



Benton County:

At Your Service
Every Day

Benton County Emergency Management

Search and Rescue
180 NW 5th Street
Corvallis, OR 97330
(541) 766-6864
(541) 766-6052 fax

www.co.benton.or.us/sheriff/ems

Benton County Health Department

530 NW 27th Street
Corvallis, OR 97330
(541) 766-6835

www.co.benton.or.us/health

Disaster Preparedness For You and Your Household



Together we're building a more disaster resilient community!

About Disaster Preparedness...

This booklet contains information that is intended to help you prepare yourself and your household for an emergency or disaster. It is not all-inclusive and should be modified as you see fit to suit your individual and family needs.

Keep this plan in a **safe location** where it is also easily accessible during emergencies. Also keep it somewhere **discreet to protect the personal information** it contains.

It is recommended that you use a pencil to complete this document for ease of making future corrections.

The Benton County Hazard Analysis¹ rates the following natural and human-caused threats as ones of the greatest concern because of our history, our vulnerability, the maximum threat and the probability of occurrence.

- Earthquake
- Flood
- Snow/Ice Storm
- Windstorm
- Utility Failure
- Wildfire

**Keep this plan updated with current and correct information.
Review it as needed, at least annually, consider fall or
♥ Valentine's Day ♥ – for the ones you love!).**

Plan reviewed/updated: By:

¹ **Benton County Hazard Analysis**, Benton County Emergency Management

Benton County, Oregon

Disaster Preparedness for You and Your Household

First Edition, November, 2006

It is not a question of *if* we will face a community emergency or disaster situation, but rather *when* the next one will occur. And, even in the most prepared communities there are not enough professional emergency responder resources to meet all of the needs that can occur when a disaster strikes. It will only be *together*, that we will endure and recover from whatever we face.

Emergency preparedness and disaster resilience is a truly community effort and everyone is needed to do their part to plan, prepare, mitigate and help others: you, your family, your neighborhood, businesses, government, faith communities, service providers ... *everyone*. And for those who for some reason are not able to be prepared on their own, we must include them in our individual and community plans and preparedness – so that no one is ever left behind.

Thank you – to all of you who invest in emergency planning and preparedness, who include others less able in your plans, and who do what you can to make our community a safer place to live, work, learn and enjoy.

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City of Corvallis

Road and Weather Information

Mary's Peak - (541) 750-7000 (weekdays, 8:00 am - 4:30 pm, after-hours recording). No snow park permits are required on Mary's Peak. NW Forest Passes are required for parking, contact Siuslaw National Forest.



Oregon State Highways - Department of Transportation/State Police Road Condition Information, November 1-April 30, in-state callers (800) 977-6368. For out-of-state callers, dial (503) 588-2941 (24 hour, recorded message). For Benton/Lincoln/Lane county State Highways only - during local emergency conditions - call (541) 757-4211 (weekdays 7-5:30, and with extended hours during emergency conditions). **Dial 5-1-1** from your cell phone.

Benton County Road Closures/Conditions - Benton County Public Works, (541) 766-6821 (weekdays, 8-5:00 pm) or see Corvallis government cable TV access channel. Also visit: www.co.benton.or.us/pw on the web for current closures and high water warnings.

City of Corvallis Road Closures/Conditions - City of Corvallis Public Works, (541) 754-1772 (24-hour recorded message), (541) 754-1771 for snow and ice conditions.

Linn County Road and Weather - Linn County Road Department, (541) 967-3919 (weekdays 7:00 am - 5:00 pm) or (541) 812-8800 after hours. For Linn County road conditions on the web, visit: <http://www.co.linn.or.us/Roads/RoadClosures.asp>

City of Albany Road Closures/Conditions – Albany Public Works, (541) 917-7600 (weekdays 8:00 am - 5:00 pm), or (541) 967-2394 after hours.

Lane County Road and Weather - Lane County Public Works, (541) 682-6900 (weekdays 8:00 am - 5:00 pm, hours extended during extreme conditions).

Polk County Road and Weather - Polk County Public Works, (503) 623-9287 (weekdays 8:00 am - 5:00 pm).

Weather Forecasts - National Weather Service, Forecasts and River Projections (503) 261-9246.

Resources on the web:

National Oceanic & Atmospheric Administration:

<http://www.wrh.noaa.gov/Portland/>

National Weather Service Hydrologic Prediction:

<http://ahps2.wrh.noaa.gov/ahps2/index.php?wfo=pqr>

National Weather Service/OSU weather forecasts and warnings:

<http://www.ocs.orst.edu/>

Oregon Department of Transportation “Trip Check,” road conditions and live cameras: <http://www.tripcheck.com/>



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Vehicle Emergency Kit



Every vehicle should be equipped with an emergency kit and some basic supplies you can rely upon in the event of a disaster, mechanical failure, weather emergency, or even operator error (empty gas tank). If you're a hiker, snowmobiler, cross-country skier, horseback rider, etc., it's not a bad idea to also carry an empty backpack with your vehicle emergency kit: before you set out, transfer appropriate supplies from your vehicle emergency kit into your backpack, then return them to the main kit when you come back to the car. This is particularly true during inclement weather when cold, wet and poor visibility conditions can make an *inconvenience* a serious situation. Following are some recommended items to keep current and stocked in your vehicle emergency kit:

- | | |
|--|---|
| <input type="checkbox"/> Maps | <input type="checkbox"/> Rain gear & extra clothing |
| <input type="checkbox"/> Compass | <input type="checkbox"/> Battery-powered radio and extra batteries |
| <input type="checkbox"/> Gloves and sturdy shoes, extra socks | <input type="checkbox"/> ABC-type Fire Extinguisher |
| <input type="checkbox"/> Water and food | <input type="checkbox"/> Light sticks, matches, candles (tea lights are good for fire starting) |
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Shovel |
| <input type="checkbox"/> Necessary medications | <input type="checkbox"/> Booster/jumper cables |
| <input type="checkbox"/> Flares | <input type="checkbox"/> Chains, traction mats |
| <input type="checkbox"/> Flashlight and extra batteries | <input type="checkbox"/> Hand warmers |
| <input type="checkbox"/> Blankets for warmth, "space blankets" | |

Other good suggestions include: kitty litter for ballast* and traction should your vehicle get stuck, spare fuses, extra batteries for the cell phone, books/travel games (for passing the time as you wait in traffic or for help to arrive, and any job-specific supplies that you might need if you had to report to work in an emergency.

* You may need to adjust your vehicle headlights if you are significantly changing the load distribution. Improperly adjusted headlights are a serious safety hazard for other drivers, particularly in inclement weather.

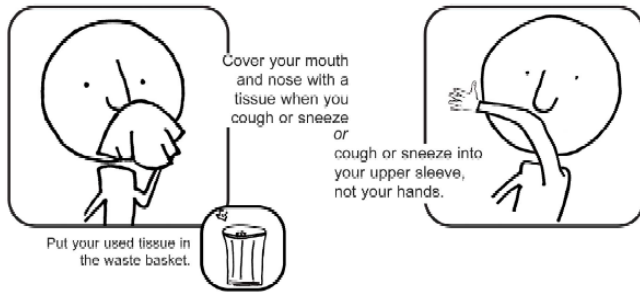
Before you travel: make sure your Automobile Emergency Kit is stocked and complete, let someone know where you're headed and what route you'll take, and check road and weather conditions before you leave.

For more information, contact Benton County Emergency Management, (541) 766-6864, or visit our website at http://www.co.benton.or.us/sheriff/ems/hazard_information.html

Preparing for influenza

Our community can have a significant effect on the spread of communicable diseases such as influenza if we all do what we can to prevent the spread of illness and to prepare, should we need to stay away from public places for a period of time.

- **Take care of your health:** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Practicing healthy habits will help you stay healthy during flu season and all year long.
- **Get your flu shot.**
- **Clean your hands.** Washing your hands often will help protect you from germs: 20 seconds, washing with soap under running water or use of an alcohol-based hand cleaner.
- **Stay home when you are sick.**
If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- **Cover your cough.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. If no tissue is available, cough or sneeze into your sleeve – not your hands.



- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- **Avoid close contact.**
Avoid close contact with people who are sick. When you are sick, keep your distance, at least three feet or “arm’s length”, from others to protect them from getting sick too.
- **Include medical supplies in your household emergency kit.**

General Disaster Preparedness Tips

- **Consider the hazards in our area** and your exposure to them. We know, for example, that flooding, winter storms, snow and ice and wind storms occur regularly in the late fall to early spring. Depending upon the severity of the event, travel, communications, electricity and other utilities can be disrupted and community members may need to get by on their own for a time. Other hazards that occur less regularly but that may have even more devastating effects include earthquake, fire and wildfire and hazardous materials accidents.
- **Prepare now and stay prepared.** You never know when an emergency will happen. Preparedness efforts are your safety (and peace of mind) investment – not unlike a smoke or carbon monoxide detector. Periodically check your preparedness kits to ensure they are complete and current. Have an emergency kit in each family vehicle so that when you are away from home, at work, school, shopping or traveling, you’re not without emergency supplies.
- **Practice what to do** in an earthquake with family members, just as you would a fire drill. The safest response to the shaking of an earthquake is not necessarily an instinctive one. Trying to get outside, for example, can be a deadly mistake as heavy debris is falling all around you. Family members and coworkers need to know and practice taking immediate and appropriate cover until the shaking stops. Drop, Cover and Hold.
- **Prepare for an earthquake** – is a great way to start your overall disaster preparedness; you’ll be generally prepared for any less complicated or smaller emergency. Earthquake preparedness includes taking steps to make your home or work environment less hazardous in a seismic shaking event, assembling and setting aside emergency supplies, preparing a family emergency plan, and knowing when and how to shut off utilities. Add medical supplies for a sustained illness like a severe influenza season to take care of your family at home if you need to.

- **Connect with your neighbors.** In an emergency, neighbors are generally your first and best source of help. Professional emergency responders like police, fire, public works, and medical services are likely to be overwhelmed for the first hours or days of a large-scale event. During that time, neighbors can coop resources, talents and support to help everyone endure and eventually recover from the disaster.

Contact Peggy Peirson, Benton County Emergency Services Coordinator for more information or to schedule a 90-minute **Neighborhood Emergency Training** presentation in your neighborhood.

- Contact your local office of Emergency Management for more information about the hazards and exposure in your area as well as simple and effective mitigation and preparedness measures that you can implement.

Benton County Emergency Management

553 NW Monroe, Corvallis, OR 97330
 (541) 766-6864, 766-6052 (fax)
www.co.benton.or.us/sheriff/ems/ems.html

Lane County Emergency Management

125 E. 8th Avenue, Eugene, OR 97401
 (541) 682-6744, 682-3309 fax

Lincoln County Emergency Management

225 West Olive Street, Newport, OR 97365
 (541) 265-4199, 265-4197 fax

Linn County Emergency Management

115 Jackson Street SE, Albany, OR 97321
 (541) 967-3954, 967-8169 fax

Polk County Emergency Management

850 Main Street, Dallas, OR 97338-3185
 (503) 831-3495, 623-2060 fax

ADDITIONAL SUPPLIES:

- | | |
|---|---|
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Hearing aid batteries |
| <input type="checkbox"/> Blankets | <input type="checkbox"/> Cook stove with fuel |
| <input type="checkbox"/> Battery-powered clock | <input type="checkbox"/> Heavy gloves |
| <input type="checkbox"/> Light sticks | <input type="checkbox"/> Duct tape |
| <input type="checkbox"/> Flashlights | <input type="checkbox"/> Sturdy shoes for each family member |
| <input type="checkbox"/> Battery-powered radio | <input type="checkbox"/> Ax, shovel, broom |
| <input type="checkbox"/> Extra batteries | <input type="checkbox"/> Pliers, wrench, pry bar |
| <input type="checkbox"/> Matches | <input type="checkbox"/> Household bleach |
| <input type="checkbox"/> Money (coins) | <input type="checkbox"/> Map of area (for identifying evacuation routes or shelter locations) |
| <input type="checkbox"/> List of insurance policy numbers | <input type="checkbox"/> Diapers, baby formula |
| <input type="checkbox"/> Fire extinguisher | <input type="checkbox"/> Vaccination records |
| <input type="checkbox"/> Trash bags | <input type="checkbox"/> Hygiene products |
| <input type="checkbox"/> Medications | <input type="checkbox"/> Warm clothes for each family member |
| <input type="checkbox"/> Copy of prescriptions | |
| <input type="checkbox"/> Extra eye glasses | |

Involve Your Neighborhood:

- Organize your neighborhood! 25-30 households is about the right size. Work through an existing organization if you have one: Neighborhood Watch, homeowners’ or neighborhood association. The **Linn Benton Neighborhood Emergency Training Program** can provide you with the information to get started. Call your local office of emergency management to schedule a presentation.
- Arrange to share expensive equipment such as chain saws, generators, and 4-wheel drive vehicles.
- Start a “buddy squad” to check on elderly or disabled neighbors during and after disasters such as extended power outages or winter storms. Also check on children who may be home alone. Turn your organizing efforts into a neighborhood social event, such as a block party. (Draw them in with food, then make your presentation!)

Being prepared is another form of insurance

FOOD:

- Canned foods are easy for storage and long shelf life. Ready-to-eat canned meat, fruits and vegetables are some examples. Choose foods your family members like - a disaster is not the time to try new menu items. Check expiration dates at least annually.
- Also recommended are canned or dried juice mixes; powdered or canned milk; high energy foods such as peanut butter, jelly, crackers, unsalted nuts, trail mix; freeze-dried foods, cereals, and rice.
- Store foods in single or family meal-size packaging that you will use up in one sitting; unrefrigerated leftovers can lead to food poisoning.
- Don't forget your pets. Store canned and dry pet food along with an extra collar and leash. Every pet should have a pet carrier. Include pet shot records in your family medical health records.
- Add a manual can opener, cooking and eating utensils, and basic food seasonings to your kit.

WATER:

- Store at least a five day supply of water for each family member and/or a way to treat water for safe drinking. One gallon per person per day is recommended for drinking, cooking, and minimal washing. Include water for your pets. Write the date on the water containers and replace them every six months.
- Learn how to preserve and remove the water from your water heater just in case you need it. Be sure to turn off the gas or electricity to the tank before draining off water for emergency use.
- Purify water by boiling it for 5 to 10 minutes or by adding drops of household bleach containing 5.25% hypochlorite. The Federal Emergency Management Agency (FEMA) recommends 16 drops of bleach per gallon of water. Water purification tablets or a filter system such as those designed for campers and backpackers also work.

Your Planning Checklist

- Involve household members in your disaster/emergency planning.
- Review emergency safety measures such as what to do if there is a fire, an earthquake, a power outage, a hazardous chemical spill, etc. Be sure that everyone knows what to do.
- Establish emergency meeting places – one in your neighborhood and one elsewhere in the community. (Pages 16, 24, 28).
- Decide upon an out-of-area emergency contact, at least 100 miles away that all family members know to call if you are separated or lose local phone service in an emergency. (Pages 10, 13, 14, 15).
- Assemble a (minimum) 5-day household emergency kit that is kept current, accessible and complete. Be sure to include provisions and supplies for a sustained illness such as influenza or other severe illness. (Pages 31-34).
- Remember provisions for pets, including carriers, a leash, identification, shot records, medications, food and water. (Pages 8, 31-34).
- Conduct a home hazard hunt and correct safety hazards. (Page 25.)
- Include three more individuals in the community in your household plan – people who may be more vulnerable to emergency or disaster. Be sure to check on them in an emergency. (Page 13).
- Talk with your employer and/or employees about work and/or volunteerism expectations in a disaster. Do you or they come to work? What if phones are out and you can't call in to check?
- Keep vegetation and other flammable materials away from your home. A 30 foot fire break is recommended.
- Organize your neighborhood to learn about disaster preparedness and to help each other in an emergency. Call your local office of emergency management to schedule a presentation.

Evacuation

If an evacuation is ordered for the area, quickly grab your family disaster supply kit (including food, water, clothing to keep you warm and dry, sturdy footwear, gloves, shelter, medication/first aid supplies, hygiene supplies, pet needs, important records, a portable radio and batteries, etc.), leave a prominent note in the home describing who evacuated and where you were headed, and follow officials' evacuation instructions.

Generally, there are 4 main evacuation routes from Benton County:

North: Hwy 99W towards Adair Village and Monmouth; Hwy 20 towards Albany; Hwy 20 to 223 towards Kings Valley

East: Hwy 34 towards Albany, Hwy 20 toward downtown Albany

West: Hwy 20 towards Blodgett; Hwy 34 towards Alsea

South: Hwy 99W towards Monroe; Hwy 34 towards Alsea, Hwy 34 toward Albany and South on Peoria Road, Hwy 99E or I-5

Evacuation routes will vary depending upon the nature of the emergency, hazards along the way, traffic and the accessibility of each route. The quickest and most accessible routes will be announced by public officials in a disaster via normal media outlets at the time of the emergency. ('KOAC' 550AM/91.5FM radio; OPB, Ch7 TV/Cable; Benton County Website, etc.)

Household Information

Home Address: _____

Name: _____ Home/Work/Cell # _____

Name: _____ Home/Work/Cell # _____

Name: _____ Home/Work/Cell # _____

Name: _____ Home/Work/Cell # _____

Name: _____ Home/Work/Cell # _____

Name: _____ Home/Work/Cell # _____

Name: _____ Home/Work/Cell # _____

Name: _____ Home/Work/Cell # _____

E-mail1: _____

E-mail2: _____

Vehicle Make _____/ Model _____/ Year _____
License # _____/ Color _____

Vehicle Make _____/ Model _____/ Year _____
License # _____/ Color _____

Vehicle Make _____/ Model _____/ Year _____
License # _____/ Color _____

Vehicle Make _____/ Model _____/ Year _____
License # _____/ Color _____

Vehicle Make _____/ Model _____/ Year _____
License # _____/ Color _____

Urgent Numbers

CALL 9-1-1 FOR EMERGENCY*

Workplace Emergency# _____

Doctor # 1 _____

Doctor # 2 _____

Doctor # 3 _____

Fire _____

Police _____

Ambulance _____

Poison Control _____

Hospital Emergency Room _____

Family/Household Emergency Contacts:

Name	Relationship	Telephone Number(s)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

*** Note:** After a disaster, 9-1-1 may be overwhelmed or not working altogether. Local telephone service may be out as well.

- Keep your fingers out of your mouth, eyes and away from your face. Avoid handling food with your hands. Use utensils wherever possible.
- Sterilize your eating utensils by heat. You can also rinse dishes in purified water that has additional chlorine bleach added to it. (Use 2 1/2 teaspoons bleach per gallon of purified water, allow drying before use.)
- Keep your clothing as clean and dry as possible, especially under-clothing and socks.

If, during an emergency situation, you become ill, particularly with vomiting or diarrhea, rest and stop eating solid foods until the symptoms subside. Pay particular attention to hydration - take fluids, particularly water, in small amounts at frequent intervals. As soon as can be tolerated, resume eating semi-solid foods. Normal salt intake should be maintained.

Sanitation

The lack, under-functioning of or damage to sanitation facilities following a major disaster can quickly create a secondary disaster unless basic guidelines are followed.

If water lines are damaged or if damage is suspected, do not flush the toilet. Avoid digging holes in the ground and using them for sanitation – untreated, raw sewage can pollute fresh ground water supplies and can also attract flies and promotes the spread of serious disease. For sanitation emergencies:

- Store a large supply of heavy-duty plastic bags, twist ties, disinfectant, and toilet paper.
- A good disinfectant that is easy to use is a solution of one part liquid bleach to ten parts water. Dry bleach is caustic and not safe for this type of use.
- If the toilet is NOT able to be flushed, it can still be used. Remove all water from the bowl and line it, a 5 gallon pail, or other appropriately sized waste container with two heavy-duty plastic bags. Place kitty litter, fireplace ashes, or sawdust into the bottom of the inner bag. At the end of each day, add a small amount of deodorant or disinfectant, secure the bag with twist ties, and dispose of it in a large trash can lined with a sturdy trash bag and with a tight fitting lid. Eventually, there will be a means of disposal for these bags.

Tips for Staying Clean in an Emergency Situation

As much as possible, continue regular hygiene habits such as brushing your teeth, washing your face, combing your hair and even washing your body with a wet washcloth or cleansing wipe. This will help prevent the spread of disease and irritation as well as help relieve stress.

- Wash, cleanse hands thoroughly and frequently. Do not wash hands in contaminated water.

Utility and Service Contacts (“n/a” if not applicable)

Service Provider Name:	Address	Contact
	Note/Acct #	Phone
Water/Sewer		
Service Provider Name:	Address	Contact
	Note/Acct#	Phone
Electric		
Service Provider Name:	Address	Contact
	Note/Acct#	Phone
Fuel: Natural Gas / Oil / Propane		
Service Provider Name:	Address	Contact
	Note/Acct #	Phone
Telephone		
Service Provider Name:	Address	Contact
	Note/Acct#	Phone
Cable		
Service Provider Name:	Address	Contact
	Note/Acct#	Phone
Home Medical		
Service Provider Name:	Address	Contact
	Note/Acct#	Phone

Out-of-Area Contacts #1

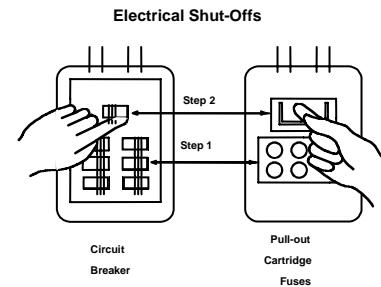
Name Relationship	Address	Phone(s): Home, Cell, Wk	E-mail Address

Important: In a disaster, use phone for emergencies only. Local phone lines may down. Make one call to your out-of-area contact to report in. Let this person contact others.

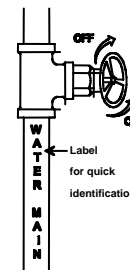
Out-of-Area Contacts #2

Name Relationship	Address	Phone(s): Home, Cell, Wk	E-mail Address

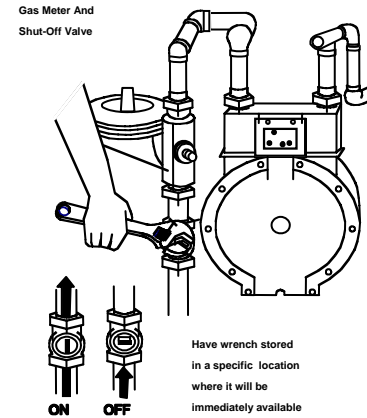
Utilities



Water Shut-Off



Gas Meter And Shut-Off Valve



Locate each of these utility control points in your home:

Electricity:

To turn off the electricity in your house, go to the breaker box and do the following:

1. Turn off smaller breakers one by one. and
2. Flip the “main” breaker last.

To re-energize your home, reverse the steps above.

Water:

To shut water off inside your home, find the main water valve and turn it to your right. To open the flow of water back into the house, turn it to your left.

Know what to do in an emergency...and what NOT to do.

In an **Earthquake**:

- If you are outdoors, stay there. Move away from buildings, trees, streetlights and utility wires.
- If you are in a moving car, pull safely to the side of the road and stay in the car. Avoid stopping near or under buildings, trees, overpasses and utility wires. Do not attempt to drive across bridges or overpasses that may have been damaged.
- Indoors, DROP, COVER and HOLD ON.
 - Immediately drop down low, move beneath or along side something sturdy, and hold on until the shaking stops.
- At the beach or along the coastline, DROP, COVER and HOLD...THEN move immediately to higher ground. A tsunami or sea wave can follow in minutes after an earthquake.

Where there is **Flooding**:

- Never enter flood waters or go around flood warning signs and barricades. Water can be deeper than you think and can carry away a vehicle in no time.
- Be alert for gas and other hazardous materials leaks.
- Stay clear of power and electrical wires.
- Flood waters are often contaminated with chemicals and/or sewage. Avoid them if you can. Cleanse/disinfect anything that comes into contact with flood waters thoroughly.

In **Bad Weather**:

- Generally, defer travel until conditions improve.
- KNOW BEFORE YOU GO – check road and weather information sources before you travel. (See page 39).
- Make sure someone knows your travel plans and route.
- SLOW DOWN and allow extra distance between you and other vehicles if you must drive.
- Always have an emergency kit and provisions in every vehicle.
- Check on others who may be less able to cope with severe weather.
- If there is potential for lightning – move quickly indoors and away from windows. If you must be outside, stay away from trees and other tall objects. “Get low and small,” crouching on the balls of your feet and clasping your knees.

Work, School, and Other Contacts

Household Member Name	Work/School/Other
	Address
	Phone
Emergency Procedures:	
Household Member Name	Work/School/Other
	Address
	Phone
Emergency Procedures:	
Household Member Name	Work/School/Other
	Address
	Phone
Emergency Procedures:	
Household Member Name	Work/School/Other
	Address
	Phone
Emergency Procedures:	
Household Member Name	Work/School/Other
	Address
	Phone
Emergency Procedures:	

Note: Household members should know each other's emergency procedures for work, school, or other places where they spend time during the week.

Reunion Information

<p>Gathering and/or Evacuation Place - In or Around House/Apartment</p> <p>Gathering Inside – prowler or some outside threat, power outage, heavy storm, etc.</p> <p>Gathering Outside – following fire or earthquake evacuation for example.</p>	<p>Inside House/Apartment</p> <hr/> <p>Outside House/Apartment</p>
<p>When Family is Not Home - Community Reunion or gathering place (in case you cannot get home due to disaster situation)</p> <p>Leave note in a designated place where you will be and a reminder of any contact telephone numbers: i.e., with a neighbor, relative, park, school, shelter, etc.</p>	<p>Priority Location</p>

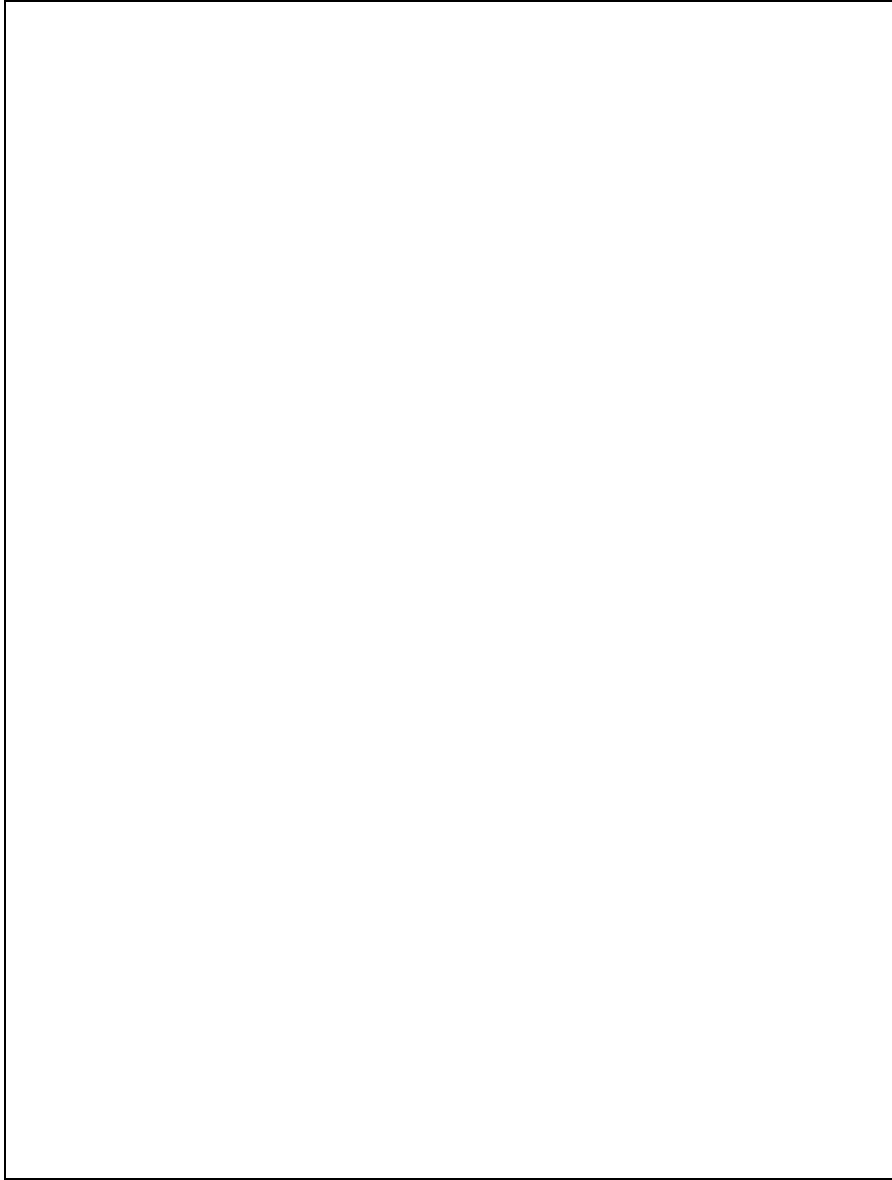
Note: Identify and discuss with household members the reunion places if you need to find a safe place inside, a gathering place after evacuation outside, or elsewhere in the community if you cannot all get home. Reunion and evacuation procedures need to include procedures for children if they are at school and house members with disabilities. Talk to school officials to find out their plans and training. ***** Practice.*****

Home Hazard Hunt

Conduct a home hazard hunt and correct safety concerns:

- Place heavy and/or breakable objects on lower shelves.
- Install latches on cupboard doors to prevent contents from falling out in an earthquake.
- Move beds away from windows.
- Store flammables and hazardous chemicals in the garage or an outside shed, also so that they will not fall, break and potentially combine to make an even more hazardous substance.
- Protect/secure breakable valuables by securing them to surfaces with putty (products available at antique stores, museums).
- Secure tall, heavy furniture that could topple, such as bookcases, china cabinets, entertainment units, filing cabinets. “L” brackets with three-inch lag bolts into a stud, are recommended.
- Secure heavy electronic equipment such as televisions, computers, a microwave, by strapping them down or placing them on top of a specially designed quake mat (non-skid mat).
- Strap water heaters to studs so that they remain upright. This preserves an important source of water and may prevent a fire.
- Hang plants and heavy pictures from eye-bolts instead of simple hooks to prevent them from being knocked down.
- Make sure emergency exits are clear of obstacles and trip hazards.
- Examine fire extinguishers and alarms throughout your home to make sure they are current and working. Make sure every household member old enough to use a fire extinguisher knows where they are in your home and how to use them properly. (How to use a fire extinguisher is an excellent family drill.)
- Keep a safety helmet, sturdy shoes, a pair of gloves and two light sticks under every household member’s bed. Clear lens protective eyewear or goggles are also a good idea. After an earthquake or explosion, falling and fallen debris are major sources of serious injury – be sure to have protection for your head, hands, feet and eyes.
- Locate your natural gas meter. Know how and when to turn off natural gas. Never turn natural gas back on. Call the utility company for a safety inspection and service restoration.

Home Layout/Diagram



Sketch a layout of your home. Include locations of utility shutoffs, safety equipment like fire extinguishers, disaster supplies, meeting places, etc.

Important Notes and Procedures

Note: *People with disabilities are advised to identify two or three people at work, school, neighborhood, etc. who they can call to assist them in the event of a disaster.*

Medication List Page 1

<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>
<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>
<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>

ALLERGIES

Allergies to Medications	
<i>Patient Name</i>	<i>Medication Name</i>
Other Allergies	
<i>Patient Name</i>	<i>Allergic to</i>
Health/Disability/Special Needs Information	
<i>Patient Name</i>	<i>Condition</i>

Note: Fill this and all sections out in pencil. Update regularly. If additional information is needed, tape or staple another sheet of paper.

Pharmacy/Doctors/Specialists

Pharmacist Name(s)	Pharmacy Name	Phone/Address
	Pharmacy Name	Phone/Address
Specialist Name	Area of Concern	Phone
For Patient:	Organization	Address
	Specialist Name	Area of Concern
For Patient:	Organization	Address
	Specialist Name	Area of Concern
For Patient:	Organization	Address
	Specialist Name	Area of Concern
For Patient:	Organization	Address
	Specialist Name	Area of Concern
For Patient:	Organization	Address
	Specialist Name	Area of Concern
For Patient:	Organization	Address

Medication List Page 2

<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>
<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>
<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>

Medication List Page 3

<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>
<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>
<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>

Medication List Page 4

<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>
<i>Patient Name</i>	<i>Doctor Name</i>	<i>Doctor Phone</i>
<i>Medication Name</i>	<i>Reason For Taking</i>	<i>Dose/Frequency</i>
<i>Date Started</i>		<i>Where Kept?</i>

Note: Keep at least seven days of vital medications and supplies on hand at all times. Talk to your doctor about supplies in excess of 30 days and properly storing medication.

IMPORTANT:

Last update of medications pages: _____