

Kilkich Residents Association Board of Directors



Board Members:

Chair:

Vice Chair: Shelley Estes

Secretary:

Treasurer: Pam Lenox

Rocky Doyle, Alison Felton, Scott Felton

KRA Board of Directors Regular Monthly Meeting

In person at CIHA and on Zoom

September 11, 2023

AGENDA

1. Call to Order – Vice Chair Shelley Estes
2. Roll Call of Board Members and Introduction of Residents and Guests
3. Reading and Approval of Minutes from August 14, 2023, Meeting
4. Amendments to Agenda – It was agreed via email that the Shishda Haws presentation would be before discussion of old and new business.
5. Treasurer's Report – Balance is \$2,614.00 with Garage Sale Funds.
6. Committee Reports – Bylaws Report
7. Old Business
 - + Board Vacancies for Chair and Secretary Nominations – Schedule vote?
 - + KRA Note Cards, Banner, and Shirts – Update.
 - + Community BBQ – September 17, 2023, at noon. Volunteers, tasks, and assignments.
 - + Sea-Ha Runner Notices & Additions
8. New Business
 - + Shishda Haws Presentation
 - + ***R U Ready?***
 - + Haunted Woods October 31, 2023 – Planning and volunteers.
 - + Coffee and Cocoa with a Cop
 - + Bicycle Rodeo/Safety Fair
9. Public Comment
10. Next KRA Board Meeting Date – October 2, 2023
11. Adjournment

Kilkich Residents Association
Regular Meeting of the Board of Directors
Minutes
August 14, 2023

Call to Order

- Vice Chair Shelley Estes called the meeting to order at 5:35 p.m. via Zoom and in person at the CIHA office.

Roll Call

- Board members in attendance were Shelley Estes, Pam Lenox, Alison Felton, and Scott Felton. Board member Rocky Doyle joined the meeting via Zoom. Residents in attendance were Jan Doyle and Cindy Elbert. Resident Jessica Meza joined the meeting via Zoom. Tribal Emergency Management staff in attendance were Jessica Hamner and Lon Matheny. CIHA staff in attendance were Executive Director Anne Cook and Housing Programs Coordinator Tracey Mueller.

Approval of Minutes

- The minutes for July 10, 2023, were approved.

Amendments to Agenda

- The order of the day was waived to allow Tribal Emergency Management staff Jessica Hamner and Lon Matheny to give their emergency preparedness presentation.

Old Business

- Kilkich Emergency Plan – Jessica introduced herself and Lon and explained the basics of Emergency Preparedness. The goal should be to bounce back from an emergency and then move forward. To do that each resident should be 2 weeks prepared. All Kilkich residents need to stay informed, make a plan, and build an emergency preparedness kit. Jessica also showed the Board a small file box that is available to all residents which contains paperwork on which a person can list important information such as insurance info, medical info, lease agreement, phone numbers, etc.

Lon explained that the Tribe has emergency supplies for about 400 people: blankets, tents, sleeping bags, dehydrated food, and water. Lon is also planning four to five basic “self-rescue” classes for about 10 people per class to teach basic skills.

Shelley shared some ideas from her time as an Alaskan resident regarding community survival attitudes. KRA needs to help our community develop a desire to help each other in a time of disaster was the consensus.

KRA discussed the possibility of having another meeting with Emergency Management.

Jessica and Lon will be at the Heroes of Health and Public Safety and Bicycle Rodeo event on September 29, 2023, 3:30 p.m. to 6:00 p.m.

Treasurer's Report

- KRA balance is now at \$1,914.00 after donated items were sold at Shelley's Garage Sale. (Rocky and the warehouse items). A total of \$30.00 was added to the previous total of \$1,884.00.

Committee Reports

- The Bylaws committee could not report due to Rocky being at Climate Camp.

Old Business

- KRA Garage Sale Update – The 2023 KRA Community Garage Sale had been successful. No one inquired about the cash drawing not being offered at this year's garage sale. KRA discussed advertising for future garage sales and decided the garage sale would be advertised on social media, signs at the College Park church, and the KRA garage sale banner at the entrance to Kilkich.
- Construction Issues – Alison discussed the success of stopping road construction for the KRA garage sale.
- Status of the Kilkich Forest – The status of Kilkich forest was tabled.

New Business

- Board Vacancies for Chair and Secretary Nominations – Discussion was held and tabled.
- Zoom Future Meetings – Discussion was held that future meetings may or may not be zoomed. KRA did have two attendees via Zoom. Rocky Doyle from Climate Camp and Jessica Meza (resident) zoomed in. CIHA said they would help with future Zoom meetings.
- KRA Note Cards, Shirts, and Banner – The Board discussed the need for all. Alison noted that the cost of shirts was expensive, but they were good quality. It was discussed that KRA would look more professional with advertisement (KRA logo) shirts. Thank you cards and banner approved. Discussion over shirts determined the cost was too high. Rocky stated he would be willing to buy his own shirt. Other members discussed half of the cost could come from KRA funds and the Board member would pay the other half. Discussion ended that half the cost could be paid out of KRA funds or member could pay out of pocket. It was also discussed that Alison would bring in a shirt sample.
- BBQ on Kilkich or Community Activity – Need to set date and menu. Alison presented the amount of the cost. The discussion was that it would take too much of our funds. The Board went back and forth with cost savings. Alison pointed out that we could go to the Chef Store for potato salad, utensils, etc. Discussion over numbers between Pam and Rocky. Rocky did not want to spend all of KRA funds for one event. He expressed concern over future funds. Shelley put it to a vote that KRA have the BBQ with 35 people cost estimate. It was decided not to have potato salad but chips instead. Motion passed at 35 people with chips and utensil purchase. BBQ date is September 17, 2023, at noon.

Shelley discussed a “Haunted Forest by the Plankhouse” giving out candy to kids. Having volunteers willing to hide around the Plankhouse loop to surprise children and give out candy. Shelley stated she would contact Head Start and Afterschool program to see if that would work for their program.

- Discussion Regarding the Difference Between the KRA Board and the CIHA Board – Anne explained that CIHA was created by Tribal ordinance to oversee the Tribe’s housing programs and that the CIHA Board is an executive body. KRA was created early on as part of a HUD requirement. Residents associations generally engage in activities to promote community spirit and participation.
- Sea-Ha Runner Notices/Additions – The September 17, 2023, BBQ and information about the Emergency Preparedness Box and where to pick it up.

Public Comment

- No public comment.

Next Meeting Date

- September 11, 2023, in person at CIHA and on Zoom.

Adjournment

- The meeting was adjourned at 7:46 p.m.

Kilkich Residents Association
Banner Bank Checking Account Ledger
For the Period Ended August 31, 2023

Date	Transaction Description	Amount
6/27/2023	Opening balance (Included in 6/27/23 Deposit)	\$ 296.00
6/27/2023	Deposit - Proceeds from Restoration: 50/50 Drawing Auction Gift Basket Blanket	169.00 1,000.00 207.00 212.00
6/27/2023	Total Deposit: \$1,884	
7/10/2023	CIT Electronic Payment #034921 - Basket	700.00
8/15/2023	Deposit - Proceeds from Kilkich Yard Sale	30.00
	Ending Balance	\$ 2,614.00

Kilkich Residents Association

BYLAWS

ARTICLE I: NAME

The name of the organization shall be **Kilkich Residents Association (KRA)**.

ARTICLE II: PURPOSE

The purposes for which this Association is organized are:

- a) To consider and act on issues that affect the livability and quality of the neighborhood;
- b) To provide an open process by which all residents/members may involve themselves in the affairs of the neighborhood;
- c) For such other purposes as are approved by the Board or membership.

ARTICLE III: BOUNDARIES

The boundaries of the Neighborhood Association shall be defined as:

- o Coquille Indian Kilkich Reservation

ARTICLE IV: MEMBERSHIP

Section 1: Eligibility. All residents and property owners living within the boundaries as defined by these Bylaws are members of the Kilkich Residents Association (KRA).

Section 2: Voting. Each member shall be entitled to one vote for the election of members to the Board of Directors.

ARTICLE V: BOARD OF DIRECTORS

Section 1: Number and Composition of Board of Directors: The number of Directors may vary between a minimum of five and a maximum of nine.

Section 2: Eligibility for Board Service. Only residents shall be qualified to hold an elected or appointed position.

Section 3: Terms of Office. The term of office for Directors shall be one year with an annual reconfirmation or election if necessary.

Section 4: Board Vacancies. Vacancies on the Board shall be filled by a vote of the Directors currently serving on the Board. A member appointed to fill a vacancy shall serve until the next election.

ARTICLE VI: OFFICERS

Section 1: Titles. The Board of Directors will consist of Chair, Vice Chair, Secretary, Treasurer and Members at Large.

Section 2: Elections. The Board shall elect officers from among its members annually at the February meeting. Notice to residents to appear in the January and February editions of the Sea~Ha Runner.

BYLAWS

Section 3: Terms of Office. Officers shall serve a term of one year and may be reelected for additional terms.

ARTICLE VII: MEETINGS

Section 1: Meetings. The Board shall meet at least 2 times a year. There will be no public notice of meetings.

Section 2: Quorum. A quorum for a Board meeting shall be a majority of the number of Board of Directors.

Section 3: Deliberation and Decision Making. The Board of Directors shall make all decisions by consensus.

ADOPTION:

Date Adopted: April 10, 2017



KILKICH RESIDENTS ASSOCIATION

WORKING TOGETHER FOR A BETTER PLACE TO LIVE



3201 Tremont Avenue • North Bend, OR 97459
 541.756.8800 • 800.953.4800 • FAX 541.756.0431 • www.themillcasino.com
 Owned by the Coquille Indian Tribe

1-15438

Coquille Indian Housing Authority
KRA BBQ
FUNCTION DAY/DATE:
Sunday, September 17, 2023
CONTACT: Alison Felton
ON SITE: Alison Felton
TELEPHONE: (541)290-1590

BILLING ADDRESS: 641 Miluk Drive
 Coos Bay, OR 97420

BOOKED BY: Amy Bailey

From	To	Event Location	Event Name	Set Up	Exp	Rental
Sun	09/17/2023 01:00PM 03:00PM	Coquille Community Center	Offsite Delivery	Existing	35	\$0.00

Menu	
Offsite BBQ To Be Delivered and cooked at the Park on Kilkich *Banquets to provide paper plates, cups and cutlery* Hot Dogs & Hamburgers with All the Fixings 35 @ \$7.00 per Guest Decanters of Iced Tea, Lemonade & Water 35 @ \$3.00 per Guest Chef Attended Blackstone, Transport, Tables, Box Truck, Set Up and Tear Down \$200.00	

Room Setup	Audio Visual

Bar	Event Comments

Deposit					
Due	Amount	Received	Type	Description	

By signing below, client agrees to abide by all general conditions, rules and regulations written or oral made by The Mill Casino Hotel.

Client's Signature _____ Date _____

Hotel Representative's Signature _____ Date _____



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1-15438

Summary of Charges		Billing Instruction / Disclaimer
Food Charges	\$550.00	Banquets to ring in. DB To Kilkich Residents Association in case of Coquille Housing Authority Sub Total: \$350.00 10% Offsite Discount: \$35.00 18% Gratuity: \$63.00 Delivery Fee: \$200.00 Total Due: \$578.00 The final guest count is due 7 business days prior to the event. Client agrees to pay, at the agreed price per guest, for any additional guests over the guarantee. Payment in full must be made 48 hours in advance of the event. To confirm these arrangements please review each Banquet Event Order, sign below and return to your Sales Representative.
Bar Charges	\$0.00	
Additional Set Up Charges	\$0.00	
Audio Visual Charges	\$0.00	
Bar Fee	\$0.00	
Room Rental	\$0.00	
Sub Total	\$550.00	
18% Gratuity	\$63.00	
Estimated Total	\$613.00	

By signing below, client agrees to abide by all general conditions, rules and regulations written or oral made by The Mill Casino Hotel.

Client's Signature

Date

Hotel Representative's Signature

Date

SEA-HARUNNER

COQUILLE INDIAN HOUSING AUTHORITY



2678 Mexeye Loop
Coos Bay, OR 97420

Phone: (541) 888-6501

Phone: (800) 988-6501

Fax: (541) 888-8266

traceymueller@coquilleiha.org

HOUSING PAYMENT PICK UP AVAILABLE
Housing payment pick up is available
for elders and people with a
disability. Call CIHA to schedule a
payment pick up at (541) 888-6501.

VOLUME 26 ISSUE 9

SEPTEMBER 2023

THE KILKICH RESIDENTS ASSOCIATION
INVITES YOU TO AN END-OF-SUMMER



SUNDAY, SEPTEMBER 17TH AT NOON

***** INFORMATION *****

PLEASE JOIN THE KILKICH RESIDENTS ASSOCIATION FOR HOT DOGS AND
HAMBURGERS GRILLED BY THE MILL CASINO AT THE KILKICH PLAYGROUND.
NO NEED TO BRING ANYTHING BUT YOUR FAMILY.

PUBLIC SAFETY BULLETIN

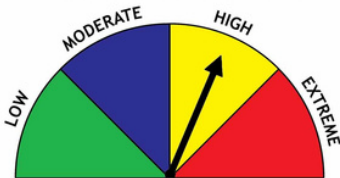
SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

Wildfires, Earthquakes, Tsunamis.... Are you prepared? As we've seen in recent events, you need to be ready to evacuate at a moment's notice. The Coquille Indian Tribe is holding a Safety Fair at the end of September. More information will be forthcoming. Find preparedness resources at:

www.redcross.org and www.ready.gov

FIRE SEASON CONTINUES

AS OF 8/24/2023



Fire
Danger
Is
High

- Debris burning is prohibited.
- Smoking is prohibited while traveling in forestland; except in vehicles on improved roads, in boats on the water, and other designated areas.
- Use of fireworks is prohibited.
- Use of sky lanterns, exploding targets, and tracer/incendiary ammunition is prohibited.
- Motor vehicles including motorcycles and all-terrain vehicles, are allowed on improved roads free of flammable vegetation, except for the cultivation and harvest of agricultural crops.
- Firefighting equipment is required while traveling in forestlands, except on state highways, county roads, and driveways: one shovel, one axe or Pulaski, and one gallon of water or a 2 ½ lb. or larger ABC fire extinguisher.
- Campfires, charcoal fires, cooking fires, and warming fires are allowed only at designated, hosted, and managed campgrounds.
- Powersaw use is allowed from 8 P.M. until 10 A.M., each powersaw must have a shovel and 8 ounce or larger fire extinguisher. A firewatch of one hour is required after the use of each saw.
- Cutting, grinding, and welding of metal is allowed from 8 P.M. until 10 A.M., the area must be cleared of flammable materials and have either a charge water hose or 2 ½ lb. or larger ABC fire extinguisher.
- Mowing of dried, cured grass is allowed from 8 P.M. until 10 A.M. The culture and harvest of agricultural crops is exempt from this requirement.
- Any other spark emitting internal combustion engine not specifically mentioned is allowed from 8 P.M. until 10 A.M. when the area is cleared of flammable materials.



The Coquille Indian Tribe is looking for **ham radio operators** and **volunteers** for a **support action team**.

Training will be provided for both. If you are interested,

contact the Tribe's Emergency Management Director, Lon Matheny at: lonmatheny@coquilletribe.org



CIHA CONTINUES TO RECEIVE COMPLAINTS ABOUT PEOPLE EXCEEDING THE POSTED SPEED LIMIT AND DRIVING RECKLESSLY THROUGH THE KILKICH COMMUNITY. PLEASE SLOW DOWN.

IF YOU SEE SOMEONE SPEEDING OR DRIVING RECKLESSLY, NOTE THEIR LICENSE PLATE NUMBER, A DESCRIPTION OF THE VEHICLE, AND DATE AND TIME OF INCIDENT. CONTACT THE TRIBAL POLICE AT 541-888-0189.

IF IT IS AN EMERGENCY, PLEASE CALL THE TRIBAL POLICE DISPATCH NUMBER, 541-269-8911.

DRIVE SAFELY AND SLOWLY THROUGH THE COMMUNITY.



Emergency Management Director, Lon Matheny would like to extend an invitation for membership and employees to attend The City of Coos Bay's Community Preparedness "Get Ready" lecture/event at the downtown Firehouse, 450 Elrod Street, on Saturday, Sept 9 from 11:00 a.m. - 2:00 p.m.

MEET COQUILLE TRIBAL POLICE CHIEF MERRITT

At the young age of nine, Jerry Merritt was watching the TV show Adam-12 and knew right then that he wanted to be a police officer. So in 1989, Jerry became a Police cadet for the North Bend police department. Now, 34 years later, Jerry is Chief of Police for the Coquille Indian Tribe and celebrating his 30th wedding anniversary to his high school sweetheart, Anita.



Chief Merritt with his family

After seven years as a cadet, Jerry became a police officer for North Bend and served in many different capacities including a School Resource Officer, a Motor Officer, and being part of the Homicide Investigation Team.

Jerry's wife Anita became a midwife and continues to work at Bay Area Hospital. They have two daughters, Sarah who is a 2nd-year nursing student and Amanda who works in the employment industry. They are thrilled to be able to spoil a grandchild.

In 2014, Jerry accepted a position as a Police Officer with the Coquille Indian Tribe. Six years later he was promoted to Police Chief. Working for a small police department, Jerry had one thing in mind – Community Service. The most important thing to him is getting to know the residents at Kilkich, being involved in the community, and keeping residents safe.

The Tribe's K9, Stormy, was passed on to him from Officer Scoville after marijuana became legal so that Scoville could train another dog, Ben, to become a 'three odor' dog. As a 'four odor' dog, Stormy was still able to work at jails, airports, and anywhere else marijuana was illegal. Stormy retired in 2020. She enjoyed a year of retirement with the Merritt family before sadly passing away in 2021.

Jerry has had his own challenges. Five years ago he overcame esophageal cancer only to be diagnosed with brain cancer a year later. Jerry continues to fight the cancer but you'd never know it with his always happy, friendly personality, and dedication to his work. We are very fortunate to have Jerry as our police chief and appreciate everything he does for us.



K9 Stormy

KILKICH RESIDENTS ASSOCIATION

September

CALENDAR

Next KRA meeting
is
Monday September, 11th
ALL residents are
welcome.

LOOK OUT FOR DETAILS IN NEXT
MONTH'S NEWSLETTER ON OUR
HAUNTED WOODS EVENT AT THE
END OF OCTOBER

In addition to September's
Kilkich BBQ, look out for more
events brought to you by the
Kilkich Residents Association.

1	CIHA Office Closed
4	CIHA Office Closed for Labor Day
5	Dumpsters Leave
9-10	Salmon Celebration at The Mill Casino
9	'Get Ready' event (See Public Safety page)
11	Kilkich Residents Association Meeting at the CIHA Office and via Zoom. Begins at 5:30 p.m.
17	KRA Community BBQ
16-17	Bay Area Fun Festival
29	Annual Bicycle Rodeo

**DON'T FORGET - DUMPSTERS WILL BE LEAVING ON
TUESDAY, SEPTEMBER 5TH**

ARE YOU PREPARED?



You could be. Disaster can strike without warning, and may force you to go for days without basic necessities. Knowing the steps to take before, during, and after a disaster can greatly reduce the danger and distress your family may face.

PREPARATION CAN:

SAVE LIVES

**LIMIT OR PREVENT CERTAIN
DISASTERS**

REDUCE FEARS

MAKE IT EASIER TO RECOVER



IF YOU'RE LOOKING TO IMPROVE YOUR INDIVIDUAL AND FAMILY PREPAREDNESS JOIN THE KIL-KICH READINESS PROJECT!

The Kil-Kich Readiness Project, launching this Fall, will be a progressive learning experience concentrating on providing beginner level individuals with the tools and knowledge they may need to be self-sufficient *and* able to assist others in the event of an emergency or natural disaster.

The KKRK will provide hands on and virtual learning experiences including:

- ✓ The beginner's basics of a "go bag" and suggestions for additions (in person and virtual)
- ✓ Developing plans for what to do in an emergency or disaster (in person and virtual)
- ✓ How to identify dry wood in the forest to build a fire (in person)
- ✓ Basic knots: using basic knots and cordage to construct temporary tarp shelters (in person)
- ✓ Creating a family and friends communication plan (in person and virtual)
- ✓ Starting a fire: using a ferro rod, identifying and using firelays and batoning (in person)

**NOW IS THE TIME TO PREPARE
#BeKilkichReady**

**KEEP AN EYE ON THE KWEN FOR MORE
INFORMATION OR EMAIL
LON MATHENY
EMERGENCY MANAGEMENT DIRECTOR,
LONMATHENY@COQUILLETIBE.ORG**



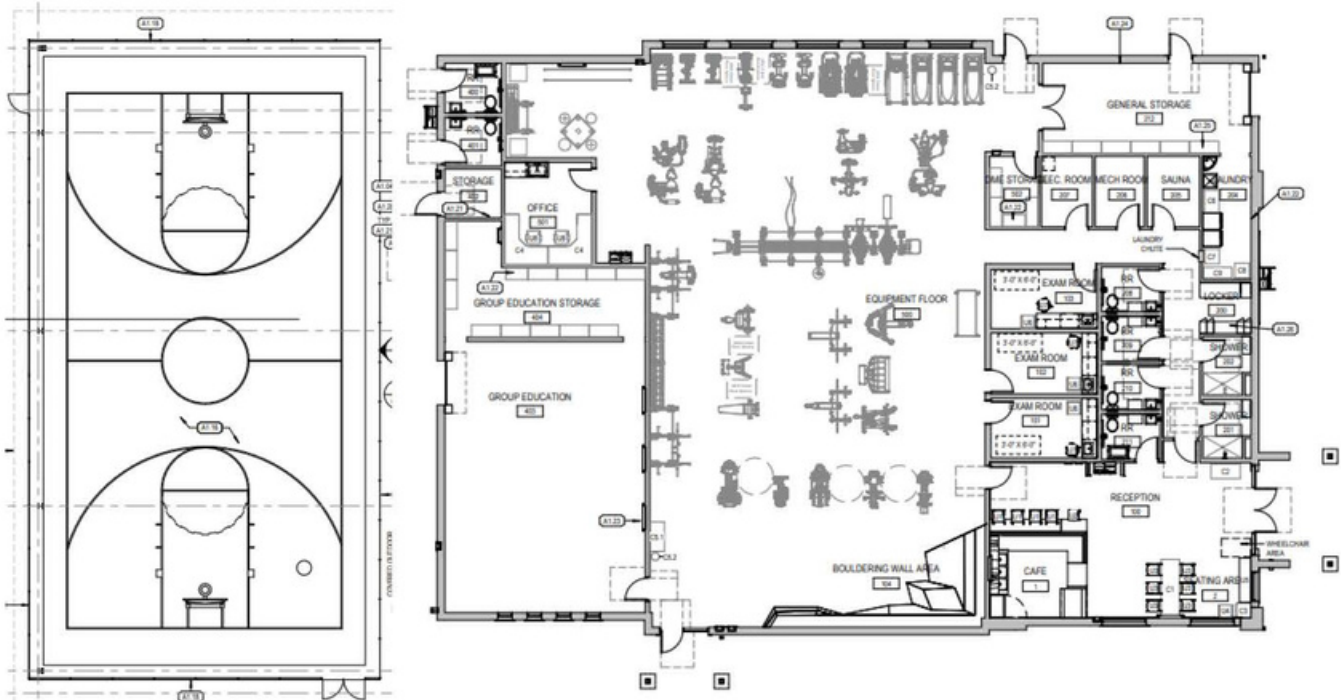
Ko-Kwel
Wellness Center

Shishda Haws



*all images are conceptual

The Ko-Kwel Wellness Center - Shishda Haws will be an approximately 13,531 sq. ft. rehabilitation and fitness center constructed on the Kilkich Indian Reservation.



The 8,912 sq. ft. space will house physical therapy, massage, and chiropractic services; a large fitness classroom; and a generous equipment area for cardio, exercise, rehabilitation and weight equipment with space for stretching. There will also be a small grab-and-go deli, bouldering wall, and covered multi-use sport court for basketball, volleyball, pickleball, and four square.

Submitted by the:

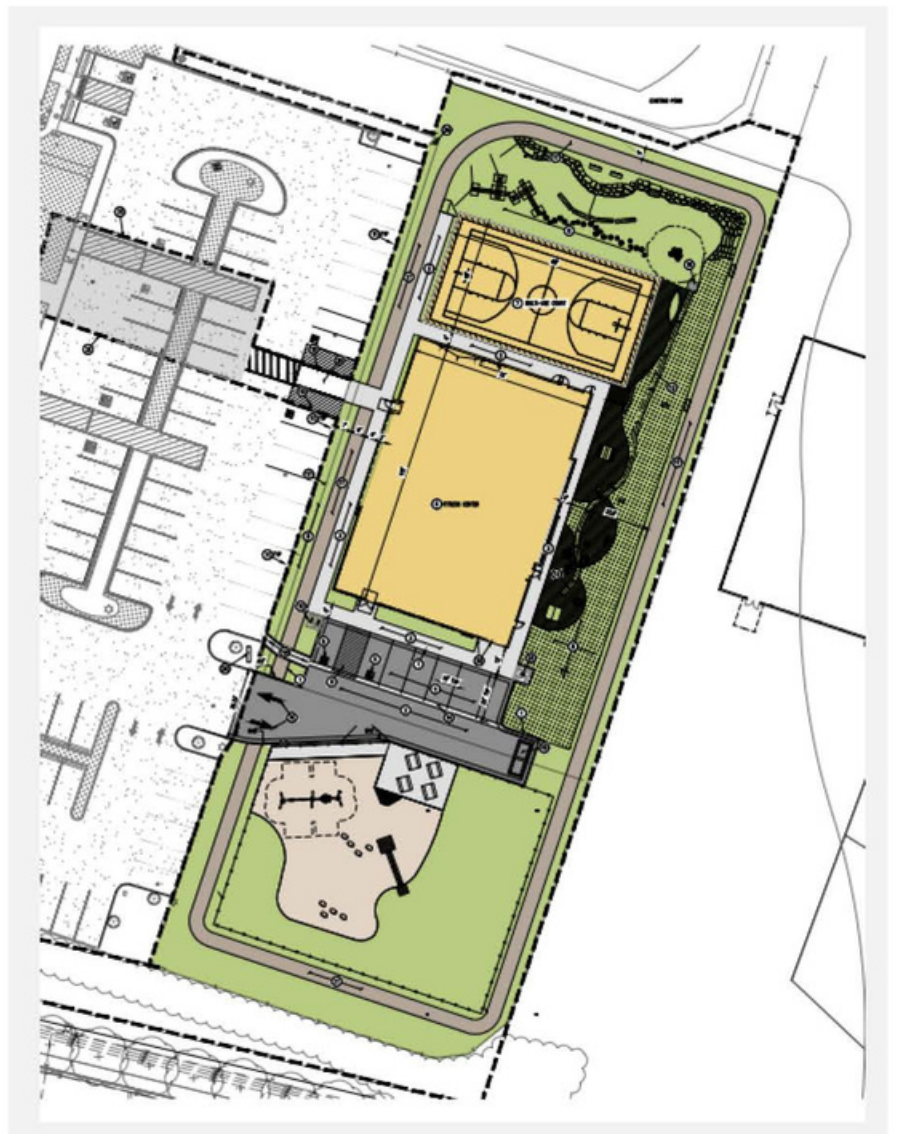
Project Management & Planning Office • (541) 297-1355 • projects@coquilletribe.org



A soft-surface pedestrian path, natural play areas, and a fenced playground that caters to pre-school and early school-age children will surround the facility inviting all ages to enjoy the space.

Project construction will start September 6th, 2023, with an estimated move-in of August 2024!

[Learn more](#)



Submitted by the:

Project Management & Planning Office • (541) 297-1355 • projects@coquilletribe.org



THIS YEAR'S SALMON CELEBRATION IS THE 18TH ANNUAL EVENT TO SHOWCASE NATIVE CULTURE

The traditional salmon bake meal will be served

Saturday, September 9 | 11:00 AM – 5:00 PM

Sunday, September 10 | 11:00 AM – 4:00 PM

Presale tickets are \$40 for adults and \$35 for children 12 and under. Tickets will be available in Ko-Kwel Gifts beginning August 22 and include a commemorative Mill-Luck Salmon Celebration t-shirt (while supplies last). Guests may also purchase their meal at the meal tent during the event. The price for a meal without a t-shirt is \$32 for adults and \$25 for children.

This fun-filled weekend is full of family events and entertainment.

- Tribal canoe races
- Outdoor tribal vendors and crafts (demonstrations and hands-on participation)
- Traditional salmon bake meal
- Live entertainment with authentic Native American dancing, drumming and flute playing



THE BAY AREA FUN FESTIVAL THE LAST BIG PARTY OF THE SUMMER SEPTEMBER 16-17, 2023

Enjoy the sights, sounds, and tastes of this popular festival. Highlights include live entertainment, the famous Cruz the Coos featuring nearly 500 vintage automobiles, the Prefontaine Memorial Run, K-DOCK RockFest, the BAFF parade, and much more!

A rolling and challenging course, the Prefontaine 10K road race honors one of America's greatest distance runners, Steve Prefontaine. Event includes the 10K run and a 2M walk. Hilly, out and back.

Go to prefointainerun.net/race-details to register.





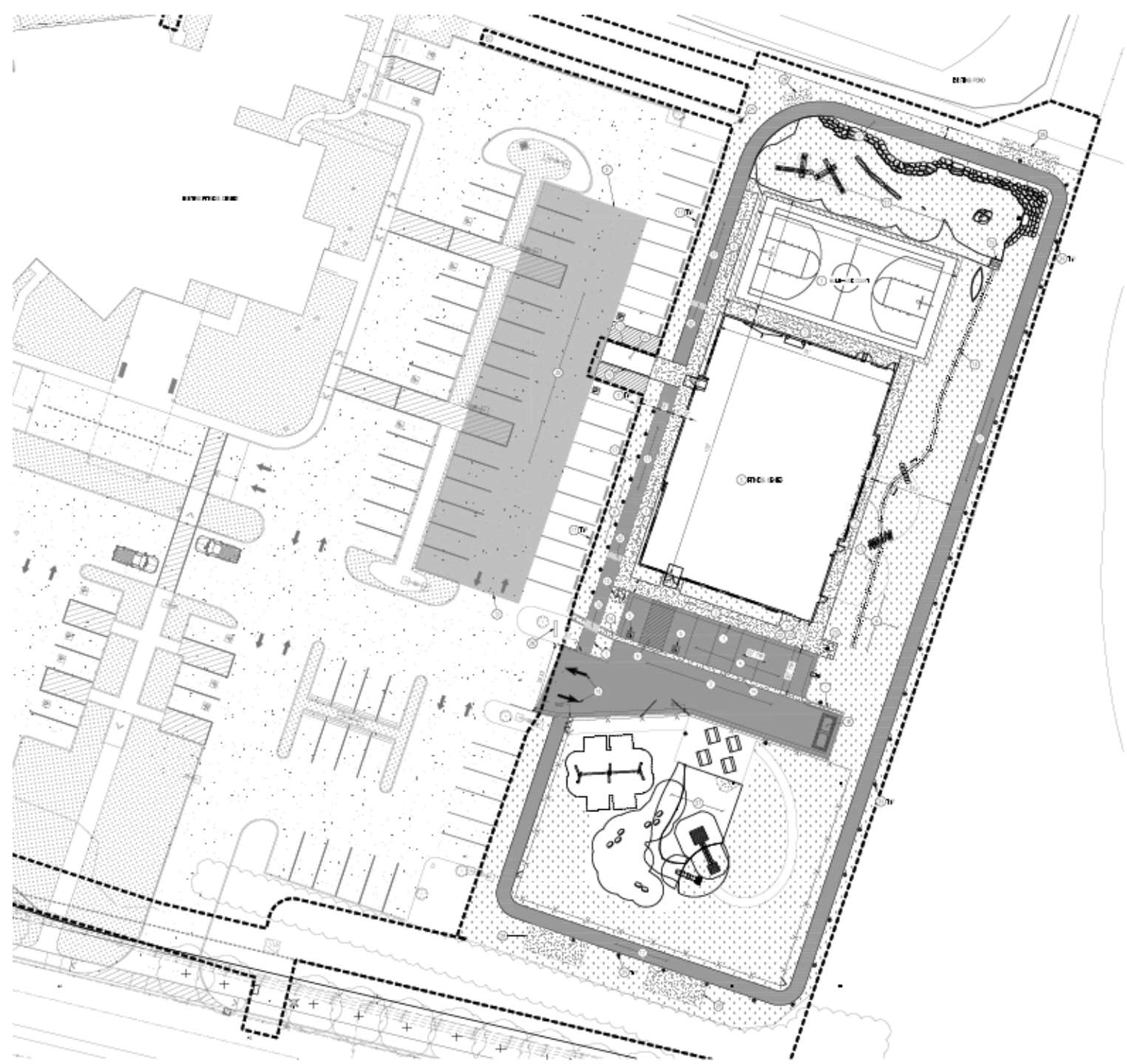
Shishda Haws Rehabilitation & Fitness Center

Site Logistics Plan

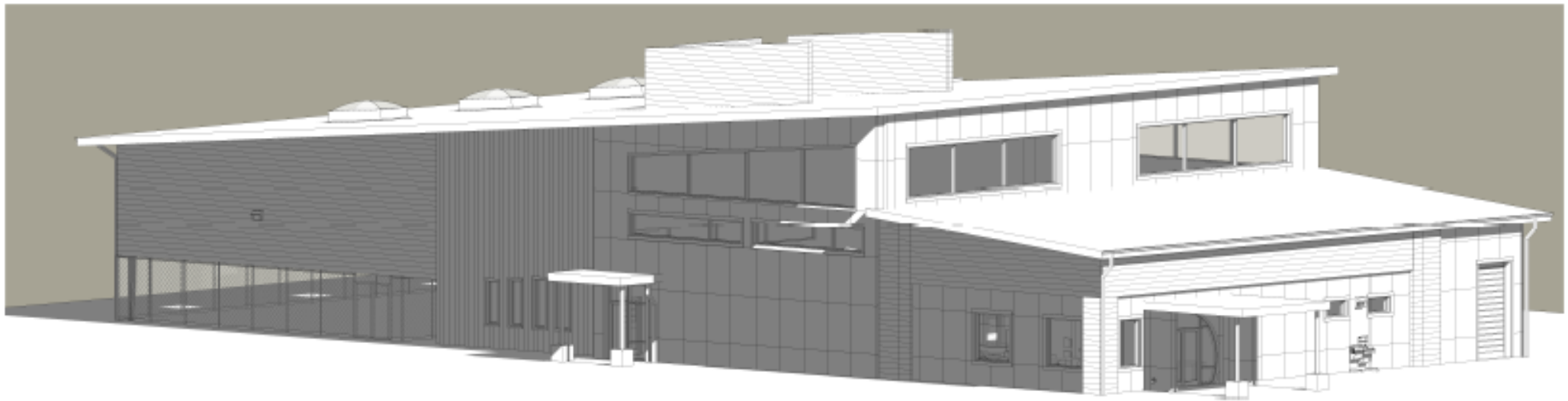


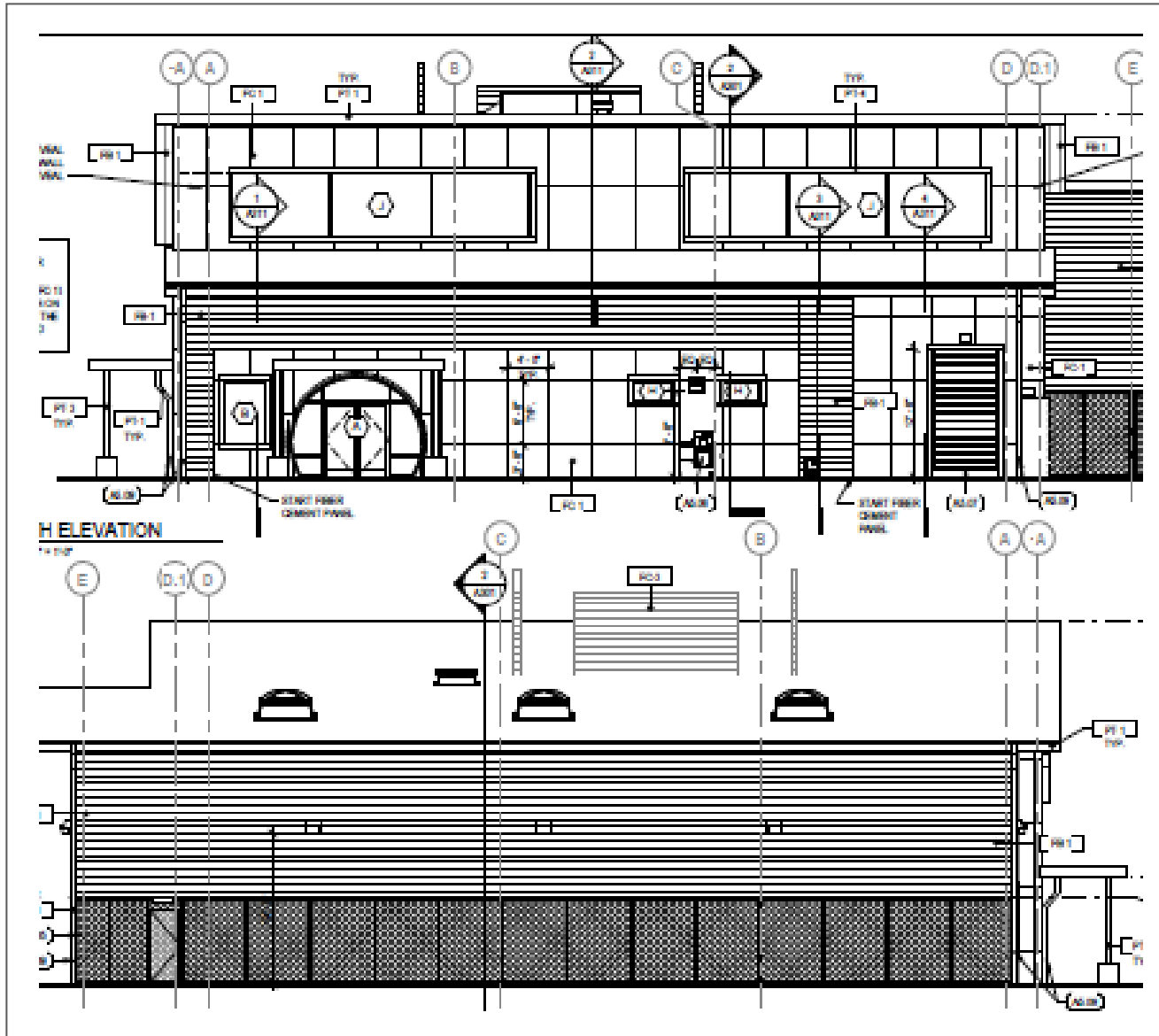
Conceptual Building Footprint

The Ko-Kwel Wellness Center - Shishda Haws will be an approximately 13,531 sq. ft. rehabilitation and fitness center constructed on the Kilkich Indian Reservation.



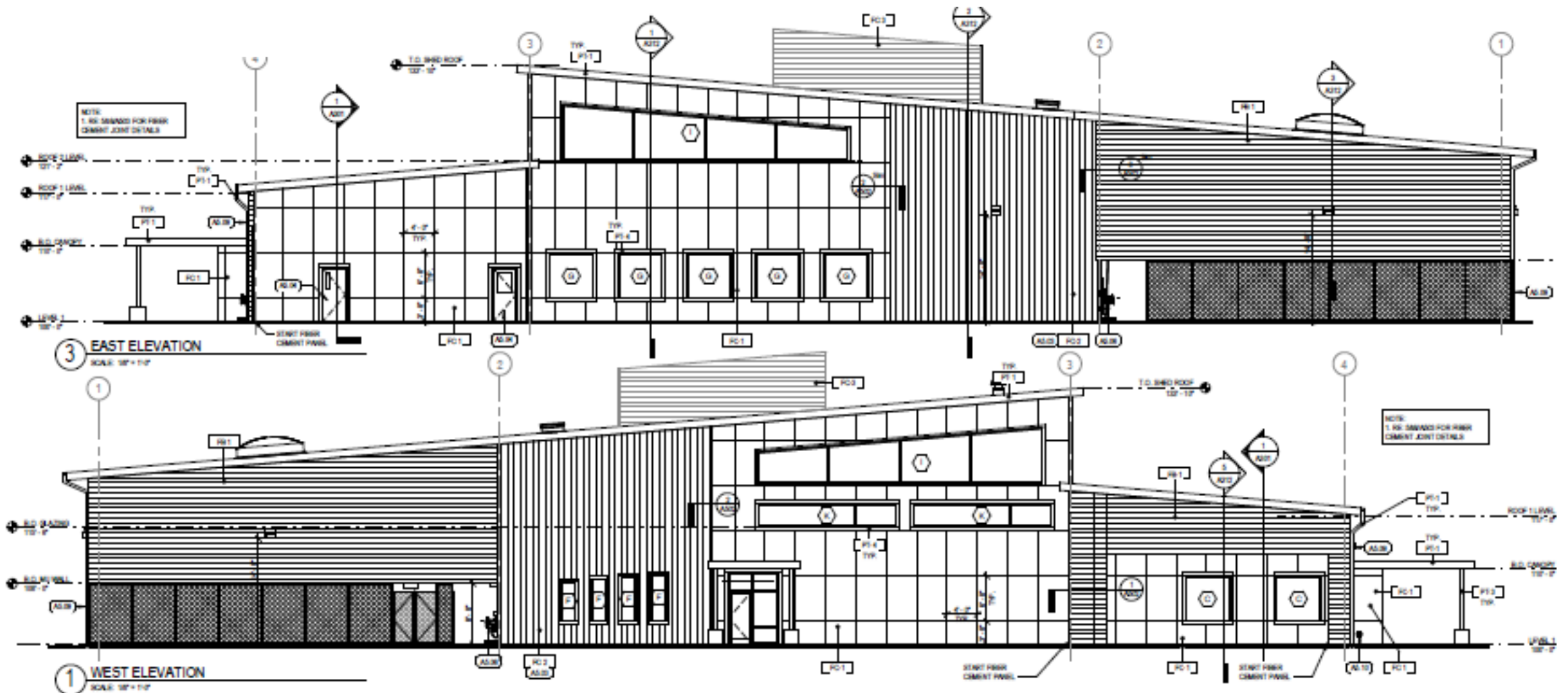
Conceptual Building Elevation





Conceptual Building Elevations – North & South

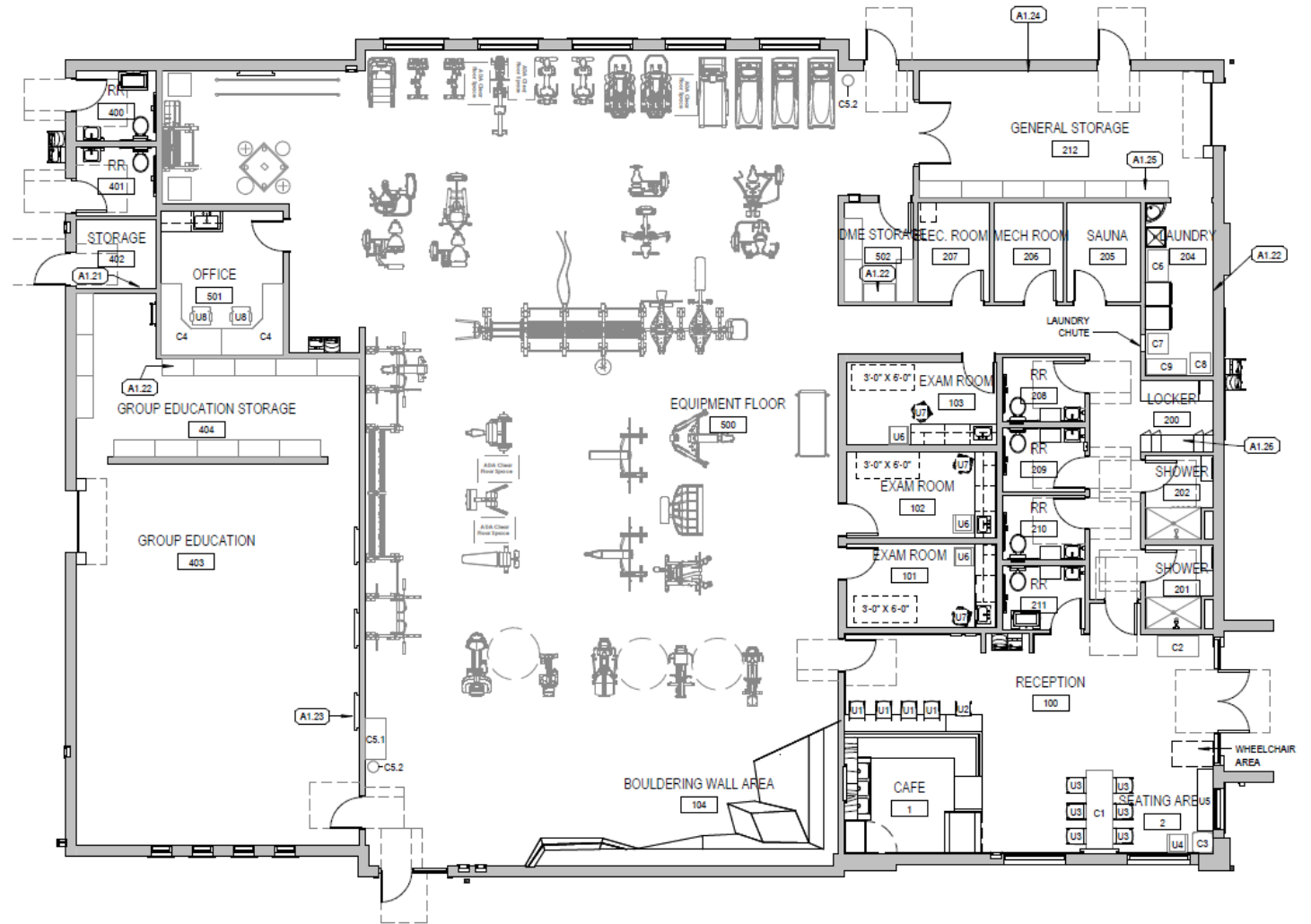
Conceptual Building Elevations – East & West



Conceptual Building Floorplan

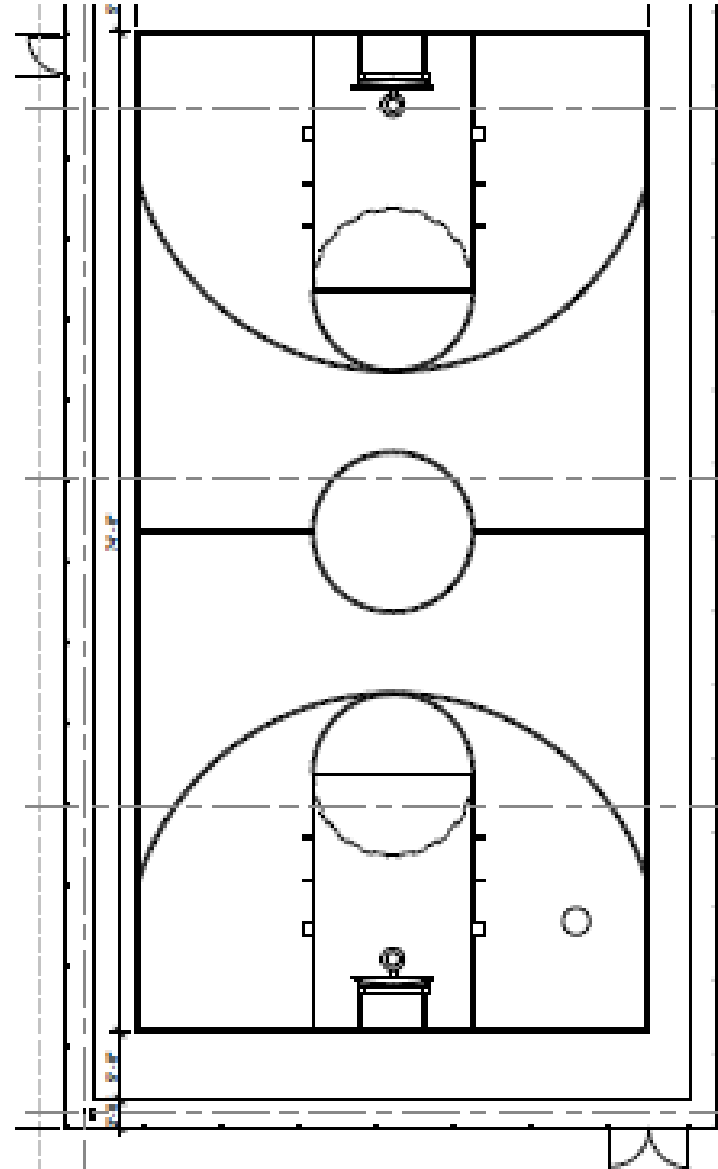
The 8,912 sq. ft. building interior will house physical therapy, massage, and chiropractic services; a large fitness classroom; and a generous equipment area for cardio, exercise, rehabilitation and weight equipment, with space for stretching.

There will also be a small grab-and-go deli and bouldering wall.



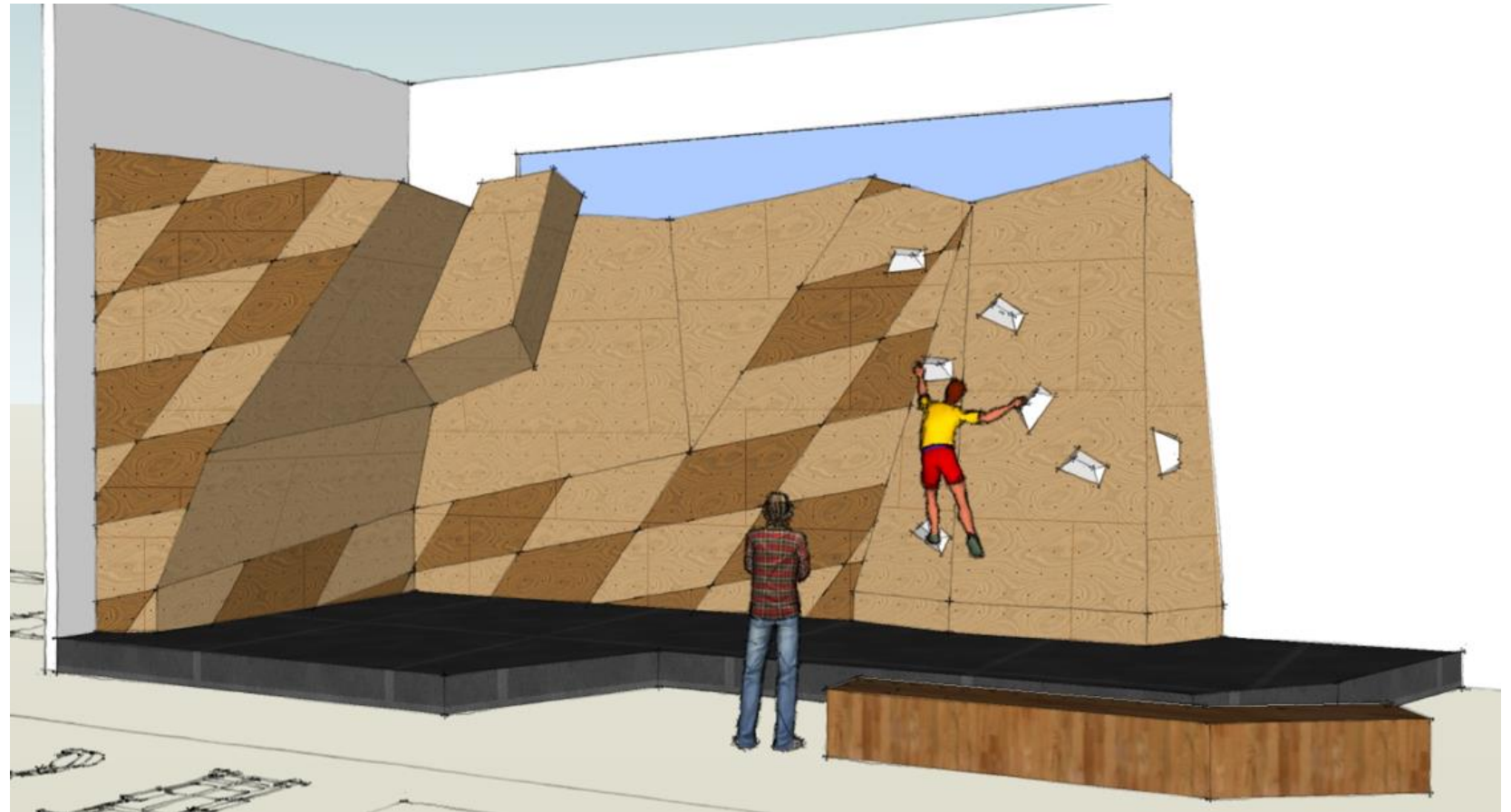
Conceptual Building Floorplan

To the North of the building will be a covered multi-use sport court for basketball, volleyball, pickleball, and four square.

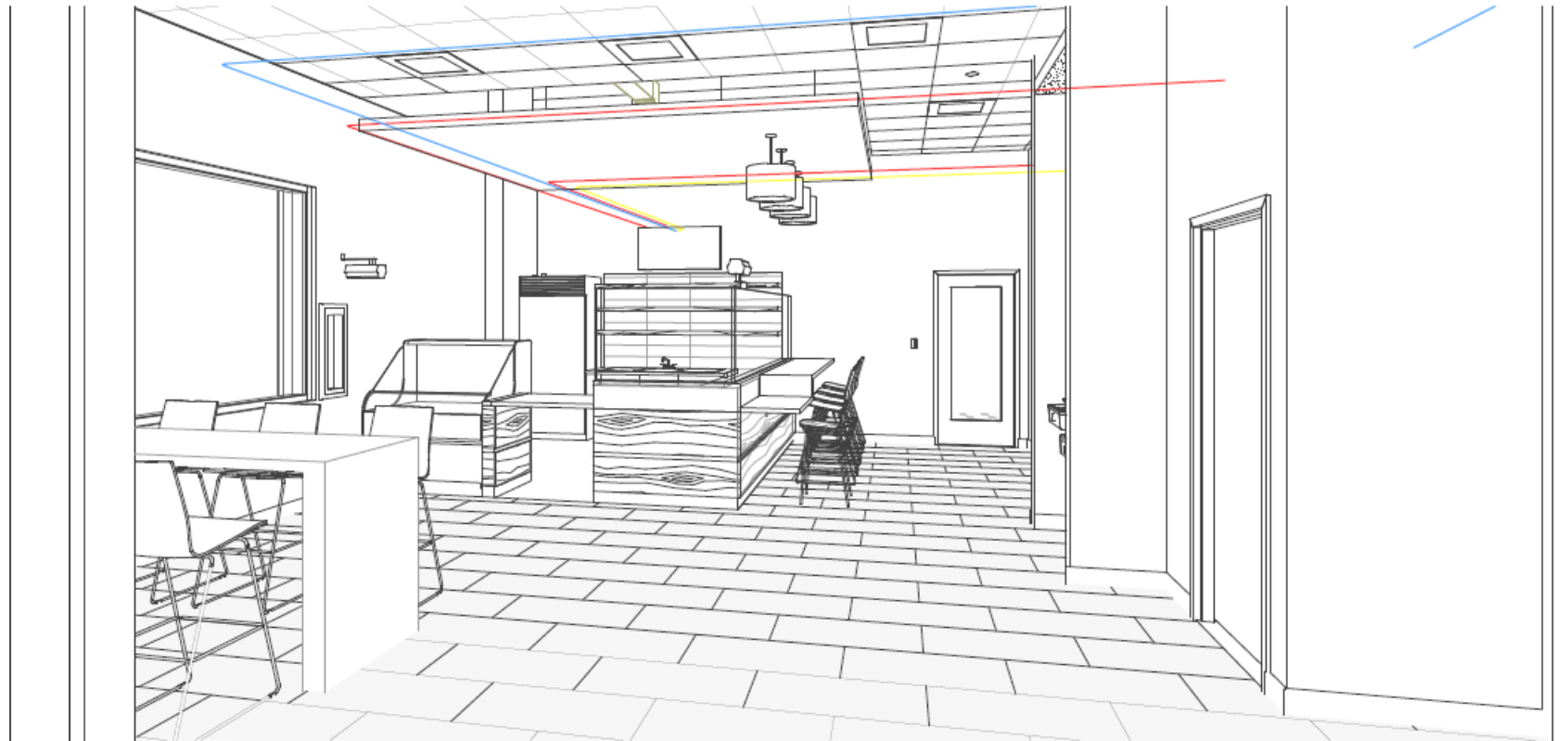


Conceptual Bouldering Wall

The bouldering wall will be approximately 8 feet at its highest point.



Conceptual Grab & Go Deli



Natural Surroundings

A soft-surface pedestrian path, natural play areas, and a fenced playground that caters to pre-school and early school-age children will surround the facility inviting all ages to enjoy the space.



Construction Timeline

Project construction will start September 13th, 2023,
with an estimated move-in of August 2024!



R U Ready?

SOUTHERN OREGON COAST



A WORKBOOK AND RESOURCE GUIDE

FOR YOU,
YOUR FAMILY,
YOUR BUSINESS
& YOUR COMMUNITY

2007 EDITION

The workbook is designed to assist and guide individuals in coping with all types of disasters and offer suggestions on how to respond when necessary. It should not be considered an all inclusive document. Its best use is as a first step, by being: Aware of Disasters, Preparing for Disaster and Responding to Disasters.

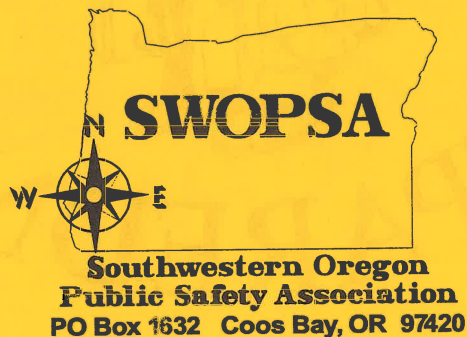
We encourage you, now that you have this workbook, to use it as a tool. Act by taking the necessary steps for you and your family to become prepared for disasters that we face in Southern Oregon. Consider placing this book in your disaster kit for reference after you are done reading it.

The original goal of the agencies, businesses, and organizations that put together and funded this workbook was for an Earthquake-Tsunami Connection Preparedness Workshop in October 2006 to assist individuals, families, businesses and communities become better prepared for disasters. With the assistance of Federal, State, and local partners we are continuing to strive towards this goal through awareness, education, training, and planning as we go to the second printing.

Alexiss Holden & Kathleen Hornstuen

Project Coordinators / Editorial Staff

Southwestern Oregon Public Safety Association 2007



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RU READY?

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R U Ready?

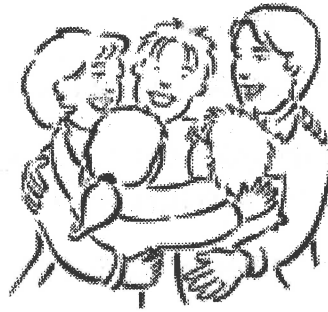
INTRODUCTION

ARE YOU PREPARED FOR DISASTER?

FIND OUT BY ASKING YOURSELF THE FOLLOWING QUESTIONS:

- ★ What types of disasters might we face in our community?
- ★ How do we prepare our homes, family, business and community?
- ★ How will my family reunite following a major disaster?
- ★ Can you and members of your household, business evacuate safely in five minutes? And if so, what should you take?
- ★ What types of things would you need when we face a disaster?
- ★ How can you take steps to have the best chance of staying safe in a disaster?
- ★ How can you 'Be Aware', 'Prepare' and 'Respond' in a disaster?

This workbook will help you begin those steps to find answers. It will suggest some steps you, your business and your family can take to prepare and respond before, during and just after a major disaster. By taking these steps, you will be able to respond safely and with confidence in a variety of emergency situations.



DISASTER PREPAREDNESS: INDIVIDUALS, FAMILIES, COMMUNITIES & BUSINESSES

Why talk about a Disaster Plan?

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home or place of work. What would you do if basic services, such as water, gas, electricity, or telephones, were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

You and the other members of your household could be separated during a disaster. Having a plan will help you find each other.

Individuals, Families, Communities and Business can and do cope with disaster by preparing in advance and working together as a team. Knowing what to do is your best protection and your responsibility.

What is a Disaster Plan?

A Disaster Plan is a personalized action plan that lets each person know what to do in particular disaster situations and how to be prepared in advance. A Disaster Plan helps alleviate fears about potential disasters, makes actual disaster situations less stressful, and saves precious time in the face of disasters.



R U Ready?

READY OR NOT ? QUIZ

Are you and your family ready for disasters that are likely to happen here? Do you have a plan for reuniting your family following a disaster? Do you know what should be in a Grab & Go kit? Not sure?...Take the "R U Ready? READY or NOT" disaster preparedness quiz and see how ready you and your family are to face the next disaster.

Give yourself points for each question:

0 = not true

5 = part true

10 = true

Add up the points and see if you are "Ready...or Not".

Points Question

1. I have a good idea of the disasters that occur where I live.
.....
2. All adults in my family have completed a first aid class during the last three years.
.....
3. All adults in my family know when and how to shut off utilities such as water, electricity, and natural gas at our home.
.....
4. I know what to do during an earthquake whether I am inside or outside and have taught all my family members.
.....
5. I involved my family in practicing safe responses to home fires, earthquakes, and tsunamis by holding drills.
.....

Points Question

6. If a disaster occurs tonight, you would find these supplies in my home:

- a) Flashlight and extra batteries
- b) Portable, battery-powered radio and extra batteries
- c) First aid kit and reference book
- d) One-week supply of food and a non-electric can opener
- e) Two-week supply of bottled water
- f) A safe, alternate cooking stove, fuel, and matches
- g) One-week supply of essential prescription medications
- h) Fire extinguisher (A-B-C rated)
- i) Adjustable wrench for turning off gas and water
- j) Working smoke alarm

7. I know how to purify water if my usual source is contaminated.

8. I have checked my smoke alarms within the last six months and replaced the batteries if necessary.

9. I have pre-identified a distant or out-of-state friend or relative that family members know to contact if we become separated.

10. I have a plan for maintaining my disaster preparedness status. I regularly update supplies, hold drills, and review what my family should do in different scenarios: to relay information if local phone lines are out of service.

_____ **My score**

R U READY OR NOT?

QUIZ SCORING:

90-100	Excellent! My family is ready for anything!
80-89	Good! My family is better prepared than most.
60-79	Okay. I need to do a few more things.
40-59	Not so good. I have lots of preparing to do.
0-39	How embarrassing. I will become better prepared

What types of things might you do to become more prepared?

1.

2.

3.

4.

5.

What types of resources are available in your neighborhood?

1.

2.

3.

4.

5.

R U Ready?

FIVE STEPS TO DISASTER

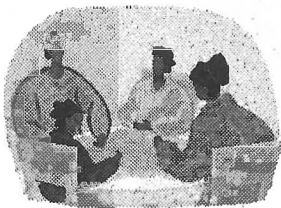
PREPAREDNESS

1. **TALK** — with your family or support network about disasters that could happen on the Southern Oregon Coast such as home fires, wildfire, windstorms, flooding, earthquakes, terrorism and hazardous material accidents. (All these disasters are covered in this guide.) Ask an out-of-state friend or family member to be your “family” contact. Make the contact information a part of your family communication plan and all members of your household should have that information. Discuss what to do in an evacuation. Plan how to take care of your pets.

2. **TRAIN** — all members. Take first aid classes. Learn to use a fire extinguisher. Locate your utility shut off valves and know when and how to turn off your gas, electricity and water. Make sure all responsible people in the household have this knowledge or training.

Pick two places to meet:

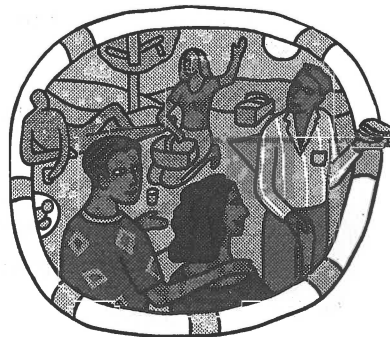
- (1) right outside of your home or place of business in case of a sudden emergency, like a fire;
- (2) outside of your neighborhood in case you can't return home or are asked to leave your neighborhood. Everyone must know the address and phone number of the meeting locations.

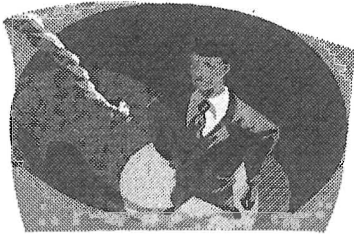


3. **TAKE STOCK** — of supplies you may already have on hand that would be helpful in a disaster. Involve the whole family in collecting and assembling supplies of food, water and emergency tools (checklists are included in this booklet). Know what resources are available in your neighborhood and community: Who has a generator, who has medical training, who might have a chainsaw, et al. Know who in your neighborhood is going to need additional help and what you can do to assist them. Do a Home Hazard Hunt. Check to make sure you have insurance coverage. Install smoke and CO2 detectors if needed on each level of your home. Determine the best escape routes from your home. Find two ways out of each room. Find safe spots in from each room of your home.

4. **TELL** — everyone in the household where emergency contact information will be kept. Post a copy on your refrigerator, keep another with your emergency supplies and in your purse, wallet or backpack. Complete the *Emergency Contacts* section on the back of this workbook *page 118*, and make copies for each member of your family. Make sure you have included an out-of-state contact. You may be able to reach them when local phone lines are down.

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





ASSESS YOUR ABILITY AND SPECIAL NEEDS IN AN EMERGENCY

Do you or someone in your household experience any of the following conditions that could interfere with your ability to quickly evacuate a building?

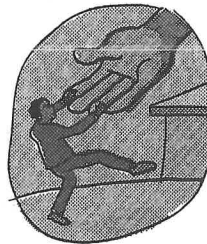
Circle yes or no for each statement below.

Yes	No	Limitations that interfere with walking or using stairs (joint pain, mobility device user—wheelchair, canes, crutches, walker).
Yes	No	Reduced stamina, fatigue or tire easily (due to a variety of temporary or permanent conditions not limited to those on this list).
Yes	No	Respiratory (cardiac [heart] conditions, asthma, emphysema, or other symptoms triggered by stress, exertion, or exposure to small amounts of dust or smoke etc.).
Yes	No	Emotional, cognitive, thinking, or learning difficulties (may become confused when dealing with unfamiliar and unusual activity during an emergency, lose sense of direction, or may need emergency directions explained in simple steps or basic concepts).
Yes	No	Vision loss (may require assistance in learning the emergency evacuation routes or assistance in moving down stairs).
Yes	No	Hearing loss (may require modification to the standard way emergency announcements, notifications and instructions are provided).
Yes	No	Have small children or pets?

Yes	No	Temporary limitations resulting from, but not limited to:
		• Surgery,
		• Accidents and injuries (sprains, broken bones),
		• Pregnancy.
Yes	No	Do you rely on technology or medical device which may not work in an emergency (hearing aids, wheelchair, gas mask, elevator, nebulizer)
Yes	No	Other:

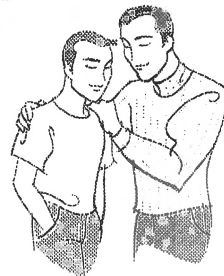
If you or those in your household can answer “yes” to any of these questions you may need to consider doing the following as you prepare your disaster plan:

- ✓ Talk to others about your needs.
- ✓ Make alternative arrangements.
- ✓ Plan, practice, and communicate.
- ✓ Create a personal support network.
- ✓ Recognize that you may need more assistance or time.
- ✓ Establish support relationships with several people:
 - ★ Notify each other when you are away and when you will return
 - ★ Conduct practice sessions to ensure the people who are offering to help you can help you
 - ★ Know how you will communicate your needs in an emergency to those who do not know you.





RU Ready? Getting Prepared!



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WHAT YOU SHOULD

HAVE READY!



DISASTER SUPPLIES KITS

HOME DISASTER KITS, GO KITS, FOOD, WATER,
FIRST AID, AND IMPORTANT DOCUMENTS

After a disaster, local officials and relief workers will be arriving on the scene as they can get through but they cannot reach everybody immediately. You could get help in hours, or it may take days. Basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days or even weeks. You may have to evacuate at a moment's notice and take essentials with you. You probably will not have the opportunity to shop or search for what you need. A Supply kit can help your family stay safe and be more comfortable after a disaster.

A Supply Kit is a collection of basic items that

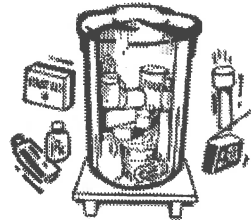
members of a household probably would need in the event of a disaster. The items should be stored in such a way as to be accessible and portable in the event of disaster and kept up to date. The kit should accommodate the ages, abilities, and needs of everyone in the household .

RECOMMENDED

SUPPLIES

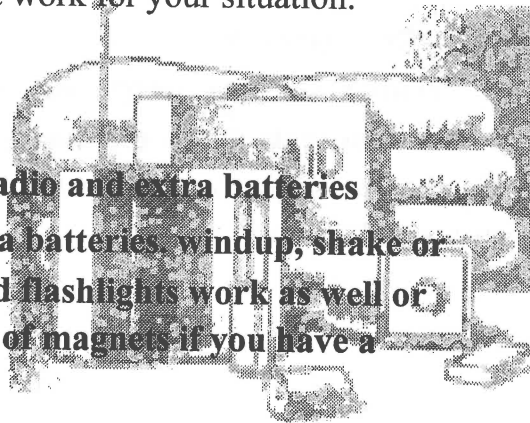
BASIC DISASTER KIT:

Supply Storage



There is no right kit for everybody. This is a list of suggestions to get you started thinking about what might need in your kit.

- ★ **Water, food, and clean air** are the essential items for survival.
 - ★ Each family or individual's kit should be customized to meet specific needs, such as medications and infant formula.
 - ★ It should also be customized to include important family documents
 - ★ No one list is more important or works better than the one you use.
 - ★ Adapt it, make it work for your situation.
-
- ✓ **Water**, *page 21*
 - ✓ **Food**, *pages 18-20*
 - ✓ **Battery-powered radio and extra batteries**
 - ✓ **Flashlight and extra batteries**, windup, shake or alternative powered flashlights work as well or lightsticks (beware of magnets if you have a pacemaker)
 - ✓ **First Aid Kit and Book**, include specific medications needed for members of your family (including insulin, syringes, heart and high blood pressure medications). *page 22-23.*
 - ✓ **Emergency Contacts** *page 118*, **Family Disaster Plan** *page 119*, **Communication Plan** *page 120*, and



pictures of family members and pets. Financial Survival Kit with cash, rechargeable phone card and copies of identification and Important Documents page.24-26, and Data disks that you have prepared.

- ✓ **Fire Extinguisher** *page 105* for instruction.
- ✓ **Sewing kit with scissors**
- ✓ **Matches in waterproof container, whistle to signal for help, compass, local maps, paper & pencils shut off wrench or pliers to turn off utilities, heavy rope, bungee cords, plumber's tape, crowbar, small folding shovel and axe**
- ✓ **Dust masks and cotton material or t-shirts, to help filter the air, duct tape, tarp, plastic sheeting**
- ✓ **Personal sanitation items: moist towelettes, garbage bags, plastic ties, toilet paper, female sanitary supplies, disinfectant, household chlorine bleach ,**
- ✓ **Hygiene supplies: tooth brush and paste, hairbrush, deodorant, various washing soaps**
- ✓ **Mess kits, utensils, manual can opener, paper towels, paper plates, bowls, and cups**
- ✓ **Grab & Go Bags prepared for each family member to meet their needs including medications, denture and hearing aid supplies and corrective eyewear and contact solution.**
- ✓ **Insect Repellent**
- ✓ **Sunscreen**

You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to purify water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners. For further information on Clean up *pages 96-97*

Clothing and Bedding:

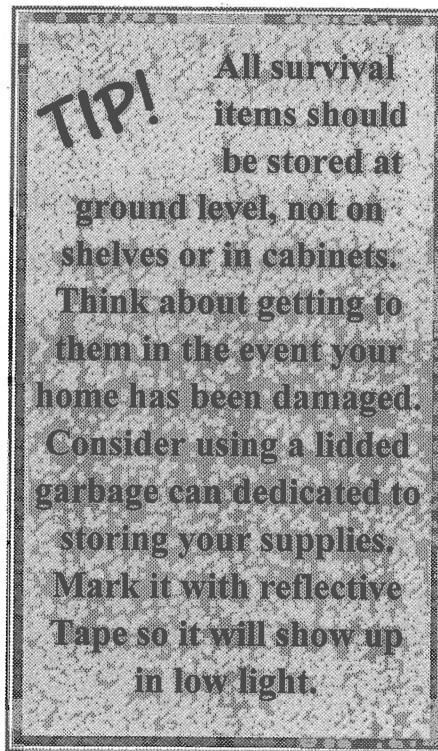
We live in an area with an inclement weather climate, you must think about warmth and dryness. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes.

One complete change of warm clothing and shoes per person, including:

- ✓ A jacket or coat
- ✓ Long pants
- ✓ A long sleeve shirt
- ✓ Sturdy shoes
- ✓ A hat and gloves
- ✓ Rain gear
- ✓ A sleeping bag, pillow and blanket for each person

Other items to consider adding to your Supply Kit:

- ✓ Emergency reference material such as a first aid book and this workbook.
- ✓ Camera and extra batteries
- ✓ Tent
- ✓ Portable stove such as butane or charcoal for outdoor use and extra fuel
- ✓ Signal devise
- ✓ Family pictures,
- ✓ age appropriate activity books and toys for all family members
- ✓ Cell phone with hand crank charger, calling cards, and change for calls
- ✓ Tube of petroleum jelly or other lubricant



FOODS TO STOCK AT HOME AND IN YOUR DISASTER SUPPLIES KIT

Even though it is unlikely that an emergency would cut off your food supply for two weeks, consider maintaining a supply in your home that will last that long.



Pack at least a three-day supply of nonperishable food and water in your Disaster Supplies Kit.

You need to have these items packed and ready in case there is no time to gather food from the kitchen when disaster strikes. Include both compact, lightweight items like dehydrated foods, which are easy to carry if you must evacuate, and canned foods like fruit, juices, and vegetables that supply a source of water. Choose foods that require no refrigeration, preparation, or cooking. If you must heat food, pack a can of cooking fuel, such as used for camping.

Do not pack gasoline, kerosene, or propane.

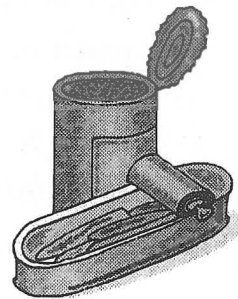
Familiar foods can lift morale and help people feel secure in time of stress. Try to include foods that everyone will enjoy. Look for foods high in calories, protein, carbohydrates, vitamins, and minerals. Look for canned foods with high liquid content in case water is scarce.

TIP!

An easy way to build a two-week stockpile is to increase the amount of basic foods you normally have on hand. Check expiration dates frequently and follow the practice of first-in, first-out.

Specifically, consider packing:

- ✓ Ready-to-eat canned meats, fruits, and vegetables. Pack a can-opener or consider snack-sized with pull top lids.
- ✓ Canned juice, milk, and soup.
- ✓ High-energy foods, such as peanut butter, jelly, crackers, and energy bars.
- ✓ Trail mix (prepackaged or homemade).
- ✓ Comfort foods, such as hard candy, sweetened cereals, candy bars, and cookies.
- ✓ Instant coffee, tea bags.
- ✓ Compressed food bars. They store well, are lightweight taste good, and are nutritious.
- ✓ Dried foods. They can be nutritious and satisfying, but may contain a lot of salt, which promotes thirst. If salt is a problem, used dried fruit, like raisins.
- ✓ Freeze-dried foods. They are tasty and lightweight, but will need water for reconstitution.
- ✓ Whole-grain cereals (oatmeal, granola, multi-grain).
- ✓ Instant meals. Cups of noodles or cups of soup are a good addition, although they need water for reconstitution and may contain a lot of salt.
- ✓ Prepackaged beverages. Those in foil packets and foil-lined boxes are sealed and will keep for a long time if the seal is not broken.
- ✓ Foods for infants, elderly persons, or persons on special diets.
- ✓ Nonperishable foods for pets and other animals.



When selecting foods, keep in mind that:

- ✓ If your water supply is limited, you should avoid eating foods that are high in salts, fats and protein, even if they are part of your emergency supply, because they require more water for the body to metabolize.
- ✓ Commercially dehydrated foods often require a lot of water for reconstitution and effort to prepare.
- ✓ Food packaged in glass bottles and jars is usually heavy and bulky, and the glass can easily break. Plastic is a better choice.
- ✓ Meal-sized canned foods are usually heavy and bulky, but they can be useful because they contain water.
- ✓ Dried whole grains, beans, and pasta require water and cooking time for preparation that could be difficult in a disaster situation.

Tip!

**If your electricity goes off
and you lose refrigeration:**

See page 69 for Food Safety Guidelines

- ★ First, use perishable food from the refrigerator.
- ★ Then, use the food from the freezer. To minimize the number of times you open the freezer door, post a list of freezer contents on the door. In a filled, insulated freezer, foods will usually still have ice crystals in their centers for at least two days.
- ★ Use nonperishable foods and staples last.



CLEAN WATER



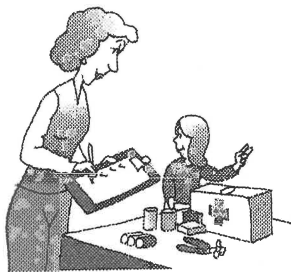
Having an ample supply of clean water is a top priority in an emergency. The following guidelines will help you ensure that members of your household have sufficient water in an emergency situation:

Two gallons of water per person per day

Prepare for a minimum five days supply of water:

- ✓ Each person should have one gallon per day for drinking and one gallon for cooking and sanitation. It is strongly recommended that you store more if possible. Children, nursing mothers, and ill people may need more. Be sure to include drinking and clean-up water for your pets. The amount needed will depend on their sizes and the conditions. Remember that pets often drink more water than usual when under stress.
- ✓ To prepare the safest and most reliable emergency supply of water, it is recommended that you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it. *Water Purification Pages 115-116.*
- ✓ Store bottled water in the original sealed container and observe the expiration or “use by” date.
- ✓ If you are preparing your own containers of water, follow the directions for selecting, cleaning, and filling the containers with water:
- ✓ It is recommended that you purchase food-grade, water-storage containers from surplus or camping supplies stores to use for water storage.

DO NOT
USE EMPTY
WASHED OUT
MILK CONTAINERS
TO STORE WATER.
Milk Containers are
made out of a
porous material that
cannot be sterilized.



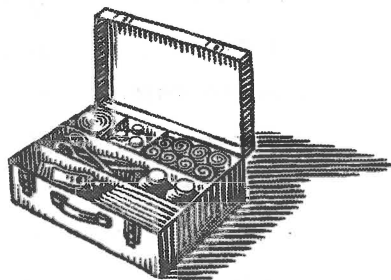
In any emergency a family member, including your pets or you yourself may be cut, burned or suffer other injuries. If you have these basic supplies you are better prepared to help your loved ones when they are hurt. Remember, many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency.

Skills learned in a first aid course will enable one or more of your family members to minister to you and your neighbors in time of emergency. First aid knowledge greatly enhances your family's ability to be self-reliant. It is useful for every day emergencies as well as disaster situations.



The list of first aid items suggested in the next few pages are only a guide. Your first aid kit should contain those items that will meet the particular needs of your family. Include a sufficient quantity of supplies for the size of your family. Keep your kit freshly stocked, use it for everyday problems and take it on all family outings.

The kit and first aid book should be stored together in an easy -to-reach location (out of the reach of small children). Keeping first aid supplies in a small tool box or fishing tackle box makes them easy to find and water resistant.



FAMILY FIRST AID SUPPLIES

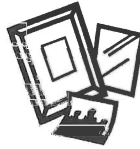
Consider taking a Red Cross First Aid and CPR course.
Carry a first aid book in your kit. Use a waterproof bag!
Include any special diet items that can be stored safely for family members. Include energy drinks for hydration and nutrition. The following are suggested items:

- | | |
|--|--|
| <input type="checkbox"/> Adhesive tape | <input type="checkbox"/> Ace bandage |
| <input type="checkbox"/> Antiseptic wipes | <input type="checkbox"/> Antibiotic ointment |
| <input type="checkbox"/> Bandage assortment | <input type="checkbox"/> Cotton swabs |
| <input type="checkbox"/> Gauze roll and gauze pads | <input type="checkbox"/> Examination gloves |
| <input type="checkbox"/> Instant hot & cold packs | <input type="checkbox"/> Hydrogen peroxide |
| <input type="checkbox"/> Paper towels | <input type="checkbox"/> Plastic baggies |
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Small flashlight |
| <input type="checkbox"/> Space blanket | <input type="checkbox"/> Splint material |
| <input type="checkbox"/> Sterile bottled water | <input type="checkbox"/> Strips of torn sheets |
| <input type="checkbox"/> Thermometer | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Triangle cloth sling | <input type="checkbox"/> Tweezers |

Other Items

- | | |
|---|--|
| <input type="checkbox"/> Bar soap | <input type="checkbox"/> Calamine lotion |
| <input type="checkbox"/> Dental floss | <input type="checkbox"/> Hand sanitizer |
| <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Needle and thread |
| <input type="checkbox"/> Pad and pencil | <input type="checkbox"/> Paper cups |
| <input type="checkbox"/> Pocket Knife | <input type="checkbox"/> Petroleum jelly |
| <input type="checkbox"/> Razor | <input type="checkbox"/> Sanitary pads |
| <input type="checkbox"/> Tissues | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Water purification tablets | <input type="checkbox"/> Wooden matches |

Important Documents



Keep copies of important legal or family documents and photographs in a water and fire-resistant portable container.

Decide what you will carry with you in a zip-lock bag in your 'Grab & Go Kit' and what original irreplaceable documents or items need to be in an offsite location such as a safe deposit box.

Copy any keys and leave one with instructions for your attorney or trusted person.

Here is a helpful checklist. If the item does not pertain to your family, just cross it off the list or make your own list. Be sure to make and keep a copy of the list and update it annually:

- Passports and social security cards
- Birth, marriage, adoption, and death, certificates
- Contracts, deeds, and wills
- Records of stocks, bonds, or retirement accounts
- Bank accounts, financial investment documents
- Naturalization papers, green-cards.
- Insurance for auto, life, home



Review your insurance policies on a regular basis with your insurance agent to make sure you have adequate coverage. You may want to get special riders to insure the contents of your home or cover specific situations such as Flood or Earthquake Insurance. Renter's insurance is available for those who do not own their own home. Your insurance policy numbers and

contact information should be carried with you for easy access after the disaster. numbers.



- Military discharge papers, current military ID.
- Powers of attorney
- Credit cards and if not the card, the number and information for notification to the card company



- Education or Professional credentials
- Previous year's tax returns (this could be important to receiving federal loans for rebuilding).
- Pet records for vaccinations, registration and tags
- Serial numbers and makes of firearms, electronics and other high value items, (consider a photo or video of these items)
- Current list of prescription medications for each member of the family, (don't forget pet medications)



- Important family photographs
- Jewelry and keepsakes
- Emergency cash (ATMs may be down)
- Keep writing tablets and pencils in a zip-lock bag for writing important notes or reminders.



LOCATION and contact information for attorney or trusted person who has information about copies of documents:

IMPORTANT DOCUMENTS

HELPFUL HINTS

Here are some directions for identifying resources for gathering the documents listed on the 'Important Documents' checklist:

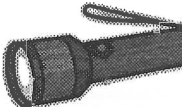

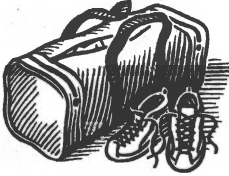


- ★ You can obtain copies of birth, death, marriage, divorce and adoption certificates from your state health or social services administrations for a fee.
- ★ Call your local Social Security office for assistance in obtaining new/replacement cards for both Social Security and Medicare, or refer to the SSN Web page: <http://www.socialsecurity.gov/>
- ★ If you are a veteran, obtain copies of your Military DD214 – the documents for veterans' benefits and enhanced Social Security entitlements. Copies may be obtained by contacting the U.S. National Archives & Records Administration at 1-866-272-6272 or by accessing Veterans Records online at: http://www.archives.gov/research_room/vetrecs/index.html
- ★ Call the claims number on all insurance policies to verify that the number is current and write it on the cover of the policy. With your policy number in-hand, you will be able to verify coverage and process claims quicker.

Each of the documents on the list can be equally important in recovery from after a disaster.

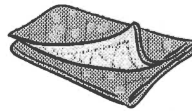



Grab & Go Bags Individual—Family (Adult)

Have an Adult Grab & Go Bag for each person in the house capable of carrying one. Keep it near your bed. If you need to evacuate, grab your bag and go!

- Backpack or duffle bag
 - Flashlight, extra batteries, and light sticks 
 - Portable radio and batteries
 - Food (you like)
 - Keys (house and car) 
 - Money (coins and bills)
 - Small first aid kit
 - Glasses, contacts lenses and solutions
 - Medications (at least one-week supply)
 - Comfortable shoes, two pairs of socks
 - Comfortable clothing (sweats, extra underwear) 
 - Jacket or sweatshirt
 - Whistle (call for help if trapped) 
 - Pocket knife
 - Paper and pencil
 - Lists of people to notify if you are injured
 - Copies of important documents: insurance, identification, social security, etc.
- 

- Snacks (granola bars, trail mix, peanut butter)
- Drinking water
- Bath articles:
 - Comb, toothbrush, toothpaste, soap, washcloth, face towel, shampoo, lotion, razor, lip balm, emery board, nail clipper, toilet paper, sanitary products, tissue, sun- screen, etc.
- Zip-lock bags, plastic grocery bags, manual can opener
- Good book, playing cards, crossword puzzles
- Work gloves, several pairs of latex gloves
- Blanket
- Plastic ground tarp
- Dust mask
- Cell phone & a rechargeable calling card





PROGRAM YOUR CELL PHONE FOR EMERGENCIES!

When you cannot speak for yourself, emergency responders often look to your cell phone directory to find emergency information about you, who you contact. Make it easy for them, put:

“ICE” IN YOUR DIRECTORY

I N C A S E O F E M E R G E N C I E S

A ICE = The first person you want called.
 A ICE 2 = The second person you want called.
 A ICE 3 = The third person you want called.
 And so on...

That way if an emergency responder checks the directory on your cell, the numbers they need to help you will be easy to find.



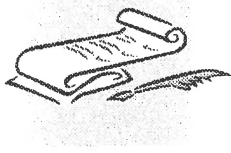
GRAB & GO BAGS



SENIOR, DISABLED AND PEOPLE WITH ACTIVITY LIMITING CONDITIONS

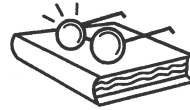
- ★ **Tailor** the contents of your kit to your needs and abilities. It is ideal to plan for supplies for up to two weeks. Do what is realistic for you.
- ★ **Know** what you are able to carry in a fanny pack, backpack or drawstring bag hung from a wheelchair, scooter or other assistive device. If you can only carry a 3-day supply of insulin in your grab-and-go kit then that is what's right for you. Plan for what you can do.
- ★ **Wear** medical alert jewelry for any existing condition you might have. Remember you may not be able to communicate all the time for yourself. Keep your medication list with you.
- ★ **Remember** that most people may not understand your limitations. Shelters are not going to have supplies and food tailored to your special needs. Be prepared to communicate your needs, know how long you can go without your medical devices and medications. Talk with your medical providers. Create support networks of friends, relatives and neighbors that can help you.





Think about tailoring your
Grab & Go Bag *page 27-28*
with the appropriate items from this list.
Cross off items that you do not use.

- Medications: Keep current copies of your prescriptions with you
- Special food & nutritional supplements.
- Extra batteries for oxygen, breathing devices, hearing aids, cochlear implants, cell phone, radios, pagers, PDAs, wheel chairs, scooters
- List of style and serial # of medical devices
- Special supplies: oxygen, catheters, etc.
- Prescription eyewear & footwear
- Personal sanitary items (incontinence items, disposable bags, ties, wipes)
- Supplies and paperwork for service animals; see *Pet Grab & Go Bag page 41*
- Important personal papers, including: identification; doctor's names and telephone numbers
- If you are a smoker, be aware that smoking is not allowed in shelters. Consider putting nicotine gum or patches in your evacuation kit if getting to an outside smoking area might be difficult for you.
- Containers that you can open and drink from. Include can openers that you can use
- Sturdy work gloves to protect your hands from sharp objects you may try to lift or touch by mistake while walking or wheeling over glass and rubble
- Lightweight flashlight (on key ring, etc.)
- Small battery-operated radio and extra batteries consider a small battery operated TV with closed captioning for hearing impaired
- Signaling device you can use to draw attention to you if you need emergency assistance (whistle, horn, beeper, bell(s), screecher)



- A container that can be attached to the bed or nightstand (with cord or velcro) to hold hearing aids, eyeglasses, cell phones, etc., oxygen tank attached to the wall, wheelchair locked and close to bed. This helps prevent them from falling, flying or rolling away during an earthquake or other jarring, jolting event

Wheelchair or Scooter Users



- A patch kit or can of “sealant” to repair flat tires and/or an extra supply of inner tubes for non-puncture-proof wheelchair/scooter tires
- Keep needed equipment close to you so you can get to it quickly
- If available, keep a lightweight manual wheelchair for backup

Speech or Communication Issues

- If you use a laptop computer for communication, consider getting a power converter that plugs into the cigarette lighter of a vehicle

Hearing Issues

- Have a pre-printed copy of key phrase messages handy, such as “I use American Sign Language (ASL),” “I do not write or read English well,” “If you make announcements, I will need to have them written simply or use sign language”
- Consider getting a weather radio, with a visual/text display that warns of weather emergencies

Vision Issues

- Mark your disaster supplies with fluorescent tape, large print, or Braille
- Have high-powered flashlights with wide beams and extra batteries

Multiple Chemical Sensitivities, Breathing Conditions

- Towels, masks, industrial respirators or other supplies you can use to filter your air supply
- N95-rated particulate filter mask (protects against dust, radiological dust and biological agents)

SPECIAL CONSIDERATIONS:

HEALTH ISSUES

It is important to have a list of your medical history as well as your family's.

Include in your medical information:

- ✓ If you or a family member takes medications that you keep an inventory of your medicines prescription, include bee sting injectors, and regular over-the-counter, such as antacids, aspirin, laxatives, or lactose tablets.
- ✓ A history of medical treatments: surgeries, broken bones, asthma and allergies, list immunization dates.
- ✓ List devices used at home, such as, dialysis, respirators, glucose testing, pacemaker, and wheelchairs.

In addition:

Have a plan of how you will power medical equipment if the electricity is out.

Always keep the supplies you may need such as syringes, needles, lancets, inhalers, and extra medications in a special section of your go-kit.



Remember to check medications and rotate them as needed in your kit. You may want to include cold and cough, ear drops, eye drops, diarrhea, and allergy medications.

Talk about all of this with family members. Even children as young as eight can take first aid classes and know what to do in an emergency.

When buying drug items, check the expiration dates and only buy fresh supplies for longest shelf life. Remember to rotate your supply.

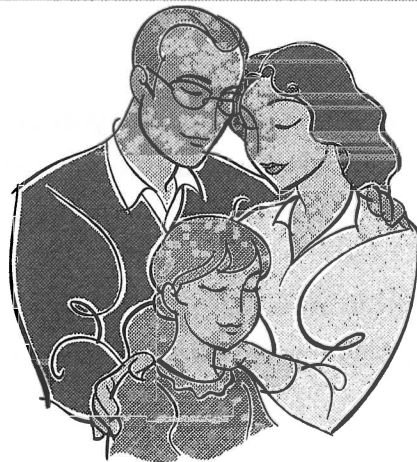
Important medical information and prescriptions, will be better protected from fire, if stored in the refrigerator.

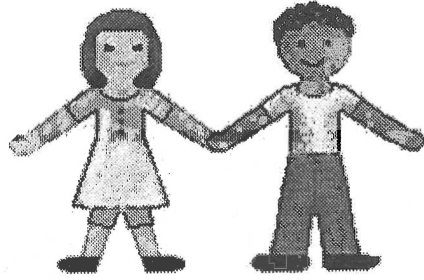


Are You Ready? Children & Youth



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Grab & Go at School or Sitters Kit	37





TALKING WITH CHILDREN

BE AWARE

Fear and anxiety are normal reactions to any danger. Do not try to minimize your child's fears, instead educate them on disasters according with age appropriate answers to the questions they ask you. Fears can be lessened with proper reassurance and advance family planning.

PREPARE

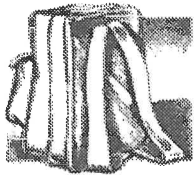
- ★ Explain to your child that when people know what to do and practice in advance, everyone is able to take care of themselves better in emergencies.
- ★ Let them assist in the family planning process and practice it.
- ★ Discuss the types of hazards you may have in your community and assure them there are ways to mitigate the damages with education.
- ★ Teach children how to recognize danger signals such as smoke detectors, fire alarms, local warning systems.

- ★ Explain how to call for help using 9-1-1 only in a true emergency. Teach them how to use the emergency contact phone list you developed in your plan—*page 118*—and where the list is located .
- ★ Help your child memorize and speak clearly when conveying important family information such as name, address, telephone number.
- ★ Practice drills: how to crawl low under smoke in a fire, two ways out of the house, and gathering at a family meeting place outside.
- ★ If you have a trusted close neighbor, and your child is alone at times, make arrangements with the neighbor in advance that your child is going there in an emergency.

RESPOND

- ★ During recovery, give children chores they can assist with in order for them to feel part of the recovery process.
- ★ Encourage them to talk about or draw pictures of what happened.
- ★ If your family has lost a loved one during a disaster, consider seeking professional help from resources such as your local hospice, child or family counseling center, or county mental health.
- ★ Remember by caring for yourself, you are helping your children cope with the loss, too.





GRAB & GO YOUTH KIT

MAKE AGE APPROPRIATE



- Back Pack
 - Warm jacket or sweater
(Gloves & hats to keep warm)
 - 3 shirts, pants, pairs of warm socks
 - 5 - changes of under garments
 - Small blanket or emergency / space blanket
 - Reading, coloring, activity books or drawing writing pads, box of colored crayons or pencils
 - Small stuffed animal and other toys
 - Flash light (shake light - needs no batteries)
 - Emergency phone numbers *Pages 127-128.*
 - Special items (glasses, medications, diapers, etc)
 - ZIP LOCK BAG with personalized items:
 - Emergency poncho (one size fits all) or other rain gear
 - Hand / body warmer (2 per pack)
 - Trial size tooth paste and tooth brush
 - Trial size moisturizing lotion
 - Moist hand towelettes (at least 4)
 - Sterile alcohol swabs to clean cuts
 - Variety of sizes of band aids
 - Whistle with lanyard
 - Pocket size facial tissues
 - Trial size bar soap or hand sanitizer (kills germs without water)
 - Nail clippers and nail file
 - Cotton swabs or cotton pads

Backpack, sturdy shoes, flashlight and a bike helmet should be placed underneath bed or side of bed for quick access for head and feet protection.



GRAB & GO AT SCHOOL OR SITTERS BACKPACK

Depending upon the age of your child you can make them a part of preparing their own disaster kit to carry with them when they are traveling or away from you.

Because a child is small and growing, you don't want them to carry too much weight. But you want them to have something.

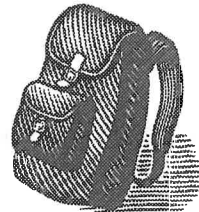


In small plastic zip bag

- ✓ Place a copy of your family's emergency disaster plan
- ✓ A picture of your family
- ✓ Emergency contact numbers for you and other family members (Include work numbers and cell numbers) *Pages 127-128.*
- ✓ Change for a pay phone.

In a gallon size zip bag

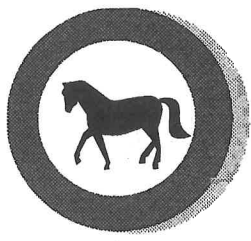
- ✓ Place the smaller baggie,
- ✓ 3 energy bars



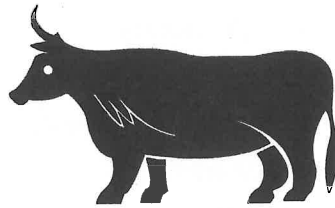
Have your child put the zip bag in their backpack. If they eat the energy bars, replace them. Every couple of months take the supplies out of the backpack and update.

Check with your sitter make sure they have disaster supplies on hand. If they don't, ask if you can leave a backpack for your child. Give them a copy of this workbook.

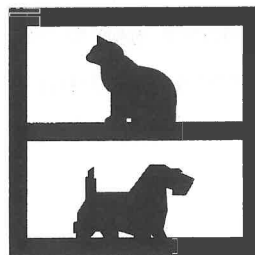
**Ask the school
& sitter what
their disaster
plan is if
something
occurs while
your child is in
their care.
Make note of it
in your family
plan.**



R U READY? Prepare Your Animals



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The best way to protect your family from the effects of a disaster is to have a **disaster plan**. If you are a pet owner, that plan must include your pets.

Being prepared can save their lives.

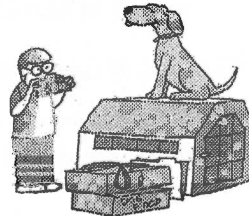
Different disasters require different responses. But whether the disaster is a windstorm, wildfire or a hazardous spill, you may have to evacuate your home.

If you must evacuate, the most important thing you can do to protect your pets is to evacuate them, too. Leaving them behind, even if you try to create a safe place, is likely to result in their being injured, lost, or worse. So prepare now.

HAVE A SAFE PLACE TO TAKE YOUR PETS

Red Cross disaster shelters cannot accept pets because of states' health and safety regulations and other considerations. Service animals that assist people with disabilities are the only exception. It may be difficult, if not impossible, to find shelter for your animals in the midst of a disaster, so plan ahead. Do not wait until disaster strikes to do your research.

- ✓ **Contact** hotels and motels outside your immediate area to check policies on accepting pets and restrictions on number, size and species. Ask if "no pet" policies could be waived in an emergency. Keep a list of "pet friendly" places, including phone numbers, with your other disaster information and supplies. If you have notice of an impending disaster, call ahead for reservations.
- ✓ **Ask** friends, relatives or others outside the affected area whether they could shelter your animals. If you have more than one pet, they may be more comfortable if kept together, but be prepared to house them separately.
- ✓ **Prepare** a list of boarding facilities and veterinarians who could shelter animals in an emergency; include 24-hour phone numbers.



- ✓ **Ask** local animal shelters if they provide emergency shelter or foster care for pets in a disaster. They may be overburdened caring for the animals they already have as well as those displaced by a disaster, so this should be your last resort.
- ✓ **Keep** copies of your pets medical history and shot record
- ✓ **Put** tags on your pet, use a microchip or tattoo
- ✓ **Keep** leashes, pet carriers and other items in easy reach in case you have little time to evacuate
- ✓ **Keep** supplies on hand for special diets and medications your pet may need.

★ **If Your Animal Becomes Lost:** call or visit the nearest animals shelter or emergency command post. When deemed safe, return to your neighborhood to post and distribute lost animal posters, which include your name, address, phone number and a picture of the animal. Frightened animals may stay hidden for weeks, so be patient and continue searching your area.

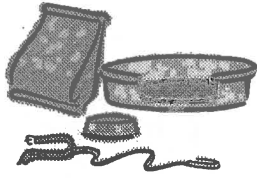
★ **If You Find a Lost Animal:** please notify the local animal shelter as soon as possible and be prepared to give a full description of the animal (color, breed, sex) and its location. Remember that sick and/or injured animals can become unpredictable from the stress of injury, and should be handled by a professional familiar with proper handling techniques.

★ **What Can You Do to Help?** Organize a neighborhood rescue group. Join an animal rescue team and learn techniques to aid animals during a disaster.



★ **Get Your Veterinarian Involved:** check to see if there is a local animal care organization in your area that you can join.

PET'S GRAB-&-GO BAG

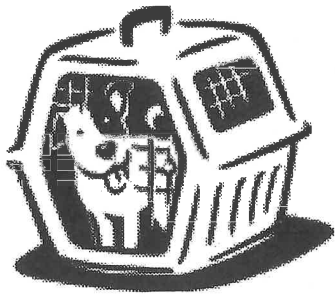


Whether you shelter in place or are away from home, you will need essential supplies for your family pet. Keep items in an accessible place and store them in sturdy containers such as a covered trash container or duffel bag.

- Pet medications and instructions, flea spray, etc.
- Food and water bowls
- Food for a minimum of one week
- Water for a minimum of one week
- Manual can opener if needed
- Collar and leashes, don't forget ID tags
- Duct tape (hold kennel, carrier together if needed)
- Zip-lock bag with ID numbers, name of pet, copies of shot records, and where owners can be reached. Also have a copy of documentation or microchip data.
- This info should be attached to a carrier if one is used, as well as a picture of the pet.
- Place a blanket or pad in the carrier for comfort
- Pet first aid and grooming kit
- Poop scooper, bags, pet litter and pan, paper towels

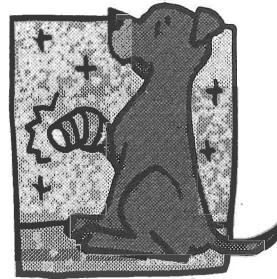


Be sure pets inoculations are kept current and take copies of a list of vet numbers, animal shelters, and pet-friendly hotels in your area if you have to evacuate.

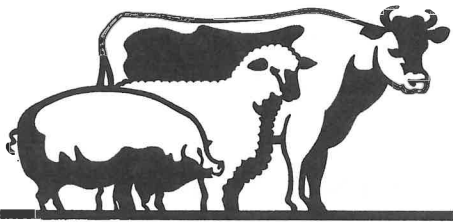


FIRST AID KIT FOR PETS

- ✓ Speak to your vet about what to pack in case your pet has a sudden allergic reaction.
- ✓ Consider taking a Pet First Aid Course from your local American Red Cross.
- ✓ Pack the supplies in a water resistant bag



<input type="checkbox"/> Pet First Aid Guide	<input type="checkbox"/> Soft muzzle, leash and collar
<input type="checkbox"/> Antiseptic/anti-bacterial cleansing wipes/alcohol prep pads, antibiotic ointment/packets	<input type="checkbox"/> Space for copy of pet's papers & vet records (sealed in plastic bag)
<input type="checkbox"/> Scissors: to cut gauze and to clip hair around wounds	<input type="checkbox"/> Small cold pack and hot pack (self activating)
<input type="checkbox"/> Eye and skin wash	<input type="checkbox"/> Bottled water
<input type="checkbox"/> Latex surgical gloves	<input type="checkbox"/> Emergency space blanket
<input type="checkbox"/> Thermometer	<input type="checkbox"/> Small flashlight
<input type="checkbox"/> Bandages/tapes/gauze	<input type="checkbox"/> Plastic baggies
<input type="checkbox"/> Wood splint	<input type="checkbox"/> Paper towels
<input type="checkbox"/> Tweezers	<input type="checkbox"/> Cotton swabs
<input type="checkbox"/> sock (foot wrapper)	<input type="checkbox"/> Soap

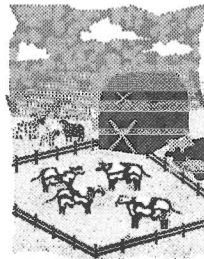


LIVESTOCK

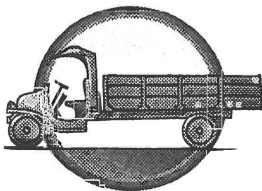
Your personal safety and that of those around you should always be your first concern. A pre-determined plan will help you remain calm and think clearly. Remember to communicate and cooperate with all emergency personnel. If you must leave the premises let someone know where you are going and how to contact you.

A. Develop a Barn Safety and Evacuation Plan

- ✓ Post your plan in a clearly visible place.
- ✓ Make sure that everyone who lives, works or boards at your barn is familiar with the plan.
- ✓ Get to know your neighbors and their animals.
- ✓ Select a neighborhood coordinator who is familiar with your evacuation plan and will be ready to assist should a disaster occur when you are not at home.
- ✓ Learn to handle your neighbors' animals and identify those which may have special handling needs.
- ✓ Post an updated phone list (home and office) of all neighbors and anyone who boards at your facility.
- ✓ List all the resources available to evacuate your animals, trucks, trailers, et al.



B. If You Must Leave Animals Behind



1. Post a highly visible sign letting rescue workers know the breed and number of animals which remain and other information.

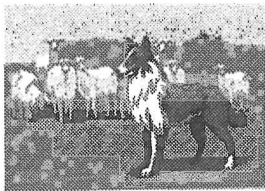
2. Leave plenty of food and water in an adequate container that cannot be tipped over. Place extra food near the animals so rescue workers can find it.
3. Do not tie the animals or leave them confined in an unsafe area.
4. Loose animals on roads or highways can be easily injured and interfere with emergency rescue vehicles, so the animals should be led towards a safer area such as a pasture.



C. Before Disaster Strikes

- ✓ Reduce hazards.
- ✓ Maintain a firebreak around all buildings, by mowing weeds and trimming trees near buildings. Remove overhanging trees that may fall on animals or buildings.
- ✓ Regularly clean roofs and gutters.
- ✓ Repair exposed wires, rotten supports and blocked waterways.
- ✓ Post 'No Smoking' signs.
- ✓ Clearly label all utility shut-offs.
- ✓ Store combustibles such as hay, straw, wood, shavings and/or gasoline in a safe manner.
- ✓ Keep an adequate water source

D. Identify Your Animals



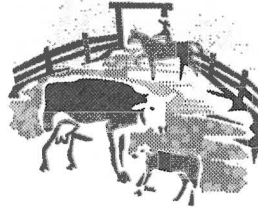
Keep animal vaccinations current and photographs, papers and other identifying documents in a safe and easily accessible location. Brand, tag, freeze mark, tattoo or implant your animals with a permanent Microchip I.D.

LIVESTOCK & BARNYARD

ANIMAL SUPPLIES

Prepare a Disaster Kit

Successful disaster preparedness depends on knowing where emergency equipment is stored and keeping it easily accessible.



- ✓ Your facility should be equipped with ladder(s) long enough to reach the roof, cotton ropes, shovels, rakes, water buckets, flashlights or lanterns, blankets and a minimum of 100 feet of hose.
- ✓ Restraining equipment such as cotton halters, cotton lead ropes, collars, whips, hot shot, hog snares, blindfolds, fence panels and hot wire kits may be needed in an emergency.
- ✓ Have an adequate, portable first-aid kit and a battery powered radio ready at all times.

FOOD AND WATER REQUIREMENTS

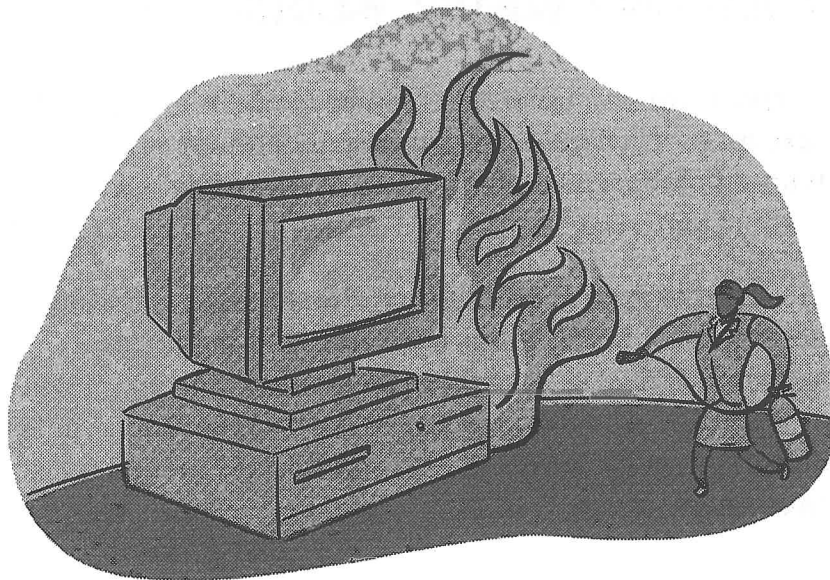
Water is *always* given free choice to all animals. Animals (except birds), like people, can go extended periods of time without food, but can only last a couple of days at the most without water.

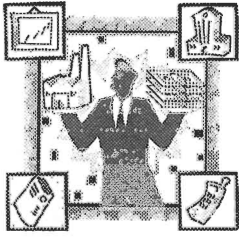
Sources of feed should be identified before a disaster. In general most herbivorous animals are going to eat approximately 1-2% of their body weight in some form of "roughage." Roughage is hay or hay-like products (pellets, cubes). In an emergency, grain products ("concentrates") need not be given.

R U Ready?

In the Workplace

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BUSINESS PREPAREDNESS

Be Aware

Businesses form the backbone of our economy; small businesses account for more than 99% of all companies with employees, they employ 50% of all private sector workers and provide nearly 45% of the nation's payroll. If businesses are to survive and recover a disaster pre-planning must occur.

Prepare

Assess how your company functions; determine which staff, materials, procedures and equipment are absolutely necessary to keep the business operating.

Identify operations critical to survival and recovery.

Include emergency payroll, expedited financial decisions and accounting systems to track and document costs.

Establish procedures for succession of management, decide in advance who will do what, and include a back-up person.

Identify and plan with your suppliers, shippers, resources and other businesses you interact with on a daily basis.

Develop relationships with more than one company to use in case your contractors cannot service your needs. A disaster that shuts down a key supplier can be devastating to your business. Create a contact list for existing contractors and others you plan to use in an emergency. See if other companies can allow you space if your building is damaged.

Keep this list with other important and legal documents such as copies of important records like site maps, building plans, insurance policies, employee contact and identification information, bank account records, supplier and shipping

contact lists, and computer backups. Keep a second set in an off-site location in a fire and water resistant location.

Consider if you can run the business from a different location or from your home if your location is no longer useable.

Decide who should participate in putting together your emergency plan, include co-workers from all levels as active members of the emergency management team. Focus on those with expertise vital to daily business functions. Define crisis procedures in advance and review site and building plans so those involved know what to do.

Train workers in case you need back-up help and coordinate with others by talking in advance with first responders, emergency managers, and utility providers.

Share your plans and encourage other businesses to set in motion their own continuity planning and offer to help others.

Review your emergency plans annually. Just as your business changes over time, so do your preparedness needs. When you hire new employees or when there are changes in how your company functions, update plans and inform your people



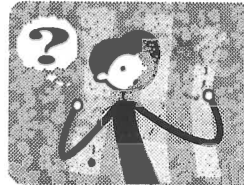
CONSIDERATION FOR YOUR BUSINESS

If employers and employees plan ahead and train they can act as a team when a disaster strikes.

- ✓ Large objects can fall and injure employees. Secure or move them to a safer location. Rearrange room/office furniture away from glass if possible and secure bookcases and large fixtures.

- ✓ Keep lists of important emergency phone numbers at each desk.
- ✓ Set up Training Programs: Community organizations such as CERT (community emergency response team) can assist in training employees, training is free and anyone can learn and do it. Train employees in First Aid with the help of such organizations such as the American Red Cross.
- ✓ Put an emergency plan in place. Know who is to take the back-up CD home with them. Decide if this will be just one person or if there will be an alternate in the event that person is not at work to perform this function.
- ✓ Plan for those with disabilities or special needs such as language barriers.

- ✓ Make an Evacuation Plan: The ability to evacuate workers and customers effectively can save lives.



If feasible, develop a system for knowing who is in your building.

Decide in advance who has the authority to order an evacuation. If local officials tell you to evacuate, do so immediately. Identify in advance who will shut down critical operations and lock the doors if possible.

- ✓ Make copies of building and site maps with critical utility and emergency routes clearly marked. Label entry and exits both on the maps and in the building. Post maps for employees. Establish a warning system.
 - ✓ Designate an assembly site. Pick two locations, one near your facility and another farther away. Try to account for all workers and customers as they arrive at the assembly site.
 - ✓ Determine who is responsible for providing all-clear or return-to-work notifications. Cooperate and coordinate with local emergency responders. *See page 84*
- 'Evacuations'

- ✓ **Make a Shelter-in-Place Plan:** There may be situations when it's best to stay where you are to avoid any uncertainty outside. There are other circumstances, such as a Hazardous Material incident *pages 58-60*. When specifically *how* and *where* you take shelter is a matter of survival. *See pages 84 'Shelter in Place'*.

Respond

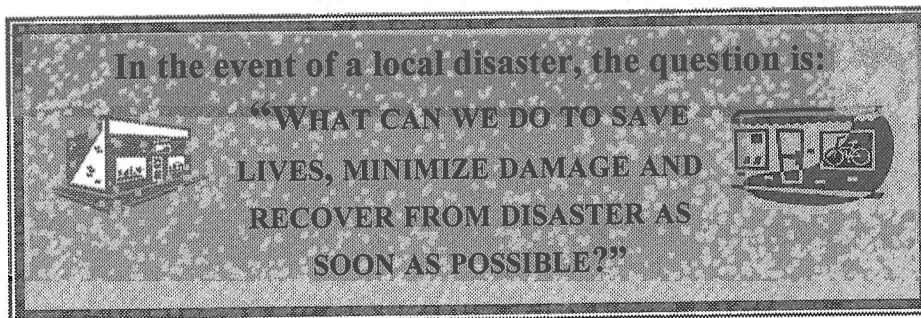
Planning to Stay or Go: Depending on circumstances and the nature of a disaster, the first decision after an incident occurs is whether to shelter-in-place or to evacuate.

Understand and plan for both possibilities. Authorities may not immediately be able to provide you with information on what is happening and what you should do. Monitor TV or radio news reports for information or official instructions as available.

Support Employee Health After a Disaster: People may need help to recover after a disaster. Allow employees to ensure the well-being of their own families, but getting back to work is important to the personal recovery of people who have experienced disasters. *Pages 103-104 Disaster Psychology*

For further information:

<http://www.ready.gov/business/index.html>

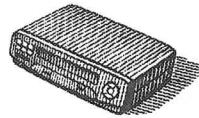




BUSINESS EMERGENCY SUPPLIES

When preparing for emergency situations, it's best to think first about the basics of survival: fresh water, food, clean air and warmth. Encourage everyone to have a Portable Kit customized to meet personal needs, such as:

- Essential medications
- NOAA weather radio
 - ✓ With automatic tone-alert feature, if possible, that alerts you when a watch or warning is issued.
 - ✓ Include extra batteries.
 - ✓ It is recommended that you have both a battery-powered commercial radio for local news and a NOAA weather radio to alert you to weather emergencies or announcements. *Pages 100-102.*
- Keep copies of important records such as site maps, building plans, insurance policies, employee contact and identification information, bank account records, supplier and shipping contact lists, computer backups, emergency or law enforcement contact information and other priority documents in a waterproof, fireproof portable container. Store a second set of records at an off-site location.
- Talk to your co-workers about what emergency supplies the company can feasibly provide, and which ones individuals should consider keeping on hand. Include the same items as in your other emergency supply kits.



RU Ready? Disasters

Be Aware!
Prepare!
Respond!

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EARTHQUAKES

BE AWARE

During a major earthquake, you may hear a roaring or rumbling sound that gradually grows louder.

You may feel a rolling sensation that starts out gently and, within a second or two grows violent. Or depending on the type of earthquake, you may first be jarred by a violent jolt. A second or two later, you may feel shaking and find it difficult to stand up or move from one place to another.

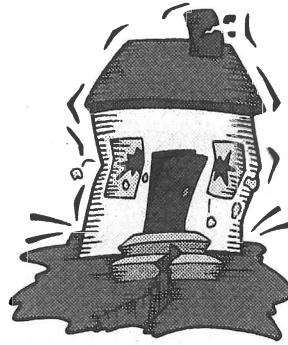
Expect falling debris during the event and secondary events such as fire, hazmat spills, landslides or tsunamis if you are near the coast or near a waterway in a low-lying area.

Expect aftershocks for several days after the main event.

PREPARE

To surviving an earthquake and reduce risk of injury you and your family should plan, prepare, and practice what to do if it happens. Read the section on 'Home Hazards' on pages 110-111 to protect your family and home from injury and damages.

- ✓ Have the entire family participate in an earthquake drill so everyone will understand what to do.
- ✓ Make sure you and your child understand school and work emergency procedures for disasters. This will help you coordinate where, when, and how to reunite with each other after an earthquake.
- ✓ Discuss a home evacuation plan. Sketch a floor plan of your home; walk through each room and plan a second way to exit, if possible. Consider special equipment,



- such as a rope ladder, mark where it is located.
- ✓ Identify where your emergency food, water, first aid kits, go-kits, and fire extinguishers are located.
 - ✓ Mark the location where the utility switches, or shut-off valves are located so that they can be turned off, if possible.
 - ✓ **Locate a family emergency meeting place both outside the home and another outside the area.**

★ **Establish Priorities:**

Take the time to write down a list that includes important items to be carried by each person, who should place items in your car if available, and if there is time, who: will lock doors, windows, and turn off utilities. Make sure everyone knows where important phone numbers and addresses are located. Know where to tune in to the emergency broadcast radio and TV stations.

RESPOND

Get under a sturdy table or desk and hold on to it. If you're not near a table or desk, cover your face and head with your arms and crouch in a doorway or brace yourself in an inside corner of the building, away from windows or glass that could shatter or heavy objects that could fall on you. If you can, grab a pillow or blanket to cover your face. Most people injured in earthquakes move more than 5 feet during the shaking.

As we are in a Coastal area, we want to drop cover and hold during the earthquake and then move immediately to higher ground when the shaking stops. Tsunamis (large ocean waves) are often generated by earthquakes.

See Tsunami *pages 74-76* .

**EXPECT AFTERSHOCKS; DROP, COVER AND HOLD
EACH TIME YOU FEEL ONE.**

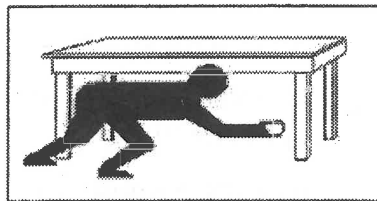
Remember:

- ★ **If inside:** stay inside. Many people are injured at entrances of buildings by falling debris.
- ★ **In a high rise building:** DO NOT use elevators.
- ★ **In a crowded indoor public place:** DO NOT rush for a doorway.
- ★ **If outdoors:** move away from buildings and utility wires.
- ★ **If you are in a moving automobile:** move over to the shoulder, staying away from utility poles, and under- or overpasses. Stay in the vehicle, set the parking brake, and turn on the radio for emergency broadcast information. Be alert for falling rocks and other debris that could be loosened by the earthquake. Earthquakes often trigger landslides. See Landslides *pages 63-64*

When the shaking starts:

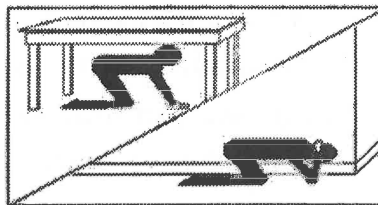
DROP

Drop down to the floor



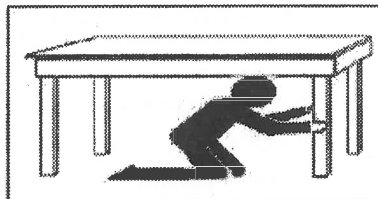
COVER

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 ON** until the ground stops shaking and it is safe to move.





BE AWARE

Educate yourself regarding the history of flooding in your community. Determine the status of your property in a flood event. Check to see how high above the flood plain your property lies, and where you will need to go to be safe. Be sure to check if the route you must take is above ground during a flood. Check with your insurance agent regarding flood damage protection.

PREPARE

- ✓ Write down a list that includes important items to be carried by each person, like your go-kits, clean water, food, first aid kits.
- ✓ Decide who should place items in your car if available, and if there is time, who will lock doors, windows, and turn off utilities.
- ✓ Mark the location of utility valves in advance.
- ✓ Make sure everyone knows where important phone numbers and addresses are located.
- ✓ If a flood watch is issued, and you are in a low-lying area, monitor local radio and TV stations and be prepared to evacuate if a warning is issued on your emergency broadcast radio.
- ✓ Decide together, in advance, where your family emergency meeting place will be on high ground if family is separated.
- ✓ Decide together if you have a place to stay with friends or relatives who live on high ground, or if you will need to seek public shelter. *Evacuation page 84*

RESPOND

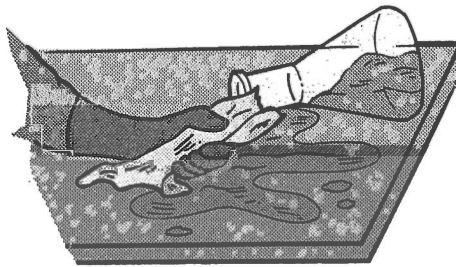
- ✓ Take your emergency radio with you and stay tuned to your local radio or television stations for updated information.
- ✓ Notify your emergency contact person that you are evacuating your home and where you are going.
- ✓ If flooding is imminent and you are asked to evacuate, do so immediately. Follow recommended routes. Take your emergency kit, important papers and valuables as well as pets and pet supplies.
- ✓ DO NOT cross a flowing stream or body of flood water in either your vehicle or on foot.
- ✓ If your car stalls in flood water, abandon it immediately, walk to higher ground, and take your go-kit, if you can. Take only what you can carry with you safely.

After a flood

- ✓ Purify all water before drinking.
- ✓ Discard all food contaminated by flood waters. See Clean-up on *page 96-97*.
- ✓ DO NOT turn on electricity until all appliances and the interior are complete dry.
- ✓ Stay away from a disaster area as congestion will interfere with rescue efforts.
- ✓ Notify your emergency contact when you have returned to your home.



HAZARDOUS MATERIALS

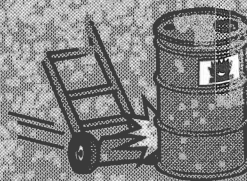


BE AWARE

Hazardous materials are substances that, because of their chemical nature, pose a potential risk to life, health, or property if they are released. Hazards can exist during production, storage, transportation, use, or disposal of such substances.

From industrial chemicals and toxic waste to household detergents and air fresheners, hazardous materials are part of our everyday lives. Affecting urban, suburban, and rural areas, hazardous materials incidents can range from a chemical spill on a highway to the contamination of groundwater by naturally occurring methane gas. Hazardous Materials are everywhere, in your home, in your garage, in the stores you visit, the places where you work, where you go on vacation, and are carried by different methods of transportation around you. The risk of harm from these materials could be very insignificant or extremely life threatening.

Chemicals and products should always be used and stored according to manufacture's directions. Manufactures prepare Material Safety Data Sheets (MSDS) to inform industrial purchasers and users of hazardous chemicals of the reasonably foreseeable physical and chemical hazards that may arise from the use of those chemicals. The MSDS include precautions for normal use, handling, storage, disposal, and spill cleanup. Take time to read the label and instructions that come with your products.



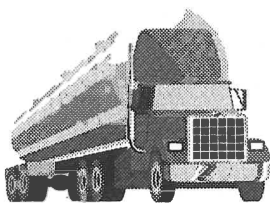
Here are some general ways you may be involved in a Hazardous Materials (HazMat) incident:

- ★ Improper use or storage.
- ★ Accidental spill or explosion at a fixed facility
- ★ Accident from the transportation of these products.

PREPARE

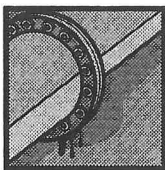
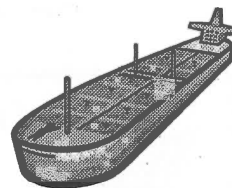
The best ways to protect yourself are to be familiar with the potential dangers: know the warning system in your community, and be prepared to evacuate *page 84* or shelter-in-place *pages 85-86*. Find out what types of facilities are in your neighborhood.

Fixed facilities have specific emergency measures in place to deal with any release of their product. Most of these products are reasonably insignificant. If there is a release at a fixed facility that is near your home or if you are trapped in traffic during a release, you need to consider “SHELTER in PLACE”, *see pages 85-86*. Do not try to outrun a cloud or plume.



Transportation comes in five forms: By Air, Water, Road, Rail and Pipe Line/Utility Line. Our biggest challenges are from tank truck wrecks. Remember the do's and don'ts. Stay out of the product. Keep out of the cloud or plume that may be generated by the

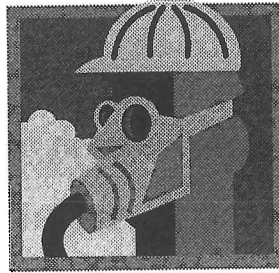
release of the product, and make immediate notification to the authorities. Stay away from downed power lines or any utility lines, until specifically identified as non-hazardous.



If an **underground line** is severed or leaking, keep away, follow the above listed guidelines.

RESPOND

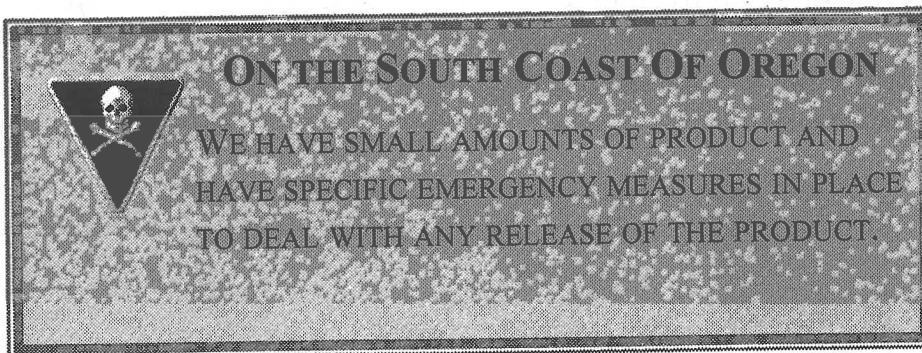
Your major concern is keeping yourself, your family, your co-workers, friends and neighbors from contacting the materials in any manner.



★ **DO NOT**: walk in, touch, breathe, taste or otherwise come in contact with the material, unless, you are specifically trained, equipped, and know exactly what the product is.

★ **DO**: Keep everyone away, the minimum safe distance is 200 feet, for small events (less than one drum, small bag, bucket, bottle, etc.), 500 feet for anything larger. If there is fire involved, stay even farther away from the incident. Stay upwind, uphill, upstream and far enough away to be out of danger.

★ **NOTIFY 9-1-1**. Give emergency services what information you have, including how many persons are involved, the location, the product if known, etc. If it is safe for you to do so, stay on the phone until the 9-1-1 operator tells you it is ok to hang-up; they may need additional information for emergency first responders.



HOME FIRES



BE AWARE

Fire continues to be a leading unintentional cause of injury and death in the United States. In addition, it ranks as the third leading cause of unintentional injury in the home for children under the age of fifteen.

Common causes of home fires:

- ★ Unattended cooking
- ★ Faulty electrical wiring and equipment
- ★ Storage of combustibles too close to heat
- ★ Careless smoking
- ★ Unattended burning candles
- ★ Juveniles playing with fire



PREPARE

To stay fire safe:

- ★ Begin by identifying and eliminating fire hazards in and around your home.
- ★ Check over your home owner's policy and rental insurance with your agent to make sure you have adequate coverage.
- ★ Install working smoke alarms on each level and each sleeping area of your home.
- ★ Keep a fire extinguisher easily accessible in the garage, kitchen and other fire prone areas of your home. KNOW how to use it. *Page 105*. Consider escape ladders for escape from second and third floors.
- ★ Make an escape plan. Identify two exits from every room in your home.
- ★ Agree on a reunion site immediately outside of the house where family members will meet.

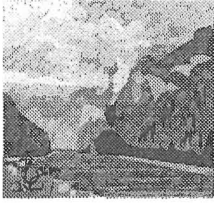


- ★ Remind everyone to exit quickly and call 911 from a safe location away from the home.
- ★ Physically practice your escape routes out of the house. Be aware that you may not be able to see and have to crawl out. Practice may help you navigate out.
- ★ Check your smoke alarms and fire extinguishers for proper working capability twice a year. A good way to remember is to check in the fall and spring when you change your clocks. NEVER remove the battery for use elsewhere from your smoke detectors.
- ★ Keep matches, lighters, and candles away from children and teach them not to play with them.
- ★ Always pay attention when you are cooking.
- ★ Do not use light duty extension cords and never plug too many cords into one receptacle.
- ★ Never smoke in bed

RESPOND



- ★ If it is a very small fire, attempt to extinguish with your fire extinguisher.
- ★ If it is too large, leave the home, closing the door. Get everyone out and CALL 911 from your cell or from a neighbor's home.
 - ★ Utilize your family plan for the out of the home meeting place.
 - ★ Request the fire officers on scene to contact your local Red Cross office for assistance.
 - ★ Stay out of fire-damaged homes until local fire authorities say it is safe to reenter.
 - ★ Contact your insurance agent.



LANDSLIDE AND DEBRIS FLOW (MUDSLIDE)

BE AWARE

In a landslide masses of rock, earth, or debris move down a slope. Landslides may be small or large, slow or rapid. In the Pacific Northwest, they are activated by storms, earthquakes, volcanic activity, fires, alternate freezing or thawing, and steep-slope modification by erosion or human mismanagement. Debris and mud flows are rivers of rock, earth, and other debris saturated with water. They can develop during heavy rainfall or rapid snowmelt, changing the earth into a flowing river of mud. They can flow at avalanche speeds, striking with little or no warning, and travel several miles from their source.

PREPARE

How can I protect myself from a landslide or debris flow?

Protect yourself from the effects by not building near steep slopes, close to mountain edges, near drainage ways, or natural erosion valleys. Contact local officials and state geological surveys to see where landslides have occurred before.

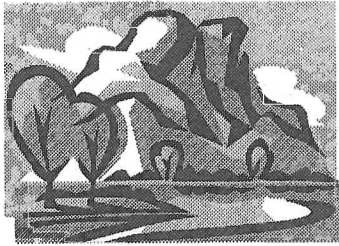
Minimize hazards in a landslide prone area. Have flexible pipes installed professionally to avoid gas or water leaks. Plant ground cover on slopes, and never pile dead vegetation on a steep hill. Where possible, build retaining walls. Build channels or deflection walls to direct the flows around buildings.

Remember to be aware of changes that may affect your neighbors. You may be liable for damages due to that changes you make that could cause a hazard for them.

RESPOND

Recognize Landslide Warning Signs such as patterns of storm-water drainage on slopes, land movement, small slides, or leaning trees. Doors or windows sticking or new cracks in plaster walls or foundations and sidewalks. Look for outside walkways or stairs pulling away from buildings. Signs are serious when underground utilities break or bulging ground appears at the base of a slope.

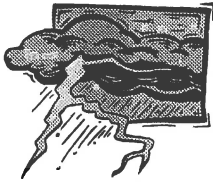
If You Suspect a Landslide or Debris Flow



Stay alert and awake. Listen for unusual sounds. Watch water movement near a slope. Many debris-flow fatalities occur when people are sleeping. Listen to an emergency weather radio or television for warnings of intense rainfall. If you are in an area susceptible to landslides and debris flows during heavy rain storms; if you hear rumbling sounds, or the ground shifts beneath your feet, consider leaving if it is safe to do so. Take your 'Grab & Go Kit' with you. Be alert when driving. Embankments along roadsides are particularly susceptible to landslides. Watch for slumping roadways and falling rocks.

If There is Imminent Landslide Danger

- ★ **Contact** your local fire, police, or public works department.
- ★ **Inform** affected neighbors
- ★ **Evacuate.** Get out of the path
- ★ **Curl** into a tight ball and protect your head if escape is not possible



LIGHTNING & THUNDERSTORMS

BE AWARE

In the United States, an average of 66 people are killed each year by lightning. Many more are injured. If a weather front includes thunderstorms in the forecast, you should be prepared to take cover indoors if possible.

PREPARE

- ✓ Use the 30-30 rule: When you see lightning, count the time until you hear thunder. If that time is 30 seconds or less, the thunderstorm is within 6 miles of you and is dangerous. If outdoors go to the lowest area you can find, and stay away from tall isolated trees, partial shelters, or tents with metal poles. On a boat, go inside the cabin, or stay low in the boat.
- ✓ If you are in a vehicle driving, pull over, roll up all windows and stay inside until it passes. Do not use hand-held radios attached to the car. Park under an overpass if possible but do not touch metal girders.
- ✓ Indoors, stay away from windows and doors and avoid contact with anything that conducts electricity. Protect electronic equipment with surge protectors.

RESPOND

If you witness someone struck by lightning call 9-1-1, immediately. Be ready to administer CPR if the victim has no pulse and is not breathing.

WATCH, WARNING: A Severe Thunderstorm Watch means severe thunderstorms are possible in and near the watch area. People in a watch area should keep informed and be ready to act if a warning is issued.

A Severe Thunderstorm Warning means severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property.

PANDEMIC FLU



Be Aware

Communicable Disease Infection

Control Measures for a deadly influenza pandemic are something you should know about. During a pandemic outbreak there are some basic precautions you can take to help you and your family.

Prepare

- ✓ Hand washing should be taught to every member of the family as the first step in prevention of transmission of disease.
- ✓ Assemble personal protective equipment (PPE). These include: medical gloves, face mask, goggles, gown, overshoes, and cap.
- ✓ Keep medications, food, water, and supplies on hand in case your home is quarantined.

Respond

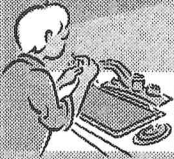
If you suspect the flu during pandemic

- ✓ Wear your PPE when handling blood, body substances, excretions and secretions or the clothing or bedding they might touch.
- ✓ Dispose of any contaminated waste in a labeled “hazmat” bag. Take it to the local hospital for disposal or burning.
- ✓ Consider staying isolated in a room with facilities for hand-washing, toilet and bathroom.
- ✓ Cough/sneeze into a tissue and dispose of the tissue afterwards, then wash hands with soap/water or use alcohol-based rub on hands.
- ✓ Keep children suspected of having the flu home from school and away from others.

- ✓ Monitor your own health for signs of fever and respiratory symptoms; and discuss the use of antiviral medication with a doctor.



HAND WASHING



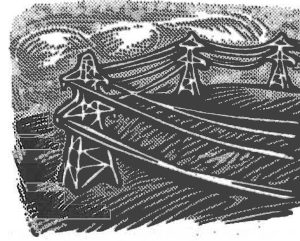
- * Rub your hands together for at least 20 seconds (with soap and warm water if possible). Wash all surfaces well, including wrists, palms, backs of hands, fingers, and under the fingernails.
- * Clean the dirt from under your fingernails.
- * Rinse the soap from your hands.
- * Dry your hands completely with a clean towel if possible (this helps remove the germs). If towels are not available it is okay to air dry your hands.
- * Pat your skin rather than rubbing to avoid chapping and cracking.
- * If you use a disposable towel, throw it in the trash

ALCOHOL-BASED HAND GEL

- * If soap and water are not available, use an alcohol-based hand gel (hand sanitizer) for washing your hands. Alcohol-based hand gels greatly reduce the amount of germs on skin and work fast.
- * Apply the alcohol-based hand gel to the palm of one hand and rub your hands together.
- * Rub all surfaces of your hands and fingers with the gel until it dries.
- * The amount of hand gel needed to decrease the number of bacteria differs from one product to another.

Adapted from content developed by the Centers for Disease Control and Prevention, September 2005

POWER FAILURE



BE AWARE

In other areas of this workbook, the dangers of electricity in disasters such as floods and earthquakes have been mentioned. If you experience any problems with electricity, turn it off, and before restoring it, consider contacting an electrician for assistance.

PREPARE

Write down the power company name and emergency number so everyone in the family can find it.

Keep a flashlight near your bed or telephone, and another with your emergency kit.

If you use candles be sure to place them in a fireproof container when lit, and never leave them unattended.

If you have medical devices that rely on electricity, such as oxygen machines, keep spare bottles on hand and plan ahead for long power outages with a home generator. If this is not possible contact someone who can accommodate you during the power outage.

Keep your car full of gasoline. Most fuel stations rely on electricity to run pumps.

Keep emergency cash on hand, Automatic Teller Machines (ATMs) will be down.

RESPOND

- ✓ **Don't call 9-1-1 if the power goes out.**
- ✓ **Do call your power company.**
- ✓ **Only call 9-1-1 in the event of a life threatening emergency such as witnessing a power line falling, or a power line on fire.**

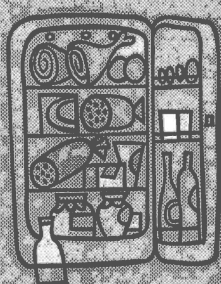
If you have a water purification system you may have to boil or treat your water before drinking, using for washing, or cooking. See pages 115-116 for Water Purification Tips.

Keep plenty of bottled water ready if you rely on electricity for well water.

Power outages in the winter can mean thinking about how you will stay warm. See Winter Storms on page 81 and Hypothermia page 82 for tips during an outage in the winter.

FOOD SAFETY GUIDELINES IN A POWER OUTAGE

- ★ If the power is out for less than 2 hours, the food in your refrigerator and freezer is safe to consume as long as you keep the refrigerator doors closed as much as possible.
- ★ If the power is out for longer than 2 hours: A guideline is that a freezer that is half full holds food safely for up to 24 hours. A full freezer holds food safely for up to 48 hours. Avoid opening the freezer door.

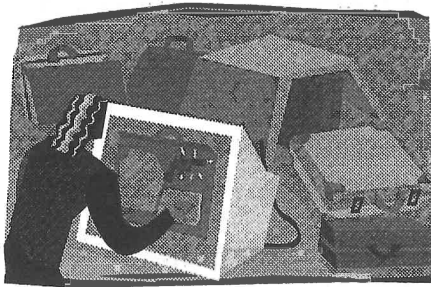


- ✓ A refrigerator stays cold longer by placing pre-frozen ice containers inside it and using like an ice chest or cooler. Use a digital thermometer to check temperatures of food before you cook or eat it.
- ✓ Throw away any food that has a temperature of more than 40 degrees Fahrenheit.

**DO NOT RISK FOOD POISONING
IT IS NOT WORTH YOUR HEALTH.**

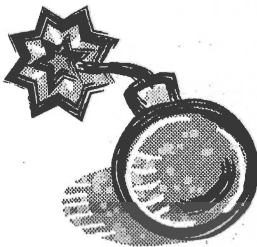
TERRORISM

BE AWARE



TERRORISM is defined as the unlawful use of force or violence committed by an individual or group against persons or property to intimidate or coerce a government, the civilian population, or any segment thereof, in furtherance of political or social objectives.

Terrorism can be everything from murder to kidnapping, physical abuse, high-jacking, sabotage, vandalism, fraud, theft, impersonation, propaganda, poisoning, etc. It can also mean the use of Weapons of Mass Destruction (WMD).



There are many kinds of WMD that may be involved. Biological, nuclear, incendiary, chemical, explosive, and nuclear, or radioactive. Some devices can be a combination. They are aimed at affecting a large area of the population.

Terrorists, whether domestic or foreign, generally target important **persons**, such as government officials, diplomats, the wealthy. They may target **structures**, such as power plants, hospitals, schools, industries, bulk plants, financial institutions, government facilities, famous buildings, etc. Or they target **systems**, such as transportation systems, water, pipelines, power lines, fiber optics, etc.

PREPARE AND RESPOND

Armed with the above information, we can begin to formulate a plan to deal with TERRORISM. The acronym RAIN will help us with a plan:

- R** Recognize the potential threat. Understand what can happen with individual products used in terrorism. Be alert to suspicious mail or other activities.
- A** Avoid the potential threat. Deny entry to others.
- I** Isolate yourself and others from the potential threat. Stay away, or limit exposure, and use any type of shielding available.
- N** Notify the proper authorities. Let the people trained in response deal with the situation

Be familiar with the **Homeland Security Advisory System**. Take steps to follow the recommended actions on the next pages for Individuals, and research what families, businesses and communities can do to be better prepared.

TIP!

Risk of attack levels:

- Green—Low Risk
- Blue—Guarded Risk
- Yellow—Elevated
- Orange—High Risk
- Red—Severe Risk

http://www.redcross.org/article/0,1072,0_1_1418,00.html

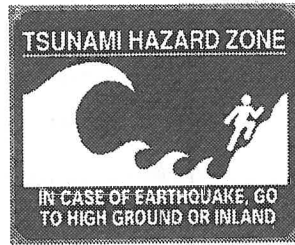
Citizen Guidance on the Homeland Security Advisory System

Risk of Attack	Recommended Action's for Citizens
<p style="text-align: center;">GREEN Low Risk</p>	<ul style="list-style-type: none"> ★ Develop a family emergency plan. Share it with family and friends, and practice the plan. Visit www.Ready.gov for help creating a plan. ★ Create an “Emergency Supply Kit” for your household. ★ Be informed. Visit www.Ready.gov or obtain a copy of “Preparing Makes Sense, Get Ready Now” by calling 1-800-BE-READY. ★ Know how to shelter-in-place and how to turn off utilities (power, gas, and water) to your home. ★ Examine volunteer opportunities in your community, such as Citizen Corps, Volunteers in Police Service, Neighborhood Watch or others, and donate your time. ★ Consider completing an American Red Cross first aid or CPR course, or Community Emergency Response Team (CERT) course.
<p style="text-align: center;">BLUE Guarded Risk</p>	<ul style="list-style-type: none"> ★ <i>Complete recommended steps at level green.</i> ★ Review stored disaster supplies and replace items that are outdated. ★ Be alert to suspicious activity and report it to proper authorities.

<p>YELLOW</p> <p>Elevated Risk</p>	<ul style="list-style-type: none"> ★ <i>Complete recommended steps at levels green and blue.</i> Ensure disaster supply kit is stocked and ready. ★ Check telephone numbers in family emergency plan and update as necessary. ★ Develop alternate routes to/from work or school and practice them. ★ Continue to be alert for suspicious activity and report it to authorities.
<p>ORANGE</p> <p>High Risk</p>	<ul style="list-style-type: none"> ★ <i>Complete recommended steps at lower levels.</i> ★ Exercise caution when traveling, pay attention to travel advisories. ★ Review your family emergency plan and make sure all family members know what ★ Be Patient. Expect some delays, baggage searches and restrictions at public buildings. ★ Check on neighbors or others that might need assistance in an emergency.
<p>RED</p> <p>Severe Risk</p>	<ul style="list-style-type: none"> ★ <i>Complete all recommended actions at lower levels.</i> Listen to local emergency management officials. ★ Stay tuned to TV or radio for current information/instructions. ★ Be prepared to shelter-in-place or evacuate, as instructed. ★ Expect traffic delays and restrictions. ★ Provide volunteer services only as requested. ★ Contact your school/business to determine status of work day.

TSUNAMI

BE AWARE



In Japanese Tsunami means

“harbor wave.” But a Tsunami is actually a series of waves caused by underwater earthquakes, landslides, or volcanoes. These waves travel at speeds up to 600 miles per hour in the open sea and slow to less than 40 miles per hour near shore. Areas less than 50 feet above sea level, within a mile of the coast, may be impacted by a tsunami of a distant origin. Areas with a local tsunami event can experience waves of up to 100 feet in extreme circumstances.

PREPARE

WHAT TO EXPECT IN A “DISTANT” TSUNAMI:

- ✓ There will be no other warning signs of the earthquake, volcano, or landslide which caused the tsunami, other than a possible extreme and rapid outflow of water before the surge comes in.
- ✓ A watch or warning will be broadcast on emergency radios, telephones, or local sirens of a possible tsunami.
- ✓ Be prepared in advance by knowing routes out of coastal tsunami inundation zones, or low lying areas near water.
- ✓ Be ready with your go-kit, pets, and other items discussed in other disaster sections of this book.
- ✓ Do not attempt to watch a tsunami. Main highways will be closed by officials going into tsunami inundation zones. If you can see an tsunami from a low lying area, it is already too late to out-run it.

WHAT TO EXPECT IN A “LOCAL” TSUNAMI:

- ✓ There will be no official orders of evacuation, there is not time.

✓ Take your Grab & Go-Kit and expect that emergency assistance will not be available for at least 72 hours depending on extent of the damage.



RESPOND

NEVER go back into an area after the first wave of a Tsunami until you have received an “all clear” from local officials.

- ✓ Follow tsunami signage posted routes in your local coastal area uphill and inland.
- ✓ You **cannot** out run a tsunami. If you are at the beach and witness the ocean tide recede below a normal tide level, leave immediately for higher or inland ground.
- ✓ If you are in a safe area out of the tsunami inundations zone and hear a tsunami watch or warning, **DO NOT GO TO THE BEACH.**
- ✓ If you have a car and can get to it, grab your Go-Kit and take it with you to high ground. If there is a local earthquake, roads may be damaged. Go immediately on foot uphill and inland when the shaking stops.

Following a tsunami in your community:

- ★ If your home has been impacted by a tsunami you may

not be allowed to re-enter your home until it has been determined safe by officials.

- ★ Once you return home, follow the instructions for Clean-up on *page 96-97*.

TSUNAMI WARNINGS

AND YOUR BOAT...



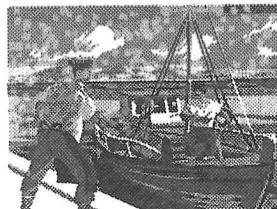
Tsunami wave activity is imperceptible in the open ocean. If you are at sea, do not return to port if a tsunami warning has been issued for your area.

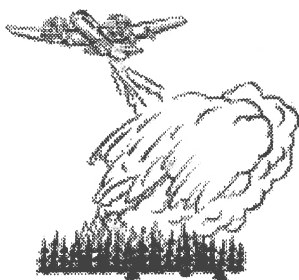
Tsunamis can cause rapid changes in water level and unpredictable currents in harbors and ports. If there is a distant tsunami warning and there is time to move your boat from port to a location where the water is more than 400m deep you should contact the harbor authorities to see if a forced movement of vessels has been directed.

Damaging wave activity and unpredictable currents can affect harbors for a period of time following the initial tsunami impact on the coast. Contact the harbor authority again before returning to port making sure to verify that conditions in the harbor are safe for navigation and berthing. Small boat owners may find it safest to trailer their boat to high ground if there is time.

IF THERE IS A LOCAL EARTHQUAKE AND A TSUNAMI IS IMMINENT, LEAVE YOUR BOAT TIED TO THE DOCK AND MOVE YOURSELF IMMEDIATELY INLAND TO HIGHER GROUND.

U.S. National Oceanic and Atmospheric Administration





WILDLAND FIRES

BE AWARE

Wildland fires usually start in forests or grassy/brushy vegetation in uninhabited areas. They often threaten a **Wildland Urban Interface (WUI)**. WUI is an area where the forest or open brush-land meets a residential housing area.

Wind-driven wildfires can move at incredible speeds, devouring everything in their path.

- ★ Many wildland fires are started by careless landowners or careless campers. Some wildland fires are started by lightning.
- ★ If you live in a WUI area, you may be subject to evacuation if there is a wildfire.
 - ★ You should become familiar with “Evacuation” on *page 84*.
 - ★ You also should be familiar with “Shelter in Place” *pages 85-86*, because there have been wildfires that overtook an escape route of homeowners.
- ★ **Check with your local Fire Department and Forest Fire Fighting Agency.** Acquire information they can give you on protecting your residence. Brochures are available that tell you what kind of issues to be concerned about like access and egress roads. Fire authorities will also be able to tell you whether or not your residence is **DEFENSIBLE** or **NON-DEFENSIBLE**.

★ **Defensible** means that your residence meets the criteria necessary for them to attempt to save your home in the event of an approaching wildland fire.

★ **Non-Defensible** means that your residence does not meet their listed criteria and there may be conditions where they **will not** attempt to save your home because of firefighter safety and other issues.

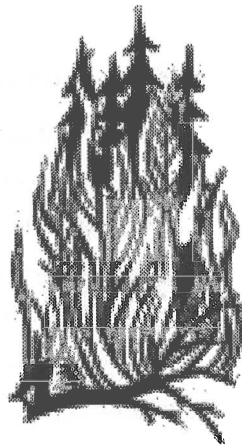
PREPARE

There are things that you can do ahead of time to make your residence more defensible. Consult fire authorities for other important tips:

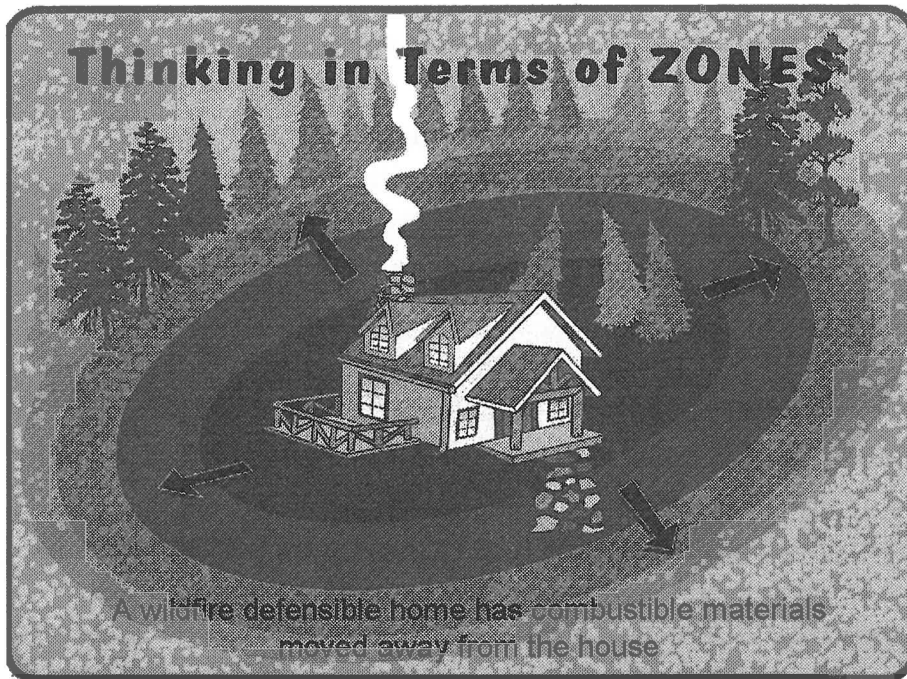
★ **Remove all combustible materials at least 30-feet away from your residence.** If you have plants or shrubs, make sure they are non-flammable. Cut and water your lawn. Cut trees that have low limbs to remove “ladder fuels”. Remove and stack firewood in a location at least 30-feet from your residence.

★ **Keep all combustible materials away from storage tanks** for propane, fuel oil, or other flammable materials.

★ **Put screens on ventilation openings** such as attics, soffits, gables, foundations, and any storage areas under porches or decks where sparks could invade.



- ★ Use **non-combustible materials** for your roof, decks, and porches.
- ★ Talk with **fire authorities** about having water storage, gel foams and applicators. Discuss sprinkling your roof. Ask about how to create a safe zone around your property. Find out in advance, what to do, where to go and when to evacuate.

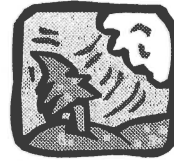


RESPOND

When you are told you may have to evacuate by authorities, follow your family plan, shut off utilities, load your 'Grab & Go-Kit', first aid, and other emergency supplies into your vehicle, load pets, livestock, and supplies for them and be ready to exit on the recommended safe route.

If you are told to evacuate immediately, just grab your "Grab & Go Kit" and exit in your car with your family.

WINDS STORMS



BE AWARE

High winds can down trees and power lines and cause power outages. The Pacific Northwest is subject to extreme winds, especially areas near ocean headlands in the fall and winter months. When high wind is forecast, get supplies together that you will need, ahead of time.

PREPARE

- ✓ **Tune to your NOAA weather radio** to monitor watch or warning notices.
- ✓ **Secure loose objects outdoors** like furniture and garbage cans and lids when wind is forecast.
- ✓ **Stay indoors** and stay away from glass windows, doors, and skylights. Pull curtains and blinds closed.

RESPOND

- ✓ **If you lose power** call your local power company.
- ✓ **If you witness downed lines** stay away from them and call 9-1-1.
- ✓ **Turn off all electronic equipment** during the storm to prevent damage from power surges.

On Columbus Day, October 12, 1962,

The strongest non-tropical windstorm ever to hit the lower 48 states in recorded American history struck the Pacific Northwest Coast. The storm claimed 46 lives, injured hundreds more, and knocked power out for several million people for several days. There was \$235 million in property damage (that would be over a \$1.5 billion now).

Wind speeds peaked along the Oregon coast, with sustained winds of 150 mph and gusts up to 179 mph reported. The hurricane-force winds blew down over 15 billion board feet of standing timber from the West Coast to as far inland as western Montana.



WINTER STORMS

BE AWARE

The Southern Oregon Coast is not typically subject to extreme winter cold such as ice storms and blizzards except at higher elevations. But, it does get cold enough to be dangerous in case of power outages in winter months. Especially vulnerable, the very young and old, are more subject to hypothermia *page 82*. Take a First Aid course to learn more about cold and heat injuries.

PREPARE

- ✓ Keep plenty of heating fuel for a furnace, fire wood for fireplaces, and consider a gas powered generator and heavy extension cords to power electric heaters. See *pages 106-108* on generators.
- ✓ Winterize your home by insulating your home and pipes, install storm windows, and weather strip doors and windows.



RESPOND

NEVER burn charcoal or a run gas generator indoors. Combustion makes air poisonous to breathe! See Carbon Monoxide Poisoning *page 92-93*

- ✓ Close off unused rooms and use towels under the doors to keep heat in living areas.
- ✓ Wear layered clothing and keep hands, feet, and head protected, dry, and warm.
- ✓ Check on neighbors, especially elderly.
- ✓ Eat regularly for energy to stay warm
- ✓ Go outdoors only when necessary
- ✓ Keep a corded phone for use in a power outage.
- ✓ When stuck in a snow storm in your vehicle, be sure to keep the tailpipe and muffler clear of snow. A blocked muffler can cause Carbon Monoxide Poisoning.

HYPOTHERMIA

Some basics to avoid hypothermia or low body temperature and to recognize the signs

It is important to know that shivering protects the body by producing heat, but it is also a warning sign that the body is cooling. The skin begins to feel cold and the body stops shivering as the body cools further. Personality changes may take place, and confusion or sleepiness occurs. In later stages muscles become still, the skin turns blue, and breathing slows.

---ACTIONS to TAKE---

- ✓ Get the person out of the cold
- ✓ Give warm (NOT HOT) liquids if conscious.
- ✓ Remove wet clothing and pat person dry gently. Surround with warm blanket including head, but not face.
- ✓ Phone 911 if the person shows later stages of hypothermia.
- ✓ Be prepared to start CPR if breathing stops. Heart arrhythmias can occur in late stages.
- ✓ If skin is frostbitten, remove tight clothing, jewelry from parts affected.
- ✓ Do not thaw if there is a chance of parts re-freezing.
- ✓ Warm slowly.

R U Ready? More you should prepare for!



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EVACUATION



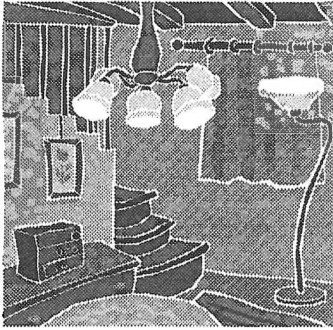
When you evacuate your home, workplace, or school consider the following:

- ✓ You and your family may become separated at the time of the event.
- ✓ Lock all doors and windows.
- ✓ Leave a note as to where you are, what time and date you left, the route you will attempt to take, and how you can be reached.
- ✓ Disconnect all electrical and other utilities.
- ✓ Shut off water leaving faucets slightly open.
- ✓ Secure valuables and important papers.
- ✓ Secure garbage outdoors.
- ✓ In addition to your Grab & Go kit you will need to take bedding material, any special diet foods, prescription drugs, pets and their supplies and food.
- ✓ Keep an adequate amount of fuel in your vehicle in case of evacuation.
- ✓ If you have a cell phone keep a charger in your vehicle.
- ✓ Plan your evacuation routes in advance.



Should you be asked to evacuate with instructions to proceed to an established shelter,

It is essential you follow the directions of officials in your community.



SHELTER IN PLACE

Getting away from or evacuation from a threat or danger is not always the safest option.

Your home or your workplace may be a safe haven. Shelter in place simply means remaining in your home or workplace during a threat or danger. Remain there until the all clear is given from authorities. This could be a cloud from a hazardous substance, severe weather, wildfire, flood, or other type threat.

Whether your home or workplace is the best place to stay will depend on the type of danger, the location and construction of your home or workplace, and the up-front planning and preparation you have made for remaining there during an emergency. You must be able to provide protection from outside air, smoke, excessive heat, moisture, strong winds, shaking or movement of the facility.

Authorities may ask you to do the following:

★ **Shut down heat pumps, air conditioners or other devices that bring outside air into the structure.**

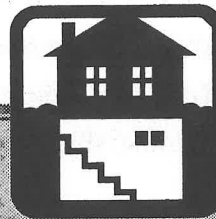
★ **Choose an interior room** with only two doors and no windows staying away from exterior walls. The ideal room should be large enough for your family, or for you and your co-workers. The room should have access to a bathroom and drinking water, such as a master bedroom with adjoining bath, or an employee break room.

★ **Assemble supplies for securing vents, ductwork, doors, windows, and other openings.** This should include measured, marked, cut and labeled plastic sheeting for each opening, multiple rolls of duct tape, towels, and additional sheeting as spare material. Utilizing these pre-arranged materials, cover all openings.

★ **Have your emergency supplies kit ready,** discussed through out *pages 13-51* . Don't forget to include games or books, water and snacks.

★ **Stay inside the facility.** Once you have closed all openings, place moist towels under or doors and around any unclosed openings. Don't leave the shelter for any reason until an all clear message has been given.

Listen to your Emergency Broadcast Radio station for information from emergency management, police, and fire service professionals to tell when it is safe to exit.



DO NOT:

- ★ **Call the school or try to pick up your children unless told to do so by authorities.** They will usually be safer sheltering in-place at school than they will be riding in your vehicle.
- ★ **Leave your shelter** until the "all clear" signal is sounded.
- ★ **Risk your safety for your pets.** If they can't be found within a minute or two, you'll have to shelter in-place without them.
- ★ **Wait until the disaster strikes to prepare...**
It's never too early!



Vehicle Safety Hints

- ★ **During events** such as severe weather, hazardous material spills or earthquakes, keep a radio or television on and wait for further information and instructions before traveling. You may need to adjust your route.
- ★ **Listen** to the radio or television for the latest National Weather Service Bulletins on severe weather for the area in which you will be driving.
- ★ **Heat** can build up rapidly in a closed or nearly closed car. Children, the elderly, and pets can die from heat stroke in a matter of minutes when left in a closed car.
- ★ **Gale force winds** can easily push a car out of its lane of travel or off the road. The larger the vehicle, the more susceptible it will be to the force of the wind.
- ★ **Never attempt** to drive through water on a road. Two feet of water can float most cars, and not much more will float a large pickup.
- ★ **When you leave your vehicle**, leave a note with your route of travel and destination if possible.
- ★ **Keep** an emergency kit in your vehicle.

TRAVEL TIP

Remember to check routes before you travel, especially along unfamiliar roads. The technology of Global Positioning Satellite (GPS) units can be a convenient way to get directions, but it also may not recognize routes that are not passable in winter or hazardous conditions.



Power Line Hazards and Vehicles

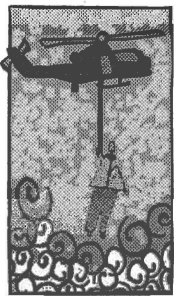
POWER LINES ARE DANGEROUS!



If a power line falls in the road do not try to cross it. If a power line falls on your car, stay inside the vehicle until authorities can cut the power off. Even the ground around it may be electrified. If the vehicle is on fire and you must exit, the safest way to exit is to jump free of the car so you are not touching metal and the ground at the same time, and 'shuffle' or bunny hop with your ankles together—so your feet leave the ground at the same time until you are at least 50 feet away.

Stuck in a Snow Storm

When stuck in a snow storm in your vehicle, be sure to keep the tailpipe and muffler clear of snow. A blocked muffler can cause Carbon Monoxide Poisoning *page 92-93*. Stay with your vehicle until help arrives.



How High is that Water?

The water can be deeper and move faster than it appears, and water levels may rise quickly. Never attempt to drive through water on a road. Even 4 wheel drive pickups with high clearances can be swept down stream by a few feet of moving water.

- ✓ Water weighs 62.4 lbs. per cubic foot and flows downstream 6 -12 miles an hour.
- ✓ A foot of water will exert about 500 lbs. of force against a vehicle.
- ✓ If your car stalls in floodwater, get out quickly and move to higher ground. The water level may still be rising and the car could be swept away at any moment.

VEHICLE GO KIT

- Water
- Food (canned, dehydrated, snacks, granola bars, trail mix)
- Money (coins and bills)
- Flashlight (shake light or wind-up: no batteries)
- Emergency blanket
- Fire extinguisher (ABC type)
- Pocket knife
- Pencil and paper
- Tool kit (screwdriver, pliers, adjustable wrench, wire, etc.)
- Personal items (glasses, toothbrush, toothpaste, soap, tissues, hand wipes, toilet tissue, etc)
- Extra clothing (sweater or jacket)
- Can opener
- Sewing kit
- Emergency poncho
- Safety pins
- Fold away shovel.
- Walking shoes
- Book, puzzles, or deck of cards to help pass the time
- Work gloves
- First Aid Kit (bandages, gloves, reference card)
- Flares
- Matches (waterproof) or lighter
- Jumper cables
- Maps
- Emergency phone numbers *page 118-127* (list "ICE" in your cell phone pg. 28)
- Special needs (medication, diapers, infant formula, etc.)
- Plastic bags (zip lock and large trash size)
- Small sponge
- Handkerchief
- Whistle
- String
- Small tarp

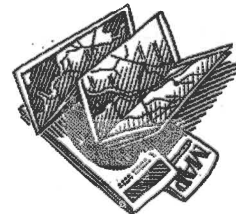


OTHER TRAVEL-RELATED ISSUES

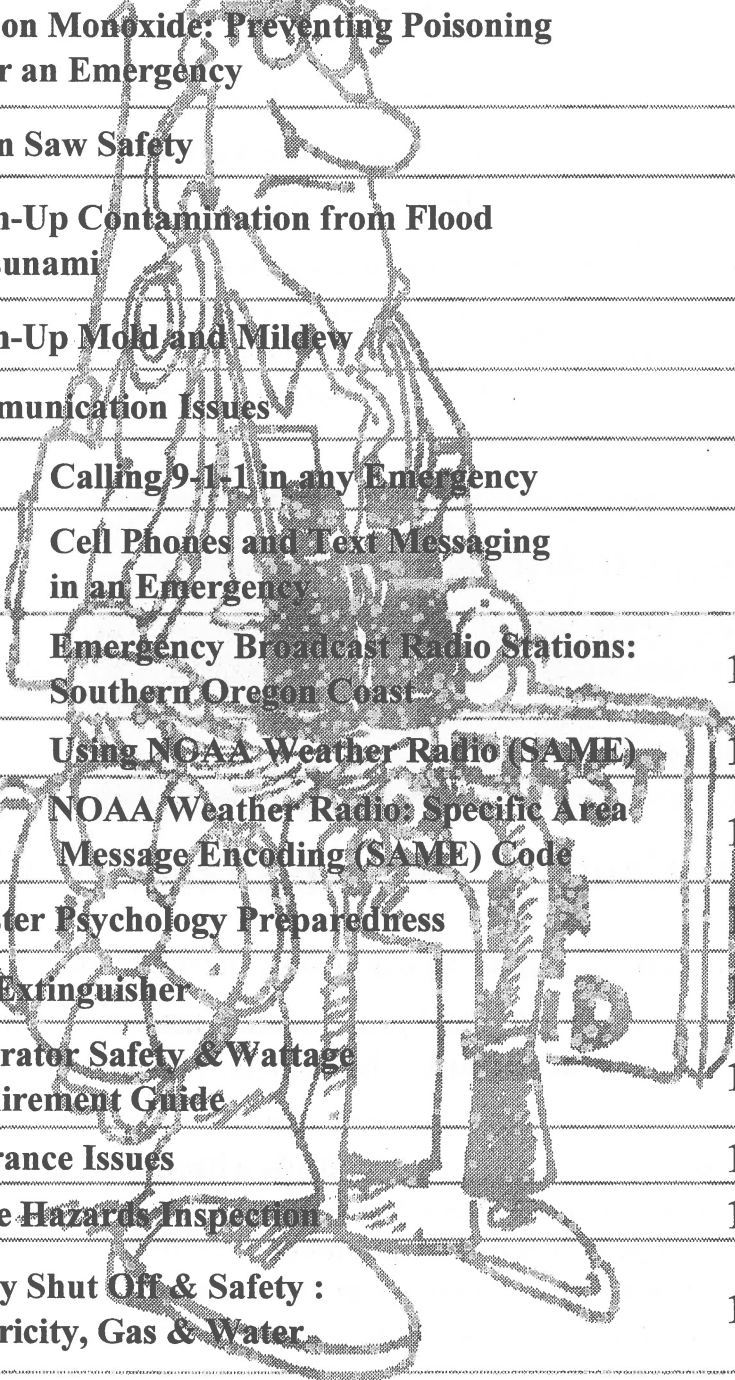
Always carry valid photo identification and change for a telephone call or a prepaid phone card or cell phone.

Travel safety rules may include:

- ★ Never leave your luggage alone.
- ★ Never agree to carry luggage or packages for a stranger.
- ★ If you see unattended luggage or packages, immediately notify an official. *DO NOT TOUCH ANYTHING.*
- ★ Follow all security procedures.
- ★ Utilize travelers checks and carry at least two credit cards. Take only what is necessary in your wallet.
- ★ Make a list or copy of the contents of your wallet along with your travel forms and papers. Give one to a trusted family member or friend at home and keep one apart from your valuables in your carry on luggage.
- ★ Carry a list of prescriptions with generic names and if they contain narcotics, obtain a letter from your doctor indicating authorization to use.
- ★ Carry prescriptions in their original labeled containers.
- ★ List your name and address both inside and outside your luggage using covered luggage tags.



HELPFUL HINTS, SAFETY & USEFULL INFORMATION



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Carbon Monoxide: Preventing Poisoning After an Emergency

Carbon monoxide (CO) is an odorless, colorless gas that can cause sudden illness and death if inhaled.

When power outages occur during emergencies such as hurricanes or winter storms, the use of alternative sources of fuel or electricity for heating, cooling, or cooking can cause CO to build up in a home, garage, or camper and to poison the people and animals inside.

Carbon Monoxide Detector

Every home should have at least one working carbon monoxide detector. The detector's batteries should be checked twice annually, at the same time smoke detector batteries are checked.

Important CO Poisoning Prevention Tips

- ✓ Never use a gas range or oven to heat a home.
- ✓ Never use a charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent, or camper.
- ✓ Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open, unless the equipment is professionally installed and vented. Keep vents and flues free of debris, especially if winds are high. Flying debris can block ventilation lines.

- ✓ Never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine outside an open window, door, or vent where exhaust can vent into an enclosed area.
- ✓ Never leave the motor running in a vehicle parked in an enclosed or partially enclosed space, such as a garage.
- ✓ If conditions are too hot or too cold, seek shelter with friends or at a community shelter.

IF CO POISONING IS SUSPECTED, CONSULT A HEALTH CARE PROFESSIONAL RIGHT AWAY.

How to Recognize CO Poisoning

Exposure to CO can cause loss of consciousness and death. The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.

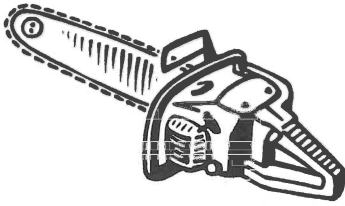
Every year, more than 500 people die in the U. S. from accidental CO poisoning.

CO is found in combustion fumes, such as those produced by small gasoline engines, stoves, generators, lanterns, and gas ranges, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spaces can be poisoned and can die from breathing CO.

CDC Website:

<http://www.bt.cdc.gov/disasters/cofacts.asp>


Generators, grills, camp stoves, or other gasoline, propane, natural gas, or charcoal-burning devices should never be used inside a home, basement, garage, or camper - or even outside near an open window.



CHAINSAW SAFETY

The chain saw is a time saving and efficient power tool. It can, however, be unforgiving and lethal, causing injury or death in the hands of a uninformed or careless operator.

According to the U.S. Consumer Products Safety Commission, there were more than 33,000 chain saw related injuries in 1998.



Read the safety manual that came with your chainsaw There is useful information concerning: "kickback", ways to keep your chain sharp, carrying the saw, and hazards to watch for!

Here are some helpful tips if you use a chain saw to clean up debris after a storm.

If you are going to help clear tree and wood debris, you should wear at least:

- ✓ A helmet system
- ✓ Cotton or leather gloves
- ✓ Chain saw protective pants
- ✓ Protective work boots with steel toes



Fill a gas-powered chain saw when the engine is cool.

- ✓ If the saw is out of gas, let it cool 30 minutes before refueling.
- ✓ Do not smoke when refueling the saw! Use a chain saw outdoors only.

Look out for hazards!

- ✓ Broken or hanging branches, attached vines, or a dead tree that is leaning.
- ✓ If you have to cut a dead tree, be very careful! The top could break off and injure or kill you.
- ✓ If the tree is broken and under pressure, make sure you know which way the pressure is going to cause the tree to go when cut. If you're not sure, first make small cuts to release some of the pressure.
- ✓ Be careful of young trees that other trees have fallen on. They act like spring poles and may propel the chain saw back into you.

FELLING A DANGEROUS BROKEN TREE SHOULD BE LEFT TO A PROFESSIONAL CUTTER.

A downed tree may weigh several tons and more injuries occur during clean up after a hurricane than during the storm.

MORE SAFETY TIPS:

- ✓ Never cut when tired or alone.
- ✓ Always work with a partner.
- ✓ Keep children and pets far away.
- ✓ Use a chain saw from the ground level only, not on a ladder or in a tree.
- ✓ You should have a preplanned escape route.
- ✓ Be sure to lift heavy limbs with your legs not your back.



Useful Websites:

Fact Sheet: Using a Chainsaw safely

<http://www.redcross.org/pubs/dspubs/chainsaw.pdf>

Chain Saw Safety: No Tricks

<http://www.ext.nodak.edu/extpubs/ageng/safety/ae1025w.htm>

CLEAN-UP

CONTAMINATION FROM FLOOD OR TSUNAMI

*Be sure to have an electrician
check your home before turning
on any power!*



Flood water may be contaminated by waste from overflowing sewage systems as well as toxic waste from cars and industrial facilities. Do not eat or drink anything that has been touched by flood water.

- ✓ **Avoid touching** contaminated waters to your skin if possible. Wear rubber gloves and protective clothing when cleaning items that have been exposed.
- ✓ If an **open cut or wound** is in contact with flood water, clean it with soap and water and use an antibacterial ointment to lower your risk of infection.
- ✓ **Wells and other water sources** may be contaminated; follow safe drinking water practices.
- ✓ **If there is mud**, shovel out as much as you can before beginning the cleaning process.
- ✓ **Wash dishes, linens and clothes** contaminated by flood water in hot water and detergent. After making sure appliance wires are dry and power is restored, run the washing machine or dishwasher through one full hot water cycle using a disinfectant or sanitizer, before you wash clothes or dishes.
- ✓ **Do not allow children to play** in places or with toys or furniture that has been in contact with flood water. Disinfect by cleaning them with a mixture of one cup of bleach to five gallons of water.

TIP: Before beginning any disaster clean-up or repairs, be sure you have contacted your insurance company and recorded damages for future claims.

CLEAN-UP

MOLD AND MILDEW



After a disaster, when a damaged home gets excess moisture or standing water, mold and mildew can cause health risks for you and your family. If your home has been flooded, you can assume that it has been contaminated. You may recognize mold by sight with discolored areas on the floors, walls, or ceiling. Or you may smell a bad odor, such as a musty stench.

Health effects can include:

- ✓ Stuffy nose, sneezing, red eyes and skin rash
- ✓ Difficulty breathing, shortness of breath
- ✓ Asthma attacks in people who are allergic to mold
- ✓ People with weakened immune systems or chronic
- ✓ lung diseases can develop mold infections in their lungs.

What to do:

1. Open doors and windows. Let your home air out for at least 30 minutes, before you stay inside for any length of time. Use fans in windows and doors to dry out your home.
2. Remove and dispose of items that have been wet for more than 48 hours and that cannot be cleaned and dried thoroughly.
3. Examples of absorbent items that may not be able to be cleaned are: carpets and padding, upholstery, wall paper, dry wall, floor and ceiling tiles, insulation, clothing, leather, paper, books, wood and food.
4. To remove mold from hard surfaces wash with a mix of 1 cup of bleach in 1 gallon of water. Use a stiff brush to scrub rough surfaces and rinse with clean water. Air dry.
5. To *prevent* mold growth, clean all wet items and surfaces with detergent and water and repair leaks in roofs, walls or plumbing as soon as possible.
6. Clean air conditioners and heaters to prevent spread of mold spores that can make the problem worse.

For more info check out the EPA Website:

http://www.epa.gov/iaq/molds/images/mold_guide.pdf

COMMUNICATIONS ISSUES



In an emergency, local authorities may not immediately be able to provide information on what is happening and what you should do. If it is not an immediate life threatening situation, and you still have power, monitor television and radios for information about the incident and be prepared to follow official instructions when they become available.

The **Emergency Alert System** was developed to alert U.S. residents of impending danger and pass along needed information in the time of an Emergency. The FCC designed the new EAS, working in a cooperative arrangement with the broadcast, cable, emergency management, alerting equipment industry, the National Weather Service and the Federal Emergency Management Administration. *Local Emergency Channels page 100*

Keep on hand a NOAA Weather Radio, and if possible have one with an automatic alert feature that triggers on when a warning is issued. *See pages 101-102*

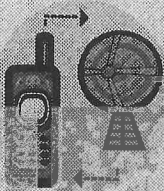
Keep a battery operated, hand crank, or solar radio to monitor local stations. If you have power monitor television and radio stations for updated information.

If the power is out in a disaster. A traditional telephone that does not use power may still work. Be sure to have an outside-the-area phone number available for each family member in case local communication systems are down, or too busy to be useful.

DON'T CALL 9-1-1
unless it is a life-threatening emergency.
The operators will be busy dispatching and monitoring emergency first responders.

CALLING 9-1-1 IN ANY EMERGENCY

- ✓ **Whether from a cell phone, Voice over Internet Provider (VoIP) Service, or regular phone, you cannot rely on the operator to be able to 'capture' where you are calling from, so it is important to tell the emergency operator the type of emergency and the location.**
- ✓ **Don't hang up** until told to do so, and give the phone number you are calling from so if you are disconnected, the operator can call you back.
- ✓ **Be sure** your children, baby sitters, and house guests know what the address and landmarks are for your home and how to dial 9-1-1 in emergencies.
- ✓ **Make sure** your address is well marked outside the house and at the end of your driveway.



CELL PHONES AND TEXT MESSAGING IN AN EMERGENCY

Text messaging from your cell phone can be useful in a disaster. If transmitting towers are damaged and you have access to a mobile, or cell phone, you may be able to use text messaging. Text messages are more likely to get through (as they use less network capacity or can be held in a queue and sent when there is free capacity), and their use will also help ease congestion on the network.

It is recommended that handset batteries be kept charged, you have a back-up battery, keep the phone dry, and to expect the network to be busy.

Emergency Broadcast Radio Stations on the Southern Oregon Coast:

Station #	Call Letters	Name	Community
98.7 FM	KYTT	K Light	Coos
105.5 FM	KYTT	K Light	Gold Beach
106.3 FM	KYTT	K Light	Brookings
93.5 FM	KDCQ	K Dock	Coos
1420 AM	KMHS	Marshfield High School	Coos
100.3	KJMX	True Oldies	Coos
99.5	KJMX	True Oldies	Reedsport & Florence
94.9 FM	KOOS		Coos
97.3 FM	KSHR	K Shore	Coos
630 AM	KWRO	News Talk	Coos
107 FM	KACW	Power 107	Coos
96.5 FM	KBDN	The Rock	Coos
1340 AM	KBBR	TalkRadio	Coos
1230 AM	KHSN		Coos

Communication Tools in a Disaster

- Radio (battery or hand wind)
- Standard Telephone (works without electricity)
- Cell phone—fully charged batteries
- Television Set
- NOAA Radio

USING NOAA WEATHER RADIO (SAME)



After buying an NOAA Weather Radio (SAME) receiver, you must program your county, independent city or marine area into the radio. Do NOT program your radio for a louder or clearer station not designated as a SAME channel, because you will not receive local alerts. Your NOAA Weather Radio will then alert you only of weather and other emergencies for the counties or areas programmed. NOAA Weather Radio receivers without the SAME capability alert for emergencies anywhere within the coverage area of the NWR transmitter, typically several counties, even though the emergency could be well away from the listener.

* A programmed NWR SAME receiver will turn on for that message, with the listener hearing the 1050 Hz warning alarm tone as an attention signal, followed by the broadcast message.

* At the end of the broadcast message, listeners will hear a brief digital end-of-message static burst followed by a resumption of the NOAA Weather Radio broadcast cycle.

Programming Your Receiver

To program NOAA Weather Radio SAME receivers with the proper county(s) and marine area(s) of choice, you need to know the 6-digit SAME code number(s) for that county(s). Once you have the number, follow the directions supplied by the manufacturer of your NOAA Weather Radio SAME receiver for programming. See Next Page for local county codes, web address for other areas and phone number is web is not accessible to you.

NOAA WEATHER RADIO

County by County Coverage: Oregon-Coos, Curry, Douglas & Lane

Specific Area Message Encoding (SAME) code



More codes can be found Online at the United States and Territories Table located at:

★ <http://www.weather.gov/nwr/indexnw.htm>

★ By telephone at 1-888-NWR-SAME (1-888-697-7263) for a voice menu.

COUNTY/CITY/ AREA	SAME #	NWR TRANSMITTER	FREQ.	CALL SIGN	WATTS	REMARKS
Coos	041011	Coos Bay	162.400	KIH32	300	
Coos	041011	Roseburg	162.550	WXL98	100	
Curry	041015	Brookings	162.550	KIH37	1000	
Curry	041015	Cape Blanco	162.425	WNG596	300	
Douglas	041019	Roseburg	162.550	WXL98	100	
Lane	041039	Eugene	162.400	KEC42	100	
Lane	041039	Florence	162.500	WNG674	300	West
Lane	041039	Newport	162.550	KIH33	100	Extreme NW

DISASTER PSYCHOLOGY

PREPAREDNESS

When disaster strikes, physical assistance may not be only part of what survivors need. Psychological first aid for disaster-induced stress and trauma will help the survivors. Disaster-induced stress and trauma are “normal reactions” to an “abnormal event.” Emotional reactions will vary and may be influenced by many things.

Traumatic Stress Reactions

A traumatic stress reaction is an emotional aftershock of a disaster or other significantly stressful event.

Symptoms

May occur immediately after the event or weeks after the event is over.

Some common signs/symptoms of emotional reactions to a disaster might be:

- ★ physical such as nausea, dizziness, or headache.
- ★ You may have difficulty sleeping.
- ★ You may have emotional reactions such as anxiety, fear, grief or anger.
- ★ Traumatic stress can cause depression or difficulty concentrating.
- ★ There could even be behavioral changes as well.

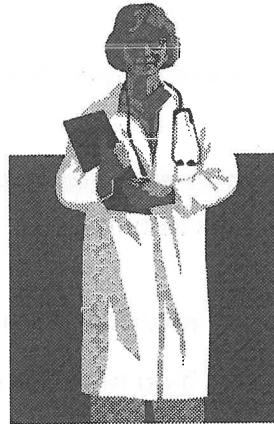
Take care of yourself following a traumatic event:

By getting rest when possible, talking to friends and family, getting physical activity, eating well-balanced meals. Avoid taking alcohol or drugs unless prescribed by a physician. As soon as possible reestablish your normal schedule.

To help take care of others following a traumatic event:

You can help by just being a good listener. Spend time with someone who has been traumatized and offer your assistance whenever you are able. Give them time to be alone if they need it, and don't try to sympathize, but try to empathize and understand their feelings are real.

- ★ Don't take their anger, other feelings or outbursts personally.
- ★ Seek out professional help if symptoms of depression become prolonged or intense.



Left untreated stress from one traumatic event or stress from accumulative events can become critical and affect anyone. It can lead to depression or even suicide. For more information on critical incident stress check out this web site: <http://www.icisf.org/>

FIRE

EXTINGUISHER

Never try to use a fire extinguisher on a large fire. Hand-held extinguishers are designed only for small fires. Always have a quick escape route if the fire flares up. If in doubt, exit the room, close the door, and call 911. When you exit your house, stay out, don't go back inside for any reason. Gases from fire are superheated and poisonous to breath.



The PASS System:

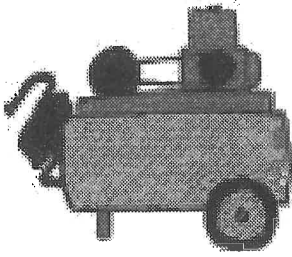
Pull – the locking pin

Aim – the nozzle

Squeeze – the trigger

Sweep – the base of the fire

Check the date and fill level on your fire extinguisher dial. Replace or refill according to the manufacturers recommendations. The best home use is an ABC extinguisher. Check to see what types of fire yours is rated for.



GENERATOR SAFETY

When the power goes off, many residents turn to emergency generators to power refrigerators, freezers, lights, fans and other appliances.

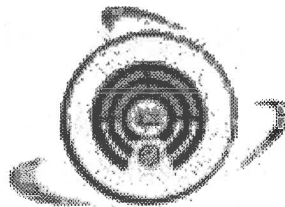
If you use a generator, extreme caution is required.

While convenient and useful, generators can create hazards for homeowners and electric utility workers. Always read and follow the manufacturer's safety and operating instructions.

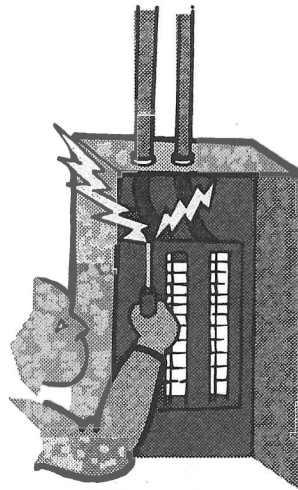
Never run your generator inside your home or garage or in any other enclosed space.

Carbon Monoxide (CO) is a colorless, odorless and tasteless poison gas. It is a component of the exhaust from the generator engine. The symptoms of exposure are subtle, but deadly, *pages 90-93*

Inexpensive CO detectors, similar to smoke alarms, are readily available and recommended as an added safety precaution.



- ★ To avoid Carbon Monoxide poisoning, **never use a generator indoors or in attached garages.** Only operate the generator outdoors in a well-ventilated, dry area away from air intakes to the home.
- ★ To avoid electrocution, plug individual appliances into the generator using heavy duty, outdoor rated cords with a wire gauge adequate for the appliance load. Do not operate more appliances and equipment than the output rating of the generator. This will overload and damage the generator and possibly create a fire hazard.
- ★ If a generator is connected to the house wiring, the home must have a transfer switch installed by a licensed electrician. A transfer switch connects your house to the generator and disconnects it from the utility power. This prevents backfeeding, energizing circuits outside your home. Backfeeding most commonly occurs when a generator is connected directly to the electric panel or circuit in a home. Feeding power back into the utility system during an outage will energize the transformer serving the house and could pose a serious threat to crews working to restore power in the area who may not know they are working with an energized line.



Hurricane Charley

Following the hurricane, the Cape Coral Fire Department conducted over 400 safety inspections of households in the city using generators.

One-fourth of the homes had potentially dangerous levels of Carbon Monoxide in their houses, and ten people required hospital treatment.

Amps x Volts = Watts
Wattage Requirement Guide

Item	Running Wattage	Starting Wattage	Item	Running Wattage	Starting Wattage
Dishwasher	700	1400	Garage Door Opener	550	1100
Cool Dry	1450	1400	1/4 hp	725	1400
Hot Dry			1/2 hp		
Coffee Maker	1750	0	Hair Dryers	300 to 1200	0
Electric Fry Pan	1300	0	Iron	1200	0
Refrigerator or Freezer	700	2200	Lights	As indicated on bulb	0
Dehumidifier	650	800	Radio	50 to 200	0
Clothes Dryer			Wall Pump		
Gas	700	1800	1/3 hp	750	1400
Electric	5750	1800	1/2 hp	1400	2100
Toaster			Sump Pump		
2 Slice	1050	0	1/3 hp	800	1300
4 Slice	1650	0	1/2 hp	1050	2150
Automatic Washer	1150	2300	Television, Color	300	0
Microwave Oven	625	800	Vacuum Cleaner	800	0



INSURANCE ISSUES

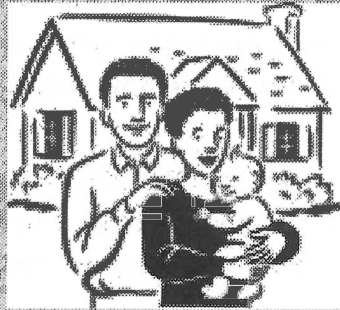
Home Owner's

If you are insured, notify your insurance agent as soon as possible. If you are unable to reach your agent or insurance company and you must evacuate, secure your home as best you are able against vandalism and looting before leaving. Keep all receipts for lodging or living expenses, in order to be reimbursed by your insurance company. If you return before insurance adjuster arrives, do not disturb or remove many items. Check with your agent to see if your policy provides for any living expenses until you are able to move back home.

Renter's Insurance

If you are a renting tenant, contact the resident manager, the owner or the owner's insurance agent. It is the owner's responsibility to prevent further loss to their property. See that your personal belongings are secure either within the building or by moving them to another location, such as the home of a relative or friend. The property owner's insurance, in most cases, will not cover the loss of your personal belongings. If you have renter's insurance contact your own insurance agent to report the loss. If you do not have renter's insurance, you will need to take action to clean/maintain your personal belongings.

Having and updating an insurance policy can make a difference in recovery times after a disaster. Investigate and become knowledgeable about the company. Be familiar with your agent and check regularly to be sure you have adequate coverage.



HOME HAZARDS INSPECTION

An important step in preparedness is to inspect your home and its surroundings for possible hazards, then take action to lessen those hazards.

For earthquake inspections look for the following:

- ✓ Windows and other glass that might shatter
- ✓ Unanchored bookcases, cabinets, refrigerators, heaters, and other furniture that could topple
- ✓ Heating units, fireplaces, chimneys, and stoves that could move or fall
- ✓ Areas that could be blocked by falling debris

Securing Appliances

Heavy appliances like water heaters can weigh 450 pounds when full. In an earthquake, movement can break gas, electric, and water-line connectors, posing fire or electric shock hazards.

- ✓ Wrap a 1/2-inch wide metal strap around top and another 2/3 of the way down water heater. Attach it to wall studs with 3-inch lag screws.
- ✓ Install flexible connections on all gas appliances to reduce chances of breakage causing fires after an earthquake.
- ✓ All large appliances should be secured with flexible cable, braided wire, or metal strapping secured to a nearby wall stud. Brace and support air conditioners, particularly those on rooftops.

Hanging and Overhead Items

- ✓ Inspect and anchor overhead light fixtures. If lamps or hanging plants will strike a window when swinging, move them, and secure them by using closing hook latches.
- ✓ Move heavy mirrors and pictures hanging above beds, chairs, and places where you sit or sleep. Anchor these items with wire through eye-screws bolted into wall studs.

Shelves, Cabinets, and Furniture

- ✓ Move heavy objects to lower shelves. Secure breakable objects with Velcro or special clay made for this purpose.
- ✓ Secure top-heavy, free standing furniture such as bookcases and china cabinets with “L” or corner brackets to wall studs with eyebolts.
- ✓ Attach ‘guardrails’ on open shelves to keep items from sliding or falling off.
- ✓ Secure cabinet doors by installing sliding bolts or childproof latches.

Hazardous Materials in the Home

- ✓ Identify poisons, solvents, or toxic materials in breakable containers and move these containers to a safe, well-ventilated storage area out of reach of children and pets. Keep away from drinking water.

Inspect and Secure Your Home's Structure

- ✓ Examine the structural safety of your house: Foundation, beams, posts, and plates. It takes an investment of time, energy, and money but will add stability to your home. The first step is to make sure your house or garage is securely fastened to the foundation with bolts. The connections between beams, joists, and plates should be secure. Pay attention to exposed framing areas in garages and basements and patios. Contact a qualified contractor or building code inspector for professional advice if needed.

Roof and Chimney

- ✓ Check your chimney or roof for loose tiles and bricks that could fall in an earthquake. Repair as needed. Consider protecting yourself from falling chimney bricks that might penetrate the roof by reinforcing the ceiling surrounding the chimney.



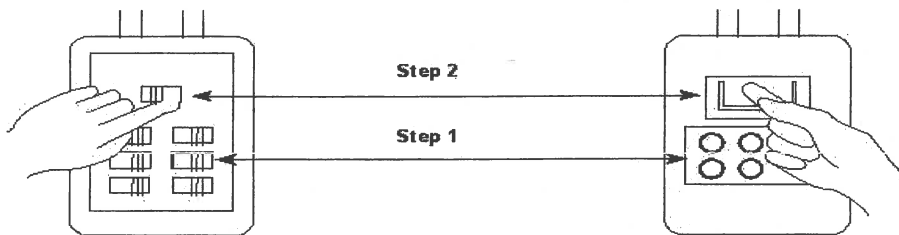
UTILITY SHUT OFF & SAFETY

Electricity

Electrical sparks have the potential of igniting natural gas if it is leaking. It is wise to teach all responsible household members where and how to shut off the electricity.

Preparing to shut off electricity

- ✓ Locate your electricity circuit box.
 - ★ Step 1. Shut off all the individual circuits before shutting off the main circuit breaker.
 - ★ Step 2. Shut off Main Circuit Breaker.



Natural gas

Natural gas leaks and explosions are responsible for a significant number of fires following any major earthquake. It is vital that all household members know how to shut off the natural gas.

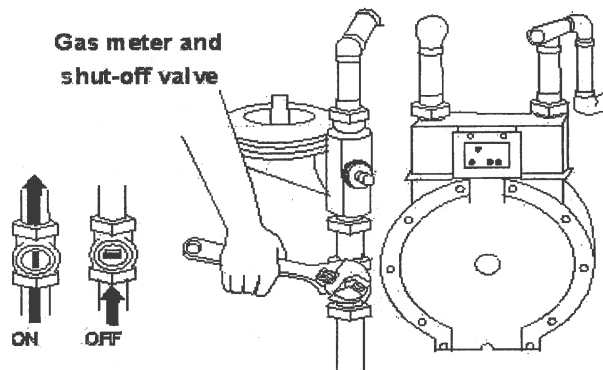
Hint: Attach a 12-inch crescent wrench to the meter or to the wall directly behind the meter. (Adjust it to fit your valve before attaching it in case it rusts.)

- ✓ **If you smell natural gas, immediately get everyone out of and away from the house.**

- ✓ Open the windows and doors to provide ventilation.
- ✓ Shut off the gas at the meter.

Preparing to shut off the natural gas:

- ✓ Shut off the gas immediately **ONLY** if you smell the characteristic odor of gas, you hear a hissing sound, and/or you notice the meter dials spinning more rapidly than normal.



1. Locate the shut-off valve.
 2. To shut off the gas, turn the valve 90°, or 1/4 turn, so that it crosses the pipe. (If your valve is rusted open, do not put WD-40™ lubricant on it. It may corrode the O-rings that allow the valve to turn.)
- ✓ Do Not Turn your Gas Back on once you have closed the valve.
 - ✓ Contact your Gas Company.

TIP!

DO NOT use matches, lighters, open flame appliances, or operate any Electricity (or anything powered by electricity) until you are sure the gas is not leaking.

SPARKS FROM SWITCHES CAN IGNITE THE GAS.

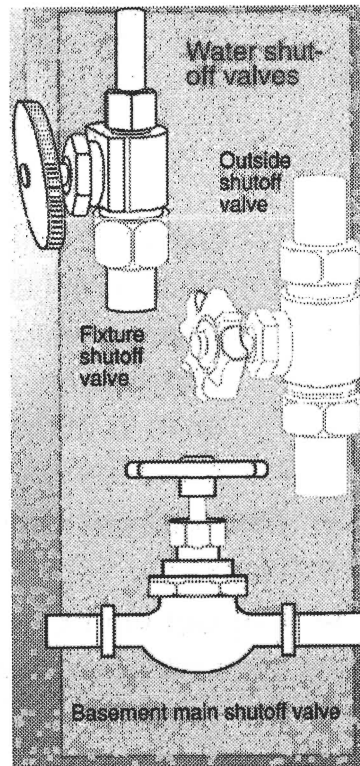
Water

Water quickly becomes a precious resource following many disasters. It is vital that all household members learn how to shut off the water at the main house valve.

- ✓ Cracked lines may pollute the water supplies, including wells, into your house. It is wise to shut off your water until you hear from the authorities that it is safe for drinking.
- ✓ The effects of gravity may drain the water in your hot water and toilet tanks unless you trap it in your house by shutting off the main house valve (not the street valve in the cement box at the curb – this valve is difficult to turn and requires a special tool).

Preparing to shut off water

- ✓ Locate the shut-off valve for the water line that enters your house.
- ✓ Make sure this valve can be completely shutoff. Your valve may be rusted open, or it may only partially close. Replace it if necessary.
- ✓ Label this valve with a tag for easy identification, and make sure all household members know where it is located



See the section on water storage and purification if your supply could have been contaminated. Pages 21, 115—116.

WATER PURIFICATION FOR SAFE USE



Use drinking quality water to begin with if possible. If water is polluted with dirt or sediment, strain it into a container through paper towels, paper coffee filters, or several layers of clean cloth to remove any sediment or floating matter.

Disinfect the strained water with a 5.25% sodium hypochlorite solution (liquid household chlorine bleach) OR with tincture of iodine.

DO NOT use the granular form of household bleach, it is POISONOUS!

To disinfect water, use the following formula:

AMOUNT OF WATER	AMOUNT OF CHLORINE BLEACH TO ADD:		AMOUNT OF TINCTURE OF IODINE 2% TO ADD	
	CLEAR WATER	CLOUDY WATER	CLEAR WATER	CLOUDY WATER
1 QUART	2 DROPS	4 DROPS	3 DROPS	6 DROPS
1 GALLON	8 DROPS	16 DROPS	12 DROPS	24 DROPS
5 GALLONS	1/2 TEASPOON	1 TEASPOON	3/4 TEASPOON	1 1/2 TEASPOON

When treating larger quantities of water, use the following table to convert drops to standard measuring units.

8 drops = 1/8 teaspoon
16 drops = 1/4 teaspoon
32 drops = 1/2 teaspoon
64 drops = 1 teaspoon
192 drops = 1 Tablespoon
384 drops = 1/8 cup which
is equal to 2 Tablespoons

NOTE: If liquid chlorine bleach is older than one year, the amount used should be doubled, as it loses strength over time.

Purchase an eye dropper to add bleach or iodine to the water. Use the eye dropper for this purpose ONLY.

Mix well by stirring or shaking the water in a container. Let stand for 30 minutes before using. A slight chlorine odor should be detectable in the water. If not, repeat the dosage and let stand for an additional 15 minutes before using.

If the water can be boiled, the Centers for Disease Control and Prevention recommend that it be boiled for at least 1 minute. This should remove any harmful bacterial contamination. Check with your local health department for local recommendations.

Water purification tablets are available in drug stores and sporting goods stores and are recommended for your first aid kit. Follow the directions on the package to purify water. Water purification tablets have a shelf life of 2 years and lose their effectiveness if they get damp before use.

Purify only enough water at one time to last for 48 hours. This will minimize the chances of re-contamination.

Appendix B

INFORMATION AT YOUR FINGERTIPS

Emergency Contacts	118
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Others you are Responsible for: Elders/ Friends/Neighbors	124
School Contacts	125
Pocket Card for Childs Backpack	127

Photocopy these
Forms & Pass out
To your friends
& Family

KEEP YOUR FORMS UPDATED

EMERGENCY CONTACTS

Keep these important names and phone numbers handy

DIAL 911

only in a life threatening emergency
to you or someone you are assisting.

It is important those lines remain open during a disaster.

Business telephone numbers for the following:

Police Dept./Sheriff:

Fire:

Local emergency medical provider:

Health-care provider:

Health Clinic/hospital:

Power Company:

Your water/sanitation provider:

Your television network provider:

Emergency Management Office:

Red Cross:

Salvation Army:

School:

Work:

Out of state emergency contact:

Church:

**Other important names and phone
numbers:**

FAMILY DISASTER PLAN

Meeting Place

(outside the home)

Emergency Meeting Place

(outside the neighborhood)

Phone

Address

Family Out-of-State Contact

(name)

()

()

Phone

Day

Phone

Evening

Email

FAMILY COMMUNICATION

Out of State Family Contact:

Name:

Phone:

Email

Address:

IMPORTANT INFORMATION

Important Information

Doctor(s):

Phone:

Phone:

Dentist:

Phone:

Pharmacist:

Phone:

Medical Insurance:

Phone:

Policy #

Home Owners / Renters

Phone:

Insurance

Policy #

Veterinarian /Kennel

Phone:

Others:

IMMEDIATE FAMILY MEMBERS

Name

Date of Birth

Social Security Number

**Work / School /
Care Provider**

Evacuation Location

Special Needs

Health Conditions

Medications:



Name

Date of Birth

Social Security Number

**Work / School /
Care Provider**

Evacuation location

Special Needs

Health Conditions

Medications:



Name

Date of Birth

Social Security Number

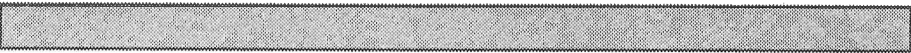
**Work / School /
Care Provider**

Evacuation Location

Special Needs

Health Conditions

Medications:



Name

Date of Birth

Social Security Number

**Work / School /
Care Provider**

Evacuation Location

Special Needs

Health Conditions

Medications:

OTHERS YOU ARE RESPONSIBLE FOR:

PETS:

Name: Dog / Cat
Other:

Tag / Microchip:

Feeding Requirements:

Medical Info:

Name: Dog / Cat
Other:

Tag / Microchip:

Feeding Requirements:

Medical Info:

Name: Dog / Cat
Other:

Tag / Microchip:

Feeding Requirements:

Medical Info:

Name: Dog / Cat
Other:

Tag / Microchip:

Feeding Requirements:

Medical Info:

Veterinarian:

Phone:

Address:

OTHERS YOU ARE RESPONSIBLE FOR:

ELDERS/FRIENDS/NEIGHBORS:

Name:

Address

Phone:

Evacuation Plan:

Special Needs/Medication:

Name:

Address

Phone:

Evacuation Plan:

Special Needs/Medication:

Name:

Address

Phone:

Evacuation Plan:

Special Needs/Medication:

SCHOOL CONTACTS

Childs Name:

Name of School:

Phone Number:

Address

Teacher:

School Councilor

Friends:

Other Information:

After School:

Childs Name:

Name of School:

Phone Number:

Address

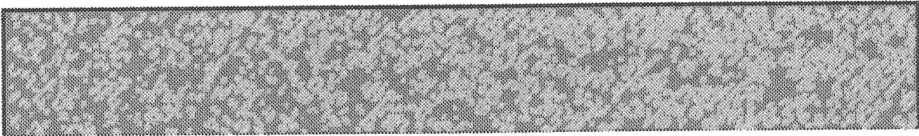
Teacher:

School Councilor

Friends:

Other Information:

After School:



Childs Name:

Name of School:

Phone Number:

Address

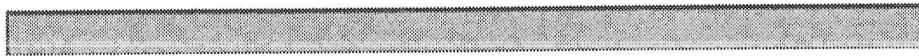
Teacher:

School Councilor

Friends:

Other Information:

After School:



Childs Name:

Name of School:

Phone Number:

Address

Teacher:

School Councilor

Friends:

Other Information:

After School:

POCKET CARD

Front

EMERGENCY INFORMATION

Name:

School:

Emergency Contacts:

Local (Name):

Phone Number:

Out of State (Name):

Phone Number:

Parent 1 (Name):

Work Phone:

Home Phone:

Cell Phone:

Email:

Parent 2 (Name):

Work Phone:

Home Phone:

Cell Phone:

Email:

Information that you can put into your child's backpack.. Copy these Pages (may be laminated)

Back

Family Member 1 (Name):

Work Phone:

Home Phone:

Cell Phone:

Email:

Family Member 2 (Name):

Work Phone:

Home Phone:

Cell Phone:

Medical

Allergies:

Medications:

Blood Type:

Health Insurance Carrier:

Health Insurance Policy Number:

R U READY? **Organizations & Websites** **With Opportunities & Information**



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**AMERICAN RED CROSS
OREGON PACIFIC CHAPTER
1165 D NEWMARK AVE, COOS BAY, OR 97420
541-888-6238**

<http://www.oregonpacific.redcross.org>

In disaster situations the American Red Cross (ARC) steps in to help. From individual family fires to cataclysmic disaster, ARC can provide shelter, clothing and food to meet the emergency need. In addition, ARC is the official emergency contact point for families and service personal in the United States Armed Forces as mandated by the United States Congress by charter.

ARC has available training in: First Aid, CPR, Disaster Preparedness, Disaster Services, Baby Sitters, and Youth and Teen Programs. In addition, classes are offered to become Certified American Red Cross Instructors.

ARC is made up primarily of volunteers and has limited professional staff. Volunteer opportunities available and are varied depending upon your interest and skills. Blood Mobile, Fund Raising and Disaster Relief, are among some of the volunteer opportunities. Teens can train and join the First Aid Safety Team (FAST) acting as First Aid responders for community events.

Services provided by the American Red Cross are funded by the generous donations of the American Public. Contact the local office for more information.

**CITIZEN'S EMERGENCY RESPONSE TEAMS
PO BOX 1183, COOS BAY, OR 97420**

CERT's are teams of trained volunteer individuals in neighborhoods or regions responding to disasters to assist and supplement local emergency response when agencies are over-whelmed. In Coos County, the CERT team is the Auxilliary Local Emergency Response Team, or **ALERT** and they work closely with Coos County Emergency Management. If you are interested in training contact the above address for more information.

CIVIL AIR PATROL
CENTRAL COAST COMPOSITE SQUADRON
PO Box 251, Coquille, Oregon 97423
Email: BKTL@harborside.com
<http://www.cap.gov>

PERFORMING MISSIONS FOR AMERICA

CAP handles 95 percent of inland search and rescue missions, with approximately 75 lives saved each year. Members are generally the first on the scene transmitting satellite digital images of the damage within seconds around the world and providing disaster relief and emergency services. Members are provided with top-notch, year-round professional development training opportunities and with aircraft equipped with the most advanced technologies available for search and rescue.

COOS ARES/RACES

53516 Forest Road, Bandon, OR 97411,
e-mail: dbissell@harborside.com

Licensed Amateur Radio Operators (Hams) with emergency radio equipment can communicate over the airways with other radio operators outside or inside their areas. This is especially useful in a disaster situation. Operators serve specific organizations, or in ARES/RACES groups at Federal, state, and county levels. The Coos County group plans and exercises with other emergency response agencies, at both the county and state level. They have installed equipment in many facilities to assure that communications can be established as quickly as possible in an emergency.

COOS COUNTY CITIZEN'S CORPS COUNCIL
PO BOX 1183, COOS BAY, OR 97420

CCCCC is a non-profit organization working to coordinate support of local CERT teams, Medical Corps, Neighborhood Watch groups, and other volunteers training and preparing for disaster response.

COOS COUNTY SEARCH AND RESCUE, INC.

PO BOX 906, COOS BAY, OR 97420

CCSAR is a region wide search & rescue volunteer non-profit organization. CCSAR is dedicated to assisting public agencies search for missing persons, dunes patrols, evidence searches at crime scenes, assistance in a disaster, and assisting with community events and education. Members must be 16 years or older, have a clean record, a good attitude, and be willing to complete the training course. Write to us if you are interested in an exciting volunteer experience.

SOUTHWESTERN OREGON FIRE FIGHTER'S ASSOCIATION

PO BOX 1819, COOS BAY, OR 97420

SWOFFA is a region wide fire organization dedicated to keeping fire agencies connected. SWOFFA sends out information on training opportunities to all fire departments in our mutual aid area. Meetings take place at various fire departments for dinner and training five times per year. If you are a firefighter you should be attending! If you would like to know more about becoming a firefighter contact your local fire agency for information, or write to SWOFFA.

SOUTHWESTERN OREGON PUBLIC SAFETY ASSOCIATION

PO BOX 1632, COOS BAY, OR 97420

e-mail: firetrainer@harborside.com

*"LEADING PUBLIC SAFETY EDUCATION THROUGH
COOPERATIVE EFFORTS"*

SWOPSA is a non-profit group of agencies, organizations, businesses, and individuals working in cooperation to teach all types of public safety education. SWOPSA works closely with other non-profit groups and safety agencies. Projects are done with volunteer labor and donations with assistance from grants.



Websites & More Resources

Coos County

Coos County Emergency Management

541-396-3121- ext. 398

250 N. Baxter Coquille, OR 97420

<http://www.co.coos.or.us/ccem/>

Coos County Mental Health

541-756-2020 ext. 663

1975 McPherson North Bend, OR 97459

Coos County Public Health

541- 756-2020 ext. 545

1975 McPherson North Bend, OR 97459



Oregon

Oregon Office of Emergency Management

<http://www.oregon.gov/OOHS/OEM/>

Office of Consolidated Emergency Management – Washington County, OR on Preparedness

<http://www.ocem.org/prepare/preparepage.htm>

Oregon Department of Geology and Mineral Industries

www.oregongeology.com

Oregon Poison Center

Oregon Health & Science University 3181 SW Sam Jackson
Park Rd. Portland, Oregon, 97239

For all Poison Information, call 1-800-222-1222

<http://www.ohsu.edu/poison/>

Tualitan Valley Fire & Rescue Emergency Management (TVF&R) – Community Safety

<http://www.tvfr.com/CS/ep/index.html>

Federal

Citizen Corp

<http://www.citizencorps.gov/>

Center For Disease Control

www.cdc.gov



Department of Health and Human Services Centers for Disease Control and Prevention (CDC) Disasters Page

<http://www.bt.cdc.gov/disasters/>

Federal Emergency Management

www.fema.gov

National Tsunami Hazard Mitigation Program

www.dnr.wa.gov/geology/tsuinfo

National Weather Service NOAA Weather Radio All Hazards

<http://www.nws.noaa.gov/nwr/>

Ready. Gov (Department of Homeland Security)

<http://www.ready.gov/>

US Geological Survey (USGS)

<http://www.usgs.gov/>

**NOAA West Coast and Alaska Tsunami Warning Center
– Palmer Alaska**

<http://wcatwc.arh.noaa.gov/eventmap.html>

Agencies & Organizations

American Red Cross

<http://www.redcross.org/>

American Red Cross PREPARE.ORG

<http://www.prepare.org/>

Salvation Army – Coos Bay Corps

PO Box 3537 Coos Bay, OR 97420

www.salvationarmyusa.org

Talking About Disaster Guide: For Standard Messages

<http://www.redcross.org/disaster/disasterguide/>

Other Pacific Rim States

Alaska's Office of Emergency Management

<http://www.ak-prepared.com/>

California's Office of Emergency Management

[http://www.oes.ca.gov/Operational/OESHome.nsf/1?](http://www.oes.ca.gov/Operational/OESHome.nsf/1?OpenForm)

[OpenForm](#)

Hawaii Civil Defense

<http://www.scd.state.hi.us/training.html>

Washington's Emergency Information

<http://access.wa.gov/emergency/index.aspx>

Children

Ready Kids

<http://www.ready.gov/kids/>

FEMA for Kids

<http://www.fema.gov/kids>

Pets & Animals

The Humane Society of the United States Disaster Center

[http://www.hsus.org/hsus field/hsus disaster center/](http://www.hsus.org/hsus_field/hsus_disaster_center/)

American Kennel Club - Disaster Preparedness

http://www.akc.org/news/disaster_preparedness/

Cat Fanciers' Association: Disaster Relief

<http://www.cfa.org/disasters.html>



“Are You Ready” was originally produced for the 2006 “The Earthquake Tsunami Connection: A Preparedness Workshop.” The planning group was composed of individuals, organizations, agencies, businesses and government entities from Coos County Oregon.

DEDICATED:

In Loving Memory of Trueman ‘Duke’ R. Groff

May 31, 1940—Jan. 18, 2007

A volunteer contributor and valued advisor to this Book

The Second Edition is made possible by:

BAY AREA HOSPITAL

1777 Thompson Road, Coos Bay, OR 97420

541-269-8111 <http://www.bayareahospital.org/>



Our grateful thanks to

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NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION

METHANE ENERGY CORP.

STAPLES, INC.

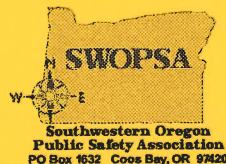
COOS COUNTY EMERGENCY MANAGEMENT

AMERICAN RED CROSS, OREGON PACIFIC CHAPTER

SOUTHWESTERN OREGON PUBLIC SAFETY ASSOCIATION

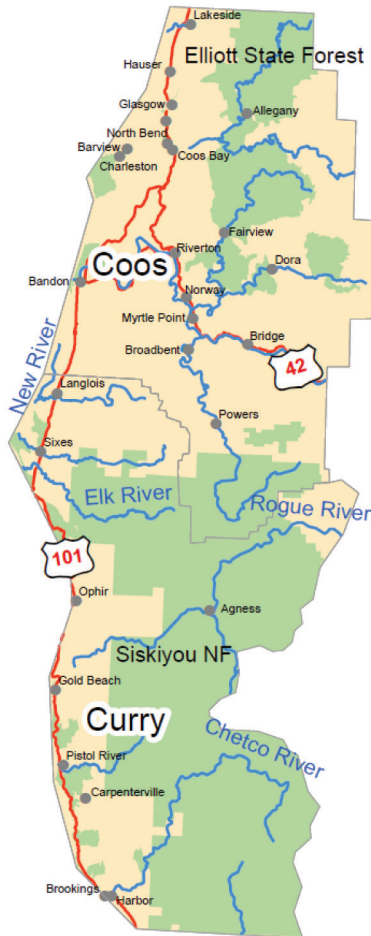
AND COOS COUNTY CITIZEN CORPS.

This publication was prepared by Volunteers and Coos County Emergency Management to provide general information on preparing for emergencies. It is distributed with the understanding that neither the publisher nor authors are engaged in rendering legal, medical, or other professional services; it is not be utilized as a substitute for said



Are You Ready?

Preparing for Disasters and Terrorism on the Southern Oregon Coast



Our primary goal in Emergency Management is to have each family individually prepared for disasters. We strive toward this goal through awareness, education, training, and planning.

We encourage you to act and take the necessary steps to help you and your family become prepared for disasters you may face.

Please understand this booklet is designed to assist you in coping with different types of disasters and offers suggestions on how to respond when necessary. It should not be considered an all-inclusive document. Please use it as a first step to becoming better prepared for disasters.

If you have questions or comments, please contact us at:

Coos County Emergency Management
Coos County Sheriff's Office
250 N Baxter, Coquille, OR 97423
541-396-7790

<https://www.co.coos.or.us/sheriff/page/emergency-management>

<https://www.facebook.com/CoosCountyOEM/emergencymanagement@co.coos.or.us>

Curry County Emergency Management
Curry County Sheriff's Office
29808 Colvin Street, Gold Beach, OR 97444
541-247-3208

https://www.co.curry.or.us/government/county_sheriff/emergency_management.php

<https://www.facebook.com/profile.php?id=100076740893468>
curryoem@co.curry.or.us

*Please visit the county websites to verify phone numbers.
Phone numbers and addresses subject to change.

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Individual and Family Preparedness

Families can and do cope with disaster by preparing in advance and working together. The following steps will assist you in creating your family disaster plan(s). Knowing what to do is your best protection.

Four Steps to Safety:

STEP ONE – Find out what could happen to you

1. Learn the types of disasters that are most likely to happen in your area.
2. Learn about animal care options after a disaster. Animals may not be allowed inside emergency shelters due to health regulations.
3. Find out how to help elderly or persons with disabilities, limited access, and functional needs.
4. Find out about the disaster plans at work, school, daycare, and other places your family spends time such as beaches, parks, and shopping centers.
5. Learn about community warning signals and how to respond to them should you hear them.

STEP TWO – Create a disaster plan for you and your family.

1. Plan for the types of disasters that are most likely to happen. Explain what to do in each case.
2. Pick three places to meet:
 - a. Right outside your home in case of sudden emergency such as fire or earthquake.
 - b. A safe room inside your home in case of terrorism or hazmat.
 - c. Outside your neighborhood in case you can't return home. Everyone must know the address and phone number of your meeting place.
3. Ask an out-of-state friend or family member to be your "family contact". After a disaster, it is often easier to call long distance. Family members should call this person and tell them where they are and how to be contacted.

Each family member must know this contact name and phone number.

4. Discuss what to do in an evacuation. Plan how to take care of your pets.

STEP THREE – Complete this checklist

1. Save emergency telephone numbers to cell phones and post somewhere in the home.
2. Teach children how and when to call 9-1-1 for emergency help.
3. Show each family member how and when to turn off the water, gas, and electricity at the main switches.
4. Check if you have adequate insurance coverage.
5. Teach each family member how to use the fire extinguisher and where it is kept.
6. Install smoke detectors on each level of your home.
7. Conduct a home hazard hunt (found on page 5).
8. Stock emergency supplies and assemble a disaster kit.
9. Take a first aid and CPR class.
10. Determine the best escape routes from your home. Find two ways out of each room.
11. Find the safe spots in your home for each type of disaster.

STEP FOUR – Practice your plan

1. Quiz your kids every six months so they remember what to do.
2. Conduct fire and emergency evacuation drills.
3. Create and follow a disaster supply rotation schedule to prevent food and water expiration.
4. Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
5. Test your smoke detectors monthly and change the batteries as necessary.

Home Hazard Hunt

Your earthquake home hazard hunt should begin with all family members participating. Foresight, imagination, and common sense are all that are needed as you go from room to room, imagining what would happen if the earth and house started shaking. Anything that can move, break, or fall when your house starts to shake is a potential hazard. Once you identify what needs to be corrected, take the time and money necessary to make your home a safer place to live.

Things to do in each room:

- Secure furniture such as bookshelves, hutches, file cabinets, and other top-heavy furniture to the wall.
- Secure computer monitors and televisions.
- Prevent refrigerators, washers, dryers, water heaters, and other heavy appliances from moving using metal straps.
- Secure items on shelves using Velcro, straps, or other devices such as glassware using quake putty.
- Store heavy items and breakables on lower shelves.
- Anchor heavy objects such as mirrors and pictures that could become projectiles.
- Move beds away from window and install mini blinds.
- Relocate items which may be hanging over the bed, such as artwork and mirrors.
- Separate chemicals in glass bottles to prevent mixing and causing hazardous substances or gases. Store these items in a lower cabinet with a secure lock to keep children safe.
- Install secure latches on cabinets to prevent contents from falling out onto the floor or becoming projectiles.

***Visit your County website for a detailed guide.**

Emergency Food and Water Supply

Store a two-to-four-week supply of non-perishable food per person. Choose foods that do not require cooking or need little added water. Also choose foods that are family favorites and consider special dietary needs. Keep in mind alcohol, salty and sugary foods can contribute to dehydration. Store your food away from chemicals or petroleum products. Dried foods store well in sealed plastic bags. Remember to check for expiration dates. Create a rotation schedule for your stored food.

Consider the following items for your food supply:

- Canned meats, fruits, vegetables, juices, milk, and soup.
- Peanut butter, crackers, granola bars, trail mix, and sweetened cereals.
- Special items for baby or toddler formula, diapers, bottles, powdered milk & medications.
- Pet Food

Store water in soft, flexible plastic containers. **DO NOT use empty washed out milk containers.** Prepare a two-to-four-week supply which is two gallons of water per person per day. Remember to store water for your pets. Daily use is one gallon of water for consumption and the other for hygiene and cooking. Other possible sources of water in your home could be from your water heater, toilet tank, and pipes. Do not use water from toilet tank if it contains chemicals. Be sure to turn off the gas or electricity to your water heater. ALWAYS purify water before use. NEVER drink water from heating systems, water beds, radiators, or swimming pools due to the chemical additives. If obtaining water from a river or lake, flowing water is better than stagnant water. Do not use water with floating material in it, a dark color, or questionable odor.

Emergency Disinfection of Water

*Information obtained from the EPA at: <https://www.epa.gov/ground-water-and-drinking-water/emergency-disinfection-drinking-water>

Only use water that has been properly disinfected for Drinking, Cooking, making any prepared drink, and for Brushing teeth or Washing dishes, and for your ANIMALS!

Boil water if you do not have bottled water. Boiling is sufficient to kill pathogenic bacteria, viruses, and protozoa (WHO, 2015).

- If water is cloudy, let it settle and filter it through a clean cloth, paper towel, or coffee filter.
- Bring water to a rolling boil for at least one minute. At altitudes above 5,000 feet (1,000 meters), boil water for three minutes.
- Let water cool naturally and store it in clean containers with covers.
- To improve the flat taste of boiled water, add one pinch of salt to each quart or liter of water, or pour the water from one clean container to another several times.

Disinfect water using household bleach if you can't boil water. Only use regular, unscented chlorine bleach products that are suitable for disinfection and sanitization as indicated on the label. The label may say that the active ingredient contains 6 or 8.25% of sodium hypochlorite. Do not use scented, color safe, or bleaches with added cleaners. If water is cloudy, let it settle and filter it through a clean cloth, paper towel, or coffee filter.

- Locate a clean dropper from your medicine cabinet or emergency supply kit.
- Locate a fresh liquid chlorine bleach or liquid chlorine bleach that is stored at room temperatures for less than one year.
- Use the table below as a guide to decide the amount of bleach you should add to the water, for example, 8 drops of 6% bleach, or 6 drops of 8.25% bleach, to each gallon

of water. Double the amount of bleach if the water is cloudy, colored, or very cold.

- Stir and let stand for 30 minutes. The water should have a slight chlorine odor. If it doesn't, repeat the dosage and let stand for another 15 minutes before use.
- If the chlorine taste is too strong, pour the water from one clean container to another and let it stand for a few hours before use.

Volume of Water	Amount of 6% Bleach to Add*	Amount of 8.25% Bleach to Add*
1 quart/liter	2 drops	2 drops
1 gallon	8 drops	6 drops
2 gallons	16 drops (1/4 teaspoon)	12 drops (1/8 teaspoon)
4 gallons	1/3 teaspoon	1/4 teaspoon
8 gallons	2/3 teaspoon	1/2 teaspoon

* Bleach may contain 6 or 8.25% sodium hypochlorite.

Other Disinfection Methods

If you don't have liquid bleach, you can use one of the methods described below.

Common household iodine (or “tincture of iodine”). You may have iodine in your medicine cabinet or first aid kit. Add five drops of 2% tincture of iodine to each quart or liter of water that you are disinfecting. If the water is cloudy or colored, add 10 drops of iodine. Stir and let the water stand for at least 30 minutes before use.

Water disinfection tablets. You can disinfect water with tablets that contain chlorine, iodine, chlorine dioxide, or other disinfecting agents. These tablets are available online or at pharmacies and sporting goods stores. Follow the instructions on the product label as each product may have a different strength.

Building Your Family Disaster Kit

All survival items should be stored in easily accessible areas.

Survival items to keep on hand:

- Battery powered radio with extra batteries.
- Flashlight with extra batteries.
- First aid kit and First aid book.
- Medications and a copy of prescriptions needed for members of your family and pets (including insulin, syringes, heart and high blood pressure medications).
- Portable stove such as butane or charcoal for outdoor use and extra butane or charcoal fuel.
- Fire extinguisher.
- Matches in waterproof container.
- Sleeping bags, blankets, and pillows.
- Warm clothing and footwear for each family member to include socks, gloves, hats, rain clothing.
- **CASH**, emergency contact information, and copies of important papers – See page 10.
- Towels, toilet paper, plastic garbage bags, paper plates, bowls, cups, and utensils.
- Manual can opener.
- Dust mask, whistle, compass, local map, paper & pencils.
- Shut-off wrench to turn off gas and water mains.
- Heavy rope, duct tape, bungee cords, plumber's tape,
- Crowbar, small folding shovel, and ax.
- Extra hearing aid batteries and corrective eye wear.
- Any necessary items for dentures, if needed.
- Hygiene supplies such as toothbrush and paste, hairbrush, feminine hygiene supplies, and soaps.
- Sewing kit.
- Family pictures, toys and activity books for children.
- Camera, film, and batteries.
- Cell phone charger (solar charger recommended).
- Child and pets favorite small toy

Consider creating a kit for all the following places:

- Vehicle(s)
- Home
- Work
- School
- Vacation home
- Camp trailers / RVs

If you purchase a pre-built kit, ensure you add items necessary for you and your family. Pre-built kits are not perfect.

Storing Important Family Documents

Keep copies of these items in a waterproof and fireproof portable container and online if possible:

- Passports and licenses.
- Social Security cards.
- Health insurance cards.
- Immunization records.
- Birth, marriage, and death certificates.
- Record of bank accounts.
- Credit cards and if not the card – information for notification to the card company.
- Insurance policies.
- Wills, contracts, and deeds.
- Record of stocks, bonds, or retirement accounts.
- Keep emergency funds in a locked, waterproof, portable container. May be stored with your emergency kit.
- Family photographs by scanning into a computer and then storing on a removable disk or negatives into your waterproof/fireproof container, or in a cloud base system.
- Pet records for vaccinations.
- Valuables such as jewelry, guns, and keepsakes.
- Photos / Videos of home and belongings for insurance claims.

Building Your Pet Disaster Kit

Kits should be kept in an easily accessible area and all family members should know where the kit is. Clearly labeling the kit is recommended. Establish a schedule to rotate food and treats before the expiration dates.

Kit Checklist:

- 2-4 Weeks of Food (use the brand you use daily)
- Can opener if packing canned foods
- Bottled water
- Water and food bowls (collapsible is recommended)
- First Aid Kit
- Backup collar with ID tag
- Harness
- Leash
- Travel bag or crate or cage for each pet
- Grooming items
- Recent photos of your pets (assists in reuniting families)
- Litter and Litter box
- Trash bags
- Waste bags
- Potty pads
- Medications
- Medical and registration documents in a waterproof container
- Special instructions for pet care
- Favorite toys
- Lightweight bedding
- Blankets with familiar scents
- Treats

Disasters create stress for pets too. Using familiar food, treats, and toys will reduce stress for your pets.



Other Pets Including Exotics

Plan ahead for other pets such as birds, fish, lizards, snakes, and exotics. Know where you will take or leave your pets. In case you are not home when disaster strikes, arrange in advance for a neighbor to check on or transport your pets. Make sure your neighbors have your contact numbers (cell phone, work, home, etc.). In the event of evacuation pets may not be allowed inside human emergency shelters – have an alternate prearranged location to take your animals.

Consider preparing the following items for evacuation:

- A carrier large enough to comfortably house the animal.
- Adequate food and water.
- Appropriate bedding for the specific type of animal.
- Covers for cages to keep them calm and protected.
- A hot water bottle or some type of non-electrical heating element ready to keep them warm.
- Animals' medical records and a means of identifying them.



Large Animals and Livestock

You've taken steps to keep your family and pets safe. Don't forget your large animals and livestock.

- Clear defensible space around your barns, pastures and property just as you do your home.
- Plan ahead, know where you would evacuate the animals to. Contact your local fairgrounds, stockyards, equestrian centers, friends etc., about their policies and ability to take livestock temporarily in an emergency. Know several evacuation routes to take. If you don't have your own truck and trailer, arrange with local companies or neighbors before disaster strikes. Make sure your neighbors have your contact numbers (Cell phone, work, home, etc.).
- Practice loading your animals in trailers.
- Have vaccination/ medical records, registration papers and photographs of your animals (proof of ownership).
- If you must leave your animals, leave them in a preselected, cleared area. Leave enough water and feed for 72 hours. Do not rely on automatic watering systems. Power may be lost.
- Do not wait until the last minute to start evacuating!

[Livestock Disaster Preparedness Kit:](#)

- Hay, feed, and water for two to four weeks
- Non-nylon leads and halters
- First aid items
- Wire cutters and a sharp knife
- Hoof pick
- Leg wraps
- Shovel
- Water buckets
- Plastic trash barrel with a lid



Building Your Disaster Supply Calendar

The disaster supplies calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble a disaster supplies kit in small steps over a five-month period. Check off the items as you gather them each week, until complete.

Food items can be substituted with a similar item you are more likely to eat, this will reduce the cost of maintaining the food supply rotation. You may need to increase the quantity of first aid items and some foods for larger households. Avoid foods and beverages that may dehydrate you.

If you maintain two weeks of freeze-dried foods, you can follow the 20-week plan. If you do not maintain a freeze-dried food supply, please complete the calendar twice to create a 40-week supply calendar.

**Purchase one per person in the household*

<u>Week 1</u>	<u>Week 2</u>
<ul style="list-style-type: none"> o 1-gallon water* o 1 jar peanut butter o 1 can meat* o Manual can opener o Permanent Marker/Pen o Pet food, diapers, and baby food, if needed <p>To Do</p> <ul style="list-style-type: none"> o Learn types of disasters possible in your area and what to do. o Date each perishable food item using permanent marker. o Conduct Home Hazard Hunt. o Visit County website, sign up for County Emergency Alerts. 	<ul style="list-style-type: none"> o 1-gallon water* o Heavy cotton or hemp rope o Duct tape o Flashlight with batteries o Matches in waterproof container o A leash or carrier for pet(s) <p>To Do</p> <ul style="list-style-type: none"> o Assess your needs and available resources. o Start to build your plan. o Fix any issues not corrected during Home Hazard Hunt, such as securing furniture and water heater.

<u>Week 3</u>	<u>Week 4</u>
<ul style="list-style-type: none"> o 1 can meat* o 1 can fruit* o Feminine hygiene supplies o Paper and pencil o Map of the area o Aspirin / non-aspirin pain reliever o Laxative o 1-gallon water /pet <p>To Do</p> <ul style="list-style-type: none"> o Create a personal support network to assist in identifying resources and your needs. o Develop online backup/storage for important documents. 	<ul style="list-style-type: none"> o Patch kit and can of seal-in-air product for tires of mobility aids o Clothing* o Sturdy shoes* o Extra socks/underwear* o Extra medications or copy of prescriptions <p>To Do</p> <ul style="list-style-type: none"> o Create the following lists and give copies to your support network: emergency information, medical information, disability related supplies and special equipment, and person disaster plan.
<u>Week 5</u>	<u>Week 6</u>
<ul style="list-style-type: none"> o 1-gallon water* o 1 can meat* o 1 can fruit* o 1 can vegetables* o 4 rolls toilet paper o Toothbrush* o Toothpaste o Special food for special diets, if needed <p>To Do</p> <ul style="list-style-type: none"> o Make a floor plan of your home, including primary escape routes. o Identify safe places to go o Practice fire, earthquake, tsunami drills with your support network. 	<ul style="list-style-type: none"> o 1-gallon water* o Sterile adhesive bandages in assorted sizes o Safety pins o Adhesive tape o Disposable gloves (2 pair) o Sunscreen o 2" & 4" gauze pads (6 ea.) o 2" & 3" sterile roller bandages (6 ea.) o Extra hearing aid batteries, if needed <p>To Do</p> <ul style="list-style-type: none"> o Check with child's day care center or school to learn about their disaster plans. Make sure you understand evacuation and assembly area plans.

<u>Week 7</u>	<u>Week 8</u>
<ul style="list-style-type: none"> o 1-gallon water* o 1 can ready-to-eat soup (not concentrate)* o 1 can fruit* o 1 can vegetables* o Sewing kit o Household chlorine bleach o Extra plastic baby bottles, formula, and diapers, if needed <p>To Do</p> <ul style="list-style-type: none"> o Establish an out-of-town emergency contact. o Share emergency contact information with your support network. o Arrange for your support network to check on you immediately after an evacuation order or disaster. 	<ul style="list-style-type: none"> o 1-gallon water* o Scissors & Tweezers o Thermometer o Liquid antibacterial soap o Disposable hand wipes o Petroleum jelly or other lubricant o 2 tongue blades o Extra eyeglasses, if needed <p>To Do</p> <ul style="list-style-type: none"> o Place a pair of sturdy shoes and a flashlight by your bed so they are handy in an emergency. o If blind, store a talking clock and mark your disaster supplies in braille.
<u>Week 9</u>	<u>Week 10</u>
<ul style="list-style-type: none"> o 1-gallon water* o 1 can ready-to-eat soup (not concentrate)* o Liquid dish soap o 1 box heavy-duty garbage bags with ties o Antacid (for upset stomach) o Saline solution and a contact lens case, if needed <p>To Do</p> <ul style="list-style-type: none"> o Choose a signal with your network that indicates you are okay and have left the disaster site. o If you have a communication disability, store a word or letter board in your kit. 	<ul style="list-style-type: none"> o 1-gallon water* o Waterproof portable plastic container (with lid) for important papers o Battery-powered radio o Wrench(es) needed to turn off utilities <p>To Do</p> <ul style="list-style-type: none"> o Familiarize your network with turning off the utilities. o Attach a wrench next to the cutoff valve of each utility meter so it will be there when needed. o Make photocopies of important papers and store safely.

<u>Week 11</u>	<u>Week 12</u>
<ul style="list-style-type: none"> o 1-gallon water* o Utility knife o Paper towels o 1 box quick energy snacks o 1 jar peanut butter o Comfort food o Water purification tablets <p>To Do</p> <ul style="list-style-type: none"> o Store cash with your emergency kit. o Develop rotation schedule for food supply. 	<ul style="list-style-type: none"> o 1-gallon water* o ID tags for your service animal and/or pets o Litter/pan o Extra water o Current vaccination records o Medical records for pet and pet medications <p>To Do</p> <ul style="list-style-type: none"> o Develop a pet care plan in case of disaster. o Make photocopies of all vaccination records and put them in your disaster supplies kit.
<u>Week 13</u>	<u>Week 14</u>
<ul style="list-style-type: none"> o 1-gallon water* o Whistle o Multi-purpose tool o Cell phone charger o Mylar blanket o Ibuprofen/acetaminophen <p>To Do</p> <ul style="list-style-type: none"> o Take a first aid/CPR class o Clear excess vegetation around home. 	<ul style="list-style-type: none"> o 1-gallon water* o 1 can fruit* o 1 can meat* o 1 can vegetables* o 1 package eating utensils o 1 package paper cups/plates o Hand sanitizer <p>To Do</p> <ul style="list-style-type: none"> o Make sure your network and neighbors know what help you may need in an emergency and how best to assist. o Practice using alternate methods of evacuation with your network.

<u>Week 15</u>	<u>Week 16</u>
<ul style="list-style-type: none"> o Extra flashlight batteries o Extra portable radio batteries o Rubber bands o Labels for your equipment and supplies <p>To Do</p> <ul style="list-style-type: none"> o Label equipment and attach instruction cards. 	<ul style="list-style-type: none"> o 1 can meat* o 1 can vegetables* o Triangular bandages o 1 box quick energy snacks o Dried fruit/nuts <p>To Do</p> <ul style="list-style-type: none"> o Find out if you have a neighborhood safety organization and join it.
<u>Week 17</u>	<u>Week 18</u>
<ul style="list-style-type: none"> o Antidiarrheal medication o Rubbing alcohol o Antiseptic o Syrup of ipecac and activated charcoal o Vitamins and supplements <p>To Do</p> <ul style="list-style-type: none"> o Arrange for a friend or neighbor to help your children if you are not able to respond or are at work. 	<ul style="list-style-type: none"> o 1-gallon water* o Plastic bucket with a tight lid o 4 rolls toilet paper o 1 box graham crackers o Comfort food <p>To Do</p> <ul style="list-style-type: none"> o Store a blanket or sleeping bag for each household member
<u>Week 19</u>	<u>Week 20</u>
<ul style="list-style-type: none"> o 1 box quick energy snacks o Comfort food o Aluminum foil o Denture care items, if needed <p>To Do</p> <ul style="list-style-type: none"> o Review your insurance coverages with your agent to be sure you are covered for the potential disasters in your area. Obtain additional coverage as needed. o Purchase and install an emergency escape ladder for upper story windows, if needed. 	<ul style="list-style-type: none"> o 1-gallon water* o Work gloves o Safety goggles o Disposable masks o 4 rolls toilet paper o Extra battery/charger for motorized mobility aids <p>To Do</p> <ul style="list-style-type: none"> o Learn about your workplace disaster plan.

Disability, Limited Access, and Functional Needs

Create a self-help network of neighbors, relatives, friends, or co-workers to assist in an emergency by:

- Developing a plan with a neighbor, relative, friend, or co-workers that can assist you in the event of a disaster.
- Let your contact people know your day-to-day schedule.
- Keep additional special medical supplies or equipment on hand, such as an extra cane.
- Having copies of prescription for rapid resupply.
- Be prepared for loss of power to your home, for at least three to five days. Plan for an alternate energy source for medical supplies or equipment requiring power such as:
 - Moving to a location with a generator if your home does not have one.
 - Using solar energy or having extra batteries.
- Wearing medical alert tags or bracelets may help in case of an emergency.
- Contact shelters before/during an evacuation to notify them of your needs.
- If you have a service dog, ensure you keep the proper documentation readily accessible. Service dog vests are beneficial as they quickly alert shelter staff and responders of your additional needs.



Helping Children Cope

Children can feel very frightened during a disaster and afterwards some children will show temporary changes in behavior. For most children these changes will be mild, not last long, and diminish with time. However, reminders of what happened could cause upsetting feelings to return and behavior changes to emerge again. Some children are more vulnerable, and their reactions can be more severe and last for a longer period. Fear and anxiety are normal reactions to any danger. Fear of recurrence, injury, death, separation, or being left alone can be lessened with reassurance and a family planning.

Prepare your child by:

- Involving them in the family preparedness process and practicing it.
- Discuss the types of hazards you may have in your home and community.
- Teach children how to recognize warning signals such as smoke detectors, fire alarms, and local siren systems.
- Explain how to call for help using 9-1-1.
- Help your child memorize important family information such as name, address, telephone number.
- Practice a family in-home and out of home meeting place.

You can also:

- Encourage your children to talk about their concerns.
- Provide information about the disaster and plans for providing their ongoing safety.
- Give them specific tasks and chores to help the family.
- Spend extra time with your children.
- Re-establish daily routines for work, school, play, meals, and rest.
- Contact the school to learn what their plan is to begin classes and return a sense of normalcy.
 - o Ask what you can do until schools reopen.

Shelter in Place or Evacuation

If an incident makes it unsafe to go outside, such as an ongoing threat, air quality concerns, or if you are not in the tsunami inundation zone after experiencing an earthquake, you may be instructed to take shelter where you are. This could occur at home or in the public. Depending on the incident, this may be a brief or a long period.

To shelter in place:

- Bring children and pets inside immediately and take them to the appropriate safe room.

Additional Actions during Air Quality Threats:

- Seal the home by closing all windows, doors, and vents connected to the outside.
- Turn off fans, heating, and air conditioning systems.
- Seal doors, windows, exhaust fans, and vents with plastic sheeting and duct tape. Consider precutting and labeling the sheeting so it is ready to put in place.
- Damp towels can be used to seal gaps under doorways.

Should you be asked to evacuate, you will be given instructions to proceed to an established shelter or assembly area. It is essential you follow the directions of officials in your community.

When you evacuate your home, workplace, or school:

- Take your disaster kit and use planned evacuation routes.
- Lock all doors and windows.
- Leave a note in a planned location as to where you are, what time and date you left, the route you will attempt to take, and how you can be reached.
- Consider disconnecting all electrical appliances, shut off gas and water, leaving water faucets slightly open.
- Secure valuables and important papers.
- Try to keep an adequate amount of fuel in your vehicle.
- If you have a cell phone, carry an emergency charger with you.
- Notify your emergency contact person that you are evacuating your home.

Flood

Flooding is a common hazard throughout the Southern Oregon Coast. Review the FEMA flood maps to determine if your property is in a flood zone and whether you should consider flood insurance.

During a flood event:

- If you are in danger of being flooded, evacuate to high ground or a safe shelter area immediately.
- **DO NOT** cross a flowing stream or body of flood water in either your vehicle or on foot.
- Tune into your local radio or television stations, or official social media sites, for updated information on flood watch and or warnings.
- If asked to evacuate, do so immediately. Follow recommended routes.
- If asked to evacuate take your disaster kit, important papers, valuables, pets, and pet supplies.
- If your car stalls in flood water, abandon it immediately, take what you can carry with you of your emergency supplies, and walk to higher ground.

Things to consider following a flood event:

- Monitor official sites for guidance on where to obtain food, housing, and medical supplies.
- Report damaged utility lines.
- If re-entering a damaged home, use flashlights rather than lanterns, matches or torches.
- Clean, dry, and check appliances and other equipment for damages before use.
- Purify all water before drinking.
- Discard all food contaminated by flood waters.
- **DO NOT** turn on electricity until all appliances and the interior are completely dry.
- Stay away from the disaster area as congestion will interfere with rescue efforts.
- Notify your emergency contact upon returning home.

Coastal Storms

The Southern Oregon Coast is subject to coastal storms, to include winter storms and high windstorms, at various times during the year. Although the area is not typically subject to extreme winter weather such as blizzards and ice storms, coastal storms can cause power outages and make it difficult to stay warm. Living on the coast, we have learned from the past that we must be prepared for coastal storms. Refer to your emergency contact list for numbers to call.

Consider the following:

- Be sure you have ample heating fuel.
- Winterize your home by insulating walls, install storm windows, install curtains, install plastic over windows, weather-strip doors, and wrap pipes in insulation or newspaper to keep them from freezing.
- Close off unused rooms.
- Use towels to seal off drafts around windows or doors.
- Keep hands and feet warm, layer your clothing.
- NEVER burn charcoal or propane indoors.
- Check on your neighbors.
- Eat regularly so your body has energy to produce heat.
- Go out only if necessary.
- Keep a battery-operated or crank radio to use in a power outage. Tune into NOAA weather to monitor the watch or warning notices.
- Secure items which may blow away during a storm.
- Stay home inside and away from windows, glass doors, and skylights.
- If you lose power or witness downed lines, report it to your power company and stay clear of the downed lines.
- Close your blinds or curtains as the wind could blow objects through the window and into your home.
- If lighting and/or rain is associated with the storm, be aware of power surges and protect your electronic devices.



Wildfire

Wildfire is an expression used to describe a forest or brush fire that is out of control and usually moving rapidly. The Southern Oregon Coast is highly susceptible to fires during the dry months of the year.

Preventative measures to consider:

- Keep needles and leaves clear of roof gutters.
- Remove flammable debris from under decks and around your home and outbuildings for at least 100 feet.
- Install screens over vents on the roof and foundation.
- Store firewood at least 50 feet away from your home.
- If installing fences or decks attached to your home, consider non-combustible material.
- Keep flammable materials away from any propane, oil, or fuel tanks.
- Clear your property of brush, litter, and flammable vegetation. Clear evacuation routes.

In the event of a wildfire, you should:

- Tune into your local radio or television stations, or official social media sites, for updated information such as instructions, evacuation routes, orders to evacuate.
- Notify your out-of-area contact where you will be if ordered to evacuate.
- Double check essential items in your disaster kit, such as clothes, important documents, and other valuables.
- Review plan for your pets and/ or livestock.
- Shut off gas at the meter and turn off pilot lights.
- Close all windows, curtains, and shutters.
- Place sprinklers onto your roof and turn on as you evacuate.

Do not wait to evacuate if you are in danger, the evacuation routes may become blocked.

Do not return or enter an evacuated fire area until public officials have given the notice of an all clear that the area is safe to re-enter.



Earthquake

Large earthquake potential is great in this area. Subsequent tsunami events are also expected along low-lying areas of the coast from the upheaval of the oceans floor. The Pacific Ocean plate is sliding underneath the North American plate from British Columbia to Northern California. It is called the Cascadia Subduction Zone. It stretches offshore approximately 750 miles. A section of the Pacific Ocean plate is called the Juan de Fuca Plate. Bordering the coastline about 65 miles offshore of the Continental Slope.

What to expect in a major earthquake:

- Extremely loud noise from the ground and from shifting buildings.
- Falling debris.
- Secondary effects such as fire, hazmat spills, landslides, tsunami.
- Aftershocks.

Know what can cause injury:

- Flying glass, unsecured objects, ceiling material, light fixtures, shelves, plants, cupboard contents, pictures, mirrors, unsecured water heaters and appliances, awnings, falling brick from buildings and chimneys.
- Fire from damaged gas lines, electric lines, wood stoves, and chimneys.

Reducing earthquake hazards before the event:

- Place heavy objects onto lower shelves and secure.
- Securely fasten shelves to walls. Anchor heavy objects.
- Store glass and other breakable items on lower shelves.
- Anchor overhead lights, pictures, and mirrors.
- Secure your home to the foundation.
- Stay away from windows and other glass that might shatter.
- Practice your duck, cover, and hold response.
- Keep a pair of shoes by the bed.
- Install mini blinds on windows.

Earthquake preparedness tips to consider:

- Develop a family plan and practice it regularly.
- You may not have outside aid for up to 72 hours or longer, depending on the size of the event.
- Following a large earthquake, often referred to as the Cascadia earthquake/event, it may take 2-4 weeks before aid begins to arrive.
- Learn first aid and CPR.
- Inventory your disaster kits (refer to pages 9-11).
- Know how to turn off your utilities.
- Prepare food and water to sustain you during the response and recover stages (Refer to pages 12-16).

Tips for what to do during an Earthquake:

- Stay clear of spaces that could be blocked by falling debris.
- Be prepared for aftershocks.
- Only if you smell gas should you shut off your gas main.
- Shut off water main.
- Duck Cover Hold during an event protecting your head if possible.
- DO NOT use doorways with doors for a secure location to stand in, only those that are open and without doors.
- Stay clear of bookcase, cabinets, and other furniture that may topple or slide.
- Stay away from heating units, stoves, fireplaces, areas where bricks might fall from a chimney.
- If you are in a tsunami inundation zone once the shaking stops move to high ground. DO NOT wait for the official announcement. Do not take your vehicle
 - If you are not in a tsunami inundation zone, Shelter in Place.

Tsunami

A tsunami is a series of waves caused by underwater earthquakes, landslides, or volcanoes. These waves travel at speeds up to 600 miles per hour in the open sea. When the tsunami nears land, it slows to less than 40 miles per hour. Areas less than 50 feet above sea level, within a mile of the coast or along waterways such as rivers and streams, may be impacted by a tsunami of a distant origin. Areas with a local tsunami event can experience waves of up to 100 feet in extreme circumstances. Refer to your local tsunami inundation zone maps for more information on assembly areas, routes, and inundation zones.

What to expect in a DISTANT tsunami event:

- No local effects of the earthquake, volcano, or landslide which may have caused the tsunami.
- A Watch, Warning or Evacuation area will be in effect for a possible impending tsunami, check your local radio or television stations, official social media sites.
- County and or state highways will be closed in the tsunami inundation zone.
- Do not evacuate unless you are in the inundation zone or receive guidance to evacuate.

What to expect in a LOCAL tsunami event:

- Local effects of an earthquake, volcano, or landslide which may have caused the tsunami with ground shaking and property damage.
- No Watch, Warning, or Evacuation notice of a possible impending tsunami through your local radio or television stations or official social media sites due to lack of time. Your response time **may only be 10 minutes to get to higher ground** and out of the tsunami inundation zone.
- Local emergency response may not be available for at least 72 hours or longer, depending on the extent of the damage.



General information about a tsunami:

- A tsunami is a series of waves; never go back into an area until you have received an “all clear” from local officials.
- You **CANNOT** outrun a tsunami.
- If you are at the beach and witness the ocean tide below a normal tide level or the ocean begins to recede/draw back from the beach, leave for higher ground immediately.
- Be aware of the tsunami signage posted in your local coastal area to respond accordingly.
- If you feel that you are in an earthquake and are in a tsunami inundation zone or at the beach, it will be your only warning to evacuate to high ground. **DON'T WAIT FOR THE WARNING FROM OFFICIALS.**
- If you are in a safe area out of the tsunami inundation zone and hear a tsunami watch or warning, **DO NOT** go to the beach.
- If you are asked to evacuate follow the guidance on page 19 of this booklet.
 - o Distant Tsunami = Safe to **Drive**
 - o Local Tsunami (you felt the earthquake) = **Walk**, the roads may be damaged and excessive vehicles on the roadway will interfere with the evacuation.

Following a tsunami event in your community:

- **DO NOT** return until you are given the “all clear”.
- If your home has been impacted by the tsunami you may not be allowed to re-enter your home until it has been determined safe by officials.
- Once you return home, follow the instruction under flood on page 13 of this booklet for response following an event.

Beach Hazards

The Pacific Ocean off the Southern Oregon coast stays cold year-round, 50° F on average.

Before going to the beach:

- Always check the weather forecast and heed National Weather Service Marine Hazard warnings/advisories.
- Always check the tides. The south coast can experience large tidal swings, especially during the king tides, which can see 10' swings. Many beaches are tidal dependent, so know before you go.

While at the beach:

- NEVER turn your back on the ocean.
- Rip Currents can be prevalent and large on the South Coast. If in doubt, don't go out.
- Watch for sneaker waves.
- Keep your distance from marine mammals and birds, this is their home.
- Most beaches on the Southern Oregon Coast have steep drop offs into the surf zone. Always be aware of that zone and if you have children, don't ever take your eyes off them, and make sure they are educated on the power of the ocean.
- Dress for the conditions and activities, do not forget a wetsuit/thermal insulation.
- October through April large North Pacific swells batter the coastline, these are powerful and hazardous.
- King Tides are beautiful to witness, enjoy from a distance.

Reach out to Oregon State Park Beach Rangers or the County Aquatic Safety Officers. They are there to answer your Beach Safety Questions and provide assistance.

Home Fire

Listed are a few common causes of home fires:

- Unattended cooking.
- Faulty electrical wiring and equipment.
- Storage of combustibles too close to heat source.
- Careless smoking of tobacco.
- Unattended burning candles.

Suggestions to keep you and your family safe from fire:

- Install working smoke alarms on each level and each sleeping area of your home.
- Keep matches and lighters away from children.
- Teach children to not play with matches, lighters, and candles.
- Keep a fire extinguisher easily accessible in the garage, kitchen and other fire prone areas of your home. KNOW how to use it.
- Check your smoke alarms and fire extinguishers for proper working capability twice a year. A good time to do this is in the fall and spring when you change your clocks. NEVER remove the battery for use elsewhere from your smoke detectors.

Response to a fire in your home:

- There are several types of extinguishers, ensure you understand how to use yours.
- Attempt to extinguish a small fire with your fire extinguisher. If it is too large, leave the home closing the door. CALL 911 from your cell or a neighbor's home.
- Utilize your family plan for the out of the home meeting place.
- Notify your local Red Cross for assistance.



Hazards Created by Transportation Incidents

Roads, rail, water, and air accidents can involve hazardous materials such as chemical spills, poisonous gases, and fires.

If a transportation accident occurs in your vicinity or you are directly involved, consider the following:

- Stay away from the area.
- Tune your radio to local station and listen for updates.
- If you are in the area, follow emergency personnel directions using designated exit routes.
- Notify emergency personnel by calling 9-1-1.
- If possible, remove yourself from the danger area to avoid toxic fumes.
- If this is not possible, shelter in place by shutting all doors, windows, and vents.
- If you are exposed to the chemical, remove the contaminated clothing and washing immediately with soap and water.
- DO NOT attempt to rescue someone who has been overcome by fumes. Emergency personnel in protective clothing and respiratory equipment will respond.



Terrorism and Active Shooter

IF YOU SEE SOMETHING, SAY SOMETHING

In general, there are four types of terrorism:

1. Conventional – bombings and hijackings.
2. Chemical – poison (nerve gas) to attack people.
3. Biological – bacteria (anthrax), viruses or other organisms to make people seriously ill.
4. Radiological – use of radioactive materials (nuclear weapons) to harm people.

Terrorists tend to strike certain types of targets:

1. Highly populated places – cities, airports, major international events, popular tourist sites.
2. Business and government centers – financial districts, embassies, military bases.
3. Other targets may include – transportation systems, power plants, hospitals, schools, fiber optics.

Things to consider:

1. Be alert. Report suspicious circumstances.
2. Be aware when opening mail.
3. Cyber safety and use of the Internet.

ACTIVE SHOOTER:

Active shooter situations are unpredictable and evolve quickly. When an active shooter is in your vicinity, you must be prepared both mentally and physically to deal with the situation. Since incidents vary, educate yourself and others on three options:

- **RUN** (escape/evacuate)
- **HIDE** (in locked areas/out of site), and/or
- **FIGHT** (last resort, physical aggression)



Travel Related Emergencies

Keep an emergency kit in your vehicle.

Suggested items might be:

- Extra food for children or pets.
- Fold away shovel.
- Blanket and small tarp.
- First aid kit and tool kit.
- Flares and whistle.
- Entertainment books for children.
- Water and non-perishable food.
- Jumper cables or a portable jump starters.
- Flashlight and neon cloth to attach to the outside of the vehicle.
- Personal supplies such as medication, tissues, gloves, walking shoes, umbrella, raincoat, etc.

If you leave your vehicle, leave a note with your route of travel and destination.

Always carry valid photo identification and cell phone charger.

Additional travel safety rules may include:

- Follow all security procedures.
- Never leave your belongings unattended.
- DO NOT TOUCH ANYTHING.
- Try to use traveler checks and credit cards. Take only what is necessary in your wallet. AVOID carrying large amounts of cash.
- Make a list or copy of the contents of your wallet along with your travel forms and papers. Give one to a family or friend back home and keep one apart from your valuables in your carry-on luggage.
- Carry a list of prescriptions with generic names and if they contain narcotics, obtain a letter from your doctor indicating authorization to use.
- Carry prescriptions in their original labeled containers.
- List your name and address both inside and outside your luggage using covered luggage tags.

Additional Resources

Federal Emergency Management Agency (FEMA)

www.fema.gov

<https://www.facebook.com/FEMA>

Department of Homeland Security (DHS)

www.dhs.gov

<https://www.facebook.com/homelandsecurity>

1-800-BE-READY 1-800-237-3239

1-800-464-6161 (TTY)

www.ready.gov

<https://www.facebook.com/readygov>

Oregon Office of Emergency Management (OEM)

www.oregon.gov/oem/

<https://www.facebook.com/OMDOEM>

Coos County Sheriff's Office

Office of Emergency Management

541-396-7790

www.co.coos.or.us

<https://www.facebook.com/myccso>

Curry County Sheriff's Office

Office of Emergency Management

541-247-3208

<https://www.co.curry.or.us/>

<https://www.facebook.com/CurryCountyJustice>

American Red Cross

541-344-5244 toll free: 888-680-1455

<https://www.redcross.org/>

<https://www.facebook.com/redcross>

Centers for Disease Control and Prevention (CDC)

1-888-246-2675

www.cdc.gov

Everyone can do something to be safer from the dangers we all face - natural disasters, terrorism, crime, public health issues and other medical emergencies - and to help our communities be safer too.

You can participate through:

Personal Preparedness: develop plans, disaster kits, home health and safety practices, and disaster mitigation measures. Participate in crime prevention and reporting.

Training: explore local training in emergency preparedness, first aid, fire suppression, public health, and safety.

Volunteer Service: law enforcement, search and rescue, fire, emergency medical services, community public health, emergency management, disaster relief and radio communication organizations.

Booklet Sponsorship

This Emergency Preparedness booklet was sponsored by Coos County Emergency Management and Curry County Emergency Management; whose mission is to have everyone participate in making America safer.

This booklet was revised in June 2022

Family Disaster Plan

Emergency Meeting Place _____

Meeting Place _____

Phone _____ Address _____

Family Contact _____
(name)

Cell _____ Other _____

Family Disaster Plan

Emergency Meeting Place _____

Meeting Place _____

Phone _____ Address _____

Family Contact _____
(name)

Cell _____ Other _____

Family Disaster Plan

Emergency Meeting Place _____

Meeting Place _____

Phone _____ Address _____

Family Contact _____
(name)

Cell _____ Other _____

*Emergency Meeting Place should be outside home
*Meeting Place should be outside neighborhood

Additional Notes: _____

*Emergency Meeting Place should be outside home
*Meeting Place should be outside neighborhood

Additional Notes: _____

*Emergency Meeting Place should be outside home
*Meeting Place should be outside neighborhood

Additional Notes: _____

Family Disaster Plan

Emergency Meeting Place _____

Meeting Place _____

Phone _____ Address _____

Family Contact _____
(name)

Cell _____ Other _____

Family Disaster Plan

Emergency Meeting Place _____

Meeting Place _____

Phone _____ Address _____

Family Contact _____
(name)

Cell _____ Other _____

Family Disaster Plan

Emergency Meeting Place _____

Meeting Place _____

Phone _____ Address _____

Family Contact _____
(name)

Cell _____ Other _____

*Emergency Meeting Place should be outside home
*Meeting Place should be outside neighborhood

Additional Notes: _____

*Emergency Meeting Place should be outside home
*Meeting Place should be outside neighborhood

Additional Notes: _____

*Emergency Meeting Place should be outside home
*Meeting Place should be outside neighborhood

Additional Notes: _____



Into the Woods Budget

October 31, 2023

Plankhouse Woods

Headstart 10:00 AM

Killich and After School Program 3:30 PM

Date 10/31/23

Budget category Candy & Halloween Decor

Approver name KRA Board

Submitted by Shelley Estes

Phone (541) 888-6501

Email shelleyestes@coquilleiha.org

Send check to Receipts to Marcy Chytka

Address 2678 Mexeye Loop

City/State/Zip Coos Bay, OR 97420

Description of purchase	Amount
<u>Chocolate Salmon on the Rocks 8 OZ. X 30</u>	<u>298.50</u>
<u>Bulk Party Mix X 2</u>	<u>99.98</u>
<u>Personalized Candy Promotional Items X1</u>	<u>49.99</u>
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<u> </u>	<u> </u>
Total	448.47

Treasurer use only

Check number _____ **Amount** _____ **Date** _____

Budget category Event