

Are you ready?

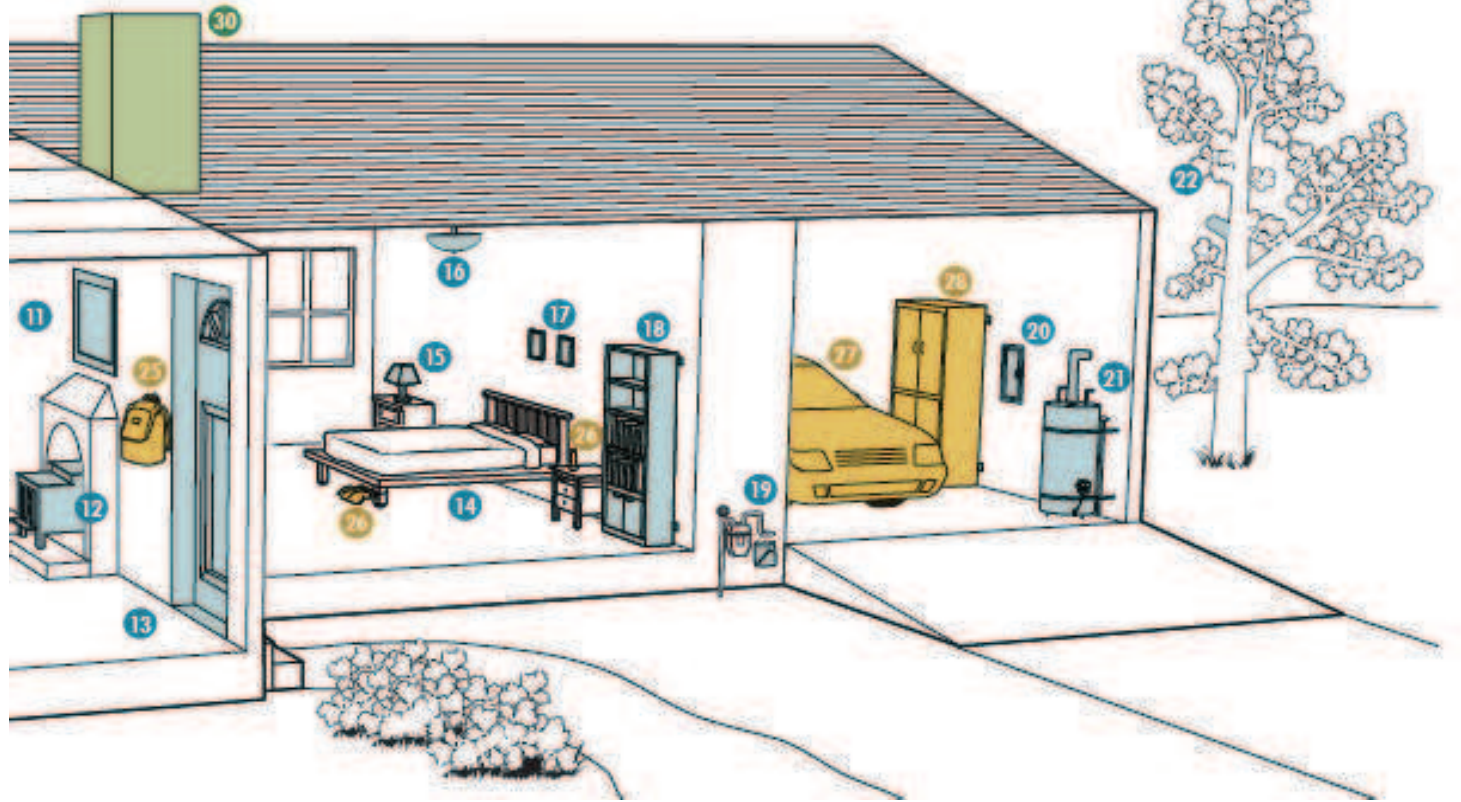
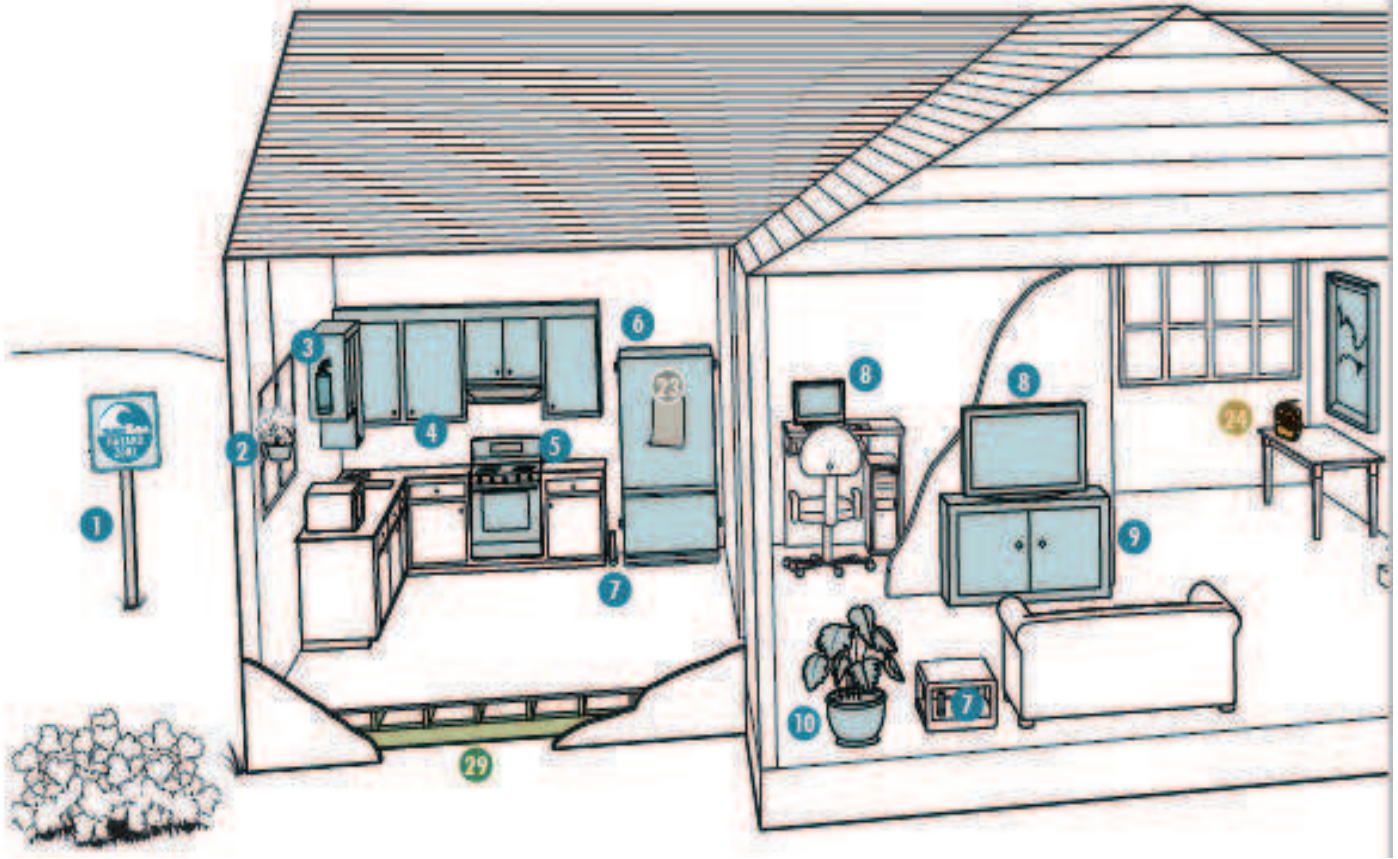
# DISASTER PREPAREDNESS

**EARTHQUAKES AND TSUNAMIS** are inevitable but the damage is not—even in a great earthquake on the Cascadia Subduction Zone. Most damage and loss can be reduced by steps you take before, during, and after. The seven steps that follow include actions to keep you and your loved ones safe, reduce potential damage, and recover quickly. These steps should also be followed in schools, workplaces, and other facilities. By following them, countless casualties can be avoided and millions of dollars saved.

Preparation is the key to surviving a disaster—that much is clear—but where should you start? Start by talking—talk to your family, friends, neighbors, and co-workers about what you’ve learned in these pages about earthquakes and tsunamis in Oregon. Then discuss what you have done to prepare and together plan your next steps.

Many people are overwhelmed by the mere prospect of a natural disaster and, as a result, don’t prepare at all. Do not fall into that trap. Sit down with friends and work on an emergency kit and plan. Get involved in a local Map Your Neighborhood program. Plus, you can start today by following these seven steps.

Visit [earthquakecountry.org](http://earthquakecountry.org) for instructions and resources.



## Step 1 Prepare THIRTY SUGGESTIONS TO MAKE YOUR HOME EARTHQUAKE SAFE

Connect these actions with their locations in the house.

### STEP 1 – IDENTIFY HAZARDS

- 1 Know whether you live, work, or play in a tsunami hazard zone.
- 2 Hang plants in lightweight pots with closed hooks, well secured to a joist or stud and far away from windows.
- 3 Store fire extinguisher (type ABC) in easily accessible location.
- 4 Install strong latches on kitchen cabinets.
- 5 Use flexible connections where gas lines meet appliances.
- 6 Remove or lock refrigerator wheels, secure to studs.

- 7 Keep several flashlights in easily accessible places around the house.
- 8 Secure valuable electronics items such as computers and televisions.
- 9 Keep breakables in low or secure cabinets with latches.
- 10 Move heavy plants and other large items to floor or low shelves.
- 11 Hang mirrors and pictures on closed hooks.
- 12 Secure free-standing woodstove or fireplace insert.
- 13 Keep heavy unstable objects away from doors and exit routes.
- 14 Place bed away from windows or items that may

- fall.
- 15 Secure knick knacks and other small valuables with museum putty.
- 16 Brace overhead light fixtures.
- 17 Place only light weight/soft items over bed.
- 18 Secure top-heavy furniture to studs.
- 19 Keep wrench or turn-off tool in waterproof wrap near gas meter.
- 20 Know the location of your main electrical switch (fuse box or circuit breaker).
- 21 Secure water heater with metal straps attached to studs.
- 22 Trim hazardous tree limbs.

### STEP 2 – CREATE A PLAN

- 23 Have your emergency plan accessible and discuss with all family members.

### STEP 3 – PREPARE DISASTER KITS

- 24 Obtain a NOAA Weather Radio with the Public Alert feature to notify you of tsunamis and other hazards.
- 25 Keep an emergency backpack with copies of important documents near the door to grab and go.
- 26 Keep flashlight, slippers and gloves next to beds.
- 27 Keep gas tank at least half full.
- 28 Store emergency food and water supplies in a dry accessible area. Include first aid kit, extra cash, portable radio, extra batteries, medications and other necessary supplies.

### STEP 4 – STRENGTHEN YOUR HOME

- 29 Use anchor bolts every 4 to 6 feet to secure home to foundation.
- 30 Reinforce brick chimneys.

Information provided by the Oregon Department of Emergency Management.

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.



Cottage Grove Sentinel

[www.cgsentinel.com](http://www.cgsentinel.com)



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# 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

