

DISASTER PREPAREDNESS

Are you ready?

BUILD A KIT

An emergency kit is essential in the event of a disaster. You may need to survive on your own after an emergency. It's important to have essentials in a kit ready to go when disaster strikes.

Assemble your kit now. Make sure to include basic items your family may need during an emergency. Be sure to include food, water, and other essential supplies. You want to have enough food and water to survive on your own for a minimum of 72 hours.

Include the following items in your kit. Keep these items in a rugged backpack or bag and store in a place that easy to get to.

- Water – one to three gallons per person per day, for drinking, cooking and sanitary needs.
- Food – ready to eat, non-perishable, high-protein, high-calorie foods that you enjoy (peanut butter, canned meats, energy bars, canned fruits, etc.).
- Can opener
- First aid kit
- Batteries
- Flashlight
- Blankets or sleeping bag
- Extra clothing, shoes, and gloves
- Food for pets
- Extra cash for emergency purchases
- Large garbage bags and duct tape
- Warm clothes and rain gear for each family member
- Five days or more of critical medications, extra pair of eyeglasses or disposable contacts, and comfort items such as books, toys or games.

TEN ESSENTIALS FOR A CHILD'S Go-KIT

Oregon Office of Emergency Management recommends children have a Go-Kit that is kept in an easy to access location, such as on their bedroom door handle or in the closet, with these 10 essential items. When an emergency happens, they can grab their own "emergency kit" and BEE Prepared to help out Mom and Dad.

1. A change of clothes (rotate clothes for fit and season)
2. Shoes and socks
3. Flashlight with batteries (to preserve battery life, put them in upside down. They can be flipped easily in time of need.)
4. Whistle
5. Mini first-aid kit
6. Sunglasses
7. Lip Balm
8. Power Bar
9. Water Bottle
10. Space Blanket



Disasters are hard to predict and usually are out of your control. But you can take steps to keep you and your family safe.



Preparing for disaster

Learn about specific health threats and what you can do to reduce the risk to your health and safety. Make an emergency plan. Learn basic first aid skills such as CPR. Always look to local authorities and health experts for specific, up-to-date information for your area.

We're here to help when you need us.



PeaceHealth
Cottage Grove
Community Medical Center

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Shelter in place

Whether you are at home, work or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside.

There may be circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as "sealing the room," is a matter of survival.

Use common sense and available information to assess the situation and determine if there is immediate danger. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to take this kind of action.

The process used to seal the room is considered a temporary protective measure to create a barrier between you and potentially contaminated air outside. It is a type of sheltering in place that requires preplanning.

- Bring your family and pets inside.
- Lock doors, close windows, air vents and fireplace dampers.
- Turn off fans, air conditioning and forced air heating systems.
- Take your emergency supply kit unless you have reason to believe it has been contaminated.
- Go into an interior room with few windows, if possible.
- Seal all windows, doors and air vents with 2-4 mil. thick plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
- Cut the plastic sheeting several inches wider than the openings and label each sheet.
- Duct tape plastic at corners first and then tape down all edges.
- Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any contamination.

Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.

CARING FOR ANIMALS

If you are like millions of animal owners nationwide, your pet is an important member of your household. Unfortunately, animals are also affected by disaster.

The likelihood that you and your animals will survive an emergency such as a fire or flood, tornado or terrorist attack depends largely on emergency planning done today. Some of the things you can do to prepare for the unexpected, such as assembling an animal emergency supply kit and developing a pet care buddy system, are the same for any emergency. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's best for your animals.

If you evacuate your home, **DO NOT LEAVE YOUR PETS BEHIND!** Pets most likely cannot survive on their own and if by

some remote chance they do, you may not be able to find them when you return.

If you are going to a public shelter, it is important to understand that animals may not be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets; consider loved ones or friends outside of your immediate area who would be willing to host you and your pets in an emergency.

Make a back-up emergency plan in case you can't care for your animals yourself. Develop a buddy system with neighbors, friends and relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer.

SENIORS

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

There are commonsense measures older Americans can take to start preparing for emergencies before they happen.

Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment. If appropriate, discuss your needs with your employer.

Seniors should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need. Keep a list of the type and model numbers of the medical devices you require. Be sure to make provisions for medications that require refrigeration. Make arrangements for any assistance to get to a shelter.

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 Cottage-Grove-Sentinel



Emergency Preparedness fair

August 15

Saturday 11:00am-3:00pm

Games, Helicopter, & Fire Truck Display,
Raffles & Prizes

Fire Extinguisher Training, Exhibits, and more!

Family-Friendly

FREE Admission

Cottage Grove Community Medical Center Helipad

1515 Village Drive, Cottage Grove

PUT TOGETHER A PLAN

Make sure all the pieces are in place to render you and your family prepared in the event of a natural disaster.

- Listen to radio or television newscasts for the latest weather information, and follow all evacuation directions and suggestions.
- Keep a stock of non-perishable food items as well as bottled water on hand inside your home.
- Keep a 72 Hour Kit on hand inside your home that is easy to get to in the event of a disaster.

For more information and tips on disaster response and preparedness, contact your local emergency services center.

South Lane Fire & Rescue • 233 Harrison Ave, Cottage Grove 541-942-4493 • 55 South 1st Street, Creswell 541-895-2506

