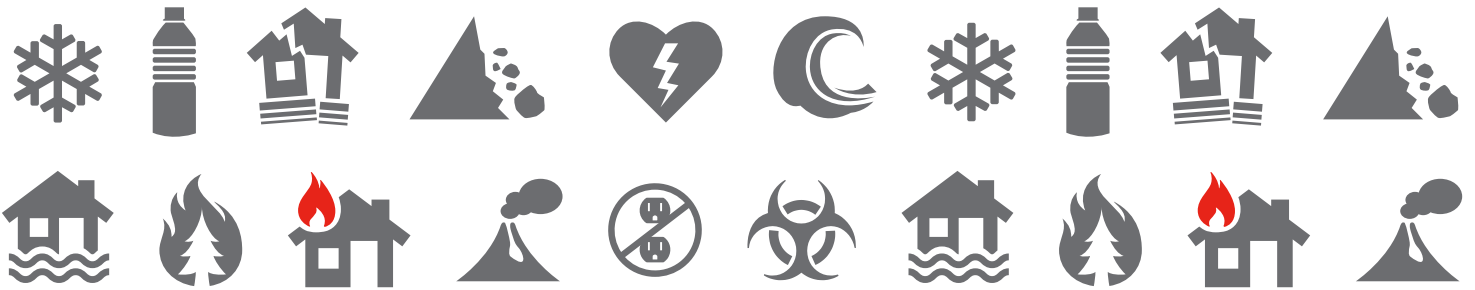


Prepare!

A Resource Guide



**American
Red Cross**

Cascades Region

Serving Oregon and Southwest Washington

Be Two Weeks Ready

Being prepared for 72 hours is a good start and helpful in the event of short-term power outages or temporary evacuation. In the case of a large earthquake and tsunami, many of the Pacific Northwest's transportation routes will be destroyed. Individuals will need to count on each other in the community, workplace and at home to be safe until responders can reach you. Emergency management agencies and the Red Cross encourage people to be prepared to be on their own for a minimum of two weeks. **Prepare! A Resource Guide** provides actions that individuals and households can take to increase their readiness to be two weeks ready.

Getting Trained

Would you know what to do in a cardiac, breathing or first aid emergency? Red Cross First Aid/CPR/AED courses give you the skills to save a life. At least one person in your household should learn these lifesaving skills.

Call 1-800-RED CROSS to sign up for a class or visit redcross.org/take-a-class.

Contacting Your Local Red Cross

Online: redcross.org/cascades

Northwest Oregon Chapter

Serving the residents of Clackamas, Clatsop, Columbia, Gilliam, Hood River, Lincoln, Marion, Multnomah, Polk, Sherman, Tillamook, Wasco, Washington and Yamhill Counties.

Regional Headquarters Office
3131 N Vancouver Ave.
Portland, OR 97227
503-284-1234

Central and Eastern Oregon Chapter

Serving the residents of Baker, Crook, Deschutes, Grant, Harney, Jefferson, Morrow, Umatilla, Union, Wallowa and Wheeler Counties and Warm Springs Reservation.

Bend Office
815 SW Bond St., Ste. 110
Bend, OR 97701
541-382-2142

Southwest Oregon Chapter

Serving the residents of Benton, Coos, Curry, Douglas, Jackson, Josephine, Klamath, Lane, Lake and Linn Counties.

Eugene Office
440 E Broadway, Ste. 200
Eugene, OR 97401
541-344-5244

Southwest Washington Chapter

Serving the residents of Clark, Cowlitz, Klickitat, Pacific, Skamania and Wahkiakum Counties.

Vancouver Office
5109 NE 82nd Ave.
Vancouver, WA 98662
360-693-5821

Additional Preparedness Resources

Go to: redcross.org/PrepareCascades

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**American
Red Cross**

Mission

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

Introduction

Disaster can strike at any time. Whether it's a home fire at 3 a.m. or a 9.0 magnitude earthquake at 3 p.m., a single disaster can change your physical, emotional and financial health in a matter of seconds. While the Red Cross and other partner agencies work 365 days a year to prepare for and respond to emergencies, disaster preparedness starts with you.

This book will guide you through the steps you and your family should take to be self-sufficient after a major disaster. It will inform you about your disaster risks, walk you through making a family disaster plan and guide you step-by-step in creating a disaster kit. It will also discuss specific types of disasters with guidance on what to do before, during and after certain situations that are common in the Pacific Northwest.

It's impossible to predict every emergency, but you can take steps right now to lessen the impact and, in many cases, prevent these disasters from happening in the first place. Take advantage of this resource. Complete the checklists and share it with family, friends and coworkers. Sharing this information and what you are doing with others will encourage them to build their own preparedness. Keep your information in a safe place with your other disaster items. Knowing what to do in a disaster situation and being able to respond calmly and with confidence can save your life.

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1. Be Informed

Before you make a plan and build a kit, it's important to know what disaster risks you face. We're all vulnerable to house fires, wildfires, earthquakes, floods and dangerous winter weather conditions. Depending where you live, you may also be at risk for tsunamis and landslides. This section provides an overview of disasters which may occur in the Pacific Northwest and information on how local emergency agencies will notify you in case of those emergencies.

How You'll Be Notified

Public safety officials will communicate with the public in several different ways depending on the situation. These communication tools may include:

- The Emergency Alert System (EAS) on television, radio and National Oceanic and Atmospheric Administration (NOAA) weather radios.
- Wireless Emergency Alerts (WEA) available on many smartphones.
- Community emergency notification systems at the county or city level. These systems typically send messages to landline phones, cell phones and email addresses of those who opt in. Reach out to your city or county emergency management organization to learn how to sign up.
- Local news media.
- Social media, including Twitter and Facebook.
- Door-to-door notifications (in rare circumstances).
- NOTE: In many cases, in order to receive emergency notifications, individuals must visit websites of alerting agencies and opt-in to receive emergency alerts.

Emergency Evacuation Levels

During emergencies, public safety officials may determine that it is unsafe for residents to remain in their homes and order them to evacuate. Become familiar with the following evacuation levels:

Level 1

A Level 1 evacuation means **Be Ready** for potential evacuation.

BE AWARE: Residents should be **aware** of the danger that exists in their area, monitor emergency services websites and local media outlets for information. This is the time for preparation and precautionary relocation of persons with access and functional needs, mobile property and (under certain circumstances) pets and livestock. If conditions worsen, emergency services personnel may contact you via an emergency notification system.

Level 2

A Level 2 evacuation means **Be Set** to evacuate.

YOU MUST PREPARE TO LEAVE AT A MOMENT'S NOTICE: This level indicates there is significant danger to your area and residents should voluntarily relocate outside of the affected area or, if choosing to remain, be ready to evacuate at a moment's notice. Residents **MAY** have time to gather necessary items, but doing so is at their own risk.

THIS MAY BE THE ONLY NOTICE THAT YOU RECEIVE. Emergency services cannot guarantee that they will be able to notify you if conditions rapidly deteriorate. Area media services will be asked to broadcast periodic updates.

Level 3

A Level 3 evacuation means **Go**. Evacuate NOW.

LEAVE IMMEDIATELY! Danger to your area is current or imminent, and you should evacuate immediately. If you choose to ignore this advisement, you must understand that emergency services may not be able to assist you further. **DO NOT** delay leaving to gather belongings or make efforts to protect your home.

THIS WILL BE THE LAST NOTICE THAT YOU RECEIVE. Entry to evacuated areas may be denied until conditions are safe. Area radio stations, television stations and social media are asked to broadcast periodic updates.



Residential Fire

Did you know that 60 percent of home fire deaths occur in homes without working smoke alarms?

The most effective way to protect yourself and your home from fire is to identify and remove fire hazards. During a home fire, working smoke alarms and a regularly practiced fire escape plan can save lives. Know the most common causes of home fires. In many cases, the cause is preventable.

Cooking

- Stay in the kitchen when you are frying, grilling or broiling food. If you leave the kitchen for even a short period of time, remember to turn off the stove.
- Wear short, close-fitting or tightly-rolled sleeves when cooking.
- Position barbecue grills at least 10 feet away from siding and deck railings and do not place them under eaves or overhanging branches.

Smoking

- If you smoke, use only fire-safe cigarettes.
- If you smoke, smoke outside.
- Extinguish cigarette butts and ashes in water or sand before throwing them away.
- Never smoke where medical oxygen is used. Medical oxygen can cause materials to ignite more easily and make fires burn at a faster rate than normal.

Home Heating

- Keep flammable items (e.g. clothing, towels, blankets, etc.), children and pets at least three feet away from heat sources.
- Have chimneys and vents cleaned and inspected by a qualified professional at least once a year.
- Make sure your fireplace has a sturdy screen to stop sparks from flying into the room. When the fire is out, make sure the ashes have cooled before removing them and placing them in a metal container. Keep the container 10 feet away from the home and any other nearby buildings.

Electronics and Appliances

- Avoid placing cords under rugs and carpets, across doorways or where they can be damaged by furniture.
- Check electrical cords often. Replace cracked, frayed or otherwise damaged and loose electrical or extension cords. Do not try to repair them.

Other Fire Prevention Tips

- Never leave burning candles unattended. Always extinguish them before you leave the room.

- Keep combustible and flammable liquids away from any source of heat, sparks or flame.
- Use portable generators outdoors in well ventilated areas at least five feet from all doors, windows and vent openings.

Before

- Make a home fire escape plan that identifies two ways to escape every room (see p. 28).
- Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home.
- Replace disposable batteries at least once a year.
- Replace all smoke alarms when they are 10 years old.
- Windows with security bars, grills and window guards should have easy-to-use, quick-release devices from inside the home.

During

- If a fire starts in a pot or pan, smother the flames by sliding the lid over the pan. Turn off the burner and do not move the pan until it has cooled.
- To evacuate from a fire, remember to “get low and go” to avoid smoke inhalation. Stay as close to the ground as possible and feel doors for heat before opening them. If the door is hot, leave it closed, and use another way out.
- When the smoke alarm sounds, get out and stay out. Never go back inside for people, pets or things. Go to your family's designated outdoor meeting place, and call 9-1-1.
- If you cannot get out, close the door and cover vents and cracks around the door with cloth or tape to keep smoke out. Call 9-1-1 or your fire department. Stay where you are and then signal for help at the window with a light-colored cloth or a flashlight.

After

- Have injuries treated by a medical professional. Wash small wounds with soap and water. To help prevent infection of small wounds, use bandages and replace them if they become soiled, damaged or waterlogged.
- Remain calm. You may find yourself in the position of taking charge of other people. Listen carefully to what people are telling you and patiently address urgent situations first.



Wildfire

Did you know that wildfires can move at speeds of up to 14 miles an hour?

Oregon and Washington are prone to deadly wildfires. Droughts and dry conditions throughout the year increase wildfire risk. Careless use of fire in highly wooded areas can also dramatically increase the chance of a wildfire, which can then quickly spread across trees and dry brush and threaten homes and businesses in the vicinity.

Before

- Learn about the wildfire risks in your area.
- Make a plan (see p. 19), and build a kit (see p. 23).
- Clear leaves and other vegetative debris from roofs, gutters, porches and decks.
- Screen-in areas below patios and decks with wire mesh to prevent debris and combustible materials from accumulating.
- Remove flammable materials (wood piles, propane tanks, etc.) from within 30 feet of your home's foundation and outbuildings, such as garages and sheds. If it can catch fire, don't let it touch your house, deck or porch.
- Prune trees so the lowest branches are 6 to 10 feet from the ground.
- Choose building materials and plants that resist fire.
- Identify and maintain an adequate water source outside your home, such as small pond, cistern, well or swimming pool.
- Gather household items that can be used as fire tools such as a rake, ax, saw, bucket and shovel.
- Keep a garden hose that is long enough to reach any area of the home and other structures on the property.

During

- Be ready to leave at a moment's notice.
- Listen to local radio or television stations for the latest emergency information.
- Gather an emergency supply kit and be ready to leave.
- Arrange for temporary housing at a friend or relative's home outside the threatened area.
- Confine pets to one room so you can find them if you need to evacuate quickly.

- Watch for and listen to air quality reports and health warnings about smoke.
- Keep indoor air clean by closing windows and doors to prevent outside smoke from getting in.
- Use the recycle or recirculate mode on the air conditioner in your home and/or car.
- When smoke levels are high, do not use anything that burns or adds to indoor air pollution, such as candles, fireplaces and gas stoves. Avoid vacuuming.
- If you have asthma or another lung disease, follow your health care provider's advice.
- Dress to protect yourself; wear cotton/woolen clothing including long sleeved shirts, long pants and gloves.
- Back your car into your garage for easier evacuation.

If outdoors

- If you are trapped outdoors, crouch in a pond, river or pool.
- Do not place wet clothing or bandanas over your nose or mouth.

After

- Let friends and family know you're safe.
- Do not re-enter your home until fire officials say it is safe to do so.
- Use caution when entering burned areas as hazards may still exist, including hot spots that can flare up without warning.
- Avoid damaged or fallen power lines, poles and downed wires.
- Wear leather gloves and heavy soled shoes to protect hands and feet.



Earthquake

Did you know that during a major earthquake you may be without utilities for weeks or even months?

Before

- Make a plan (see p. 19), and build a kit (see p. 23).
- Identify safe places in each room of your home, workplace and/or school. A safe place could be under a piece of sturdy furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.
- Practice “drop, cover and hold on” in each safe place. If you do not have sturdy furniture to hold on to, sit on the floor next to an interior wall, and cover your head and neck with your arms.
- Keep a flashlight and sturdy shoes by your bed in case an earthquake strikes in the middle of the night. (See p.23, By the Bed Mini kit)
- Make sure your home is securely anchored to its foundation.
- Bolt and brace water heaters and gas appliances to wall studs.
- Bolt bookcases, china cabinets and other tall furniture to wall studs.
- Hang heavy items, such as pictures and mirrors, away from beds, couches and anywhere people sleep or sit.
- Brace overhead light fixtures.
- Install strong latches or bolts on cabinets. Large or heavy items should be close to the floor.
- Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose (see p. 7).
- Learn about your area’s seismic building standards and land use codes before you begin new construction.

During










If you are inside when the shaking starts

- Drop, cover and hold on. Move as little as possible.
- If you are in bed, stay there, curl up and hold on. Protect your head with a pillow. **Don’t** try to get under your bed.
- Stay away from windows to avoid being injured by shattered glass.
- Stay indoors until the shaking stops and you are sure it is safe to exit. When it is, use stairs rather than an elevator in case there are aftershocks, power outages or other damage.
- Be aware that fire alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire, but take appropriate precautions if an alarm sounds.

If you are outside when the shaking starts

- Find a clear spot (away from buildings, power lines, trees, streetlights, etc.) and drop to the ground. Stay there until the shaking stops.
- If you are in a vehicle, pull over to a clear location, and stop. Avoid bridges, overpasses and power lines if possible. Stay inside your vehicle with your seatbelt fastened until the shaking stops. Then, if you can, drive carefully, avoiding bridges and ramps that may have been damaged.
- If a power line falls on your vehicle, do not get out. Wait for assistance.
- If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris.
- Landslides are often triggered by earthquakes.

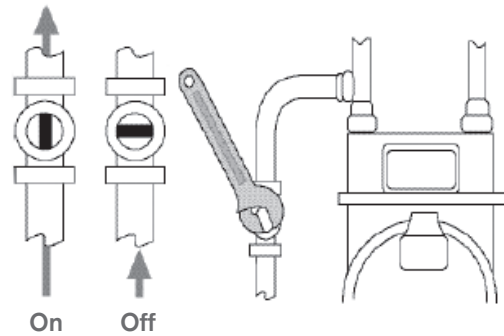
Protect yourself during earthquakes!

| | | | | | | | | | | | | | |
|-------------|---|---|---|--------------|---------------|-----------------|------------------|--|---|---|--------------|---------------|-----------------|
| If Possible |  |  |  | Drop! | Cover! | Hold On! | | | | | | | |
| | | | | | | | Using Walker |  |  |  | Lock! | Cover! | Hold On! |
| Using Cane |  |  |  | Drop! | Cover! | Hold On! | | | | | | | |
| | | | | | | | Using Wheelchair |  |  |  | Lock! | Cover! | Hold On! |

Courtesy Great ShakeOut Earthquake Drills, ShakeOut.org

After

- After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami. Tsunamis are often generated by earthquakes (see p. 8 to learn more about tsunamis).
- Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
- Each time you feel an aftershock, be sure to drop, cover and hold on. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
- Check yourself for injuries and get first aid, if necessary, before helping injured or trapped persons.
- Put on long pants, a long-sleeved shirt, sturdy shoes and work gloves to protect against injury from broken objects.
- Look quickly for damage in and around your home, and evacuate everyone if your home is unsafe.
- Listen to local radio or television stations for the latest emergency information.
- Check to see if telephones are working. Make brief calls to report life threatening emergencies.
- Use text messaging to communicate with friends and family members.
- Clean up spilled medications, bleach, gasoline or other flammable liquids immediately.
- Open closet and cabinet doors carefully as contents may have shifted.
- Help people with access and functional needs who require assistance, such as infants, children and the elderly or disabled.
- Watch out for fallen power lines or broken gas lines and stay out of damaged areas.
- Keep animals under your direct control.
- Stay out of damaged buildings.
- If you were away from home, return only when authorities say it is safe to do so. Use extreme caution and examine walls, floors, doors, staircases and windows to check for damage.
- Be careful when driving after an earthquake and anticipate traffic light outages.



Shutting off the gas in your home after a disaster (only if you suspect a leak)

- Locate the shut-off valve on the riser pipe from the ground to your meter or, on newer meters, the service line going from your meter into the house.
- Use an adjustable pipe or crescent-type wrench to turn the valve a quarter turn in either direction. When the valve head is parallel to the pipe, it is in the OPEN position.
- Turn the valve head crosswise (perpendicular) to the pipe and to set in the OFF position. There are also shut-off valves on the lines fueling individual pieces of equipment.
- Once the gas is off, leave it off. Call your gas utility company when you are ready for the gas to be restarted. A qualified service technician will check your system, turn on your service and re-light your appliances. Do not attempt to do this yourself.

The states in the U.S. at greatest risk of tsunamis are Alaska, California, Hawaii, Oregon and Washington.

Tsunamis are series of large ocean waves caused by major earthquakes or landslides beneath the ocean. When the waves enter shallow water, they may rise several feet or, in rare cases, near 100 feet, striking the coast with devastating force. Tsunamis can be local or distant. A local tsunami can arrive within minutes of an earthquake. A distant tsunami can take four to 12 hours to arrive on shore. If you feel the ground shake while at the beach or a low coastal area, move on foot inland and to higher ground as quickly as possible.

Before

- Find out if your home, school, workplace or other frequently visited locations are in tsunami hazard areas.
- Make a plan (see p. 19), and build a kit (see p. 23).
- Plan evacuation routes from your home, school, workplace and other places you could be where tsunamis present a risk. If possible, choose evacuation locations 100 feet above sea level. If you cannot get this high, go as high as you can. You should be able to reach your safe location on foot within 15 minutes.
- Learn the evacuation plan where your child attends school. Find out if the plan requires you to pick your children up from school or from another location. During a tsunami watch or warning, telephone lines may be overloaded and routes to and from schools may be jammed.
- Practice your evacuation routes. Familiarity may save your life. Be able to follow your escape route at night and during inclement weather. Practicing your plan will allow you to jump into action during an actual emergency.
- When visiting the coast, familiarize yourself with the nearest tsunami evacuation routes.

During

- If an earthquake occurs while you are on the coast and indoors, drop, cover and hold on. If you are outdoors, avoid falling objects (see p. 6).
- When the shaking has stopped, move quickly inland and to higher ground. Go on foot if possible.
- Take a pre-prepared go-bag filled with emergency supplies, but don't delay leaving (see p. 23).
- If a tsunami watch is issued, listen to a NOAA weather radio, a Coast Guard emergency frequency station or other reliable sources for updated emergency information. Be ready to evacuate.
- Remain inland and on higher ground until an "all clear" announcement is made by local officials.

After

- Continue listening to a NOAA weather radio, a Coast Guard station or a local radio or television station for the latest updates.
- Return to lower ground only after local officials tell you it is safe to do so. A tsunami may consist of a series of waves and could continue for hours. Do not assume that after one wave the danger is over. The next wave may be larger than the first one.
- Check yourself for injuries and get first aid as needed before helping injured or trapped persons.
- If someone needs to be rescued, call professionals who have the right equipment to help. Many people have been killed or injured trying to rescue others.
- Assist people with access and functional needs who require assistance, such as infants and children, as well as the elderly, the disabled and those without transportation.
- Avoid disaster areas. Your presence might interfere with emergency response operations and put you at further risk from the residual effects of the tsunami.
- Use texts to communicate with friends or family. Phone calls should only be made if absolutely necessary.
- Stay out of buildings surrounded by water. Tsunami water can cause floors to crack or walls to collapse.
- Use caution when re-entering buildings or homes.
- Tsunami-driven floodwater may damage buildings where you least expect it. Carefully watch every step you take.
- To avoid injury, wear protective clothing, and be cautious when cleaning up.
- Watch animals closely and keep them under your direct control.

Tsunami evacuation maps and other resources are available at nvs.nanoos.org/TsunamiEvac.



Cascadia Subduction Zone

The Cascadia Subduction Zone is a 600-mile fault that runs from northern California up to British Columbia and is about 70–100 miles off the Pacific coast shoreline.

The last earthquake that occurred in this fault was on January 26, 1700, with an estimated 9.0 magnitude. This earthquake caused the coastline to drop several feet and a tsunami to form and crash into the land.

Oregon and Washington have the potential for a 9.0+ magnitude earthquake caused by the Cascadia Subduction Zone and a resulting tsunami of up to 100 feet in height that will impact the coastal area. There is an estimated 2–4 minutes of shaking or rolling that will be felt along the coast line with the strength and intensity decreasing the further inland you are.

The Cascadia Subduction Zone has not produced an earthquake since 1700 and is building up pressure where the Juan de Fuca Plate is subsiding underneath the North American plate. Currently, scientists are predicting that there is about a 40 percent chance that a megathrust earthquake of 9.0+ magnitude in this fault zone will occur in the next 50 years. This event will be felt throughout the Pacific Northwest.

With the current preparedness levels of our region, we can anticipate being without services and assistance for at least two weeks, if not longer, when the Cascadia Subduction Zone earthquake occurs. While this will be difficult to overcome, our citizens, businesses, schools, government, and communities as a whole can take steps to get prepared. Use this guide to take action now by actively planning and preparing yourself and your community to be ready for two weeks for disasters.

*Information provided by the Oregon Office of Emergency Management

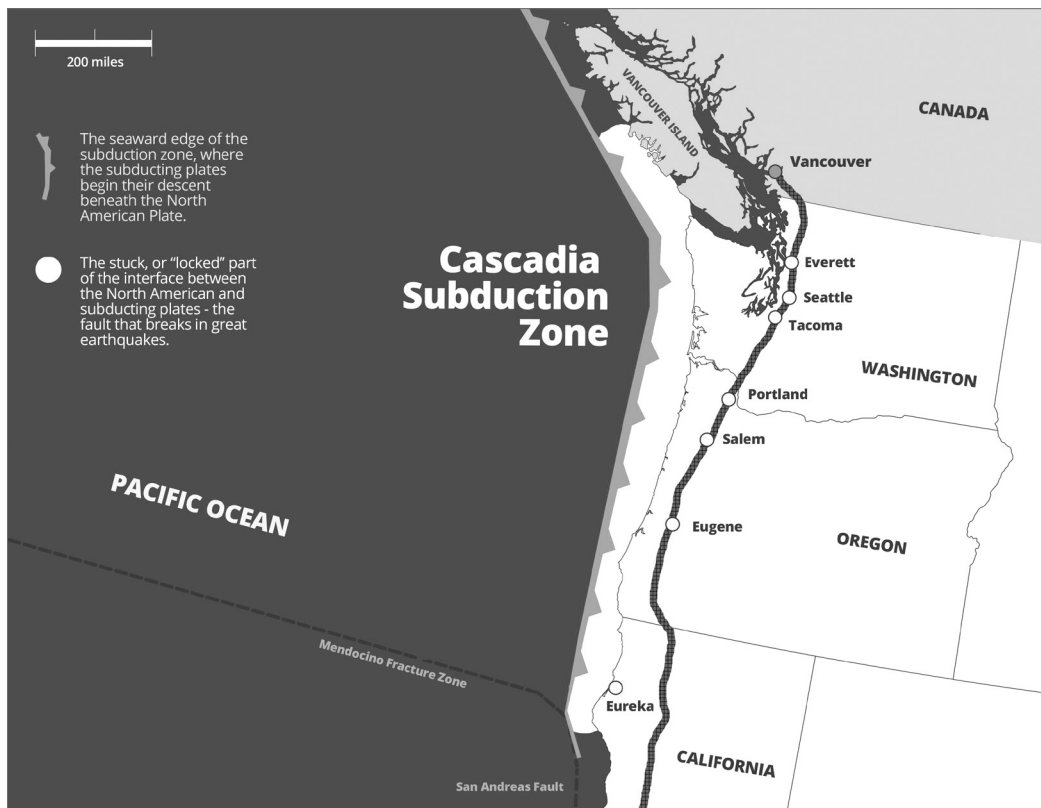


Photo by Mustafa Lazkani - Feb 02, 2016

Winter Storm

When temperatures drop below 30 degrees, frostbite can occur in as little as 25 minutes.

Winter storms can range from producing a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, ice accumulation, sleet and freezing rain. Regardless of the severity of a winter storm, you should be prepared to remain safe during these events.

Before

- Make a plan (see p. 19), and build a kit (see p. 23).
 - Have working carbon monoxide detectors in your home.
 - Winterize your vehicle by checking fluid levels and keeping the gas tank full. A full tank will keep the fuel line from freezing.
 - Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
 - Maintain heating equipment and chimneys by having them professionally cleaned and inspected every year.
 - If you will be going away during cold weather, leave the heat on in your home and set it to a temperature no lower than 55° F.
 - Add sand, rock salt or non-clumping kitty litter to your disaster supply kit. Use it to make walkways and steps less slippery.
 - Keep warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing accessible to all members of your household.
- Bring pets inside during winter weather. Move other animals or livestock to sheltered areas and make sure that their access to food and water is not blocked by snow, ice or other obstacles.
 - Run water, even at a trickle, to help prevent pipes from freezing.
 - All fuel-burning equipment should be vented to the outside and kept clear.
 - Keep garage doors closed if there are water supply lines in the garage.
 - Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals out of the reach of children and pets.
 - Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog. If travel is necessary, keep a disaster supplies kit in your vehicle.
 - Before tackling strenuous tasks in cold temperatures, consider your physical fitness, current weather conditions and the nature of the task.
 - Assist people with access and functional needs, such as infants and children, as well as the elderly, the disabled and those without transportation.

During

- Stay indoors and wear warm clothes. Layers of loose-fitting, lightweight, warm clothing will keep you warmer than a bulky sweater. If you feel too warm, remove layers to avoid sweating; if you feel chilled, add layers. Stay indoors, if possible.
- Listen to a NOAA weather radio or other local news channels for critical information from the National Weather Service (NWS) about snow storms and blizzards.

After

- Let friends and family know you're safe.
- Replenish disaster supplies if used during the storm.
- To minimize risk of a roof cave-in, remove snow using a rake or shovel.



Flood

Did you know that floodwaters as little as six inches deep can be strong enough to sweep a person off their feet?

Floods are among the most frequent and costly natural disasters. When heavy or steady rain saturates the ground over several hours or days, flood conditions may occur. Flash floods occur suddenly due to rapidly rising water along a stream or low-lying area.

Before

- Know your flood risk and locations where flooding may occur.
- Make a plan (see p. 19), and build a kit (see p. 23).
- Listen to area radio and television stations and a NOAA weather radio for possible flood warnings and reports of flooding in progress or other critical information from the National Weather Service (NWS).
- Because standard homeowner's insurance does not cover flooding, it's important to have protection from floods associated with hurricanes, tropical storms, heavy rains and other conditions that impact the U.S. For more flood safety tips and information on flood insurance, please visit the National Flood Insurance Program website at FloodSmart.gov.
- Raise your furnace, water heater and electric panel to floors that are less likely to be flooded. An undamaged water heater may be your best source of fresh water after a flood.
- Install check-valves (valves that allow fluid to flow through in only one direction) in plumbing to prevent floodwater from backing up into the drains in your home.
- Seal walls in basements with waterproofing compounds to avoid seepage through cracks.
- If a flood is expected, some communities might offer free sandbags to residents. Listen to the news or contact local emergency management agencies to learn more about these resources.
- Fill your car's gas tank in case you need to evacuate.
- Move your furniture and valuables to higher floors of your home.
- Move livestock to higher ground. If using a trailer to evacuate animals, move animals sooner rather than later.

During

- When a flood or flash flood warning is issued for your area, head for higher ground and stay there. Avoid walking or driving through floodwaters. As little as six inches of moving water can knock you down, and two feet of moving water can sweep a vehicle away.
- Stay away from floodwaters. If you come upon a flowing stream and the water is above your ankles, stop, turn around and go another way.
- If you encounter a flooded road while driving, turn around, don't drown. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car quickly, and move to higher ground.
- Avoid contact with floodwater. It may be contaminated with sewage or contain dangerous insects or animals.
- Dispose of any food that has come into contact with floodwater.

After

- Let friends and family know you're safe.
- Do not enter your home until officials say it is safe to do so.
- Report downed power lines to your utility company and do not step in puddles or standing water.
- Wear protective clothing, including rubber gloves and rubber boots, and be cautious when cleaning up.
- Wear protective clothing, including rubber gloves and rubber boots, and be cautious when cleaning up.
- Disinfect anything that flood water touches.

More information about repairing your flooded home is available online at www.redcross.org.

Additional information, including maps about flooding, are available on the Oregon Department of Geology and Mineral Industries (oregongeology.org) or Washington Department of Natural Resources (dnr.wa.gov) websites.



Landslide

Did you know that landslides take place most often where they've occurred in the past? They're also more common in areas that have recently been burned by a wildfire.

Before

- Make a plan (see p. 19) and build a kit (see p. 23).
- Be aware of warning signs of possible landslides:
 - Increased pooling of water or newly wet ground.
 - New cracks or unusual bulges in the ground, street pavements or sidewalks.
 - Soil moving away from foundations.
 - Tilted or bent trees.
 - Sagging or taught utility lines.
 - Sunken or broken road beds.
 - Leaking or broken water pipes.
- Reduce the chances of landslides by:
 - Draining water from surface runoff, downspouts and driveways well away from slopes.
 - Planting native groundcover on slopes.
 - Refraining from adding water to steep slopes.
 - Avoiding placing fill soil and yard debris on steep slopes.

During

- If you suspect imminent danger, evacuate immediately. Inform affected neighbors if you can, and contact your public works, fire or police department.
- Listen for unusual sounds that might indicate moving debris, such as trees cracking or boulders hitting one another.
- If you are near a stream, be alert for any sudden increase or decrease in water flow and notice whether the water changes from clear to muddy. Such changes may mean there is debris flow activity upstream so be prepared to move quickly.

- Be especially alert when driving—watch for collapsed pavement, mud, fallen rocks and other indications of possible debris flow.
- If you are ordered to or decide to evacuate, take your animals with you.

After

- Stay away from the slide area. There may be danger of additional slides.
- Check for injured and trapped persons near the slide without entering the direct slide area. Direct rescuers to the person's location.
- Listen to local radio or television stations for the latest emergency information.
- Watch for flooding, which may occur after a landslide or debris flow. Floods sometimes follow landslides and debris flows because they may be started by the same event.
- Look for and report broken utility lines to appropriate authorities. Reporting potential hazards will get damaged utilities turned off as quickly as possible, preventing further hazard and injury.
- Check the building foundation, chimney and surrounding land for damage. Signs of damage may help you assess the safety of the area.
- Replant damaged ground as soon as possible since erosion caused by loss of groundcover can lead to flash flooding.

Additional information about landslides is available on the Oregon Department of Geology and Mineral Industries (oregongeology.org) and the Washington Department of Natural Resources (dnr.wa.gov) websites.



Volcano

Did you know that the Cascades Mountain Range is a chain of large and small volcanoes that have erupted several times in the past 200 years?

The eruption of Mt. St. Helens on May 18, 1980, devastated a vast segment of our region. Explosive volcanoes blast solid and molten rock and gases in the air, resulting in ash flows, mudflows, rock falls, earthquakes and floods for miles around the blast site. In addition to explosive eruptions like Mt. St. Helens, some volcanoes in the Cascades Range may produce lava flows.

Before

- Learn about your community warning systems and emergency plans.
- Make a plan (see p. 19), and build a kit (see p. 23).
- Keep a pair of goggles and a dust mask for each member of your household in your emergency kit in case of ashfall.
- Plan an evacuation route and have a backup route in mind.

During

If indoors

- Be prepared to follow evacuation orders issued by authorities.
- Close windows, doors and fireplace dampers.
- Bring animals and livestock into closed shelters.

If outdoors

- Seek indoor shelter.
- If caught in a rock fall, roll into a ball to protect your head.

- If caught near a stream, be aware of mudflows; move up slope.
- Do not attempt to cross a bridge if a mudflow is approaching.
- Protect yourself from ash fall: wear long sleeved shirts and long pants, use goggles to protect your eyes and use a dust mask to aid breathing.
- Avoid leaving car or truck engines running. Driving can stir up volcanic ash that can clog engines, damage moving car parts and stall vehicles.

After

- Stay indoors until local health officials advise it is safe to go outside.
- Stay away from volcanic ash fall areas.
- Avoid ash fall: Keep skin covered to avoid irritation from contact with ash, use goggles to protect your eyes, use a dust mask to help breathing.

To learn more, visit the Cascades Volcano Observatory website at: volcanoes.usgs.gov/observatories/cvo.



Medical Emergencies

In the event of a disaster, emergency medical response may be delayed. Your emergency training could mean the difference between life and death.

The guidelines here do not constitute comprehensive Red Cross training or certification for emergency medical care. To receive training and certification for first aid, CPR and other emergency preparedness topics, call 1-800-RED CROSS to sign up for a class or visit redcross.org/take-a-class.

If you encounter someone who is injured or ill: Check, Call, Care

- **Check** the scene to make sure it is safe for you to approach. Then, check the victim. Someone who has a life-threatening condition, such as severe bleeding or difficulty breathing, requires immediate attention and may need treatment by advanced medical professionals.
- **Call** 9-1-1. If you are unable to get through to 9-1-1, call local fire, police or a local hospital. In a large-scale disaster, you may not be able to get through to emergency medical services systems at all. You may not even have access to telephones. In these situations, you should shout for help to alert nearby neighbors or others who may have access to a phone.
- **Care** for the person based on the conditions you find. If there are multiple victims at a scene, you may need to establish treatment priorities based on the most effective use of resources and responders.

Disease Prevention

The risk of getting a disease while giving first aid is extremely rare.

To further reduce the risk:

- Avoid direct contact with blood and other body fluids.
- Use protective equipment, such as disposable gloves and breathing barriers.
- Whenever possible, thoroughly clean your hands with soap and water or waterless hand cleaner immediately before and after giving care.
- **Severe external bleeding:** Use direct pressure on the wound, and apply a clean dressing and pressure bandages. If dressing soaks through, continue direct pressure, and apply more dressings and bandages.
- **Breathing emergencies:** Determine the cause of the breathing difficulty. If the patient is conscious, ask if they know why they are having difficulty breathing.

Burns

- Stop the burning by running cold water over the injured area.
- Remove any liquid chemicals from skin by flushing with water.
- Brush dry chemicals from skin before flushing.
- Cover the burn with dry, clean dressings or cloth.
- **Do not attempt to remove any clothing stuck to burned skin.**

Caring for Injuries to Muscles, Bones and Joints

- Apply an ice pack to the injured area to reduce any pain and swelling.
- Avoid any movement or activity that causes pain.
- If you must move the patient because the scene has become unsafe, stabilize the injured area first to minimize further damage.

Choking

- Encourage the patient to cough forcefully.
- If the patient is unable to cough, use a combination of back blows and abdominal thrusts to attempt to dislodge the object.
- **Back blows:** Bend the patient forward, supporting their chest with your arm. Deliver five sharp, firm back blows between the shoulder blades with the heel of your hand.
- **Abdominal thrust:** Stand behind the patient and wrap your arms around their waist. Place the thumb side of one of your hands two inches above their navel, cover that hand with your other hand and deliver five upward thrusts to the patient's abdomen.
- Continue alternating back blows and abdominal thrusts until the object is dislodged.

Disaster Preparedness Calendar

| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
|---|---|--|--|--|--|
| <p>Make a plan</p> <ul style="list-style-type: none"> Identify a storage area for your emergency supplies Date perishable supplies <p>Build a kit Gather:</p> <ul style="list-style-type: none"> Container(s) to store and easily transport your emergency supplies 2 gallons of water** 7 cans of nonperishable food* 1 manual can opener Permanent marker <p><i>Additional:</i> pet food, diapers, baby food</p> <p>* One per person ** One per person and pet</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Identify an out-of-state contact to coordinate information for separated family members <p>Build a kit Gather:</p> <ul style="list-style-type: none"> Roll of duct tape Two heavy duty/LED flashlights with batteries Pen and paper Map of your local community Compass <p><i>Additional:</i> Extra pet leash and/or pet carrier, duplicate ID for pets, photos of pet(s)</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Identify at least two places to meet after a disaster; one immediately outside the home, and a second outside of the neighborhood <p>Build a kit Gather:</p> <ul style="list-style-type: none"> 2 gallons of water** 6 cans of nonperishable food* 2 weeks of feminine hygiene products and/or adult incontinence supplies Hand sanitizer <p>* One per person ** One per person and pet</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Develop a home fire escape plan (see p. 30) Test your smoke alarms and verify they are working and less than 10 years old <p>Build a kit Gather:</p> <ul style="list-style-type: none"> Premade first aid kit <i>or</i> Make your own kit (see p. 24) | <p>Make a plan</p> <ul style="list-style-type: none"> Practice your home fire escape plan <p>Build a kit Gather:</p> <ul style="list-style-type: none"> 2 gallons of water** 8 cans of nonperishable food* 1 package of toilet paper Toothbrush* plus 1 extra Toothpaste <p>* One per person ** One per person and pet</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Identify safe location(s) where you and your pets can evacuate to Develop a plan to transport pets and/or livestock <p>Build a kit Gather:</p> <ul style="list-style-type: none"> Emergency ladder for each bedroom higher than the ground level of your home |
| Week 13 | Week 14 | Week 15 | Week 16 | Week 17 | Week 18 |
| <p>Make a plan</p> <ul style="list-style-type: none"> Perform a home hazard safety check; secure hot water heater, bookshelves, pictures, mirrors, etc. <p>Build a kit Gather:</p> <ul style="list-style-type: none"> 2 gallons of water** 6 cans of nonperishable food* <p><i>Additional:</i> sign up for CPR/First Aid/AED training.</p> <p>* One per person ** One per person and pet</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Ask about your children's school and/or daycare emergency plans. Arrange for someone to help your children if you are unavailable or at work <p>Build a kit Gather:</p> <ul style="list-style-type: none"> Pliers Screwdriver Hammer 1 box of heavy duty garbage bags | <p>Make a plan</p> <ul style="list-style-type: none"> Identify additional supplies to create emergency kits for work and your vehicle(s) <p>Build a kit Gather:</p> <ul style="list-style-type: none"> 6 cans of nonperishable food* Antacid tablets <p>* One per person</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Review your insurance agent to verify you are covered for events that are possible in your area <p>Build a kit Gather:</p> <ul style="list-style-type: none"> Cash in small denominations (\$1 and \$5 bills) Matches in a waterproof/child-safe container Crank and/or battery-operated NOAA Radio Assorted containers with lids | <p>Make a plan</p> <ul style="list-style-type: none"> Photograph or video of all contents of home and send to a trusted out-of-town friend or family member. <p>Build a kit Gather:</p> <ul style="list-style-type: none"> 7 cans of nonperishable food* 5 rolls of paper towels Comfort food <p>* One per person</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Setup a neighborhood preparedness meeting to learn about neighborhood readiness to respond when a disaster occurs <p>Build a kit Gather:</p> <ul style="list-style-type: none"> Extra cords for electronics Extra battery for cell phone Sleeping bag* Two changes of clothing* Seasonal jacket* <p>* One per person</p> |

Use this calendar to get Two Weeks Ready

| Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 |
|---|---|--|--|--|--|
| <p>Make a plan</p> <ul style="list-style-type: none"> Develop a household earthquake plan, including safe locations to drop, cover and hold-on in each room of the home <p>Build a kit Gather:</p> <ul style="list-style-type: none"> 2 gallons of water** 6 cans of non-perishable food* Selection of favorite spices in containers or zip-lock bags Plate, cup, and bowl* Knife, fork, and spoon* Food preparation utensils (spatula, large spoon, and kitchen knife) <p><i>Additional:</i> Extra baby bottles</p> <p>* One per person ** One per person and pet</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Identify an out-of-state contact to coordinate information for separated family members <p>Build a kit Gather:</p> <ul style="list-style-type: none"> 2-weeks of prescription medications* Extra pair of prescription glasses or readers* Contact lens* Contact lens solution <p><i>Additional:</i> Verify all pet vaccinations are current and obtain copies of pet's medical records. Gather 2 weeks of prescription medications for pets.</p> <p>* One per person</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Identify utility shut-off and teach household members how to turn off the utilities <p>Build a kit Gather:</p> <ul style="list-style-type: none"> 2 gallons of water** 6 cans of non-perishable food* <p>* One per person ** One per person and pet</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Practice your home earthquake plan, including evacuating your home. <p>Build a kit Gather:</p> <ul style="list-style-type: none"> Pry bar Wrench to turn off utilities Whistle Emergency blanket* Extra batteries for flashlights <p>* One per person</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Create a written list of important contacts <p>Build a kit Gather:</p> <ul style="list-style-type: none"> 2 gallons of water** 6 cans of non-perishable food* 1 box of high-energy snacks <p>* One per person ** One per person and pet</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Make copies of important documents and put them into the waterproof container <p>Build a kit Gather:</p> <ul style="list-style-type: none"> Portable waterproof container with lid Small sewing/mending kit Disinfectant spray |
| Week 19 | Week 20 | Week 21 | Week 22 | Week 23 | Week 24 |
| <p>Make a plan</p> <ul style="list-style-type: none"> Download the Red Cross Emergency App and set it up on your smart device Sign-up for local community emergency notifications/alerts <p>Build a kit Gather:</p> <ul style="list-style-type: none"> 8 cans of non-perishable food* 2 large cans of juice* Box of facial tissues <p>* One per person ** One per person and pet</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Develop a sanitation plan for your household to address hand washing and toileting <p>Build a kit Gather:</p> <ul style="list-style-type: none"> 2 five-gallon buckets with lids Plastic sheeting or tarp Activity box with games, books, puzzles, etc. Bleach and an eye-dropper | <p>Make a plan</p> <ul style="list-style-type: none"> To help emergency responders locate your home, make sure your driveway and home is visible and your house number is clearly marked <p>Build a kit Gather:</p> <ul style="list-style-type: none"> 8 cans of non-perishable food* 1 bag of nuts <p>* One per person</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Prepare your home for the change in seasons. Make sure fire places/heaters are cleaned before winter and remove flammable material away from the perimeter of your home <p>Build a kit Gather:</p> <ul style="list-style-type: none"> Plastic cling wrap Aluminum foil Utility knife Durable work gloves* Disposable dust mask* Safety goggles* <p>* One per person</p> | <p>Make a plan</p> <ul style="list-style-type: none"> Identify alternative sources for accessing, sanitizing or filtering water and add to your plan. <p>Build a kit Gather:</p> <ul style="list-style-type: none"> 8 cans of non-perishable food* 2 rolls of paper towels 1 box of high energy snacks <p>* One per person</p> | <ul style="list-style-type: none"> Begin rotating water and food that was purchased in week 1. Check the storage area for your supplies is safe and dry. Continue rotation of supplies each month to keep supplies fresh. Review planning steps and update plan as appropriate. |

Heat Exhaustion

Heat exhaustion can begin suddenly, usually after working or playing in the heat, perspiring heavily or being dehydrated.

Symptoms of heat exhaustion may include:

- Fainting or dizziness.
- Nausea or vomiting.
- Heavy sweating often accompanied by cold, clammy skin.
- Weakness or fatigue.
- Weak, rapid pulse.

Caring for Heat Exhaustion

- Move the person out of the heat and into a shady or air-conditioned space.
- Lay the person down and elevate their legs and feet slightly.
- Remove tight or heavy clothing.
- Have the person drink cool water or other nonalcoholic beverage without caffeine.
- Cool the person by spraying or sponging with cool water and by fanning them.

Hypothermia

Hypothermia occurs when the body loses heat faster than it can produce it. Symptoms of hypothermia may include:

- Shivering.
- Slurred speech or mumbling.
- Weak pulse.
- Clumsiness or lack of coordination.
- Confusion or memory loss.

Caring for Hypothermia

- Gently move the person from the cold area.
- Remove wet clothing and replace with warm, dry clothing or blankets.
- Offer the person warm, sweet, nonalcoholic drinks.

Shock

Shock is a life-threatening condition in which not enough oxygenated blood is being delivered to vital organs and tissues. It can result from traumatic, medical or psychological emergencies. Symptoms of shock may include:

- Restlessness or irritability.
- Altered level of consciousness.
- Nausea or vomiting.
- Skin that looks pale or ashen, or that feels cool or moist to the touch.
- Rapid breathing and pulse.
- Excessive thirst.

Caring for Shock

- Have the patient lie down and elevate their legs and feet slightly.
- Do not move the patient unless the scene is physically dangerous.
- Control any external bleeding.
- Protect the patient from excessive cold or heat.
- Loosen restrictive clothing.
- Keep the patient calm.
- Do not give the patient anything to eat or drink.
- Continually monitor the patient's level of consciousness, airway, breathing and circulation, and treat other conditions you find.

Know How to Save a Life

- CPR and First Aid: At least one person in your household should learn these lifesaving skills. Call 1-800-RED CROSS to sign up for a class or visit redcross.org/take-a-class



Biological or Chemical Emergency

In the case of a biological or chemical emergency, authorities may advise you to “shelter in place.” A directive to “shelter in place” means to take immediate shelter where you are—at home, work, school or in between. It may also mean “seal the room”; in other words, take steps to prevent outside air from coming in if biological or chemical contaminants are released into the environment. It is important to listen to local TV or radio to understand whether you should just remain indoors or take additional steps to protect yourself and your family.

Before

- Contact your local emergency management office to learn about emergency plans related to a biological or chemical emergency.
- Make a plan (see p. 19), and build a kit (see p. 23).
- To prepare to shelter in place, choose an internal room for your shelter, preferably one without windows and one on the highest level of your residence. A large room, preferably with a water supply and landline telephone, is desirable.
- Close the fireplace or woodstove damper. Become familiar with proper operation of chimney flues and dampers ahead of time.

During

- If you are told to shelter in place, act quickly. Follow the instructions of local authorities.
- Bring children and pets indoors immediately. If your children are at school, do not try to bring them home unless told to do so. The school will shelter them.
- Close and lock all outside doors and windows. Locking may provide a tighter seal.
- If you are told there is danger of an explosion, close the window shades, blinds or curtains.
- Turn off the heat, ventilation or air conditioning system. Turn off all fans, including bathroom fans operated by the light switch.
- Get your disaster supply kit and make sure the radio is working.

- Take everyone, including pets, into an interior room with no or few windows, and shut the door.
- Notify your emergency contact, and keep the phone handy in case you need to report a life-threatening condition and to receive emergency notifications. Utilize text messaging to stay in touch with friends or family members. Phone calls should only be for life saving activities.
- If you have pets, prepare a place for them to relieve themselves where you are taking shelter. Pets should not go outside during a biological or chemical emergency because it is harmful to them, and they may track contaminants into your shelter. The Humane Society suggests that you have plenty of plastic bags and newspapers, as well as containers and cleaning supplies to help deal with pet waste.
- If you are instructed to seal the room, use duct tape and plastic sheeting, such as heavy-duty plastic garbage bags, to seal all cracks around the door into the room. Tape plastic over any windows. Tape over any vents and seal electrical outlets and other openings. As much as possible, reduce the flow of air into the room.
- Keep listening to your radio or television until you are told all is safe or you are told to evacuate. Do not evacuate unless instructed to do so.

After

- When you are told that the emergency is over, follow instructions provided by emergency services personnel regarding cleaning and/or airing out your home.



What You Need to Know About Your Utilities

Natural gas

Your gas company adds an odorant into your gas before it is distributed, which smells like sulfur or rotten eggs. The odorant is highly concentrated so even the smallest amount of natural gas can be detected. Any odor of natural gas inside your home may indicate a leak. If you smell natural gas or hear a blowing or hissing sound, remember “Smell. Go. Let us know.” (see p. 7 for information on how to turn off natural gas in your home).

- Leave the area immediately.
- Don't try to find the leak.
- Don't use phones, light switches or electronic devices that have a battery (they can create a spark).
- Don't use candles, matches or lighters.
- Don't start a car near a natural gas odor and don't use your garage door opener.
- Once you're away, contact your gas company for assistance.

Electricity

If the power goes out

- Check your fuse or breaker box for blown fuses or tripped circuits. If they seem intact, check to see if your neighbors are without power.
- Some utility companies offer ways to report outages online or by text, check with your utility provider to learn more.
- Turn off all electrical equipment including your water heater, electric furnace, stove, washer, dryer, stereo and TV, to help prevent overloading the system when power is restored (major appliances can be turned off at the breaker box).
- Turn on a porch light and one inside light so you and repair crews will know when service is restored.
- Keep refrigerators and freezers closed to minimize food loss.
- Listen to the radio or check social media or your power company's website for updates on major outages. If your neighbor's power comes back on but yours does not, call your power company again.
- If your lights appear either much dimmer or much brighter once power is restored, turn off the power at the breaker or fuse box and call your power company.

Downed power line safety

You cannot see electricity—a downed power line doesn't have to spark to be live, and a wire can be dangerous even if you're not touching it. The electricity from a wire can be conducted through other things touching the wire, such as water, metal, tree branches, concrete and other materials. Stay away from any downed power lines and keep other people and pets away, too. When you see a downed power line, take the following precautions:

- Don't touch it! Call your electric utility company immediately to report a downed utility line.
- If a line is touching a person, call 9-1-1, and stay away; you could become a victim if you touch the person. If a line falls across your vehicle, stay in the vehicle until help arrives. If you must get out of the vehicle due to a fire, or other life-threatening situation, jump clear of the car with both feet together, making sure not to touch the car and the ground at the same time. Then, keeping your feet together at all times, shuffle or hop far away from the car and power line.
- Keep on the lookout for crews repairing downed lines. Slow down near work areas, and always obey flaggers.

Generator safety

Owners of portable or auxiliary generators should note these precautions:

- Never plug your generator into a household electrical outlet. It can result in injury to you or others and damage to your electrical system.
- Portable generators are gasoline powered and should always be operated outside away from doors, windows and your garage. Use an outdoor rated, grounded (three prong) extension cord to connect your generator to an appliance.
- Gas powered generators can become very hot during operation. Use extreme caution to avoid burns and let the engine cool before you refuel.
- Notify your power company if you have a permanent generator. Permanently installed auxiliary generators must meet electrical codes and have a transfer switch to prevent dangerous backfeeding of electricity into power lines.
- If a family member depends on medical life support equipment, consider having a backup generator in case of an extended power outage.



What You Need to Know About Water

After a major disaster, you may not have access to clean water. It is important to store plenty of extra water and know how to access alternative sources of water.

Alternative sources of water

- Melted ice cubes
- Liquid in canned vegetables
- Water stored in your water heater—see instructions in water storage about how to drain water.
- Water stored in your pipes—to drain, first shut off the main water valve for your home. Next, open a faucet at the highest level in your home to let the air into the plumbing and then take water from the lowest faucet in the house.

UNSAFE WATER SOURCES: radiators, waterbeds, swimming pools and toilet bowls. Water in the toilet tank that is clear and has not been chemically treated may be safe.

Water storage

Store at least a 14-day supply of water for each person in your household (i.e., one gallon of water per person per day). Be sure to store the same amount for each of your pets as well. **If you are running low on water in an emergency, do not ration. Drink what you need today and try to find more for tomorrow.**

Follow these steps to access the water in your hot water tank:

1. Find your incoming water valve. Shut it off to avoid possibly contaminated water coming into the tank.
2. Turn off the gas or electricity to the tank.
3. Turn on a hot water faucet in the house.
4. Collect water as needed from the tap at the bottom of the hot water heater.

Proper water storage

- Store bottled drinking water out of direct sunlight and away from chemicals that might permeate the container and in an area not likely to freeze.
- If bottling tap water, buy empty containers or use well washed and sanitized plastic soda bottles (do not use empty bleach, detergent or milk containers). Bottles can be sanitized by rinsing with bleach water. Every six months, empty tap water from containers, wash containers and refill.
- Pouring water back and forth between two containers will add oxygen and make the water taste better.

Treating water

If you are uncertain about the purity of any water source, treat it before you use it for drinking, food preparation or hygiene. In addition to having a bad odor and taste, water from questionable sources may be contaminated by a variety of microorganisms that can cause dysentery, cholera, typhoid and hepatitis.

There are two ways to treat water to make it safe for use.

Boiling:

Filter the water using a piece of cloth or coffee filter to remove solid particles, then heat and bring to a rolling boil for at least one minute.

Chemical Disinfectant:

- Filter water through a clean cloth or coffee filter to remove solid particles.
- Add eight drops of bleach per gallon of water. Sodium hypochlorite (concentration 5.25% to 6%) should be the only active ingredient in the bleach. There should be no added soap or fragrance. Use bleach that was purchased in the last 4 months.
- Stir to mix and let stand 30 minutes.
- If the water smells of chlorine, it is safe to use. If it does not smell of chlorine, repeat the steps above. If the water then smells of chlorine after repeating, it is safe to use. Otherwise, discard the water/bleach mixture and find another source of water.
- Store the disinfected water in clean, sanitized containers with tight covers.
- If using iodine or water purification tablets, follow package instructions.
- There are also many inexpensive water treatment devices available, such as backpacking water filters, water filter straws, etc. Check your nearest sporting goods store or online for available options.

2. Make a Plan

After a disaster, everyday services may be unavailable. Plan for power outages, limited communication, road closures and difficulty accessing clean water. In the event of a major catastrophe, a delay in help from emergency responders is inevitable. Your pre-established emergency plan will help you to be safe and comfortable and may allow you to help others before help arrives. There are several no cost steps you can take today to begin building your household's preparedness plan.

Talk

Your plan needs to be tailored to and account for the specific needs of your household.

- Developing a plan for you and your household requires buy-in and agreement from everyone. Include your entire household in the planning process. Your plan should consider the following:
 - Do you or other members of your household have food sensitivities or other dietary needs?
 - Do you or other members of your household require access and functional needs equipment to remain independent (e.g., hearing devices, glasses, mobility devices, etc.)?
 - Are there specific medical supplies or equipment that are critical for you or other members of your household?
 - Are there unique needs if your household is separated when a disaster occurs (e.g., a disaster occurs while you or other members of your household are at work or school)?
- Identify each person's role in the event of a disaster, and plan to work together as a team.
- Talk with your family, friends and coworkers about how to prepare for and respond to emergencies.
- Talk with your neighbors to learn what resources they have and how they might be pooled to help the community (e.g., generator, chain saw, medical skills, etc.)
- Learn each person's needs and abilities. For example, is someone vision impaired, hearing impaired or mobility impaired?

Plan

- Pre-identify at least two places to meet up after a disaster. One should be near your home, in case of a local emergency like a house fire. A second should be outside your neighborhood, in case your neighborhood becomes unsafe or inaccessible following a disaster.
- Identify an out-of-state contact. Everyone in your family should have the contact's phone number to be able to check in as safe. After a disaster, local phone lines may be down or jammed. It may be easier to make a long-distance

call than a local one. Use text messages, as texting might work even when voice calls cannot be made.

- Following an emergency, friends and loved ones will want to know you are safe. If you use social media, share that you are safe. You can also register yourself as "Safe" through the Red Cross Safe and Well service by visiting redcross.org/safeandwell.
- Update your cell phone with emergency contact information.
- For individuals without a smartphone or cell phone, be sure to write down important contacts to be notified in the event of an emergency on a piece of paper, and store these numbers in your wallet.
- Consider keeping a corded landline phone for use during emergencies, since these phones do not require electricity to operate.
- Create a paper copy of important contacts and information and keep it with your emergency supplies kit (see p. 5).
- Purchase insurance coverage. Your standard residential insurance policy may not cover damage caused by a disaster. In most cases, damage from a flood, earthquake or tsunami is not covered by your homeowner's policy. A separate policy is required.
- Include your pets and/or livestock in your disaster planning (see p. 21).
- If you have children in school, ask about the school's emergency plans.
- If you know someone in an assisted living facility, ask about the facility's emergency plans.

Practice

- Practice household earthquake and fire drills at least twice a year. A good time to practice is each time you change your clocks for daylight savings time.
- When you practice your earthquake drill, after you drop, cover and hold on, perform an assessment of your home. Review where the gas and water shut off valves are. Discuss where your household (including pets) will go if you have to evacuate.
- Make practicing fun for kids by having a picnic with your emergency supplies and replace those that are used.

Seniors

Whether you live alone or depend on a caregiver, it is vital to have a plan for what to do before, during and after a disaster. Create a support network of family, friends and others who can assist you during an emergency. Discuss your emergency plan, and practice it with them. Make sure they have an extra key to your home, know where you keep your emergency supplies and know how to use lifesaving equipment or administer medicine. It is also important to let them know about your personal risks and vulnerabilities.

When creating your emergency plan, know the answers to the following questions, and plan accordingly.

- Do you live alone?
- Do you drive or own a car?
- How good is your sense of smell?
- Do you have any physical, medical or learning limitations?
- Do you have decreased hearing or visual capacity?
- Are you reliant upon any medical equipment?
- Are you reliant upon a caregiver?

You should also be informed about your community's disaster plans. Ask local officials about your area's response and evacuation plans in the event of an emergency. If available, take advantage of advance registration systems in your area for those who need help during community emergencies. If you receive home care, speak with your case manager to see what their plan is in times of emergency and how they can assist you.

In addition to knowing what standard items should be in your emergency supply kit, consider storing your supplies in a container or bag with wheels.

- Label any equipment, such as wheelchairs, canes or walkers, that you would need in case of an emergency with your name and contact information.
- Keep hearing aids, glasses or assistive devices near your bedside. You may want to attach the equipment with Velcro as some disasters, particularly earthquakes, may cause items to shift.

Prevent impediments from evacuating:

- To prevent falling, secure or remove throw rugs and carpet, keep floors dry, wipe up spills immediately and be sure to use wax free cleaning products on floors.
- If you use a wheelchair, make sure your escape routes are wheelchair accessible.
- Keep support items like wheelchairs and walkers in a designated place so they can be found quickly.



Make a Plan

The more you have planned ahead of time, the calmer and more assured your family will be during a disaster or emergency.

- Take the time to talk about potential disasters
- Create a support network
- Establish emergency contacts
- Practice evacuating your home
- Determine two places where your family will reunite

Individuals with Access and Functional Needs

Individuals who are vision impaired, hearing impaired or mobility impaired should take additional steps to prepare for disasters.

- Complete an honest assessment of your abilities and needs. Would you be able to climb out a window if necessary? Can you hear emergency announcements?
- If you anticipate that you will need additional assistance from first responders after a disaster, be sure you have spoken with family, caregivers, friends or neighbors who can assist and be part of your emergency plan.
- If you need to evacuate, be prepared to tell first responders to also collect your service animal(s), your assistive technology devices and your medical supplies.
- Write out an emergency information card, including any medications you take, allergies, sensory or mobility impairments, equipment you need and emergency contact numbers.
- If you use augmentative communications or other assistive technologies, keep track of device model information and note where the equipment came from with your important documents (see p. 25).
- Plan ahead for accessible transportation that you may need in order to evacuate or get to a medical clinic. Work with local public transportation or paratransit agencies to identify transportation options.
- If you live in an assisted living facility, find out the facility's emergency plan.
- If you are mobility impaired, identify two accessible escape routes out of each room of your home.
- If you use a wheelchair, keep a wheelchair patch kit to repair a flat. If you use a motorized chair, keep a manual backup chair.
- Form a support team of at least three different people to check on you after a disaster. Exchange house keys. Tell each other when you're out of town. Teach your support team how to use any home medical equipment.
- If you're hearing impaired, install smoke alarms that use a strobe light or bed shaker (see back cover). Also, keep a pen and paper in your emergency supply kit to communicate with first responders.
- Keep an extra cane by your bed if you need one to walk.
- If you are blind, mark your emergency supplies with Braille.

The website AccessibleEmergencyInfo.com has preparedness information resources printed in Braille and videos in American Sign Language.

Preparing Your Animals for Disaster

If you must evacuate following a disaster, you should also be prepared to evacuate your pets and/or livestock. If it is not safe for you to stay behind, then it is not safe for animals to stay behind, either. Take action now so you know how to best care for your animals when the unexpected occurs.

Know Where to Take Your Pets

Your plan needs to be tailored to and account for the specific needs of your household.

- Although service animals are allowed in Red Cross shelters, local and state health and safety regulations typically do not permit facilities to allow pets in disaster shelters. Ask the shelter about their pet policy before you arrive.
- Contact hotels before you arrive to find out their policy about accepting pets and restrictions on number, size and species. Ask if “no pet” policies can be waived in an emergency. Keep a list of pet friendly places, including their phone numbers, with your emergency supplies kit.
- Ask friends, relatives or others outside the affected area if they could shelter your animals in the event of an emergency.
- Make a list of boarding facilities and veterinary offices that will shelter animals in an emergency. Include any 24-hour phone numbers.
- Ask local animal shelters if they provide emergency shelter or foster care for pets during a disaster.

Tips for Livestock/Large Animals

- Ensure all animals have some form of identification.
- Prepare ahead by identifying vehicles, trailers and experienced handlers to transport your animals.
- Identify location(s) where animals can be temporarily relocated.

Assemble an Animal Emergency Supplies Kit

Keep your animal's essential supplies in sturdy containers that can easily be accessed and transported (a duffle bag or covered trash containers, for example). Your animal emergency supplies kit should include:

- Medications, copies of vaccination records and medical records (stored in a waterproof container) and a first aid kit.
- Sturdy leashes, harnesses and/or carriers to transport pets safely and ensure that your animals can't escape.
- Current photos of your animals in case they get lost or separated.
- Food, drinkable water, bowls, cat litter, litter box, plastic bags and manual can opener.
- Information on feeding schedules, medical conditions, behavior problems and the name and phone number of your veterinarian in case you have to foster or board your animals.
- Animal bedding or toys if easily transportable.

Your Mental Health

You can reduce the emotional impact of a disaster by being prepared. Review this resource guide with your family. Practice your evacuation plans. Make sure you have an emergency supplies kit and that your emergency contact information is current. You can't take away the feeling of shock after a disaster, but you can reduce the feeling that everything is out of control.

Disasters may cause highly emotional responses among family members. Normal responses include:

- Emotional numbness, apathy or depression.
- Difficulty concentrating or making decisions.
- Anxiety, restlessness, irritability or fear.
- Disorientation.
- Sleep disturbance.
- Fatigue.

Mental Health Survival Tips

- Stay calm and assured.
- Stay with other people, if possible, and not alone.

- Accept help from others.
- Avoid placing blame; attempt to recognize positives.
- Talk about your feelings.

For Long-Term Adjustment

- Allow yourself to cry.
- Get some exercise.
- Avoid excessive alcohol and drug usage.
- Seek counseling if you continue to feel depressed, anxious or debilitated.

After you and your family are out of danger, sit down together and collect yourselves. Limit family decisions to today's needs. Avoid discussions of long-term disaster recovery issues.

3. Build a Kit

In Oregon and Southwest Washington, there is a high probability of a 9.0 Cascadia Subduction Zone earthquake. The Red Cross recommends that you have enough supplies to be self-sufficient for at least two weeks. While this goal may seem daunting, don't feel like you need to accomplish everything all at once. Use our Disaster Preparedness Calendar to take disaster preparedness one step at a time (see centerfold). We recommend that you have an emergency supplies kit in each location that you spend considerable time (i.e., at home, in the car and at work).

Household Emergency Supplies Kit

Keep two weeks' worth of emergency supplies for your household in a portable container that you can use at home or take with you if you evacuate. Start with these items:

- Water: one gallon per person per day, for drinking and basic hygiene.
- Food: items that aren't perishable or don't need to be cooked (e.g., peanut butter, canned meats, energy bars, canned fruits and vegetables, beans or soup.)
- First aid kit with essential prescription and over-the-counter medications (see p. 24).

Additional Supplies

- Flashlight (battery or alternative-powered)
- Radio (battery or alternative-powered)
- Extra batteries
- Solar charger
- Extra cords for electronics
- Copies of important documents (see p. 25)
- Emergency contact information and copy of household emergency plan
- Cash in small denominations, such as \$1 or \$5 bills
- Pet supplies
- Multipurpose tool and work gloves
- Comfort items, such as toys, games and family photos
- Manual can opener
- Duct tape and plastic sheeting
- Hygiene and sanitation supplies (see p. 24)

Vehicle and Work Emergency Supplies Kits

Your vehicle and workplace emergency supplies kits should contain a minimum of three days of supplies. Keep the supplies in a backpack or sturdy container with a lid.

- Blankets or sleeping bag
- Bottled water (use a heavy plastic bottle specifically made for water storage and fill with tap water)

- Nonperishable food items
- Cell phone charger
- Emergency flares or reflective triangle (vehicle only)
- First aid kit and reference guide
- Ice scraper
- Jumper cables and tool kit (vehicle only)
- Manual can opener
- Prescriptions (if applicable)

Go Bag for Tsunamis

If you live in or are visiting a coastal location which may experience tsunamis, your go bag for tsunamis should be readily accessible to grab as you will likely evacuate on foot. Keep the supplies in a bag that can be easily carried.

- Radio (battery or alternative-powered)
- Water bottle and water treatment supplies capable of providing one gallon of water per person per day
- Nonperishable food items
- Small radio (battery or alternative-powered)
- Local evacuation map
- Jacket to protect you from the rain and/or cold
- Personal first aid kit and reference guide
- Prescriptions
- Sun protection
- Hand sanitizer
- Whistle
- Illumination (headlamp/flashlight/light sticks)
- Candles and waterproof matches or a lighter
- Blanket

By the Bed Mini Kit

Keep a sturdy pair of shoes, a flashlight and an extra pair of glasses (if you wear them) in a bag attached to the head or foot of your bed. If an emergency strikes at night, you'll be able to walk across debris and see where you're going.

Review your supplies kit every six months. Replace any items nearing their expiration dates. Assemble your own kit or purchase a starter kit at redcrossstore.org.

First Aid Kit

You can buy a first aid kit or build one using the list below. Check and replenish first aid supplies yearly. Consider enrolling your family in a first aid class. Visit redcross.org to buy a kit or register for a class.

- Adhesive cloth tape
- Assorted adhesive bandages
- Antibiotic ointment*
- Antiseptic wipes
- Two pairs of disposable gloves
- Instant cold compress
- Nonstick sterile pads (3"x3" and 4"x4")
- Current prescription medicines*
- Rolled gauze (3" and 4")
- Sanitary napkins or absorbent compress dressing
- Scissors
- Safety pins
- SPF 45+ sunscreen
- Thermometer (non-mercury/glass)
- Tongue depressors
- Triangle bandages
- Tweezers
- Hand sanitizer
- Pen and paper
- Emergency phone numbers
- Red Cross first aid reference guide or first aid manual
- Non-prescription medications, including pain relievers, antacids, laxatives, hydrocortisone cream and vitamins*

* *Keep all medications in original containers. Check expiration dates and replace as needed.*

Hygiene Supplies

- Soap or alcohol-based hand sanitizer
- Liquid detergent
- Shampoo
- Toothpaste/toothbrushes

- Household liquid bleach for water purification, plus eyedropper for measuring (see Water Storage, p. 18)
- Pre-moistened towelettes/baby wipes
- Paper towels
- Plastic garbage bags

Sanitation Supplies

- 5-gallon buckets (one for solid waste; one for liquid waste)
- 13-gallon heavy duty (.9 mil or thicker) trash bags to line the solid waste bucket
- Water and soap or alcohol-based hand sanitizer (60%+ concentration) for washing handst
- Toilet paper
- Wood chips, sawdust, leaves, grass clippings, shredded wood or other carbon-based material for covering solid waste after each use
- Feminine hygiene products
- Diaper supplies
- Incontinence supplies

Tools and Other Supplies

- Crescent wrench, 12 inches or longer (store near natural gas shut-off valve in waterproof container)
- Axe, shovel, pry bar and broom
- Screwdrivers, pliers and hammer
- Coil of 1/2-inch cotton or hemp rope (50 feet)
- Pocket knife and staple gun
- Pen and paper (stored in waterproof container)
- Heavy gloves for cleaning up debris
- Sturdy shoes (keep a pair by the bed)
- Clothes for protection from cold and rain or extreme heat
- Matches kept in a waterproof, child-resistant container
- Glow sticks or light sticks
- Garden hose with shut-off nozzle
- Tent and tarps
- Whistle to signal for help

Copies of Important Documents

Some people rent safe deposit boxes to keep track of their important documents. We also recommend that you scan important documents and save them electronically, either by emailing the documents to yourself, saving them to a thumb drive or storing them in an electronic cloud backup system. In addition, store copies of documents in your home's emergency supplies kit. Store your documents in a fireproof, waterproof, lockable box or container, along with the rest of your emergency supplies. Once assembled, mark your calendar with a reminder to go through the papers once a year to make sure the documents stay current. For additional security, consider sending copies of vital documents to a trusted family member or friend who lives in a community far enough away that it's unlikely to be affected by the same major disaster. Some documents to consider including in your emergency supplies kit include:

- Bank statements.
- Birth, death and marriage certificates.
- Adoption papers.
- Car titles or loan agreements.
- Current list of medications (over-the-counter and prescription).
- Copy of driver's licenses and/or government-issued identification cards.
- Emergency contact information (see p. 27).
- Immunization records.
- Insurance policy information (automotive, health, home, renters, etc.).
- Lease or rental agreement or mortgage/property deeds.
- List of credit and debit card numbers or a photocopy of your payment cards.
- Military records.
- Negatives of irreplaceable family photos stored in protective sleeves.
- Photos or videos of possessions.

- Spare pet identification tags.
- Power of attorney documents (personal/property).
- Recent pay stubs and employee benefit information.
- Recent tax returns.
- Retirement account records.
- Safe deposit box location, list of contents and key.
- Social security cards.
- Wills or trusts.

Financial Preparedness

To prevent a natural disaster from becoming a financial catastrophe, take the following steps:

- 1. Establish an emergency fund:** An emergency fund with three to six months' worth of savings is a key part of any household financial plan. But it's also important in an emergency. Funds that you can draw on quickly and easily can be a lifesaver in the wake of a natural disaster.
- 2. Protect your credit:** Part of protecting your finances involves protecting your credit. Include contact information for your creditors—such as your mortgage lender, credit card companies and utilities—in your kit. If you have to evacuate, reach out to your creditors as soon as possible to request a temporary reprieve from payments.
- 3. Review your insurance policies:** Your insurance policies can help you recover financially from a disaster, provided you have the right coverage. Review your property, flood, rental, life and disability insurance policies once a year when you receive the new documents from your insurer.
- 4. Keep your electronic records safe:** If you choose to maintain a written list of passwords, personal identification numbers or security questions, consider substituting a hint word or phrase for the actual access information. The hint will allow you to recall the real access information easily, while preventing unauthorized users from accessing your accounts.

4. Download the Red Cross Apps

One of the easiest ways to learn about disaster preparedness and have disaster-ready tools at your fingertips is to download the free American Red Cross mobile apps. These apps are available to both iPhone and Android users and contain a wealth of information about what to do before, during and after a disaster. These fun, easy to use, informative apps can be lifesavers in times of emergency.



Emergency App

The Red Cross Emergency App combines many Red Cross apps in one easy-to-use app, giving users instant access to weather alerts, lifesaving information and ways to contact family and friends in one free app for mobile devices. This all-inclusive app lets you monitor more than 35 different severe weather and emergency alerts, to help keep you and your loved ones safe. The “Family Safe” feature allows the app user to notify loved ones who are outside of the area affected by an emergency or disaster to let them know you are safe. The recipient can instantly see the alert details as well as specific “what to do now” steps and then respond with either “I’m safe” or “I’m not safe.” This feature works even if the recipient has not downloaded the Emergency App.



Pet First Aid App

The Pet First Aid app provides access to step-by-step instructions on how to maintain your pet’s health, what to do in emergencies and how to include pets in your emergency preparedness plans. The app will also help owners keep their pets safe by learning what emergency supplies to have, when they should contact their veterinarian and where to find a pet care facility or pet friendly hotel. Users learn how to assemble a pet first aid kit and an emergency kit. Recommended items include leashes, food, water, toys, medical records and an animal carrier for evacuation purposes.



Hero Care Network App

The app is designed to help members of the military, veterans and their families identify and connect to emergency and non-emergency Red Cross and other community services from

anywhere in the world. The app has important features including allowing members of the military and veterans communities to initiate a request for Red Cross emergency services—which includes the ability to generate an emergency message, request assistance with emergency travel or emergency financial aid.



First Aid App

The First Aid App gives instant access to information on how to handle the most common first aid situations, taking critical first aid information normally stored on bookshelves and in pamphlets and placing it at the fingertips of millions of individuals—in order to help save lives.



Monster Guard App

Monster Guard provides 7- to 11-year-olds with a fun gaming environment to learn how to prevent emergencies like home fires, and what to do if severe weather or natural disasters occur. Children enter the “Monster Guard Academy,” where recruits train to prepare for disasters and practice what to do if one happens.



Blood Donor App

The Blood Donor App allows users to find local blood drives and donation centers quickly and easily, easily schedule and reschedule donation appointments and get notified if blood is on its way to a patient. Through the app, users can receive appointment reminders and keep track of blood donations in the palm of their hand.

5. Emergency Contacts

Fill out the information below (name and contact number for each person/entity) and make copies for each household member.

Out-of-state contact person: _____

Emergency contact: _____

School(s): _____

Works site(s): _____

Include name of supervisor(s)

Doctor(s): _____

Pharmacist(s): _____

Neighbor(s): _____

Day care: _____

Email(s): _____

Cell phone(s): _____

Insurance agent(s): _____

Household meeting place in case of fires: _____

Household meeting place in case you cannot return home: _____

Caretaker for animals: _____

Include contact for people who will transport animals

Veterinarian: _____

Utilities: _____

Water: _____

Gas Company: _____

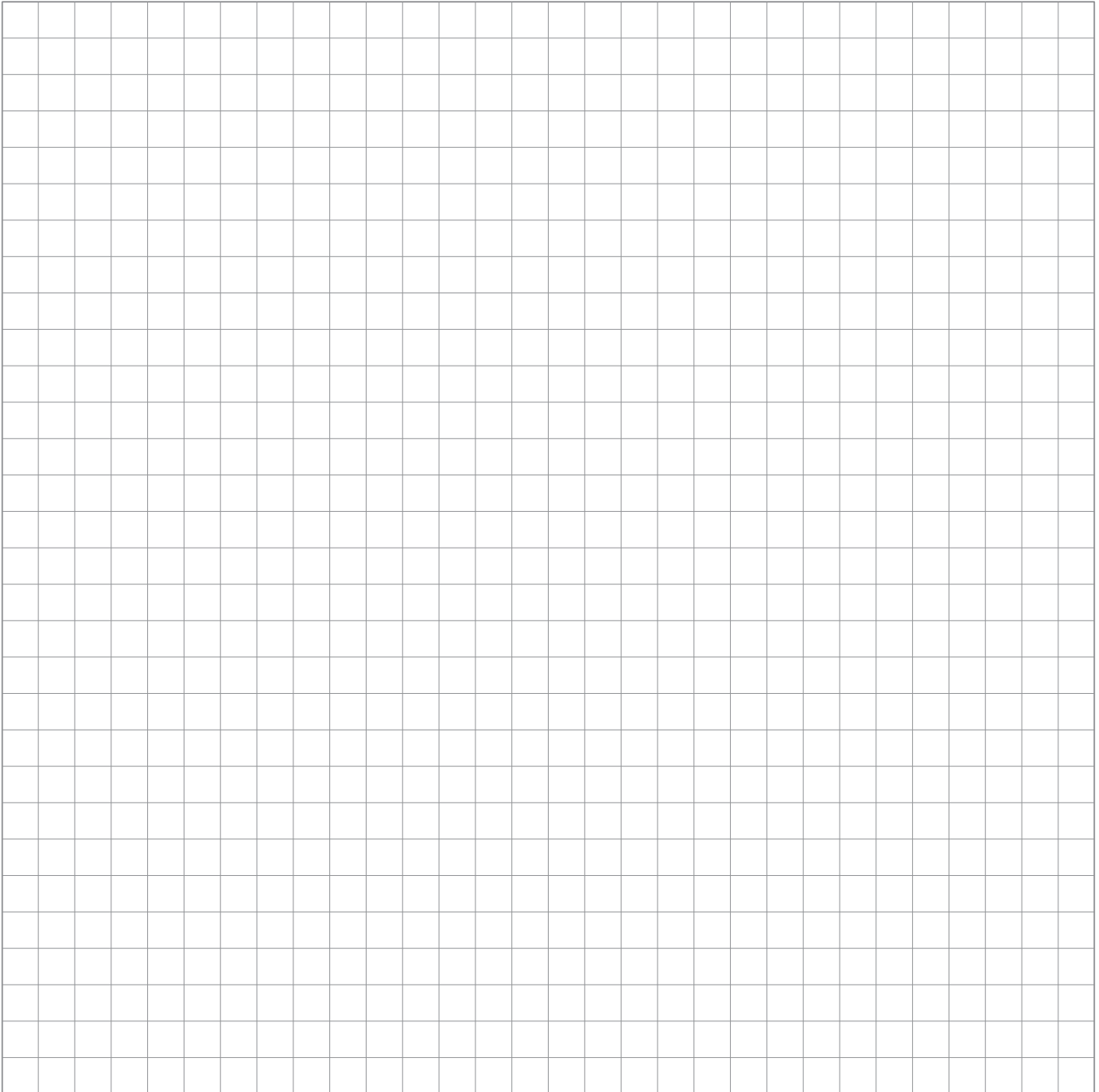
Electric Company: _____

Remember

- Create a list for all household members
- Post the list on the refrigerator
- Store a copy of the list with your emergency kit
- Update all copies when numbers change

6. Home Fire Escape Plan

Use the graph below to draw your home's floor plan and plot your home fire escape routes.



Tips for creating your home fire escape plan and practicing your two-minute drill:

- Everyone in your household should know two ways to escape from each room in your home.
- Smoke is dangerous. Get low and go!
- Get out and stay out. Never go back inside for people, pets or things.
- Our household outside meeting place is: _____



SOUND THE ALARM

Save a Life



**American
Red Cross**

Free Smoke Alarm Installation

You may have
as little as

2 minutes

to escape a
burning home
before it's too late.

**The Red Cross responds to an average of
two home fires every day in our region.**

A working smoke alarm can cut the risk of
death from a home fire in half.

The Red Cross Home Fire Campaign aims
to reduce death and injury by installing free
smoke alarms in homes that need them.

**There are three easy ways to get free smoke
alarms installed by trained Red Cross volunteers:**

- 1. Call:** 503-528-5783
- 2. Online:** www.redcross.org/GetAnAlarm
- 3. E-mail:** preparedness@redcross.org

Call 503-528-5783 to schedule an appointment.

In Oregon, this campaign is in partnership with the Office of the State Fire Marshal.