

## In case of emergency, find the safest room

In the event of an emergency, particularly weather-related disasters with high winds like hurricanes, safety officials urge homeowners to take shelter in the safest room in their homes. Determining where this might be depends on the structure itself. Generally speaking, look for an interior room that is near the center of the house. It's often best to choose one that doesn't have windows or with windows that are very small. Bathrooms or walk-in closets are typically the safest areas in one-story homes. In two-story homes, the strongest wall of the house is often near the stairwell. Therefore, a first-floor closet may be the best spot. The National Weather Service says that in the event of a tornado, being underground is best, so seek shelter in a storm cellar or basement. However, if no subterranean shelter is available, seek out shelter as far inside the structure as possible, ideally in a small space. Again, bathrooms, closets, under stairs, or in a hallway may be the best bets.

## What is a standby generator?

No one wants to imagine losing power in their homes. But homeowners and renters face such situations every day. For those who aren't prepared to confront power outages, doing so can be a nuisance in the best of situations, and potentially very dangerous, if not fatal, in the most dire instances.

Thankfully, no one has to go long without power. Standby generators are backup electrical systems that operate automatically. Once the generator senses a power loss, which can occur within seconds of a utility outage, its automatic transfer switch essentially gives the generator a wakeup call, commanding it to begin supplying power to the circuits in a home.

Some transfer switches may be automated, requiring no effort on the part of homeowners when the power goes out. Others may need to be flipped on like one might flip a light switch. Seniors and/or people with mobility issues may benefit from standby generators with automated transfer switches, as they may find it difficult to manually turn the switches themselves. That's especially true if the power goes out overnight, when visibility inside a home with no power is compromised.

Standby generators are typically connected to the circuits throughout a home, which means they can kick in and run HVAC systems, refrigerators and security systems, among other devices. That helps people stay comfortable and sleep well during power outages, while also ensuring they won't have to throw away any groceries or spend times in their homes without functioning security systems.

Standby generators can help people prepare for and overcome storms and natural disasters, making them an invaluable addition to any home.

# How much should you stockpile for an emergency?

When the novel coronavirus COVID-19 was officially proclaimed a pandemic in March 2020, people were urged to stay home and limit their exposure to those outside their households. Understandably, some measure of panic ensued after that proclamation.

Fears of lockdowns and an inability to shop for necessities created worldwide shortages of cleaning supplies, meat, canned goods, grains, and paper products like toilet tissue. Shoppers were grabbing what they could when they could, and empty store shelves were left in the wake of the pandemic.

Although it's wise to keep an ample stockpile of foods and other supplies in advance of a weather emergency, it's important to draw the line between planning proactively and hoarding goods. But what is the right amount to have on hand?

According to the Federal Emergency Management Agency, each person

should have a cache of supplies that can last up to two weeks. Included in the recommendations are 1 1/2 gallons of water each day per person. One half-gallon is for drinking purposes and the remaining gallon is for hygiene should water supplies be interrupted by the emergency. That equates to 84 gallons of water for a family of four, which may not be feasible for many families. One workaround is to fill a bathtub in one bathroom with water to use for hygiene and reserve bottled water for drinking.

In regard to food, City Prepping, a popular social media channel for preppers, has created a list of what might be included in a two-week emergency supply. Most of the supplies are nonperishable items. Some options include:

- canned soup (20 cans)
- powdered milk
- cereal (two boxes)
- canned vegetables (20 cans)
- peanut butter (two jars)
- pasta (20 bags/boxes)
- coffee or tea



- canned fruit (20 cans)
- oatmeal (five pounds)
- rice (20 pound bag)
- olive oil

Individuals who have a chest freezer also may think about purchasing meats/poultry and frozen foods when they are on sale and creating a two-week menu. Invest in foods that are nutritionally dense and easy to prepare.

In addition, set aside an area to store other supplies. Sanitation and hygiene items, matches in a waterproof container, extra

clothing and blankets, cash, and special needs items like prescription medications, contact lens solution and batteries also are good to have on hand. Some items like disinfecting wipes may still be in short supply, so buy them as they become available.

Preparing for an emergency requires having at least a two-week supply of necessary items on hand. Using resources wisely and avoiding hoarding behaviors can help prevent shortages.

## Federal Emergency Management Agency

The Federal Emergency Management Agency, or FEMA, notes that it's important for parents of school-aged youngsters to familiarize themselves with the emergency response plans established by their children's schools. Such plans typically include how the school will respond if school is in session during snowstorms or natural disasters, as well as the protocol surrounding lockdown situations where children may be in danger. In such situations, knowledgeable parents who are familiar with emergency response plans and how to communicate with school officials and how those officials will disseminate information to concerned parents can help first responders and educators focus on their responses, which may involve protecting children. Knowledge of these plans also can calm parents' nerves and reduce the likelihood that school campuses will become chaotic in the wake of potentially dangerous situations, including storms or natural disasters. In addition to learning about schools' emergency response plans, parents can discuss these plans with their children. Such discussions should emphasize the importance of following educators' instructions during both practice drills and when the plans are implemented in response to disasters or other threats.



# FEMA

## The City of Cottage Grove and its many partners work to keep you informed before, during and after disaster strikes.

Our Emergency Management Partners:

- City of Cottage Grove Police Department
- South Lane County Fire and Rescue District
- City of Cottage Grove Public Works Department
  - Lane County Emergency Management
  - South Lane School District
  - The local Red Cross chapter
  - Local utilities and other agencies.

To learn more visit:

[cottagegrove.org/cd/page/emergency-management](http://cottagegrove.org/cd/page/emergency-management)



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**Are You Ready?**  
See our supply checklist  
in this publication.



# September Is National Preparedness Month

**Planning ahead can make a life-saving difference in the event of a natural disaster or emergency. Go to [ready.gov](http://ready.gov) for a comprehensive list of emergency preparedness tips, and put these three tasks at the top of your to-do list:**

- 1. Develop and communicate a family emergency plan.**
- 2. Put together a "go bag" to take with you in the event of an evacuation.**
- 3. Create a 7-day emergency supply kit for your home.**



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