



Emergency Preparedness

Would you be ready if there were an emergency? Be prepared: assemble an emergency supply kit; make your emergency plans; stay informed; and be involved helping your family, your business, and your community to be ready.

WHAT YOU CAN DO TO BE PREPARED

Basic Preparedness Tips

Create an emergency communications plan: Choose an out-of-town contact your family or household will call or e-mail to check on each other should disaster occur.

Establish a meeting place: Having a predetermined meeting place away from your home will save time and minimize confusion should your home be affected or the area evacuated.

Know your school's disaster/emergency plan: All schools have a disaster/emergency plan that is strictly followed. Ask for a copy of the school's plan for your records. Discuss it with your children.

Assemble a disaster supplies kit: Your kit should contain food, water, and supplies for at least 3 days. Your kit should also include first aid supplies. The kit should be kept in a designated place and should be ready to "grab and go" in case you have to evacuate your home.

Emergency supplies car kit: Place contents in a backpack. This keeps items from rolling around in the vehicle trunk and provides an efficient way to carry items if you leave the car. If the backpack is too heavy, leave unneeded items in the trunk. Keep a list of prescriptions, emergency contacts, and your car insurance company name and policy number in your wallet.

- Water – one gallon per person per day
- Food – preferably in pop-top cans, which don't require water to prepare and that do not cause thirst
- Can opener, silverware, plates
- Hand sanitizer, toilet paper, female sanitary supplies, diapers
- Flashlight and spare batteries
- Portable radio & batteries – so you don't wear down car battery
- List of emergency contacts
- Paper and pen to leave note on dashboard if you leave car
- Coins or phone card to make emergency call
- Light stick and string to signal for help
- Large garbage bags – wear as rain gear, sit on, carry supplies, etc
- Heavy soled shoes & socks – in case you walk for help
- Clothing - rain coat & pants, warm pants & sweater
- Blanket or sleeping bag – space blanket is good alternative
- First aid kit & reference guide
- Extra items for passengers, children, and pets as needed for your family

If You Are Driving During an Earthquake:

- You might not feel anything unusual
- The vehicle may handle as if you have a flat tire
- If you are stopped the vehicle might bounce
- Pull over to the side of the road and stop
- If you are on a bridge or overpass, stop; assess the area; proceed slowly if you exit
- Listen to your radio for information
- Avoid overpasses, power lines, and other hazardous areas
- Stay inside the vehicle until the shaking stops

Telephone Communication - Earthquake Preparedness: Telephone lines were “hardened” years ago to withstand nuclear attack and are quite resistant to damage. The reason it is often difficult to find open phone lines during emergencies is not necessarily due to damage, but because of the number of people trying to make calls.

In disasters, local telephone service may be disrupted. However, long distance lines, because they are routed differently out of your community, may remain available.

When cell phones don't work, text messaging may be operable. Keep messages short.

Phones that require electricity may not work after earthquakes and during power failures. Cordless phones use electricity – if power is out, they do not work.

Pay telephones are part of the emergency services network, and are a priority for service restoration.

While no single type of phone service is completely reliable during emergencies, during an emergency assume all are available unless you find out otherwise. Phone networks are often installed around geographical or service requirements so you may have service while your neighbor does not. A strong emergency communication plan includes several different types of phone service as well as other communication methods (paper messages, delivery of messages via bicycle, etc.). Plan for all communication methods, don't assume any one will be available, and hope for the best.

If Disaster Strikes

- Be calm and patient.
- Follow the advice of local emergency officials and local resources.
- Listen to your radio or television for news and instructions.
- Shut off damaged utilities.
- Call your family contact.
- Confine or secure your pets.
- If possible, check on neighbors, especially those living alone, elderly, or disabled.
- Prepare for possible evacuation.

Medical Safety Tips

Make sure you and your family are current on your immunizations, especially tetanus.

If you take prescriptive medications, carry them with you or have extra in your emergency kit.

Basic Tips for:

- [Elderly Persons](#)
- [Persons with Children \(FEMA\)](#)
- [Persons with Medical Needs](#)
- [Persons with Mobility Impairments](#)
- [Persons with Visual Disabilities](#)

Three Ways to Purify Water

Boiling: Bring the water to a rolling boil for 3-5 minutes. Let cool before drinking.

Disinfect: You can use household liquid bleach (regular household bleach contains 5.25% sodium chloride) to kill microorganisms. Do not use scented, color-safe bleaches with added cleaners. Add 16 drops of bleach per gallon of water, stir, and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes. The only agent used to purify water should be household liquid bleach.

Distillation: Fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will land right-side-up when the lid is upside-down. Make sure the cup is not dangling in the water. Boil the water for 20 minutes. The water that drips from the lid to the cup is distilled.

In An Emergency, Call 9-1-1

Other Resources:

[Tillamook County Emergency Preparedness](#)

[CDC: Emergency Preparedness & Response](#)

[Oregon DHS: Preparedness Surveillance and Epidemiology Team \(PSET\)](#)

[Tillamook County Fire Department](#)

[Oregon Red Cross](#)

[Tillamook County Sheriff](#)

Emergency Preparedness Tips for Elderly Persons

- Assemble [disaster supplies](#).
- Arrange for someone to check on you.
- Find out and practice the best escape routes from your home.
- Plan for transportation in the event you need to be evacuated. Find the safest places in your home for shelter during each type of disaster.
- Post emergency phone numbers near all of your telephones. If you have home health care service, plan ahead with your agency for emergency procedures.
- Teach those who may need to assist you in an emergency how to operate necessary equipment. Be sure they will be able to reach you.
- Keep emergency supplies (at least a three-day supply) in an easy-to-carry container such as a back pack or duffel bag. Make sure the container is in an easily accessible location.
- Label any equipment (wheelchairs, canes, walkers, etc.) that you may need with your name.
- Keep a copy of your eyeglass prescription, list of medications and their dosages, and other important papers to take with you if you have to leave your home.

Use this link to [Red Cross](#) for more information.

[Red Cross Disaster Preparedness for Seniors by Seniors](#) 

Emergency Preparedness Tips for Persons with Medical Needs

Medications:

- Always have at least a three-day supply of all your medications.
- Store your medications in one location in their original containers.
- Have a list of all your medications: name of medication, dose, frequency, and the name of the prescribing doctor.

Medical Supplies

Have an extra three-day supply of medical supplies you use, such as bandages, ostomy bags or syringes.

Electrical powered medical equipment:

Check with your medical supply company and get information regarding a back-up power source such as a battery or generator for electrical power beds, breathing equipment or infusion pumps.

Oxygen and breathing equipment:

- If you use oxygen, have an emergency supply (enough to last at least three days).
- Oxygen tanks should be securely braced so they do not fall over. Call your medical supply company regarding bracing instructions.
- If you use breathing equipment, have a minimum three-day supply of tubing, solutions, medications, etc.

Intravenous (IV) and feeding tube equipment:

- Know if your infusion pump has battery backup and how long it would last in an emergency.
- Ask your home care provider about manual infusion techniques in the case of a power outage.
- Have written operating instructions attached to all equipment.

Emergency bag:

In the event you have to leave your home, have a bag packed at all times. The bag should include:

- A medication list.
- Medical supplies and medications for at least three days.
- Copies of vital medical papers such as insurance cards, power of attorney, etc.

People who can help:

- An important part of being prepared for a disaster is planning with family, friends and neighbors. Know who could walk to your home to assist you if other means of transportation are unavailable.
- Discuss your disaster plans with your home health care provider.
- Ask your local fire department if they keep a list of people with special medical needs and what services are provided to those on the list. If they have a list, ask to be included on the list.
- Keep contact information for those people who can be of help to you.

Use this link to [FEMA](#) for more information.

Emergency Preparedness Tips for Persons with Mobility Impairments

Storage:

- Store emergency supplies in a pack or backpack attached to a walker, wheelchair, scooter, etc.
- Store needed mobility aids (canes, crutches, walkers, wheelchairs) close to you in a consistent, convenient and secured location. Keep extra aids in several locations, if possible.

Emergency supply kit:

- Keep a pair of heavy gloves in your supply kit to use when wheeling or making your way over glass and debris.
- If you use a motorized scooter, consider having an extra battery available.
- Check with your vendor to see if you will be able to charge batteries by either connecting jumper cables to a vehicle battery or by connecting batteries to a specific type of converter that plugs into your vehicle's cigarette lighter in the event of electricity outages.
- If your chair does not have puncture proof tires, keep a patch kit, an extra supply of inner tubes or a can of "seal in air product" to repair flat tires.
- Store a lightweight manual wheelchair, if available.

Evacuation:

- Arrange and secure furniture and other items to provide paths of travel and barrier-free passages.
- If you spend time above the first floor of a building with an elevator, plan and practice using alternative evacuation methods. If needed, establish a personal support network.
- If you cannot use the stairs, discuss lifting and carrying techniques that will work for you. There will be instances when wheelchair users will have to leave their chairs behind in order to safely evacuate a structure.
- Transporting someone down stairs may not be practical without sufficient help available. Persons using a wheelchair should instruct any volunteers on the safest way to transport them and advise regarding areas of vulnerability. For example, the traditional "firefighter's carry" might be hazardous for some people with respiratory weakness.

Emergency Preparedness Tips for Persons with Visual Disabilities

Canes:

- If a person with a visual disability uses a cane, it is wise to keep extras in strategic, consistent and secured locations at work, at home or at school.
- Practice maneuvering around familiar and non-familiar obstacles and hazards at work, at home, or at school.
- Keep a spare cane in your home emergency kit.

Alternate Mobility Preparedness:

- Persons with low vision might place security lights in each room to light paths for travel. These lights plug into electric wall outlets and light up automatically if there is a loss of power. They will continue to operate automatically for one to six hours and can be turned off manually. They can also be used as a short-lasting flashlight.
- Store high-powered flashlights with wide beams and extra batteries.
- Plan and practice for loss of auditory clues that you might normally rely on to maneuver at work, home or at school.
- Service animals may become confused, panicked, frightened or disoriented during and after a disaster. Keep them confined or securely leashed or harnessed. A leash or harness is an important item for managing a nervous or upset animal. Be prepared to use alternate ways to negotiate your way to safety.

Label supplies:

- If helpful, mark emergency supplies with large print, florescent tape or Braille.

Secure Computers:

- Anchor special equipment and large pieces of furniture, such as computers, bookcases and shelves, in your office or at home. Create a computer backup system for important data and store it off site.

Advocacy issues:

- Advocate that TV and radio news post important telephone numbers as well as announce them slowly and repeat them frequently.

For more information, use this link to [FEMA](#).