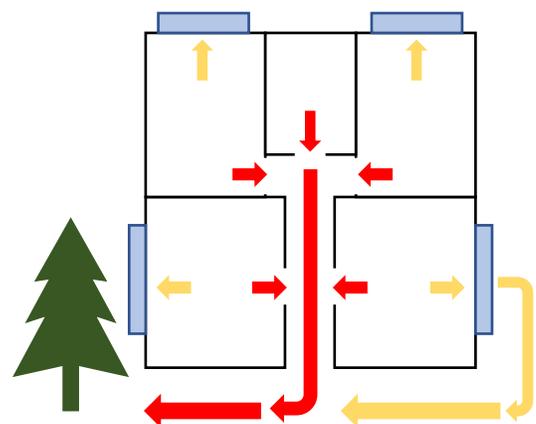
Heating Equipment

- Never use charcoal or unvented appliances in your home.
- Clean/service your chimney and heating system annually.
- Keep combustibles at least 18 inches away from baseboards and portable heaters.

Smoking and Ash

- Never smoke in bed!
- Extinguish smoking materials in sturdy, non-tip ashtrays. Do not throw them into a trash can, shrubbery, or bark dust.
- Dispose of hot ashes or briquettes into a metal bucket until completely cooled.

TIP: Doorknobs can burn you if the fire is outside the door. Touch doorknobs with caution. Teach children how to test for heat.



Sample Escape Plan



Fire

Matches and Lighters

- Keep matches and lighters out of the reach of children!
- Teach children to tell an adult when they find matches or lighters and that those items are not toys.
- Do not allow children to use matches or lighters to light candles, especially in bedrooms.
- Consider using only lighters with child-resistant features.

Cooking

- Never leave the room when using burners, especially when warming food. Fats and grease are highly flammable. In the case of a grease fire, smother the fire with the lid of the pan or use an extinguisher.
- Keep combustibles away from cooking surfaces, even if the heating elements are not in use. Do not store extra pans or combustibles in the oven.

TIP: NEVER throw water on a grease fire!

Electrical

- Extension cords should not be used in place of permanent wiring.
- Do not overload plugs or extension cords! If you cannot avoid using several power cords, such as for Christmas lights, be sure to use power strips with surge protectors.
- Unplug small appliances, like toasters and curling irons, when they are not in use.
- Do not overlook tripped circuit breakers, as they may be an indication of a dangerous situation.
- Do not use circuit breakers as switches. They wear the breakers out, which can cause arcing over time.

Flammable Liquid

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

TIP: Panic can slow you down – know what to do and how to do it to help prevent panicking.

Practice!

- When you test your smoke detectors, discuss what the alarm means with young children.
- Sleep with your door closed; this can give you extra time and protection from smoke while the smoke alarm alerts you to the fire.
- Teach family members to feel whether doors are hot before they open them; there could be fire on the other side.
- If you have a multi-story home and plan to use an escape ladder, make sure everyone has practiced using it. Climbing down a ladder in the dark can be scary!

Hold Regular Fire Drills to Practice Your Plan

- Practice during the day and night so your family is used to getting out of the house under different conditions.
- Be sure to include meeting at the designated spot or practicing going to the neighbor's house as if you were going to use their phone to call 911.
- Keep track of how long it takes everyone to get out. Try to be as fast as possible while being safe. Give yourself a two-minute time limit and train until you can get out within that time frame.
- Remember to include all your emergency kits in your drills to make them as realistic as possible!



Fire

More than one-third of fire deaths occur in homes without smoke detectors. Hundreds of people die each year in homes with smoke detectors that do not work. It is important that you not only have smoke detectors but also that you check and maintain them regularly.



TIP: Smoke detectors should be mounted high on the wall or ceiling, while carbon monoxide detectors should be placed 5 feet off the floor near each sleeping area and on each level of the home.

Types of Smoke Detectors

Battery Powered

Some battery powered smoke detectors operate on alkaline batteries. These batteries should be checked monthly and replaced twice a year. A good time to do this is on the first day of spring and the first day of fall.

Hard-Wired with Battery Backup

These are hard-wired models that have battery backup, so the detector will still function in case of power failure. If you have this type, the battery should be changed twice a year unless it uses a 10-year sealed battery.

Hard-Wired without Battery Backup

This type of smoke detector operates on household electrical current. As long as you have electricity, it will function; if your house loses power, it will no longer function. If you have this type, you should also install battery-operated models for backup.

Hearing Impaired

There are smoke detectors available that are designed for the hearing impaired. These smoke detectors have strobe lights that, when activated, emit an extremely bright white light or a bed shaker that can awaken most people from their sleep.

Make Placement a Priority

At a **minimum**, there should be smoke detectors in the hallways and corridors between the sleeping areas and the rest of the house and/or a smoke detector in the center of the ceiling directly above each stairway.

Additional measures include installing smoke detectors on a wall or the ceiling in each sleeping room.

Because smoke rises, smoke detectors should be mounted high on the wall or ceiling. A ceiling-mounted unit should be placed as close to the center of the room as possible, or a minimum of 12 inches from the wall. Avoid installing detectors near air supply duct outlets, windows or between bedrooms and the furnace's cold air return. For a wall-mounted unit, the top of the detector should be 6-12 inches from the ceiling.

Smoke detectors collect dust like everything else in a house. To ensure your smoke detector is clean, follow the manufacturer's recommendations for cleaning or use a vacuum cleaner to remove dust and cobwebs.

TIP: It is recommended that smoke detectors be replaced every 10 years. After 15 years, there is a 50% chance that your detector will fail. There is a 100% chance of failure after 30 years.



Fire

A fire extinguisher is a storage container for a fire-extinguishing agent such as water or chemicals. Fire extinguishers are labeled according to the type of fire they are intended for. Using the wrong type of extinguisher on a fire can make the situation worse.

Traditionally, fire extinguishers have only been labeled A, B, C, D to indicate the type of fire they are to be used on. Recently, pictograms or pictures have come into use. A blue pictogram or picture on the extinguisher indicates the type of fire it should be used on, and a black picture with a slash through it indicates the type of fire it should not be used on. Fire extinguishers may have letter indicators, pictograms, or both.

Types of Fire Extinguishers

Class A: Ordinary Combustibles

Used on fires in paper, cloth, wood, rubber, and many plastics. Water type extinguisher.

Class B: Flammable Liquids

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

Class C: Electrical Equipment

Used on fires in wiring, fuse boxes, and other energized electrified equipment.

Class D: Metals

Used on combustible metals like magnesium and/or sodium.

TIP: If there is a fire in your home, get everyone outside. DIAL 911! Only fight a small fire. If the fire gets big, get out! Close doors to slow the fire's spread, and make sure you stay between the fire and an exit.

TIP: Using the wrong type of fire extinguisher can make the fire worse!



Buying and Maintaining a Fire Extinguisher

1. If you plan to buy only one type of extinguisher, a multi-purpose dry chemical extinguisher labeled ABC puts out most types of fires.
2. The larger the extinguisher, the more fire it puts out. Make sure you can hold and operate the one you purchased.
3. Ask your dealer or contact your fire department to determine how to have your extinguisher serviced and inspected. **Recharge or replace the extinguisher after any use.**

Learn How to PASS

- Pull Pull the pin. Some extinguishers require the release of a lock latch, pressing a puncture lever, or other similar motions.
- Aim Aim the extinguisher nozzle (horn or hose) at the **base of the fire**.
- Squeeze Squeeze or press the handle.
- Sweep Sweep from side to side at the base of the fire until it goes out. Shut off the extinguisher. Watch for a reflash and reactivate the extinguisher if necessary. Foam and water extinguishers require a slightly different action. **Read the instructions ahead of time and know how to use your extinguisher.**

***For more information, contact your local fire department.**



Fire

Fire is a natural element in forest ecosystems. Today, more people are taking up residence in the forests and rangelands, thus becoming part of the wildland/urban interface, where the urban environment meets the wild. Residents living in wildland/urban interface areas should be aware of the danger of wildfire and prepare accordingly.

There are 3 ways that structures ignite from forest fires:

1. When fire reaches such intense radiant heat that a nearby combustible starts burning.
2. When the fire burns right to an object or right to the structure, causing the flames to directly touch and ignite.
3. When fiery embers, also known as firebrands, fly through the air and land on a structure or combustible, they start a fire.

The Home Ignition Zone (HIZ)

The HIZ includes your home and the immediate area surrounding your home, up to 200 feet depending on terrain and vegetation. Keeping your HIZ as fire safe as possible will reduce the chance that your home will ignite during a wildfire.

Your Home

- Replace wood shake roofs with non-flammable roofing material.
- Remove leaves and needles from the gutters, roof, and deck.
- Remove tree limbs that hang over the roof.
- Keep the deck free of flammable lawn furniture, door mats, etc.
- Screen vents and areas under the deck with one-eighth inch metal mesh to keep embers from getting into your house.
- Store firewood in a safe location – at least 30 feet away from your home and deck.

Within 30 Feet of Your Home

- Maintain 30 feet around your home – lean, green, and clean. Remove dead vegetation and keep dry grass trimmed to 4 inches tall.
- Plants directly near the home should be carefully chosen. Ideally, they should be of a fire-resistant nature, well-maintained, well-watered, and free of dead materials that could ignite during a wildfire.
- Flammable brush, like Juniper, should be removed.

Within 100 Feet of Your Home

- Remove dead plants and brush.
- Remove low branches from trees and shrubs.
- Mow grass to 6 inches.
- Tree crowns should be spaced 10-15 feet apart to avoid dangerous crown fires.
- Driveways leading to the home should also be clear of heavy vegetation on either side and be wide enough to accommodate fire suppression vehicles and personnel (generally 12 feet wide and 14 feet high).



TIP: Learn more about keeping your home safe from wildfires at www.firewise.org.



Earthquake



Drop!

Drop to the ground (before the earthquake drops you).

Cover!

Take **cover** under a sturdy desk, table, or other furniture that is not likely to tip over. If that is not possible, seek **cover** against an interior wall and protect your head with your arms. Avoid dangerous spots near windows, hanging objects, mirrors, and tall furniture.

Hold On!

If you take cover under a sturdy piece of furniture, **hold on** to it and be prepared to move with it. **Hold** the position until the ground stops shaking, and it is safe to move.

But What if I Am...

- In bed – If you are in bed, stay there. Hold on and protect your head with a pillow.
- In a multi-story building – “Drop, cover, and hold on!” Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate. Avoid stairs until the shaking has stopped.
- Outside – Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards.
- Driving – Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs, and other hazards. Stay inside the vehicle until the shaking is over. If power lines fall on your vehicle, stay inside until a trained person removes them. **Do not open your door or put your feet on the ground.**
- In a theater or stadium – Stay at your seat. Duck down and protect your head and neck with your arms. If you cannot duck under the seat, at least put your head and upper body under the seat. Do not try to leave until the shaking stops. Exit cautiously, watching for falling debris or anything that could fall during an aftershock. Stay calm and encourage others to do the same.
- In the mountains – Avoid unstable slopes or cliffs. Landslides are a common hazard during an earthquake. Watch for falling rocks and debris.

MYTH: The “Triangle of Life” is the best way to protect yourself inside a building. FALSE! The best survival method inside a building is to “**drop, cover, and hold on!**” The Triangle of Life method directs you to get next to a large object, which can expose you to lacerations and crushing injuries from falling objects and debris. Find out more at www.shakeout.org.



Earthquake

Get Prepared

- Securely fasten your water heater and gas appliances.
- Repair defective electrical wiring, leaky gas lines, and inflexible utility connections.
- Place large, heavy objects on lower shelves. Fasten shelves to walls. Brace tall and top-heavy objects.
- Store bottles, glass, dishes, and other breakables on lower shelves or in cabinets that can be fastened shut. Consider using earthquake putty.
- Make sure the house is firmly anchored to its foundation.
- Anchor overhead lighting fixtures.
- Know how to shut off all utilities.
- Locate safe spots in each room.
- Identify danger zones in each room.

TIP: Whether you are in your home, office, school, or any other type of building, identify the safe spots and danger zones so you can protect yourself during an earthquake and its aftershocks.

When the Shaking Stops

- Check for injuries to yourself and those around you.
- Keep flashlights in several easily accessible locations to use if the electricity goes out.
- Keep sturdy shoes under your bed, and protective eyewear, a face covering, leather gloves, and a flashlight in your nightstand for easy access should a quake occur at night. Put on your protective gear before assessing the damage.
- If you smell gas or hear a hissing sound, open a window, and leave the building. Shut off the main gas valve outside. Keep the necessary shut-off tool nearby. If you turn off the gas for any reason, service should be restored by a professional.
- If there is electrical damage, loose wiring, arcing, sparking, or smoke, switch off the power at the main control panel.
- If water pipes are damaged, shut off the water supply at the main valve.
- Check your home for obvious structural damage, including the chimney.
- Clean up bleach, gasoline, and other flammable liquids.
- Visually inspect utility lines and appliances for damage.
- Do not flush toilets until you know that sewage lines are intact.
- Open cabinets cautiously. Beware of objects that may have shifted.
- Use your phone only to report emergency conditions or for emergency assistance.
- Text rather than call. A text will often go through when a call will not (only send emergency texts).
- If possible, listen to news reports for the latest emergency information.
- Stay off the streets unless travel is essential for your safety.
- Stay away from damaged areas unless the authorities have been specifically requested your assistance.
- Do not use candles, matches, camp stoves, generators, barbecues, or open flames because of the possibility of a gas leak after each aftershock, even if there was no initial damage.



TIP: After an earthquake, be prepared for aftershocks and plan where you will take cover when they occur. Aftershocks can occur over a period of weeks, months, or years.



Hazardous Materials

What Is a Hazardous Material?

By law, a hazardous material is “any product that corrodes other materials, explodes or is easily ignited, reacts strongly with water, is unstable when exposed to heat or shock, or is otherwise toxic to humans, animals, or the environment.” Hazardous materials can include explosives, flammable gases and liquids, poisons and poisonous gases, corrosives and caustics, nonflammable gases, oxidizers, water-reactive materials, and radioactive materials.

What Are Common Hazardous Materials?



Cleaning Products

- Bleach (liquid, powdered cleanser, etc.) – Reactive and can form toxic vapors when mixed with other cleaners, especially ammonia or any acid, including vinegar. Irritant to eyes and mucous membranes; a corrosive.
- Ammonia (liquid, glass cleaner, etc.) – Reacts with acids (such as vinegar) to form a flammable vapor. Skin, eyes, nose, and throat irritant; a corrosive.
- Oven cleaner – Skin irritant, inhalation hazard, caustic substance.
- Laundry detergent – Harmful if swallowed. Mild to severe irritant to skin and eyes.
- Aerosols – Container may explode if heated. Contents may be highly flammable or contain irritants, corrosives, toxins, or poisons.

Beauty Aids

- Hair spray (pump or aerosol) – Most contain alcohol, which is flammable. Aerosol types have inherent propellant flammability.
- Nail polish and remover – Flammable.
- Perfume/cologne – Flammable.

Garage or Garden Shed Products

- Paints, varnish, paint thinner – Flammable.
- Gasoline – Flammable and irritant.
- Diesel – Combustible and suspected carcinogen.
- Pesticides/herbicides – Poison.
- Lighter fluid – Flammable.
- Fertilizer – Poison, caustic, oxidizer. Explosive with hydrocarbons (i.e. diesel).

TIP: For more information on hazardous household products and effective alternatives, call your local fire department. Always call before disposing of possible hazardous materials. Please remember to dispose of hazardous materials properly.

Other Materials

- Propane tanks – Flammable gas. Exposure to heat may cause venting or vapor ignition.
- Oily rags – Spontaneously combust when stored in anything other than airtight containers.

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



Hazardous Materials

Am I in Danger in My Community?

A variety of hazardous materials are transported through, stored, or used in our modern communities every day. Common hazardous material sites include high-tech facilities, commercial gas stations, propane distributors, fertilizer plants, feed and garden stores, and public swimming pools. Once hazardous materials are on site at storage and manufacturing facilities, strict fire and building codes mandate redundant safety systems to reduce the impact of human error or mechanical failures.

What Can I Do to Decrease My Risk of Exposure?

Prevention of accidents, rather than predicting accidents, is central to avoiding potential damage, loss, or contamination from hazardous materials. For example, areas located near highways, railways, manufacturing, storage, or disposal facilities are likely to be at higher risk for accidents, and extra precautions should be taken whenever possible. Producers of hazardous materials are required to describe the hazards on the product label. Read the labels carefully and follow directions completely when purchasing, using, or storing these products. Whenever possible, store substances in their original containers. Bulk items, such as gasoline for your power equipment, should only be stored in approved containers.

Around the House, Remember the Acronym L I E S:

- | | |
|-------------------------|--|
| <u>L</u>imit | Limit amounts of hazardous materials stored to the minimum. |
| <u>I</u>solate | Store hazardous materials in a separate area or secured bins. |
| <u>E</u>liminate | Properly get rid of materials as soon as they expire. |
| <u>S</u>eparate | Do not put potential reactants together (i.e. oxidizers and flammables). |

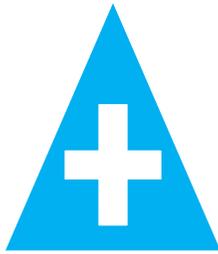


During a hazardous materials incident, emergency personnel will tell you what to do. They may have you shelter-in-place or evacuate you to a safe area until the spill is cleaned up. If you witness a hazardous materials transportation accident, spill, or leakage, first distance yourself to minimize the risk of contamination. Stay far uphill, upwind, or upstream. **CALL 911**. Your local fire department will isolate the area, investigate the situation, and may call in hazardous materials responders if needed.

How Will I Know What to Do?

In the event of a hazardous materials release in your community:

- Tune in to your local radio or TV stations for further information. Local TV stations will cover most large events.
- If you are in the affected area, follow all instructions from public officials.
- If alone in an incident or possibly in danger, call 911.



Health Hazards

As you are preparing for hazards like wildfires and floods, it is important to also prepare for health emergencies. Health emergencies can vary in size from an outbreak of food poisoning at a community event to a pandemic illness.

Sometimes health emergencies can be scary; you cannot see, touch, or smell diseases the same way that you can smell the smoke of a wildfire or see the flood waters rising. Although thinking about these things can be upsetting, it is important to learn how to keep yourself and your family as safe as possible.

What Are Federal, State, Local, and Tribal Health Doing to Prepare?

The U.S. Department of Health Services, the Centers for Disease Control, Tribal Public Health entities, the Oregon Health Authority, and the Douglas Public Health Network have developed many emergency plans to respond to health emergencies. Public health departments are actively working with healthcare facilities, businesses, faith-based organizations, and other community groups to help them prepare.

What Can You Do to Prepare?

Start by staying healthy! It sounds simple, like something your grandmother used to tell you, but staying healthy can increase your chances of success in any disaster.

- Get your yearly flu shot.
- Make sure children are current on immunizations.
- Cook foods to the proper temperature and store them in a safe manner.
- Maintain a healthy diet.
- Get plenty of rest.
- Limit consumption of alcohol and tobacco.
- Dress appropriately for the weather.
- Wear sunscreen.
- Follow health advisories from public health officials.
- Exercise regularly.



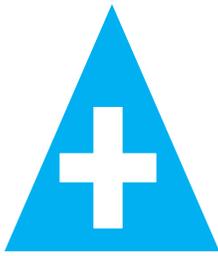
Community Mitigation

If a lot of people are sick, public health officials may implement something called *Community Mitigation Strategies*. Community Mitigation Strategies are ways that members of the community can work together to limit the spread of disease until a vaccine or a cure is available.

This can be done in several ways:

- Closing schools, daycares, and after-school programs.
- Canceling public gatherings.
- Asking businesses to have workers work from home (telecommuting).
- Asking businesses to modify their leave policies.

In addition, public health officials may ask that people follow isolation and quarantine guidelines. In order for Community Mitigation Strategies to work, community members must follow the instructions from public health officials. Although some of these measures can disrupt our daily lives, it is important to follow guidelines for everyone's safety!



Health Hazards

Stay Home When You Are Sick!

With many illnesses, you are more contagious when you first become sick. Staying home limits the spread of germs to other people and can help you recover faster.

Cover Your Cough!

Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve or elbow, not your hands. Put your used tissues in a waste basket. After coughing or sneezing, wash your hands with warm, soapy water for at least 20 seconds (the time it takes to sing *Happy Birthday* twice) or clean your hands with an alcohol-based sanitizer.

During a Health Emergency

- Stay informed about the status of the illness (TV, radio, newspapers, internet).
- Learn what you can do to protect yourself.
- Follow instructions from public health officials.

Public Health Terminology

Isolation

When a person who is sick is asked to stay home for a specific period of time. This helps to ensure that the person does not infect others with the disease.

Quarantine

When people who may have been exposed to a disease are asked to stay home for a specified period of time. In some cases, a person can spread an illness before they even know they are sick.

TIP: Consider creating your own stockpile of the medications, vitamins, and other health care supplies you would need to have on hand if help was not available for an extended period of time.



TIP: Learn more about preparing for health emergencies at the following websites:
www.cdc.gov www.oregon.gov/oha www.who.int www.douglaspublichealthnetwork.org



Heat

In Southern Oregon, summer temperatures can hover in the 90s for weeks at a time. It is not unusual to have numerous days where the temperature reaches over 100 degrees! Whenever possible, avoid prolonged exposure to the heat.

Heat kills by taxing the human body beyond its capabilities. Under normal conditions, the body produces perspiration that evaporates and cools. In extreme heat or high humidity, evaporation is slowed, and the body has to work harder to cool itself. In a normal year, an average of 600 Americans die from extreme heat. Young children, the elderly, and those who are sick, or overweight are more likely to become victims.

Extreme Heat Terms

Heat Wave

Prolonged period of excessive heat, often combined with excessive humidity.

Heat Index

A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Heat Cramps

Muscular pains and spasms due to dehydration and the loss of nutrients from sweating. Although heat cramps are the least severe, they are often the first sign that the body is having trouble with the heat.

Heat Exhaustion

Typically occurs when people exercise heavily or work in a hot, humid place where the body's fluids are lost through heavy sweating. Blood flow to the skin increases, causing a decrease in blood flow to vital organs. This results in a mild form of shock. If not treated, the victim's condition will worsen. Their body temperature will keep rising, and the victim may suffer heat stroke.

Heat Stroke

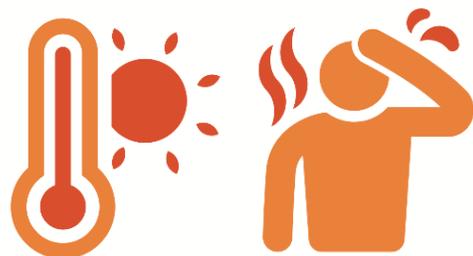
A life-threatening condition. The victim's temperature control system, which produces sweat to cool the body, stops working. The body's temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Sun Stroke

Another term for heat stroke.

During a Heat Emergency

- Stay indoors as much as possible and limit sun exposure.
- If air conditioning is not available, stay on the lowest floor of your home and out of the sun.
- Consider spending the warmest part of the day in public buildings with air conditioning such as libraries, schools, movie theaters, shopping malls, and other community facilities.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Limit intake of alcoholic beverages – alcohol is a diuretic and causes your body to remove fluids and quickly dehydrate.
- Dress in loose-fitting, lightweight clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Never leave children or pets alone in closed vehicles.
- Make sure pets have plenty of water and shelter from the sun.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat and take frequent breaks.





Winter Storm

Winter can bring weather such as snow, ice, freezing temperatures, and windstorms. Being prepared for these types of winter weather emergencies can save lives!

Weather Terminology

Winter Storm Watch

TIP: Always tell someone where you are going, when you are leaving, your expected arrival time, and route you are taking when traveling.

A watch is used when forecasters believe it is likely that hazardous weather will occur but are still unsure about its location and/or timing. A watch is issued to give people time to prepare for the event.

Winter Storm Warning

A warning is used when forecasters believe that hazardous weather is imminent or very likely to occur. A warning is used for conditions that could threaten lives or property.

During a Storm

- Eat regularly and drink ample fluids. Avoid caffeine and alcohol. Dehydration can happen easily in freezing temperatures.
- Listen to your NOAA weather radio or your local radio station for weather reports and emergency information.

If You Go Outside

- Wear several layers of loose, lightweight, warm clothing. Make sure the outer layer is water and wind resistant.
- Wear mittens or gloves.
- Wear a hat.
- Cover your mouth with a scarf to protect your lungs from extremely cold air.
- Avoid overexertion if possible. Overexertion can bring on a heart attack – a major cause of winter deaths. Stretch before any strenuous activity and take plenty of breaks.

After a Storm

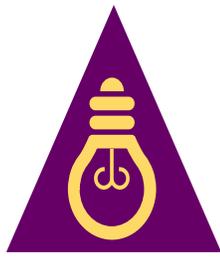
- Check your home for any structural damage and damage to utilities. If in doubt, ask a building inspector or call your utility company.
- Replenish any emergency items used.

Winter Preparedness Tips:

- Keep rock salt on hand to melt ice from your home's walkways.
- Ensure that outside pets have adequate shelter from the elements. Check their water bowls often and keep them from freezing.
- Make sure you have sufficient heating fuel or an alternate heat source in case the power goes out. Do not use portable gas heaters or charcoal grills for heating in closed areas.
- Insulate your pipes to keep them from freezing.
- Winterize your home by insulating walls and the attic, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.
- Have your vehicle winterized and use traction tires or carry tire chains. Do not let your gas tank fall below half full.
- Carry a Car Kit with emergency equipment for your vehicle.
- Carry a Go Kit with emergency equipment for you and your passenger.
- If the temperature is below freezing, turn on an inside faucet for a steady drip to prevent pipes from freezing.
- Check battery powered items in your emergency kits and make sure you have plenty of spare batteries.

TIP: When packing clothing, include layers rather than one warm, heavy coat.

Polypropylene, wool, silk, or other non-cotton fabrics are preferable; cotton retains moisture and loses insulating qualities when wet.



Utility Failure

Before the Power Goes Out

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

When the Power Goes Out

- Check your fuse or breaker box for blown fuses or tripped circuits. If they are OK, see if your neighbors have power.
- Call your utility company to report the outage. You may be asked for information or hear a recorded message that the outage in your area has already been reported.
- Turn off all electrical equipment (water heater, furnace, heaters, stove, TV, etc.) to prevent overloading the system when the power comes back on.
- Turn on a porch light and one light inside your home so you and the utility crew will know when power has been restored.
- Listen to the radio for updates on a battery powered radio.

TIP: Each person in the household should have their own flashlight, backup batteries, and bulbs stored near the flashlight. You can also purchase flashlights that wind up or shake rather than using batteries. Candles can be dangerous and a fire hazard.

Household Tips:

- Your freezer may help keep food frozen during a power outage. Keep the door closed and cover it with blankets to help insulate it. When the power is restored, check the food and throw out anything that has spoiled.
- Automatic garage doors and gates will not open if the power goes out. Check to see if you have a manual override and learn how to use it.
- Never cook inside using charcoal or camping stoves; they can produce deadly carbon monoxide gas. Cook outside in a sheltered area.
- Never connect a home generator to a wall outlet. If used improperly, it can ruin your electrical system, start a fire, and back feed the system. Choose important appliances to plug into a generator and run them as needed.

TIP: If you see sparks or broken/frayed wires or if you smell hot insulation, SHUT OFF YOUR ELECTRICITY AT THE BREAKER BOX IMMEDIATELY.



**TIP: Learn more about electrical safety from your local provider: www.pacificpower.net
www.dec.coop www.clpud.org www.cityofdrain.org/finance/page/utilities**



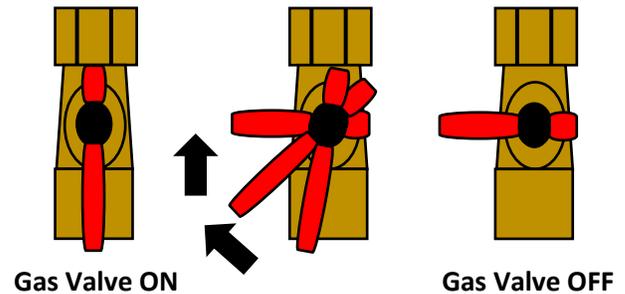
Utility Failure

Natural Gas

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

To Turn Gas Off:

1. Locate the shut-off valve.
2. Use a crescent wrench and turn the rectangular knob one-quarter clockwise to the horizontal position.
3. Call your gas company from somewhere other than your home.
4. If you turn off the gas for any reason, service should only be **restored by a professional**.



If You Suspect a Gas Leak

If you smell natural gas, get everyone away from the house immediately! **Do not use your telephone inside!** This includes cell phones, all types of portable communications and electronic devices that have a battery. These can spark and create a source of ignition! Do not use matches, lighter, or open-flame appliances and do not operate electrical switches.

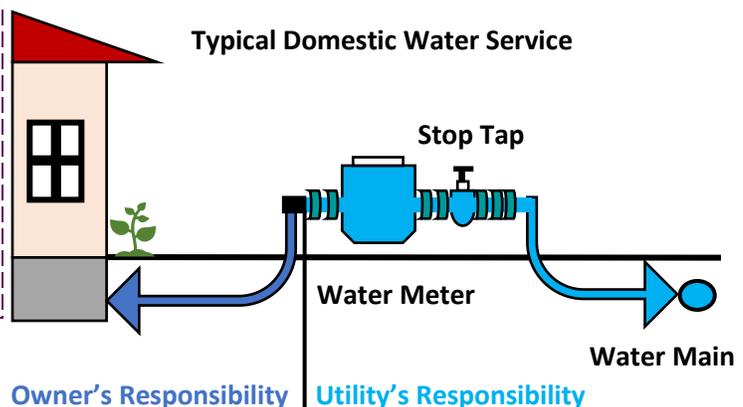
Water Main Tip:

An earthquake, winter storm, and freezing weather can not only disrupt power, but also rupture water pipes, causing flooding if not turned off quickly. Find the location of your home's water shut-off valve:

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

TIP: If you do not find a hand-operated master shut-off valve, have one installed on the house side of the meter. It may come in handy!

TIP: Your sewer system could also be damaged in a disaster such as an earthquake, landside, or flood. Make sure the system is functioning as designed before using it. This may prevent contamination of your home and drinking water supply.





Flood

Flooding can occur near any stream, river, or other waterway. Flooding can also occur in low-lying areas if the amount of rainfall and runoff exceeds the capacity of the storm drain system or ditch.

Weather Terminology

TIP: Never walk in floodwaters. 6 inches of water can sweep you off your feet and cause most passenger vehicles to lose control or stall.

Flood Watch

A watch is used when forecasters believe it is likely that hazardous weather will occur but are still unsure about its location and/or timing. A watch is issued to give people time to prepare for the event.

Flood Warning

A warning is used when forecasters believe that hazardous weather is imminent or very likely to occur. A warning is used for conditions that could threaten lives or property.

TIP: 2 feet of water can float a car. Do not drive through floodwater!

Preparing for a Flood

- Find out if you live in a flood zone by visiting [msc.fema.gov/portal/home](https://www.msc.fema.gov/portal/home).
- Consider purchasing flood insurance for your home. Flood damage and loss are not covered under a homeowner's policy.
- If a flood were to occur, think about how you would keep water from getting into your home.
- Keep a battery-operated weather radio on hand in case the power goes out.
- Consider keeping filled sandbags on hand. Sandbags are available at farm and home improvement stores.

If Flooding Is Imminent

- Listen to the radio and/or TV or check out www.wrh.noaa.gov for watches and warnings issued by the National Weather Service.
- Move important items and papers to a safe place in your home, or seal them in reusable plastic bags to help protect them. These items/documents should be stored in your Grab-n-Go Binder or your Evac Box.
- If you plan to stay in your home, check your supply of stored water and food, as well as other items such as flashlights, batteries, and important medications. In an event like this, your "2 Weeks Ready" supplies should sustain you until the threat has passed.
- If you need to leave your home, follow your evacuation plan, and take your Grab-n-Go Binder, Evac Box, B.O.B. Kit, Go Kit, and Pet Kit, if applicable. Call 511 or visit www.tripcheck.com to verify the road conditions on your evacuation route are safe for travel.

During a Flood

- The safety of your family is the most important consideration. If you think the flood may reach your home, evacuate immediately. If time permits, turn off utilities (gas, water, and electricity) at the main switch or valve.
- Secure outdoor equipment, furniture, and other moveable objects that might be swept away.
- Do not allow children or animals to play in the floodwaters. Floodwaters are often contaminated with sewage and flood-related chemical spills.
- Listen for information from the health department about the safety of drinking water. If there is a problem with wells or public drinking water, the health department will provide instructions for boiling water before drinking it or suggest you use bottled water.
- Never go around safety barricades set up in the road! Flood waters can conceal dangerous debris and places where roadways and bridges have been washed out.



Tsunami

A tsunami is a series of ocean waves that can kill or injure people and damage buildings and infrastructure. Tsunami waves can travel very quickly and be 30-50 feet high. Our coastal communities in Douglas County are at risk for a tsunami hazard.

Oregon is at risk for two kinds of tsunami:

Local Tsunami

From a Cascadia Subduction Zone earthquake right off the coast. The earthquake is your only warning to evacuate on foot to high ground. The hazardous waves will arrive quickly, often within minutes. The risk of a tsunami is extremely high if we experience an earthquake on the Cascadia Subduction Zone.

Distant Tsunami

From somewhere else around the Pacific Ocean. You will not feel the earthquake and alerts will be issued. The waves of a distant tsunami are rarely big enough to pose a danger for those on land.

Preparing for a Tsunami

- Learn about your evacuation zones and routes. You can find maps at nvs.nanoos.org/TsunamiEvac.
- Learn the signs of a potential tsunami such as an earthquake, a loud roar from the ocean, an unusual sudden rise of water, or the sudden draining of the ocean floor.
- Map out your own evacuation routes; pick places at least 100 feet above sea level or at least two miles inland. Practice your evacuation plans; familiarity may save your life.
- Have a communications plan for your family in case you are not all in one spot when the tsunami hits.
- Sign up for emergency alerts from the county and the National Oceanic and Atmospheric Administration (NOAA).
- Consider earthquake insurance through your regular homeowner's or renter's insurance agent and flood insurance through the National Flood Insurance Program. Standard homeowner's policies do not usually cover flood or earthquake damage.
- Document your home and property with pictures before a tsunami. Keep an online folder with current photos in case you need to file a claim after a tsunami.
- Prepare a Go Kit with disaster supplies for your home, work, your pets, and your cars. Outbuildings, pastures, and corrals should be protected the same way as your home. Fence lines should enable your animals to move to higher ground.





Tsunami

Surviving a LOCAL Tsunami That Is Happening NOW

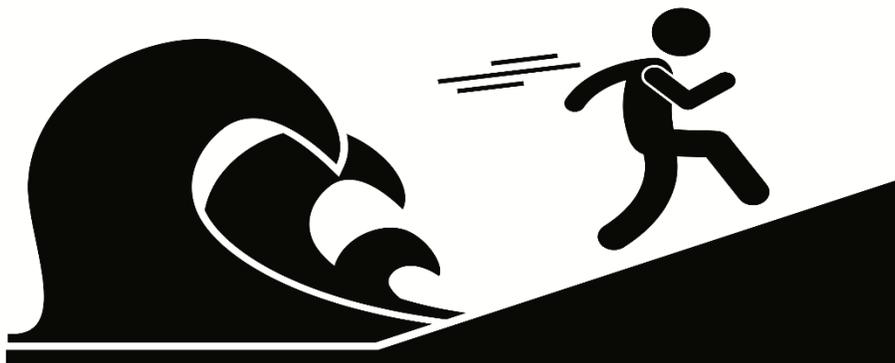
- First, protect yourself from the earthquake. **“Drop, cover, and hold on!”**
- When the shaking stops, move immediately by foot to a safe place as high and far inland as possible. Do not wait for tsunami warnings or evacuation orders. Every foot inland or upward makes a difference.
- Leave immediately if told to do so. Evacuation routes are often marked by a sign with a wave and an arrow in the direction of higher ground.
- If you are in a boat in the water, face the direction of the waves and head out to sea. Go to at least 100 fathoms. Have emergency supplies onboard in case you need to stay at sea for an extended time.

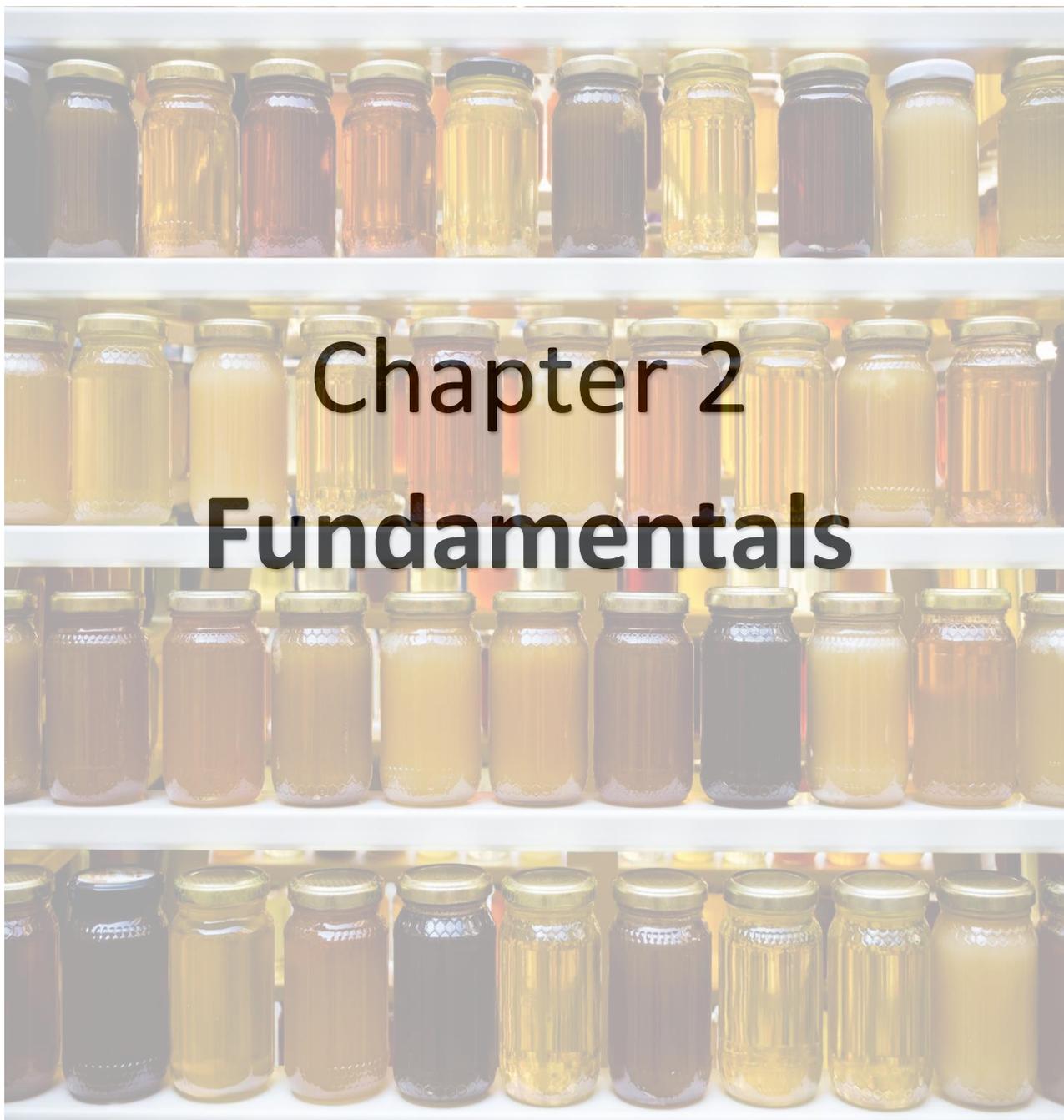
Surviving a DISTANT Tsunami That Is Coming from the Pacific Ocean

- Sign up for local emergency alerts from Douglas County Emergency Management.
- Because the tsunami will be coming from far away, you only need to stay away from beaches, harbors, and ports.
- Go to high ground and stay there until local emergency responders say it is safe.
- Do not try to get your boats off the dock unless directed to do so by the harbormaster. If you are already at sea, go to at least 30 fathoms.
- Tsunami waves can continue to arrive after any alerts are canceled. Caution is advised for at least one tidal cycle.

After a Tsunami

- Check on your neighbors.
- Listen to local alerts and authorities for information on where to avoid and where to shelter.
- Do not drink the water.
- Avoid wading in floodwater. It can have dangerous things for your health like bacteria and downed debris that you can get caught in, and it can be much deeper than it appears.
- Watch for electrocution. Underground or downed power lines can charge the water and kill you. Do not touch electrical equipment if you are standing in water or if the equipment is wet.
- Avoid damaged buildings, roads, and bridges.
- Document property damage with photos. Use your phone’s camera to take an inventory of the damage.
- Do not make unnecessary phone calls. Phone systems are often down or busy in a disaster. Make phone calls for emergencies only. Use text messages or social media to check in with family and friends.





Chapter 2

Fundamentals



Planning

Where will you and your family be when disaster strikes? What would you do if basic services like water, gas, electricity, cell phone/telephone or even emergency services were cut off for a long period of time? What would you do if there was a shortage of supplies such as food, water, or fuel? **Your emergency plan is what you will do, how you will do it, and who you will do it for/with when disaster happens.**

Whether faced with a personal or family emergency or a regional or global disaster, the effort you put into family preparedness and disaster planning will play a large role in how well you do in the event. The following information can help you prepare your family.

TIP: More than one event can occur at the same time, so plan accordingly!

Step One: Identify the Hazards

The following are hazards that may occur in our area. Visit the library, contact Douglas County Emergency Management, or review the Douglas Public Health Network website and/or www.fema.gov to learn more about each hazard.

- Fire.
- Earthquake.
- Hazardous Material Spill.
- Flood.
- Infectious Disease.
- Utility Failure.
- Extreme Heat or Winter Storm.
- Tsunami.

Considerations

- What if your family members are at work or school?
- Would you be impacted differently if the weather was very warm or very cold?
- How would you get by if utilities were interrupted?
- How would you handle damage to your home or property?
- How would you deal with a blocked driveway or road?

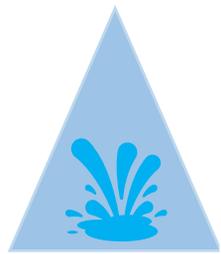
Step Two: Identify Steps You Can Take to Minimize or Prevent Impact

- Create plans for family communication, home escape, and neighborhood evacuation.
- Learn the procedures for “drop, cover, and hold on,” shelter-in-place, and water/utility shutoff.
- Obtain training in CPR, basic first aid, fire extinguisher use, and Stop the Bleed.
- Use hazard-resistant construction materials and fire-resistant plants, when possible.
- Learn non-structural earthquake hazard mitigation techniques (secure shelves, breakables, etc.).
- Acquire early warning systems (e.g. smoke and carbon monoxide detectors, Citizen Alert, NOAA weather radio, etc.).
- Consider comprehensive hazard insurance for your home/personal property (e.g. fire, flood, earthquake).
- Develop a neighborhood disaster resource inventory.
- Find out about the disaster plan at your workplace, your children’s school or childcare center, and other places your family frequents.

What Kit Are You Building?

Preparing for each hazard individually is important, but many of the skills and supplies you will need during one event are also useful during another. If you do not have a kit, Chapter 4 will guide you. You may start with the Grab-n-Go Binder and progress through to “2 Weeks Ready” or build them in the way that best suits your family. “2 Weeks Ready” is the state standard, but it is only the foundation for long-term preparedness.

- What scenario/hazard are you planning for?
- How many people are you planning for, including those who may not live with you?
- What skills, equipment, and supplies will you need? Of those, which do you already have?
- What are your plans to communicate, train, and maintain your plans?



Water

If an earthquake, flood, winter storm, or other disaster occurs in your community, you may not have access to clean water for many days, weeks, or even months. Take time now to store emergency water, filtration, and purification supplies and learn several filtration and purification methods.

WATER – AN ABSOLUTE NECESSITY

You and your family can survive for many days without food, but only a short time without water. After some emergencies, there may be significant damage to regional and local water supply systems, and even wells. Having an ample supply of clean water is a top priority in an emergency. Store a minimum of 2 weeks' worth of water for each family member and household pet. One gallon per person and pet per day is recommended for drinking, cooking, and minimal washing. Consider what you may need for dishes, laundry, and even cleaning wounds! Remember, larger animals require much more water. Write the date on the water storage containers and rotate them every 6 months if you do not plan to purify the water before use.

TIP: During an earthquake, underground pipes and storage containers, as well as the aquifer, can be damaged. Listen to your local public health authorities for guidance on using your water, as it may be contaminated.

Purification and Filtration

All sources of water, including well water, should be treated after an earthquake until the water can be tested by a local water lab. You will need to ensure that your water is safe to drink by filtering and purifying it. Please visit www.cdc.gov/healthywater or www.ready.gov/water for more information.

Water Storage

Store your water in thoroughly washed plastic, glass, fiberglass, or enamel-lined metal containers. Never use a container that previously held toxic substances. If using recycled plastic containers, soft drink bottles are best. You can also purchase food-grade plastic buckets or drums. Unless you intend to purify your water before use, rotate it every 6 months.

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

Outdoor Water Sources

If you need to seek water outside your home, there are several sources. Be sure to filter and purify the water before drinking it.

- Rainwater.
- Ponds and lakes.
- Natural springs.
- Streams and rivers.
- Clean snow.

TIP: After a flood or earthquake, have your well inspected and disinfected by a well or pump contractor.

Indoor Water Sources

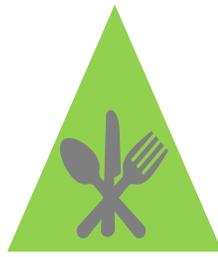
Toilet Tank

The tank (not the bowl) contains clean water. Do not use this water if you have added any chemical treatments (cleaners) to the tank.

Hot Water Heater

Be sure the electricity and gas are turned off first. Open the drain at the bottom of the tank. Start the water flowing by turning on a hot water faucet. Do not turn on the gas or electricity when the tank is empty.

***NEVER drink or cook with pool or spa water.** They may contain an algaecide that can make you sick.



Food

Our state preparedness standard is “2 Weeks Ready.” Build a 2-week supply of nonperishable foods that includes canned, dried, freeze-dried, dehydrated, and shelf-stable selections. Consider your family’s unique needs and tastes. Include foods that are nutrient dense and high in calories for the initial phase of an event. It is a good idea to have foods that require no refrigeration, preparation, or cooking, and little to no water. You may be without power or water for several days or even month, after an emergency, so you will need to consider how you will prepare your emergency foods.

TIP: During and immediately following a disaster, it will be vital that you maintain strength.

- Eat at least one well-balanced meal per day.
- Drink plenty of water to enable your body to function properly.
- Take in enough calories to enable you to do any necessary work.
- Include plenty of protein.
- Take vitamin supplements to ensure adequate nutrition.

Suggested Food Items

- Ready-to-eat canned meats, fruits, and vegetables.
- Canned juices, milk, and soup (if powdered, store extra water).
- Staples – sugar, salt, oil, spices, etc.
- High energy food – peanut butter, jam, crackers, granola bars, trail mix.
- Foods for anyone with special dietary needs (infant, elderly, diabetic).
- Comfort food – cookies, candy, cereal, instant coffee, tea, etc.

TIP: Vegetables canned in water provide a small amount of liquid you can use.

Gardening and Seed Storage

You can only store so much food. Consider learning how to garden as part of your skill building by taking classes in your community or from a friend, family member, or neighbor.

You can order a large supply of vegetable and fruit seeds that can be stored for years. Buy heirloom seeds so you can harvest the seeds from the crop. Hybrid seeds will not reproduce, so you cannot collect seeds for the next planting season.

Food Storage Tips:

- Keep food in a cool, dry place.
- Keep food covered at all times.
- Open food boxes carefully and close them tightly after each use.
- Do not forget canned and non-perishable foods for your pets.
- Seal cookies and crackers in plastic bags and keep them in tightly sealed containers to help preserve freshness.
- To protect against pests, empty opened packages of sugar, dried fruit, or nuts into screw-top and airtight containers.
- Food in glass bottles and jars may break when a disaster occurs. Buy and store emergency food in non-breakable containers whenever possible.
- Use foods before they expire and replace them with fresh supplies by rotating your stock regularly. Date each item with a marker and place new items in the back of your storage while moving older items forward.
- Remember to store your food in such a way that it is easy to rotate items into your pantry and replace older ones.





Shelter

Shelter is always a fundamental need, but during severe weather and/or emergencies, it is even more crucial. Whether you purchase a shelter or learn how to build your own, having everything you need on hand is essential. Keep necessary items for your shelter in your vehicle because you may not be at home when disaster strikes.

Shelter Away from Home

- Make sure your shelter is wind and rain proof.
- How many people will you likely need to shelter – who often travels with you?
- Remember to store sleeping bags or warm blankets along with your sheltering supplies.
- Consider what you would want under you, not just over you, to stay warm and comfortable.
- If you had to stay in your shelter for several days before help arrived, could it withstand the elements?



Shelter-at-Home

- Your home is a natural shelter, but what if it was not safe to enter when you got home? This could happen in an earthquake, flood, or winter storm due to fallen trees or other damage. Is there a location outside of your home, such as a shed or garage, to store some of your supplies?
- Do you have tarps, plastic sheeting, duct tape, etc. on hand to seal a broken window or a damaged roof due to a fallen tree or downed power pole? It is important to have what you need to keep weather out.

TIP: Put a tent up in one room of the house and close off the room. The temperature inside the tent may be up to 10 degrees warmer than the rest of the house.

Other Considerations

- Be sure to have lighting that allows you to use your hands. A headlamp or lantern will be more useful than a flashlight while building a shelter.
- Remember, you may be building your shelter in adverse conditions, such as freezing temperatures that make fine motor skills difficult – have warm gloves, socks, and a hat in your kit. Extreme heat makes any activity more dangerous due to dehydration. Keep water, a hat, extra sunglasses, and a cooling towel on hand. Do not exert yourself during the heat of the day; you will lose a lot of water by sweating.

Using a Tarp

A tarp can make a wonderful shelter. However, a tarp can be very heavy and cumbersome to use. If your tarp does not have grommets, you may have a hard time anchoring it. If you use a tarp, you will need rope or paracord. Rope is also quite heavy and often expensive. If you use paracord, its break strength should be at least 750 pounds.

Mylar/Emergency Tent

A mylar tent is lightweight and easy to use. Because of the mylar material, they retain heat, which helps keep you warm. They are also reflective, so they are easy to spot for rescue workers. Depending on the brand and thickness, mylar may be easily torn or punctured. If you go this route, make sure to check on the strength of your tent.

TIP: Your vehicle is a shelter from wind and rain, but not from extreme temperatures. If you cannot run your vehicle due to damage or a lack of fuel, it may not help you stay warm or cool. Do not count on your car!



Sanitation & Hygiene

Water, sanitation, and hygiene-related emergency preparedness and outbreak response are some of the most significant public health issues during and after disasters. Emergencies can include natural disasters such as hurricanes, floods, and droughts, human caused disasters like chemical spills into waterways, and outbreaks of infectious diseases. It is essential for every person to have enough clean, safe water in an emergency to meet their drinking, sanitation, and hygiene needs. One gallon per person and pet per day is recommended.

Hygiene

Hand washing and basic personal hygiene are critical for staying healthy during any type of event. They help stop the spread of disease and keep us healthy, allowing medical professionals to focus on the critically injured. While hygiene is of the utmost importance, it can be difficult during a flood or earthquake. Without clean water, good hygiene, dental hygiene, and wound care is impossible.

TIP: You may not have power during a long-term event. Keep supplies on hand to boil water on an outdoor camp stove or fire pit.

TIP: Learn basic water filtration and purification skills so that you are always ready to prepare water for cleaning, cooking, and drinking.

Show Me the Science

Hand washing reduces all types of germs, chemicals, pesticides, and heavy metals on hands. Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but they do *not* eliminate all types of germs and are not effective on visibly dirty hands.

When hand washing is not available, use a hand sanitizer that is at least 60% alcohol. Sanitizers with less than 60% alcohol merely reduce the growth of germs rather than kill them outright.

- Sometimes bathing or showering may be done with water that is not safe to drink. Be sure it does not get into your eyes or mouth. Water with chemicals in it should not be used to shower or bathe.
- Store some mouthwash in the event your water service is interrupted. You can rinse your mouth with it rather than water.
- If you or someone with you has an open wound, it should never come into contact with dirty water. Dirty water may cause an infection and drastically increase the need for medical intervention.

TIP: Liquid soap can burst, and solid soap can melt if left in a hot vehicle during summer days. For a lightweight, easy-to-pick-up soap, consider sheet soap. It comes in a small, reusable container with 50-250 sheets and can be found in most camping stores for a few dollars.





Sanitation & Hygiene

In a disaster, plumbing may not be usable due to the disrupted water and sewage lines. Each person in your household should know how to properly dispose of human waste (such as a two-bucket system described below) and be able to sanitize all necessary items to avoid infection and the spread of disease.

TIP: If the water is off but the sewer lines are unaffected, toilets can be flushed with stored water. Save your drinking water and opt for dirty water to flush.



TIP: Pour water in the holding tank to flush. This method requires more water since the tank must be full to flush.

TIP: Throw water with force into the bowl to flush. This method works by force and requires less water.

Emergency Supplies Recommended

- Two 5-gallon plastic buckets with tight-fitting lids or 5-gallon metal containers with tight fitting lids should be stored as makeshift toilets. A seat can be fashioned from a pool noodle cut lengthwise and placed on the rim of the bucket, or a toilet seat for a bucket can be purchased. Portable toilets can be obtained from a camping supply store.
- Keep a supply of plastic liners (5-gallon size) to line your buckets.
- Store toilet paper, disinfectant spray, hand sanitizer, deodorizer tablets, and air fresheners nearby.
- One or more large metal-covered garbage cans to contain waste after it has been sealed in plastic. If you do not have large cans available, consider storing several 5-gallon buckets for disposal.

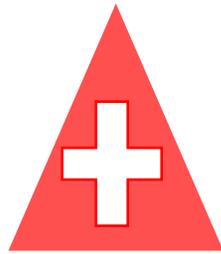
4 Types of Surface Disinfectants

1. If water is available, it is best to use a solution of one part liquid chlorine bleach to 10 parts water. Do not use dry bleach, which is caustic and not safe for this type of use.
2. HTH, or calcium hypochlorite (chlorine), is available at swimming pool supply stores. HTH is intended to be used as a solution with water. It can be mixed according to the package directions and then stored.
3. Portable toilet chemicals, both liquid and dry, are available at recreational vehicle supply stores. These chemicals are for use with toilets that are not connected to sewer lines. Use as directed.
4. Powdered, chlorinated lime is available at building supply stores and can be used dry. Be sure to get chlorinated lime and not quick lime, which is highly alkaline and corrosive.

Disinfecting Surfaces with Bleach

- First, wash surfaces with soap. Use warm, clean water to remove dirt and debris, if possible.
- Next, sanitize surfaces with diluted regular, unscented, dye-free household bleach.
- Never mix bleach with ammonia or any other cleaner.
- Wear rubber or other non-porous boots, gloves, and eye protection.
- Try not to breathe in product fumes. If indoors, open the windows and door to allow fresh air to enter.
- Check the CDC website for recommendations for cleaning and sanitizing food cans and surfaces. Water-to-bleach ratios will differ for different surfaces and applications. Print materials and charts for each. Store them in your emergency kit – you may not have access to the internet after a large event.

TIP: If you elect to build a latrine, be sure you know the necessary distance between the pit, any nearby water sources, and the distance above the groundwater table. The hole should be 2½ feet deep, 1 foot wide, and 4 feet long. Soil removed from the trench should be placed nearby to shovel after each use. Cover the trench completely when the waste and soil reach within a foot of the top.



First Aid

Accidents can happen anywhere, at any time. If you witness an accident or are the first person to arrive when one has happened, there are a few basic principles to follow to protect yourself and the patient.

Call 911 from Where You Are Standing

Identify where you are, what appears to have happened, and how many people you can see who may need help.

Survey the Scene

Remember, you cannot help if you are hurt. Make sure that whatever happened to the patient does not happen to you too. Take a few deep breaths and look around. Look for hazards like downed power lines, hazardous materials, or fires. Pay extra attention on roadways. Traffic around accident scenes is dangerous.

Primary Patient Survey

If it is safe for you to approach the patient, begin by calling out as you walk up. If they do not respond as you approach, touch them and call out again. A person who responds to you by talking or crying is conscious, has an open airway, and is breathing.

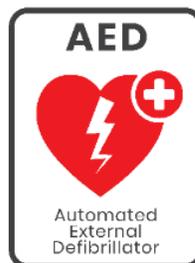
Perform CPR

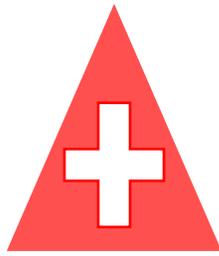
If they do not respond, this is likely a life-threatening situation. Remember, that for every minute of delay in starting CPR, a patient's chance of survival decreases by 10%. Check quickly for breathing by placing your ear near the patient's mouth and looking down at their chest for movement. If the patient is not breathing at all, or you see them gasping, prepare to perform CPR. Ask someone to look for a nearby Automated External Defibrillator (AED). Make sure that 911 has been called if you did not do it yourself.

CPR is most effective when the patient is on their back on a hard, flat surface. It is a good idea to move the person out of a cramped space, like a small bathroom.

If you have been trained to do CPR, do what you know. If not, perform hands-only CPR by placing one hand on top of the other in the center of the patient's chest, over the breastbone, and push hard and fast at a rate of 100 beats per minute (many people think of the song "Stayin' Alive" or "Another One Bites the Dust"). Push to one-third of the depth of the chest and allow for full recoil. You may feel popping and cracking: **this is NORMAL**. Continue for as long as you are physically able or until help arrives.

CPR can be a lifesaving intervention, especially when it is done quickly and with an AED. Unfortunately, not everyone can or will be saved, even with the best possible care. In a disaster, you may need to stop doing CPR if help is not able to reach you, you become exhausted, there is no one else who can rotate in, or the situation becomes too unsafe.





First Aid

What Is Shock?

Shock is a life-threatening condition that occurs when the body is not getting enough blood flow. Lack of blood flow means the tissues and organs in the body do not get enough oxygen and nutrients to function properly, creating damage and sometimes death. Shock can be caused by trauma, an allergic reaction, a severe infection, or other causes. Recognizing and treating potential shock is essential for basic first aid.

Shock may look like one or more of the following:

- Anxiety, restlessness, or a feeling of impending doom.
- Weakness or fatigue.
- Rapid heartbeat or breathing.
- Nausea and/or vomiting.
- Cool, moist skin.
- Blue or gray color in the lips, gums, or nailbeds, regardless of complexion.



Types of Bone Fractures

Closed Fracture

A break or crack in a bone that does not puncture or penetrate the skin.

Symptoms of a Fracture

- The injured part appears deformed.
- Pain is present when attempting to move the injured part.
- Numbness and tingling of the injured area.
- Bruising and/or swelling in the area of the injury.

Caring for Wounds

If you see a wound that is spurting or pulsating large amounts of blood, immediate action is required. In most cases, applying external pressure with your hands to the bleeding blood vessel will be enough to stop the bleeding. Wear gloves if available to protect yourself from body fluids.

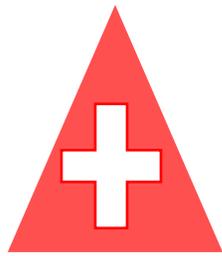
- For wounds to the arms and legs: pack the area with clean, soft material, such as a roll of gauze, to fill the wound and hold pressure using both hands and your body weight. Do not stop. Do not remove or move the dressing; you want the blood to clot. If you have a tourniquet and are trained to use it, do so if necessary.
- For gaping wounds or wounds to the shoulder or groin: pack the area with clean, soft material, such as a roll of gauze, to fill the wound and hold pressure using both hands and your body weight. Do not remove or move the dressing. You can always add more if needed. Leave a “tail” of the gauze or other material so that emergency personnel can easily locate the end.

Open Fracture

A break in the skin caused by a protruding bone or an open wound in the area of the fracture. Open fractures are more serious than closed fractures.

To Treat a Fracture

- Splint the patient before moving.
- Pad the splint and place it so that it supports the joint above and below the fracture.
- Splint the fractured leg to the unbroken leg if no other materials are available to immobilize it.
- If the arm or leg is grossly deformed by the fracture, splint it in place. Do not try to straighten it.
- Elevate and use indirect (not on the skin) ice packs if available.



First Aid

First aid is the immediate care given to a person who is injured or ill. Because life-threatening situations occur, everyone should know how to provide basic emergency care to keep an injured or sick person alive and safe until they can receive care from emergency responders or hospital staff.

The best way to become comfortable with first aid is to take a class through the American Red Cross, a community college, or another reputable provider. It is a good idea to keep a reference book in your disaster kit to help you make decisions if you are not able to access emergency medical services or medical care as quickly as you normally would.

For any situation that appears to be life-threatening, it is important to call 911 and get help on the way as soon as possible.

The Primary Purpose of First Aid

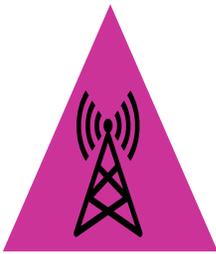
- Manage injuries and care for life-threatening situations.
- Protect the patient from further injury and complications.
- Arrange transportation for the patient to a medical facility.
- Make the patient as comfortable as possible.



Call 911 if:

- The patient is not conscious, is confused (they cannot remember their name, location, or recent events), or is losing consciousness.
- The patient has difficulty breathing or shortness of breath.
- The patient is experiencing chest pain, pressure, or sudden, severe back or jaw pain.
- The patient has persistent pressure or pain in their abdomen.
- The patient has experienced a seizure (especially if it lasted several minutes or there were several).
- The patient has severe or persistent vomiting or is passing blood.
- The injury might be causing internal bleeding.
- The injury might include broken bones.
- The patient has sudden blurry vision or loss of vision.
- The patient has one-sided weakness in their face or body, slurred speech, or difficulty speaking.
- The patient has a sudden and severe headache.
- The patient has head, neck, or back injuries.

TIP: During a large-scale event, such as the Cascadia Subduction Zone earthquake, emergency services may not be available for an extended period of time. Everyone is a first responder! Get training so you can be the help until help arrives.



Communications

A communications plan is one of the most important pieces of your emergency preparedness plan. If communications are down in your area because of a disaster, each person in your household should know:

- Who is the out-of-area contact for the family?
- What information to share with the out-of-area contact when you contact them:
 - Where you are (address or name of location).
 - How you are (uninjured, injured and severity, etc.).
 - Meeting location if home is not an option.
 - Where you are going or if you are sheltering in place. Include route you are taking if it applies.
 - Ask your out-of-area contact to reach out to other members in your communications plan with an updated status and relevant information.
 - Relay updated information at a designated time you both agree on.
- Send a text message via your cell phone if a phone call will not go through.
- If you utilize social media, such as Facebook, and have a Wi-Fi connection, mark yourself as safe. This could help reduce calls/texts from concerned family members and will conserve your phone's battery.
- Have a portable power pack for your cell phone, and keep it charged.

TIP: Power cell phones off between scheduled communication times.

TIP: If your cell phone is lost or damaged, you will need a backup for remembering phone numbers. Having the information written down somewhere is a good idea.

Name _____	Cell _____
Home _____	Work _____
Name _____	Cell _____
Home _____	Work _____
Out-of-Area Contact _____	
Phone 1 _____	Phone 2 _____
Family Meeting Place _____	

TIP: Cordless phones do not work when the power is out. If you have a landline phone, ensure that it does not require power to work.

TIP: If you are traveling, tell someone where you are going, your schedule, and itinerary, including routes and expected arrival time.

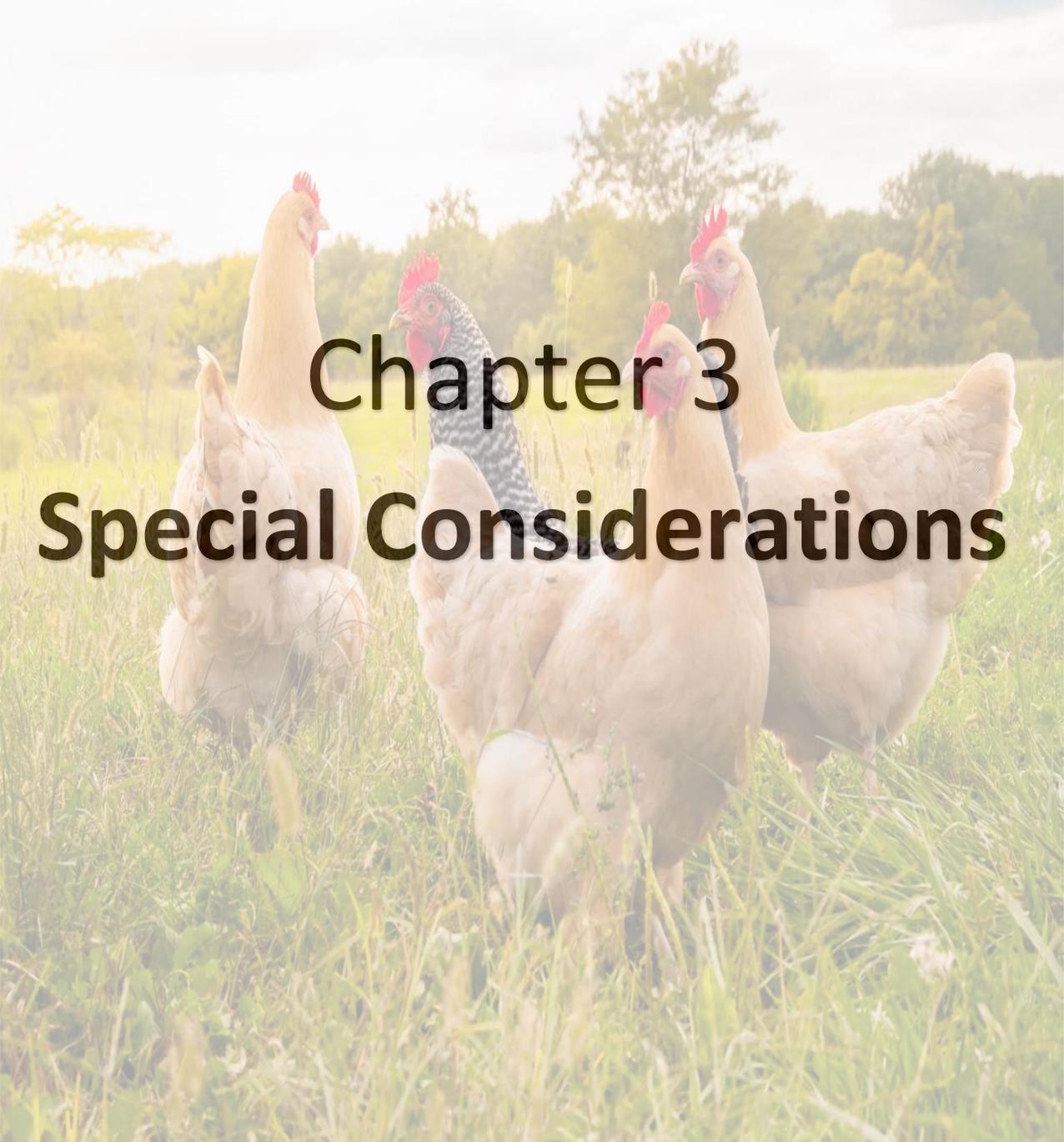
Family contact cards are an important tool to help your family members stay in touch with each other during an emergency. Planning can reduce the time it takes to contact each of your family members during an emergency. While it is important to know where everyone is and whether they are safe, it is also important that everyone understands what their roles and responsibilities are during a disaster.

Sometimes, during an emergency, local phone circuits are busy, but calls can still be made to other area codes. It may be easier for you to reach someone outside the area, even in another state, than to reach someone in the same place where the disaster took place. Designate a friend or family member who lives out of the area to collect and pass information between your immediate family or anyone else in your communications plan.

Designate a safe place for your family to meet in case you are unable to communicate or contact each other. Plan for each family member to go to the designated meeting place to wait for others if all communications are down.

Fill out and make copies of the family contact card above, and make sure everyone has an updated copy that they carry all the time. Make sure caregivers of children or older adults have a copy of the card. Make sure to update your card regularly.

TIP: Have a meeting place on both sides of the river, if applicable. Waterways and bridges may not be crossable after a large earthquake or flood.

A photograph of several chickens in a grassy field. There are five chickens visible: one white hen on the left, one black and white speckled hen in the center, and three white hens on the right. They are standing in a field of tall grass with a line of trees in the background under a cloudy sky. The text "Chapter 3" and "Special Considerations" is overlaid on the image in a large, bold, black font.

Chapter 3

Special Considerations



Mental Health

When disaster strikes, physical assistance may be only one part of what survivors need. Psychological first aid for disaster-induced stress and trauma may be required. Assuring safety and providing a listening ear can be the best medicine; connecting with a mental health professional after the disaster is also a good strategy.

Survivors of disasters normally experience a range of psychological and physiological reactions. Survivors' reactions may become more intense as the disruption to their lives increases. The severity and type of reaction vary from person to person and are influenced by several factors, including:

- Prior experience with the same or similar event.
- Intensity of the disruption to daily life.
- Prior history with Post Traumatic Stress Disorder (PTSD)
- When individuals are terrified of losing their lives and/or suffering and believe there is no escape.

Taking Care of Yourself and Others after an Emotionally Stressful Event

- Create a safe place to eat, sleep, and drink water. Surround yourself with those who care about you.
- Make sure you are eating regularly and drinking plenty of water.
- Re-establish a new routine/schedule as soon as possible.
- Move and exercise - movement helps fight psychological stress.
- Practice deep breathing and meditation.
- Consume media (and social media) with caution; follow trusted and official information sites.
- If you take your medication or have other strategies that a mental health professional has prescribed for you, do those activities, and take your medication. Follow up with your mental health professional if you have one. If you do not, reach out to find one.
- Recurring thoughts, flashbacks, and nightmares are common and normal after a psychologically stressful event. Talk to a professional to get help managing these symptoms.

TIP: Disaster-induced stress is a NORMAL reaction to an abnormal situation.

TIP: Remember that psychological symptoms after a disaster are a NORMAL response to something terrible or abnormal that has happened.

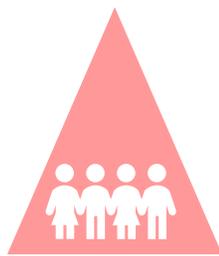
Symptoms May Include:

- Increased irritability or anger.
- Self-blame or blaming others.
- Isolation or withdrawal.
- Intense fear, nightmares.
- Feeling helpless.
- Sadness, depression, and/or grief.
- Mood swings.
- Loss of appetite.
- Headaches, chest pain.
- Diarrhea, stomach pain, nausea.
- Increase in alcohol or drug use.
- Hyperactivity.
- Inability to rest or sleeping all the time.
- Feeling numb or overwhelmed.



Psychological stress reactions in children often include changes in behavior and regression. Children may also experience fear, anxiety, recurrences, sleep disruption, and social avoidance. For children and adults who have survived a psychologically stressful event, re-establishing safe routines is essential.

TIP: During most disasters, mental health workers are available to help survivors, response workers, and others affected by the disaster. If you or someone you know is in need of assistance, help may be available from the American Red Cross, ADAPT, the Tribal Behavioral Health Program, and other community organizations.



Kids

Kids are a huge help when it comes to preparing for emergencies. It is important to include them in all your planning, organizing, and drills. They will experience disasters just like adults will, so it is equally important that they be involved and know how to respond.

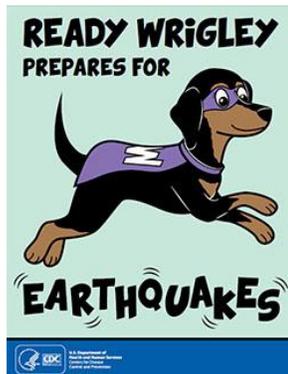
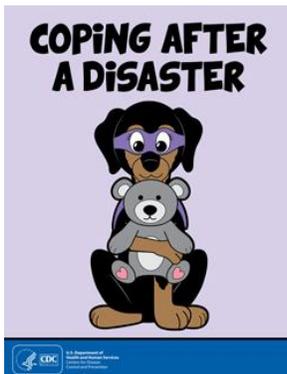
TIP: Check out www.ready.gov for these activities below and more!

Learn how to become a Disaster Master – make the right decision and unlock new levels!

Prepare with Pedro! Use this activity book to learn how to stay safe during disasters and emergencies.

Build-a-kit game – you are on a mission to build an emergency kit; do you know what you need?

Ready Wrigley is a series of books created by the Centers for Disease Control and Prevention that provides tips, activities, and stories to help whole families prepare for emergencies. All *Ready Wrigley* publications can be found at www.cdc.gov/readywrigley.



Teenagers and other young people help their families, schools, and communities prepare for hazardous events. They can be leaders before, during, and after disasters. Whether you are just starting to learn about preparedness, want to join or start a youth preparedness program, or are looking for materials to teach the next generation of preparedness leaders, resources are available. You will find lots of options on www.cdc.gov/readywrigley and www.ready.gov/kids to help you learn how to prepare for a disaster.

TIP: Be sure to pack special items for your kids/teens when building your kits.

For younger children:

- Comfort items – blanket, stuffed animal.
- Favorite toy or book.

For older kids:

- Crafts, safe tools, books, music.
- Your family pet may be very comforting during uncertain times, but remember, if your pet is scared, it may behave unexpectedly.

TIP: Your teen can save a life. Whenever possible, have your teen join training classes. Include them in CPR, first aid, Stop the Bleed, and others.

Encourage them to get involved in anything that will help your family prepare for emergencies. Look for areas of interest such as canning, gardening, and outdoor survival skills, or get them involved with Search and Rescue Explorers.



Pets & Livestock

When disaster threatens, bring your pets inside immediately if possible. Animals have instincts about severe weather and impending disasters and will often isolate themselves if they are afraid. Bringing them inside early can keep them from running away.

Make a plan for what to do with your pets if you have to evacuate your home. Douglas County may offer companion animal sheltering for people who are staying in a Red Cross shelter. All shelters are volunteer-based and may not be able to open, depending on the type of disaster. Have an alternate plan for your pets and livestock. If you have livestock, arrange for someone across the county to board them, and you theirs, if the event only affects one area.

Locate and prearrange an evacuation site for your family and animals that is outside your immediate area. Ideally, this will be a friend/relative or a pet-friendly hotel willing to let your family and animals stay together. Other possible animal housing options include veterinarian hospitals/clinics, boarding kennels, and animal shelters.

TIP: If you are evacuating, crate or collar and leash your pet before opening the door. When animals are scared, they will often behave unpredictably and may run. Never leave a pet tied up outside during a storm.

Establish plans for transporting and housing dogs, cats, birds, reptiles, and pocket pets (hamsters, mice, etc.). Housing and transportation should be in a secure travel cage or carrier with food, water, current veterinary records, and photos for identification or reunification if being separated from their owners or going to a shelter.

Pre-designate a willing neighbor or nearby friend to tend to your animals in case you are not home when a disaster happens. They should have a key to your house, be familiar with your animals, know your evacuation plans, and know where evacuation supplies are kept. Keep leashes near the door, making it easier for rescuers.

After a Disaster

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

The behavior of your pets may change after an emergency. Normally friendly pets may become aggressive or defensive. Watch animals closely. Leash or keep them in a secure, fenced area with shelter and water.



Livestock

It is especially important for livestock owners to be prepared and practice their plans.

- Be ready to evacuate at a Level 1 notice. Evacuate livestock at a Level 2 notice (see Chapter 5).
- Create a list of emergency telephone numbers to include veterinarian, state veterinarian, trailering resources, and local volunteers.
- Identify evacuation locations with water and power resources.
- Make sure every animal has durable, visible identification.
- Take food and other supplies for their care.
- In addition to ownership information, take vaccination records and feeding schedule.
- Visit www.avma.org/disaster for more information.



Varied Abilities

Anyone can experience an access or functional need at any time. For example, a broken leg requiring crutches can create a temporary disability that changes your response to an emergency. The needs may be physical, mental, emotional, socioeconomic, cultural, or language based. Persons with access and functional needs and anyone assisting, living with, or working with them should create a disaster plan. Addressing these potential challenges ahead of time will reduce physical and emotional stress during an emergency or disaster.

Persons with Mobility Challenges

- Store emergency supplies in a pack or backpack attached to a walker, wheelchair, or scooter.
- Keep a pair of heavy gloves in your supply kit to use while wheeling over glass or debris.
- If your chair does not have puncture-proof tires, keep a patch kit or can of sealant and air to repair tires.
- If you cannot use stairs, discuss lifting and carrying techniques that work for you. Write out brief instructions and keep them in your pack.
- If you use an electric wheelchair, keep a manual chair on hand for emergencies.

Persons with Hearing Challenges



- Store hearing aids in a strategic and consistent place to locate them quickly.
- Have paper and pens in your kits to use if you lose your hearing aids.
- Install smoke alarms with both a visual and audible alarm. At least one should be battery operated.
- If needed, ensure your TV has a decoder chip for access to signed or captioned emergency reports or has closed captioning on for alerts. All TVs manufactured since 1993 have built-in decoders.

Persons with Medical Needs

- When possible, aim for a 2-week supply of all your medications and medical supplies (bandages, ostomy bags, syringes, tubing, solutions, etc.).
- If you use insulin or other refrigerated medications, ask your providers for tips on keeping items cool during longer power outages and options for medications that are more shelf-stable for use during an emergency or disaster.
- If you use oxygen, remember that you may not be able to acquire more for several days. Be sure to have several days' worth on hand.
- Store your medications in one location, in their original containers with labels.
- Note important allergies and keep lists of all your medications, including the name of the medication, dose, frequency, and prescribing doctor on your emergency information list.
- For all medical equipment that requires power, get information regarding backup power such as a battery or generator. If using a generator, seek professional help to make sure it is properly installed, vented, and can be safely operated by you or an assistant.
- Know if your IV infusion pump has a backup and how long it would last in an emergency.
- Ask your home care provider about manual infusion techniques.
- Have written instructions for all equipment attached to the device(s).



Varied Abilities

All Persons with Access and Functional Needs

- Make an emergency information list and keep it with you. This list should have medical and health insurance information as well as emergency contact information with names and numbers of contacts in and out of the area. If you have a communication disability, make sure your list mentions the best way to communicate with you.
- If you currently use a personal care attendant from an agency, check with the agency to see if they have special provisions for emergencies.
- If you hire your own personal care attendant, discuss your emergency plan with them and encourage them to have their own emergency plan.
- Find the location of utility shutoff valves and switches where you live; learn how and when to turn them off.
- Practice evacuation drills. Evacuate to a designated location to learn what assistance you might require and what you can do independently.
- Learn what to do in the event of a power outage. Know how to connect or start a backup power supply for essential medical devices. Write down clear directions and attach it to the power supply.
- If you do not drive, talk with others about how you might leave if authorities require an evacuation and what local transportation is available that can meet your transport needs.
- Ask your provider about getting extra oxygen tanks and spare batteries to keep on hand; they may be covered by your insurance plan or provided by your supplier.
- Arrange for a relative or neighbor to check on you after an emergency event.
- Keep supplies in a consistent place that is easy for you to find and remember. Aim for at least 2 weeks' worth of stored food and water. Learn to purify water for drinking and how to meet additional hygiene needs.
- Service animals may become confused or frightened. Keep them confined or securely leashed.

Persons with Visual Challenges

- Install security lights in each room to light paths of travel if you are visually impaired. These lights plug in but have a battery backup in the event of a power failure. Small solar lights may be another option.
- If helpful, mark emergency supplies with large print, fluorescent tape, or braille. Add a magnifying lens if that will be a helpful aid outside the home.
- Store high-powered flashlights with wide beams and extra batteries.
- Hang on to older prescription glasses or spare contacts for backup use.





Chapter 4 Kits

Grab-n-Go Binder

Your **Grab-n-Go Binder** will help you recover if you lose your home or are unable to enter safely due to structural damage. This binder is comprehensive and should contain financial, personal, legal, and medical documents as well as a thumb drive containing photos and videos of each room and a backup of your hard drive to take with you when you evacuate. Remember to video document any high-value items.

Uses:

- All evacuations.

Copy of Financial Documents

- Front and back of debit/credit cards.
- Property deeds/mortgage information.
- Car titles and registrations.
- Bank account numbers and contact information.
- Insurance policies.
- Contact information for anyone you send a payment or bill to.
- Stocks, bonds, and savings bonds.
- Statements from investments.

Copy of Legal Documents

- Child custody/adoption papers.
- Divorce agreements.
- Will, living/family trust papers.
- Past/current binding contracts.
- Attorney contact information.

Copy of Medical Documents

- Health insurance cards.
- Blood types of each family member.
- Contact information for all medical providers.
- Medical history of each family member.
- Immunization records.
- List of current prescriptions and dosage.
- List of current medication allergies for all family members.
- Pharmacy contact information.

Copy of Personal Documents

- Passport.
- Address book.
- List of firearms and serial numbers.
- Birth certificates.
- Concealed handgun license.
- Rent/lease agreements.
- Diplomas/transcripts.
- Driver's license.
- Marriage license.
- Military documents.
- Pet vaccine records.
- Recent photo of each family member and pets.
- Receipts from expensive items.
- Social security card.



Pet Kit

Your **Pet Kit** will be used whenever you have a need of a kit yourself. Use small plastic bags to carry smaller quantities from your Pet Kit in case you and your pet are not home when an event starts and walking is required. Consider the seasonal needs of your pet when rotating items. Warmer weather calls for more water, whereas winter weather requires a way for your pets to stay warm. Remember, your pet may be scared and behave abnormally.

Uses:

- Anytime a human kit is necessary.

Pet Kit Includes:

- Water for at least 2 weeks.
- Food for at least 2 weeks.
- Prescriptions/vaccination records.
- Veterinary contact information.
- Treats.
- Collar and leash with backup.
- Recent photo with your pet.
- Food and water bowls.
- ID tags.
- Blanket.
- Toys.
- Crate or carrier if applicable.
- Pet first aid kit.
- Pet waste bags.
- Hand sanitizer or wipes.

TIP: Start with water and food first, then add the rest of the list as resources become available.



Go Kit

A Go Kit is a **3-day supply** of essential items of survival and should be kept in your vehicle. Have one kit for each person that travels with you. Consider packing your Go Kit in a backpack or a roller bag (if you are unable to carry a pack). Keep in mind that you may be walking a long distance to get back home or to safety.

Uses:

- In a vehicle.
- An evacuation.
- Emergencies away from home such as a Cascadia Subduction Zone earthquake.

TIP: Every consumable item in this kit should last you for 3 days.

Go Kit Includes:

- Water.
- Food – lightweight/no preparation needed.
- First aid supplies and prescription medications.
- Shelter building supplies.
- Flashlight or headlamp.
- Fire starting method(s).
- Money in small denominations.
- Blanket or sleeping bag.
- Season appropriate clothing.
- Extra cell phone charger.
- Fixed blade knife.
- Comfortable, sturdy shoes.
- Hand sanitizer.
- Toilet paper.
- Leather and non-latex gloves.
- Poncho.
- Whistle.
- NOAA radio.
- N95 mask.
- Personal items – lip balm, hair tie, etc.

B.O.B. Kit

The **B.O.B.** (Bug Out Bag) **Kit**, otherwise known as an I.N.C.H. (I'm Never Coming Home) bag, has larger quantities of supplies and is intended to be taken with you in the event you cannot stay home. This bag should have everything you need to get you to your predetermined destination. It is important to have a very comfortable pack should you need to walk a long distance.

Uses:

- An evacuation.
- Hazmat.
- Emergencies at home.

TIP: Make sure your bag/pack fits properly by being fitted at an outdoor store.

B.O.B. Kit Includes:

- Water.
- Food.
- Hygiene supplies.
- Trash bag.
- Extra prescription medications.
- Extra pair of glasses and sunglasses.
- Duct tape.
- Multi-tool, fixed blade knife.
- Hair band.
- Seasonal clothing.
- Fire starting method(s).
- Extra cell phone charger.
- Lip balm/ChapStick.
- First aid supplies.
- Extra batteries.
- Flashlight and/or headlamp.
- Feminine hygiene items.
- Maps of commonly traveled areas.
- Mirror or reflective item.
- Sheltering items – tent, tarp, rope, etc.
- Hand-crank, solar powered radio.
- Communication information (you may not have a cell phone so keep contact information written down).
- Contact cards.
- Grab-n-Go Binder.



Evac Box

Your **Evac Box** includes not only your Grab-n-Go Binder, but also items that are irreplaceable and cannot be stored on a thumb drive. Your Evac Box may be more than one box. The goal is to make these items readily accessible by storing them together in a safe place. After all people and pets are safe, gather your Evac Box.

Evac Box Includes:

TIP: Consider storing all your kits together.

- Grab-n-Go Binder.
- Souvenirs.
- Sentimental items.
- Heirlooms – family quilts, letters, medals, burial flags, pictures/albums, etc.
- List of items to gather upon evacuating with their location:
 - Jewelry boxes, keys to safety deposit boxes, RV's, additional vehicles, storage facility, etc.
 - Purse, backpack.
 - Other emergency preparedness kits – Pet Kit, B.O.B. Kit, etc.

Car Kit

Your **Car Kit** will be everywhere your car goes as it will be stored in your car. Consider storing items in small containers under the seats. A dark container will help conceal items that could otherwise be seen through the windows. Your Car Kit is not only for the vehicle itself but may also include larger quantities of personal items as a backup for your Go Kit or for unexpected passengers.

Uses:

- Any emergency that happens while you are in your vehicle.

Items for Car Care:

- Jumper cables.
- Roadside flares.
- Flat tire inflation canister (non-explosive).
- Spare tire and jack.
- Fire extinguisher.
- Antifreeze.
- Vehicle escape tool for under water.
- No spill gas can.
- Road maps.
- Small shovel.
- Small tool kit – screwdriver, pliers, wrench, tire pressure gage, etc.
- Flashlight.
- 2 quarts of oil.
- Duct tape.
- Paper towels/rags.
- Washer fluid/deicer.
- Pen and paper.
- Tow strap or chain.
- Non-latex and leather gloves.

Personal Items:

- Seasonal gear – jacket, hat, gloves, etc.
- Sanitation items – soap, sanitizer, trash bag.
- Cell phone charger.
- Solar battery charger for phone.
- Extra shoes and socks that are seasonably appropriate.
- Sleeping bag/blanket.
- Food and water for several days.
- First aid items.



Shelter-in-Place

There is a difference between **Shelter-in-Place** and Shelter-at-Home. Shelter-in-Place means to gather all necessary items to shelter in an internal room, preferably one with no windows, central heating/air turned off, and doors sealed. Stay put until further notice. This is for a chemical, biological, radiological, or nuclear event. Shelter-at-Home means to stay inside your house with windows and doors closed and locked until further notice.

Uses:

- Chemical spills, biological, radiological, or nuclear events.

Communications Equipment

- Cell phone with charger.
- NOAA radio with AM/FM radio.
- Pen and paper.
- Computer with charger.

Emergency Equipment

- Fire extinguisher.
- Blankets, sleeping bags.
- Trash bags.
- Commonly used tools.
- Portable water.
- Hand-crank flashlights/glow sticks.
- Duct tape, plastic sheeting (pre-measured for doors and windows), towel for under door.

Water and Food

- One gallon of water per person and pet per day.
- Food for each person for several days.
- Pet food, litter box.

First Aid

- First aid kit with instructions.
- Goggles.
- Eye drops.
- Extra prescription medication.

Sanitary Supplies

- Two-bucket system or portable chemical toilet.
- Personal hygiene items.
- Latex gloves.
- Disinfectant wipes.
- Paper towels/rags.
- Hand sanitizer.
- Toilet paper.



2 Weeks Ready

Once completed, your “**2 Weeks Ready**” kit will meet the state standard for preparedness and will be the culmination of your preparedness efforts. While gathering supplies, consider who you are preparing for as you evaluate each topic. For a large-scale event, you need to develop skills and plans to be successful. Preparing for 2 weeks is a long-term project; make it a family affair and part of your daily life!

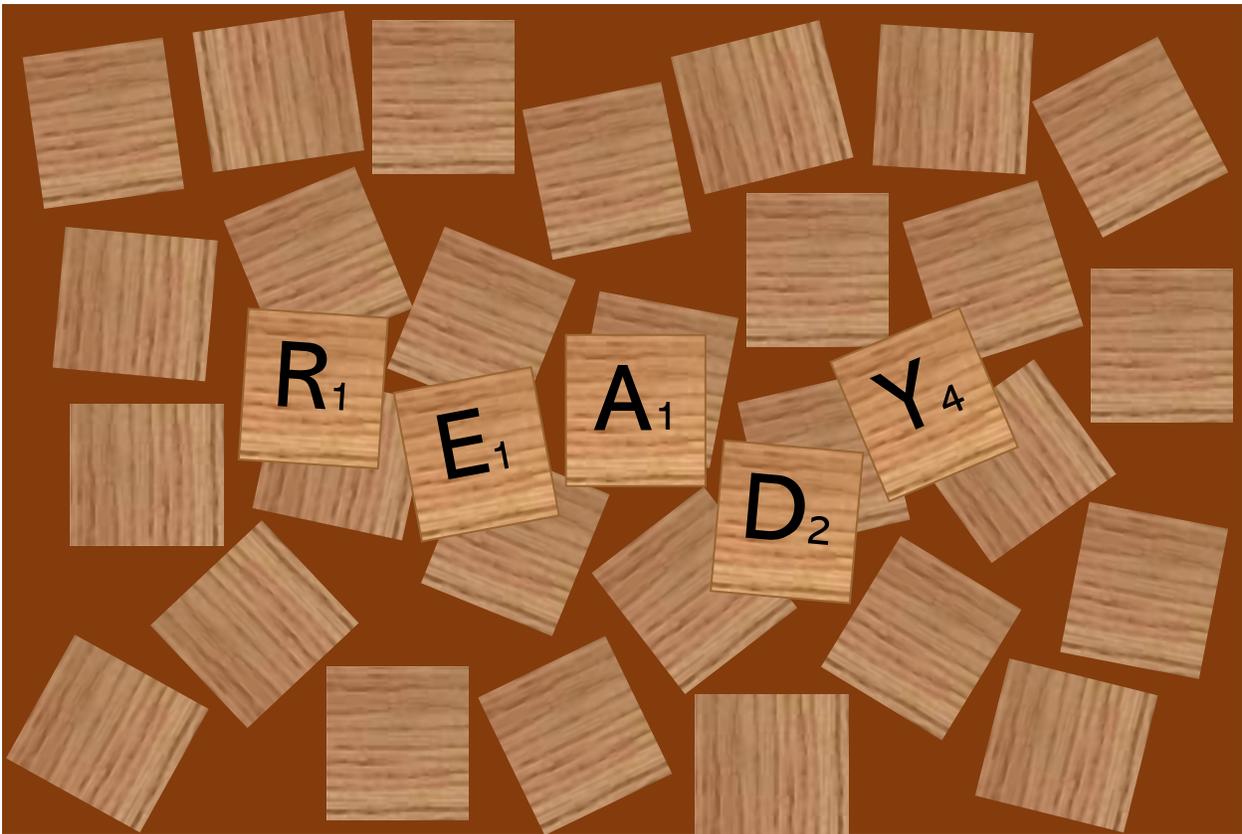
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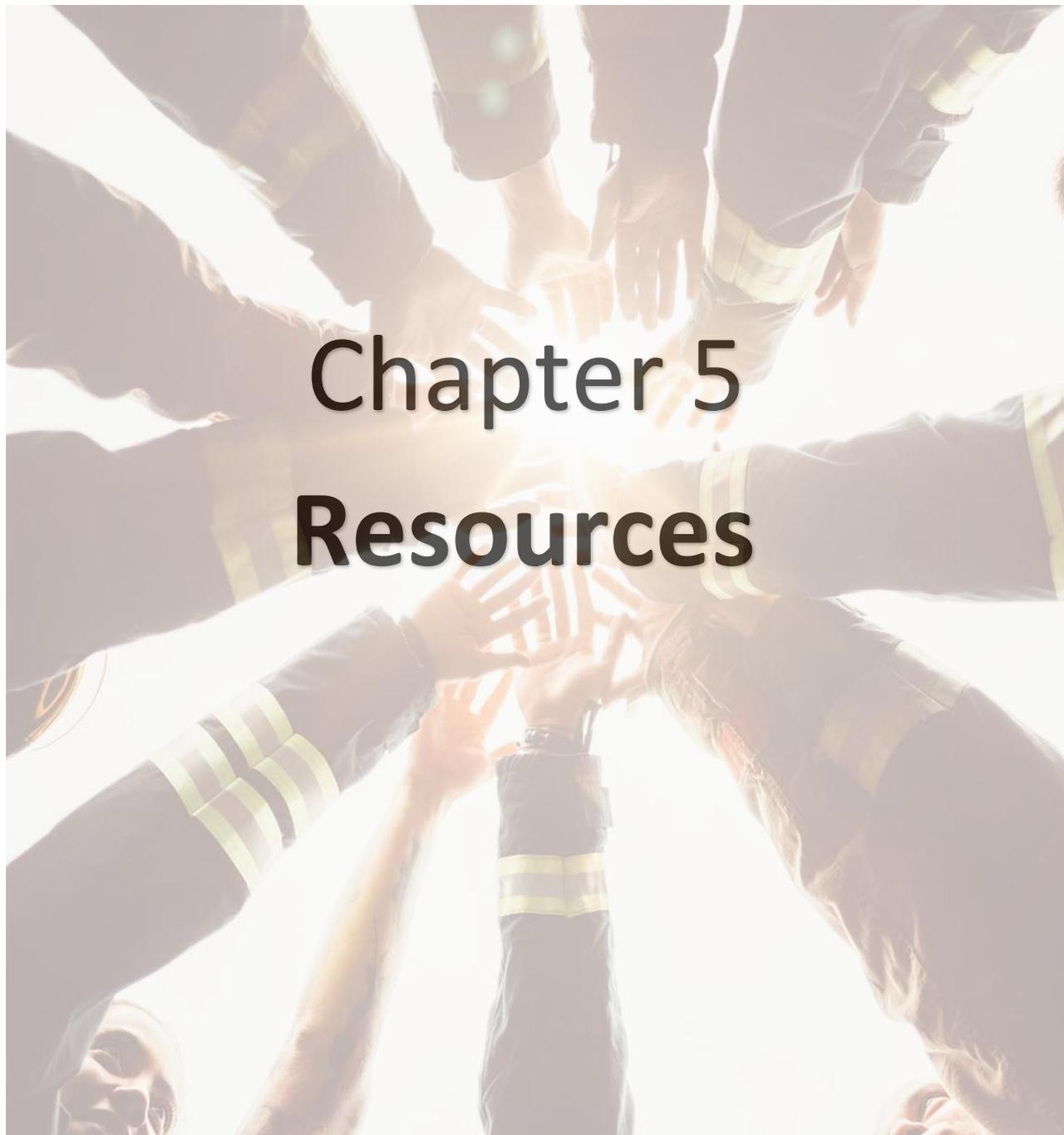
- Any long-term event.

Two Main Scenarios to Initialize “2 Weeks Ready” Plan:

1. A large-scale event that requires you to be at home without assistance or services of any kind (potentially including medical assistance, power, heat, water, gas, or communication).
2. A large-scale event that requires you to evacuate to a shelter or predesignated location for an indefinite period of time.

Your planning should include detailed plans of action for either scenario. While your kit supplies can be used for all types of disasters, be sure they are stored together in easy-to-grab containers and in a convenient location. All the fundamentals (Chapter 2) should be considered as you prepare, along with special considerations (Chapter 3).





Chapter 5

Resources



Preparedness Calendar

MONTH 1	Planning	Training – Train or Be Trained
	Build your own Grab-n-Go Binder. Think about what disasters you are planning for. Sign up for emergency alerts. Install smoke detectors or change their batteries if needed.	Choose two evacuation locations, one on each side of any river you cross. Consider finding a location across the county in case your entire community needs evacuation.
		Supplies – Gather or Purchase Get a binder with clear sleeves or thumb drive to store documents listed in your Grab-n-Go Binder. Add one gallon of water per person and pet to your supplies. Aim to add a 3-day supply of water per person and pet each month. Since you will be adding each month, consider how you want to purchase it – 5 gallons, 20 gallons, or large drums.

MONTH 2	Planning	Training – Train or Be Trained
	Take photos/videos of every room, closet, cabinet, and drawer in your home. Store photos online, if possible, or in your binder. Be sure to photograph big-ticket items individually. Contact your insurance provider to make sure you have enough coverage to replace your home and its contents.	Practice evacuating from each room of your home. Drill during the day and at night, as well as in the rain and shine.
		Supplies – Gather or Purchase Add 3 more days' worth of water per person and pet to your kit. Add ready-to-eat foods to your supplies. Start with enough for 3 days' worth for each household member. Add any necessary baby supplies.

MONTH 3	Planning	Training – Train or Be Trained
	Decide who you are planning for. Remember, that may include people who do not live with you (an elderly neighbor or a child who is left at home alone) and animals. Will you need to purify water if your purchased water expires or runs out? You can find a water-to-bleach ratio sheet and a boiling time sheet for sterilizing water online. Print it out and keep a copy in your kit(s).	Focus on learning (or teaching) some of the skills your grandparents had. Learn to preserve food. Gather, filter, and purify water. Learn to sew, darn a sock, or replace a button. Learn to make candles and soap. Learn to hunt and fish (when seasonally appropriate).
		Supplies – Gather or Purchase Get large capacity coffee filters to filter water if you run out of stored water. Get one purification method (dye-free bleach, chlorine tabs, etc.) Add another 3 days' worth of water. Add 3 days' worth of canned food (preferably in water) and a can opener. Get foods you know your family will eat. Add a sewing kit or simple sewing supplies (needles, needle threader, thread, thimble, scissors, etc.) to your kit.



Preparedness Calendar

MONTH 4	Planning	Training – Train or Be Trained
	Develop your communications plan. Choose your out-of-state contact. Let them know your plan (page 33 Communications). Practice your communications plan with everyone involved by creating a mock event on a specific day and time. Everyone should text their information and have it relayed back to your group by your emergency contact. Evaluate what is missing and update your plan.	Learn to use a fire extinguisher. Contact your local fire department for more information. Learn to tie two types of knots and how to build a shelter. Would it keep you dry during a rainstorm? Will it keep the wind out? If you plan to use a tent instead, practice setting it up in the dark or in the wind, or maybe even with one arm in case you are injured.
		Supplies – Gather or Purchase
		Purchase an ABC fire extinguisher for your kitchen. If possible, purchase extinguishers for each vehicle. Add 3 days' worth of water and freeze-dried foods to your supplies.
MONTH 5	Planning	Training – Train or Be Trained
	Decide how you will stay safe, warm, and fed if you are stuck at home without any services. How will you heat your home? How will you cook? What sorts of supplies do you need to be successful?	Learn to start a fire in several ways. What would you use to boil water (for food, drinking, or sanitation) if you did not have a stove? What fuels (sticks, Vaseline and cotton balls, etc.) do you need on hand? If you have a propane barbecue, does everyone know how to replace an empty tank?
		Supplies – Gather or Purchase
		Add 3 more days' worth of water per person and pet to your kit and 3 days' worth of dried food to your supplies. Do not forget the benefits of sprout-able beans and seeds – they are a good source of vitamins, are shelf-stable, sprout within 3 days, and add great variety and flavor to your meals (page 26 Food).
MONTH 6	Planning	Training – Train or Be Trained
	Consider the medical needs of anyone you will be caring for during an emergency. Make a list of the supplies you will need to have on hand for your safety. Fix hazards in and around your home. Look for fire hazards. Secure large shelves to the wall. Use earthquake putty to secure smaller items. Install smoke detectors or change batteries if necessary.	Take CPR/first aid training. Take a gardening course from a friend, neighbor, family member, or through OSU Extension Services. There are many resources available online as well.
		Supplies – Gather or Purchase
		Add first aid supplies to your kit based on the needs of those you will be caring for. Add general first aid items after specific items are acquired. Think of gauze like water – you can never have too much! Do not forget prescriptions, extra glasses or contacts, saline solution, and similar items. Add 3 more days' worth of water and food.



Preparedness Calendar

MONTH 7	Planning	Training – Train or Be Trained
	Special considerations are things to think about outside of your own personal needs. Who in your plan may have specific needs that you must consider (Chapter 3 – Special Considerations)?	Your physical health and fitness matter! You will be putting a high demand on your body and mind during an emergency. Consider what you need to work on to be of the most help to others. What is the hardest for you – flexibility, strength, or stamina? Focus on developing yourself where it is needed.
		Supplies – Gather or Purchase Add the remaining pet supplies from the Pet Kit list (page 42). Review what items are remaining on the Go Kit (page 42); add these items to your kit. Add water and food for 3 days. Get comfort foods and favorite snacks.
MONTH 8	Planning	Training – Train or Be Trained
	Staying healthy and clean will not happen by accident! How much additional water do you need for cleaning? What other cleaning supplies need to be purchased? What types of sanitation and hygiene practices will you want during an emergency (pages 28-29)? If water is scarce, sanitizing wipes are a good option. Build and use a two-bucket toilet system (page 29) and make a list of items you want to add to your supplies.	Practice crating your pets and loading them, their supplies, your family, and supplies into your vehicle(s). Does it all fit? Could you do it in under 5 minutes? Could you do it in the dark? What needs to be tweaked for it to work in an actual emergency?
		Supplies – Gather or Purchase Focus on sanitation and hygiene supplies. Look through the kit lists (pages 41-44). Decide which supplies you need. Do not forget feminine hygiene and incontinence supplies. Add the items for a two-bucket toilet system (page 29). Add water and food for 3 days – consider juices or powdered electrolyte mixes.
MONTH 9	Planning	Training – Train or Be Trained
	Make sure everyone in your plan knows the steps to take to make it successful, even if they are the only ones able to carry it out. Does everyone know where to go, who to call, where supplies are, etc.? Talk with your group about each event and what the plan of action is.	Learn to turn off your gas and water mains in the event of an earthquake. If you have a hand pump on your well, learn how to use it. This is a good time for a weekend experiment - live in your home for a weekend without the use of light, heat, water, or anything electronic (TV, radio, phones, etc.). What skills and supplies did you find you needed to succeed if it had been an actual emergency?
		Supplies – Gather or Purchase Gather or purchase the tools and/or missing items from the kit lists. You likely have these items around your home. Consider whether you want plasticware, paper plates, and napkins during an emergency or extra dish soap, water, and towels. Make a list and purchase items. Add food and water for 3 days - do not forget coffee, tea, or other favorite drinks.



Preparedness Calendar

MONTH 10	Planning	Training – Train or Be Trained
	Begin to create a plan to work with your neighbors during a disaster (pages 55-56). Learn what plans are in place at work, in schools, or in your childcare facilities.	Learn or teach someone to use the tools around your home. If you have a generator, chainsaw, tractor, etc., practice using them until you are comfortable using them on your own.
		Supplies – Gather or Purchase
Add supplies to your Car Kit (you should build one kit per vehicle). Gather or purchase the missing items. Add water and food for 3 days – remember your spices and sweeteners.		

MONTH 11	Planning	Training – Train or Be Trained
	Download some useful emergency notification apps on your cell phone to stay informed about weather, or local, state, and federal emergencies. Make a plan for sheltering-in-place (page 45).	Take Stop the Bleed training. Go to www.stopthebleed.org for more information. Practice your CPR and first aid skills.
		Supplies – Gather or Purchase
Review your Shelter-in-Place supply needs. Gather or purchase items. Add water and food. Consider purchasing some of the “emergency foods” that have a very long shelf life. MREs, food ration bars, or any variety of emergency food that can be found online by searching “emergency foods.” These have a shelf life of 5-25+ years.		

MONTH 12	Planning	Training – Train or Be Trained
	Gather your Evac Box supplies together (page 43). These are not items you purchase, but rather sentimental items, as well as financial, medical, and legal documents that need to be stored in an easy-to-carry container, in a convenient location. In this final month of preparation, get involved in your community by volunteering. Volunteer opportunities can be found at local food banks, shelters, pet shelters, and donation centers. These services can only be provided with support of volunteers.	Shore up what you have already learned and fill in any gaps so that you feel prepared to be the help until the help arrives.
		Supplies – Gather or Purchase
Get a bin or two for your Evac Box supplies. Review your B.O.B. Kit supplies (page 43). Gather or purchase the missing items. Add water and food for an additional 3 days. Make sure to have a good protein source! Add books, games, cards, or other non-electronic entertainment to your kits. Start your calendar over for next month and rotate any items that have expired. Pick up supplies you may have skipped. Review your plans and continue training so your skills do not expire.		



Citizen Alert

Get notified about emergencies and other community alerts via your home phone, cell phone, text message, or email by signing up for Citizen Alert.

The notification system helps local officials provide you with critical information quickly in a variety of situations such as fire, flood, unexpected road closures, missing persons, and evacuation of buildings or neighborhoods.

In the event of an emergency, local officials will use the Citizen Alert system's emergency notification function to call the homes and businesses using landlines in the affected area. If you do not have a landline, you will not be notified unless you register another contact option. If you register other contact options, such as your cell phone, work phone, or email, you can be notified (even when you are not home).

You can specify how you want to be contacted. For example, you can tell the system to call your cell phone, then your work phone, followed by a text and/or email. You can set up your account to communicate in whichever way works best for you. You may add up to five Douglas County addresses in the system (home, work, school, parents' home, etc.).

Helpful Tips on Signing Up for Alerts

- If you have a cell phone, you must opt in to receive alerts. Landlines are automatically uploaded into the system.
- Visit www.DCSO.com/Alerts to sign up.
- Everyone with a cell phone should have their own account in the DCSO alert system, even if they live in the same household. If two cell numbers are listed on the same account, only the first one will get the notice. Do not make yourself responsible for contacting everyone in the household, let us do it for you!
- Do not turn your cell phone off at night if it is your only phone in the house. Think of it like a smoke alarm, you need to hear it to work!
- Use/enter a cell phone, not a land line, if you have a cell phone. Signing up with a cell phone allows us to notify you even when you are not at home.
- Remember, we cannot contact you if you do not sign up!
- If you do not have access to a computer, you can call 541-440-4450 and the Douglas County Sheriff's Office can sign you up.





Evacuations

“Be Ready, Be Set, Go!” is a statewide evacuation system to notify communities facing a threat, or potential threat, to lives and property.

LEVEL 1 – BE READY

A Level 1 evacuation means “BE READY” for a potential evacuation. Residents should be aware of the danger that exists in their area while also monitoring emergency services websites and local media outlets for information. This is the time for preparation and precautionary movement of persons with special needs, mobile property, and (under certain circumstances) livestock and pets. If conditions worsen, emergency services personnel may contact you via an emergency notification system. All residents should always be at this level of readiness!

LEVEL 2 – BE SET

A Level 2 evacuation means “BE SET” to evacuate. This level indicates there is significant danger to your area, and residents should either voluntarily relocate to a shelter or with family/friends outside of the affected area, or if choosing to remain, be ready to evacuate at a moment’s notice. Residents MAY have time to gather necessary items but doing so is at their own risk. THIS COULD BE THE ONLY NOTICE THAT YOU RECEIVE. Emergency services cannot guarantee that they will be able to notify you if conditions rapidly deteriorate. Area media services will be asked to broadcast periodic updates.

LEVEL 3 – GO!

A Level 3 evacuation means that you need to LEAVE IMMEDIATELY! Danger to your area is current or imminent, and you should evacuate. If you choose to ignore this advice, you must understand that emergency services may not be available to assist you further. DO NOT delay leaving to gather your belongings or make efforts to protect your home. Access to evacuated areas may be denied until conditions are safe for citizens to return. DO NOT plan to return to check on your home or animals. If it is not safe for you, it is not safe for them!

TIP: Park vehicles facing outward and keep your keys in the same spot. Never leave your gas tank less than half full.

TIP: It is easy to go to Level 3 with no warning! Always be ready!





Evacuations

Evacuations

Evacuations are conducted to save lives and allow responding personnel to focus on the emergency at hand. **Please evacuate promptly when requested!**

Evacuation Orders

It is important that you follow all evacuation instructions immediately for your safety. If you have animals or special needs, you should consider leaving at Level 1.

TIP: Evacuation can take much longer than expected when entire neighborhoods are evacuating. Leave as early as possible.

The Evacuation Process

Officials will determine the areas to be evacuated and the routes to use depending on the safest option for the specific incident. Law enforcement agencies are typically responsible for enforcing an evacuation order. Follow their directions promptly! You will be advised of potential evacuations as early as possible, but **do not wait to leave if you feel unsafe**. Continually listen to your radio/TV for announcements from law enforcement and emergency personnel.

If Evacuation Is a Possibility

Follow your personal/family evacuation plan. You should have several routes out of your neighborhood, if possible, and practice with the whole family at least twice a year. Locate pets and keep them nearby; initiate your livestock evacuation plan. Close windows and turn off central heating/air conditioning before leaving your home. Be sure to take your Grab-n-Go Binder, Evac Box, and any other kits (Go Kit, B.O.B. Kit, etc.).

Your Evacuation Plan Should Include:

- Where you will go and how you will get there (this is where family members who are not at home will meet).
- Where will your pets (including livestock) go if they cannot shelter with you.
- How you will let others know where you will be if communications are down.

Returning Home

Emergency officials will determine when it is safe for you to return to your home. This will be done as soon as possible, while considering safety and accessibility. Be alert for downed power lines and other hazards. Carry your ID or proof of residency with you.

Neighborhood Preparedness

What Is Neighborhood Emergency Preparedness?

Neighborhood preparedness refers to a neighborhood-wide effort to share the training, education, and resources that each person has in order to prepare in advance for disaster on a collective level.

There Is So Much to Do... So Get Some Help!

To do it right, preparing for emergencies can be a full-time job with a hefty price tag. But it does not have to be that way when you make it a collaborative effort among your neighbors. Many of the skills and equipment you will need in an emergency may already exist in your neighborhood. Use the Neighborhood Resource Inventory on the following page to easily compile a list of neighbors, equipment, and skills each neighbor can offer to help in the recovery effort.

Coordinate with Neighbors

- Work with your neighbors to compile a list of available skills and resources. Make it a social event, like a block party – feed them and they will come! Put “neighborhood preparedness” as the only item on the agenda.
- Do not be discouraged if the resulting list seems small – creativity and innovation are your most valuable resources!
- Camping gear such as tents, canopies, and cooking stoves can be used for temporary shelter (a feeding station, a first aid station, a pet care center, etc.).
- Individuals with a certificate or license for medical skills (MD, RN, EMTs, etc.), building skills (architect, construction worker, building inspector), utility worker, or heavy equipment operator may be willing to lead in their area of expertise.
- Equipment and tools used for debris removal, home repair, snow removal, etc. could be shared rather than purchased. Be sure to include provisions for replacement, if necessary.
- Integrate this approach into your Neighborhood Watch Program or Homeowners’ Association. Do not reinvent the organizational wheel; use what you have already in place.
- Invite the knowledgeable neighbors to teach disaster skills at a Neighborhood Watch or Homeowners’ Association meeting. Invite guest speakers from your local emergency management office, the fire department, or the American Red Cross to discuss related topics.
- Start a “buddy squad” to check on elderly or disabled neighbors during and after disasters such as an extended power outage or winter storm. Check on children who may be home alone.

Start with What You Already Have

- Communications gear, especially amateur (ham) radio or citizen’s band radio, may be your only link to rescue crews, incident updates, local government, or even others in the community if telephone lines and cellular services are down.
- Transportation such as 4-wheel drive, cargo trucks, boats, snowmobiles, and ATVs may become the only means to get through debris-strewn, icy, snowy, or flooded roads.

TIP: After an earthquake, when pavement is broken and debris is riddled in the roadway, a bicycle will be one of the best modes of transportation!

Skills Inventory

Last Name:				Address:				
Home Phone:								
	First Name			Age	Workplace or School Name & Address			Work Phone
1								
2								
3								
4								
5								
6								
Use the number next to the name to refer to which family member is volunteering for or has the indicated skills below.								
Is your family prepared for at least 2 weeks without power, water, or assistance of any kind?							Yes	No
Is your home "earthquake proof" (cabinets latched, water heater strapped, foundation reinforced)?							Yes	No
Would you attend a training class on family and neighborhood preparedness?							Yes	No
<u>Disaster Skills</u>	1	2	3	4	5	6	Comments:	
First Aid/CPR								
Amateur Radio								
Group Leadership								
Tree/Limb Removal								
Heavy Equipment Op								
Building/Construction								
Sandbagging								
4-Wheel Drive Op								
<u>Volunteer Activity</u>	1	2	3	4	5	6	Comments:	
Fire Suppression Team								
Medical Team								
Search & Rescue Team								
Staging Area Team								
Logistics								
*Buddy Squad								
**Runner								
Childcare								
Meal Preparation								
Shelter Management								
Pet/Livestock Care								
*Buddy Squad checks on those with special needs: mobility impaired, latch-key kids, medically fragile, etc.								
**Runners are used to pass messages when telephone, radio, or other communication means are not available.								

BE PREPARED!

For copies of this handbook or to get an electronic copy, please contact Douglas Public Health Network at: www.douglaspublichealthnetwork.org or 541-440-3571.



DOUGLAS
PUBLIC HEALTH
NETWORK

