Why Read This Guide?

Josephine County residents are fortunate to live in an area of abundant natural beauty. Lush forests, exciting rivers and peaceful valleys offer relaxation and recreation for every outdoor activity. However our area is also very vulnerable to both man-made and natural disasters, such as:

- Wildfire
- Severe storms
- Floods
- Landslides
- Hazardous spills
- Earthquakes

The focus of this Preparedness Guide is simple: provide county residents with the informational tools they need to prepare themselves with the skills and resources they will need in the event a disaster occurs.

What is your part?

Our county is fortunate in that both our public and private emergency services organizations work closely together, and are well trained and ready to serve when needed. Consistent, progressive training and a strong sense of personal dedication by our first responders means citizens can rely on these emergency services should a disaster happen.

No amount of community preparedness can replace the need for individual preparedness. By their very nature, most disasters happen without warning. Everyone should be ready to look after their own needs both during and for a minimum of 72 hours after a disaster. Official response in the aftermath of a disaster will take time, but it will happen. We want everyone to be as safe and prepared as possible, so personal recovery afterwards will be swift.

Why are the projects in this Preparedness Guide important?

In light of recent disasters, we strongly encourage everyone to read this guide and follow its simple instructions for each step of preparedness. Once you have prepared yourself and your family, please take the time to share this information with your neighbors. When the next disaster occurs, a prepared neighbor or better yet, neighborhood will help ensure everyone is safe and our communities’ recovery time is short.

Remember to review this guide and your individual preparedness plan every six months. It is a good idea to keep this guide near your telephone book or in your 72 hour pack so it is available when you will need it most.
FAMILY DISASTER PLANNING

Where will you and your family be when disaster strikes? What would you do if basic services - water, gas, electricity, and telephones - were cut off 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.

IDENTIFY THE HAZARDS

Visit the library, contact the American Red Cross or your local Emergency Manager, and 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
- Earthquake
- Flood
- Wildfire
- Wind Storm
- Landslide
- Hazardous Material Spill

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, or FEMA for assistance.

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

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

IDENTIFY THE HAZARDS
**IDENTIFY EQUIPMENT AND SUPPLIES YOU’LL NEED TO HELP SURVIVE POTENTIAL CONSEQUENCES**

- Food and Water
- First Aid Supplies
- Sanitation Supplies
- Clothing and Bedding
- Prescription and Non-prescription Medicines
- Light Sources (flashlights, candles, and/or light sticks)
- Tools, Equipment, and Supplies (manual can opener, utensils, fire extinguisher, matches, money, batteries, etc.)
- Special Items (baby supplies, pet food, important family documents, etc.)

**IDENTIFY THE EQUIPMENT, SUPPLIES, PROCEDURES, AND PRACTICES YOU ALREADY HAVE IN PLACE**

- Camping Gear (sleeping bags, cooking equipment, utensils, etc.)
- Fire Escape Plan
- Extra Food and Water
- First Aid Kit

**IDENTIFY YOUR SHORTFAILS**

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

**DEVELOP A PLAN TO ELIMINATE THE SHORTFAULS**

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 hazard warning systems such as smoke detectors.
- Develop fire escape and neighborhood evacuation plans.
- Develop a simple family communications plan such as a wallet card with common numbers to call and important policy numbers.
- Develop drop, cover, and hold; utility shutoff; and shelter in-place procedures.
- Attend CPR, basic first aid, and fire extinguisher training.
- Begin or expand your disaster supplies kit. Start with basic necessities such as food, water, light sources, first aid supplies, clothing, and bedding.
- Host a neighborhood meeting to exchange preparedness information and ideas.

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.
- Expanded insurance coverage.
- Building retrofitting.
- Structural earthquake mitigation.
- Drainage improvements.

**TRAIN AND MAINTAIN**

- Conduct fire evacuation drills.
- Test smoke detectors.
- Test/recharge fire extinguishers.
- Test communications plans.
- Practice utility shutoff; drop, cover, and hold; and shelter in-place procedures.
- Replace stored food, water, and medicines before the expiration date.
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, 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.

### Checklist

#### Electricity

**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
- Ensure cords are not placed under rugs
- Verify circuits are not overloaded
- Replace damaged cords, plugs, and 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

#### 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
- Ensure cords are not placed under rugs
- Verify circuits are not overloaded
- Replace damaged cords, plugs, and 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

#### Outside

**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
- Ensure cords are not placed under rugs
- Verify circuits are not overloaded
- Replace damaged cords, plugs, and 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

#### All Rooms

**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
- Ensure cords are not placed under rugs
- Verify circuits are not overloaded
- Replace damaged cords, plugs, and 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

#### 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**

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

#### 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

<table>
<thead>
<tr>
<th>Yes/No</th>
<th>Action</th>
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<tbody>
<tr>
<td>☐ ☐</td>
<td>Use gasoline as a motor fuel only and never use or store it inside the home</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Keep only a small quantity of gasoline, if necessary, in an approved container locked in the garage or shed</td>
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<tr>
<td>☐ ☐</td>
<td>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</td>
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<tr>
<td>☐ ☐</td>
<td>Store used oily rags in sealed metal containers</td>
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<tr>
<td>☐ ☐</td>
<td>Never store combustibles such as newspapers and magazines in your attic</td>
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### Heating Equipment

<table>
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<tr>
<th>Yes/No</th>
<th>Action</th>
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<tbody>
<tr>
<td>☐ ☐</td>
<td>Ensure fireplace inserts and gas/wood stoves comply with local codes</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Clean and inspect chimney annually</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Dispose of ashes in metal container</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Keep clothes, furnishings and electrical cords at least 12&quot; from wall heaters and 36&quot; from portable heaters</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Service furnace annually</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Set water heater thermostat at 120 °F</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Elevate new or replacement gas water heaters at least 18&quot; above the floor</td>
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### Bathrooms

<table>
<thead>
<tr>
<th>Yes/No</th>
<th>Action</th>
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<tbody>
<tr>
<td>☐ ☐</td>
<td>Store poisonous cleaning supplies and medicines in &quot;child-proofed&quot; cabinets</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Replace glass bottles with plastic containers</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Ensure all outlets are GFI equipped</td>
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</table>

### Family Preparedness

<table>
<thead>
<tr>
<th>Yes/No</th>
<th>Action</th>
</tr>
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<tbody>
<tr>
<td>☐ ☐</td>
<td>Plan two unobstructed exits from every room, including the second floor, and make sure everyone knows them</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Designate a meeting place outside</td>
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<tr>
<td>☐ ☐</td>
<td>Have an out-of-state contact for family check after a disaster/emergency</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Develop an escape plan and practice it regularly</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Store important papers and valuables in a fire proof safe or cabinet</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Maintain proper insurance coverage for your home and its contents (earthquake, flood, renter’s, fire)</td>
</tr>
</tbody>
</table>

### Fire Extinguisher

<table>
<thead>
<tr>
<th>Yes/No</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ ☐</td>
<td>Verify that an all purpose fire extinguisher (Class ABC) is maintained in an accessible location</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Ensure that all occupants know how to use it</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Are additional fire extinguishers kept in the kitchen, garage, basement, and sleeping area?</td>
</tr>
</tbody>
</table>

### Smoke Detector

<table>
<thead>
<tr>
<th>Yes/No</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ ☐</td>
<td>Installed properly on every level?</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Tested 1st Tuesday of each month?</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Battery replaced every year?</td>
</tr>
</tbody>
</table>

### Earthquake Hazards (All Rooms)

<table>
<thead>
<tr>
<th>Yes/No</th>
<th>Action</th>
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<tbody>
<tr>
<td>☐ ☐</td>
<td>Bolt heavy, tall, upright furniture to wall studs</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Lock or remove rollers on beds, furniture and appliances</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Secure hanging plants and light fixtures with one or more guy wires to prevent swinging into walls or windows and breaking</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Locate beds away from windows and heavy wall-mounted objects</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Secure kitchen and bathroom cabinets with &quot;positive&quot; (self-closing) latches</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Secure items on shelves with quake mats, Velcro™, low shelf barrier, etc.</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Store heavy and/or breakable items on lower shelves</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Strap water heater to wall studs</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Use flexible connections on gas appliances</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Check chimney for loose bricks and repair as needed</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Check foundation for cracks and repair as needed</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Bolt home to foundation to prevent shifting during an earthquake</td>
</tr>
<tr>
<td>☐ ☐</td>
<td>Secure mirrors and pictures to the wall or hang them with heavy wire, looped through eye screws or tongue-in-groove hangers</td>
</tr>
</tbody>
</table>

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

Ever Vigilant Sentries That May
SAVE YOUR LIFE

Half of house fires and three-fifths of fire deaths occur in homes without smoke detectors. Hundreds of people die each year in homes with smoke detectors that don’t work. It’s important that you not only have a smoke detector, but that you check and maintain it frequently.

You Need To Know What Kind Of Smoke Detector You Have & How To Maintain It

• **Battery-Powered**
  Battery-powered smoke detectors operate on alkaline batteries. Unlike the bunny, they won’t keep going forever. The battery should be checked weekly and be replaced twice a year. A good time to do this is when you change your clock in the fall and spring.

• **Hard-Wired without Battery Back-up**
  This type of smoke detector operates on household current. As long as you have electricity, it will function; but if your house loses power, it will no longer function. If you have this type, you should also install battery-operated models for back-up.

• **Hard-Wired with Battery Back-up**
  These are hard-wired models that have battery back-up so the detector will still function in case of power failure. If you have this type, the battery should be changed twice a year or when needed.

• **Hearing Impaired**
  There are smoke detectors available that have been designed for the hearing impaired. These smoke detectors have strobe lights that, when activated, emit an extremely bright white light that is able to awaken most people from their sleep.

REMEMBER

*Change Your Smoke Alarm Battery The Same Day That You Set Your Clocks Back*

Important Information About Smoke Detectors

**Make Placement a Priority**

• At a **minimum**, there should be a smoke detector in the hallways and corridors between the sleeping areas and the rest of the house, and/or a smoke detector in the center of the ceiling directly above each stairway.

• Additional measures include installing smoke detectors on a wall or the ceiling in each sleeping room.

• Because smoke rises, smoke detectors should be mounted high on the wall or ceiling. A **ceiling-mounted unit** should be placed as close to the center of the room as possible, or a minimum of 12 inches from the wall. Avoid installing detectors near air supply duct outlets and windows and between bedrooms and the furnace cold air return. For a wall-mounted unit, the top of the detector should be 6-12 inches from the ceiling.

• Smoke detectors collect dust like everything else in a house. To ensure your smoke detector is clean, follow the manufacturer’s recommendations for cleaning or use a vacuum cleaner to remove dust and cobwebs.

**Smoke Detector Replacement**

• It is recommended that detectors be **replaced every 10 years**. At 15 years, there is a 50/50 chance your detector will fail, and almost 100% chance of failure at 30 years.
Know Your Fire Extinguisher A,B,C’s

A fire extinguisher is a storage container for a fire extinguishing agent such as water or chemicals. Fire extinguishers are labeled according to the type of fire they are intended for. Using the wrong type of extinguisher on a fire can make the situation much worse.

Traditionally, fire extinguishers have only been labeled with the letters A, B, C, or D to indicate the type of fire they are to be used on. Recently, pictograms or pictures have come into use. A blue pictogram or picture on the extinguisher indicates the type of fire it should be used on, and a black picture with a slash through it indicates the type of fire it should not be used on. Fire extinguishers may have the letter indicators, pictograms, or both.

Fire Extinguisher Types

**Type A:** Ordinary combustibles

To be used on fires of paper, cloth, wood, rubber, and many plastics. This is a water type extinguisher.

**Type B:** Flammable Liquids

To be used on oils, gasoline, some paints, lacquers, grease in a frying pan or an oven, solvents, and other flammable liquids.

**Type C:** Electrical Equipment

To be used on fires in wiring, fuse boxes, and other energized electrical equipment.

**D:** Metals

To be used on combustible metals such as magnesium and sodium.

Buying and Maintaining a Fire Extinguisher

1. If you plan to buy only one type of extinguisher, a multi-purpose dry chemical extinguisher labeled ABC puts out most types of fires.
2. The larger the extinguisher, the more fire it puts out. Make sure you can hold and operate the one you purchase.
3. Ask your dealer or contact your fire department to determine how to have your extinguisher serviced and inspected. **Recharge or replace the extinguisher after any use.**
4. Extinguishers should be installed near escape routes away from potential hazards.

Remember - If there is a fire in your home, get everyone outside.

**DIAL 9-1-1**

Fight a small fire only. If the fire gets big, get out! Close doors to slow the fire spread and make sure you stay between the fire and an exit.

Learn How To P A S S

1. **Pull** Pull the pin. Some extinguishers require the releasing of a lock latch, pressing a puncture lever, or other similar motion.
2. **Aim** Aim the extinguisher nozzle (horn or hose) at the base of the fire.
3. **Squeeze** Squeeze or press the handle.
4. **Sweep** Sweep from side to side at the base of the fire until it goes out. Shut off the extinguisher. Watch for a re-flash and reactivate the extinguisher if necessary. Foam and water extinguishers require a slightly different action. **Read the instructions.**

Learn Not To Burn

For more information contact your local Fire Department. They can provide free home inspections to help with your fire prevention plan. Oregon Department of Forestry can help you with your wildland fire prevention.
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 and when and how to turn them off. Learn these things before disaster strikes!

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. Usually it's 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, stove, washer, dryer, TV) 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.

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.
▶ For a fuse box, pull out the two main (cartridge) fuses.
NATURAL GAS - Any odor of natural gas inside your home might indicate a leak. If you smell natural gas or hear a blowing or 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.
- Use a crescent wrench and turn the rectangular knob clockwise to the horizontal position.
- Call your gas company from a neighbor’s home.
- If you turn off the gas for any reason, service should be restored by a professional.

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 a battery. These can spark and create a source of ignition.

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 may come in handy.

Your sewer system could also be damaged in a disaster such as an earthquake, landslide, or flood. Make sure the system is functioning as designed before using it. This may prevent the contamination of your home and possibly your drinking water supply.
HAZARDOUS MATERIALS in Your Home and Community

While the United States has a body of law governing the safe handling, transport, and disposal of hazardous materials, accidents can and do occur throughout the country on a regular basis.

WHAT ARE “HAZARDOUS MATERIALS”? By law, a hazardous material is “any product that corrodes other materials, explodes or is easily ignited, reacts strongly with water, is unstable when exposed to heat or shock, or is otherwise toxic to humans, animals, or the environment.” Hazardous materials can include: explosives, flammable gases and liquids, poisons and poisonous gases, corrosives and caustics, nonflammable gases, oxidizers, water-reactive materials and radioactive materials.

WHAT TYPES OF HAZARDOUS MATERIALS ARE FOUND IN A “TYPICAL” HOME?

• Cleaning Products:
  • Bleach (liquid, powdered cleanser, etc.) - reactive and can form toxic vapors when mixed with other cleaners - especially ammonia or any acid, including vinegar. Irritant to eyes and mucous membranes. Corrosive.
  • Ammonia (liquid, glass cleaner, etc.) - reacts with acids (such as vinegar) to form a flammable vapor. Skin, eyes, nose, and throat irritant. Corrosive if swallowed.
  • Oven cleaner - skin irritant, inhalation hazard, caustic substance.
  • Laundry detergent - harmful if swallowed. Mild to severe irritant to skin and eyes.
  • Aerosols - container may explode if heated. Contents may be highly flammable, irritants, corrosives, toxins, or poisons.

• Beauty Aids:
  • Hair spray (pump or aerosol) - most contain alcohol, which is flammable. Aerosol types have inherent propellant flammability.
  • Nail polish and removers - flammable
  • Perfume, cologne - flammable
  • Deodorant (aerosol) - flammable

• Garage or Garden Shed Products:
  • Paints, varnish, paint thinner - flammable
  • Gasoline - flammable and irritant
  • Diesel - combustible and suspected carcinogen
  • Pesticides, herbicides - poison
  • Fertilizer - poison, caustic, oxidizer. Explosive when mixed with hydrocarbons (such as diesel).
  • Lighter fluid - flammable

• Other Materials:
  • Propane tanks - flammable gas. Exposure to heat may cause venting or vapor ignition.
  • Oily rags - spontaneously combustible when stored in other than airtight containers.

For more information on hazardous household products and effective alternatives, call your local Fire Department. Always call before disposing of possible hazardous material. Please remember to dispose of hazardous material properly!
A wide variety of hazardous materials are transported through, stored, or used in Josephine County, from flammable gases to highly toxic materials. Most hazardous materials are transported into and out of Josephine County by truck. Other transportation methods include pipeline and rail. Common hazardous materials sites include high tech facilities, commercial gas stations, propane distributors, fertilizer plants, feed and garden stores, and public swimming pools. Once hazardous materials are on site at industrial storage and manufacturing facilities, strict Fire and Building Codes mandate double- and triple-redundancy safety systems to reduce the impact of human error or mechanical failures.

**WHAT CAN I DO TO DECREASE MY RISK OF EXPOSURE?**

- While there is no way to predict hazardous materials accidents, certain areas are at some degree of risk, including those located near interstate highways; manufacturing, storage, or disposal facilities; and nuclear power plants. Prevention of accidents, rather than prediction, is central to avoiding potential damage, loss, or contamination from hazardous materials.
- All producers of hazardous material substances are required to describe the hazards on the product label. Always read the labels carefully and follow directions completely when purchasing, using, or storing these products. Whenever possible, store substances in original containers. Bulk items, such as gasoline for your power mower, should be stored only in approved containers.
- Around the house, remember the acronym LIES:
  - Limit - limit the amount of hazardous materials stored to the absolute minimum
  - Isolate - store hazardous materials in a separate, locked cabinet whenever possible
  - Eliminate - get rid of hazardous materials as soon as they are no longer needed. Call your local fire department or DEQ for hazardous waste collection sites in your area.
  - Separate - do not store potential reactants together - for example, oxidizers with flammables, or bleach with ammonia.
- During a hazardous materials incident in your neighborhood, sheltering in-place is most often your safest option. Close windows, shut vents and damper, turn off fans and other ventilation systems, and shove a wet towel under exterior doors to minimize contamination from outside air.
- If you witness a hazardous materials transportation accident, spill, or leakage:
  - Distance yourself from the site to minimize risk of contamination - stay uphill, upwind, or upstream. Try to go at least one-half mile (about 10 city blocks) from the danger area.
  - Call 9-1-1. Your local fire department will isolate the area, investigate the situation, and may call in the regional hazardous materials response team, if needed.
  - If you are in a car, close windows and vents and shut off heat or air conditioning.
  - Evacuate if told to do so. If local officials say there is time, close windows, shut vents and damper, and turn off fans and other ventilation systems to minimize contamination.

**HOW WILL I KNOW WHAT TO DO?**

In the event of a hazardous materials release in your community:
- Tune to your local radio or television stations for further information. In Josephine County your emergency alert radio station is KAJO 1270. Local television stations (KOBI channel 5) will also cover any large event.
- If you’re in the affected area, follow all instructions from public officials.
72 HOUR KIT
FOR YOUR HOME

It's never too early to prepare! Disasters seldom give warning and are often devastating to their victims.

Prepare yourself for a minimum of 3 days. Due to overwhelming need or no road access, emergency services may not be available for up to 72 hours after a major disaster.

Storing Emergency Supplies

• Choose a location, such as a closet or “safety corner” in the garage, where it is cool and dark. 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 tablecloth and used as an end table.

• Layer supplies as shown, and keep them together in a container such as a plastic garbage can with wheels. Check every 6 months for food expiration dates, children's clothing sizes, etc.

• Start with what you already have. If you’re a camper or backpacker, you’ve got a head start. Your tent, cook stove, and other gear can double as emergency supplies.
Being prepared is another form of insurance

**FOOD:**
- Use canned foods for easy storage and long shelf life. Choose ready-to-eat canned meat, fruits and vegetables that your family likes. (During a disaster is not the time to try new menu items. You’re under enough stress!) Keep food fresh by checking dates and replacing it 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 single- or family meal-size packaging. Un-refrigerated leftovers can lead to food poisoning.
- Don’t forget your pets. Store canned and dry pet food along with an extra collar and leash. Pets are not allowed in most shelters. If evacuated, you may have to leave them behind with extra food.
- Add a manual can opener, cooking and eating utensils, and basic food seasonings.

**WATER:**
- Store a three day supply of water for each family member. One gallon per person per day is recommended for drinking, cooking, and washing. Remember to include water for your pets. Write the date on the water containers and replace them every six months.
- Learn how to remove the water from your hot 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.

**OTHER ITEMS:**
- Fire extinguisher
- Trash bags
- Medications
- Copy of prescriptions
- Extra eye glasses
- Hearing aid batteries
- Cook stove with fuel
- Heavy gloves
- Duct tape
- Sturdy shoes for each family member
- Ax, shovel, broom
- Pliers, wrench, pry bar
- Household bleach
- Map of area (for identifying evacuation routes or shelter locations)
- Diapers, baby formula
- Vaccination records
- Hygiene products
- Warm set of clothes for each family member

**GET YOUR NEIGHBORS INVOLVED:**
- Working through your Neighborhood Watch Program or homeowners’ association, arrange to share expensive equipment items such as chain saws, generators, and 4-wheel drive vehicles. (If the Neighborhood Watch Program isn’t active in your neighborhood, rally your neighbors to start one.)
- 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, then make your presentation!)
# 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.

<table>
<thead>
<tr>
<th>MONTH 1</th>
<th>Purchase:</th>
<th>Activities:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐ Water - 3 gallons per person and pet</td>
<td>☐ Make your family disaster preparedness plan*</td>
</tr>
<tr>
<td></td>
<td>☐ Hand-operated can opener and bottle opener</td>
<td>☐ Inventory disaster supplies already on hand, especially camping gear</td>
</tr>
<tr>
<td></td>
<td>☐ Instant drinks (coffee, tea, powdered soft drinks)</td>
<td>☐ Write purchase date on all water &amp; food containers if they are not dated with an expiration date</td>
</tr>
<tr>
<td></td>
<td>☐ 2 flashlights with batteries</td>
<td>☐ Conduct a home hazard hunt*</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MONTH 2</th>
<th>Purchase:</th>
<th>Activities:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐ Canned meat, stew, or pasta meal - 5 per person</td>
<td>☐ Change battery and test smoke detector (purchase and install a detector if you don't have one)</td>
</tr>
<tr>
<td></td>
<td>☐ Sanitary napkins</td>
<td>☐ Videotape your home, including contents, for insurance purposes. Store the tape with friends or family who live out of town.</td>
</tr>
<tr>
<td></td>
<td>☐ Videotape</td>
<td></td>
</tr>
<tr>
<td></td>
<td>☐ Family-size first aid kit</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MONTH 3</th>
<th>Purchase:</th>
<th>Activities:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐ Canned fruit - 3 cans per person</td>
<td>☐ Conduct a home fire drill</td>
</tr>
<tr>
<td></td>
<td>☐ Any foods for special dietary needs (enough for 3 days)</td>
<td>☐ Check with your child’s day care or school to find out about their disaster plans</td>
</tr>
<tr>
<td></td>
<td>☐ 2 rolls of toilet paper per person</td>
<td>☐ Locate gas meter and water shutoff points and attach/store wrench or shutoff tool near them</td>
</tr>
<tr>
<td></td>
<td>☐ Crescent wrenches (or utility shutoff tools)</td>
<td>☐ Establish an out-of-state contact to call in case of emergency</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MONTH 4</th>
<th>Purchase:</th>
<th>Activities:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐ Canned vegetables - 4 per person</td>
<td>☐ Place a sturdy pair of shoes and a flashlight under your bed so that they will be handy during an emergency</td>
</tr>
<tr>
<td></td>
<td>☐ Extra baby bottles, formula, and diapers, if needed</td>
<td>☐ Place a supply of prescription medicine(s) in storage container and date the medicine(s) if not already indicated on its label</td>
</tr>
<tr>
<td></td>
<td>☐ Extra pet supplies; food, collar, leash</td>
<td>☐ Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member</td>
</tr>
<tr>
<td></td>
<td>☐ Large storage container(s) for preparedness supplies</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MONTH 5</th>
<th>Purchase:</th>
<th>Activities:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐ Canned, ready-to-eat soup - 2 per person</td>
<td>☐ Make photocopies of important papers and put in the storage container</td>
</tr>
<tr>
<td></td>
<td>☐ Liquid dish soap</td>
<td>☐ 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)</td>
</tr>
<tr>
<td></td>
<td>☐ Plain liquid bleach</td>
<td></td>
</tr>
<tr>
<td></td>
<td>☐ Portable am/fm radio (including batteries)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>☐ Anti-bacterial liquid hand soap</td>
<td></td>
</tr>
<tr>
<td></td>
<td>☐ Disposable hand wipes</td>
<td></td>
</tr>
</tbody>
</table>

* 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.
<table>
<thead>
<tr>
<th>Month</th>
<th>Purchase</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Quick-energy snacks (granola bars, raisins, peanut butter), 6 rolls of paper towels, 3 boxes of facial tissue, Sunscreen, Anti-diarrhea medicine, Latex gloves, 6 pairs, (to be put with the first aid kit)</td>
<td>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.) Put an extra pair of eyeglasses in the supply container. Store a roll of quarters with the emergency supplies and locate the pay phone nearest to your home. Find out about your workplace disaster plans.</td>
</tr>
<tr>
<td>7</td>
<td>Whistle, ABC fire extinguisher, 1 large can of juice per person, Adult and children vitamins, A pair of pliers and/or vise grips</td>
<td>Take a first aid/CPR class. Identify neighbors who might need help in an emergency, including those with limited mobility or health problems and children who might be alone. Show family members where and how to shut off the utilities.</td>
</tr>
<tr>
<td>8</td>
<td>Box of crackers or graham crackers, Dry cereal, &quot;Child proof&quot; latches or other fasteners for cabinet doors and drawers, 1 box of large, heavy-duty garbage bags, Camping or utility knife</td>
<td>Secure shelves, cabinets, and drawers to prevent them from falling and/or opening during earthquakes. 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.</td>
</tr>
<tr>
<td>9</td>
<td>Extra batteries for flashlights, radio, and hearing aids (if needed), Heavy rope, Duct tape, Crowbar</td>
<td>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. Secure water heater to wall studs (if not already done).</td>
</tr>
<tr>
<td>10</td>
<td>Hammer and assorted nails, Screw drivers and assorted wood screws, Heavy duty plastic tarps or sheets of visquine, Extra toothbrush per person and toothpaste</td>
<td>Make arrangements to have someone help your children if you’re at work when an emergency occurs. Conduct an earthquake drill at home. Replace prescription medicines as required by expiration dates.</td>
</tr>
<tr>
<td>11</td>
<td>Package of paper plates, Package of napkins, Package of eating utensils, Package of paper cups, Masking tape, Kitchen-size garbage bags (1 box)</td>
<td>Make arrangements to have someone to take care of your pets if you are at work when an emergency occurs. Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency. Start a Neighborhood Watch Program if none exists.</td>
</tr>
<tr>
<td>12</td>
<td>Heavy work gloves, Box of disposable dust masks, Safety goggles, Antiseptic, Sewing kit</td>
<td>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.) Check the dates on stored food and replace as needed.</td>
</tr>
</tbody>
</table>
Family Member Locator Plan

Your first concern during a disaster is usually for the safety of your family members. If disaster strikes without warning during your normal, busy day, how will you locate them?

Advance preparations can help you check on your family more quickly during an emergency. Nothing else will matter until you know that all is well at home. Only then can you turn your attention to other things, such as returning to work or helping your less fortunate neighbors.

Do something now to prepare, 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 it Thursday afternoon, and your son is probably at his Boy Scout meeting?)
  - Add a few co-workers, colleagues, neighbors, or school friends, just in case.
- Collect the address and telephone number for each of those places. Don’t forget about cell phone and pager numbers!
  - Arrange them in a way that makes sense to you. Adapt the chart on the reverse of this flyer for your own use.
  - Add an out-of-state family member or friend as your contact if local telephone lines are down. Instruct all family members to call the out-of-state number and check in, if they can’t get through on a local telephone line.

Where would you look?

I made my 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 when you do your bi-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, convince them to dedicate a person to check on employees’ families. You’ll be more effective if you know everyone is okay.
## Family Locator Chart

<table>
<thead>
<tr>
<th></th>
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<td>Phone</td>
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<td><strong>Spouse’s Parents</strong></td>
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<td><strong>Sibling #1</strong></td>
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<td>Name</td>
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<td><strong>Neighbor #1</strong></td>
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<td><strong>Child #3</strong></td>
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<tr>
<td><strong>Out-of-State Contact</strong></td>
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<td><strong>Child #4</strong></td>
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<td>Phone</td>
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|                      |      |         |       |
| Notes:               |      |         |       |

Date: __________________________
NEIGHBORHOOD RESOURCES INVENTORY

“Neighbors Helping Neighbors”

Planning ahead can lessen the impact of a disaster on your neighborhood and also help you recover more quickly. And when you get your neighbors involved, it can even be fun!

There’s 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. Search them out, and then work with your neighbors on a plan to use them to everyone’s best advantage. Getting agreements ahead of time to share disaster resources can save valuable time when it is needed most - in an emergency. Does it still sound like an overwhelming task? Then break it down into smaller, manageable tasks, as described below.

Start With What You Already Have.

Canvas your neighbors for disaster skills and equipment that could be shared in an emergency. Make it a social event. Invite your neighbors out for a block party - if you feed them, they will come! Put neighborhood preparedness as the only thing on the agenda. Most of all, have fun!

• Use the form on the following page to help you. Don’t be discouraged if the resulting list seems small - creativity and innovation are your most valued resources!
• Camping gear such as tents, canopies, and cooking stoves can be used for temporary shelter, a feeding station, a first aid station, a pet care center, etc.
• Individuals with a certificate or license for medical skills (MD, DC, RN, LPN, etc.), building skills (architect, construction worker, building inspector), utility worker, heavy equipment operator, etc., may indicate willingness to lead their particular area of expertise.
• Communications gear, especially amateur (ham) or citizen’s band (CB) radio, may be your only link to rescue crews, local government, or each other if telephone lines and cellular telephone sites are down. Encourage amateur radio operators to join a group that provides emergency communications to learn the local emergency frequencies and protocols.
• Transportation such as 4-wheel drive vehicles, cargo trucks, boats, snowmobiles, etc., may become the only means available to get through debris-strewn, icy, snowy, or flooded streets.
• 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.

Build On Your Strengths.

• Integrate this approach into your Neighborhood Watch Program or Homeowners’ Association. Don’t reinvent the organizational “wheel;” use what you already have in place.
• Invite 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.
## Family Resources Inventory

<table>
<thead>
<tr>
<th>Last Name:</th>
<th>Address:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Phone:</td>
<td></td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>#</th>
<th>First Name</th>
<th>Age</th>
<th>Workplace or School Name and Address</th>
<th>Work Phone</th>
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</thead>
<tbody>
<tr>
<td>1</td>
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<td>6</td>
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</tr>
</tbody>
</table>

1 Use this number to refer to which family member is volunteering, has the indicated skills, etc., below

- Is your family prepared to sustain themselves for at least 72 hours without power and water? [ ] Yes [ ] No
- Is your home “earthquake proofed”? (Cabinets latched, water heater strapped, etc.) [ ] Yes [ ] No
- Would you attend a training class on family preparedness and home hazards? [ ] Yes [ ] No

### Skills Inventory

<table>
<thead>
<tr>
<th>Disaster Skill</th>
<th>#1</th>
<th>#2</th>
<th>#3</th>
<th>#4</th>
<th>#5</th>
<th>#6</th>
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</thead>
<tbody>
<tr>
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### Disaster Volunteer Opportunities

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² “Buddy” squad checks on those with special needs: mobility impaired, latch key kids, medically frail, etc.

³ Runners are used to pass messages when telephone, radio, or other communications means are not available.

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This information is confidential and will be used for emergency response purposes only.

Emergency contact (that does not live with you):

Other comments (medical concerns, mobility problems, etc.):

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Date:
SHELTERING IN-PLACE

Although your first instinct may be to get away as far and as fast as possible from a hazardous materials accident, evacuation is not always the safest option.

Your home or workplace can be a safe haven during a hazardous materials emergency. Up-front preparations are the key to your safety.

• “Sheltering In-Place” simply means staying put inside your home, workplace, or other building until the emergency passes and the “all clear” signal is given. Local officials, especially the fire department, are best qualified to recommend protective actions against hazardous materials accidents. Sheltering in-place is most often your safest option.

• Hazardous materials are all around us at home, work, and school, in industrial and commercial buildings, and on the highways. When properly handled, they pose no health threat. When improperly transported, stored, used, or when accidentally released, there is a potential for devastating damage.

• During an accidental release of hazardous materials, air quality may be threatened. Evacuation may take you through a plume of toxic chemicals, leading to serious, long-term health risks or even death. Sheltering in-place can be a viable alternative which keeps you inside a protected environment.

• Preparedness is the key to surviving any emergency, especially a hazardous materials accident. Toxic releases can come without warning and allow only minutes to respond.

• Shelter in-place preparations complement your other family emergency preparedness efforts.

PREPARE YOUR HOME BEFORE DISASTER STRIKES

☐ Choose a room: The ideal room has few windows, is large enough to house your whole family or co-workers comfortably, and preferably has access to water. A bedroom with adjoining bath, a large restroom, or an employee break room may be good choices.

☐ Prepare window coverings: When the room is used as a shelter, the windows must be sealed against any outside air entering. Measure all window openings in the room, then add a generous six inches on all sides of each window measurement. Don’t forget the skylights. Cut plastic sheeting according to the measurements. Label each sheet to show which window it covers. Store enough rolls of duct tape to go around all the windows completely.

☐ Prepare vent and door coverings: Just as you did for the windows, measure each air vent, door, and any other openings leading outside the room. Cut and label plastic sheeting for each opening. Storing multiple rolls of tape allows more than one person to work at a time.

☐ Assemble shelter in-place supplies: Your supplies should be stored in the chosen shelter room. Put the plastic sheets, duct tape, and other recommended supplies (see list on the following page) together in one container. An under-the-bed box works well, or use a container that fits on a closet shelf or in a cabinet.
Cut and label plastic sheeting for each window, door, air vent, or other opening
Multiple rolls of duct tape for sealing plastic sheeting (allows more than one person to work at the same time)
Towels for under each door to seal against outside air
Battery-powered radio, flashlight, and extra batteries; battery-powered or cellular phone (if no phone in room)
Snack foods, canned juices or other drinks, pet foods
Games and books to pass the time

• Stay inside an enclosed building, such as your home or workplace. If possible, bring your pets inside. Do not risk your safety for your pet.
• Close and lock all windows and doors to the outside. Close drapes or shades over all windows. Push wet towels under the doors to help seal against outside air.
• Turn off heating/air conditioning systems, and switch inlets or vents to the “closed” position. Close all fireplace dampers.
• Use tape and pre-cut and labeled plastic sheeting to seal around doors and windows, heating vents, skylights, or any opening which could let air in (in shelter room only).
• Seal bathroom exhaust fans or grills, range vents, dryer vents, and other openings (in shelter room only).
• While sheltering in-place, stay away from windows.
• If there is no phone in your designated shelter room, bring along a battery-operated or cellular phone.
• Listen to the Emergency Alert System radio messages and follow the message instructions. The primary alerting station for Josephine County is KOB1 Channel 5 on TV or KAJO 1270 on the radio. Other local radio stations may also carry the news story.
• Do not go outside or attempt to drive unless you are specifically told to do so. Evacuation procedures may vary by community.
• Once the emergency has passed, ventilate your entire house to remove any residual hazardous fumes.

DO NOT:
• Call the school or try to pick up your children. They will be safer sheltering in-place at school than they would be riding in your vehicle.
• Leave your shelter until the “all clear” signal is sounded.
• Risk your safety for your pets. If they can’t be found within a minute or two, you’ll have to shelter in-place without them.
• Wait until the disaster strikes to prepare... It’s never too early!
**Pet and Animal Preparedness**

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 have no alternative but to leave your pet at home, there are some precautions you must take; but remember that leaving your pet at home alone can place your animal in danger! Confine your pet to a safe area inside. Place a notice outside in a visible area, advising what pets are in the house and where they are located. Provide a phone number where you or a contact can be reached as well as the name and number of your vet.

**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.
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. Following an earthquake or other catastrophe, there may be significant damage to regional and local water supply systems. Having an ample supply of clean water is a top priority in an emergency. Store a three-day supply of water for each family member. One gallon per person per day is recommended for drinking, cooking, and washing. Remember to include water for your pets. Write the date on the water containers and replace the water every six months.

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** - Be sure electricity or gas are turned off. Open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve and turning on a hot water faucet. Do not turn on the gas or electricity when the tank is empty.

Outdoor Water Sources

If you need to seek water outside your home, you can use these sources. But purify the water before drinking it.

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

**Purify water** by boiling it for 5-10 minutes or by adding 16 drops of household bleach containing 5.25% hypochlorite per each gallon of water. Water purification tablets or filter systems; such as those designed for campers and backpackers, also work.

**REMEMBER:**

Never ration water. Drink the amount you need today, and try to find more for tomorrow!
FOOD STORAGE TIPS:
- Keep food in a cool, dry 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 tight containers.
- Empty opened packages of sugar, dried fruits, or nuts into screw-top (plastic) jars or airtight tin cans 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.

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 require no refrigeration, preparation or cooking and little or no water.
- Try to include foods they 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.
If the water is off but the sewer lines are unaffected, toilets can be flushed with stored water. If sewer lines are broken but the toilets in your home are usable, the bowl can be lined with plastic bags. If it is unusable, substitute a plastic bag in a bucket.

Four types of disinfectant may be used:

- If water is available, it is best to use a solution of one part liquid chlorine bleach to ten parts water. (Don’t use dry bleach, which is caustic and not safe for this type of use.)

- HTH, or calcium hypochlorite, is available at swimming pool supply stores. HTH is intended to be used in solution. It can be mixed and then stored.

- Portable toilet chemicals, both liquid and dry, are available at recreational vehicle supply stores. These chemicals are for use with toilets that are not connected to sewer lines. Use as directed.

- Powdered, chlorinated lime is available at building supply stores. It can be used dry. Be sure to get chlorinated lime and not quick lime, which is highly alkaline and corrosive.

**CAUTION:** Chlorinated products that are intended to be mixed with water for use can be dangerous if used dry.

**Emergency Supplies Recommended:**

- Several five-gallon plastic polyethylene buckets with tight-fitting lids or five-gallon metal containers with tight-fitting lids should be stored as makeshift toilets. A seat can be fashioned from a hole cut in the seat of an old chair, or a toilet seat can be purchased for use with your temporary toilet. Porta-potties can be obtained from recreational vehicle supply stores for around $30.

- One or more large metal covered garbage cans should be available to contain waste.

- A supply of plastic liners (5-6 gallon size) should be stored.

- Disinfectant spray and wipes.

- Deodorizer tablets and air fresheners.

If you elect to build a latrine, be sure it is lower than any nearby water supply and at least one hundred feet away. The hole should be 2 1/2 feet deep, 1 foot wide and 4 feet long. Soil removed from the trench should be placed nearby to shovel in after use. Cover the trench completely when the waste and soil reach within a foot of the top.

**The best way to prevent disease is to make sure you wash your hands for at least 20 seconds after each time you use restroom**
First Aid

It's an old saying, but...An Ounce of Prevention, IS Worth a Pound of Cure, especially in an emergency situation when seconds count. Here are a few selected first aid tips that may be useful in a disaster situation!

First aid is the immediate care given to a person who is injured or ill. Sudden illness or injury can often cause irreversible damage or death to the victim unless proper care is initiated as soon as possible. First aid includes identifying a life-threatening condition, taking action to prevent further injury or death, reducing pain, and counteracting the effects of shock, should they be present.

Because life-threatening situations do occur, everyone should know how to provide emergency care until a victim can be treated or transported to a medical facility.

First aid is not intended to replace care by a physician. Its intent is to protect the victim until medical assistance can be obtained. For any situation that appears to be life-threatening, it’s important to remember to call 9-1-1 and get help on the way as soon as possible.

The primary purpose of first aid is to:
- Care for life-threatening situations.
- Protect the victim from further injury and complications.
- Arrange transportation for the victim to a medical facility.
- Make the victim as comfortable as possible to conserve strength.
- Provide reassurance to the victim.

As a Rule of Thumb
Call 9-1-1 if:
- The victim has lost consciousness, is unusually confused, or is losing consciousness
- The victim has difficulty breathing or is not breathing in a normal way
- The victim has chest pain or pressure that won’t go away
- The victim has persistent pressure or pain in the abdomen
- The victim is vomiting or passing blood
- The victim is having seizures or severe headache, or has slurred speech
- The victim has head, neck, or back injuries
- The victim seems to have been poisoned

An accident can occur at any time or any place. If you are the first person to arrive, there are a few basic principles you should follow to protect yourself and the victim. First, CALL 9-1-1; then:
1. **Survey the Scene.** Before you help the victim, determine if the scene is safe. If anything dangerous is present, don’t put your own life at risk to try and help the victim; you will be of no aid if you become a victim too. Summon help and wait for trained people to resolve the situation.

   If the scene is safe, try to determine what happened and how many victims there may be. Never move a victim unless an immediate, life-threatening danger exists, such as a fire or the threat of a building collapse.

2. **Primary Victim Survey.** After ensuring the scene is safe, you can turn your attention to the victim. Begin by performing a primary survey to determine if the victim:
- A] is conscious
- B] has an open, unobstructed airway
- C] is breathing
- D] has a heartbeat
- E] is not bleeding severely

   (Note: If the victim appears to have head or neck injuries do not attempt to move the victim.)

To check for consciousness, gently tap the person and ask if they are okay. If there is no response, this in an indication that a possible life-threatening situation may exist. If the person is responsive and can talk or cry, this indicates they are conscious, breathing, have an unobstructed airway, and a pulse.

If the victim is unconscious, kneel down next to the head and check for the ABC’s: **Airway**, **Breathing**, and **Circulation**. To check the **Airway** (clear and maintain an open airway), **Breathing** (restore breathing), and **Circulation** (restore circulation), place your ear next to the victim’s mouth and listen/feel for breath sounds while looking for a rise and fall of the chest. While doing this, check for a pulse by placing your fingers on the neck, just below the angle of the jaw, and feel for the pulse from the carotid artery. These three steps will determine if cardiopulmonary resuscitation (CPR)is needed. If you would like to **learn how to perform CPR and First Aid**, contact your local fire department, hospital, or the American Red Cross.
First aid Kit

What Your First Aid Kit Should Consist Of

- First Aid Manual
- Basic Bandages (an assortment of adhesive bandages or athletic tape and moleskin)
- Basic Drugs/Lotions (aspirin, antiseptic, antacids)
- Basic First Aid Tools (Tweezers, small mirror, razor blade)
- Additional items if desired such as: gauze pads, ace and butterfly bandages, burn ointment, Caladryl, ice packs, slings, and basic splints.

WOUNDS

Caring for a Minor Open Wound

Blood color in a minor wound is dark red/purple and is the result of venous bleeding.
- Always wear latex gloves when you come into contact with bodily fluids
- Stop the bleeding by applying direct pressure with a clean, absorbent cloth; if a cloth is not available, use your fingers.
- If the blood soaks through, apply a second bandage on top. DO NOT remove the first bandage because it will disturb the clotting which has already occurred.
- Once the bleeding stops, clean the wound gently to get all the debris and dirt out.
- Apply an antibiotic ointment if necessary.
- Wrap the wound firmly in a cloth or bandage. DO NOT cut the circulation off.

Caring for a Major Open Wound

Blood color of a major wound can be either dark red/purple or bright red. If the blood is bright red and spurts from the wound, it is arterial. Arterial bleeding is life-threatening and must be treated immediately.
- Cover the wound with a clean dressing and press against it firmly with your hand.
- Elevate the wound above the level of the heart.
- Cover over the clean dressing with a roll bandage to hold the dressing in place.
- If the bleeding does not stop, add additional dressings over the roll.
- Squeeze a pressure point, which means to press the artery, above the wound, against the bone. The primary pressure points are on the inside of the arm, just under the armpit, and on the inside of the leg in the groin.
- Seek medical aid as soon as possible.
- Be careful not to shut the circulation off, except as a last resort.

SHOCK

The Silent Killer

Shock is a life-threatening secondary condition wherein the body’s vital physical and mental functions are seriously impaired due to an inadequate supply of oxygenated blood reaching the lungs, heart or brain. This is the body’s reaction to a serious injury, illness, or other traumatic event. Characteristics of shock include: (1) Anxiety (usually the earliest sign), weakness, paleness, sweating, and thirst; (2) Pulse may become rapid and weak; (3) Patient may become dizzy and pass out; (4) The more severe the injury or illness, the more likely shock will set in; (5) Shock can result in death if not treated rapidly.

To treat shock, check your “ABC’s,” then, (1) Handle the patient gently, and only if necessary; (2) If conscious, place the victim on his/her back; if unconscious, place face down, with the head to one side, but only if no neck injury is suspected; (3) Except in the case of a head injury or suspected neck fracture, lower the head and shoulders and elevate the feet approximately 15 inches; (4) Make sure there are no broken bones before straightening the patient out; (5) Protect the patient from becoming cold, especially from the ground below; (6) Continue to reassure the patient.

Bone Fractures

There are two types of fractures: (1) Closed Fracture, which is a break or crack in a bone that does not puncture or penetrate the skin. (2) Open Fracture, where there is a break in the skin caused by a protruding bone, or there is an open wound in the area of the fracture. Open fractures are more serious than closed fractures. Some symptoms of a fracture are: (1) The injured part appears deformed; (2) Pain is present when attempting to move the part; (3) Absence of feeling when touched; (4) Bluish color and swelling in the area of the injury.

To treat a fracture: (1) Splint the patient before moving; (2) Pad the splint and place it so that it supports the joint above and below the fracture. Immobilize a leg fracture by splinting the fractured leg to the unbroken leg if no other materials are present; (3) If the limb is grossly deformed by the fracture, splint in place, and do not try to straighten it; (4) Elevate and use indirect (not on skin) ice packs if available.
Disaster Psychology

When disaster strikes, physical assistance may be only part of what survivors need. "Psychological First Aid" for disaster-induced stress and trauma may also be required. Severe cases will require the assistance of a mental health professional. For many, however, the best medicine you can provide may be a sympathetic ear.

Disaster survivors normally experience a range of psychological and physiological reactions. Survivors’ reactions may become more intense as the amount of disruption to their lives increases. Strength and type of reaction varies with each person and depends upon several factors:

- Prior experience with the same or a similar event
- The intensity of the disruption
- The emotional strength of the individual
- Individual feelings that there is no escape, which sets the stage for panic
- The length of time that has elapsed since the event occurred

Survivors may go through distinct emotional phases following a disaster:

- In the impact phase, survivors do not panic and may, in fact, show no emotion. They do what they must to respond to the situation and keep themselves and their families alive.
- In the inventory phase, which immediately follows the event, survivors assess damage and try to locate other survivors. During this phase, routine social ties tend to be discarded in favor of the more functional relationships required for initial response activities such as searching out family members and seeking medical assistance.
- In the rescue phase, emergency services personnel are responding and survivors take direction from these groups without protest. They trust that rescuers will address their needs and that they can then put their lives back together quickly.
- In the recovery phase, survivors may believe that rescue efforts are not proceeding quickly enough. That feeling, combined with other emotional stressors (e.g., dealing with insurance adjusters and living in temporary accommodations), may cause survivors to pull together against those who are trying to help them.

Pre-empt some of the symptoms by taking good care of yourself!

- Try to rest a bit more.
- Eat well-balanced and regular meals (even when you don’t feel like it).
- Try to keep a reasonable level of activity - physical activity is often helpful.
- Reestablish a normal schedule as soon as possible. Fight against boredom.
- If you are alone, have someone stay with you for at least a few hours or periods of a day.
- Recurring thoughts, dreams, or flashbacks are normal - don’t try to fight them. They’ll decrease over time and become less painful.
Post-event psychological and physiological symptoms:

The intensity, timing, and duration of these responses will vary from person to person. They may be: acute or mild, immediate and/or delayed, cumulative in intensity.

**Psychological Symptoms:**
- Irritability or anger
- Self-blame, blaming others
- Isolation, withdrawal
- Fear of recurrence
- Feeling stunned, numb, or overwhelmed

**Physiological Symptoms:**
- Loss of appetite
- Headaches, chest pain
- Diarrhea, stomach pain, nausea
- Increase in alcohol or drug consumption

If the symptoms described above are severe or if they last longer than six weeks, the traumatized person may need professional counseling.

Emotional First Aid for Survivors:

Using these techniques will provide the survivor the initial comfort and support he/she needs in taking the first step toward recovery.
- **Establish Rapport.** Talk to the person. Encourage him or her to talk about his/her feelings as well as their physical needs.
- **Listen.** If the person has something to say, take the time to listen.
- **Empathize.** Show through your response that you understand the person’s concerns or worries and that such feelings are to be expected.
- **Provide Confidentiality.** Respect the person's confidence. Don’t repeat personal information to other people.
- Some of the following may also help to alleviate the emotional pain of a traumatic event:
  - Spend time with the traumatized person.
  - Reassure them that they are safe.
  - Offer your assistance even if they have not asked for help.
  - Don’t take their anger or other feelings personally.
  - Don’t tell them that they are “lucky it wasn’t worse” - they won’t be consoled by this. Instead, tell them that you are sorry such an event has occurred and you want to understand and assist them.

“Humanizing” the disaster response:

In the aftermath of a disaster, rescue operations can be more responsive to both the survivors’ and rescuers’ psychological needs if their feelings are recognized. Psychologists encourage open, honest expression of emotions as a self-protection mechanism. To avoid “emotional overload,” survivors and rescuers should be allowed to express their feelings openly, as long as doing so does not interfere with the rescue. *Listen, but try not to take ownership of others’ feelings.*
If a disaster occurred while you were driving, would you know what to do? Making the wrong decision could be fatal.

These are some safety tips for drivers when they find themselves in different types of emergencies. The most important thing for you to remember when faced with an emergency is **DON’T PANIC**.

**WINTER STORMS**  
Stay in your vehicle

Avoid driving in severe winter storms. If you are caught in a storm and get stuck, stay in the vehicle and await rescue. Do not attempt to walk from the vehicle unless you can see a definite safe haven that is close. A visible light in the distance does not necessarily indicate a safe haven.

Turn the vehicle’s engine on for brief periods to provide heat and recharge the battery. Periodically make sure the exhaust pipe is clear of snow and always leave a downwind window open slightly when running the engine to avoid a build-up of deadly carbon monoxide.

Generate body heat by not remaining in one position for long; clap your hands, stomp your feet, or just move around a bit. Avoid exposure or overexertion from trying to dig or push your car out.

**HIGH WINDS**  
Avoid Driving

Gale force winds can easily push a car out of its lane of travel or off the road. The larger the vehicle, the more susceptible it will be to the force of the wind. Avoid driving when gale force winds are predicted or present. If you are driving when high winds occur, pull safely off of the road and seek shelter in a building. Being in a parked car is safer than being outside; however, being in a building is safer than being in the car.

During and after periods of high winds, be cautious of debris in the roadway and downed or low hanging utility wires.

**SUMMER HEAT**  
Stay out of parked vehicles

During hot weather, heat can build up rapidly in a closed or nearly closed car. Children, the elderly, and pets can die from heat stroke in a matter of minutes when left in a closed car.

Never leave anyone or any pets in a parked car during periods of high temperatures.

Listen to the radio or television for the latest National Weather Service Bulletins on severe weather for the area in which you will be driving.
**FLOOD**

Get out of your vehicle

Never attempt to drive through water on a road. Two feet of water can float most cars, and not much more will float a large pickup. The water can be deeper and moving faster than it appears, and water levels may rise quickly.

Water weighs 62.4 lbs. per cubic foot and flows downstream 6 - 12 miles an hour. A foot of water will exert about 500 lbs. of force against a vehicle. Floodwater can erode roadways and hide sections of road and bridges that have been swept away.

Wade through floodwater only if it is no higher than your knees and is not flowing rapidly.

If your car stalls in floodwater, get out quickly and move to higher ground. The water level may still be rising and the car could be swept away at any moment.

**EARTHQUAKE**

Stay in your vehicle

Pull to the side of the road, bring the vehicle to a halt as soon as safely possible, and shut off the ignition. If possible, stop clear of buildings, utility wires, and overpasses/bridges. Also be sure to stop clear of any steep slopes or cliffs where loose rocks may land on your vehicle. Because of the vehicle’s suspension, it will shake violently, but it will be a safe place to stay.

When the shaking has stopped, proceed cautiously, avoiding bridges, overpasses, or any other elevated structure that might have been damaged during the quake. Be aware of utility wires laying on the road or hanging low over it and be prepared to respond to aftershocks.

**Developing Emergency**

Stay informed

During emergencies such as severe weather, hazardous material spills or earthquakes, keep a radio or television on and wait for further information and instructions.

If evacuation is recommended, the area to be evacuated will be announced along with the routes to be used, the location of evacuation shelters, and other related information.

**EMERGENCY SUPPLIES**

To keep in your vehicle

All personal and work vehicles should be equipped with supplies which could be useful in any emergency. The items you keep in your vehicle will depend on location, season, climate, and personal needs. Long trips, especially when severe weather may be encountered, require additional items.

Items that should always be carried:

- Blanket(s), jumper cables, tools (to do minor repairs), first aid kit, flashlight, flares or warning triangle, work gloves, bottled water, change (for pay phones).

Additional items could include, but are not limited to:

- Maps of the areas around your routes of travel, sleeping bag(s), canned food/nuts, can opener, shovel, traction mats/chains, rain gear, extra clothes and shoes, warm gloves, necessary medications, personal hygiene items, paper and pen, spare pair of glasses, paper towels, matches, candles.
Winter Preparedness

Winter Storms are deceptive killers since most of the deaths that occur are indirectly related to the actual storm.

- People die in traffic accidents on icy roads
- People die of heart attacks while shoveling snow
- People die of hypothermia from prolonged exposure to the cold

Are You Prepared for Winter?

Freezing Rain or Freezing Drizzle indicates rain that freezes as it strikes the ground and other surfaces forming a coating of ice.

Sleet indicates small particles of ice, usually mixed with rain. If enough sleet accumulates on the ground, it will make travel hazardous.

Snow, when used without a qualifying word such as occasional or intermittent, indicates that the snowfall will be steady and probably continue for several hours.

Snow Flurries indicates periods of snow falling for short durations at intermittent periods. Accumulations are generally small.

Monitor weather reports so that adequate preparation can be made to lessen the impact of severe weather conditions. Some terms you should understand are:

Freezing Rain or Freezing Drizzle
Sleet
Snow
Snow Flurries

Winter Storm Watch indicates severe winter weather conditions may affect the area (freezing rain, sleet, or heavy snow may occur separately or in combination).

Winter Storm Warning indicates that severe winter weather conditions are imminent.

Cold Related Injuries

Frostbite: Damage to body tissue caused by that tissue being frozen.

Warning signs. - a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes, or the tip of the nose.

If symptoms are detected, get medical help immediately!
- If you must wait for help, slowly re-warm affected areas.
- However, if the person is also showing signs of hypothermia, warm the body core before the extremities.

Wind Chill

The wind chill is based on the rate of heat loss from exposed skin caused by combined effects of wind and cold. As the wind increases, heat is carried away from the body at an accelerated rate, driving down the body temperature.
Plan from head to toe:

- Wear a hat. This can prevent the loss of half your body heat.
- Gloves and warm socks help protect fingers and toes, which is where you can first feel the effects of cold temperatures.

Wear layers of loose-fitting, warm clothing:

- Remove layers to avoid overheating, perspiration, and subsequent chill.
- Layering clothes helps prepare you for different conditions and activities.
- Use three essential layers - underwear, insulation, and outer shell - in different combinations to maintain comfort through changes in weather and exertion levels.

Underwear

- Provides basic insulation and moves moisture away from skin, preventing chill when activity stops.
- Choose long underwear, or thin, snug-fitting pants with a long-sleeved T-shirt or turtleneck.

Insulation

- Use one or more layers, depending on conditions, including layers of pants to keep your legs warm.
- Sweaters, sweatshirts, and other similar garments are good insulators.

Outer Shell

- Choose garments that are windproof, and preferably waterproof, such as those made of coated nylon or polyester or gore-tex.
- Many shells - such as ski jackets or parkas - combine the outer and insulating layers.
- Good fit is crucial. If the shell is too big, heat loss can occur rapidly. If it is too small, you may not have enough room for insulating layers.

Prepare in Advance

- Have extra blankets on hand and ensure each member of your household has a warm coat, gloves/mittens, hat, and water-resistant boots.
- Check battery-powered equipment and make sure you have plenty of spare batteries.
- If you have propane or oil heat, check your fuel supply.
- Check your food supply and stock up on basic items.
- Have your car winterized before the winter season starts and always keep the fuel tank full.

**Hypothermia:** Low Body Temperature

**Warning signs** - uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion.

**Detection** - Take the person’s temperature. If below 95F (35C), immediately seek medical care!

**If medical care is not available,** begin warming the person slowly.

- Warm the body core first. If needed, use your own body heat to help.
- Get the person into dry clothing and wrap them in a warm blanket covering them completely, including the head and neck.
- Do not give the person alcohol, drugs, coffee, or any hot beverage or food; warm broth is better.
- Do not warm extremities (arms and legs) first! This drives the cold blood toward the heart and can lead to heart failure.

**Heart Attack:** Strain from the cold and hard labor may cause a heart attack.

- Avoid overexertion, such as shoveling heavy snow, pushing a car, or walking in deep snows, especially if you are not in peak physical condition.
- If you must shovel snow, take it slow and lift small amounts, especially when removing heavy snow, slush, or ice.

**Food and drink.** Food provides the body with energy for producing its own heat. Keep the body replenished with fluids (water and juice; limit your intake of caffeine and alcohol) to prevent dehydration.
Windstorms and Tornadoes

Most types of severe weather have the potential for generating dangerous winds any time of the year. In some cases, they may even spawn tornadoes. Windstorms and tornadoes are a serious threat in most parts of the country.

The Pacific Northwest has experienced many violent windstorms, including: the Columbus Day Storm (1962), the November 1981 Windstorm, the Inaugural Day Storm (1993), and, most recently, the Windstorm of December 1995.

Common items, such as cans, bottles, signs, trees, glass, roof shingles, lawn furniture, and toys, can become flying debris, or “projectiles,” in high winds. They frequently cause severe property damage as well as major injuries and even death.

The extent of damage that a storm may cause is based on its wind speed.

<table>
<thead>
<tr>
<th>WIND SPEED (MPH)</th>
<th>WIND EFFECTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 – 31</td>
<td>Large branches will be in motion.</td>
</tr>
<tr>
<td>32 – 38</td>
<td>Whole trees in motion; inconvenience felt walking against the wind.</td>
</tr>
<tr>
<td>39 – 54</td>
<td>Twigs and small branches may break off of trees; wind generally impedes progress when walking; high profile vehicles such as trucks and motor homes may be difficult to control.</td>
</tr>
<tr>
<td>55 – 74</td>
<td>Potential damage to TV antennas; may push over shallow rooted trees especially if the soil is saturated.</td>
</tr>
<tr>
<td>74 – 95</td>
<td>Potential for minimal structural damage, particularly to unanchored mobile homes; power lines, signs, and tree branches may be blown down.</td>
</tr>
<tr>
<td>96 – 110</td>
<td>Moderate structural damage to walls, roofs and windows; large signs and tree branches blown down; moving vehicles pushed off roads.</td>
</tr>
<tr>
<td>111 – 130</td>
<td>Extensive structural damage to walls, roofs, and windows; trees blown down; mobile homes may be destroyed.</td>
</tr>
<tr>
<td>131 – 155</td>
<td>Extreme damage to structures and roofs; trees uprooted or snapped.</td>
</tr>
<tr>
<td>Greater than 155</td>
<td>Catastrophic damage; structures destroyed.</td>
</tr>
</tbody>
</table>

BEFORE HIGH WINDS OCCUR

- Identify a shelter or safe area in your home, away from windows, that will provide you with maximum protection.
- Locate utility shutoff locations and show family members how to turn them off when necessary.
- Identify items that must be secured or brought inside during high winds and severe weather.
- Discuss what to do in case the power goes out or someone gets injured.
- Assemble an emergency kit. Be sure to include flashlights, a battery-powered radio, extra batteries, and a manual can opener.
- Keep some non-perishable packaged or canned food on hand.

WHEN HIGH WINDS HAVE BEEN FORECAST

- Fill family vehicles with fuel.
- Anchor outdoor objects that can blow away (such as garbage cans, hanging plants, and lawn furniture) or move them inside.

DURING HIGH WINDS

- Stay indoors and away from windows.
- Do not drive.
- Stay away from downed power lines.
- Stay tuned to a local radio or TV station for additional weather and emergency information.
Avoid driving when high winds are predicted or present. High winds can easily push a car out of its lane of travel or off the road. The larger the vehicle, the more susceptible it will be to the force of the wind.

If you are driving when high winds occur, pull safely off of the road and seek shelter in a building. Being in a parked car is safer than being outside; however, being in a building is safer than being in a car.

During and after periods of high winds, be cautious of debris in the roadway and downed or low-hanging utility wires.

If you see a power line on the ground, DO NOT TOUCH it with anything. Expect every power line to be “live.”

If a power line falls across your vehicle, DON’T GET OUT! Wait for emergency help to arrive.

For the latest weather information, tune to your local radio or TV station. Listening to a NOAA weather radio station will also provide current and forecast weather information. The National Weather Service operates these “radio stations” and provides listeners with continuous updates 24 hours-a-day.

A weather WATCH means that atmospheric conditions are right for severe weather.

A weather WARNING means that severe weather has been observed or is imminent in the area specified.

Weather Website: http://nimbo.wrh.noaa.gov/Medford

Tornadoes Do Occur Locally - FACTS You Should Know:

Tornadoes travel at an average speed of 30 mph, but have been known to reach speeds of 70 mph, and can generate winds of over 200 mph.

While most tornado damage is caused by violent winds, tornado injuries and deaths typically result from flying debris.

During severe weather or a Tornado Watch, BE OBSERVANT:

• Severe thunderstorms; dark, often greenish-colored skies; large hail, 3/4-inch in diameter or more; and a loud roar similar to a train may be indications of a developing or approaching tornado.

• If you see a tornado or any of these indicators, take the actions noted below.

If a Tornado Warning is issued, TAKE ACTION IMMEDIATELY:

• Go to a basement or an interior part of the lowest level of the building you are in.

• Stay away from windows, doors, and outside walls.

• In most cases, closets, bathrooms (without windows) and interior hallways work best.

• Get under something sturdy - lie face down, draw your knees up under you and cover the back of your head with your hands.

• If you are outside - lie down flat in the nearest ditch or ravine.
THUNDERSTORMS & LIGHTNING

Its estimated that at any given moment nearly 2,000 thunderstorms are in progress over the earth’s surface, and lightning strikes the earth 100 times each second.

Thunderstorms can bring heavy rains, flash flooding, tornadoes, strong winds, lightning and hail.

➢ Flash Floods/Floods are the number one killer associated with thunderstorms with nearly 140 fatalities a year.

➢ Although thunderstorms in the northwest are less likely to spawn tornadoes than elsewhere in the United States, most wind-related damage caused by thunderstorms is from “straight-line” rather than tornadic winds. “Downbursts,” a type of straight-line wind, can cause damage equivalent to a strong tornado.

➢ Lightning occurs with all thunderstorms. Its electrical charge and intense heat can electrocute on contact, cause electrical failures, split trees, and ignite structure and brush fires.

➢ Hail associated with thunderstorms can be smaller than peas or as large as softballs and can be very destructive.

➢ While some thunderstorms can be seen approaching, others hit without warning. It is important to learn to recognize the danger signs and to plan ahead.

➢ When thunderstorms are forecast or skies darken, look and listen for:
  • Dark, towering, or threatening clouds
  • Increasing wind
  • Flashes of lightning
  • The sound of thunder

When a thunderstorm is approaching...

At Home:
➢ Secure outdoor objects such as lawn furniture that can blow away and cause damage or injury.
➢ Bring lightweight objects inside.
➢ Listen to a battery-operated radio or television for the latest storm information.
➢ Do not handle any electrical equipment or telephones because lightning could follow the wires.
➢ Avoid bathtubs, water faucets, and sinks because metal pipes can transmit electricity.
➢ Pets are particularly vulnerable to hail and should be brought inside.

If Outdoors:
➢ Attempt to get into a building or car.
➢ If no structure is available, get to an open space and squat low to the ground as quickly as possible. (If in the woods, find an area protected by a low clump of trees. Never stand underneath a single large tree in the open.)
➢ Be aware of the potential for flooding in low-lying areas.
➢ Kneel or crouch with hands on knees.
➢ Avoid tall objects such as towers, tall trees, fences, telephone lines, and power lines.
➢ Stay away from natural lightning rods such as golf clubs, tractors, fishing rods, bicycles, and camping equipment.
➢ Stay away from rivers, lakes, and other bodies of water.
What is a severe thunderstorm?

- A thunderstorm is considered **severe** if it produces hail at least 3/4-inch in diameter, winds of 58 mph or higher or tornadoes.

**What is the difference between a watch and a warning?**

- A severe thunderstorm **watch** is issued by the National Weather Service when the weather conditions are such that a severe thunderstorm is likely to develop.

- A severe thunderstorm **warning** is issued when a severe thunderstorm has been sighted or indicated by weather radar. At this point, the danger is very serious and everyone should go to a safe place, turn on a battery-operated radio or television, and wait for further information.

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**First aid recommendations for lightning victims:**

Most lightning victims can actually survive an encounter with lightning, especially with timely medical treatment. *A person who has been struck by lightning does not carry an electrical charge that can shock other people.*

**If a person is struck by lightning:**

- Call 911 to provide location and information about the incident including the number of people injured.
- Look for burns where the lightning entered and exited the body.
- If the strike caused the victim’s heart and breathing to stop, give cardiopulmonary resuscitation (CPR) until medical professionals arrive and take over.

**If your house is struck by lightning:**

- Check all around the interior and exterior to make sure that it did not start a fire.
- If you smell or see smoke, call 911.
- All appliances and electrical devices that were plugged in when the lightning struck the house should be checked for damage before being used. Indications of possible damage include scorched outlets, scorch marks on the device, melted cords, and broken light bulbs.

Remember to help neighbors who may require special assistance (infants, senior citizens, and people with disabilities).

If you are driving after a thunderstorm, be vigilant for downed branches and power lines or other debris lying in the road.
Earthquake

DUCK, COVER & HOLD TIPS

Falling objects cause most earthquake-related injuries!

When you begin to feel an earthquake, DUCK 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 are 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, the shaking can cause the door to swing forcibly shut.

- 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 trees, signs, power lines, buildings and poles.

- NEAR BUILDINGS - Be aware of falling bricks, glass, plaster and other debris. Duck into an entryway and protect your head with your arms.

- 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 duck, cover and hold.

- WHEELCHAIR - If you are in a wheelchair, stay in it. Move to cover, if possible (i.e., an interior wall), lock your wheels, and protect your head with your arms.

- KITCHEN - Move away from the refrigerator, stove and overhead cupboards, then duck, cover and hold. [Now would be a good time to anchor appliances and install security latches on cupboards to reduce hazards.]

- 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.
When an earthquake strikes:

**Duck, Cover and Hold**

Whether you are in your home, at work, in school, or in any other type of building, it is important to know how to protect yourself during an earthquake and its aftershocks.

Teach yourself and your family these procedures and practice them so that when an earthquake strikes you will be able to react automatically.

**When the shaking starts:**

**DUCK**

DUCK or drop down 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**

If you take cover under a sturdy piece of furniture, HOLD on to it and be prepared to move with it. HOLD the position until the ground stops shaking and it is safe to move.
**ELECTRICAL OUTAGES**

Are you prepared if the power goes out?

**IF THE POWER GOES OUT:**

1. **Check your fuse or breaker box** for blown fuses or tripped circuits. If they are okay, see if neighbors are without power.

2. **Call your utility** immediately. You may be asked for information, or hear a message if the situation has already been reported.

3. **Turn off** all electrical equipment (e.g., water heater, electric furnace, heaters, stove, washer, dryer, TV) to prevent overloading the system when power is restored.

4. **Turn on** a porch light and one inside light so you and utility crews will know when service is restored.

5. **Listen to the radio** (battery-powered) for updates on major electrical outages.

6. If your neighbors’ power comes back on but yours does not, call your utility company again.

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**EMERGENCY LIGHTING:**

- **Flashlights:** Each person should have their own flashlight. Store extra bulbs and batteries.

- **Lightsticks:** Self-contained chemical lights that activate by bending. Work well as night-lights for children.

- **Candles:** Can be dangerous. Set in low wide cans. Keep away from curtains and flammable furniture and out of children's reach.

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**DOWNED POWER LINES**

If you see a power line lying on the ground, don’t touch it with anything — stay back. Call your utility company immediately. Keep kids and pets away.

**NEVER** touch a downed power line. Electricity can travel through your body causing serious injury or death. If you see a downed power line, take these precautions:

- Expect every power line to be “live.”
- Electricity is invisible. The line doesn’t have to spark or sizzle to carry electricity.

If a power line is touching someone, stay away - you cannot help. If you touch the person, you could become a victim too.

Call 911 for emergency help!

If a power line falls across your vehicle, don’t get out! Wait for emergency help to arrive.

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**Important Information when Reporting a Power Outage**

- Name & address
- Time of outage
- Are lights out, flickering or dim?
- Are the neighbors’ lights out?
- Were there loud noises preceding the outage?
- Have any wires fallen to the ground?
- Tree limbs on lines?

Crews may have to remove limbs, replace broken insulators or fuses and close circuit breakers. The more serious the problem, the longer it will take to restore customer service.
STAYING WARM:

Outages can occur at any time of year, but during cold weather the temperature inside your home can drop rapidly. Tips for staying warm:

**Save Body Heat** - Wear a hat, even while sleeping. Wear loose layers of clothing to trap body heat. Use blankets and a hot water bottle.

**Lock in Home Heat** - Pick one room (on the sunny side of the house) and close it off to keep the heat in.

Watch for **Hypothermia** (a drop in core body temperature) especially in infants and elderly. Symptoms include slow, slurred speech, clumsiness, confusion and/or persistent shivering. Call 9-1-1 if you suspect hypothermia. Remember to check on isolated friends and neighbors.

---

**HOUSEHOLD TIPS:**

Your **Freezer** will keep food frozen during an outage for about two days if it’s full; one day if it’s less than half-full. Don’t open the door. It also helps to cover the freezer with blankets.

**Protect your Pipes**: If the power is out and the weather is freezing, keep a steady drip of cold water on an inside faucet and wrap pipes to prevent damage.

**Automatic Garage Door Openers** won’t work if the power is out. Check to see if you have a manual override.

**Home Computers**: Install a surge protector (not just a power strip) to protect your computer from power surges.

**Charcoal Briquettes**: *Never* use briquettes indoors. They produce carbon monoxide which can be deadly.

**Generators**: Never connect a home generator to a wall outlet. If used incorrectly, portable or auxiliary generators used for backup power at home can ruin your electrical system and start a fire and can also feed electricity back into the utility system. This is very dangerous for crews repairing lines.

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**WHO TO CALL TO REPORT A POWER OUTAGE IN JOSEPHINE COUNTY**:

Customer Service ..........1-888-221-7070
Emergency Outage
   Toll Free.................1-888-221-7070
Communicatively Handicapped
   Toll Free...............1-888-833-2878
Servicio en Espanol
   Toll Free.................1-888-225-2611
Suggestions to help minimize the loss of life and property

Floods claim an average of 263 lives every year in the United States

The Myth - Flooding only occurs near rivers, streams, and other waterways.

The Fact - Any low lying area has the potential to flood. Inundation flooding may occur when the amount of rainfall and runoff exceeds a storm water system’s (ditch or sewer) capability to remove it.

Steps To Take Today:

• Find out if you live in a flood prone area.
• Identify any dams or levees in your area.
• Purchase flood insurance for your home if you are in a flood plain, and consider purchasing it even if you’re not. Flood damage and loss is not covered under a homeowner’s policy. There may be as much as a 30 day waiting period before the policy comes into effect, so don’t wait until the last minute to apply.
• Make an itemized list of all of your personal property, including furnishings, clothing, and valuables. Take pictures or videos of your home, inside and out, as well as its contents, especially high value items. The pictures will help in settling insurance claims and in documenting uninsured losses, which are tax deductible. Keep your insurance policies, pictures or video tapes, and lists of your personal property in a safe place.
• Put together a 72 hour disaster supply kit. See page 15 of this handbook for a sample.
• Take steps to reduce the risk of flood damage to your home. If you live in an area that floods frequently, store materials such as sandbags, plywood, plastic sheeting, and lumber to use to protect your property. Contact your local building department or emergency management office for more information on how to protect your home.
• Plan how you would evacuate from your home when there is a threat of flooding. What you would take with you, what is the safest route, and where would you go?

Flood Safety

• During heavy or prolonged rains, listen to the TV or radio (or weather radio) for watches and warnings issued by the National Weather Service. Keep a battery-operated radio on hand and tuned to a local station in case the power goes out.
• If you see any possibility of a flash flood occurring, move immediately to high ground. Don’t wait for instructions to evacuate.
• Don’t walk through flood waters. 12 inches of flood water can knock you off your feet, and the water is often contaminated by sewage and flood-related chemical spills.
• Never go around safety barricades set up in the road. Two feet of water is enough to float a car, and the flood waters can conceal places where roadways and bridges have been washed out.
Weather Terminology

**Flood Watch or Flood Forecast** - Rainfall is heavy enough to cause rivers to overflow their banks.

**Flood Warning** - Flooding is occurring or is likely to occur soon.

**Flash Flood Watch** - Heavy rains are occurring or are expected and may cause sudden flash flooding in specific areas.

**Flash Flood Warning** - Flash flooding is occurring or is imminent at designated areas.

*N.O.A.A. Weather Radios (available at many stores) are the best means to receive and monitor warnings from the National Weather Service.*

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**When it Floods:**

The safety of your family is the most important consideration. Since flood waters can rise very rapidly, you should be prepared to evacuate before the water reaches your property.

- Keep a battery-powered radio tuned to a local station and follow all emergency instructions.
- If directed to evacuate, and time permits, turn off all utilities (gas, water, and electricity) at the main switch or valve.
- Move personal property, especially valuables, to upper floors or higher elevations or stack them on top of other items.
- Secure all outdoor equipment, furniture, and other movable objects that might be swept away.
- Store fresh water and food.
- Gather the items you plan on taking with you during an evacuation (e.g., important papers, 72 hour kits) in one location or load them in your vehicle.

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**After the Flood:**

If you have suffered flood damage, immediately call the agent or broker who services your flood insurance policy.

- Prior to entering a building, check for structural damage. If unsafe, do not enter. Do not use an open flame inside a flood damaged building until verifying the absence of explosive gases or fumes.
- Authorized repair personnel should check all utility systems and appliances before you turn them on.
- Cover broken windows and holes in the roof or walls to prevent further weather damage.
- Start cleanup measures immediately to help reduce health hazards. Throw out open food and medicines that have come in contact with flood waters.
- Water for drinking and food preparation should be boiled vigorously for ten (10) minutes (*until the public water system has been declared safe.*)
- All damaged items should be kept for inspection by your insurance adjuster. Take pictures of the damage done to your property, your home, and its contents.
- Dry clothing and household fabrics prior to brushing off dirt/mud, then rinse in lukewarm water to remove lodged soil. Wash in lukewarm water, using mild detergent; rinse and dry in sunlight.
- Take damaged furniture and appliances outdoors to hose off and dry, but keep them out of the sun to avoid warping. A garage or carport is a good place for drying damaged property.
- Shovel out mud while it is still moist to give floors and walls a chance to dry out.
- Clean metal items promptly and then wipe them with a kerosene-soaked cloth to minimize rusting.
Heat Wave:
A Major Summer Killer

Heat kills by taxing the human body beyond its capabilities. In a normal year, about 175 Americans succumb to the demands of summer heat. Among the family of natural hazards, including floods, earthquakes, lightning, tornadoes, and hurricanes, only the cold of winter takes a greater toll than heat.

The National Weather Service has stepped up its efforts to alert the general public to the hazards of heat waves. Based on the latest research findings, the NWS has devised the “Heat Index,” or HI. The HI, given in degrees Fahrenheit, is an accurate measure of how hot it really feels when relative humidity is added to the actual air temperature. To find the HI on the Heat Index Chart below, find the air temperature on the left side of the table and the relative humidity across the top of the table. The HI is at the intersection of the temperature row and relative humidity column.

On the Heat Index chart, the area above the line corresponds to a level of HI that may cause increasingly severe heat disorders with continued exposure and/or physical activity.

NOTE: Heat Index values were devised for shady, light wind conditions. FULL SUNSHINE CAN INCREASE HI VALUES BY UP TO 15 °F. Also, strong winds, particularly with very hot, dry air, can be extremely hazardous.
*Heat Disorder Symptoms and Treatment*

- **Sunburn:** Redness and pain. In severe cases, there may be swelling of the skin, blisters, fever, and/or headaches. Use ointments for mild cases. If blisters appear, do not break them. If blisters break, apply a dry, sterile dressing. Refer serious cases to a physician.
- **Heat Cramps:** Painful muscle spasms may occur, usually in the legs and/or abdomen. Use firm pressure on cramping muscles, or use gentle massage to relieve the spasms. Give sips of water to replace the water lost through sweating. If nausea occurs, discontinue water.
- **Heat Exhaustion:** Heavy sweating, weakness, skin is cold, pale, and clammy. Pulse is weak and shallow. Normal temperature is possible. Fainting and vomiting may occur. Get the victim out of the sun. Lay him or her down and loosen clothing. Apply cool, wet cloths.
- **Heat Stroke** (or Sunstroke): High body temperature (106 °F or higher). Skin is hot and dry. Pulse is rapid and strong. Possible unconsciousness. See warning box at right.

**WARNING: HEAT STROKE IS A SEVERE MEDICAL EMERGENCY. SUMMON EMERGENCY MEDICAL ASSISTANCE OR GET THE VICTIM TO A HOSPITAL IMMEDIATELY. DELAY CAN BE FATAL. DO NOT GIVE FLUIDS. Move victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use fans or air conditioning. If victim’s temperature rises again, repeat the cooling process.***

**Heat Wave Safety Tips**

- **Slow down.** Strenuous activities should be reduced, eliminated, or rescheduled to the coolest time of the day. Individuals at risk due to medical problems should stay in the coolest available place, not necessarily indoors.
- **Dress for summer.** Loose, lightweight, light-colored clothing reflects heat and sunlight and helps your body maintain normal temperatures.
- **Put less fuel on your inner fires.** Foods that increase metabolic heat production (like proteins) also increase water loss.
- **Drink plenty of water.** Your body needs water to keep cool; so drink plenty, even if you don’t feel thirsty. Avoid drinks with sugar, caffeine, or alcohol. Persons who (1) have epilepsy or heart, kidney, or liver disease, (2) are on fluid restrictive diets, or (3) have a fluid retention problem should consult a physician before increasing their fluid consumption.
- **Do not drink alcoholic beverages.**
- **Do not take salt tablets unless specified by a physician.** Persons on salt-restrictive diets should consult their physician before increasing their salt intake.
- **Spend more time in air-conditioned places.** Air conditioning in homes and other buildings markedly reduces your danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air-conditioned environment affords some protection.
- **Don’t get too much sun.** Sunburn makes the job of heat dissipation that much more difficult.
FIRE! Prepare to Survive

If a fire breaks out in your home, you may have less than two minutes to escape before it’s engulfed in flames. How can you be sure you and your family will know what to do? We encourage you to PREPARE, PREVENT, & PRACTICE so you are ready if a fire occurs.

PREPARE . . .

Working Smoke Detectors
- Test your detectors monthly by pressing the test button and listening for the alarm.
- Change the detector batteries twice a year. Consider doing this at the same time you change your clocks in the fall and spring.
- NEVER disable a smoke detector - only WORKING smoke detectors save lives!
- Consider retrofitting with smoke detectors featuring lithium batteries that can last up to 10 years.

Home Escape Plan (also see “PRACTICE“ on next page)
- Draw a diagram of your house showing doors and windows
- Determine two escape routes out of every room.
- Identify an outdoor meeting place a safe distance from the house where everyone will report (e.g., mailbox).
- Teach everyone to “Get Out and Stay Out!” - to leave the house and never re-enter the building for any reason.
- Teach everyone to call 9-1-1 from a neighbor’s house.

Visible Address
- Be sure your address is marked clearly and is visible from the street so emergency crews can find your house quickly.

PREVENT . . .

Heating Equipment
- Never use charcoal or un-vented appliances in your home.
- Clean/service your chimneys and heating systems annually.
- Keep combustibles at least 18 inches away from baseboard and portable heaters. Never leave a portable heater unattended in a room or around children.

Smoking /Ashes
- NEVER smoke in bed!
- Extinguish smoking materials in sturdy, non-tip ashtrays - do not throw them into trash cans, shrubbery, or barkdust.
- Dispose of hot ashes and briquettes in metal containers, not in paper bags, cardboard boxes, trash cans, or plastic buckets. Keep containers of hot ashes and briquettes outside, far away from the side of the house and off of wood decks and patios. Briquettes and ashes can stay hot for several days.
Matches & Lighters

- KIDS + MATCHES/LIGHTERS = FIRE! Keep matches and lighters out of the reach of children.
- Teach children to tell an adult when they find matches or lighters, and that those items are not toys.
- Do not allow children to use matches or lighters to light candles, especially in their bedrooms.
- Consider using only lighters with child-resistant features.

Cooking

- Never leave the room when using burners, especially when warming food. Fats and greases are highly susceptible to ignition if left unattended. In case of a grease or pan fire, smother the fire with the lid to the pan or use an extinguisher. NEVER throw water on a grease fire.
- Keep combustibles away from cooking surfaces - even if the heating elements are not in use. Do not store extra pans or combustibles in the oven.

Electrical Safety

- Extension cords should not be used in place of permanent wiring.
- Do not overload plugs or extension cords! If you cannot avoid using a number of power cords, be sure to use power strips with circuit breakers.
- Unplug small appliances, like toasters and curling irons, when not in use.
- Do not overlook tripped circuit breakers, as they may be an indication of a dangerous situation.

Flammable Liquids

- Store paint, paint thinner, gasoline, and other flammable liquids outside your dwelling and away from heat sources.
- Rags or combustibles soaked with flammable liquids should be discarded in metal containers with lids, not trash cans, to prevent spontaneous ignition.

PRACTICE . . . Panic can slow you down - know what to do and how to do it!

Crawl Low Under Smoke!

- When you test your detectors, discuss what the alarm means. Teach family members to crawl low along the floor in a smoke-filled room - the “good air” is near the floor. Spread out a sheet and shake it a couple of feet above the ground to simulate smoke and have everyone crawl very low under it. Don’t forget to practice crawling down the stairs - feet first for safety!

Hold regular fire drills to practice your home escape plan

- Practice crawling low under smoke and escaping via windows, especially using fire escape ladders.
- Be sure to include meeting at the designated point and going to a neighbor’s home as if calling the 9-1-1 operator.
- Keep track of how quickly you clear the house - try to be as fast as possible! Remember, you may have less than two minutes to escape!
- Mix it up . . . practice a variety of scenarios, just in case!

CONTACT YOUR LOCAL FIRE DEPARTMENT FOR MORE INFORMATION ON PREVENTING AND SURVIVING A FIRE IN THE HOME!

Do You Have . . .

- Working smoke detectors on each level of your home?
- Fire extinguishers in the kitchen and garage?
- An escape ladder for upper floors?
- An escape plan?
Are You Prepared?
Evacuations are done to save lives and to allow first responders to focus on the emergency at hand.

PLEASE EVACUATE PROMPTLY WHEN REQUESTED!

DEFGENSIBLE SPACE CHECKLIST

Your Driveway:
• Post address signs so emergency responders can find you.
• Trim branches along your driveway at least 14’ tall and 14’ wide for fire trucks.
• Construct a fuelbreak along your driveway – 15’ on both sides.

Your Home:
• Replace wood shake roofs with non-flammable roofing material.
• Remove leaves & needles from gutters, roofs & decks.
• Remove tree limbs that hang over the roof.
• Keep decks free of flammable lawn furniture, door mats, etc.
• Screen vents and areas under decks with 1/8” metal mesh.
• Dispose of debris safely.

Within 30 feet of your home:
• Maintain 30’ around your home – lean, green & clean.
• Locate wood piles away from buildings.

Within 100 feet of your home:
• Remove dead plants and brush.
• Remove low branches of trees & shrubs.
• Mow grass to 6”.

For more information visit: www.firewise.org or contact your local fire department.

EVACUATION ORDERS

You will often hear the terms Voluntary and Mandatory to describe evacuation orders, however, local jurisdictions may use other terminology such as Precautionary and Immediate Threat. These terms are used to alert you to the significance of the danger and ALL evacuation instructions provided by officials should be followed immediately for your safety.

IF EVACUATION IS A POSSIBILITY

• Place important items in your vehicle.
• Park your vehicle facing outward and carry your car keys with you.
• Locate your pets and keep nearby.
• Prepare farm animals for transport.
• Place a ladder outside for roof access.
• Place connected garden hoses and buckets full of water around the house.
• Assemble fire fighting tools near an outside door (shovel, rake, hoe, etc.).
• Move propane BBQ appliances away from structures.
• Cover up. Wear long pants, long sleeve shirt, heavy shoes/boots, cap, dry bandanna for face cover, goggles or glasses. 100% cotton clothing preferable.
• Leave house lights on, windows closed, air conditioning off.
Evacuation: Are You Prepared?

THE EVACUATION PROCESS
* Officials will determine the areas to be evacuated and the routes to use depending upon the fire’s location, behavior, wind, terrain, etc.
* 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. **You must take the initiative to stay informed and aware.**

Listen to your radio/TV and for announcements from law enforcement/emergency personnel.
* You may be directed to temporary assembly areas to await transfer to a safe location.
* When heavy smoke reduces visibility, movement may be restricted only to escorted convoys.

IF YOU BECOME TRAPPED

While in your vehicle:
* Stay Calm.
* Park your vehicle in an area clear of vegetation.
* Close all vehicle windows and vents.
* Cover yourself with wool blanket or jacket.
* Lie on vehicle floor.
* Use your cell phone to advise officials – 911.

While on foot:
* Stay Calm.
* Go to an area clear of vegetation, a ditch or depression if possible.
* Lie face down, cover up.
* Use your cell phone to advise officials - 911.

While in your home:
* Stay calm, keep your family together.
* Call 911 and inform authorities of your location.
* Fill sinks and tubs with cold water.
* Keep doors and windows closed, but UNLOCKED.
* Stay inside your house.
* Stay away from outside walls and windows.
* Note – it will get hot in the house, but it is much hotter, and more dangerous outside.

RETURNING HOME

Fire officials will determine when it is safe for you to return to your home. This will be done as soon as possible considering safety and accessibility.

When you do return home:
* Be alert for downed power lines and other hazards.
* Check propane tanks, regulators, and lines before turning gas on.
* Check your residence carefully for hidden embers or smoldering fires.
Fill out these contact and family meeting place cards, then clip and carry them with you for easy reference. Make sure your school-aged children have cards, and that caregivers for younger children have this information on file. If a disaster occurs during work and school hours, it is critical that children or their caregivers know who to contact.
Josephine County has created a Citizen Corps Council. Through Citizen Corps, residents and businesses will play an active part in making our community safer, stronger and better prepared for preventing and handling disasters of all kinds.

An expanded **Neighborhood Watch Program** incorporates terrorism prevention and education into its existing crime prevention mission.

Grants Pass Neighborhood Watch: 474-6374
Josephine Co. Neighborhood Watch: 474-5136

The **Community Emergency Response Team (CERT)** program trains individuals in emergency preparedness and basic response techniques. CERT members provide critical support to first responders and citizens of the community during emergencies.

Call 474-5300 for more information.

**Volunteers in Police Service (VIPS)** is volunteer support, both administrative and in the field for law enforcement.

Grants Pass DPS Auxiliary: 474-6374
Josephine County Sheriff’s Office volunteers: 474-5136

Through the **Medical Reserve Corps (MRC)**, currently practicing and retired medical professionals augment the emergency medical response community during large-scale emergencies. Volunteers can also support non-emergency public health needs throughout the year. Contact the Josephine County Health Department Emergency Preparedness Coordinator at 474-5325.
The Josephine County Sheriff’s Patrol SEARCH & RESCUE was incorporated as a legal unit in March of 1967. This volunteer, non-profit, non-political organization is not funded by any agency. The Sheriff is responsible for every search in Josephine County under ORS 401, therefore, every active member of this organization is deputized. Only those of high moral standards and willingness to help are accepted.

Each active member has their own personal equipment with additions provided by the organization. Members of this organization are represented from all walks of life; willing to go on-call whenever needed, day or night. Josephine County Search & Rescue is an all-weather, versatile unit, equipped with everything needed to conduct a well organized search. The individuals have proven themselves available 24 hours a day, 7 days a week at no cost to the county.

In addition to active duty members, Search & Rescue has specialty teams for specialized rescue situations. These teams include: the Swift water rescue team, Dive team, Mountain rescue team, Confined Space/Technical rescue team, and Snow rescue team and K-9 team.

For those under 18 years of age, Search & Rescue sponsors the Explorer program for youths 14-17 years old. Explorers receive training and participate in searches and community events just like active Search & Rescue members.

For information on joining call:
Search & Rescue office: 955-5552
Josephine County Emergency Management: 474-5300
www.co.josephine.or.us/SectionIndex.asp?SectionID=143