



Emergency Preparedness Community Newsletter

July 15th, 2022



PROTECT YOURSELF DURING AN EARTHQUAKE

During an earthquake, minimize your movements to a few steps to a nearby safe place. If you are indoors, stay there until the shaking has stopped and you are sure it is safe to exit.



DROP to your hands and knees. This position protects you from falling and provides some protection for vital organs. Because moving can put you in danger from the debris in your path, only move if you need to get away from the danger of falling objects.



COVER your head and neck with your arms. If you can move safely, crawl for additional cover under a sturdy desk or table. If there is low furniture, or an interior wall or corner nearby and the path is clear, these may also provide some additional cover. Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.



HOLD ON to any sturdy shelter until the shaking stops. **DO NOT** run outside! **STAY** where you are until the shaking stops. **DO NOT** get in a doorway as this does not provide protection from falling or flying objects and you likely will not be able to remain standing.

If you are **OUTSIDE**, and you can, move away from buildings, streetlights, and utility wires. Once in the open, Drop, Cover, and Hold On. **STAY THERE** until the shaking stops. This might not be possible in a city, so you may need to duck inside a building to avoid falling debris.



At night, hazards and debris are difficult to see and avoid; attempts to move in the dark result in more injuries.



It is difficult to control a vehicle during the shaking so stop as quickly and safely as possible, and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires. Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that the earthquake may have damaged.

For more information, please visit www.ready.gov/prepare.

FIRE FACTS:

- **Fire is FAST!** In less than 30 seconds a small flame can turn into a major fire. It only takes minutes for thick black smoke to fill a house or for it to be engulfed in flames.
- **Fire is HOT!** Heat is more threatening than flames. Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this super-hot air will scorch your lungs and melt clothes to your skin.
- **Fire is DARK!** Fire starts bright, but quickly produces black smoke and complete darkness.
- **Fire is DEADLY!** Smoke and toxic gases kill more people than flames do. Fire produces poisonous gases that make you disoriented and drowsy.
- A working **SMOKE ALARM** significantly increases your chances of surviving a deadly home fire. Replace batteries twice a year.
- Create and Practice a **FIRE ESCAPE PLAN**. Every second counts in the event of a fire! Find two ways out of each room, and practice the plan with feeling your way out of the house in the dark, or with your eyes closed. Teach children not to hide from firefighters. Sleep with your bedroom door closed.
- Keep a **FIRE EXTINGUISHER** in your kitchen.





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Emergency Preparedness ... R U Ready?

Resources are limited when emergencies happen.



Prepare today!

Start by putting together a 'go bag' for every family member in the event you need to evacuate the location you are at or shelter in place when disaster strikes. **Keep the 'go bag' with you - it is your survival pack.**

In addition to the basic supplies, plan ahead for other items you use daily and may need during the disaster, such as:

- Baby necessities
- Family medications
- Pet supplies - food, medications, leash, bowls, toys, and crate

- Cash, insurance papers, and other important documents
- Books and games
- Non-electrical supplies: a hand crank radio, a cell phone charging device, a manual can opener, a stove top coffee pot, fire starting supplies, etc.
- A fire extinguisher

Plan on electricity being out for a few days to a few weeks. Stores, banks, ATMs, gas stations, and other businesses will most likely be closed until services are restored.

Proactive Planning Tips:

- Make a plan on where to meet if members get separated; have an out-of-state family emergency contact

- Keep your pantry stocked, rotate your food supply, and keep plenty of water on hand
- Keep your cell phone charged and at least half a tank of gas in all of your vehicles
- Have a well-stocked first aid kit and a first aid manual

Preparing is the key to surviving any disaster.



The websites below can help you create a plan and prepare for emergencies.

www.ready.gov

www.redcross.org

www.usa.gov

www.clcepc.org



The Central Linn Community could face a myriad of emergencies. From the ever-present earthquake threat, to flooding, to a gas line eruption, to a highway or railway chemical spill, changing conditions could cause an immediate need for an emergency plan that will keep and your family safe and alive.

The website www.clcepc.org is designed to help you be prepared for the thinkable and the unthinkable. You will find lots of great information online!

Please spread the word. The more people who are prepared in the event of a disaster, the better off our communities will be for it!

BE AWARE
BE PREPARED