

Health Department



Emergency Preparedness and go bag options for you and your household needs

A basic emergency supply kit could include the following recommended items:

- Food: at least a several-day supply of non-perishable food
- Water: one gallon per-person, per-day for several days, for drinking and sanitation
- Battery powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting, scissors and duct tape (to shelter in place)
- Baby wipes, garbage bags and plastic ties (for personal sanitation)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery



Consider adding the following items to your emergency supply kit based on your individual needs:

- Soap, hand sanitizer and disinfecting wipes to disinfect surface
- Prescription medications and non-prescription medications such as pain relievers, antacids or cream etc.
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

For more information please visit: <https://www.ready.gov>

We honor healing, strength, and protection within our Siletz community

This November we recognize Tribal Sexual Assault Awareness month. A time for our community to come together and support survivors, to raise awareness and strengthen our traditional values of respect, protection and balance.

Sexual violence continues to deeply affect native communities at higher rates than any other population in the United States. For many of our people, this violence is not only personal but also historical. A wound that reaches back through generations of colonization, loss and silence.

Within our teachings, we also find the medicine. The power of healing, restoration and connection.

Our traditional ways remind us that every person carries sacredness.

Their body, spirit and voice are gifts that must be honored and protected. By returning to these values, we reaffirm that our commitment to keeping our homes, families and communities safe.

Throughout the month of November, we encourage everyone to:

Stand with survivors – Listen with compassion, believe them, and offer support without judgment.

Educate and speak out – Learn about consent, healthy relationships, and how to recognize abuse.

Reconnect with culture – Healing circles, talking circles, and ceremonies help to restore balance and strength.

Support prevention efforts – reach out to local advocates, including tribal programs and community initiatives working to end sexual violence.

If you or someone you know is experiencing or been affected by sexual violence; please reach out to Serena DePoe, the Siletz CARE programs Tribal Sexual Assault Victims Advocate, at 541-444-9680 or by emailing her at serenad@ctsi.nsn.us. You can find more information on the CARE program or help for domestic and sexual violence at www.ctsi.nsn.us.