



Linn County,
Oregon

Preparedness Guide



Save a Life!
Be Prepared!

Urgent Phone Numbers

***Note:** After a large emergency or disaster, the 9-1-1 system may be overwhelmed by callers. Call 9-1-1 only to report an emergency.

Call 9-1-1 for Emergencies*

Workplace Emergency #
Doctor # 1
Doctor # 2
Doctor # 3
Fire
Police
Ambulance
Poison Control
Hospital Emergency Room

Family/Household Contacts:

Name	Relationship	Telephone Number

Save a Life! Be Prepared!



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Be Prepared!

You can make a difference!!

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Introduction

Are You Prepared for the Next Disaster or Emergency?

The need to prepare is real since disasters and emergencies can happen at any time. Think about the kinds of disasters that could happen in our community. For example, in Linn County we could have:

- Flooding in winter and spring
- Winter storms
- Earthquakes
- Fires
- Toxic waste spills
- Volcanic ash falls



Any of these events could leave you without power, water, or phone service for a few hours up to several days at a time. You may need to take care of yourself and family. Are you prepared?

Before an Event	During an Event	After an Event
<ul style="list-style-type: none"> ◆ Know your risks ◆ Purchase insurance ◆ Develop plans ◆ Assemble kits ◆ Know warning systems 	<ul style="list-style-type: none"> ◆ Use Action Plans ◆ Help others ◆ Follow officials 	<ul style="list-style-type: none"> ◆ Repair Property ◆ Reduce future loss ◆ Identify needs

Recovery from an emergency or disaster often depends on the planning and preparation done today. What you do today (being prepared and trained) is a direct key to your own safety.

Plan ahead

A disaster or emergency can happen at any time. You can be prepared to take care of yourself and your family by making plans before a disaster happens. For example, you can make an Emergency Kit to put in your car in case a disaster happens when you are not at home. Other things that you can do are:

- Make a Home Kit
- Make a household/family plan for what to do in an emergency
- Know how to shut off your gas and power
- Talk to your neighbors about how you can help each other in an emergency

Practice what to do

Practice what to do in different emergency situations with your household members each year: “Drop, Cover and Hold on” in an earthquake, for example. Practicing helps everyone remember what to do in an emergency. Examine and update your emergency kits during your drill.

Practicing the procedures from this book can help children cope with a true emergency because they rely on adults to keep them calm and safe. Remember, practice makes perfect and helps to reduce anxiety.

Connect with others

In an emergency, neighbors and friends are generally your first and best source of help. Emergency responders like police, fire, public works, and medical services are likely to be overwhelmed for the first hours or days of a large disaster. During that time, neighbors, friends, your faith group, or other organization can be a big help. Make sure that you have connections with others who can check on you ... and you check on others too!

This Book Can Help!

This book will help you make disaster plans and prepare emergency kits for you and your family. It includes lists for important phone numbers, important documents, and other information. It also has contact names and numbers for people who can help you prepare for a disaster.

Why this book is important to you and your family

This book will help you and your household be prepared, know where to find vital information, and reunite with loved ones. It will help you:

- ✓ Decrease fear and anxiety
- ✓ Reduce losses
- ✓ Put together an emergency plan
- ✓ Gather supplies for emergency supply kits
- ✓ Prepare an emergency contact list
- ✓ Make your home safer
- ✓ Recover faster

How to use this book:

- ✓ Read through this book with your family
- ✓ Use a pencil to fill in the worksheets so you can make changes to them later
- ✓ Complete the activities with your family – for example, make an emergency supply kit or practice an earthquake drill as a family
- ✓ Store this book in a safe, but easy to remember place like your home kit
- ✓ Review and update the book every year

Date Reviewed or Updated	Reviewed or Updated by

Protect yourself. Protect your family.



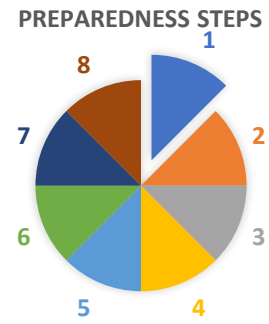
TIP: The key to successful disaster readiness is adding 2-3 items to your weekly shopping list and to choose one hour each twice a month to do one activity ... to help you and your family remember these important tasks, add your planned activity to your calendar



Step 1: Family & Emergency Contacts

Family Contacts

During emergencies our minds can become overwhelmed with fear or anxiety. To help during these times of emergency, having information written down for easy access is best. Fill in each section for each family member or person living with you. An example is below with blank forms in the Appendix.



Example

Household & Family Members

Name:	<i>Tim Jones</i>		<input checked="" type="radio"/> Male / <input type="radio"/> Female		
Relation:	<i>Husband</i>				
Birth Date:	<i>January 13, 1963</i>	Age:	<i>50y</i>		
Health Condition or Special Need:	<i>Diabetic</i>				
Home:	<i>123-456-7890</i>	Cell:	<i>123-456-7890</i>	Work:	<i>123-456-7890</i>
Email Address:	<i>TimJones@emailaddress.com</i>				

Family Pets



In some emergencies, you may not be able to keep your pet with you. To ensure your pet is taken care of properly, you should have all their information in one place. To make this easier, we have included Household Pet information forms.

Each pet should have a one-week supply of food and water. If you are staying at home and using your emergency supplies, toilet can be used as water for your pets.

Complete for each household pet. An example is below with blank forms in the Appendix.

Example

Household Pet

Pet Name:	<i>Fluffy</i>	<input checked="" type="radio"/> Male / <input type="radio"/> Female	
Pet Age:	<i>5 years</i>	Spayed or Neutered?	<i>Yes</i>
Description:	<i>White long-haired dog</i>		
Health Condition or Special Needs	<i>Sensitive stomach, special food</i>		
Vet Name:	<i>Dr. Veterinarian</i>	Number:	<i>123-456-7890</i>
Shots Date:	<i>12/2017</i>	License Number:	<i>AB123456</i>

Out-of-Area Contact

During the stress of an emergency or disaster, you may find it difficult to remember even routine information. We always recommend each household member have an out-of-area contact card with them. The best way to keep this information at hand is to complete the form (found in the Appendix), laminate them (one for each family member), and keep them in your wallet, purse, or backpack.

Tip: Use text messages instead of phone calls as it takes less time. Also, keep messages short.

Tip: Tape coins to the back of your laminated out-of-area contact card in case you need to use a pay phone.



Fill in each section for your out-of-area contact. Make sure each out-of-area contact lives at least 100 miles away from you. An example is below with blank forms in the Appendix.

Example

Out-of-Area Contact

Name:	<i>Faye Jones</i>		Male / <u>Female</u>		
Relation:	<i>Niece</i>				
Address	<i>1234 Some Place Rd., City, State</i>				
Home:	<i>123-456-7890</i>	Cell:	<i>123-456-7890</i>	Work:	<i>123-456-7890</i>
Email Address:	<i>fayejones@emailaddress.com</i>				

Vehicle Information

After an event, it makes things easier to remember all pertinent information, if it written down. This information may be helpful to have in one location for use with your insurance company.

For each vehicle in the family, fill out a Vehicle Information Card. Blank forms can be found in the Appendix

Example

Vehicle Information

Vehicle Make:	<i>Honda</i>	Model:	<i>Fit</i>		
Year:	<i>2018</i>	License #:	<i>ABC 123</i>	Color:	<i>Blue</i>

Step 2: Outside the Home

Non-Household Family, Friends, & Neighbors Information

If you know people who may be more vulnerable or need extra help in an emergency or disaster, add them to your list below. These may be elderly, disabled or people with special needs, those who are sick, single parents, people with limited English skills, to name a few.



You can be a lifeline in an emergency and a friendly voice in a scary situation.

For each section fill in the information for people who do not live with you such as family, friends, and neighbors in the area to call or touch base with in case of emergency. An example is below with blank forms in the Appendix.

Example

Non-Household Family, Friends, & Neighbors

Name:	<i>Neighbor Ashley</i>		Male / <input checked="" type="radio"/> Female		
Relation:	<i>Friend</i>				
Birth Date:	<i>June 28, 1985</i>		Age:	<i>30y</i>	
Health Condition or Special Need:	<i>none</i>				
Do they have an emergency plan?			<i>Yes</i>		
Home:	<i>123-456-7890</i>	Cell:	<i>123-456-7890</i>	Work:	<i>123-456-7890</i>
Email Address:	<i>neighborashley@emailaddress.com</i>				

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Travelling

Travelling can be a great adventure, but we never know when road closures, detours, or accidents may occur. It is best to keep these helpful tips in mind when you do decide to travel.



- Wait until the weather is better before you travel
- Check road and weather conditions before you travel
- Before you go, tell someone where you are going and which roads you are taking
- When driving, **slow down** and keep a lot of space between you and other cars
- Always keep an emergency vehicle kit in every car, truck, SUV, etc. you own

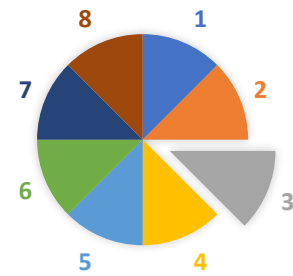
Before you travel:

1. Make sure your car emergency kit is complete
2. Each person brings their 3-day Go Kit
3. Let someone know where you are going and what route you will take
4. Check road and weather conditions
5. Drive safely and enjoy your travels

Step 3: Action Plans

Emergencies and disasters disrupt our everyday lives with lasting effects. We will not always be able to rely on professionals and disaster-relief organizations as they may be busy elsewhere. So, knowing what to do in specific events helps save lives and property. These actions can help us before, during, and after emergencies or disasters as we try to recover our normal lives.

PREPAREDNESS STEPS



Earthquakes

An earthquake is a sudden release of energy in the earth’s crust or upper mantle, usually caused by movement along a fault plane or by volcanic activity and resulting in the generation of seismic waves which can be destructive. Knowing about earthquakes and preparing for them helps minimize damage and may save lives.

Conquering the instinct to run

During an earthquake, people know they should “drop, cover, and hold,” but many people are hurt from falling debris because they let their “fight or flight” instinct to take over. The best way to overcome this instinct is to practice doing the safe thing. Your safety comes from getting to a place of safety quickly.

What to do

Earthquakes can be scary. But there are actions you and your family can do before, during, and after an earthquake to help keep injuries down and property damage lessened.

Practice being safe

- 1) Choose the safest place to go in each room of your home
- 2) Practice moving to those safe places quickly
- 3) Hold earthquake drills – which helps ensure you respond safely instead of responding to the instinctive urge to run

Before an earthquake

- Secure items that could fall from cabinets, bookshelves, artwork, etc.
- Plan and practice how to communicate with all family members

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- Understand what “drop, cover, and hold” means:
 - Drop: under something sturdy and taller than you are
 - Cover: using one arm, cover your neck and head
 - Hold: grab a table leg, if possible, in case what you’re under moves
 - Close eyes: because it is easier to fight the urge to run if you don’t watch, plus it protects your eyes

During an earthquake

- **Indoors** – If you are indoors, **drop, cover, and hold on**. At once drop down low, move under or alongside something sturdy, and hold on until the shaking stops. Keeping your eyes closed while holding on will help lessen any anxiety you may be experiencing, as well as protect your eyes from dust.



- **Outdoors**
 - If you are outdoors, stay outside. Move away from buildings, trees, street lights, and utility wires
 - If you are in a moving car, pull safely to the side of the road and stay in the car. Do not park your car near or under buildings, trees, overpasses, or utility wires. Do not drive across bridges or overpasses. You may not see that it is damaged
 - If you are at the beach or along the coastline, **drop, cover, and hold**, then move right away to higher ground. A tsunami or sea wave can follow in minutes after an earthquake at the coast, so do not turn your back to the water

After an earthquake

- Check the wellbeing of your loved ones
- If trapped, stay calm and steady
 - Make noise with a whistle
 - Tap on wall/pipe
 - Do not yell as it is more tiring, and you may lose your voice
- Locate your fire extinguisher and place it where it is easily accessible
- Monitor local news channels
- Wear personal protective equipment
 - Sturdy shoes to protect your feet
 - Goggles to protect your eyes
 - Mask to protect your breathing
 - Gloves to protect your hands
- Shut off propane or natural gas, if needed.
- Post OK/HELP sign in front window or on front door

Flooding

Floods are a temporary rise of the water level resulting in its spilling over and out of its natural or artificial confines onto land that is normally dry. They can occur very sudden, called a flash flood, in certain conditions. Therefore, it is important we know what to do in case we encounter a flood.

Flood Facts:

- **Six inches of water can knock you down.**
- **Two feet of water can sweep your vehicle away**

- Do not go into flood waters. Water may be deep, fast flowing, dirty, and very unsafe
- Pay attention to flood warning signs and barricades
- Be alert for gas, toxic chemical spills, and sewage in flood waters
- Stay away from power and electrical wires
- Clean or disinfect anything that encounters flood waters
- Abandon your car if flood water is not moving
- Stay in your car if flood water is moving
- *Watch* means there is a possibility of flooding in your area
- *Warning* means there is already flooding, or it will occur soon

Before	During	After
<ul style="list-style-type: none"> ◆ Keep insurance papers in a safe place ◆ Get insurance, if possible ◆ Keep pictures of valuables ◆ Keep all vehicles filled with gas ◆ Listen to radio/TV for information 	<ul style="list-style-type: none"> ◆ Grab your 3-day go kits ◆ Move to higher ground ◆ Wash hands frequently ◆ Evacuate when directed ◆ Waters can be deep and rise quickly 	<ul style="list-style-type: none"> ◆ When authorities say it is safe, return home ◆ Watch for debris in flooded areas ◆ Photograph property damage ◆ Wear gloves & boots when cleaning up

Winter Weather

Winter weather can be any combination of wind, snow, rain, thunder, or lightning. Most times we will have warning of upcoming “bad” weather. Keeping warm and safe is the goal during winter months. Of course, we can’t forget our vehicles in winter time – make sure to have your vehicle inspected and maintained for those cold months.

- Have sand on hand to help provide traction on walkways
- Minimize any travel

- Bring animals inside, if it is too cold for you to be outside, it is too cold for them
- Winterize your home:
 - Clean gutters
 - Repair leaks
 - Insulate walls and attic
 - Caulk windows as needed
 - Replace weather stripping as needed
 - Insulate pipes
 - Drip faucets to help prevent pipes from bursting
- Vent heat sources to the outside.

Thunder & Lightning Storms

Thunder and lightning storms are a transient storm with a combination of lightning and thunder, usually with rain and gusty winds, sometimes with hail or snow, produced by cumulonimbus clouds. They can cause injury and property damage. It is best to know what to do if you are caught in one.

- **Indoors**
 - Stay away from windows
 - Do not handle electrical equipment or use the phone
 - Avoid bathtubs, water faucets and sinks that may have metal in them
 - Secure and protect pets that are often frightened and may run away, do not leave them chained outside – if it is too cold for you, it is too cold for them.
- **Outdoors**

When thunder roars, go indoors!

- Go indoors right away
- If you are not able to go indoors, stay away from trees and other tall objects
- “**Get low and small.**” Crouch down on the balls of your feet and hold your knees to help make your contact with the ground as small as possible



Wildfires

Wildfires are a raging, rapidly spreading fire that is difficult to extinguish. They can occur anytime, but are more prevalent during warmer temperatures when there is little to no rainfall. Wildfires can occur from natural causes or by humans (either accidental or intentional).

- ✓ Remember your pets when evacuating
- ✓ Every family member – grab your 3-day Go Kit
- ✓ Shut windows and leave unlocked
- ✓ Remove flammable window shades and curtains
- ✓ Move flammable furniture to center of room
- ✓ Shut off gas at meter
- ✓ Turn pilot lights off
- ✓ Leave lights on
- ✓ Shut off air conditioning
- ✓ Evacuate as soon as officials tell you to

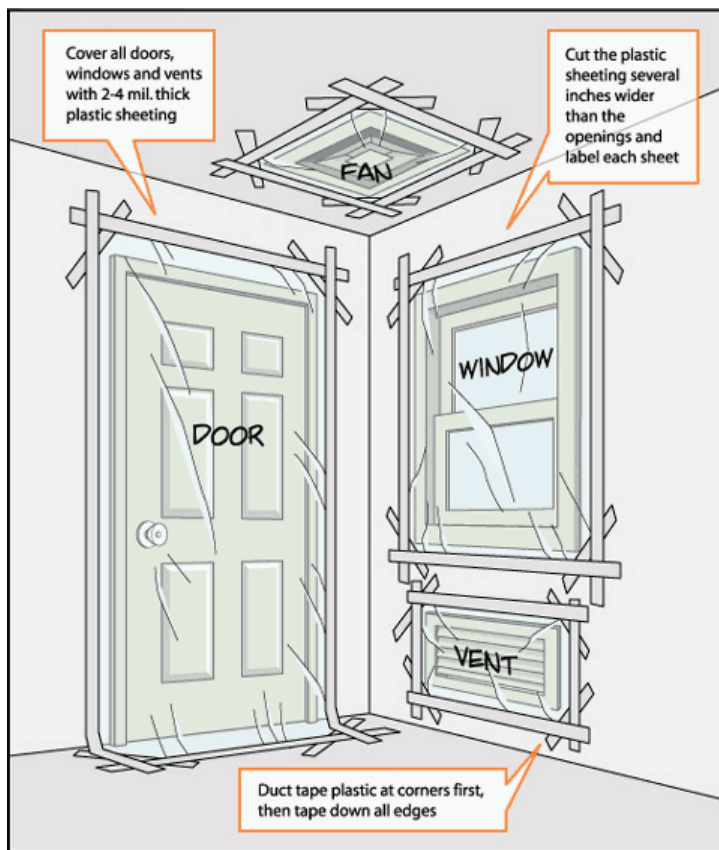
Chemical Release or Volcanic Ash Fall

Whether it is a chemical release or a volcanic ash fall, the actions you need to take to keep yourself and your family safe are the same.

- **Chemical Release** – an accidental release of harmful chemicals into the air. It can occur at manufacturing plants or accidents involving transport trucks or trains.
- **Volcanic Ash Fall** – a rain of airborne ash and particulates from a volcanic eruption.

Shelter-in-place

A safe room, ideally a master bedroom with a bathroom, is ideal as it provides access to a toilet and running water. And, it is quickly sealed with some preparation. It can protect you from airborne agents and has supplies needed for several hours. A safe room is sealed with duct tape, plastic sheeting, and a damp towel for under the door.



- Tightly lock all doors and windows
- Shut off all devices, such as fans, that circulate air throughout your home
- Seal all doors, windows, vents, etc. with duct tape and plastic sheeting
 - To seal the room, place a diagonal piece of duct tape across each corner, then a longer piece to cover all the edges
- Place a damp cloth under the door to prevent air from coming in
- Listen to the radio for instructions
- After the “all clear” is given and the emergency is over, air out your home by opening windows and doors to circulate air throughout your home

- Some basic supplies can be kept in the room for use during an emergency. Your supplies should include

- | | |
|-------------------|---------------------------------|
| ◆ Extra batteries | ◆ Snack foods |
| ◆ Water | ◆ Towels |
| ◆ Blankets | ◆ Comfort items (helps to calm) |

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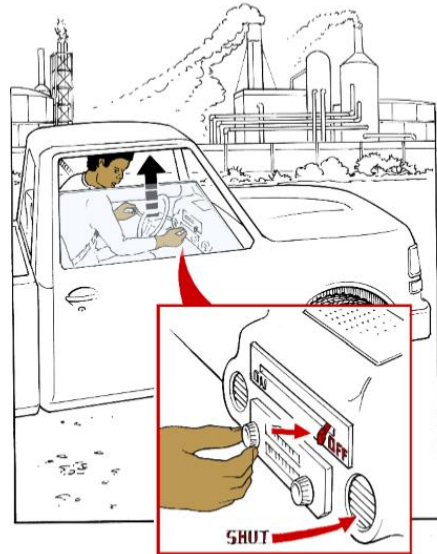
- ◆ Pre-cut and labeled plastic sheeting

- ◆ An AM/FM battery operated radio

Shelter-in-place in your car

With today's busy schedules, we can't always guarantee we will be indoors when it is necessary to shelter-in-place; we may be in our cars. Therefore, it is imperative we know how to shelter in our cars if needed.

- Tightly roll up all windows
- Shut off car motor (helps avoid outside air being drawn in through the engine)
- Turn off any heating or cooling
- Close all the vents
- Breathe through a dampened cloth
- Turn on radio to listen for instructions
- After the "all clear" is given, air out your car by opening the windows



The Sewer System

When the sewer system breaks down following an event, other disasters can happen. For example, toilets can back up and basements can become flooded with raw sewage. When you encounter raw sewage, you can get diseases that will make you sick with diarrhea and vomiting. These diseases can be prevented if you follow these basic guidelines.

What not to do when water or sewer lines are broken or clogged:

- Do not flush the toilet.
- Do not dig holes in the ground for raw sewage – raw sewage can pollute fresh ground water supplies, attract flies, and be a source of disease

What to do when water or sewer lines are broken or clogged:

You can make a difference!!

- Make a sanitation kit:

- Heavy-duty plastic bags
- Twist ties
- Toilet paper
- Diapers
- Feminine hygiene products
- Disinfectant:



- You can make your own disinfectant – In a clean container that has never contained ammonia or products with ammonia in them, you can mix one-part liquid bleach to ten-parts water. Label with date prepared and expiration date from the bleach bottle.
 - Small amount: 1 Tablespoon bleach + 10 Tablespoons water
 - Large amount: 1 cup bleach + 10 cups water
- Never mix bleach or bleach products with ammonia or ammonia products – so, read labels to be sure
- When making the disinfectant, use plain, old-fashioned liquid bleach, no dry bleach as dry bleach is not safe for this type of use

- Make a temporary toilet:

- Remove all water from toilet bowl
- Line toilet bowl or a bucket with 2 heavy-duty plastic bags – open both bags and place one inside the other or “double bag”





- Put kitty litter, fireplace ashes, or sawdust into the bottom of the inner heavy-duty plastic bag
- At the end of the day or after using the temporary toilet, add a small amount of deodorant or disinfectant (see above) into the bag and tie it up with twist ties
- Throw the temporary toilet into a large trash can, lined with a sturdy trash bag, and cover it with a tight-fitting lid
- Eventually, the city will provide the means to dispose of these bags

Power Outages

Power Outages can occur any time during the year. Knowing what to do ahead of time helps ensure everyone's safety.

Before	During	After
Check flashlights Charge mobile devices Keep gas tank above ½ tank Stock warm blankets/clothes Have cash available	Listen to officials Conserve energy <ul style="list-style-type: none"> ✓ yourselves ✓ your family ✓ your neighbors Use generators away from home and windows to prevent carbon monoxide poisoning	Throw away unsafe foods Restock supplies Use fresh foods Mark foods that need to be used ASAP



Remember: Check on your neighbors or people who may be less able to cope with the disaster. A simple phone call or visit can make all the difference.



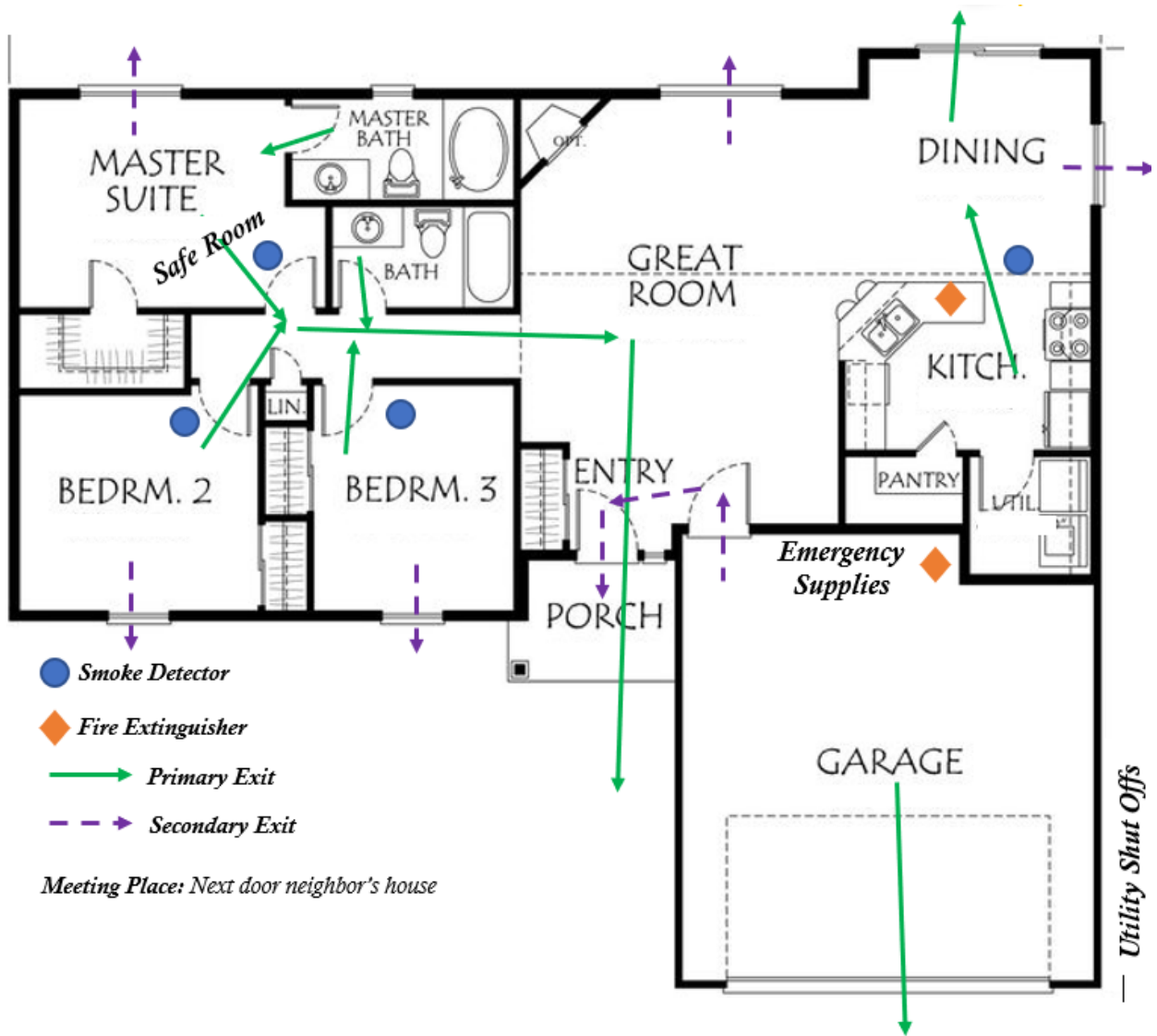
Step 4: Emergency Procedures

Having information for all family members easily available is best during emergencies or a disaster. We have several here for your easy access. Make sure you discuss them with all your family members.



Home Layout

Sketch the layout of your home. Include important places and information like utility shutoffs, safety equipment (fire extinguishers, etc.), emergency supply kits, and meeting places in the drawing.



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Emergency Procedures for Work, School, and Other Important Places

In our daily lives, we are in many different places: work, school, social gatherings, etc. We should be able to look at each of these locations for the best emergency procedures. To help your family gather information on this wide variety of locations, we have provided a form that can be filled out.

For each family member, fill in each section with information on locations, such as work, school, or other important places with instructions on what to do during an emergency. Blank forms can be found in the Appendix.

Example

Emergency Procedures

Family Member:	<i>Tim Jones</i>		
Place:	<i>Work - Bob's Tires</i>	Phone:	<i>123-456-7890</i>
Address:	<i>1234 NW Name Street</i>	City:	<i>Albany</i>
Emergency Procedure:	<i>Store will close. Workers will gather in parking place. Tim will send text with status update.</i>		

Family Meeting Places

Knowing where to meet family members during emergencies or disasters can help keep everyone calm. All family members should know where to go.

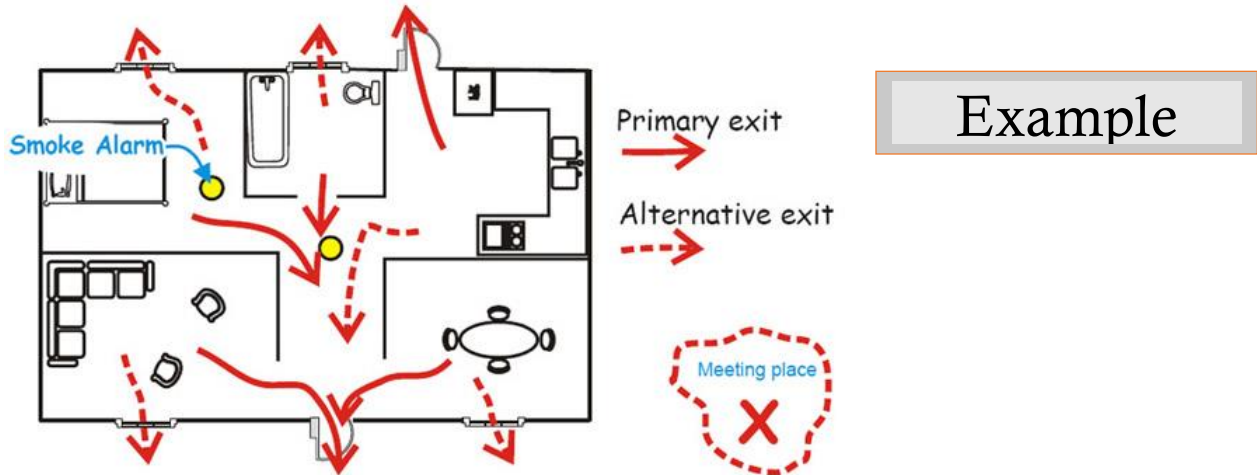
For each location, decide where to meet. Write down what to do when you arrive at the meeting place or what to do, if you cannot get to the meeting place. Blank forms can be found in the Appendix.

Location:	Place to meet: <i>Master Bedroom</i>	Example
	Procedure: <i>Everyone grab their “go kits.” Oldest person text with status update.</i>	

Fire Safety

Fires are the #1 safety hazard in your home. Everyone in your family should know how to use a fire extinguisher. You should have a fire extinguisher near your kitchen with another one in your garage. And, every member of your family should know where the fire extinguishers are in case of emergency.

- Make sure emergency exits are clear of things that can be tripped on
- Move beds away from windows and mirrors
- Every year check all fire extinguishers and smoke alarms to make sure they work
- Choose a meeting place a short distance from your home
- Draw the floor plan of your home and determine two ways out of each room, where the smoke detectors are located, and where any fire extinguishers are placed
- Hold fire drills at least twice each year, one of the easiest ways to remember is to hold them at the time change
- Practice at least once per year blindfolded to simulate heavy smoke – this helps you remain calm during a fire emergency and helps you keep safe



Example

Fire Extinguishers

Fire extinguishers provide an easy way to put out most small fires within your home. A small fire is about the size of a small garbage can.

- Place fire extinguishers carefully within your home as fast access can make a difference (kitchen, garage, every level of your home)
- Several small extinguishers are better than one large one
- ABC extinguishers are recommended for home use

- *Class A Fires:* makes ash from ordinary combustibles such as wood, paper, cloth, and many plastics
- *Class B Fires:* flammable liquids such as gasoline, paints, kitchen grease, oils, etc.
- *Class C Fires:* energized electrical equipment such as wiring, computers, motors, appliances, etc.

A		Ordinary Combustibles	Wood, Paper, Cloth, Etc.
B		Flammable Liquids	Grease, Oil, Paint, Solvents
C		Live Electrical Equipment	Electrical Panel, Motor, Wiring, Etc.

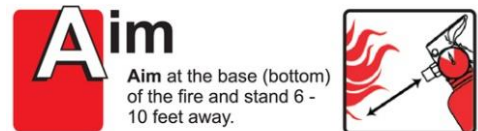
- Maintain fire extinguishers on a regular basis to help make sure they are ready to use

Using a fire extinguisher

Your first action should be to take a deep breath and stay calm. Using a fire extinguisher is following some basic steps.

- It is crucial to keep an escape route between you and the small fire – If the fire is or becomes too large, immediately leave the house while closing the doors behind you to help slow the spread of flames
- When evacuating a house with a fire that is too large to safely put out (bigger than a small garbage can), do not stop to gather anything – seconds count
- Once outside, stay outside – heat and toxic fumes can kill in seconds, so do not re-enter your home until officials say it is safe to do so
- Using a fire extinguisher in 4 simple steps
 - Step 1: P – pull the pin and test
 - Step 2: A – aim at the base of the fire
 - Step 3: S – squeeze the handle gently
 - Step 4: S – sweep side-to-side slow like a lazy cat's tail

Remember the **PASS** Word



Staying Clean in an Emergency

It is important to stay clean and keep up your regular hygiene habits in an emergency. For example, you should continue to:

- Wash your hands with soap and water on a regular basis
- Wash your face and body with a wet washcloth or cleansing wipe
- Brush your teeth
- Comb your hair

Staying clean will help prevent the spread of disease. It may also keep your skin from itching and help ease your stress. It is important to use clean water to wash your hands and body. If your water is dirty, clean it before using it.



Other tips for staying clean and healthy in an emergency:

- Keep your fingers out of your mouth and eyes and away from your face
- Wash your hands regularly
- Try not to handle food with your hands. Instead use forks, spoons, and knives when eating or preparing food
- Sterilize your forks, spoons, and knives **by heat** if you are not able to wash them with clean water and dish soap.
 - You can also sterilize them by rinsing them in clean water that has extra chlorine bleach added to it
 - Add 2-½ teaspoons of bleach to one gallon of cleaned water
 - Make sure eating utensils are dry before using them to prepare food or eat
- Keep your clothes, especially your under-clothing and socks, clean and dry

Tips for getting better when you become sick

If you are having diarrhea or vomiting, you should:

- Stop eating solid foods
- Drink lots of water or juices. Drink water or juices often and in small amounts
- Start eating soft foods again once you stop having diarrhea or vomiting

How to Keep from Getting Sick

You can help reduce the spread of disease such as the flu if you follow these simple rules and stay away from public places for a time when you are sick. First, since flu viruses change from year to year, plan on a flu shot every year.

Practicing healthy habits will help you stay healthy during flu season and all year long.

- Get plenty of sleep – keep your sleep habits to preserve your health
- Be physically active – maintain a healthy activity level
- Manage your stress – allow yourself to have quiet time
- Drink plenty of fluids – these should be non-sugar drinks
- Eat nutritious food – eat low salt, less fat foods to help maintain your health
- Clean your hands – wash often with soap and running water for 20 seconds or use an alcohol-based hand cleaner
- Stay home when you are sick – stay home from work, school, and errands to help keep others from catching your sickness

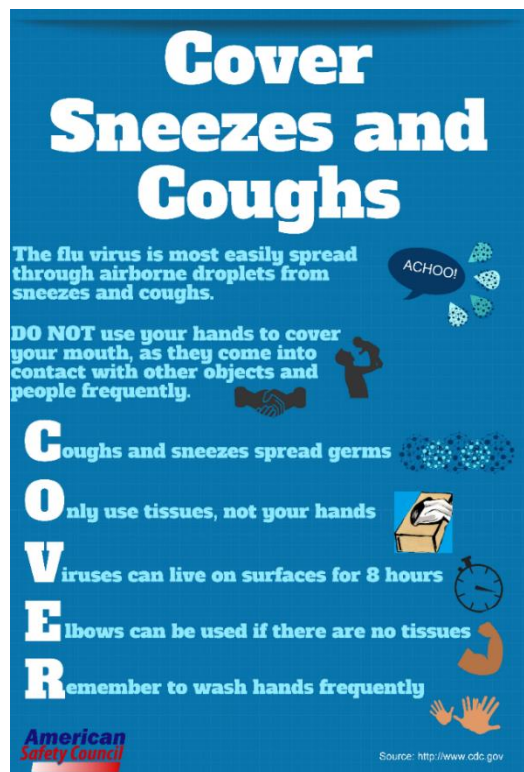
Cover your cough

Cover your mouth and nose with a tissue when coughing or sneezing. This may help keep those around you from getting sick. If no tissue is available, cough or sneeze into your sleeve – not your hands.

Things to avoid

Touching your eyes, nose, or mouth – Germs are often spread when a person touches something that has germs on it and then touches his or her eyes, nose, or mouth.

Close contact – Avoid people who are sick and, when you are sick, keep your distance (at least three feet or “arm’s length”) from others to protect them from getting sick too.



Save a Life! Be Prepared!

Include medical supplies

To help you feel better during and after an emergency, over-the-counter medicines can help. Make sure to check expiration dates and replace as needed. For example, some OTC medicines include:

- Aspirin or acetaminophen
- Anti-diarrheal, laxatives, antacids
- Cold medicine, cough drops
- Disposable tissue (Kleenex)

Evacuation

Sometimes in a disaster, an evacuation is needed to keep you and your family safe. An emergency evacuation is when people leave their homes or city right away to avoid more harm. For example, you may need to leave your home right away if there is a fire or a flood in the area.

If an evacuation is ordered, quickly gather your family and pets with pet carriers, grab your 3-day Go Kit, and leave. You should have a plan for evacuation or sheltering of your large animals. Leave a note in your home describing who left the home and where you plan to go. And, always follow official evacuation instructions:

Evacuation routes from Linn County:

Evacuation routes can change during an emergency or disaster due to road conditions, but these are the basic routes to use as a starting point if you need to evacuate.



North:

- I-5 toward Salem
- Hwy 99E towards Albany then west over the Lyons St. Bridge to N. Albany
- Hwy 20 to Hwy 226 toward Lyons

East:

- Hwy 22 to Sisters/Bend
- Hwy 34 and Hwy 228 to Hwy 20 to Sisters/Bend

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West:

- Hwy 20 or 34 toward Corvallis
- Hwy 99E or Peoria Rd to west on Hwy 34 to Corvallis
- Hwy 228 to I-5 or Hwy 99E south to Eugene

South:

- I-5 toward Eugene
- Hwy 99E toward Eugene

Evacuation routes may change depending on the emergency. For example, some roads may be closed due to road blocks, bridge failure, fire, and floods. Public officials will announce the quickest and easiest routes to leave the area on:

- KOAC 550AM or 91.5FM radio
- Oregon Public Broadcasting (OPB), Ch7 TV/Cable
- Linn County Web Site: <http://www.co.linn.or.us/>
- Through the Linn-Benton **ALERT** system – This mass notification system allows public safety officials to provide rapid notifications to Linn and Benton County residents of emergencies, evacuations, and other urgent events. (To sign up go to: www.linnsheriff.org and click on ALERT on the lower left.)

Road and weather information:

Before travelling or leaving your home in an emergency, use the following information to get updated data on roads and/or the weather.

- **Linn County Road Department – road & weather**
 - (541) 967-3919 (weekdays 7:00 am - 5:00 pm), or
 - (541) 812-8800 after hours
 - <http://www.co.linn.or.us/Roads/roads.asp>
- **Albany Public Works – road closures & conditions**
 - (541) 917-7600 (weekdays 8:00 am - 5:00 pm), or
 - (541) 967-2394 after hours

- **Benton County Public Works – road closures & conditions**
 - (541) 766-6821 (weekdays, 8:00 am -5:00 pm)
 - www.co.Benton.or.us/pw/

- **City of Corvallis Public Works – road closures & conditions**
 - (541) 754-1772 (24-hour recorded message)
 - (541) 754-1771 for snow and ice conditions.

- **Mary’s Peak**
 - (541) 750-7000 (weekdays, 8:00 am - 4:30 pm, after-hours recording).
 - Snow park permits are not required on Mary’s Peak.
 - NW Forest Passes are required for parking, contact Siuslaw National Forest.

- **Lane County Public Works – road & weather**
 - (541) 682-6900 (weekdays 8:00 am - 5:00 pm, and extended hours during extreme conditions).

- **Polk County Public Works – road & weather**
 - (503) 623-9287 (weekdays 8:00 am - 5:00 pm)

- **Oregon Department of Transportation – state-wide highway conditions**
 - For in-state calls: dial 1-800-977-6368 (24-hour recorded messages)
 - For out-of-state calls: dial (503) 588-2941 (24-hour recorded messages)
 - For cell phones or from a landline: dial 5-1-1
 - <http://www.tripcheck.com/>

- **Oregon Department of Transportation Region II Office**
 - Conditions for State Highways in Linn, Lincoln, Lane counties.
 - (541) 757-4211 (weekdays 7:00 am -5:30 pm, extended hours during emergencies).

- **Weather forecasts**
 - National Weather Service, Forecasts and River Projections: (503) 261-9246

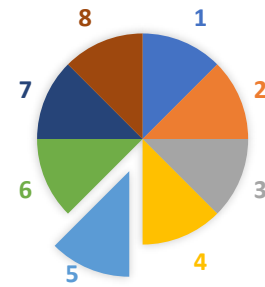
- **Other resources on the web**

- National Oceanic & Atmospheric Administration:
<http://www.wrh.noaa.gov/Portland/>
- National Weather Service Hydrologic Prediction:
<http://ahps2.wrh.noaa.gov/ahps2/index.php?wfo=pqr>
- National Weather Service/OSU weather forecasts and warnings:
<http://www.ocs.orst.edu/>

Step 5: Important Information

Again, having important information in an easily accessed format is vital in reuniting family members, ensuring family safety, and helping others help your family recover.

PREPAREDNESS STEPS



Medical Provider Contacts

When we are stressed, for example during an emergency, we may not always remember information easily. There, having the information written down before hand is best.

For each household or family member, fill in information for each type of provider. For example: doctor, dentist, pharmacist, or specialist. Blank forms can be found in the Appendix.

Example

Medical Provider Contact Information

Patient Name:	<i>Jonny Doe</i>	Type of Provider:	<i>Pharmacist</i>
Provider Name:	<i>Dr. Smith</i>	Phone:	<i>123-456-7890</i>
Provider Location:	<i>ABC Pharmacy</i>		
Provider Address:	<i>123 Medicine Street</i>	City:	<i>Lebanon 97355</i>

Medication List

During an emergency or disaster, having medication information at hand is the best way to help professionals have all necessary data on each family member.



For each household or family member, fill in each section with medication and medical information. The Appendix has blank forms for your use.

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Example

Medications

Patient Name:	<i>Susie Smith</i>
Medication Name:	<i>Medication Name</i>
Medication Instructions:	<i>Directions from bottle</i>
Reason for Taking:	<i>Diagnosis</i>
Date Started:	<i>June 2018</i>
Medication Location:	<i>Master Bath Medicine Cabinet</i>
Doctor Name:	<i>Dr. Jones</i>
Doctor Phone:	<i>123-456-7890</i>

Allergy and Other Health Information

Allergies can have some unfortunate side effects. Keeping this information on each of your family members will help others know if there is an allergy to some medication or other material.

For each household or family member, list all allergies and other health information. Forms for you to use can be found in the Appendix.

Example

Allergy and Other Health Information

Patient Name:	<i>Sarah Smith</i>
Medication Allergy:	<i>Penicillin</i>
Other Allergies:	<i>Shell fish, bees</i>
Other Health Information:	<i>Heart condition, uses walker, hard of hearing</i>

Insurance Information

During an emergency event or disaster, having insurance information at hand will help you and your family recover.

Fill in each section for each type of insurance provider. The Appendix has blank forms for you to use.

Example

Insurance Contacts

Insurance	Insurance Company:	<i>Acme Insurance</i>
	Policy Number:	<i>ABC123</i>
	Local Address	<i>5678 SE North Street</i>
	Local Phone:	<i>123-456-7890</i>
	Notes:	<i>Renter's & car insurance</i>

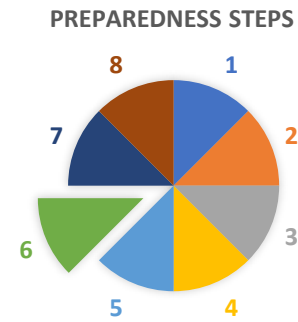
Important Documents

It is very important to have easy access to vital information and documents after an emergency or disaster. The best way to store the information and documents by having well-hidden paper copies and digital copies on a USB drive or CD. Documents you should have at hand to help you recover from an event are:

- ◆ Property Insurance
- ◆ Wills, Powers of Attorney, Estate
- ◆ Safe Deposit Box
- ◆ Health Insurance
- ◆ Photos/videos of valuables
- ◆ Financial documents (bank information, investments, retirement)

Step 6: Hazards & Utilities

Some situations in your home can be especially hazardous during an emergency or disaster. Taking steps to remedy these hazards before an event will help you recover more quickly.



How Safe is Your Home?

You can help prevent or reduce, injuries, deaths, and property damage caused from a disaster by doing a home hazard hunt. Take 30 minutes to walk around your home to identify areas where items may fall during the rocking and rolling of an earthquake. Follow these suggestions to make your home safer.

Resolving safety hazards

Some hazards in your home are easy to remedy. Using the checklist below, involve the whole family, especially your children, in a home hazard hunt. Remember that anything that can move, break, fall, or burn is a potential hazard. Foresight, imagination, and common sense are the only tools you will need! After identifying what needs to be done, then devise a plan to do it.

- | | | | | | |
|--------------------------|--------------------------|---|--------------------------|--------------------------|---|
| Yes | No | <u>Kitchen</u> | Yes | No | <u>Electricity</u> |
| <input type="checkbox"/> | <input type="checkbox"/> | Keep cords from dangling | <input type="checkbox"/> | <input type="checkbox"/> | Avoid use of extension cords |
| <input type="checkbox"/> | <input type="checkbox"/> | Do not leave cooking food unattended | <input type="checkbox"/> | <input type="checkbox"/> | Plug only one heat device into an electrical outlet |
| <input type="checkbox"/> | <input type="checkbox"/> | Keep pan handles turned in while cooking | <input type="checkbox"/> | <input type="checkbox"/> | Ensure cords are not placed under rugs |
| <input type="checkbox"/> | <input type="checkbox"/> | Keep cooking areas clean and clear of combustibles | <input type="checkbox"/> | <input type="checkbox"/> | Use bulbs with the correct wattage for lamps and fixtures |
| <input type="checkbox"/> | <input type="checkbox"/> | Ensure outlets near kitchen sink are GFI equipped | <input type="checkbox"/> | <input type="checkbox"/> | Replace damaged cords, plugs, sockets |
| <input type="checkbox"/> | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | Do not override or bypass fuses or circuit breakers |
| <input type="checkbox"/> | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | Verify circuits are not overloaded |
| <input type="checkbox"/> | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | Check fuses/circuit breakers for the correct amperage ratings |
| <input type="checkbox"/> | <input type="checkbox"/> | <u>Smoking and Flames</u> | <input type="checkbox"/> | <input type="checkbox"/> | <u>Clothes Washer and Dryer</u> |
| <input type="checkbox"/> | <input type="checkbox"/> | Store matches and lighters out of reach of children | <input type="checkbox"/> | <input type="checkbox"/> | Verify that appliances are properly grounded |
| <input type="checkbox"/> | <input type="checkbox"/> | Use large, deep, non-tip ashtrays | <input type="checkbox"/> | <input type="checkbox"/> | Ensure lint filter is clean and serviceable |
| <input type="checkbox"/> | <input type="checkbox"/> | Never smoke when drowsy or in bed | <input type="checkbox"/> | <input type="checkbox"/> | Check vent hose and vent line to ensure they are clean and provide unobstructed airflow |
| <input type="checkbox"/> | <input type="checkbox"/> | Check furniture for smoldering cigarettes every night, especially after parties | | | |
| <input type="checkbox"/> | <input type="checkbox"/> | Dispose of ashes and cigarette butts in a metal can at least daily | | | |

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Linn County Preparedness Guide

- | | |
|--|---|
| <p>Yes No <u>Garage/Attic/Shed</u></p> <p><input type="checkbox"/> <input type="checkbox"/> Use gasoline as a motor fuel only and never use or store it inside the home</p> <p><input type="checkbox"/> <input type="checkbox"/> Keep only a small quantity of gasoline, if necessary, in an approved container locked in the garage or shed</p> <p><input type="checkbox"/> <input type="checkbox"/> Keep flammable liquids, such as paints and thinners, in their original containers and store on or near the ground and away from sources of heat, sparks, or flame</p> <p><input type="checkbox"/> <input type="checkbox"/> Store used oily rags in sealed metal containers</p> <p><input type="checkbox"/> <input type="checkbox"/> Never store combustibles, such as newspapers and magazines, in your attic</p>
<p>Yes No <u>Heating Equipment</u></p> <p><input type="checkbox"/> <input type="checkbox"/> Ensure fireplace inserts and gas/wood stoves comply with local codes</p> <p><input type="checkbox"/> <input type="checkbox"/> Clean and inspect chimney annually</p> <p><input type="checkbox"/> <input type="checkbox"/> Dispose of ashes in metal container</p> <p><input type="checkbox"/> <input type="checkbox"/> Keep clothes, furnishings, and electrical cords at least 12" from wall heaters and 36" from portable heaters</p> <p><input type="checkbox"/> <input type="checkbox"/> Service furnace annually</p> <p><input type="checkbox"/> <input type="checkbox"/> Set water heater thermostat at 120°F</p> <p><input type="checkbox"/> <input type="checkbox"/> Elevate new or replacement gas water heaters at least 18" above the floor</p>
<p>Yes No <u>Earthquake Hazards (All rooms)</u></p> <p><input type="checkbox"/> <input type="checkbox"/> Bolt heavy, tall, upright furniture to wall studs</p> <p><input type="checkbox"/> <input type="checkbox"/> Lock or remove rollers on beds, furniture, and appliances</p> <p><input type="checkbox"/> <input type="checkbox"/> Secure hanging plants and light fixtures with one or more guy wires to prevent swinging into walls or windows and breaking</p> <p><input type="checkbox"/> <input type="checkbox"/> Locate beds away from windows and heavy wall-mounted objects</p> <p><input type="checkbox"/> <input type="checkbox"/> Secure all cabinets (kitchen, bathroom, garage) with latches</p> <p><input type="checkbox"/> <input type="checkbox"/> Secure items on shelves with quake mats, Velcro, or earthquake putty</p> <p><input type="checkbox"/> <input type="checkbox"/> Store heavy and/or breakable items on lower shelves</p> | <p>Yes No <u>All Rooms</u></p> <p><input type="checkbox"/> <input type="checkbox"/> Ensure floor coverings (rugs, carpets) are properly secured to prevent tripping</p> <p><input type="checkbox"/> <input type="checkbox"/> Separate draw cords on blinds and drapes to reduce strangulation hazards for kids</p> <p><input type="checkbox"/> <input type="checkbox"/> Ensure room exits are unobstructed</p>
<p>Yes No <u>Fire Extinguisher</u></p> <p><input type="checkbox"/> <input type="checkbox"/> Verify that an ABC fire extinguisher is maintained in an accessible location</p> <p><input type="checkbox"/> <input type="checkbox"/> Are additional fire extinguishers kept in the kitchen, garage, basement, and sleeping area?</p> <p><input type="checkbox"/> <input type="checkbox"/> Ensure that all family members know how to use it</p>
<p>Yes No <u>Smoke Detector</u></p> <p><input type="checkbox"/> <input type="checkbox"/> Installed properly on every level?</p> <p><input type="checkbox"/> <input type="checkbox"/> Tested at least once per month?</p> <p><input type="checkbox"/> <input type="checkbox"/> Battery checked every year?</p> <p><input type="checkbox"/> <input type="checkbox"/> Detector replaced every 10 years?</p>
<p>Yes No <u>Bathrooms</u></p> <p><input type="checkbox"/> <input type="checkbox"/> Store poisonous cleaning supplies and medicines in "child-proofed" cabinets</p> <p><input type="checkbox"/> <input type="checkbox"/> Replace glass bottles with plastic containers</p> <p><input type="checkbox"/> <input type="checkbox"/> Ensure all outlets are GFI equipped</p>
<p>Yes No <u>Bedrooms</u></p> <p><input type="checkbox"/> <input type="checkbox"/> Attach all tall furniture (such as bookcases) to wall studs with an "L" bracket</p> <p><input type="checkbox"/> <input type="checkbox"/> Mirrors and heavy artwork should be secured to the wall using guy wires</p> <p><input type="checkbox"/> <input type="checkbox"/> Secure electronics with slip mats, Velcro, or quake wax</p>
<p>Yes No <u>Family Preparedness</u></p> |
|--|---|

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- Secure mirrors and pictures to the wall or hang them with heavy wire, looped through eye screws, or tongue-in-groove hangers
- Use flexible connections on gas appliances
- Check chimney for loose bricks and repair as needed
- Check foundation for cracks and repair as needed
- Bolt home to foundation to prevent shifting during an earthquake
- Strap water heater to wall studs
- Plan two exits from every room, including the second floor, and make sure everyone knows them
- Designate a meeting place outside
- Have an out-of-state contact for family check ins after a disaster/emergency
- Develop an escape plan and practice it at least twice a year
- Store important papers and valuables in a fire proof safe/cabinet
- Maintain proper insurance coverage for your home and its contents (earthquake, flood, fire, renter's)

Utility and Service Contacts

Having utility and service contacts in one centralized location, like in this book, is the best way to call in outages or interruptions in service whether it is during everyday life or during an emergency.

Fill in each section for each type of service. A blank form can be found in the Appendix.

Example	
<i>Utility and Service Contacts</i>	
Utility	Service Provider: <i>Zap 'Em Utility Corp.</i>
	Account Number: <i>1234EE</i>
	Local Address: <i>567 SW Name Street</i>
	Local Phone: <i>123 -456 -7890</i>
	☞ If your power is out, switch your front porch light on so officials can see when your service is back on.

Shutting Off Utilities

During or after a disaster or emergency, it may become necessary to turn off one or more of your utilities. These utilities include:

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- Power (Electricity)
- Gas (natural, propane, or LPG)
- Water

Electricity

All family members should know how to turn on and turn off the electricity. If you don't think you'll remember, a copy of this section of the book can be taped to the inside of the circuit breaker door for easy reference.

How to turn the electricity off and on

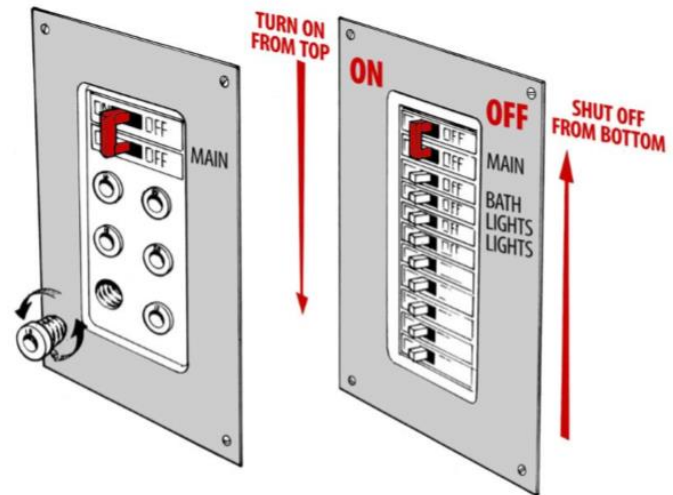
You can turn off or on the power at the circuit electrical panel.

To turn **off** the power:

1. Flip the individual breakers to "off"
2. Flip each breaker one by one
3. Flip the main breaker last

To turn **on** the power

1. Flip the main breaker to "on" first
2. Flip individual breakers one by one



What to do if you lose power:

- Check your electrical panel for tripped breakers or blown fuses and reset the breakers by turning them "off" and then "on" – replace any blown fuses
- Call your utility company and report the outage
- Turn on an outside light to help the utility crews know when you have power again
- When the power has been turned back on, turn off major appliances, computers,

Save a Life! Be Prepared!

and television to keep the circuits from overloading

- Check on your neighbors or people who may not be able to cope without power

When you are without power for some time:

- Use flashlights or light sticks, instead of candles – candles can start fires
- Keep refrigerator and freezer doors closed to keep contents cool
 - A full freezer will stay cold longer
 - Fill in empty spaces with milk jugs of water before a power outage
- If your stove does not work, use a camp stove or barbeque outside – do not use the camp stove or barbeque indoors
- If your heater does not work, use your fireplace or woodstove – do not use kerosene or propane heaters inside without proper ventilation as they create dangerous fumes
- If you have a generator, be sure to use it correctly – make sure it ventilates away from your home and ask a professional if you need help

When you are outdoors:

- Stay clear of any downed power lines

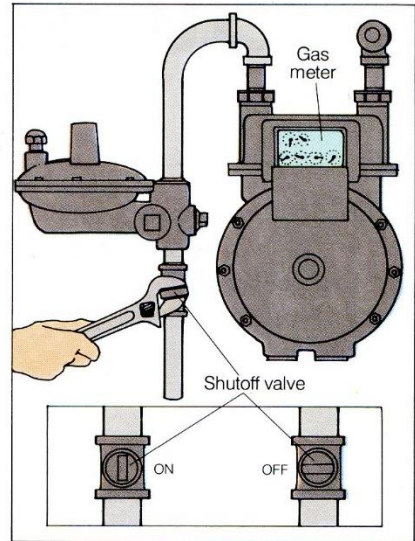
Natural Gas

How can you tell if natural gas is leaking into your home? Your home will have a sulfur “rotten eggs” smell to it. Usually natural gas is odorless and colorless, but a chemical is added to make it easier to detect if there is a leak.

How to turn natural gas off:

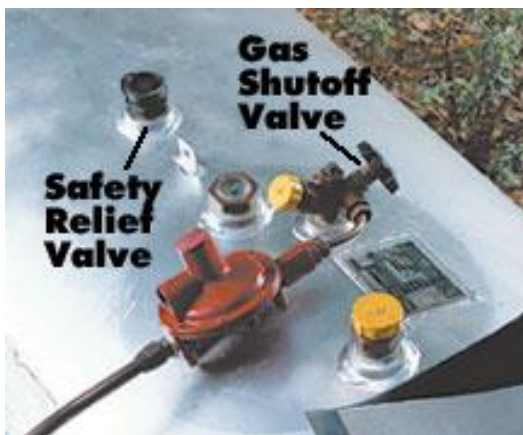
1. Shut off gas only if you smell it or hear a hissing noise or have some reason to believe there is a problem or break in the gas line
2. Do not use matches, open flames, or electricity as they can cause a spark
3. Use a non-sparking adjustable wrench/gas shutoff tool
4. Tighten the wrench around the shut off valve
 - the shut off valve is on the stand pipe that goes into the gas meter and comes out of the ground
5. Turn the wrench one quarter turn or 90°
6. **Once the gas is off, leave it off** – call the gas company when you are ready for the gas to be turned back on – do not turn the gas back on yourself, it must be done by a professional to make sure it is safe

GAS SHUTOFF VALVE



Propane Gas or LPG

How to turn the propane gas or LPG off



1. Open the top of the tank
2. Find either a regular turn knob or a quarter turn valve
3. For turn knobs, turn the knob to your right to shut off the flow of propane into your house
4. For quarter turn valves, see steps 4-6 in the instructions for natural gas above
5. **Again, once the gas is off, leave it off** – call the gas company when you are ready for the gas to be turned back on

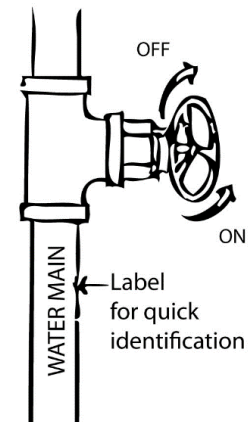
Water Supply

Water is very important following many disasters. Everyone should know how to turn off the main house valve. It can sometimes be safer to turn your water off until authorities say it is safe. For example, gravity can drain your water heater and toilet unless you trap it by turning off the main house valve (not the cement box at the curb).

How to turn off or on the main water supply

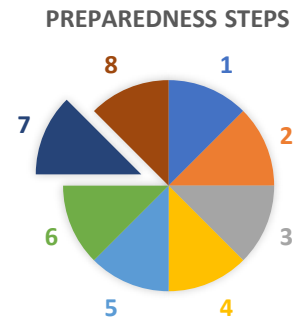
1. Find the main water valve
2. To turn *off* the water, turn the valve to your right (clockwise)
3. To turn *on* the water, turn the valve to your left (counter clockwise)

Water Shut-Off



Step 7: Food, Water, & Supplies

This is the most important step for most people. They want to know what they need, where to buy it, how to store it, and more. We've broken things down into easy categories for you and your home: 2-week Home Kit, 3-day Go Kit, Vehicle Kit, Under Bed Kit, Pet Kit, and Pandemic Flu Kit. It does seem like there are a lot of different kits, but they all serve different purposes. Plus, if you ever need one of them, you will be glad you set them up correctly.



2-week Home Kit

A 2-week Home Kit is used when you can stay in your home before, during, and after an emergency or disaster. It will have enough food, water, and supplies to help you during the initial two weeks after an event.

Below is one style of a household emergency kit. Whatever container you choose for you and your household, make sure it: is portable for you, keeps the supplies clean, dry, and together, and that the contents are not expired.



- **Prepare your 2-week Home Kit:** You must be ready to take care of yourself for at least 2 weeks and, sometimes, more – emergency responders may not be able to get help to you due to blocked roads or great need somewhere else
- **Tape to inside lid:** a copy of this book, a list of all items in your Kit with expiration dates, and add the date it was last inspected
- **Layer supplies:** keep supplies together in a container that will keep them dry and pest-free, such as a plastic garbage can with wheels.

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- **Check it out:** every 6 months, check the expiration dates on your master list of supplies, your food, and make sure your clothes and your children’s clothes still fit.
- **Start with what you already have** – If you are a camper or backpacker, you can also use your tent, cook stove, water purification supplies and other gear as emergency supplies (disposable plates and utensils may help save precious washing water)
- **Store your emergency supply kit in a safe and easy to find place** – For example, you can store it in a closet, a “safety corner” in the garage, or under the bed – keep it in a cool, dark, and easy to get to place (it is very important to keep contents clean and dry and safe from pests)
- **The cost** – emergency kits don’t need to cost you large sums of money, especially all at once, although you can buy pre-made emergency kits for you and your family, they are very expensive – instead, watch for sales, shop discount stores, thrift stores, and buy in bulk if the same item needs to be placed in more than one kit: remember, it doesn’t need to be expensive to work

What to put in it

Your 2-week Home Kit has food appropriate for you and your other family members (keeping in mind special dietary needs), as well as medical supplies, and tools that can be helpful to you.

Food:

- Store at least a **2-week** supply of food for each family member
- Choose foods your family likes and foods that will last a long time without spoiling – For example:
 - Canned ready-to-eat meats, canned fruits, and canned vegetables
 - Canned or dried juice mixes, powdered or canned milk, baby formula
 - High energy foods such as peanut butter, jelly, crackers, unsalted nuts, trail mix, freeze-dried foods, cereals, and rice
 - Basic food seasonings (salt, pepper, garlic powder, onion powder, etc.)

- ❑ Store foods in single or family meal-size packages that you will use up in one sitting – unrefrigerated leftovers can lead to food poisoning
- ❑ Remember to check expiration dates **every 6 months** – an easy time to remember is when the time changes
- ❑ Use the following **Readiness Calendar** to help you build your own 2-week Home Kit – an easy to carry copy is in the Appendix.
 - The **Readiness Calendar** will help you get ready for an emergency or disaster within one year – each month has a list of items and activities to help you
 - Remember, each person in your family should be part of organizing supplies and practicing the activities (you never know when they will need to access the supplies or help you during recovery after an event)
 - The easiest way to figure how much to buy is to take the quantity of each item listed on the Readiness Calendar and multiply it by the number of family members



- **12 rolls of TP x 5 family members = 60 TP rolls!**
 - That is how much toilet paper a five-person family household would need for two weeks
 - A great place to store toilet paper is in plastic boxes placed under the beds
- Start with what you already have at home and mark them off the list
 - Add 2-3 items per week to your grocery list until all items are bought – follow the sales when shopping – if something is on sale, but the item is not listed in that month on the Readiness Calendar – buy the item and mark it off the list (it is more important to have the correct supplies than what month you purchase it in)

Linn County Readiness Calendar

Family Disaster Supplies & Preparedness Activities

This 12-month readiness calendar is a tool to help you prepare for disasters before they happen. After you make purchases, gather supplies, or complete an activity, check the box next to it.

January	<p>Purchase/Gather together</p> <ul style="list-style-type: none"> <input type="checkbox"/> Water – 14 gallons per person (2-week supply) <input type="checkbox"/> Water – 7 gallons per pet (2-week supply) <input type="checkbox"/> Hand-operated/manual can & bottle opener <input type="checkbox"/> 3 lg. instant drinks (coffee, tea, powdered sodas) <input type="checkbox"/> 2 flashlights with extra batteries <input type="checkbox"/> Basic seasonings (salt, pepper, garlic powder, onion powder, etc.) <input type="checkbox"/> Notebooks and pens + 5 permanent markers <input type="checkbox"/> Medical scissors + thermometer + tweezers 	<p>Activities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make your family disaster preparedness plan <input type="checkbox"/> Inventory disaster supplies already on hand, especially camping gear <input type="checkbox"/> If you fill your own containers with water, mark them with the fill date (rotate every 6 months) <input type="checkbox"/> Date water/food containers, if not dated <input type="checkbox"/> Conduct a home hazard hunt <input type="checkbox"/> Place petroleum jelly + medicine dropper + rubbing alcohol into kit
February	<p>Purchase/Gather together</p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned fruit – 20 cans/person (2-week supply) <input type="checkbox"/> 12 rolls of toilet paper per person <input type="checkbox"/> Crescent wrench (or utility shutoff tool) <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Baby food, 2-week supply all varieties <input type="checkbox"/> Safety light (camp light) + compass (not digital) <input type="checkbox"/> Temporary toilet supplies: 2 empty 5+ gallon buckets, pool noodles, kitty litter + shower curtain) 	<p>Activities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Conduct a home fire drill <input type="checkbox"/> Check with your child’s day care/school to find out about their disaster plans <input type="checkbox"/> Locate gas meter & water shutoff points and attach non-sparking shutoff tool near them <input type="checkbox"/> Put contact and/or denture supplies in kit <input type="checkbox"/> Add comfort items into Kit <input type="checkbox"/> Add pair of extra glasses into Kit
March	<p>Purchase/Gather together</p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned meat, stew, or pasta meal – 25 cans/person (2-week supply) <input type="checkbox"/> Sanitary napkins <input type="checkbox"/> Videotape or thumb drive or blank CD <input type="checkbox"/> Family-size first-aid kit <input type="checkbox"/> Pet food (for 2-weeks) each pet <input type="checkbox"/> 5 boxes/jars high-energy snacks 	<p>Activities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check battery and test smoke detector (purchase/install if you don’t have one) <input type="checkbox"/> Check water and rotate/replace, if needed <input type="checkbox"/> Check dates of stored food and rotate/replace, if needed <input type="checkbox"/> Establish out-of-state contact to call in case of emergency
<p>Your supplies may be stored together in one large container, such as a garbage can on wheels, or several small ones. Food items may be kept on specific shelves in a pantry.</p>		

Linn County Preparedness Guide

April	<p>Purchase/Gather together</p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned vegetables – 20 cans/person <input type="checkbox"/> Extra pet supplies: litter, box, collar, leash, etc. <input type="checkbox"/> Large storage containers for gathered supplies <input type="checkbox"/> 3 jars of peanut butter (or another nut butter) <input type="checkbox"/> 3 boxes of powdered milk <input type="checkbox"/> Waterproof matches (not for minors) + candles <input type="checkbox"/> Local maps 	<p>Activities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Create a Bed Kit for each family member and place them near/under edge of their beds <input type="checkbox"/> Place a supply of prescription medicine(s) in a storage container, date them <input type="checkbox"/> Start putting gathered/purchased supplies into storage containers, include blankets or sleeping bags
May	<p>Purchase/Gather together</p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned ready-to-eat soup, 10 cans/person <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Plain liquid bleach, no scent or extras <input type="checkbox"/> Portable AM/FM radio, with extra batteries <input type="checkbox"/> Anti-bacterial liquid hand soap <input type="checkbox"/> 3 lg. cans/jars of dried fruit/nuts <input type="checkbox"/> Baby supplies (diapers, bottles, clothes, etc.) 	<p>Activities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make copies of important papers and put in storage container <input type="checkbox"/> Find neighbors who may have special skills or training (first aid, child care, amateur radio, tree removal, small engine repair, heavy equipment, wilderness survival, carpentry) <input type="checkbox"/> Make a Pet Kit for every household pet
	<p>Tips for Food Items</p> <ul style="list-style-type: none"> ◆ <i>Select foods based on your family's preferences</i> ◆ <i>Pick low-salt, water packed varieties (when possible) to avoid undue thirst</i> 	<p>Meats: tuna, chicken, raviolis, stew, Spam, ... Veggies: green beans, corn, beets, baked beans, ... Fruit: pears, applesauce, oranges, pineapple, ... Energy: granola, trail mix, protein bars, raisins, ...</p>
June	<p>Purchase/Gather together</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 – quick-energy snacks (granola, raisins, peanut butter, etc.) <input type="checkbox"/> 12 rolls of paper towels <input type="checkbox"/> 3 boxes of facial tissue <input type="checkbox"/> Sunscreen <input type="checkbox"/> Anti-diarrhea medicine 	<p>Activities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Extra eyeglasses in your emergency kit <input type="checkbox"/> Store a roll of quarters to use in case of emergency and you need a pay phone <input type="checkbox"/> Find out about your workplace disaster plans <input type="checkbox"/> Video your home, including contents, for insurance purposes (store tape/drive/cd with friends/family who live out of town)
July	<p>Purchase/Gather together</p> <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> ABC Fire Extinguisher <input type="checkbox"/> Large can/box of juices, 7 can/person <input type="checkbox"/> Adult/children vitamins <input type="checkbox"/> Pair of pliers and/or vise grips 	<p>Activities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a first aid/CPR class <input type="checkbox"/> Identify neighbors who may need help in an emergency (limited mobility, health problems, children who might be alone, etc.) <input type="checkbox"/> Show where and how to shut off utilities
August	<p>Purchase/Gather together</p> <ul style="list-style-type: none"> <input type="checkbox"/> 5 boxes of crackers or graham crackers <input type="checkbox"/> 5 boxes of dry cereal, low sugar <input type="checkbox"/> 3 Box of large, heavy-duty garbage bags <input type="checkbox"/> Camping or utility knife 	<p>Activities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Secure shelves, cabinets, and drawers for safety during earthquakes <input type="checkbox"/> Inventory expensive equipment with neighbors that can be shared, chain saws,

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	<input type="checkbox"/> Pain reliever (adults & kids) + antacid + laxative	chippers, snow blowers, 4-wheel vehicles, etc.
September	Purchase/Gather together <ul style="list-style-type: none"> <input type="checkbox"/> Extra batteries (flashlights, radio, hearing aid, etc.) <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> Crowbar/pry bar <input type="checkbox"/> Camp stove or BBQ + fuel 	Activities <ul style="list-style-type: none"> <input type="checkbox"/> Make a Vehicle Kit for every household vehicle <input type="checkbox"/> Secure water heater to wall studs <input type="checkbox"/> "Child proof" latches or other fasteners for cabinet doors and drawers <input type="checkbox"/> Exchange all contact information with neighbors
October	Purchase/Gather together <ul style="list-style-type: none"> <input type="checkbox"/> Hammer & assorted nails <input type="checkbox"/> Screw drivers & assorted wood screws <input type="checkbox"/> Heavy duty plastic tarps, several <input type="checkbox"/> Extra toothbrush and toothpaste <input type="checkbox"/> 5 items of comfort foods (candy, cookies, etc.) 	Activities <ul style="list-style-type: none"> <input type="checkbox"/> Plan to have someone help your children, if you are away from home <input type="checkbox"/> Conduct an earthquake drill at home <input type="checkbox"/> Replace prescription medicines as required by expiration dates
November	Purchase/Gather together <ul style="list-style-type: none"> <input type="checkbox"/> Dishes & cups (paper, plastic, camping, etc.) <input type="checkbox"/> Eating & cooking utensils <input type="checkbox"/> Masking tape <input type="checkbox"/> Kitchen-sized garbage bags <input type="checkbox"/> Plastic wrap + foil + "baggies" <input type="checkbox"/> 1 18 oz. can of dry oats <input type="checkbox"/> Condiments & marinades 	Activities <ul style="list-style-type: none"> <input type="checkbox"/> Check battery and test smoke detector (purchase/install if you don't have one) <input type="checkbox"/> Check water and rotate/replace, if needed <input type="checkbox"/> Check dates of stored food and rotate/replace, if needed <input type="checkbox"/> Plan to have someone help your pets, if you are away from home
December	Purchase/Gather together <ul style="list-style-type: none"> <input type="checkbox"/> Heavy work gloves & 12 medical nitrile gloves <input type="checkbox"/> Disposable dust masks + N95 medical masks <input type="checkbox"/> Safety goggles <input type="checkbox"/> Antiseptic + disinfectant <input type="checkbox"/> Sewing kit + safety pins 	Activities <ul style="list-style-type: none"> <input type="checkbox"/> Create a 3-day Go Kit for every member of your household <input type="checkbox"/> Place prescription medicine into Kit <input type="checkbox"/> Add appropriate seasonal clothing into Kit <input type="checkbox"/> Take a class or volunteer with a local group

Food storage safety

To help keep foods safe enough to eat, keep refrigerator and freezer doors closed as much as possible. Food is safe up to above six hours in a full refrigerator with minimal door openings. Food is safe up to roughly two days in a full freezer with minimal door openings.

Foods are sorted into three categories:

- **At-Risk:** fish, poultry, eggs, meat, soft cheeses, etc.

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- **Questionable:** mayonnaise, produce, butter, salad dressings, hard cheese, etc.
- **Safe:** carbonated beverages, ketchup, mustard, peanut butter, unopened juices, etc.

When to throw out food

It is extremely important to know what foods are safe to use after a power outage or an event.

Keeping the doors closed as much as possible will help keep

foods safer longer. Also use a food thermometer to measure temperatures. Do not just guess. Use the following chart to help you decide what is safe to eat.

Tip: When in doubt, throw it out!

Keep	Use ASAP	Throw Out
<ul style="list-style-type: none">◆ Power is out no more than a few hours◆ Still frozen with ice crystals	<ul style="list-style-type: none">◆ Partially frozen At-Risk foods	<ul style="list-style-type: none">◆ At-Risk foods more than 40°F◆ Thawed At-Risk foods that are more than 40°F

Water Safety Procedures:

Water is one of the most valuable supplies to have on hand for each member of your family (including your pets). Water must be safe enough to drink or for cooking. It must also be used during medical treatment. Additionally, minimal bathing is needed to keep everyone healthy.

Water can be bought from many stores, but that is not always the most economic way. Instead, knowing how to prepare and store water that should be rotated every six months becomes essential.

- Store at least a **2-week** supply of water for each family member and pet – also, have supplies handy to make the water safe to drink
- Store **one gallon of water per person per day** for drinking, cooking, and minimal washing



- **Expect water shortages:** Water and sewer pipes may break or clog during a disaster or there may be times when the local officials ask you to not use the water or sewer system – you may be asked to not flush your toilets or run water in your sinks
- You should store your water in containers such as soda pop bottles – do not use glass as it breaks easily or milk jugs as the plastic weakens over time
- To store your water, wash the container with a weak bleach solution (1-part bleach to 10 parts water), fill the water to the very brim, and screw the lid on tightly
- Write the date on the water containers and replace them **every 6 months**. An easy time to remember is when the time changes – Use the “old water” for cooking, watering plants, etc. instead of just pouring it down the drain
- To help the taste, you need to add oxygen back into the water – to do this, pour the water back and forth between two containers a 5-6 times – this action will add small oxygen bubbles and improve taste
- Learn how to save and remove the water from your water heater for emergency use – be sure to turn off the gas or electricity to the tank before draining off water

How to make water safe

- Filter water to remove any solids by using coffee filters, cheesecloth, or paper towels from your 2-week Home Kit
- Bring water to a true rolling boil and boil for 10 minutes
- You must let water cool for 30 minutes, otherwise the bleach will not do its job
- Add 8 drops/2 liters or 16 drops/1 gallon of plain bleach (no scents, additives, etc.) for drinking or cooking water
- Let the bleached water stand for 30 minutes – do not touch it
 - If the water smells like bleach, you are safe to use it
 - If the water does not smell like bleach, add an additional 16 drops of bleach, and let it stand an additional 30 minutes

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- If the water still does not smell like bleach, discard the water in a safe area and find a new source of water

Keep a copy of this book in your emergency kit.

3-day Go Kit



A 3-day Go Kit is perfect for when you need to quickly evacuate your home or need to go to a shelter. It has enough food, water, medical items, and other supplies to provide basic comfort when you need to leave your house due to an emergency or disaster. It is like your 2-week Home Kit, but much smaller.

Each member of your family should have their own individualized 3-day Go Kit, this includes pets and babies. For kids, have them decorate a backpack or small suitcase to show it is theirs. This gives them a sense of ownership and will help them remember to grab it when it is needed.



Your 3-day Go Kit should include:

Over-the-Counter: laxatives, antacids, pain relievers, anti-diarrhea, medium 1st aid kit

Soaps: liquid hand soap, dish soap, hand sanitizer, antiseptic, lotion, personal grooming items, washcloth for bathing

Clothes: 1 full change of seasonal clothing, extra socks, hat, gloves, rain poncho

Tools & Supplies: feminine supplies, duct tape, manual can opener, toilet paper, dishes, utensils, radio, whistle, flashlight with batteries, notebook and pen, compass, waterproof matches

Water: 3 gallons per person and 1.5 gallons per pet

Special items: comfort items, prescription medication, extra glasses, denture supplies, contact lens supplies, glow sticks, city map, pet toy

Bedding: sleeping bags, emergency blankets, tarps, tents

Food: 2 bottles of fruit juice, 5 cans of meat/pasta/chili, 3 cans of fruit, 4 cans of vegetables, 2 cans of ready-to-eat soup, 3 jars of energy snacks, graham crackers, 1 dry cereal, 1 can dried fruit/nuts, 1 comfort food item, pet food for 3 days, baby food for 3 days

Vehicle Kit

Why have a Vehicle Kit? You never know when you may be stuck in traffic, encounter bad weather, or run into road closures. A Vehicle Kit should help you stay in your car safe and warm for a few hours up to a day.

One kit in every car

- **Prepare your Kit for different kinds of emergencies:**
 - Car problems
 - Empty gas tank
 - Weather emergencies
 - Other disaster
- **Store your supplies** in a plastic tool box, storage box, suitcase, bucket, backpack, or zippered bag—keep the kit in a safe and easy to get to place in your vehicle.
- **Check the expiration dates every 6 months**
- **Never go below ½ a tank of gas** – you never know when an emergency or disaster will occur – also following an event, fuel shortages may occur with everyone wanting to get gas at the same time



Items to include

Over-the-Counter: antacids, pain relievers, anti-diarrhea, small 1st aid kit

Cleaning: hand sanitizer, antiseptic, lotion, toilet paper in a baggie, feminine items, facial tissues

Vehicle: flares, matches, fire extinguisher, chains, traction mat, kitty litter, shovel, tow strap, jumper cables, spare fuses, small tool set, “Fix-a-flat,” spare tire, tire jack, tire pressure gauge, ice scraper

Tools & Supplies: feminine supplies, duct tape, manual can opener, toilet paper, dishes,

Water: 1 gallon per person and pets

Special items: comfort items (books/travel games), glow sticks, city map, compass, notebook with pens, emergency cash (\$20)

Warmth: emergency blankets, beanies, gloves, hand warmers, extra socks, rain poncho, sturdy shoes, rain gear, umbrella

Food: jerky, protein bars, dry cereal, dried fruit/nuts, comfort food, pet food for 1 day,

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utensils, radio, whistle, flashlight with batteries, notebook and pen, compass, waterproof matches, wind-up or battery radio with clock

baby food for 1 day, meal replacement bars, food that does not need to be cooked

Under Bed Kit

Having an Under-Bed Kit is best for when emergencies happen at night or whenever we are asleep. It provides us with the minimal amount of supplies to travel through a darkened home safely.

Be sure to have protection for your head, hands, feet, and eyes. Under every household member's bed, you should keep:

- Safety helmet
- Sturdy shoes
- Work gloves
- Protective eyewear or goggles
- Flashlight or headlamp
- Chemical light sticks
- Band-aids
- Glasses
- OK/HELP sign



Pandemic Flu Kit

A Pandemic Flu Kit will be very helpful if someone becomes sick any time throughout the year. In addition to an annual flu vaccine, this Kit can help prevent the spread of germs.



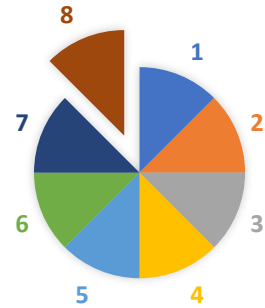
- **N95 masks** – surgical style/droplet protective
- **Gloves** – disposable
- **Hand sanitizer** – sanitizing wipes/towelettes
- **Safety goggles** – eye/droplet protection
- **Apron/gowns** – droplet/fluid protection
- **Thermometer** – clean well after each use or use disposable covers
- **Anti-diarrheal medicine** – helps with symptoms
- **Fluids** – keeps patient hydrated

Step 8: Get Involved

Connect with Your Neighbors

In an emergency, neighbors can be your first and best source of help. Professional emergency responders like the police, fire, public works, and medical services may not be able to get to you for the first few hours or several days of a disaster.

PREPAREDNESS STEPS



While everyone in your neighborhood is waiting for help, you and your neighbors can come together to help one another. You can all help gather resources and share your skills. This will help everyone better survive the disaster.

You can be creative with how you involve your neighborhood. You can turn your organizing efforts into a neighborhood social event, like a block party. Here are a few tips on how to involve your neighbors:

Organize your neighborhood. Recruit 25-30 households. You can also work through an existing organization like Neighborhood Watch, homeowners' association, or neighborhood association. Linn County Emergency Management can give you information on how to get started. Contact the Emergency Services Coordinator at (541) 812-2272 for more information.

Share your resources. Make a list of neighbors who have special skills like medical, construction, etc. Also plan to share limited equipment such as chain saws, generators, and 4-wheel drive vehicles. Know who has what equipment and where the equipment is kept.

Check on neighbors. Organize and assign a group of people to check on persons who may need extra help in a disaster (elderly, sick, special needs, families or single parents with small children, persons for whom English is not their first language). Also check on children or other vulnerable people who may be home alone. Remember to include your neighbors in your disaster plan.

Buddy up. In case of a pandemic influenza outbreak or other emergency, you and your "buddy" household can look after each other for simple but important things such as: checking in (phone call, texts, email, etc.), running errands, delivering groceries or other supplies. Be prepared to help if you are the healthy one.

Develop a plan. Build on the strengths, needs, and interests of all family members and neighbors. This will help ensure all families are prepared and ready for any emergency.

Save a Life! Be Prepared!

Volunteer in Your Community

There are many opportunities to volunteer in your community before, during, or after an emergency or disaster. Of course, each person should double-check themselves and their families before agreeing to volunteer in the larger community. Contact information for some volunteer disaster or preparedness organizations to investigate include:

Search and Rescue

<https://www.linnsheriff.org/volunteer-programs/search-and-rescue/>

Linn County Community Emergency Response Team (LCCERT)

<https://www.cert.linnsheriff.org>

Red Cross

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

Salvation Army

<https://albany.salvationarmy.org/>

Local Emergency Planning Committees

https://www.oregon.gov/OSP/SFM/pages/local_emergency_planning_committees.aspx

Medical Reserve Corps.

<https://www.linncountyhealth.org/ph/page/linn-county-medical-reserve-corps>

Seniors and Law Enforcement Together

<https://www.linnsheriff.org/volunteer-programs/seniors-law-enforcement/>

Fire Corps

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

Neighborhood Watch

<https://www.linnsheriff.org/volunteer-programs/neighborhood-watch/>

Emergency Management Contacts

You can contact your local office of Emergency Management for more information about the disasters or emergencies that can happen in your area. You can also contact them for more helpful tips on how to prepare for an emergency or disaster.

Linn County Emergency Management

1115 Jackson Street SE, Albany, OR 97321
(541) 967-3954, 967-8169 fax
<http://www.linnsheriff.org/>

Benton County Emergency Management, Search & Rescue

553 NW Monroe, Corvallis, OR 97330
(541) 766-6864, 766-6052 (fax)
<http://www.co.benton.or.us/sheriff/ems/>

Lane County Emergency Management

125 E. 8th Avenue, Eugene, OR 97401
(541) 682-6744, 682-3309 fax
<http://www.co.lane.or.us/EmerMgmt/>

Lincoln County Emergency Management

225 West Olive Street, Newport, OR 97365
(541) 265-4199, 265-4197 fax
<http://www.lincolncoemergencyservices.us/>

Polk County Emergency Management

850 Main Street, Dallas, OR 97338-3185
(503) 831-3495, 623-2060 fax
<http://www.co.polk.or.us/EM>

Disaster Preparedness for You and Your Household

4th Edition, 2018

When a disaster strikes, even the most prepared community may not be able to meet all the needs that can occur. Being prepared for an emergency is a community effort that requires everyone to do their part. You, your family, your neighborhood, local businesses, faith communities, service providers...**everyone** is needed to help plan and prepare for a disaster.

We all must remember to include those who may not be able to help themselves in our own disaster plans. By working together, no one will ever be left behind.

Save a Life! Be Prepared!

We want to thank all of you who plan and prepare for a disaster, who include others less able in your plans, and who do what you can to make our community a safer place to live, work, learn, and enjoy.

Key Terms

“All Hazards” Approach	Describing an incident, natural or manmade, that warrants action to protect life, property, environment, and public health or safety, and to minimize disruptions of government, social, or economic activities.
Disaster	A sudden event, such as an accident or a natural catastrophe, that causes great damage or loss of life
Emergency	A serious, unexpected, and often dangerous situation requiring immediate action
Emergency/Disaster Plan	A written document detailing how a workplace and its occupants deal with or manage an emergency. An effective emergency plan consists of the preparedness, response and recovery activities including the roles/responsibilities and arrangements
Emergency/Disaster Supply Kit	a collection of basic items your household may need in the event of an emergency
Mitigation	the action of reducing the severity, seriousness, or painfulness of something
Readiness	the state of being fully prepared for something
Resilience	the capacity to recover quickly from difficulties
Shelter-in-Place (SIP)	use of a structure and its indoor atmosphere to temporarily separate individuals from a hazardous outdoor atmosphere

Appendix

Full-size copies of all forms will be placed here in the order they were in the book. I'll place them here as soon as the draft is approved.

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Community Service Numbers

Call Before You Dig ----- 811

Linn County Burning Information ----- 541-451-1904

Linn County Sheriff (non-emergency) ----- 1-800-884-3911

Consumers Power ----- 1-800-872-9036

Pacific Power (To report a power outage) ----- 1-877-548-3768

NW Natural Gas ----- 1-800-422-4012

Albany Public Works Emergencies

After 5 pm, weekends, holidays ----- 541-967-2394

Monday – Friday 8 am – 5 pm ----- 541-917-7600

THIS IS THE BACK COVER – include county seal (centered)

Section on Tornadoes?

Landslides?

Extreme Heat?