

Are you ready?

DISASTER PREPAREDNESS

BEFORE AN EARTHQUAKE

THE FIRST STEP to earthquake and tsunami safety is to recognize your hazards. Look around your home and workplace and identify objects that might fall or shift during shaking. Additional information, including how-to instructions, is available at shakeout.org/Oregon and from your local American Red Cross office. **START NOW** by identifying items that may fall, topple, or slide. Secure potentially hazardous and valuable items.

IDENTIFY POTENTIAL EARTHQUAKE AND HAZARDS AND BEGIN TO FIX THEM HANGING OBJECTS

- Place only soft art above beds and sofas.
- Hang mirrors and pictures on closed hooks.
- Brace overhead light fixtures.

OBJECTS ON OPEN SHELVES AND TABLETOPS

- Hold small valuables in place with removable putty, museum wax, or quake gel.
- Add lips to shelves to prevent costly items from sliding.
- Move heavy objects and breakables to lower shelves.

KITCHENS

- Install strong latches on cabinet doors.
- Secure refrigerators and major appliances.

WOOD STOVES

- Anchor stove feet by bolting to floor or creating brick and mortar bracing to keep stove from sliding.
- Note: anchors must not conduct heat.
- Brace stove pipes.

WATER AND GAS PIPES

- Evaluate, replace, and properly secure rusted or worn pipes.
- Replace rigid gas connections with flexible stainless steel gas connections.

WATER HEATERS

- Anchor to wall studs or masonry with metal straps and lag screws.
- Install flexible (corrugated) copper water connectors.

GARAGES AND UTILITY ROOMS

- Move flammable or hazardous material to low cabinets that are securely latched.
- Ensure that items stored above or beside vehicle cannot fall.

HOME AND OFFICE ELECTRONICS

- Secure televisions, computers, sound systems, and other electronics with flexible nylon straps and buckles.

ABOVE GROUND PROPANE TANKS

- Propane tanks can be anchored by mounting the tank on a continuous concrete pad and bolting the four legs to the pad.

FURNITURE

- Store heavy and breakable items on lower shelves.
- Secure tall furniture to wall studs with lag bolts.

CREATE A DISASTER PREPAREDNESS PLAN

WILL EVERYONE in your household know what to do during the violent shaking of a strong earthquake or when a tsunami warning has been issued? Do you know how to get in touch with each other afterwards? Before the next earthquake or tsunami, talk to your family, housemates, or co-workers and plan what each person will do before, during, and after.

After the shaking stops or the waves recede, power, utilities, communication systems, and roads may be out, fires and chemical spills may occur, or you may be separated from children, pets, and other family members. By planning now, you will be ready. Planning for earthquakes and tsunamis will also prepare you for other more frequent emergencies such as storms, fires, and flooding.

PLAN NOW TO BE SAFE DURING AN EARTHQUAKE

- Practice DROP, COVER, and HOLD ON.
- Identify safe spots in every room, such as under sturdy desks and tables.
- Learn how to protect yourself no matter where you are when an earthquake strikes.

PLAN NOW TO RESPOND AFTER AN EARTHQUAKE

- Get a fire extinguisher for your home and learn how to use it properly.
 - Teach everyone in your household to use emergency whistles and to knock three times repeatedly if trapped.
 - Identify family members or neighbors with special needs such as medications, special diets, and wheelchairs.
 - Take a Red Cross First Aid and Cardiopulmonary Resuscitation (CPR) class or refresher course.
 - Know the location of utility shut-offs and keep needed tools nearby. Only turn off the gas if you smell or hear leaking gas.
- Only the gas company should turn the gas back on.
- Install smoke alarms and check them monthly. Change batteries once a year or whenever you hear a "chirping" sound.
 - Work with your neighbors to identify people who have skills and resources useful in an emergency.
 - Know the tsunami hazard zones in your community and how to get to safe areas.
 - Recognize the natural warning signs of a tsunami—strong ground shaking, water receding unusually far, and/or a loud roar from the ocean—and make sure everyone in your family knows to immediately evacuate if they are in a hazard zone.
 - Know how you may be notified if a tsunami warning is issued. Consider a NOAA Weather Radio with the Public Alert feature if you live or work in a tsunami hazard

zone.

- If a tsunami warning is issued, get off the beach and tune in to your radio or television for further instructions on what to do.
- Is there a Community Emergency Response Team (CERT) in your area? If not, go to citizencorps.gov/cert and find out how to start one.

PLAN NOW TO COMMUNICATE AND RECOVER AFTER AN EARTHQUAKE

- Select a safe place outside of your home to meet your family or housemates after the shaking stops.
- Identify an out-of-the area contact person to call who can relay information to other friends and family.
- Provide all family members with a current list of important contact telephone numbers.
- Determine where you might stay if your home cannot be occupied after an earthquake or tsunami.
- Ask about your children's school or day care emergency response plans. Keep emergency release information current.
- Talk to your insurance agent about your coverage for earthquake and tsunami losses.
- Make copies of important documents such as identification, deeds, insurance policies, and financial records in a secure, waterproof container. Include a household inventory of your belongings.

EVERYONE SHOULD HAVE personal disaster supply kits. Keep them where you spend most of your time, so they can be reached even if your building is damaged or if you need to quickly evacuate out of a tsunami hazard zone. Keep one kit in your home, another in your car, and a third kit at work.

PERSONAL/OFFICE DISASTER SUPPLY KIT

- Medications, prescription list, copies of medical cards, doctors' names, and contact information
- Medical consent forms for dependents and copies of personal identification
- First aid kit and handbook
- Non-latex gloves, dust masks
- Spare eyeglasses or contact lenses and cleaning solution
- Whistle (to alert rescuers to your location)
- Sturdy shoes, change of clothes, blanket
- Emergency cash (ATMs require power and might not work)
- Local road maps
- List of emergency out-of-area contact phone numbers
- Bottled water, snack foods high in water and calories
- Flashlight with extra batteries and light bulbs
- Comfort items such as games, crayons, writing materials, stuffed animals
- Toiletries and personal care supplies
- Extra keys for car, home, office, safe deposit box etc.

HOUSEHOLD DISASTER SUPPLY KIT

Supplies for at least seven days

- Store in an easily accessible location, preferably outdoors, in a large watertight, easily-moved container. Replace perishable items like water, food, medications and batteries on a yearly basis.
- Water (minimum one gallon a day for each person and pet)
 - Wrenches or other special tools to turn off gas and water supplies
 - Work gloves and protective goggles
 - Heavy duty plastic bags for waste, and to serve as tarps, rain ponchos, etc. Include duct tape.
 - Portable or hand-cranked radio with extra batteries
 - Additional flashlights or light sticks
 - Canned and packaged food
 - Charcoal or propane for outdoor cooking and matches if needed
 - Cooking utensils and a manual can opener
 - Pet food, pet carrier and restraints
 - Comfortable, warm clothing including extra socks
 - Blankets and/or sleeping bags, and perhaps a tent
 - Copies of vital documents (deeds, insurance, bank accounts etc.)

CAR DISASTER SUPPLY KIT

Decide what items in your personal kit are absolute necessities and add:

- An additional 6-pack of water
- Tire repair kit, booster/jumper cables, pump and flares, white distress flag or silver space blanket
- Seasonal supplies: winter (blanket, hat, mittens, shovel, sand, chains

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.



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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

