



Chapter 5

Resources





Preparedness Calendar Resources



MONTH 1

Planning

Build your Grab-n-Go Binder (page 39). Think about what disasters you are planning for (see Chapter 1 - Hazards). Sign up for Citizen Alert by visiting www.rvem.org. Install smoke detector or change their batteries, if needed.

Training - Train or Be Trained

Choose an evacuation location, one on each side of any river you cross. Consider finding a location across the county in case your entire community needs to be evacuated.

Supplies - Gather or Purchase

Get binder with clear sleeves or thumb drive to store documents listed in your Grab-n-Go Binder (page 39). Add one gallon of water per person or pet to your supplies. Aim to add a three day supply of water per person and pet each month. (Since you'll be adding each month, consider how you want to purchase it: cases, gallons, 5 gallons, 20 gallons or large drums.)

MONTH 2

Planning

Take photos/videos of every room, closet, cabinet and drawer in your home. Store photos online, if possible, or in your binder. Be sure to photograph big-ticket items individually. Contact your insurance provider to make sure you have enough coverage to replace your home and its contents.

Training - Train or Be Train

Practice evacuating from each room of your home. Do day and night drills, as well as rain and shine drills.

Supplies - Gather or Purchase

Add three more days worth of water per person and pet to your kit. Add ready-to-eat foods to your supplies. Start with enough for three days worth for each household member. Add any necessary baby supplies.

MONTH 3

Planning

Decide who you are planning for. Remember, that may include people who do not live with you (an elderly neighbor or child who is left home alone) and animals. Will you need to purify water if your purchased water expires or runs out? You can find a water-to-bleach ratio sheet and a boiling time sheet for sterilizing water online. Print it out and keep a copy in your kit(s).

Training - Train or Be Trained

Focus on learning (or teaching) some of the skills your grandparents had. Learn to preserve food and gather, filter and purify water. Learn to sew, darn a sock or replace a button. Learn to make candles and soap. Learn to hunt and fish (when seasonally appropriate).

Supplies - Gather or Purchase

Get large capacity coffee filters to filter water if you run out of stored water. Get one purification method (dye-free bleach, chlorine tabs, etc.). Add another three days worth of water. Add three days worth of canned food (preferably in water) and a can opener. Get foods you know your family will eat. Add a sewing kit or simple sewing supplies (needles, needle threader, thread, thimble, scissors, etc.) to your kit.



Preparedness Calendar Resources



MONTH 4

Planning

Develop your communications plan. Choose your out-of-state contact. Let them know your plan. (See Communications on page 31 for more information.) Practice your communications plan with everyone involved by creating a mock event on a specific day and time. Everyone should text their information and have it relayed back to your group by your emergency contact. Evaluate what is missing and update your plan.

Training - Train or Be Trained

Learn to use a fire extinguisher. Contact your local fire department for more information. Learn to tie two types of knots and how to build a shelter. Would it keep you dry during rain? Use your hose to test it out. Does the ground underneath stay dry? Will it keep wind out? If you plan to use a tent instead, practice setting it up in the dark or the wind, or maybe even with one arm in case you're injured.

Supplies - Gather or Purchase

Purchase an ABC fire extinguisher for your kitchen. If possible, purchase extinguishers for each vehicle. Add three days worth of water and freeze dried foods to your supplies.

MONTH 5

Planning

Decide how you will stay safe, warm and fed if you are stuck at home without any services. How will you heat your home? How will you cook? What sorts of supplies do you need to be successful?

Training - Train or Be Trained

Learn to start a fire in several different ways. What would you use to boil water (for food, drinking or sanitation) if you didn't have a stove? What fuels (sticks, Vaseline and cotton balls, etc.) do you need on hand? If you have a propane barbeque, does everyone know how to replace the empty tank?

Supplies - Gather or Purchase

Add three more days worth of water per person and pet to your kit and three days worth of dried foods to your food supply. Don't forget the benefits of sproutable beans and seeds - they are a good source of vitamins, are shelf-stable, sprout within three days and add great variety and flavor to your meals! (For more information on emergency foods, see page 24.)

MONTH 6

Planning

Consider the medical needs of anyone you'll be caring for during an emergency. Make a list of the supplies you'll need to have on hand for life safety. Fix hazards in and around your home; look for fire hazards, secure large shelves to the wall, use earthquake putty to secure smaller items, install smoke detectors or change batteries if necessary, etc.

Training - Train or Be Trained

Take CPR/First Aid training. Take a gardening course from a friend, neighbor or family member, or through OSU Extension Services. There are many resources available online, as well.

Supplies - Gather or Purchase

Add first aid supplies to your kit based on the needs of those you will be caring for. Add general first aid items after specific items are acquired. Think of gauze like water: you can never have too much! Don't forget prescriptions, extra glasses or contacts, saline solution and similar items. Add three more days worth of water and food.



Preparedness Calendar Resources



MONTH 7

Planning

Special considerations are things to think about outside of your own personal needs. Who in your plan may have specific needs that you must consider? (See Chapter 3 - Special Considerations for more information.)

Training - Train or Be Trained

Your physical health and fitness matter! You will be putting a high demand on your body and mind during an emergency. Consider what you need to work on to be of the most help to others. What is most difficult for you: flexibility, strength, stamina? Focus on strengthening yourself where it's needed.

Supplies - Gather or Purchase

Add remaining pet supplies from the Pet Kit list on page 39 (also see page 35). Review what items are remaining on the Go Kit list on page 40; add necessary items to your kit. Add water and food for three days - get comfort foods and favorite snacks.

MONTH 8

Planning

Staying healthy and clean won't happen by accident! How much additional water do you need for cleaning? What other cleaning supplies need to be gathered or purchased for an emergency? What types of sanitation and hygiene practices will you want during an emergency (see pages 26-27)? Remember, if water is scarce, sanitizing wipes are a good option. Build and use a two-bucket toilet system (page 27) and make a list of items you may want to add to your supplies.

Training - Train or Be Trained

Practice crating your pets and loading them, their supplies, your family and supplies into your vehicle(s). Does it all fit? Could you do it in under five minutes? Could you do it in the dark? What needs to be tweaked in order for it to work in an actual emergency?

Supplies - Gather or Purchase

Focus on sanitation and hygiene supplies. Look through the kit lists on pages 39-42. Decide which supplies you need. Don't forget feminine hygiene and incontinence supplies. Add the items for a two-bucket toilet system found on page 27. Add water and food for three days - consider juices or powdered electrolyte mixes.

MONTH 9

Planning

Make sure everyone in your plan knows the steps to take to make it successful, even if they are the only one able to carry it out. Does everyone know where to go, who to call, where the supplies are, etc.? Talk with your group about each event and what the plan of action is.

Training - Train or Be Trained

Learn to turn off your gas and water mains in the event of an earthquake. If you have a hand pump on your well, learn how to use it. This is a good time for a weekend experiment - live in your home for a weekend without the use of light, heat, water or anything electronic (TV, radio, phones, etc.). What skills and supplies did you find you needed to succeed if it had been an actual emergency?

Supplies - Gather or Purchase

Gather or purchase the tools and/or missing items from the kit lists. You likely have most of these items around your home. Consider whether or not you want paper plates, plasticware and napkins during an emergency or extra dish soap, water and towels. Make a list and purchase necessary items. Add water and food for three days - don't forget coffee, tea or other favorite drinks.



Preparedness Calendar Resources



MONTH 10

Planning

Begin to create a plan to work with your neighbors during a disaster. (See pages 50-51 for a guide.) Learn what plans are in place at work, schools or your child care facilities.

Training - Train or Be Trained

Learn or teach someone to use the tools around your home. If you have a generator, chainsaw, tractor, etc. practice using them until you're comfortable on your own.

Supplies - Gather or Purchase

Add supplies to your Car Kit (you should build one kit per vehicle). Gather or purchase the missing items. Add water and food for three days - remember your spices and sweeteners.

MONTH 11

Planning

Download some useful emergency notification apps on your cell phones to stay informed about weather, or local, state and federal emergencies. Make a plan for sheltering in place (see page 42).

Training - Train or Be Trained

Take Stop the Bleed training. Go to www.stopthebleed.org for more information. Practice your CPR and first aid skills.

Supplies - Gather or Purchase

Review your Shelter-in-Place supply needs. Gather or purchase necessary items. Add water and food. Consider purchasing some of the "emergency foods" that have very long term shelf life. (MREs, food ration bars, or any variety of emergency foods that can be found online by searching "emergency foods". These have a shelf life of 5-25+ years.)

MONTH 12

Planning

Gather your Evac Box supplies together (see page 41). These are not items you purchase, but rather they are sentimental items, as well as financial, medical and legal documents that need to be stored in an easy-to-carry container, in a convenient location. In this final month of preparation, look at getting involved in your community through volunteering. Shelters, food banks, donation centers, etc. are staffed by volunteers. This service can only be provided if local people volunteer.

Training - Train or Be Trained

Shore up what you've already learned and fill in any gaps so that you feel prepared to be the help until help arrives.

Supplies - Gather or Purchase

Get a bin or two for your Evac Box supplies. Review your Bug Out Bag supplies (page 40). Gather or purchase the missing items. Add water and food for an additional three days. Make sure to have a good protein source! Add books, games, cards or other non-electronic entertainment to your kits. Start your calendar over next month and rotate any items that may have expired. Pick up supplies you may have skipped; review your plans and continue training so your skills do not expire.



Citizen Alert Resources

Get notified about emergencies and other community alerts via your home phone, cell phone, text message or email by signing up for Citizen Alert.

The notification system helps local officials provide you with critical information quickly in a variety of situations such as fire, flood, unexpected road closures, missing persons and evacuation of buildings or neighborhoods.

In the event of an emergency, local officials will use the Citizen Alert system's emergency notification function to call the homes and businesses using landlines in the affected area. If you don't have a landline, you will not be notified unless you register another contact option. If you register other contact options, such as your cell phone, work phone or email, you can be notified (even when you're not at home).

You can specify how you want to be contacted. For example, you can tell the system to call your cell phone, then work phone, followed by a text and/or email. You can set up your account to communicate in whichever way works best for you. You may add up to five Josephine or Jackson County addresses in the system (home, work, school, parent's home, etc.)

Helpful Tips on Signing Up

- Visit www.rvem.org to sign up.
- Everyone with a cell phone should have their own account, even if they live in the same household. If two cell phone numbers are listed on the account, the second number will not receive the notification once you confirm receipt. Don't make yourself responsible to contact everyone in your household - let us do that for you!
- Do not turn your cell phone off at night if it is your only phone in the house. Think of it like a smoke alarm - you need to hear it for it to work!
- Signing up with a cell phone allows us to notify you even if you aren't at home.
- We cannot contact you if you don't sign up!
- If you do not have access to a computer you may call your local emergency management office and they can sign you up. The disadvantage is that you will not control your own account and will need to call the office to have updates made. If you create your own account you will have ownership and can update it as needed.

TIP: If you have a cell phone, you must opt in to receive alerts. Landlines are automatically uploaded into the system.



DISASTER REGISTRY
Jackson and Josephine Counties, Oregon

Would your loved one or friend need special assistance in an EMERGENCY?

You should sign up for the Disaster Registry if you would:

- Need outside help to safely leave your home during a disaster
- Be in jeopardy if you stayed in your home, without assistance, for three days
- Need special notification about the need for evacuation, due to impairment

Visit www.rvcog.org to download an application or to apply online
For more information contact the Rogue Valley Council of Governments at (541) 664-6674
Design donated by First Community Credit Union

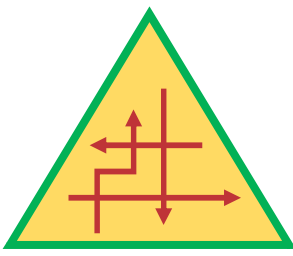
Would you need special help in an emergency?

You might want to apply to be in the Disaster Registry if in the case of a flood, forest fire or other disaster you or someone you care for would:

- Need outside help to safely leave your home during an emergency
- Be in jeopardy if you stayed in your home, without assistance, for three days
- Need special notification about the need for evacuation, due to impairment

The Disaster Registry provides the names and locations of people who need special assistance to fire, police, health and rescue workers. Being on the disaster registry does not guarantee that you'll get help first in a disaster. There are so many needs during a disaster that first responders may not be able to assist you for an extended period of time, but if your name is in the registry, they will know of your need for special assistance.

www.rvcog.org / 541-664-6674



Evacuations Resources

Be Ready, Be Set, GO!

LEVEL 1 – BE READY

A Level 1 evacuation means “BE READY” for potential evacuation. Residents should be aware of the danger that exists in their area, monitor emergency services websites and local media outlets for information. This is the time for preparation and precautionary movement of persons with special needs, mobile property and (under certain circumstances) pets and livestock. If conditions worsen, emergency services personnel may contact you via an emergency notification system. All residents should be at this level of readiness at all times!

LEVEL 2 – BE SET

A Level 2 evacuation means “BE SET” to evacuate. This level indicates there is significant danger to your area, and residents should either voluntarily relocate to a shelter or with family/friends outside of the affected area, or if choosing to remain, to be ready to evacuate at a moment's notice. Residents MAY have time to gather necessary items, but doing so is at their own risk. **THIS MAY BE THE ONLY NOTICE THAT YOU RECEIVE.** Emergency services cannot guarantee that they will be able to notify you if conditions rapidly deteriorate. Area media services will be asked to broadcast periodic updates.

LEVEL 3 – GO!

A Level 3 evacuation means that you need to **LEAVE IMMEDIATELY!** Danger to your area is current or imminent, and you should evacuate immediately. If you choose to ignore this advisement, you must understand that emergency services may not be available to assist you further. **DO NOT** delay leaving to gather any belongings or make efforts to protect your home. Access to evacuated areas may be denied until conditions are safe for citizens to return. **DO NOT** plan to return to check on your house or animals. If it's not safe for you, it's not safe for them!

TIP: Park vehicles facing outward and keep your keys in the same spot. Never let your gas tank get below half full.

Evacuations

Evacuations are conducted to save lives and allow responding personnel to focus on the emergency at hand.

Please evacuate promptly when requested!

Evacuation Orders

It is important that you follow all evacuation instructions immediately for your safety. If you have animals or special needs you should consider leaving at Level 1.

TIP: Evacuations can take much longer than expected when entire neighborhoods are evacuating. Leave early when possible!

The Evacuation Process

Officials will determine the areas to be evacuated and the routes to use depending upon the safest option for the specific incident. Law enforcement agencies are typically responsible for enforcing an evacuation order. Follow their directions promptly! You will be advised of potential evacuations as early as possible, but **don't wait to leave if you feel unsafe.** Continually listen to your radio/TV for announcements from law enforcement/emergency personnel.

TIP: Sign up for Citizen Alert to receive emergency notifications!

If Evacuation is a Possibility

Follow your personal/family evacuation plan. You should have several routes out of your neighborhood, if possible, and practice with the whole family at least twice a year. Locate pets and keep them nearby; initiate your livestock evacuation plan. Before you leave your home, close windows and turn off central heating/air conditioning. Be sure to take your Grab-n-Go Binder, Evac Box and any other kits you have (Go Kit, Bug-Out Bag, etc.).

TIP: You can go to a Level 3 with no warning! Always be ready!

Your plan should include:

- Where you will take vehicles that have no driver if your warning is early enough?
- Where you will go and how you will get there (this is where family members who are not at home will meet)?
- Where your pets (including livestock) will go if they can't shelter with you?
- How you will let others know where you will be if communications are down?

Returning Home

Emergency officials will determine when it is safe for you to return to your home. This will be done as soon as possible, while considering safety and accessibility. Be alert for downed power lines and other hazards. Carry ID or proof of residency with you.



Resources

Neighborhood Preparedness

What is Neighborhood Emergency Preparedness?

Neighborhood preparedness refers to a neighborhood-wide effort to share the training, education and resources that each person has in order to prepare in advance for disaster on a collective level.

There is so much to do... So get some help!

To do it right, preparing for emergencies can be a full-time job with a hefty price tag. But, it doesn't have to be that way when you make it a collaborative effort among your neighbors. Many of the skills and equipment you will need in an emergency may already exist in your neighborhood. Use the Neighborhood Resource Inventory on the following page to easily compile a list of neighbors, equipment and skills each neighbor can offer to help in the recovery effort.

Coordinate with Neighbors

- Work with your neighbors to compile a list of available skills and resources. Make it a social event, like a block party - feed them and they will come! Put neighborhood preparedness as the only item on the agenda.
- Don't be discouraged if the resulting list seems small – creativity and innovation are your most valuable resources!
- Camping gear such as tents, canopies and cooking stoves can be used for temporary shelter, a feeding station, first aid station, pet care center, etc.
- Individuals with a certificate or license for medical skills (MD, RN, EMTs, etc.), building skills (architect, construction worker, building inspector), utility worker or heavy equipment operator may be willing to lead in their particular area of expertise.
- Equipment and tools used for debris removal, home repair, snow removal, etc. could be shared rather than purchased. Be sure to include provisions for replacement, if necessary.
- Integrate this approach into your Neighborhood Watch Program or Homeowners' Association. Don't reinvent the organizational wheel; use what you have already in place.
- Invite the knowledgeable neighbors to teach disaster skills at a Neighborhood Watch or Homeowners' Association meeting. Invite guest speakers from your local emergency management office, the fire department or the American Red Cross to discuss related topics.
- 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.

Start with What You Already Have

- Communications gear, especially amateur (ham) radio or citizen's band radio, may be your only link to rescue crews, incident updates, local government or even others in the community if telephone lines and cellular services are down.
- Transportation such as 4-wheel drive vehicles, cargo trucks, boats, snowmobiles and ATVs may become the only means available to get through debris-strewn, icy, snowy or flooded streets.

TIP: After an earthquake, when pavement is broken and debris has riddled the roadway, a bicycle will be one of the best modes of transportation!



Neighborhood Resource Inventory									
Last Name:				Address:					
Home Phone:									
#	First Name	Age	Workplace or School Name and Address				Work Phone		
1									
2									
3									
4									
5									
6									
Use the number next to the name to refer to which family member is volunteering, has the indicated skills, etc. below.									
Is your family prepared for at least 2 weeks without power, water or assistance of any kind?								Yes	No
Is your home "earthquake proof" (cabinets latched, water heater strapped, foundation reinforced)?								Yes	No
Would you attend a training class on family and neighborhood preparedness?								Yes	No
Skills Inventory									
Disaster Skills:	#1	#2	#3	#4	#5	#6	Comments		
1st Aid/CPR									
Fire Extinguisher									
Amateur Radio									
Group Leadership									
Tree/Limb Removal									
Heavy Equipment Op									
Building/Construction									
Sandbagging									
4-Wheel Drive Op									
Disaster Volunteer Opportunities									
Activity	#1	#2	#3	#4	#5	#6	Comments		
Fire Suppression Team									
Medical Team									
Search & Rescue Team									
Staging Area Team									
Search & Rescue Team									
Logistics									
*Buddy Squad									
**Runner									
Childcare									
Meal Preparation									
Shelter Management									
Pet Care									
*Buddy Squad checks on those with special needs: mobility impaired, latch-key kids, medically fragile, etc. **Runners are used to pass messages when telephone, radio or other communications means are not available.									