

VERNONIA RURAL FIRE PROTECTION DISTRICT

Build Your Emergency Supply Kit

A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency. In recent weeks we have experienced periods of time without electricity here in Vernonia. Preparing your Emergency Supply Kit begins before the power goes out.

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

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

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

Food

Consider the following things when putting together your emergency food supplies:

- Store at least a three-day supply of non-perishable food.
- Choose foods your family will eat.
- Remember any special dietary needs.
- Avoid foods that will make you thirsty.
- Choose salt-free crackers, whole grain cereals and canned foods with high liquid content.
- Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

Suggested Emergency Food Supplies

The following items are suggested when selecting emergency food supplies. You may already have many of these on hand.

- Ready-to-eat canned meats, fruits,
- Vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit

- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

Food Safety & Sanitation

Flood, fire, national disaster or the loss of power from high winds, snow or ice could jeopardize the safety of your food. Knowing what to do before and after an emergency can help you reduce your risk of illness and minimize the amount of food that may be lost due to spoilage.

Power outages can occur at any time of the year and it may take from a few hours to several days for electricity to be restored to residential areas. Without electricity or a cold source, food stored in refrigerators and freezers can become unsafe. Bacteria in food grow rapidly at temperatures between 40 and 140° F, and if these foods are consumed, people can become very sick.

Do:

- Keep food in covered containers.
- Keep cooking and eating utensils clean.
- Keep garbage in closed containers and dispose outside, burying garbage if necessary.
- Keep your hands clean by washing them frequently with soap and water that has been boiled or disinfected.
- Discard any food that has come into contact with contaminated floodwater. Discard any food that has been at room temperature for two hours or more.
- Discard any food that has an unusual odor, color or texture.
- Use ready-to-feed formula, if possible, for formula-fed infants. If using ready-to-feed formula is not possible, it is best to use bottled water to prepare powdered or concentrated formula. If bottled water is not available, use boiled water. Use treated water to prepare formula only if you do not have bottled or boiled water. Breastfed infants should continue breastfeeding.

Don't:

- Eat foods from cans that are swollen, dented or corroded, even though the product may look safe to eat.
- Eat any food that looks or smells abnormal, even if the can looks

normal.

- Let garbage accumulate inside, both for fire and sanitation reasons. **Note:** Thawed food usually can be eaten if it is still "refrigerator cold." It can be re-frozen if it still contains ice crystals. To be safe, remember, "When in doubt, throw it out." For more information about food safety during an emergency, visit FoodSafety.gov.

Water

Water is an essential element to survival and a necessary item in an emergency supplies kit. Following a disaster, clean drinking water may not be available. Your regular water source could be cut-off or compromised through contamination. Prepare yourself by building a supply of water that will meet your family's needs during an emergency.

You should store at least one gallon of water per person for three days. A normally active person needs about three quarters of a gallon of fluid daily, from water and other beverages. However, individual needs vary, depending on age, health, physical condition, activity, diet and climate.

To determine your water needs, take the following into account:

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers and sick people may need more water.
- A medical emergency might require additional water.
- If you live in a warm weather climate more water may be necessary. In very hot temperatures, water needs can double.
- Keep at least a three-day supply of water per person.
- It is recommended you purchase commercially bottled water, in order to prepare the safest and most reliable emergency water supply. Keep bottled



water in its original container and do not open until you need to use it. Observe the expiration or "use by" date. Store in cool, dark place.

Preparing Your Own Containers Of Water

If you decide to prepare your own containers of water, follow these recommendations:

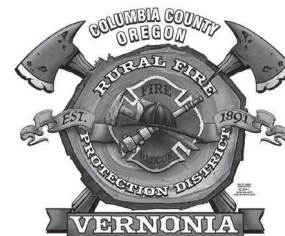
- Purchase food grade water storage containers from surplus or camping supply stores to use for water storage.
- Before filling with water, thoroughly clean the containers with dishwashing soap and water and rinse completely so there is no residual soap.
- If you choose to use your own storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.

You can view these safety tips and find other resources for Emergency Preparedness at: Ready.gov.

Calls responded to January 1-31

Fire	3
Emergency Medical Service	33
Hazardous Condition	0
Service Call	4
Good Intent	2
Severe Weather & Natural Disaster	0
Special Incident	0
No Emergency Found	0
False Alarm	0
Total	42

VOLUNTEERS WANTED



Here's What We Do!

VERNONIA RURAL FIRE PROTECTION DISTRICT

VRFPD is currently accepting applications for Volunteer Fire Fighters.

- You must have a High School Diploma or G.E.D., a valid Oregon Driver's License, and be at least 18 years of age.

- Currently, you must be able to attend weekly training on Monday nights

- Willing to attend the Fire Academy

- Live or work (employer willing to let you respond to calls) within VRFPD's District

- Applications can be picked up at the Fire Station.

VRFPD

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