

OSU Edition, February 2016  
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Acknowledgement is given to Benton County and the development of the initial booklet that OSU has customized and updated.

### *Disaster Preparedness for You and Your Household*

*First Edition, November, 2006  
Benton County, Oregon*

It is not a question of *if* we will face a community emergency or disaster situation, but rather *when* the next one will occur. And, even in the most prepared communities there are not enough professional emergency responder resources to meet all of the needs that can occur when a disaster strikes. It will only be *together*, that we will endure and recover from whatever we face.

Emergency preparedness and disaster resilience is a truly community effort and we need everyone to do their part to plan, prepare, mitigate and help others: you, your family, your neighborhood, businesses, government, faith communities, service providers ... everyone. And for those who for some reason are not able to be prepared on their own, we must include them in our plans and preparedness – so that no one is ever left behind.

Thank you – to all of you who invest in emergency planning and preparedness, who include others less able in your plans, and who do what you can to make our community a safer place to live, work, learn and enjoy.

#### **Benton County Emergency Management**

Search and Rescue  
180 NW 5<sup>th</sup> Street  
Corvallis, OR 97330  
(541) 766-6864  
(541) 766-6052 fax  
[www.co.benton.or.us/sheriff/ems](http://www.co.benton.or.us/sheriff/ems)

#### **Benton County Health Department**

530 NW 27<sup>th</sup> Street  
Corvallis, OR 97330  
(541) 766-6835  
[www.co.benton.or.us/health](http://www.co.benton.or.us/health)

***Together we're building a more disaster resilient community!***

# Disaster Preparedness For You and Your Household



## About Disaster Preparedness...

This booklet contains information that is intended to help you prepare yourself and your household for an emergency or disaster. It is not all-inclusive and should be modified as you see fit to suit your individual and family needs.

Keep this plan in a **safe location** where it is also easily accessible during emergencies. Also keep it somewhere **discreet to protect the personal information** it contains.

It is recommended that you use a pencil to complete this document for ease of making future corrections.

The Benton County Hazard Analysis<sup>1</sup> rates the following natural and human-caused threats as ones of the greatest concern because of our history, our vulnerability, the maximum threat and the probability of occurrence.

- Earthquake
- Flood
- Snow/Ice Storm
- Windstorm
- Utility Failure
- Wildfire

**Keep this plan updated with current and correct information. Review it as needed, at least annually.**

**Plan reviewed/updated: By:**


## Online Resources cont.

WATER	
CDC Personal Preparation and Storage of Safe Water	<a href="http://www.cdc.gov/healthywater/emergency/drinking/emergency-water-supply-preparation.html">http://www.cdc.gov/healthywater/emergency/drinking/emergency-water-supply-preparation.html</a>
CDC Drinking Water Treatment Methods for Backcountry and Travel Use	<a href="http://www.cdc.gov/healthywater/pdf/drinking/Backcountry_Water_Treatment.pdf">www.cdc.gov/healthywater/pdf/drinking/Backcountry_Water_Treatment.pdf</a>
Water Filtration for Emergency Preparedness	<a href="http://learn.eartheasy.com/2014/10/water-filtration-emergency-preparedness/">http://learn.eartheasy.com/2014/10/water-filtration-emergency-preparedness/</a>
Disaster Survival Guide: Emergency Water Storage	<a href="http://www.disaster-survival-guide.com/emergency-water-storage/">http://www.disaster-survival-guide.com/emergency-water-storage/</a>
Disaster Survival Guide: Emergency Water Storage	<a href="http://americanpreppersnetwork.com/2012/03/going-poop-in-a-disaster.html">http://americanpreppersnetwork.com/2012/03/going-poop-in-a-disaster.html</a>

SANITATION	
It's Up to You! Are You Ready?	<a href="http://www.toiletology.com/Disaster-toilet.shtml">http://www.toiletology.com/Disaster-toilet.shtml</a>
Making a Twin Bucket Toilet	<a href="http://www.phlush.org/emergency-toilets/diy-christchurch-twin/">http://www.phlush.org/emergency-toilets/diy-christchurch-twin/</a>
Why Disaster Sanitation?	<a href="http://www.phlush.org/emergency-toilets/intro-to-emergency-toilets/">http://www.phlush.org/emergency-toilets/intro-to-emergency-toilets/</a>

<sup>1</sup> Benton County Hazard Analysis, Benton County Emergency Management

Oregon Department of Transportation “Trip Check,” road conditions and live cameras:

<http://www.tripcheck.com/>

## **Online Resources**

<b>PEOPLE</b>	
Be Informed	<a href="http://www.ready.gov/be-informed">http://www.ready.gov/be-informed</a>
Emergency Preparedness: Get Ready!	<a href="http://www.cdc.gov/Features/BeReady/index.html">www.cdc.gov/Features/BeReady/index.html</a>
Oregon State University Emergency Management	<a href="http://emergency.oregonstate.edu/">http://emergency.oregonstate.edu/</a>
Benton County Emergency Management	<a href="https://www.co.benton.or.us/sheriff/page/emergency-management">https://www.co.benton.or.us/sheriff/page/emergency-management</a>

<b>PETS</b>	
Make a Disaster Plan for Your Pets	<a href="http://www.humanesociety.org/issues/animal_rescue/tips/pets-disaster.html">http://www.humanesociety.org/issues/animal_rescue/tips/pets-disaster.html</a>
Pet Disaster-Preparedness Kit	<a href="http://www.humanesociety.org/issues/animal_rescue/tips/pet_disaster_preparedness_kit.html?credit=web_id354243830">http://www.humanesociety.org/issues/animal_rescue/tips/pet_disaster_preparedness_kit.html?credit=web_id354243830</a>
Prepare your Home and Family: Pets	<a href="http://www.redcross.org/prepare/location/home-family/pets">http://www.redcross.org/prepare/location/home-family/pets</a>
Taking Care of Pets During a Disaster or Emergency	<a href="http://www.fda.gov/AnimalVeterinary/ResourcesforYou/ucm047099.htm">http://www.fda.gov/AnimalVeterinary/ResourcesforYou/ucm047099.htm</a>
Preparing for Your Pet Makes Sense. Prepare Now	<a href="http://www.fema.gov/media-library-data/139084677239-dc08e309debe561d866b05ac84daf1ee/pets_2014.pdf">http://www.fema.gov/media-library-data/139084677239-dc08e309debe561d866b05ac84daf1ee/pets_2014.pdf</a>

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## General Disaster Preparedness Tips

- **Consider the hazards in our area** and your exposure to them. We know, for example, that flooding, winter storms, snow and ice and wind storms occur regularly in the late fall to early spring. Depending upon the severity of the event - travel, communications, electricity and other utilities can be disrupted and community members may need to get by on their own for a time. Other hazards that occur less regularly but that may have even more devastating effects include earthquake, fire and wildfire and hazardous materials accidents.
- **Prepare now and stay prepared.** You never know when an emergency will happen and you'll be glad that you did! Preparedness efforts are your safety (and peace of mind) investment – not unlike a smoke or carbon monoxide detector. Periodically check your preparedness kits to ensure they are complete and current. Have an emergency kit in each family vehicle. Remember, you are away from home and your preparedness kits if you're at work, school, shopping or traveling.
- **Practice what to do** in an earthquake with family members, just as you would a fire drill. The safest response to the shaking of an earthquake is not necessarily an instinctive one. Trying to get outside, for example, can be a deadly mistake as heavy debris is falling all around you. Family members and coworkers need to know and practice taking immediate and appropriate cover until the shaking stops. Drop, Cover and Hold On.
- **Prepare for an earthquake** – and you're generally prepared for any lesser emergencies. Earthquake preparedness includes taking steps to make your home or work environment less hazardous in a seismic shaking event, assembling and setting aside emergency supplies, preparing a family emergency plan, and knowing when and how to shut off utilities. Add medical supplies for a sustained illness like a severe influenza season to take care of your family at home if you need to.

## Road and Weather Information

**Mary's Peak** - (541) 750-7000 (weekdays, 8-4:30 pm, after-hours recording). No snow park permits are required on Mary's Peak. NW Forest Passes are required for parking, contact Siuslaw National Forest.

**Oregon State Highways** - Department of Transportation/State Police Road Condition Information, November 1-April 30, in-state callers (800) 977-6368. For out-of-state callers, dial (503) 588-2941 (24 hour, recorded message). For Benton/Lincoln/Lane county State Highways only - during local emergency conditions - call (541) 757-4211 (weekdays 7-5:30, and with extended hours during emergency conditions). **Dial 5-1-1** from your cell phone.

**Benton County Road Closures/Conditions** - Benton County Public Works, (541) 766-6821 (weekdays, 8-5:00 pm) or see Corvallis television government cable access channel. Also visit: [www.co.benton.or.us/pw](http://www.co.benton.or.us/pw) on the web for current closures and high water warnings.

**City of Corvallis Road Closures/Conditions** - City of Corvallis Public Works, (541) 754-1772 (24-hour recorded message), (541) 754-1771 for snow and ice conditions.

**Linn County Road and Weather** - Linn County Road Department, (541) 967-3919 (weekdays 7-5:00 pm) or (541) 812-8800 after hours. For Linn County road conditions on the web, visit: <http://www.co.linn.or.us/Roads/RoadClosures.asp>

**City of Albany Road Closures/Conditions** – Albany Public Works, (541) 917-7600 (weekdays 8-5:00pm), or (541) 967-2394 after hours.

**Lane County Road and Weather** - Lane County Public Works, (541) 682-6900 (weekdays 8-5:00 pm, hours extended during extreme conditions).

**Polk County Road and Weather** - Polk County Public Works, (503) 623-9287 (weekdays 8-5:00 pm).

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

### Resources on the web:

National Oceanic & Atmospheric Administration:  
<http://www.wrh.noaa.gov/Portland/>

National Weather Service Hydrologic Prediction:  
<http://ahps2.wrh.noaa.gov/ahps2/index.php?wfo=pqr>

National Weather Service/OSU weather forecasts and warnings:  
<http://www.ocs.orst.edu/>



## Vehicle Emergency Kit



Every vehicle should be equipped with an emergency kit and some basic supplies you can rely upon in the event of a disaster, mechanical failure, weather emergency, or even operator error (empty gas tank). If you're a hiker, snowmobiler, cross-country skier, horseback rider, etc., it's not a bad idea to also carry an empty backpack with your vehicle emergency kit: before you set out, transfer appropriate supplies from your vehicle emergency kit into your backpack, then return them to the main kit when you come back to the car. This is particularly true during inclement weather when cold, wet and poor visibility conditions can make an *inconvenience* a serious situation. Following are some recommended items to keep current and stocked in your vehicle emergency kit:

- |   |   |
|---|---|
| <input type="checkbox"/> Maps                                 | <input type="checkbox"/> Battery-powered radio  |
| <input type="checkbox"/> Compass                              | <input type="checkbox"/> Light sticks, matches, candles (tea lights are good for fire starting) |
| <input type="checkbox"/> Gloves and sturdy shoes, extra socks | <input type="checkbox"/> Shovel   |
| <input type="checkbox"/> Water and food                       | <input type="checkbox"/> Booster/jumper cables  |
| <input type="checkbox"/> First Aid Kit                        | <input type="checkbox"/> Chains, traction mats  |
| <input type="checkbox"/> Necessary medications                | <input type="checkbox"/> Hand warmers   |
| <input type="checkbox"/> Flares                               | <input type="checkbox"/> Baby formula and diapers if you have a small child                     |
| <input type="checkbox"/> Flashlight                           | <input type="checkbox"/> Batteries  |
| <input type="checkbox"/> Blankets                             |   |

Other good suggestions include: kitty litter for ballast\* and traction should your vehicle get stuck, spare fuses, extra batteries for the cell phone, books/travel games (for passing the time as you wait in traffic or for help to arrive, and any job-specific supplies that you might need if you had to report to work in an emergency.

\* You may need to adjust your vehicle headlights if you are significantly changing the load distribution. Improperly adjusted headlights are a serious safety hazard for other drivers, particularly in inclement weather.

**Before you travel:** make sure your Automobile Emergency Kit is stocked and complete, let someone know where you're headed and what route you'll take, and check road and weather conditions before you leave.

- **Connect with your neighbors.** In an emergency, neighbors are generally your first and best source of help. Professional emergency responders like police, fire, public works, and medical services are likely to be overwhelmed for the first hours or days of a large-scale event. During that time, neighbors can coop resources, talents and support to help everyone endure and eventually recover from the disaster.

Contact your local Emergency Management Office for more information or to develop a Community Emergency Response Team (CERT) in your neighborhood.

- Contact your local office of Emergency Management for more information about the hazards and exposure in your area as well as simple and effective mitigation and preparedness measures that you can implement.

### **Benton County Emergency Management**

180 NW 5<sup>th</sup> St, Corvallis, OR 97330

(541) 766-6864, 766-6011 (fax)

[www.co.benton.or.us/sheriff/page/emergency-management](http://www.co.benton.or.us/sheriff/page/emergency-management)

### **Lane County Emergency Management**

125 E. 8<sup>th</sup> Avenue, Eugene, OR 97401

(541) 682-6744, 682-3309 fax

[www.lanecounty.org/departments/sheriff/office/emergmt](http://www.lanecounty.org/departments/sheriff/office/emergmt)

### **Lincoln County Emergency Management**

225 West Olive Street, Newport, OR 97365

(541) 265-4199, 265-4197 fax

[www.co.lincoln.or.us/emergencymanagement](http://www.co.lincoln.or.us/emergencymanagement)

### **Linn County Emergency Management**

115 Jackson Street SE, Albany, OR 97321

(541) 967-3954, 967-8169 fax

[linn-web.co.linn.or.us/](http://linn-web.co.linn.or.us/)

### **Polk County Emergency Management**

850 Main Street, Dallas, OR 97338

(503) 623-9251, 623-2060 fax

[www.co.polk.or.us/sheriff/em/emergency-management](http://www.co.polk.or.us/sheriff/em/emergency-management)

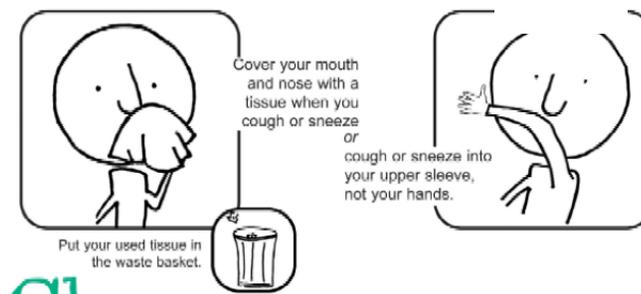
## Your Planning Checklist

- Involve household members in your disaster/emergency planning.
- Review emergency safety measures such as what to do if there is a fire, an earthquake, a power outage, a hazardous chemical spill, etc. Be sure that everyone knows what to do.
- Establish emergency meeting places – one in your neighborhood and one elsewhere in the community.
- Decide upon an out-of-area emergency contact, at least 100 miles away that all family members know to call if you are separated or lose local phone service in an emergency.
- Assemble a (minimum) 14-day household emergency kit that is kept current, accessible and complete. Be sure to include provisions and supplies for a sustained illness such as influenza or other severe illness.
- Remember provisions for pets, including carriers, a leash, identification, shot records, medications, food and water. Conduct a home hazard hunt and correct safety hazards. Include three more individuals in the community in your household plan – people who may be more vulnerable to emergency or disaster. Be sure to check on them in an emergency.
- Talk with your employer and/or employees about work and/or volunteerism expectations in a disaster. Do you or they come to work? What if phones are out and you can't call in to check?
- Keep vegetation and other flammable materials away from your home. A 30 foot fire break is recommended.
- Organize your neighborhood to learn about disaster preparedness and to help each other in an emergency. Call your local office of emergency management to schedule a presentation.

## Preparing for influenza

Our community can have a significant effect on the spread of communicable diseases such as influenza if we all do what we can to prevent the spread of illness and to prepare should we need to stay away from public places for a period of time.

- **Take care of your health:** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Practicing healthy habits will help you stay healthy during flu season and all year long.
- **Get your flu shot.**
- **Clean your hands.** Washing your hands often will help protect you from germs: twenty seconds, washing with soap under running water or use of an alcohol-based hand cleaner.
- **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- **Cover your cough.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. If no tissue is available, cough or sneeze into your sleeve – not your hands.



- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- **Avoid close contact.** Avoid close contact with people who are sick. When you are sick keep your distance, at least 3 feet or “arms length”, from others to protect them from getting sick too.
- **Include medical supplies in your household emergency kit.**

***Involve Your Neighborhood:***

- Organize your neighborhood! 25-30 households is about the right size. Work through an existing organization if you have one: Neighborhood Watch, homeowners’ or neighborhood association. Call your local office of emergency management to schedule a presentation.
  
- Arrange to share expensive equipment items such as chain saws, generators, and 4-wheel drive vehicles.
  
- Start a “buddy squad” to check on elderly or disabled neighbors during and after disasters such as extended power outages or winter storms. Also check on children who may be home alone. Turn your organizing efforts into a neighborhood social event, such as a block party. (Draw them in with food, (make your presentation!))

**Household members:**

<b>Name</b>	<b>Relation, birth date, age</b>	<b>Social Security Number</b>	<b>Health Condition/ Special Need</b>
<b>Pet Name, Description</b>	<b>Pet License #</b>	<b>Shots, Date</b>	<b>Vet Name, Phone</b>

## Household Information

Home Address: \_\_\_\_\_

Name: \_\_\_\_\_ Home/Work/Cell # \_\_\_\_\_

E-mail1: \_\_\_\_\_

E-mail2: \_\_\_\_\_

Vehicle Make \_\_\_\_\_/ Model \_\_\_\_\_/ Year \_\_\_\_\_

License # \_\_\_\_\_/ Color \_\_\_\_\_

Vehicle Make \_\_\_\_\_/ Model \_\_\_\_\_/ Year \_\_\_\_\_

License # \_\_\_\_\_/ Color \_\_\_\_\_

Vehicle Make \_\_\_\_\_/ Model \_\_\_\_\_/ Year \_\_\_\_\_

License # \_\_\_\_\_/ Color \_\_\_\_\_

Vehicle Make \_\_\_\_\_/ Model \_\_\_\_\_/ Year \_\_\_\_\_

License # \_\_\_\_\_/ Color \_\_\_\_\_

Vehicle Make \_\_\_\_\_/ Model \_\_\_\_\_/ Year \_\_\_\_\_

License # \_\_\_\_\_/ Color \_\_\_\_\_

## Additional Supplies:

- |   |   |
|---|---|
| <input type="checkbox"/> First aid kit                        | <input type="checkbox"/> Hearing aid batteries  |
| <input type="checkbox"/> Blankets                             | <input type="checkbox"/> Cook stove with fuel   |
| <input type="checkbox"/> Battery-powered clock                | <input type="checkbox"/> Heavy gloves   |
| <input type="checkbox"/> Light sticks (chemical light sticks) | <input type="checkbox"/> Duct tape  |
| <input type="checkbox"/> Flashlights                          | <input type="checkbox"/> Sturdy shoes for each family member                                  |
| <input type="checkbox"/> Battery-powered radio                | <input type="checkbox"/> Ax, shovel, broom  |
| <input type="checkbox"/> Extra batteries                      | <input type="checkbox"/> Pliers, wrench, pry bar  |
| <input type="checkbox"/> Matches                              | <input type="checkbox"/> Household bleach   |
| <input type="checkbox"/> Money (coins)                        | <input type="checkbox"/> Map of area (for identifying evacuation routes or shelter locations) |
| <input type="checkbox"/> List of insurance policy numbers     | <input type="checkbox"/> Diapers, baby formula  |
| <input type="checkbox"/> Fire extinguisher                    | <input type="checkbox"/> Vaccination records  |
| <input type="checkbox"/> Trash bags                           | <input type="checkbox"/> Hygiene products   |
| <input type="checkbox"/> Medications                          | <input type="checkbox"/> Warm set of clothes for each family member                           |
| <input type="checkbox"/> Copy of prescriptions                |   |
| <input type="checkbox"/> Extra eye glasses                    |   |

## Pet Emergency Kit

- |  |  |
|--|--|
| <input type="checkbox"/> 72-hour supply of food, bowls and can opener            | <input type="checkbox"/> Medications and pet first aid kit   |
| <input type="checkbox"/> 72-hour supply of bottled water                         | <input type="checkbox"/> Current photo of pet in case they get lost  |
| <input type="checkbox"/> Blankets/towels (more than one in case they get soiled) | <input type="checkbox"/> Information on your pet's feeding schedule, behavioral/medical concerns and special boarding instructions |
| <input type="checkbox"/> Small toy   | <input type="checkbox"/>   |
| <input type="checkbox"/> Leash, muzzle, harness                                  |  |
| <input type="checkbox"/> Litter pan, litter, plastic bags and scooper            |  |
| <input type="checkbox"/> Pet carrier for transportation                          |  |

crackers, unsalted nuts, trail mix; freeze-dried foods, cereals, and rice.

- Store foods in single or family meal-size packaging that you will use up in one sitting; unrefrigerated leftovers can lead to food poisoning.
- Don't forget your pets. Store canned and dry pet food along with an extra collar and leash. Every pet should have a pet carrier. Include pet shot records in your family medical health records.
- Add a manual can opener, cooking and eating utensils, and basic food seasonings to your kit.

**WATER:**

- Store at least a five day supply of water for each family member and/or a way to treat water for safe drinking. One gallon per person per day is recommended for drinking, cooking, and minimal washing. Include water for your pets. Write the date on the water containers and replace them every six months.
- Learn how to preserve and 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 off water for emergency use.
- Purify water by boiling it for 5 to 10 minutes or by adding drops of household bleach containing 5.25% hypochlorite. The Federal Emergency Management Agency (FEMA) recommends 16 drops of bleach per gallon of water. Water purification tablets or a filter system such as those designed for campers and backpackers also work.



**Urgent Numbers**

**CALL 9-1-1 FOR EMERGENCY\***

Workplace Emergency# \_\_\_\_\_  
 Doctor # 1 \_\_\_\_\_  
 Doctor # 2 \_\_\_\_\_  
 Doctor # 3 \_\_\_\_\_  
 Fire: \_\_\_\_\_  
 Police: \_\_\_\_\_  
 Ambulance: \_\_\_\_\_  
 Poison Control: \_\_\_\_\_  
 Emergency Room: \_\_\_\_\_

**Family/Household Emergency Contacts:**

<u>Name</u>	<u>Relationship</u>	<u>Telephone Number(s)</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**\* Note:** After a disaster, 9-1-1 may be overwhelmed or not working altogether. Local telephone service may be out as well.

## Utility and Service Contacts (“n/a” if not applicable)

Service Provider Name:	Address	Contact
	Note/Acct #	Phone
<b>Water/Sewer</b>		
Service Provider Name:	Address	Contact
	Note/Acct#	Phone
<b>Electric</b>		
Service Provider Name:	Address	Contact
	Note/Acct#	Phone
<b>Fuel: Natural Gas / Oil / Propane</b>		
Service Provider Name:	Address	Contact
	Note/Acct #	Phone
<b>Telephone</b>		
Service Provider Name:	Address	Contact
	Note/Acct#	Phone
<b>Cable</b>		
Service Provider Name:	Address	Contact
	Note/Acct#	Phone
<b>Home Medical</b>		
Service Provider Name:	Address	Contact
	Note/Acct#	Phone

## Household/Family Disaster Kit

**It’s never too early to prepare.** Disasters seldom give warning and can be devastating to their victims. Simple preparedness measures can make all the difference.

**Prepare your household for a minimum of 14 days.** Due to overwhelming need or no road access, professional emergency responders and assistance may not be available for 14 or more days after a major disaster.

### **Storing Emergency Supplies**

- **Layer supplies** as shown below. Keep them together in a container that will keep them dry and pest-free, such as a plastic garbage can with wheels. Check every 6 months for expiration dates, clothing that fits, etc.
- **Start with what you already have.** If you’re a camper or backpacker, you’ve got a head start! Your tent, cook stove, water purification device and other gear can double as emergency supplies.
- **Choose a location for your kit**, such as a closet or “safety corner” in the garage, where it is cool, dark and readily accessible. If you live in an apartment or have limited space, be innovative - other storage locations include: under the bed, under stairways, or even in a large box or plastic tub that can be covered with a tablecloth and used as an end table.

### **Being prepared is another form of insurance**

#### **FOOD:**

- Canned foods are easy for storage and long shelf life. Ready-to-eat canned meat, fruits and vegetables are some examples. Choose foods your family members like - a disaster is not the time to try new menu items. Check expiration dates at least annually.
- Also recommended are canned or dried juice mixes; powdered or canned milk; high energy foods such as peanut butter, jelly,



## Family/Friends/ Neighbors

Name & Relationship	Address	Phone(s): Home, Cell, Wk	E-mail Address
♥			
♥			
♥			

*Note: Include at least two neighbors and agree to check on each other.*

♥ *Also include people who may be more vulnerable in an emergency on your contact list and check on them too - (may be elderly, medically fragile, single parents, widow/widower, shut-ins, people with limited English skills, etc.)*

## Tips for Staying Clean in an Emergency Situation

As much as possible, continue regular hygiene habits such as brushing your teeth, washing your face, combing your hair and even washing your body with a wet washcloth or cleansing wipe. This will help prevent the spread of disease and irritation as well as help relieve stress.

- Wash, cleanse hands thoroughly and frequently. Do not wash hands in contaminated water.
- Keep your fingers out of your mouth, eyes and away from your face. Avoid handling food with your hands. Use utensils wherever possible.
- Sterilize eating utensils by heat. You can also rinse dishes in purified water that has additional chlorine bleach added to it. (Use 2 1/2 teaspoons bleach per gallon of purified water, allow drying before use.)
- Keep your clothing as clean and dry as possible, especially under-clothing and socks.

If, during an emergency situation, you become ill, particularly with vomiting or diarrhea, rest and stop eating solid foods until the symptoms subside. Pay particular attention to hydration - take fluids, particularly water, in small amounts at frequent intervals. As soon as can be tolerated, resume eating semi-solid foods. Normal salt intake should be maintained.

## Sanitation

The lack, under-functioning of or damage to sanitation facilities following major disaster can quickly create a secondary disaster unless basic guidelines are followed.

If water lines are damaged or if damage is suspected, do not flush the toilet. Avoid digging holes in the ground and using them for sanitation – untreated, raw sewage can pollute fresh ground water supplies and can also attract flies and promotes the spread of serious disease. For sanitation emergencies:

- Store a large supply of heavy-duty plastic bags, twist ties, disinfectant, and toilet paper.
- A good disinfectant that is easy to use is a solution of 1 part liquid bleach to 10 parts water. Dry bleach is caustic and not safe for this type of use.
- If the toilet is NOT able to be flushed, it can still be used. Remove all water from the bowl and line it, a 5 gallon pail, or other appropriately sized waste container with two heavy-duty plastic bags. Place fireplace ashes, or sawdust into the bottom of the inner bag. At the end of each day, add a small amount of deodorant or disinfectant, secure the bag with twist ties, and dispose of it in a large trash can lined with a sturdy trash bag and with a tight fitting lid. Eventually, there will be a means of disposal for these bags.

## Out-of-Area Contacts #1

Name Relationship	Address	Phone(s): Home, Cell, Wk	E-mail Address

**Important:** In a disaster, use phone for emergencies only. Local phone lines may down. Make one call to your out-of-area contact to report in. Let this person contact others.

## Out-of-Area Contacts #2

Name Relationship	Address	Phone(s): Home, Cell, Wk	E-mail Address

## Work, School, and Other Contacts

Household Member Name	Work/School/Other
	Address
	Phone
Emergency Procedures:	
Household Member Name	Work/School/Other
	Address
	Phone
Emergency Procedures:	
Household Member Name	Work/School/Other
	Address
	Phone
Emergency Procedures:	
Household Member Name	Work/School/Other
	Address
	Phone
Emergency Procedures:	
Household Member Name	Work/School/Other
	Address
	Phone
Emergency Procedures:	
Household Member Name	Work/School/Other
	Address
	Phone
Emergency Procedures:	

**Note:** Household members should know each other's emergency procedures for work, school, or other places where they spend time during the week.

## Water, Sanitation and Hygiene in an Emergency

### Water

Even if water is available, local authorities may ask you not to use flush toilets, wash basins, and other fixtures connected with soil pipes. Sewer mains may be damaged or clogged, which would make it impossible to carry off waste. Or, it may be that limited water supplies are needed for firefighting or other emergencies.

If water availability is curtailed as a result of the emergency, the Corvallis Public Works will attempt to provide central locations of emergency water in Corvallis, and will advertise those locations through normal media outlets. ('KOAC' 550AM/91.5FM radio; OPB, Ch7 TV/Cable; City of Corvallis Website, Corvallis Public Works: 766-6916, etc.) If you are on another water system, be sure to check with them about their emergency plans.

All households should store safe, emergency drinking water, 1 gallon per person, per day or be prepared with a way to treat contaminated water to make it safe for drinking. Do not use plastic milk bottles for potable water storage. Use hard/smooth plastic bottles designed for long-term water storage such as 2 liter soda bottles.

- If there is any concern about the safety of drinking water, (officials will publicize this as soon as there is any concern) purify your drinking water:
  - Use unscented chlorine bleach, at 16 drops per gallon – wait 30 minutes. If water has a foul odor, repeat treatment. Check bleach for expiration date – bleach does degrade.
  - Use purification tablets, follow directions.
  - Use purification systems according to directions (generally camping or backpacking filters).
  - Boil water – rolling boil.

**Gas:**

**IMPORTANT** – Only turn off you gas at the meter if you have reason to believe there is a problem or if you smell gas!  
 Use an adjustable wrench and tighten it one quarter turn, perpendicular to the pipe. The valve is on the stand pipe that goes into the gas meter. Do not turn the gas back on to the house without the utility company inspecting the line first.

**Propane:** If you live in an area that uses outdoor propane or LPG you will find this outside the home. Open the top of the tank and you will see either a regular turn knob or a quarter turn valve. Turn the knob to your right to shut off the flow of propane into your house. For quarter turn valve see above.

**If you lose power in a disaster –**

- Stay clear of any downed power lines.
- Use non-flammable light sources wherever possible: flashlight, light sticks, instead of candles.
- Check your electrical panel for tripped breakers or blown fuses. Try resetting breakers - turn them OFF then ON, replace blown fuses.
- Call your utility company and report the outage.
- Turn off major appliances to avoid overloading circuits when power is restored.
- Switch on an outside light to help utility crews tell if power has been restored to your home.
- Keep refrigerator and freezer doors closed to keep contents cool. A full freezer is more efficient and will stay cold longer. Empty space can be filled with milk jugs of water (well before any power outage!).
- Never use a camp stove or barbecue indoors – only outside.
- Never use kerosene or propane heaters inside without proper ventilation – they create dangerous fumes.
- Be sure that generators are operated only as designed and are well ventilated away from your home. Consult a professional.
- In cold weather, protect your water pipes with insulation. You may also leave faucets dripping slightly and open cabinet doors beneath sinks in the house to allow warmer air access.
- Check in with others who may not be able to cope as well with a power outage. Make sure they are okay.

**Reunion Information**

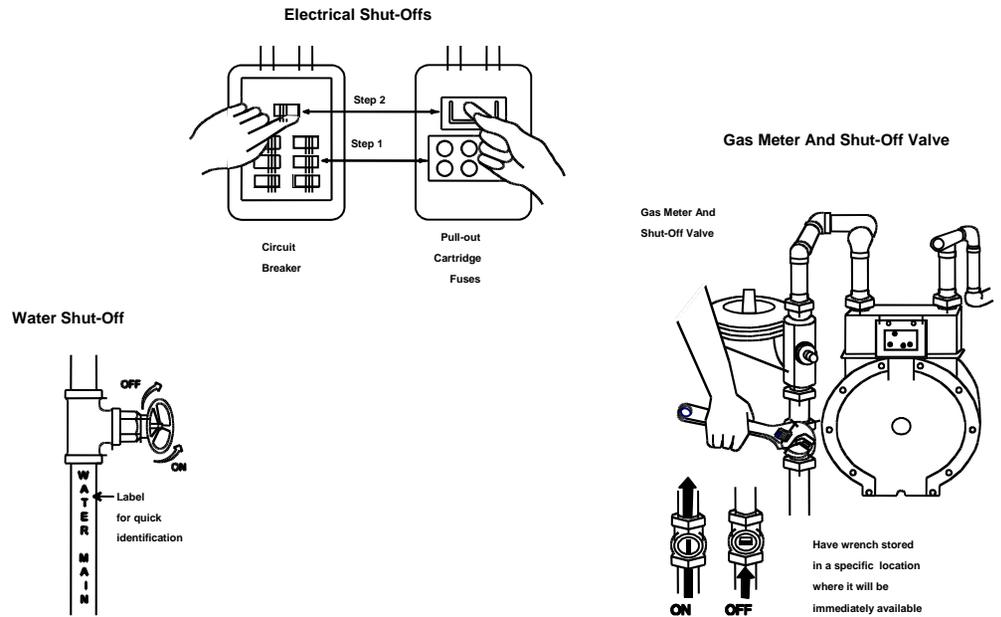
<p>Gathering and/or Evacuation Place - <b>In or Around House/Apartment</b></p> <p>Gathering Inside – prowler or some outside threat, power outage, heavy storm, etc.</p> <p>Gathering Outside – following fire or earthquake evacuation for example.</p>	<p><b>Inside House/Apartment</b></p> <hr/> <p><b>Outside House/Apartment</b></p>
<p><b>When Family is Not Home</b> - Community Reunion or gathering place (in case you cannot get home due to disaster situation)</p> <p>Leave note in a designated place where you will be and a reminder of any contact telephone numbers: e.g. with a neighbor, relative, park, school, shelter, etc.</p>	<p><b>Priority Location</b></p>

***Note:** Identify and discuss with household members the reunion places if you need to find a safe place inside, a gathering place after evacuation outside, or elsewhere in the community if you cannot all get home. Reunion and evacuation procedures need to include procedures for children if they are at school and house members with disabilities. Talk to school officials to find out their plans and training. Write down procedures. \*\*\* Practice.\*\*\**

## Important Notes and Procedures


**Note:** People with disabilities are advised to identify two or three people at work, school, neighborhood, etc. who they can call to assist them in the event of a disaster.

## Utilities



**Locate each of these utility control points in your home:**

### Electricity:

To turn off the electricity in your house, go to the breaker box and do the following:

1. Turn off smaller breakers one by one. and
2. Flip the “main” breaker last.

To re-energize your home, reverse the steps above.

### Water:

To shut water off inside your home, find the main water valve and turn it to your right. To open the flow of water back into the house, turn it to your left.

## Know what to do in an emergency...and what NOT to do.

### In an **Earthquake**:

- If you are outdoors, stay there. Move away from buildings, trees, streetlights and utility wires.
- If you are in a moving car, pull safely to the side of the road and stay in the car. Avoid stopping near or under buildings, trees, overpasses and utility wires. Do not attempt to drive across bridges or overpasses that may have been damaged.
- Indoors, DROP, COVER and HOLD ON.
  - Immediately drop down low, move beneath or along side something sturdy, and hold on until the shaking stops.
- At the beach or along the coastline, DROP, COVER and HOLD...THEN move immediately to higher ground. A tsunami or sea wave can follow in minutes after an earthquake.

### Where there is **Flooding**:

- Never enter flood waters or go around flood warning signs and barricades. Water can be deeper than you think and can carry away a vehicle in no time.
- Be alert for gas and other hazardous materials leaks.
- Stay clear of power and electrical wires.
- Flood waters are often contaminated with chemicals and/or sewage. Avoid them if you can. Cleanse/disinfect anything that comes into contact with flood waters thoroughly.

### In **Bad Weather**:

- Generally, defer travel until conditions improve.
- KNOW BEFORE YOU GO – check road and weather information sources before you travel.
- Make sure someone knows your travel plans and route.
- SLOW DOWN and allow extra distance between you and other vehicles if you must drive.
- Always have an emergency kit and provisions in every vehicle.
- Check on others who may be less able to cope with severe weather.
- If there is potential for lightning – move quickly indoors and away from windows. If you must be outside, stay away from trees and other tall objects. “Get low and small,” crouching on the balls of your feet and clasping your knees.

## Medication List Page 1

<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>
<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>
<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>

## Medication List Page 2

<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>
<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>
<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>

## Home Hazard Hunt

Conduct a home hazard hunt and correct safety concerns:

- Place heavy and/or breakable objects on lower shelves.
- Install latches on cupboard doors to prevent contents from falling out in an earthquake.
- Move beds away from windows.
- Store flammables and hazardous chemicals in the garage or an outside shed, also so that they will not fall and break.
- Protect/secure breakable valuables by securing them to surfaces with putty (products available at antique stores, museums).
- Secure tall, heavy furniture that could topple, such as bookcases, china cabinets, entertainment units, filing cabinets. "L" brackets with three-inch lag bolts into a stud, are recommended.
- Strap water heaters to studs so that they remain upright. This preserves an important source of water and may prevent a fire.
- Hang plants and heavy pictures from eye-bolts instead of simple hooks to prevent them from being knocked off.
- Make sure emergency exits are clear of obstacles and trip hazards.
- Keep a safety helmet, sturdy shoes, a pair of gloves and two light sticks under every household member's bed. Clear lens protective eyewear or goggles are also a good idea. After an earthquake or explosion, falling and fallen debris are major sources of serious injury – be sure to have protection for your head, hands, feet and eyes.
- Locate your natural gas meter. Know how and when to turn off natural gas. Never turn natural gas back on. Call the utility company for a safety inspection and service restoration.

### Home Layout/Diagram



Sketch a layout of your home. Include locations of utility shutoffs, safety equipment like fire extinguishers, disaster supplies, meeting places, etc.

### Medication List Page 3

<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>
<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>

**Note:** Keep at least seven days of vital medications and supplies on hand at all times. Talk to your doctor about supplies in excess of 30 days and properly storing medication.

**IMPORTANT:**

**Last update of medications pages:** \_\_\_\_\_

