

EMERGENCY PREPAREDNESS INFORMATION



INFORMATION PROVIDED BY BEAVERTON EMERGENCY MANAGEMENT. FOR
ADDITIONAL INFORMATION PLEASE VISIT OUR WEBSITE AT
<http://www.BeavertonOregon.gov/emergency>



EXAMPLE OF 4-PERSON HOME EMERGENCY KIT

5 gallon bucket with hygiene items

Bucket with pet supplies

Dishes, pots & pans

Battery lantern with batteries

Propane Lantern

Propane

Dry fire wood

Tent, cots, sleeping bag.

Sheets, blankets, towels, & pillows

Water and a Water Filter

Propane heater

Canned food

Sleeping bag

Camp stove & misc. items (rope, tools, matches, propane)

Extra BBQ Propane tank

Tarps

Our two vehicles have backpack 72-hour kits, first aid kits, flashlights, and extra blankets/sleeping bags





TAKE 5 TO SURVIVE

TAKE 5 TO PREPARE

If you find it difficult to set aside time to prepare for emergencies, you're not alone. Public surveys list "lack of time" as the primary reason people cite for not taking steps to prepare themselves and their families for a major emergency.

Rather than viewing emergency preparedness as an insurmountable task, consider what you could accomplish in just 5 minutes. Below is a list of recommendations. Make it a team effort and involve your family. Once you meet your goal, celebrate for being prepared for the emergencies ahead!

5 MINUTE PROJECTS

- Discuss how your family will re-unite if an emergency separates you.
- Choose an "out-of-state" contact person. Instruct family members to call this person to relay information on their welfare if they're separated and local phone lines are not working.
- Discuss how your family will cook and light and heat your home safely if you lose power. Become familiar with all utilities before a disaster strikes.
- Purchase and store bottled water – one gallon per person/per day for at least three days. If you have pets, they need water, too.
- Buy extra canned goods and a manual can opener on your next visit to the store.
- Work with your doctor to make sure you and your family members have at least a one-week supply of necessary medications. Don't forget to include special plans if someone is reliant on home oxygen, powered medical equipment, or durable medical supplies.
- Pets are not allowed in emergency shelters. Create a plan for your pets in case you need to evacuate your home.
- Test your smoke alarms and practice your fire escape plan.
- Make sure all adults in your home know how to use a fire extinguisher.
- Ensure your "financial readiness" by having your important financial, personal, and property documents available after an emergency. Make copies of these documents (or scan to a CD

or password protected thumb drive) and send to a trusted counsel, friend, or family member.

- Conduct an earthquake drill with your family.
- Inventory emergency supplies in each of your cars and add as necessary.

TAKE 5 TO SURF THE WEB FOR MORE INFO

www.take5tosurvive.com

www.beavertonoregon.gov/emergency/

www.ready.gov

www.redcross.org

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PREPAREDNESS CALENDAR



Family Disaster Supplies and Preparedness Activities

- This calendar is intended as a tool to help you prepare for disasters before they happen.
- After you purchase an item or complete an activity, check the box next to it.

MONTH 1	Purchase: <input type="checkbox"/> Water – At least 3 gallons per person, per day plus pets <input type="checkbox"/> Hand-operated can opener <input type="checkbox"/> Instant drinks (coffee, tea, powdered milk, powered fruit drinks) <input type="checkbox"/> 2 flashlights with extra batteries	Activities: <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 water containers, mark them with the date filled <input type="checkbox"/> Date water/food containers if they are not dated <input type="checkbox"/> Conduct a home hazard hunt*
MONTH 2	Purchase: <input type="checkbox"/> Canned meat, stew, or pasta meal - 5 per person <input type="checkbox"/> Feminine hygiene supplies <input type="checkbox"/> CD/DVD or videotape <input type="checkbox"/> Family-size first aid kit	Activities: <input type="checkbox"/> Change battery and test smoke alarm (purchase and install an alarm if you don't have one) <input type="checkbox"/> Film your home, including contents, for insurance purposes. Store the CD/DVD with friends or family who live out of town.
MONTH 3	Purchase: <input type="checkbox"/> Canned fruit - 3 cans per person <input type="checkbox"/> Any foods for special dietary needs (enough for 3 days) <input type="checkbox"/> 2 rolls of toilet paper per person <input type="checkbox"/> Crescent wrench(es) (or utility shutoff tools)	Activities: <input type="checkbox"/> Conduct a home fire drill <input type="checkbox"/> Check with your child's day care or school to find out about their disaster plans <input type="checkbox"/> Locate gas meter and water shutoff points and attach/store wrench or shutoff tool near them <input type="checkbox"/> Establish an out-of-state contact to call in case of emergency
<i>Your supplies may be stored together in one large container, such as a garbage can on wheels, or several small ones. Food items could be kept on a specific shelf in the pantry.</i>		
MONTH 4	Purchase: <input type="checkbox"/> Canned vegetables - 4 per person <input type="checkbox"/> Extra baby bottles, formula, and diapers, if needed <input type="checkbox"/> Extra pet supplies: food, collar, leash <input type="checkbox"/> Large storage container(s) for preparedness supplies	Activities: <input type="checkbox"/> Place a sturdy pair of shoes and a flashlight under your bed, so that they will be handy during an emergency <input type="checkbox"/> Place a supply of necessary medicine(s) in storage container and date the medicine(s), if not already indicated on its label <input type="checkbox"/> Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member
MONTH 5	Purchase: <input type="checkbox"/> Canned, ready-to-eat soup - 2 per person <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Plain liquid bleach <input type="checkbox"/> Portable am/fm radio (extra batteries) <input type="checkbox"/> Anti-bacterial liquid hand soap or waterless hand sanitizer <input type="checkbox"/> Disposable hand wipes	Activities: <input type="checkbox"/> Make photocopies of important papers and put in a fire-proof safe <input type="checkbox"/> Talk with neighbors to find out who may have skills or training that would be beneficial after a disaster (i.e., first aid, child care, amateur radio, tree removal, small engine repair, heavy equipment operations, wilderness survival, light rescue, carpentry)

**See Home Hazard Hunt Flyer in this booklet*

Examples of Food Items:

- Select based on your family's preferences
- Pick low-salt, water-packed varieties when possible

Canned Meat:	tuna, chicken, raviolis, chili, stew, Spam™, corned beef, etc.
Vegetables:	green beans, corn, peas, beets, baked beans, carrots, etc.
Fruit:	pears, applesauce, mandarin oranges, pineapple, etc.

MONTH 6	Purchase: <ul style="list-style-type: none"> <input type="checkbox"/> Quick-energy snacks (granola bars, raisins, peanut butter) <input type="checkbox"/> 6 rolls of paper towels <input type="checkbox"/> 3 boxes of facial tissue <input type="checkbox"/> Sunscreen <input type="checkbox"/> Anti-diarrhea medicine <input type="checkbox"/> Latex gloves- if no allergies to latex (Buy 6 pairs and put in first aid kit) 	Activities: <ul style="list-style-type: none"> <input type="checkbox"/> Check to see if your stored water has expired and needs to be replaced. (Replace every 6 months if you filled your own containers. Store-bought water will have an expiration date on the container.) <input type="checkbox"/> Put an extra pair of eyeglasses in the supply container <input type="checkbox"/> Store a roll of quarters with the emergency supplies and locate the pay phone nearest to your home <input type="checkbox"/> Find out about your workplace disaster plans
MONTH 7	Purchase: <ul style="list-style-type: none"> <input type="checkbox"/> Whistle <input type="checkbox"/> A-B-C fire extinguisher <input type="checkbox"/> 1 large can of juice per person <input type="checkbox"/> Adult and children vitamins <input type="checkbox"/> A pair of pliers and/or vise grips 	Activities: <ul style="list-style-type: none"> <input type="checkbox"/> Take a first aid/CPR class <input type="checkbox"/> Identify neighbors who might need help in an emergency (limited mobility, health problems, children home alone, etc.) <input type="checkbox"/> Show family members where, when and how to shut off the utilities
MONTH 8	Purchase: <ul style="list-style-type: none"> <input type="checkbox"/> Box of crackers or graham crackers <input type="checkbox"/> Dry cereal <input type="checkbox"/> "Child-proof" latches or other fasteners for cabinet doors and drawers <input type="checkbox"/> 1 box of large, heavy-duty garbage bags <input type="checkbox"/> Camping or utility knife 	Activities: <ul style="list-style-type: none"> <input type="checkbox"/> Secure shelves, cabinets, and drawers with "child-proof" latches to prevent them from falling and/or opening during earthquakes <input type="checkbox"/> Meet with neighbors to inventory expensive equipment that could be shared in the event of an emergency, such as chain saws, chippers/shredders, utility trailers, snow blowers, and 4-wheel drive vehicles
MONTH 9	Purchase: <ul style="list-style-type: none"> <input type="checkbox"/> Extra batteries for flashlights, radio, and hearing aids (if needed) <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> Crowbar 	Activities: <ul style="list-style-type: none"> <input type="checkbox"/> Make a small preparedness kit for your car. Include food, water, blanket, small first aid kit, a list of important phone numbers, and quarters for pay phones and vending machines. <input type="checkbox"/> Secure water heater to wall studs (if not already done) <input type="checkbox"/> Identify locations of pay phones in your neighborhood
MONTH 10	Purchase: <ul style="list-style-type: none"> <input type="checkbox"/> Hammer and assorted nails <input type="checkbox"/> Screwdrivers and assorted wood screws <input type="checkbox"/> Heavy duty plastic tarps or plastic sheeting <input type="checkbox"/> Extra toothbrush per person and toothpaste 	Activities: <ul style="list-style-type: none"> <input type="checkbox"/> Make arrangements to have someone help your children if you're at work when an emergency occurs <input type="checkbox"/> Conduct an earthquake drill at home <input type="checkbox"/> Replace necessary medicines as required by expiration dates <input type="checkbox"/> Encourage friends and family members to prepare for emergencies
MONTH 11	Purchase: <ul style="list-style-type: none"> <input type="checkbox"/> Package of paper plates <input type="checkbox"/> Package of napkins <input type="checkbox"/> Package of eating utensils <input type="checkbox"/> Package of paper cups <input type="checkbox"/> Masking tape <input type="checkbox"/> Kitchen-size garbage bags (1 box) 	Activities: <ul style="list-style-type: none"> <input type="checkbox"/> Make arrangements to have someone take care of your pets if you are at work when an emergency occurs <input type="checkbox"/> Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency <input type="checkbox"/> Start a Neighborhood Watch Program, if none exists
MONTH 12	Purchase: <ul style="list-style-type: none"> <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> Box of disposable dust masks <input type="checkbox"/> Safety goggles <input type="checkbox"/> Antiseptic <input type="checkbox"/> Sewing kit 	Activities: <ul style="list-style-type: none"> <input type="checkbox"/> Check to see if your stored water has expired and needs to be replaced. (Replace every 6 months if you filled your own containers. Store-bought water will have an expiration date on the container.) <input type="checkbox"/> Check the dates on stored food and replace as needed



PROTECT YOUR FAMILY BEFORE DISASTER STRIKES



***Where will you and your family be in an emergency?
What will you do if basic services (electricity, gas,
telephone and water) are disrupted for long periods?***

Whether faced with a family emergency or a regional disaster, the effort you've put into family preparedness and disaster planning will play a large role in how well you "survive" the event. The following steps can help you enhance your family's preparedness.

① Identify the Hazards

Visit the library, contact the American Red Cross or your local Emergency Manager, and/or log on to the Federal Emergency Management Agency (FEMA) Web site at www.fema.gov to learn about the hazards in your area.

- Winter Storm
- Flood
- Wind Storm
- Hazardous Material Spill
- Earthquake
- Wildfire
- Landslide

② Learn How the Hazards Can Impact Your Family

Assess what the consequences might be for your family when disaster strikes. Consider the time of day, the day of the week, and the time of year.

- Injury
- Isolation
- Phone Outage
- Property Damage
- Power Outage
- Separation
- Water Outage

③ IDENTIFY STEPS YOU CAN TAKE TO MINIMIZE OR PREVENT THE HAZARD IMPACTS

Determine procedures and practices you can develop/implement to enhance your disaster resistance. Consult with the Red Cross, your local Emergency Manager, and/or FEMA for assistance.

- Plans for fire escape, family communication, and neighborhood evacuation
- Procedures for drop, cover, and hold on; shelter in-place; and utility shutoff
- Training in CPR, basic first aid, and use of a fire extinguisher
- Hazard-resistant construction materials
- Flood-proofing, landscaping, and site drainage practices
- Non-structural earthquake hazard mitigation techniques
- Warning systems such as smoke alarms
- Comprehensive hazard insurance for your home and personal property (e.g., earthquake, fire, and flood)
- Neighborhood disaster resource inventory

④ Identify Equipment and Supplies You'll Need to Survive

- Clothing and bedding
- First aid kit
- Food and water
- Light sources (candles, flashlights, and/or light sticks)
- Critical prescription and non-prescription medications
- Sanitation supplies
- Special items (e.g., baby supplies, pet food)
- Copies of critical documents
- Tools, equipment, and supplies (batteries, fire extinguisher, manual can opener, matches, money, utensils, etc.)

⑤ Identify the Equipment, Supplies, Procedures, and Practices You Already Have in Place

- Camping gear (cooking equipment, sleeping bags, utensils, etc.)
- Extra food and water
- Medical supplies
- Fire escape plan

⑥ Identify Your Shortfalls

What equipment, supplies, procedures, and plans do you need to complete your family preparedness effort?

⑦ Develop a Plan to Eliminate the Shortfalls

Identify short and long-term objectives. For the short term, focus on items that are low cost or easy to implement and that have high payoff. Some suggestions include:

- Install and maintain hazard warning systems such as smoke alarms and carbon monoxide alarms.
- Perform simple non-structural earthquake mitigation by securing bookcases, water heaters, and other home contents in place.
- Develop fire escape and neighborhood evacuation plans.
- Develop a simple family communication plan, such as wallet card with common numbers to call and important policy numbers.
- Develop drop, cover, and hold on; utility shutoff; and shelter-in-place procedures.
- Obtain CPR, basic first aid, and fire extinguisher training.
- Begin or expand your disaster supplies kit. Start with basic necessities such as food, water, critical medications, light sources, first aid supplies, clothing, and bedding.
- Host a neighborhood meeting to exchange preparedness information and ideas.
- Give emergency preparedness items as gifts.

For the long term, focus on higher cost items or those that are more difficult to implement. These items might include:

- Special tools and equipment
- Structural earthquake mitigation
- Expanded insurance coverage
- Drainage improvements

⑧ TRAIN AND MAINTAIN

- Conduct fire evacuation drills
- Test smoke alarms
- Test/recharge fire extinguishers
- Test communications plan
- Practice procedures for drop, cover, and hold on; shelter in-place; and utility shutoff
- Replace stored food, medicines, and water by the expiration date



IT'S AN EMERGENCY! DO YOU KNOW WHERE YOUR FAMILY IS?



Your first concern during a disaster is likely to be the safety of your family members. If disaster strikes without warning during your normal, busy day, how will you find each other?

Advance preparations can help you check on your family more quickly during an emergency. Nothing else will matter until you know that everyone is safe.



Where would you look?

**Make a list, and
check it twice!**

Prepare **NOW**, while you have the time and can think clearly!

- Make a list of the most logical places to look for each family member (at home, at work, at school, at a friend's house).
- Consider all times of the day, routine schedules, and any favorite "hangouts." (For example, does your spouse stop at the gym before or after work? Is your son probably at his Boy Scout meeting?)
- Add co-workers, colleagues, neighbors, or school friends to your list.
- Collect the address and telephone number for each of those places. Don't forget about cell phones and pager numbers!
- Arrange them in a way that makes sense to you. Adapt and use the chart on the reverse of this flyer for your own use.
- Add an out-of-state family member or friend as your contact in case local telephone lines are down. Instruct all family members to call the out-of-state number to check in if they can't get through on a local telephone line.

You've made your list... what's next?

Make plenty of copies!

- Share copies with family members – everyone in your household, plus relatives that you see frequently.
- Keep a copy everywhere you might need it: at home, by the phone, in the car, at work, in your wallet, etc.
- Share the information with babysitters or other visitors to your home who may need to know.
- Talk about it! Discuss your plan with your family. Make sure they understand, in case they need to use it.
- Update it during your semi-annual smoke alarm test and set your clocks ahead/back.

Now that you're prepared, encourage others to do the same!

What if your employer needs to contact your family about you? Could they do it?

- Encourage your employer to adapt the chart on the reverse of this flyer for office use. (You could incorporate it into your employee safety program.)
- Devise a plan to keep the information current - it's only as good as the latest update!
- If your employer requires you to stay at work during a disaster, encourage them to dedicate a person to check on employees' families. You'll be more effective if you know everyone at home is okay!

FAMILY MEMBER LOCATOR CHART

Name

Date: _____

Parents

Name:
Address:
Phone #1:
Phone #2:

Home

Address:
Phone #1:
Phone #2:

Spouse's Work Place

Name:
Address:
Phone #1:
Phone #2:

Spouse's Parents

Name:
Address:
Phone #1:
Phone #2:

Neighbor #1

Name:
Address:
Phone #1:
Phone #2:

Child #1

Name:
School/Work:
Phone #1:
Phone #2:

Sibling #1

Name:
Address:
Phone #1:
Phone #2:

Neighbor #2

Name:
Address:
Phone #1:
Phone #2:

Child #2

Name:
School/Work:
Phone #1:
Phone #2:

Sibling #2

Name:
Address:
Phone #1:
Phone #2:

Neighbor #3

Name:
Address:
Phone #1:
Phone #2:

Child #3

Name:
School/Work:
Phone #1:
Phone #2:

Spouse's Sibling

Name:
Address:
Phone #1:
Phone #2:

Out-of-State Contact

Name:
Address:
Phone #1:
Phone #2:

Child #4

Name:
School/Work:
Phone #1:
Phone #2:

Notes:



HOW LONG CAN YOU SURVIVE?

Prepare an emergency kit for yourself and your family.

Due to overwhelming need elsewhere or lack of access to your neighborhood, you may be on your own for several days after a major disaster. A well-stocked kit can help you survive and be more comfortable during a major event such as earthquake, flooding, power outages, etc.

What will you need to survive for a week? Two weeks?

Storing Emergency Supplies

Layer supplies and keep them together in a container such as a sturdy plastic bin or plastic garbage can with wheels. For larger kits, you can stack bins or use two garbage cans. Rotate food, bottled water, and medications every year. Children's clothing may need to be replaced more frequently.

Keep the items you might need immediately, like a flashlight or first aid kit, on top.

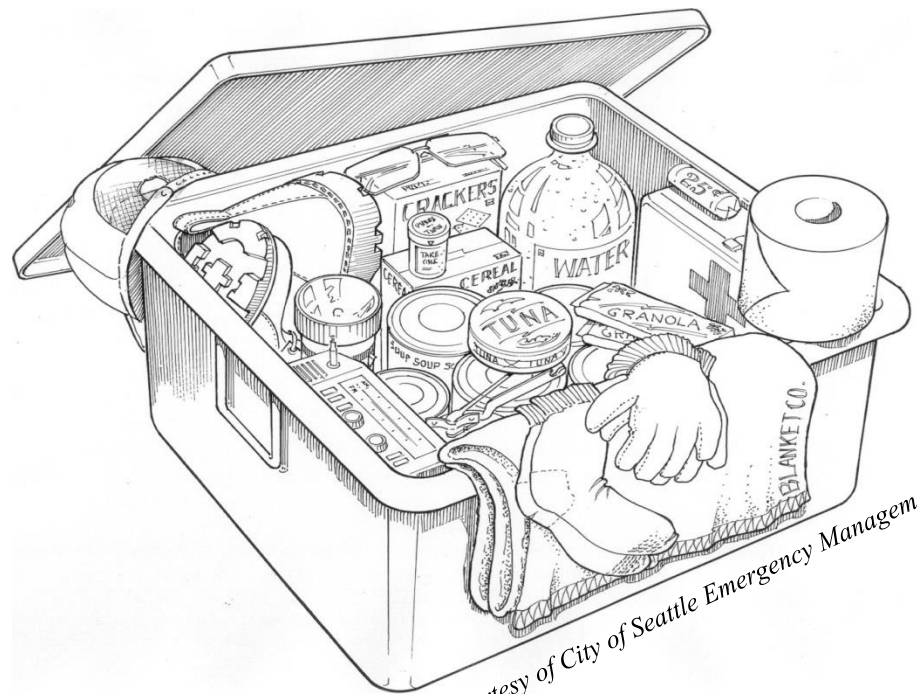


Illustration courtesy of City of Seattle Emergency Management

Start with what you already have. If you're a camper or backpacker, you've got a head start. Your cook stove, tent, and other gear can double as emergency supplies.

Think about what you literally can't survive without. Medications? Home oxygen? Powered medical equipment? Mobility aids?

Stock essential supplies for the long haul. Even if you can obtain food and water within 3-4 days, medications or medical supplies may be unavailable for a week or more. Consider one week's worth of essential medications and oxygen bottles as a minimum; two weeks worth is even better.

Choose a cool, dark location for storage, such as a closet or "safety corner" in the garage. If you live in an apartment or have limited space, be innovative. Other possible storage locations include under the bed, under stairways, or even in a large box or plastic tub that can be covered with a table cloth and used as an end table.

Being prepared is one more form of insurance

FOOD:

- Use canned or foil-pouch food for easy storage and long shelf life. Choose ready-to-eat meat, fruits, and vegetables that your family likes. (A disaster is not the time to try new menu items: you're under enough stress!) Keep food fresh by checking dates and rotating items every year.
- Also recommended are canned or dried juice mixes; powdered or canned milk; high energy food (peanut butter, jelly, crackers, unsalted nuts, and trail mix); cereals, and rice.
- Store foods in packaging sizes appropriate to your needs to prevent having to store leftovers.
- Don't forget your pets. Store canned and dry pet food along with an animal carrier, extra collar and leash, medications, and a favorite toy. Check out options for boarding your pet *in advance*: pets are not allowed in most shelters.

WATER:

- Store one gallon per person, per day for at least three days. Don't forget pets. Use commercially bottled water (replace each year) or tap water in clean plastic bottles (replace every six months). Store water bottles in a cool, dark place.
- **Purify water** by boiling it for 3-5 minutes **or** by adding 16 drops of household liquid bleach containing 5.25% sodium hypochlorite per gallon of water. Do not use bleach that contains added scents or cleaners. Stir and let stand for 30 minutes before using.
- Learn how to remove the water from your water heater just in case you need it. Be sure to turn off the gas or electricity to the tank before draining water for emergency use. Also, shut the intake valve, to avoid contamination.

CRITICAL DOCUMENTS:

- Keep copies of critical documents, including prescriptions, vaccination records, birth certificates, insurance policies, and passwords. Send a set to a trusted friend or relative living outside the region.

OTHER ITEMS:

- | | | |
|--|---|--|
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Fire extinguisher | <input type="checkbox"/> Ax, shovel, broom |
| <input type="checkbox"/> Blankets | <input type="checkbox"/> Trash bags | <input type="checkbox"/> Pliers, wrench, pry bar |
| <input type="checkbox"/> Battery-powered clock | <input type="checkbox"/> Required medications | <input type="checkbox"/> Extra can opener |
| <input type="checkbox"/> Candles | <input type="checkbox"/> Extra eye glasses | <input type="checkbox"/> Household bleach |
| <input type="checkbox"/> Flashlights | <input type="checkbox"/> Hearing aid batteries | <input type="checkbox"/> Map of area |
| <input type="checkbox"/> Battery-powered radio | <input type="checkbox"/> Cook stove with fuel | <input type="checkbox"/> Diapers, baby formula |
| <input type="checkbox"/> Extra Batteries | <input type="checkbox"/> Heavy gloves | <input type="checkbox"/> Hygiene products |
| <input type="checkbox"/> Waterproof matches | <input type="checkbox"/> Duct tape | <input type="checkbox"/> Warm clothes for each |
| <input type="checkbox"/> Cash (quarters & small small bills) | <input type="checkbox"/> Sturdy shoes for each person | |

GET YOUR NEIGHBORS INVOLVED:

- Working through your neighborhood or homeowners' association, arrange to share more expensive equipment items such as chain saws, generators, and 4-wheel drive vehicles. (If there is no formal organization in your neighborhood, start with your immediate neighbors and expand from there).
- Start a "buddy squad" to check on neighbors who may require assistance during and after major events, such as extended power outages or winter storms. Don't forget children who are home alone.
- Turn your organizing efforts into a neighborhood social event, such as a block party. (Draw them in with food, then make your presentation).



FOOD & WATER In An Emergency



If an earthquake, winter storm, or other disaster strikes your community, you might not have access to food and water for days or even weeks. By taking some time now to store emergency food and water supplies, you can provide for your entire family.

Water – The Absolute Necessity



You and your family can survive for many days without food, but only a short time without water. Disasters can cause significant damage to regional and local water supply systems. Having an ample supply of clean water for drinking, cooking and washing is a top priority during an emergency. Store one gallon per person, per day for at least three days. Don't forget pets. Use commercially bottled water (replace each year) or tap water in clean plastic bottles (replace every six months). Never reuse milk or juice containers. Store water bottles in a cool, dark place.

Indoor Water Sources

Ice Cubes - Melt and use.

Toilet Tank (not the bowl)

Contains clean water which can be used directly from tank. Do not use this water if you have added any chemical treatments (cleaners) to the tank.

Hot Water Heater

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 tank.

Outdoor Water Sources

If you need to seek water outside your home, here are some other potential sources:

- Rainwater
- Ponds and lakes
- Natural springs
- Streams, rivers, and other moving bodies of water



Always disinfect the water before drinking it.

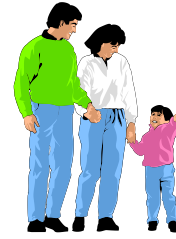
Disinfect water by bringing it to a rolling boil for 1 full minute.

If you can't boil water, disinfect it using household bleach. If the water is cloudy, filter it through clean cloths or allow it to settle, and draw off the clear water for disinfection. Add 1/8 teaspoon of regular, unscented, liquid household bleach containing 5.25% sodium hypochlorite for each gallon of water, stir it well, and let it stand for 30 minutes before using. Boiling and adding bleach will kill most types of disease causing organisms but **will not remove most chemicals from water**. Store disinfected water in clean containers with covers.

If a BOIL WATER NOTICE is issued by the water provider, you must boil the water from your tap before using. If a DO NOT USE NOTICE is issued, do not attempt to use this water for drinking or cooking, even after disinfecting.

Emergency Food

- Store at least a three-day supply of nonperishable food.
- Select food items that are compact and lightweight.
- Take into account your family's unique needs and tastes.
- Select foods that don't require refrigeration, preparation, or cooking with lots of water.
- Try to include foods your family will enjoy and that are high in calories and nutrition.



Nutrition Tips:

During and right after a disaster, it will be vital that you maintain your strength. So remember:

Eat at least one well-balanced meal each day.

Drink enough liquid to enable your body to function properly.

Take in enough calories to enable you to do any necessary work.

Include vitamin, mineral, and protein supplements to assure adequate nutrition.

Suggested Food Items:

Ready-to-eat canned meats, fruits, and vegetables.

Canned juices, milk, and soup (if powdered, store extra water).

Staples - sugar, salt, and pepper.

High energy foods - peanut butter, jelly, crackers, granola bars, trail mix.

Foods for infants, elderly persons, and persons on special diets.

Comfort/stress foods - cookies, candy, cereal, lollipops, instant coffee, tea bags.

Food Storage Tips:

Keep food in a dry, cool spot.

Keep food covered at all times.

Open food boxes carefully and close tightly after each use.

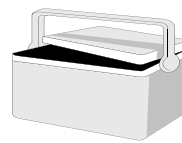
Don't forget canned and nonperishable foods for your pets.

Wrap cookies and crackers in plastic bags and keep them in air-tight containers.

Empty opened packages of sugar, dried fruits, or nuts into screw-top (plastic) jars or air-tight tin cans or plastic containers to protect from pests.

Foods in glass bottles and jars may break when a disaster occurs. Buy and store emergency foods in cans or plastic containers, whenever possible.

Use foods before they go bad and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.





When an earthquake strikes:

DROP, COVER, AND HOLD ON!



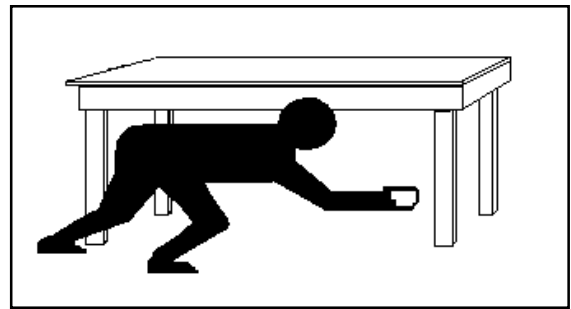
No matter where you are, knowing what to do when the earth shakes can significantly reduce your chance of injuries from falling debris.

Teach yourself and your family the following procedures and practice them so you are able to react automatically when an earthquake strikes.

When the shaking starts:

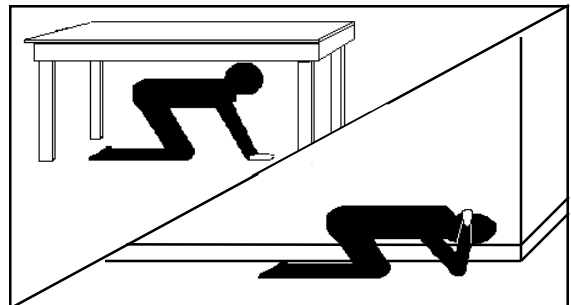
DROP

Drop to the floor.



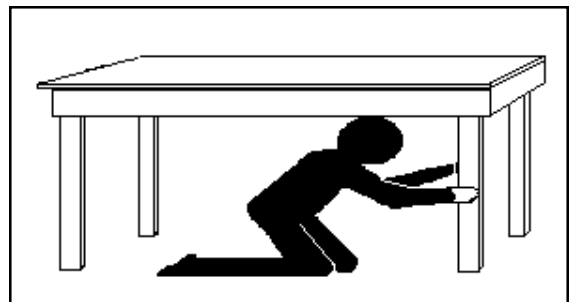
COVER

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



HOLD ON

HOLD ON to the sturdy furniture you are using for protection, and be prepared to move with it. Hold the position until the ground stops shaking and it is safe to move.



Earthquake

DROP, COVER, & HOLD ON TIPS

Falling objects cause most earthquake-related injuries!

When you begin to feel an earthquake, **DROP** to the floor and get under a sturdy piece of furniture like a desk or table. Stay away from windows, bookcases, pictures and mirrors, hanging plants, and other heavy objects that may fall. Be aware of falling materials such as plaster, ceiling tiles, and bricks that may come loose during the quake. Stay under **COVER** until the shaking stops. **HOLD ON** to the desk or table that you're under and if it moves, move with it.

- If you are not near a table or desk, move against an interior wall, and protect your head with your arms. **Do not go into a doorway!** Not only can the shaking cause the door to swing shut forcefully, but many interior door frames are not load-bearing.
- HIGH-RISE BUILDINGS - Do not use the elevators and don't be surprised if the fire alarm and/or sprinkler systems come on.
- OUTDOORS - Move to a clear area away from buildings, poles, power lines, signs and trees.
- NEAR BUILDINGS - Be aware of falling bricks, glass, plaster, and other debris. Move away a distance of at least 1 ½ times the height of the building (collapse zone).
- DRIVING - Pull to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over.
- STORE OR OTHER PUBLIC PLACE - **Do not rush for the exit.** Move away from shelves and displays that may fall over or contain objects that could fall, then drop, cover, and hold on.
- WHEELCHAIR - If you're in a wheelchair, stay in it. Move to cover, if possible (e.g., an interior wall), lock your wheels, and protect your head with your arms.
- KITCHEN - Move away from the refrigerator, stove, and overhead cupboards, then drop, cover, and hold on.
- THEATER OR STADIUM - If possible, get on the floor between the rows and cover your head with your arms, otherwise stay in your seat and protect your head with your arms. Do not try to leave until the shaking stops, then leave in a calm, orderly manner.

**AFTER AN EARTHQUAKE, BE PREPARED FOR AFTERSHOCKS, AND
PLAN WHERE YOU WILL TAKE COVER WHEN THEY OCCUR.**



HOME HAZARD HUNT



***Do you believe that your home is a safe place to be?
Statistics show that most fires, accidents, and
injuries occur in the home.***

An important step in family preparedness is the identification of hazards in your home. Once the hazards are identified, it doesn't take much time or effort to make your home a safer place to live.

Getting Started: 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, devise a plan to do it.

Kitchen

Yes/No

- ☐ ☐ Wear snug-fitting clothes when cooking
- ☐ ☐ Do not leave cooking food unattended
- ☐ ☐ Keep pan handles turned in while cooking
- ☐ ☐ Keep a pan lid nearby in case of fire
- ☐ ☐ Keep cooking areas clean and clear of combustibles
- ☐ ☐ Keep appliance cords from dangling
- ☐ ☐ Ensure outlets near the kitchen sink are GFCI (Ground Fault Circuit Interrupt)-equipped
- ☐ ☐ Keep sharp knives out of reach of children

Outside

Yes/No

- ☐ ☐ Clear dry vegetation and rubbish from around the house
- ☐ ☐ Use barbecue grills away from buildings and vegetation
- ☐ ☐ Dispose of barbecue briquettes in a metal container
- ☐ ☐ Maintain a "greenbelt" around rural buildings
- ☐ ☐ Check with the fire department before burning debris or using a burn barrel

All Rooms

Yes/No

- ☐ ☐ Ensure floor coverings (rugs, carpets) are properly secured to prevent tripping hazards
- ☐ ☐ Separate draw cords on blinds and drapes to reduce strangulation hazards for kids
- ☐ ☐ Ensure room exits are unobstructed

Smoking and Matches

Yes/No

- ☐ ☐ Store matches and lighters out of reach of children
- ☐ ☐ Use large, deep, non-tip ashtrays
- ☐ ☐ Never smoke when drowsy or in bed
- ☐ ☐ Dispose of ashes and cigarette butts in a metal can at least daily
- ☐ ☐ Check furniture for smoldering cigarettes every night, especially after parties

Electricity

Yes/No

- ☐ ☐ Avoid the use of extension cords (If used, ensure the correct wattage rating)
- ☐ ☐ Plug only one heat-producing device into an electrical outlet
- ☐ ☐ Ensure cords are not placed under rugs
- ☐ ☐ Verify circuits are not overloaded
- ☐ ☐ Replace damaged cords, plugs, sockets
- ☐ ☐ Use bulbs with the correct wattage for lamps and fixtures
- ☐ ☐ Check fuses/circuit breakers for the correct amperage ratings
- ☐ ☐ Do not override or bypass fuses or circuit breakers

Clothes Washer and Dryer

Yes/No

- ☐ ☐ Verify that appliances are properly grounded
- ☐ ☐ Ensure lint filter is clean and serviceable
- ☐ ☐ Check vent hose and vent line to ensure they are clean and provide unobstructed airflow



HOME HAZARD HUNT

Garage/Attic/Shed

Yes/No

- ☐ ☐ Use gasoline as a motor fuel only and never use or store it inside the home
- ☐ ☐ Keep only a small quantity of gasoline, if necessary, in an approved container locked in the garage or shed
- ☐ ☐ 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
- ☐ ☐ Store used oily rags in sealed metal containers
- ☐ ☐ Never store combustibles such as newspapers and magazines in your attic

Heating Equipment

Yes/No

- ☐ ☐ Ensure fireplace inserts and gas/wood stoves comply with local codes
- ☐ ☐ Clean and inspect chimney annually
- ☐ ☐ Dispose of ashes in metal container
- ☐ ☐ Keep clothes, furnishings, and electrical cords at least 12" from wall heaters and 36" from portable heaters
- ☐ ☐ Service furnace annually
- ☐ ☐ Set water heater thermostat at 120° F
- ☐ ☐ Elevate new or replacement gas water heaters at least 18" above the floor

Bathrooms

Yes/No

- ☐ ☐ Store poisonous cleaning supplies and medicines in "child-proofed" cabinets
- ☐ ☐ Replace glass bottles with plastic containers
- ☐ ☐ Ensure all outlets are GFCI equipped

Family Preparedness

Yes/No

- ☐ ☐ Plan two unobstructed 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 to call after a disaster/emergency
- ☐ ☐ Develop a fire escape plan and practice it regularly
- ☐ ☐ Store important papers and valuables in a fire-proof safe or cabinet
- ☐ ☐ Maintain proper insurance coverage for your home and its contents (earthquake, flood, renter's, fire)

Fire Extinguisher

Yes/No

- ☐ ☐ Verify that an all purpose fire extinguisher (Class ABC) is maintained in an accessible location
- ☐ ☐ Ensure that all occupants know how to use it
- ☐ ☐ Are additional fire extinguishers kept in the kitchen, garage, basement, and sleeping area?

Smoke Alarm

Yes/No

- ☐ ☐ Installed properly on every level?
- ☐ ☐ Tested monthly?
- ☐ ☐ Battery replaced annually or per manufacturer's recommendation?

Earthquake Hazards (All Rooms)

Yes/No

- ☐ ☐ Bolt heavy, tall, upright furniture to wall studs
- ☐ ☐ Lock or remove rollers on beds, furniture and appliances
- ☐ ☐ Secure hanging plants and light fixtures to prevent swinging into walls or windows and breaking
- ☐ ☐ Locate beds away from windows and heavy wall-mounted objects
- ☐ ☐ Secure kitchen and bathroom cabinets with latches
- ☐ ☐ Secure items on shelves with quake mats, Velcro™, low shelf barrier, etc.
- ☐ ☐ Store heavy and/or breakable items on lower shelves
- ☐ ☐ Strap water heater to wall studs
- ☐ ☐ 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
- ☐ ☐ Secure mirrors and pictures to the wall or hang them with heavy wire, looped through eye screws or tongue-in-groove hangers

Practice drills are a great way to help your family plan and remember what to do in case of a disaster or emergency



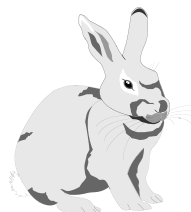
PETS AND DISASTERS



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

It may be difficult, if not impossible, to find shelter for your animals in the midst of a disaster; so plan ahead.

Red Cross shelters cannot accept pets because of State health and safety regulations. The only exceptions to this policy are service animals who assist people with disabilities.



BEFORE A DISASTER

Ask friends, relatives, or others outside your immediate area whether they could shelter your animals. If you have more than one pet, they may be more comfortable if kept together; but be prepared to house them separately.

Contact hotels and motels outside your immediate area to check policies on accepting pets and restrictions on number, size, and species. Ask if “no pet” policies could be waived in an emergency. Keep a list of “pet friendly” places, including phone numbers with other disaster information and supplies. If you have notice of an impending disaster, call ahead for reservations.

Prepare a list of boarding facilities and veterinarians who could shelter animals in an emergency. Include 24-hour phone numbers.

Include pet supplies as part of your emergency kit.

DISASTER SUPPLIES FOR YOUR PET

- Portable carrier (essential for cats)
- Food and water bowls
- One-week supply of food and water, stored in plastic bottles
- Litter and litter box for cats
- Medications
- First aid kit
- Health records, including vaccination records
- Instructions on your pet’s feeding schedule and diet, medications, and any special needs
- Leashes

Make sure your dogs and cats have permanent microchip identification and securely-fastened collars with dog licenses and ID tags containing up-to-date information. Attach to the collar a tag with the phone number and address of your temporary shelter or a friend or relative outside the disaster area. You can buy temporary tags or put adhesive tape on the back of your pet’s ID tag.

DURING A DISASTER

Bring your pets inside immediately. Animals have instincts about severe weather changes and will often isolate themselves if they are afraid. Bringing them inside early can keep them from running away. ***NEVER LEAVE A PET OUTSIDE OR TIED UP DURING A STORM!***

If you evacuate, take your pets. If it's not safe for you to stay in the emergency area, it's not safe for your pets. Animals left behind can easily be injured, lost, or killed. Avoid these outcomes by planning now how you will safely evacuate your pets and where you will temporarily keep them.

BIRDS

Transport in a secure travel cage or carrier.

In cold weather, wrap a blanket over the carrier and warm up the car before placing birds inside.

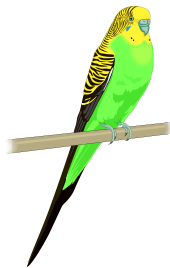
During warm weather, carry a plant mister to mist the bird's feathers periodically.

Do not put water inside the carrier during transport. Provide a few slices of fresh fruits and vegetables with high water content.

Have leg bands and a photo for ID.

Try to keep the carrier in a quiet area.

Do not let the birds out of the cage or carrier.



REPTILES

Snakes can be transported in a pillowcase but they must be transferred to more secure housing when they reach the evacuation site.

If your snakes require frequent feedings, carry food with you.

Take a water bowl large enough for soaking as well as a heating pad.

When transporting house lizards, follow the same directions as for birds.



POCKET PETS

Small mammals (hamsters, gerbils, etc.) should be transported in secure carriers suitable for maintaining the animals while sheltered.

Take bedding materials, food, bowls, and water bottles.

AFTER A DISASTER

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

The behavior of your pets may change after an emergency. Normally quiet and friendly pets may become aggressive or defensive. Watch animals closely. Leash dogs and place them in a fenced yard with access to shelter and water.



MANAGING YOUR UTILITIES DURING A DISASTER



When disaster strikes, it often affects one or more of the utility systems in our homes. It is important to know where the main controls are located as well as how – and whether – to turn them off.

ELECTRICITY - A disaster can disrupt your electrical service or cause wires and electrical fixtures to separate, creating a shock and fire hazard.



Before a disaster occurs:

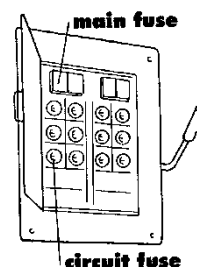
- Locate your main electrical panel or fuse box. It is most commonly located on an interior wall near your electric meter.
- If your residence has a fuse box, maintain a supply of spare fuses of the correct amperage.
- Always keep a working flashlight available, with extra batteries of the correct size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

When you lose power, check the fuses and/or circuit breakers to be sure the trouble is not in your household electric system.

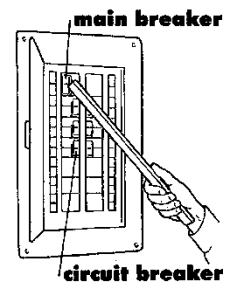
- **Turn off** all electrical equipment (e.g., water heater, electric furnace, heaters, TV/computer, appliances) to prevent system overload when the power is restored.
- **Turn on** a porch light and one inside light so you and utility crews will know when service is restored.
- If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.
- If a generator is used as backup power supply, remember to follow the manufacturer's instructions. Connect lights and appliances directly to the generator and not the electrical system. An alternative method is to hire a licensed electrician to wire your generator into your electrical system.

If you see sparks or broken/frayed wires, or if you smell hot insulation, shut off your electricity immediately.

- For a circuit breaker panel - Shut off the electricity by turning all circuit breaker switches to the "off" position – individual circuits first, then main circuit.
- For a fuse box, pull out the two main (cartridge) fuses.



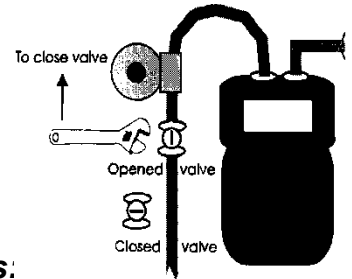
Fuse Boxes



Breaker Boxes

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

- Locate the shut-off valve.
- Using a cutoff tool or adjustable wrench, turn the rectangular knob one quarter-turn clockwise to the horizontal position.
- Call 9-1-1 from a neighbor's home.



Once you turn off your gas at the meter, service can be restored only by a professional. **If you don't suspect a gas leak, don't turn off your gas:** You may unnecessarily deprive yourself of an important utility.

If you suspect a gas leak:

DON'T use your telephone. This includes cellular phones and all types of portable communication and electronic devices that have battery. These can spark and could create an explosion

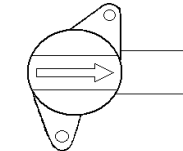
DON'T use matches, lighters, or open flame appliances, and **DON'T** operate electrical switches.

WATER - Earthquakes and freezing weather can rupture water pipes, causing flooding if not turned off quickly. Find the location of your home's shut off valve.

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

If you don't find a hand-operated master shut off valve, have one installed on the house side of the meter; it will make it easier to shut off your water in an emergency.

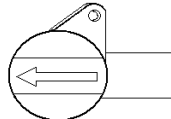
Water Meter



Open / On

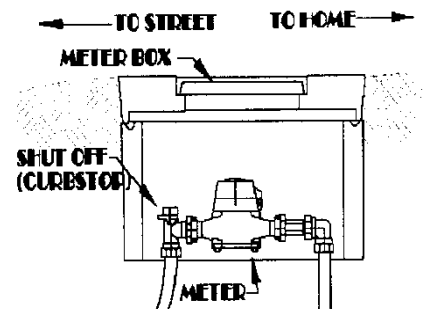
Home Side

Water Meter



Closed / Off

Home Side



Your sewer system could be damaged in a disaster such as an earthquake, landslide, or flood. With this possibility in mind, be prepared to set up a back-up method for the collection and sanitation of human waste.

BEAVERTON CERT

City of Beaverton Emergency Management Program

***"WHEN DISASTER STRIKES... CHANGING THE ROLE OF OUR
CITIZENS FROM VICTIM TO PARTNER"***

The CERT Mission



CERT is about readiness, people helping people, rescuer safety, and doing the greatest good for the greatest number of people. During a disaster, it will take time for formal emergency services (i.e., fire, police, etc) to reach all geographical regions of Beaverton. During that time training will make a difference to those closest to you.

Following a program developed and implemented by the Los Angeles City Fire Department (LAFD) and the Federal Emergency Management Agency (FEMA) made this training available nationally in 1993. Since this time, CERT programs have been established in more than 340 communities in 45 states including the City of Beaverton. The City of Beaverton supports the nationally recognized CERT Program by maintaining the principals of the FEMA course, but tailoring it to provide practical application to the residents and businesses of Beaverton.

Why CERT?

Following a major disaster, first responders who provide police, fire and emergency medical services will not be able to meet the demand for these services. The number of victims, communication failures, and road blockages will prevent people from receiving the emergency services they have come to expect at a moment's notice through 911. People will have to rely on each other for help in order to meet their immediate life saving and life sustaining needs.

Beaverton CERT - Community Emergency Response Team - A positive and realistic approach to emergency and disaster situations where citizens will be initially on their own and their actions can make a difference. CERT is a practical and realistic approach to emergency and disaster situations where citizens will be initially on their own and their actions can make a difference. Through Basic CERT training, citizens can organize themselves and use spontaneous volunteers to manage utilities, put out small fires, provide basic medical first aid, search for and rescue victims calmly, safely, and efficiently.



CERT Training:

CERT training is FREE! The training is 25 hours in total. It is conducted one night a week over seven weeks, followed by a 4 hour practice on a Saturday morning.

CERT Training Includes

- Disaster awareness, Hazard Mitigation, and CERT team Concepts
- Utility Control, Fire Suppression, and Hazardous Materials
- Disaster Medicine – Triage and treatment of minor and life threatening injuries
- Light Search and Rescue – Visual inspections, search techniques, and transporting
- Team Response and Management
- Terrorism and CERT Teams

BEAVERTON CERT

City of Beaverton Emergency Management Program

"WHEN DISASTER STRIKES... CHANGING THE ROLE OF OUR CITIZENS FROM VICTIM TO PARTNER"

Citizen Response Training Participants Will Learn

- Disaster Preparedness - Introduction to disasters specific to the community, and the impact of disaster on infrastructure
- Disaster Fire Suppression - Identifying and reducing potential fire hazards and basic fire suppression
- Disaster Medicine (Part I) - Treatment strategies for life-threatening conditions and principles of triage
- Disaster Medicine (Part II) - Head-to-toe patient assessment and treatment for various injuries
- Light Search & Rescue - Techniques for sizing up and searching, lifting, cribbing and removing victims; rescue safety
- Disaster Psychology & Team Organization - The post-disaster emotional environment will be discussed; CERT organization, decision making and documentation
- Terrorism - A brief overview of terrorism
- Final Exercise - Disaster Simulation



Staying Involved

Trained Beaverton CERT personnel are assigned to volunteer teams where they can receive further training and support community service.

These include:

- Exercises for neighborhood CERT preparedness
- Reports on neighborhood status in severe weather
- Crowd management and safety for City of Beaverton activities
- Advance and refresher classroom training and drills

For additional CERT information contact Emergency Management at CERT@BeavertonOregon.gov or 503-629-6400.

WHY WE PREPARE



MAP YOUR NEIGHBORHOOD

City of Beaverton Emergency Management Program

"In a disaster, your most immediate source of help are the neighbors living around you"



Map Your Neighborhood

"Map Your Neighborhood" (MYN) is a program designed to help neighborhoods prepare for disasters and is offered through the City of Beaverton's CERT Program.

"Map Your Neighborhood" is an award-winning program developed by LuAn Johnson, Ph.D, at the State Of Washington's Emergency Management Division. The program has been adopted by multiple jurisdictions throughout the Pacific Northwest and the rest of the US.

Why MYN?

Map Your Neighborhood is a simple idea. Neighbors gather at a home in the neighborhood for a 90-minute meeting where you learn the 9-steps to take immediately following disaster. Together you develop a neighborhood skills and equipment inventory. You learn where the gas meters are in the case of a landslide or earthquake where gas lines may break.

Most importantly, during the MAP YOUR NEIGHBORHOOD gathering, you meet your neighbors and together you think through what you might need to do in a large-scale disaster when 911 might not be able to send help. You learn to be self-reliant as a neighborhood, to organize effectively and to help neighbors in need, so the community's emergency responders can attend to the large rescues and the ongoing restoration of services.

Knowing our neighbors has a multiplying effect. In disaster, the first person to help will likely be a neighbor. Our daily sense of security is enhanced when we know our neighbors and we are looking out for one another.

To get additional information about MYN or to schedule a MYN Meeting please contact us:

Email: Preparedness@BeavertonOregon.gov

Phone: 503-629-6400

MYN Training:

The MYN Training is Free. Volunteer speakers are available to present the topic to your group and facilitate your initial MYN meeting.

MYN Includes:

- Learn the "9 Steps to Take Immediately Following a Disaster" to secure your home and to protect your neighborhood.
- Identify the Skills and Equipment your neighbors have that would be useful in an effective disaster response.
- Create a Neighborhood Map Identifying the locations of natural gas and propane tanks for quick response if needed.
- Create a Contact List that helps identify those with specific needs such as elderly, disabled, or children who may be home alone during certain hours of the day.
- Work together as a team to evaluate your neighborhood during the first hour following a disaster and take action.



ARE YOU READY?

Even though the Beaverton area has not been impacted by a major disaster for a long time, the potential is still there. Given the choice, what role would you prefer to play in the next disaster?

Victim - a person who suffers from a destructive or injurious action.

Survivor - a person who continues to function or prosper in spite of opposition, hardship, or setbacks.

Partner - a person who shares or is associated with another in some action or endeavor.

The choice is ultimately up to you. Every action you take to get better prepared is a choice to be a survivor rather than a victim. Getting additional training like Map Your Neighborhood, CERT (Community Emergency Response Team), Amateur Radio, and Red Cross, helps you move from being a victim to partner.

Take 5 and General Preparedness Information

- Website: www.BeavertonOregon.gov/Emergency
- Email: Preparedness@BeavertonOregon.gov

Map Your Neighborhood (MYN)

- Email: Preparedness@BeavertonOregon.gov

CERT – Community Emergency Response Team

- Website www.BeavertonOregon.gov/CERT
- Email CERT@BeavertonOregon.gov

City of Beaverton Emergency Management

(503) 629-6400

www.beavertonoregon.gov/emergency