Emergency Action Plan

SAFETY TIPS & TRICKS

Presenting some valuable tips to help with:

EMERGENCY PREPAREDNESS

HOW YOU CAN PREPARE

Basic protective measures for all hazards:

1. Physical safety is a concern for all hazards and may involve sheltering in place, evacuating and/or mass sheltering.
2. Develop a family communications plan.
3. Make emergency supply kits to be prepared for any type of disaster.
4. Learn about receiving emergency alerts and local emergency plans for shelter and evacuation, local emergency contacts, and local advance alerts and warnings.

Plan for power outages, limited communication, road closures and lack of clean water. In the event of a major catastrophe, a delay in help from emergency responders is inevitable. Your pre-established emergency plan will help you to be safe and comfortable until outside help arrives.

Surviving on your own after an emergency means having your own food, water and other supplies in sufficient quantity to last for at least 72 hours. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. You could get help in hours or it might take days.

Basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week, or longer. Your supplies kit should contain items to help you manage during these outages.

Learn how to take care of your sanitation needs safely.

If you commute across a river, be prepared to shelter in place if you are not at home during an emergency. Bridges will likely be damaged and there will be limited ways for you to get home.

EMERGENCY SUPPLY KITS

A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency.

Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment’s notice and take essentials with you. You will not have time to search for the supplies you need or shop for them.

Plan on making a kit for home, workplace and car so you can be ready no matter where you are when an emergency strikes.

Recommended Items to Include in a Basic Emergency Supply Kit:

1. Water! One gallon per person for at least three days for drinking and sanitation
2. Food, at least a three-day supply of non-perishable food.
3. Battery-powered or crank radio
4. Flashlight and extra batteries
5. First aid kit
6. Whistle to signal for help
7. Dust mask to filter contaminated air
8. Moist towelettes, garbage bags and plastic ties for personal sanitation
9. Wrench or pliers to turn off utilities
10. Manual can opener
11. Local maps
12. Athletic shoes
13. Cash
14. Copies of Identification & Insurance
15. Think about unique items you may need like eyeglasses/contacts and specific medications.

Did you know?
Gas is a utility you can turn off yourself but not turn back on.

When people talk about preparedness, they are more likely to take action, so start the conversation!
COMMUNICATIONS

Your family may not be together when disaster strikes, so plan how you will contact one another. Think about how you will communicate in different situations.

Identify a contact such as a friend or relative who lives out-of-state for household members to notify they are safe. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members.

Sign up for OHSU Alert Service.
https://o2.ohsu.edu/emergency-management/alerts/index.cfm

The following apps for iPhones and Android smartphones are useful for helping prepare for, and staying informed during, an emergency.
http://www.portlandoregon.gov/pbem/59675

Sign up to receive alerts through the joint City of Portland and Multnomah County community emergency notification system.
https://alertregistration.com/portlandor/

Resolve to Be Ready – Family Connection
The Ready campaign makes an emergency preparedness resolution easy to keep by recommending families consider these three ideas when making a plan: who to call, where to meet and what to pack.

The campaign includes age-appropriate tools and resources to introduce conversations about disaster preparedness to children on www.ready.gov/kids, including a downloadable family emergency plan, emergency kit checklists and guidelines on how to make preparedness a year-round family activity.

SHELTERING IN PLACE

There may be situations, depending on your circumstances and the nature of the disaster, when it's simply best to stay where you are and avoid any uncertainty outside by "sheltering in place".

The length of time you are required to shelter may be long, such as during a winter storm, natural disaster or a pandemic. It is important that you follow instructions from local authorities. Stay sheltered but also prepare to evacuate quickly if they give those orders. Additionally, you should take turns listening to radio broadcasts and maintain a 24-hour safety watch.

During extended periods of sheltering, you will need to manage water and food supplies to ensure you and your family have the required supplies and quantities.

MASS CARE SHELTERS

Even though mass care shelters often provide water, food, medicine and basic sanitary facilities, you should plan to take your disaster supplies kit with you so you will have the supplies you require.

Mass care sheltering can involve living with many people in a confined space, which can be difficult and unpleasant. To avoid conflicts in the stressful situation, it is important to cooperate with shelter managers and others assisting them. Keep in mind that alcoholic beverages and weapons are forbidden in emergency shelters and smoking is restricted.

TIP:
Search for open shelters by texting SHELTER and a Zip Code to 43362 (4FEMA). Ex: Shelter 01234

Facts from The Red Cross

Flooding: Q. How many inches of running water does it take to knock an adult off their feet or stall a car?
A. 6"

House Fire: Q. How often should you check your smoke alarms?
A. Once per month

Tsunami: Q. How fast can a tsunami move in the open ocean?
A. 400-600 mph

Water: Q. You should never store water in what types of containers?
A. Milk, orange juice, bleach, detergency, or glass bottles.

Sources used in this Tips & Tricks:
www.ready.gov
www.redcross.org/cascades
http://www.portlandoregon.gov/pbem/59675