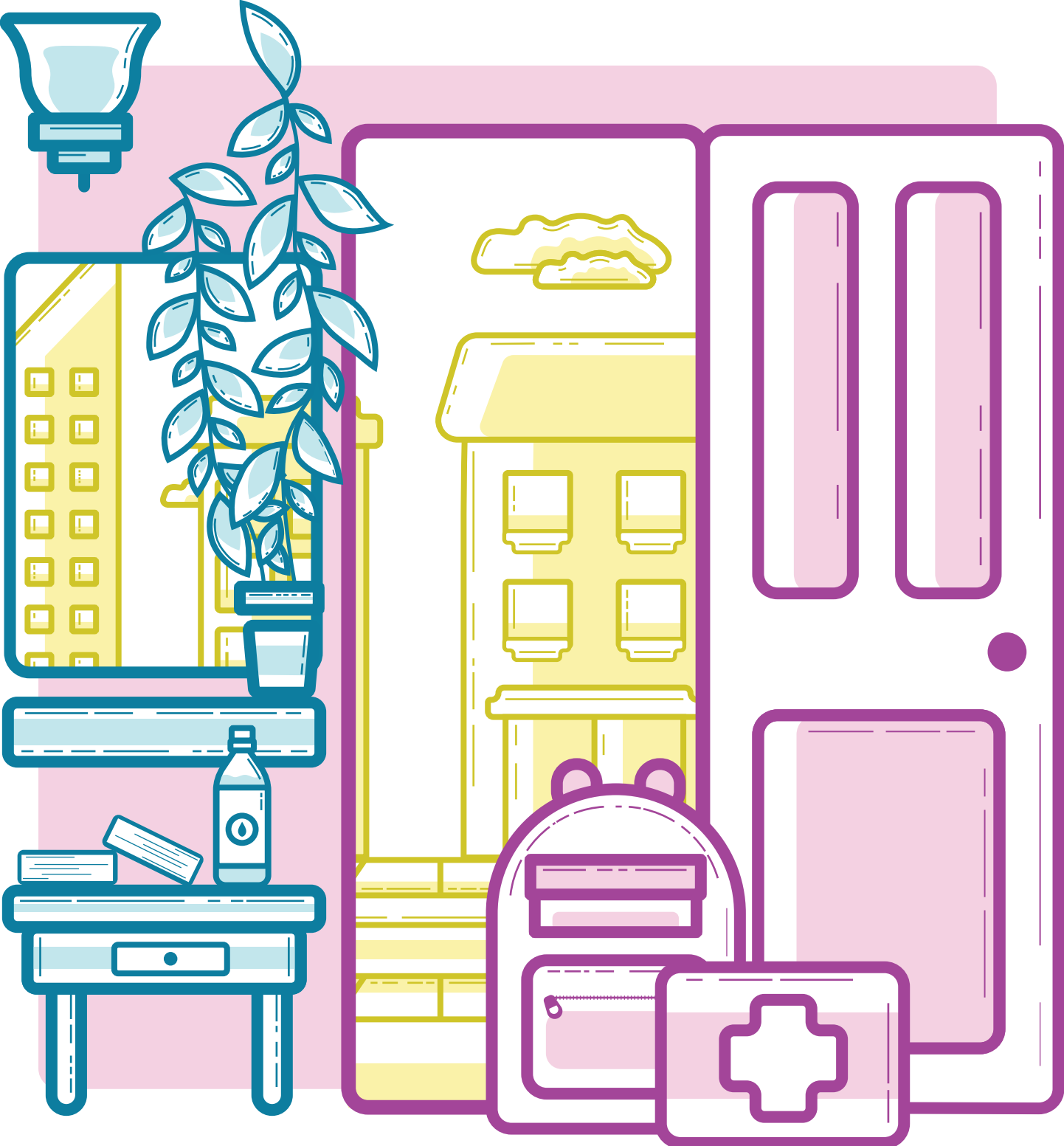


# Readiness Booklet

PREPARED BY  
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**home**forward



# TABLE OF CONTENTS

<b>Letter to Residents</b>	<b>6</b>	Build a Social Network	<b>34</b>
<b>Why Prepare?</b>	<b>7</b>	<i>Create a Support System</i>	<b>35</b>
Know Hazards in Your Area	<b>8</b>	<i>Get Connected</i>	<b>36</b>
Elevator Emergency	<b>9</b>	<i>Get Informed</i>	<b>37</b>
<i>Pandemic</i>	<b>11</b>	Organize a Communication Plan	<b>40</b>
<i>Power Outages</i>	<b>13</b>	<i>Household Members Contact Info.</i>	<b>40</b>
<i>Winter Storms and Extreme Cold</i>	<b>15</b>	<i>Personal Emergency Contacts</i>	<b>41</b>
<i>Extreme Heat</i>	<b>17</b>	Medical Care Providers	<b>41</b>
<i>Home Fires</i>	<b>20</b>	<i>School/Daycare Information</i>	<b>41</b>
<i>Wildfires and Air Quality</i>	<b>22</b>	<i>Personal Care Attendant</i>	<b>42</b>
<i>Land Movement</i>	<b>24</b>	<i>Pet(s) and Support Animal Info.</i>	<b>42</b>
<i>Earthquakes</i>	<b>26</b>	<i>Veterinarian Information</i>	<b>42</b>
<i>Volcanic Eruptions</i>	<b>29</b>	<i>Workplace Information</i>	<b>42</b>
<i>Active Shooter</i>	<b>30</b>	<i>Banking Information</i>	<b>43</b>
<i>General Safety Concerns</i>	<b>32</b>	<i>Insurance Information</i>	<b>43</b>
<b>Get Connected</b>	<b>33</b>	Emergency Contacts	<b>45</b>

<i>When to Call 9-1-1</i>	<b>45</b>	<i>Communicating with Minors</i>	<b>70</b>
<i>Important Non-Emerg. Contacts</i>	<b>45</b>	<i>Emergency Contacts</i>	<b>70</b>
<b>Prepare</b>	<b>49</b>	<i>Pet/Assistance or Pet Owners</i>	<b>72</b>
<i>Create a Household Plan</i>	<b>50</b>	<i>Animal Needs Assessment</i>	<b>72</b>
<i>Personal Ability/Needs Assessment</i>	<b>51</b>	<i>Plan Ahead</i>	<b>73</b>
<i>Medical Information</i>	<b>55</b>	<i>Collect Emergency Supplies</i>	<b>76</b>
<i>Gather Emergency Papers</i>	<b>57</b>	<i>Planning on a Budget</i>	<b>76</b>
<i>Shelter Plan</i>	<b>58</b>	<i>Maintaining your Supplies</i>	<b>80</b>
<i>Sheltering in Place</i>	<b>61</b>	<i>Storage Options</i>	<b>80</b>
<i>Protect your Home &amp; Pers. Possess.</i>	<b>62</b>	<b>Appendix</b>	<b>82</b>
<i>Individuals w/ Additional Needs</i>	<b>64</b>	<i>Pers. Ability and Needs Assess.</i>	<b>82</b>
<i>Comm. w/ your Pers. Support Team</i>	<b>64</b>	<i>Emergency Contact Cards</i>	<b>94</b>
<i>Individ. w/ Phys. or Cog. Disabilities</i>	<b>65</b>	<i>Animal Needs Assessment</i>	<b>96</b>
<i>Emergency Evacuations</i>	<b>68</b>	<i>Supplies Checklist</i>	<b>102</b>
<i>Households w/ Minors</i>	<b>70</b>	<b>Sources</b>	<b>103</b>

# Welcome to the Resident Preparedness Booklet!

This booklet was created as a tool to help residents prepare for emergencies and natural disasters. Home Forward hosted small group discussions with 165 residents. They talked about what resources and information were needed to become more prepared. This booklet was created to address those needs.

### THIS BOOKLET WILL COVER:

Different kinds of hazards

How to build a social network

Ways to prepare your household for emergencies

And how to respond to different kinds of natural disasters

It also includes resources for individuals with disabilities and additional needs, households with minors, and individuals with pets and assistance/support animals.

We want to acknowledge that some of the information in this booklet can be scary. It is important to talk about ways to prepare before an emergency happens, so we know how to handle these hard situations. It is Home Forward's goal to provide the information needed to become "prepared, not scared".

All of the information in this booklet will be for your own personal use. If you decide to share any of this information with others, please make sure they are people you trust.

Home Forward also recognizes that thinking ahead and preparing for the unknown can be hard. We hope that the resources provided will help empower and strengthen our community!

**Thank you,**

Home Forward

Section One

# Why Prepare?



# KNOW HAZARDS IN YOUR AREA

Getting to know different kinds of emergencies can help you and your community plan ahead.



## Some questions to ask yourself can include:

What are some potential hazards in your unit, building, and community?  
Could any of these cause an emergency?

Are any of these preventable?  
How can you prepare yourself and/or your household?

## WHAT EMERGENCIES COULD OCCUR IN YOUR AREA?

Check all that apply

- Elevator emergency
- Extreme heat
- Earthquakes
- Pandemic
- Home fires
- Volcanic eruptions
- Power outages
- Wildfires/poor air quality
- Active shooter
- Storms/cold weather
- Landslides

## Are there any others you can think of that aren't listed above?

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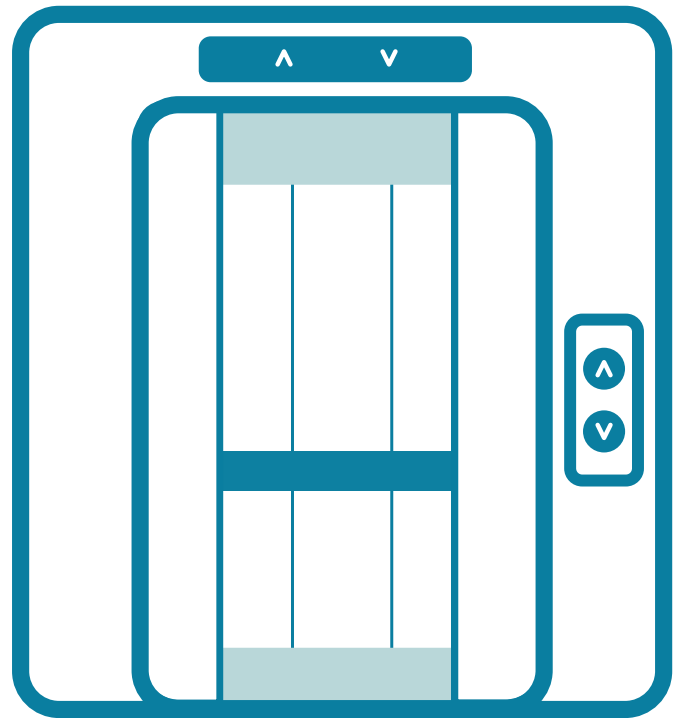


# ELEVATOR EMERGENCY

Occurs when an elevator breaks down or stalls between floors. If you are on the elevator when this occurs, try to stay calm and follow all of the safety steps accordingly.

## Elevator Safety

Although elevators can be a very useful tool to move around your building, it's important to use them safely and plan ahead for a potential elevator emergency.



## PREVENTING AN EMERGENCY

Give passengers space to exit the elevator

Make sure you do not overload the elevator

*Wait for the next elevator if it is too full*

Do not stop a closing door

*It is unsafe to stop a closing door with hands, feet, canes, or other objects*

Do not force the doors open or try to leave a moving elevator

Watch your step getting on and off the elevator

*Avoid tripping on uneven surfaces*

Hold children & pets

Stand away from closing doors

*Keep clothes, hands, and other items away*

Be prepared to be in your unit without a working elevator for many days

*Please see "Power Outage" section for more information on how to protect yourself if there is a power outage or you are stuck in your home for several days*



# Things to

# KNOW

IF YOU ARE TRAPPED IN THE ELEVATOR

## 2

There is an emergency light that will turn on in the elevator car.

## 4

Safety inspections are completed regularly.

## 1

If there is a power outage, there is a generator that will operate the elevator for a short time. If your building has two elevators, the other will be sent to the first floor. If the elevator has broken down, the elevator technician will be called. If someone is trapped inside the elevator, the fire department is contacted.

## 3

If you press the emergency button, the alert will be sent to a monitoring system. Some of the elevators even have a speaker system for communication.

## HOW TO RESPOND

### Try not to panic

*Oxygen is not limited; you will not run out of air!*

Press the "PHONE" or "HELP" button to alert someone who can help (example: elevator company, alarm company, etc.)

*This will send the exact location of the building and the elevator you are in, so trained rescue personnel can respond*

### Never try to climb out of a stalled elevator

*Wait for trained personnel to assist*

In addition to pressing the emergency button, call Property Management to alert them of the emergency (if you have a cell phone available)

## Emergency Evacuation

If there is a fire, power outage, or other emergency do NOT use an elevator to evacuate the building. If you have mobility limitations or other physical or sensory disabilities, please see the "Emergency Evacuation" section for further instructions.



## PANDEMIC

An outbreak of a new disease that spreads to a large number of people over a wide geographic area.

### PRACTICE GOOD PERSONAL HEALTH HABITS

#### Before

Try to refill prescription medication before it runs out

*This could prevent you from running out in an emergency*

Make copies and electronic versions of health records

Get help accessing electronic health records  
<https://www.healthit.gov/topic/patient-access-health-records/patient-access-health-records>

Plan ways to care for those who might be at greater risk

*This could include older adults and people with chronic medical conditions*

Get connected with local resources

*Create a list of local organizations that are providing services and updated information (example: food services, mental health or counseling providers, etc.)*

#### During

It is important to remember that a pandemic is a public health emergency. Listen to public health officials for updates on how to respond in your area.

Wash, wash, wash your hands with soap!

*Scrub hands with soap for at least 20 seconds*

Cover your cough and sneezes

*Many illnesses spread through small respiratory droplets*

Avoid touching your eyes, nose, and mouth

Put distance between yourself and others

*The CDC recommends at least 6 feet*

Stay home when you are sick, except to get medical care

*If it is not an emergency, call to make an appointment before seeking medical care to avoid long wait times*

Clean frequently touched surfaces and objects at least once a day

*This includes tables, counter tops, light switches, doorknobs, cabinet handles, wheelchairs and other assistive devices.*

Think about how you can separate a sick household member if possible

*Even hanging sheets up can help reduce the spread of the illness*

## STAY CONNECTED

### Stay informed

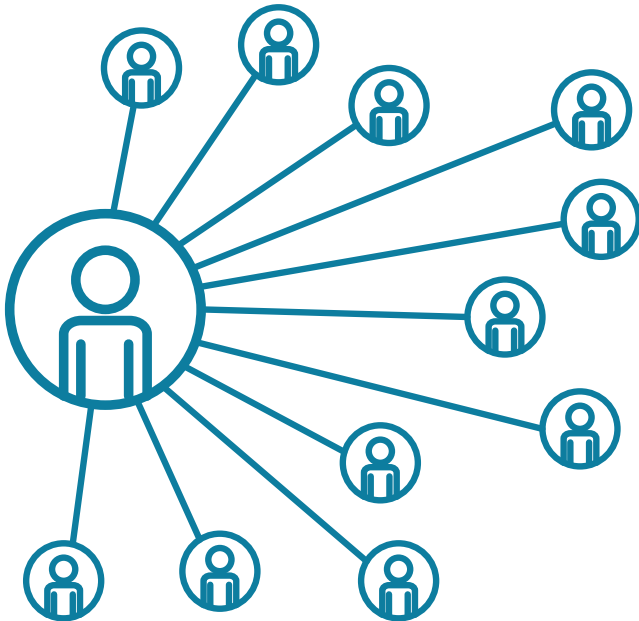
Follow news issued by the following: Multnomah County's Office of Emergency Management, the Governor's office, the Oregon Health Authority, the Center for Disease Control and Prevention, the Department of Health and Human Services, as well as the World Health Organization

### Stay in touch with others by phone or email

Check in with loved ones, especially those who live alone or have chronic medical conditions and may need assistance

### Take care of the emotional health of yourself and other community members

Dealing with an outbreak can be very overwhelming; it is important to check in with each another



## PROTECT ALL HOUSEHOLD MEMBERS

If there is a minor living in your household, check updates from their school or child-care facility

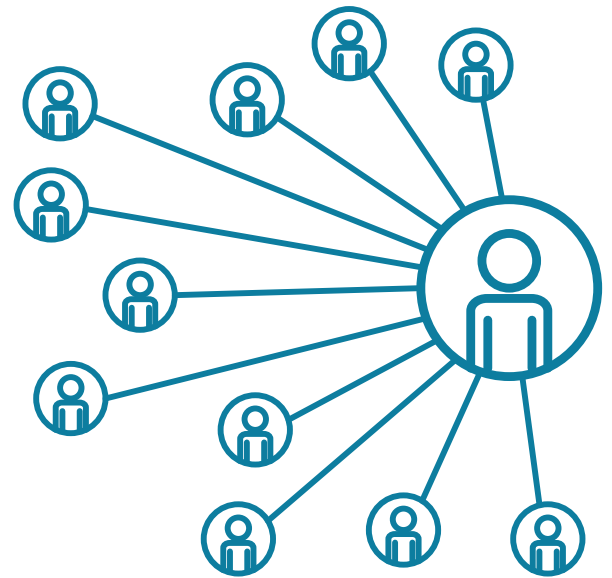
Some schools and local organizations may close and/or switch to online classes

### Talk with children about the outbreak

Try to stay calm, explain what is going on, and reassure them

Encourage your children to avoid indoor public spaces and play outside instead

Seek medical attention if someone shows known symptoms



## CHANGES AT YOUR WORKPLACE

Stay informed about your employer's emergency plan

What are the policies on sick-leave? Are there telework options?

Notify your workplace if your schedule changes

This includes sick time if you or someone in your household get sick

## POWER OUTAGES

Occur when the electrical power goes out unexpectedly. This can cause food spoilage, prevent the use of medical devices, limit the use of elevators inside the building, and more.

### Before

Make a list of the items you need that depend on electricity

*Keep extra batteries and find other alternatives to meet your needs or the needs of other household members*

Talk to your medical provider about a power outage plan for medical devices powered by electricity

*Are there alternative ways to power your medical equipment?*

Talk to your pharmacist or medical provider about refrigerated medication

*How long can the medication be stored at higher temperatures?*

Keep mobile phones and other electric equipment charged

Stock up on some supplies

*Batteries, flashlights, medication, etc.*

### During

A power outage can last anywhere from a couple hours to a couple days. Make sure you assess what your needs would be during a power outage and discuss them with your support team.



### PROTECT YOURSELF

Limit opening refrigerator and freezer doors

*The refrigerator can keep food cold for about 4 hours and the freezer for up to 48 hours. Eating spoiled food can make you sick*

Do not attempt to take an elevator in a power outage

*Individuals with limited mobility should discuss ways to evacuate the building with their personal support team. (see "Elevator Emergency" section for more information)*

Turn off and disconnect appliances and electronics

*The power could come back in "surges" and cause damage to your electrical appliances*

Limit use of candles

*Candles can cause fires*

Do not use a gas cooking stove or grill to heat your house

*If necessary, try to find a safe place in the building or within the community to find heating or cooling until the power returns*

## STAY CONNECTED

Sign up for local alerts and warning systems

*Stay up to date on weather reports in the area*

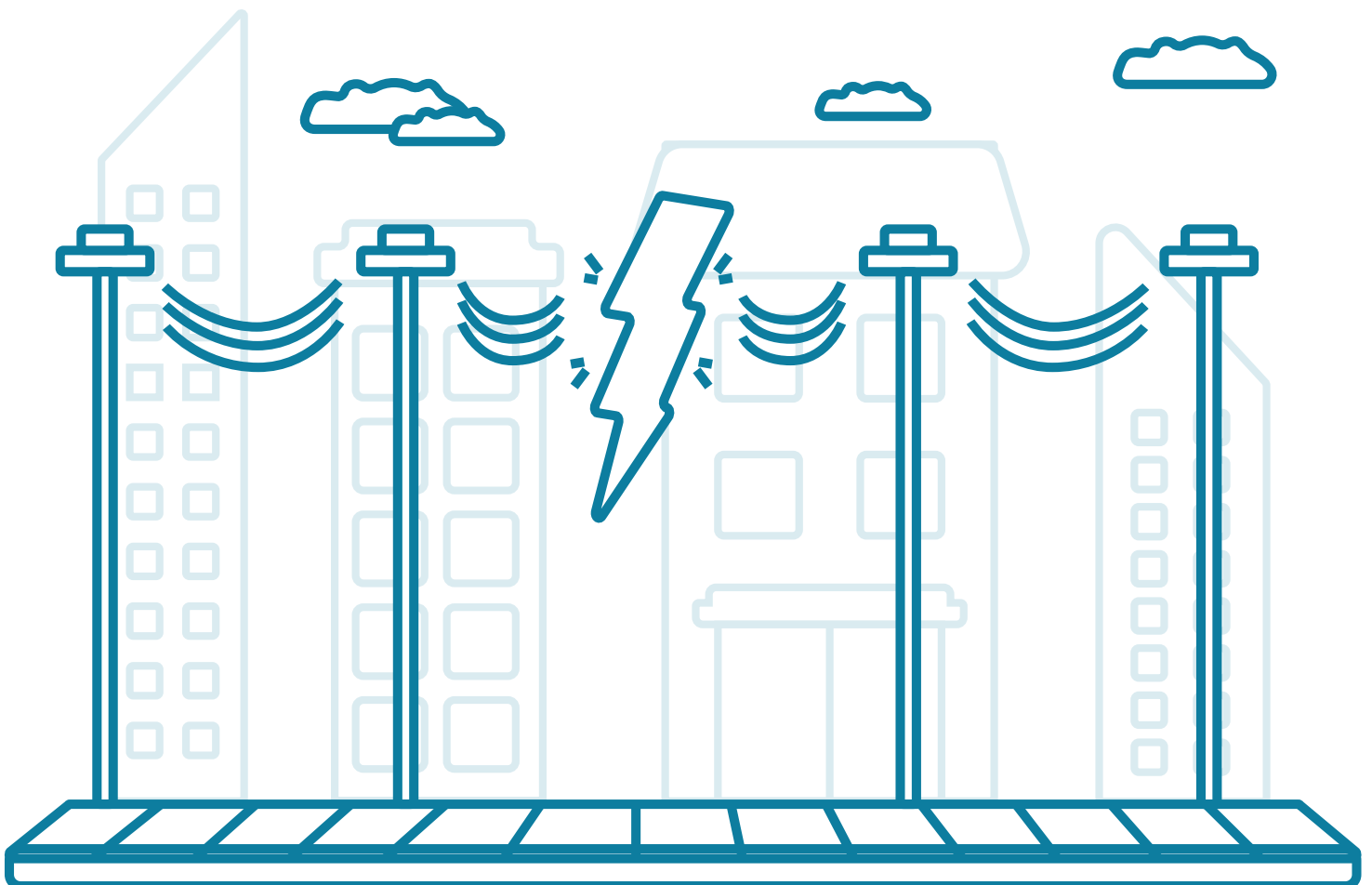
Keep a list of your service providers

*What company is in charge of your electrical power? Call them in the event of an outage*

Individuals with limited mobility or additional needs should create a support team

*Identify people in the building who can provide support if there is a power outage*

Check on your neighbors





# WINTER STORMS & EXTREME COLD

## Winter storms

Can result in loss of power, heat, and other utilities and services. Winter storms can also result in extreme cold temperatures.

## GOING OUTDOORS

If there is a winter storm warning, dress warmly and in layers

*If you are outside, find shelter immediately*

Stay off the roads

*Snow and ice increase the risk of car accidents*

If you are stranded in your car, stay inside and use heat as needed

*Please call (503) 823-3333 for help or 2-1-1 for any updates. 911 is for emergencies only*

If you do need to drive, keep extra supplies in your car

*Warm clothing (hats, gloves, sweater, etc.), blankets, water, snacks, etc.*

Limit time outside

*If you do go outside, make sure to wear warm clothing and watch for any signs of frostbite and hypothermia*

## PROTECT YOUR HOUSEHOLD

Do not use a gas cooking stove or grill to heat your house

*If needed, find a heated place to stay until the power returns*

## Before

Plan ways to care for those who might be at greater risk

*This includes older adults and small children*

Sign up for local alerts and warning systems

*Stay up to date on weather reports in the area*

Stock up on some supplies

*Warm clothes, medication, and non-perishable food items that do not require cooking*

Learn the signs of frostbite and hypothermia

## DURING

Winter storms and extreme cold weather conditions can last anywhere from a couple hours to a couple days. Assess what your needs would be if you had to stay home without power.

Learn more about warming shelters and other services provided in Multnomah County during extreme cold weather:

<https://www.multco.us/care-when-its-cold>

## STAY SAFE IN COLD WEATHER

You can follow the acronym COLD (cover, overexertion, layers, dry) to keep household members safe in snow and cold weather.

### Cover

Cover your head, neck, and hands to keep body heat from escaping. This includes wearing a hat, scarf, gloves, etc.

### Overexertion

Try to avoid activities that will cause a lot of sweating. Wet clothes can cause you to lose body heat faster. Come inside right away if you start to shiver.

### Layers

Dress in more layers than you would normally wear. Wearing more layers will help keep in body heat.

### Dry

Stay as dry as possible. Go inside frequently to warm up and change into dry clothes as needed.

# RECOGNIZE & RESPOND

## Frostbite

An injury caused by freezing of the skin and tissue. It is most common on fingers, toes, nose, ears, cheeks, and chin.

### RECOGNIZE

Cold skin and a prickly feeling, numbness, bluish-white or greyish-yellow skin, hard or waxy skin, or stiffness in joints.

## Hypothermia

Occurs when a person has a dangerously low body temperature (below 95 degrees).

### RECOGNIZE

Adults: Shivering, slurred speech, shallow breathing, exhaustion, low energy, confusion, clumsiness. Infants: Bright red and cold skin.



### RESPOND

Get out of the cold and into a warm place. Soak the area in warm water. Use body heat to warm. Do not try to massage the area or use a heating pad.



### RESPOND

Get out of the cold and into a warm place. Warm the center of the body (chest, neck, head, and groin). Stay dry. Put on layers of warm clothes and use blankets.



# EXTREME HEAT

A period of at least 2-3 days of high heat and humidity with temperatures above 90 degrees. Extreme heat is the cause of the highest number of annual deaths among all weather-related hazards.

## Before

Plan ways to care for those who might be at greater risk

*This includes older adults, individuals who are sick and small children*

Sign up for local alerts and warning systems

*Stay up to date on the local weather reports*

Stock up on some supplies

*Water, light snacks, sunscreen, etc.*

Learn the signs of heat-related illness

## During

It is important to monitor the weather conditions in extreme heat, especially if you plan on going outside. Follow the tips below to stay safe.

## EXTREME HEAT WARNING

Drink plenty of water!

*Avoid liquids with large amounts of alcohol, caffeine, and sugar in order to keep from getting dehydrated*

Try to avoid overexerting yourself

*Watch for signs of heat-related illnesses, like heat exhaustion*

Wear lightweight, light colored clothing

*Cotton is lightweight and absorbs sweat easily*

Do NOT leave people or pets in a closed car

Check on your neighbors



## GOING OUTDOORS

Wear sunscreen with an SPF of 15 or higher and a hat

*Try to apply sunscreen 20 minutes before going out in the sun*

Take frequent water breaks when you are working or playing outdoors

*Try staying in the shady or air conditioned areas to rest; libraries, shopping malls, and other community spaces are good places to get away from the heat*

## INDOOR SAFETY

Report if there is a problem with your air conditioning unit

Use cool showers or cold compresses to lower your body temperature

*If needed, find a cool, air conditioned place to stay*

Check on Multnomah County's Cooling Center locations by visiting <http://multco.us/help-when-its-hot>

*Pets are welcome at many of the Multnomah County Cooling Centers*

## PET AND ASSISTANCE/SUPPORT ANIMAL SAFETY

Make sure the animal has plenty of water!

*You can put ice in their water bowl*

Avoid overexerting your pet or assistance/support animal during exercise or other physical activity in the heat

*Animals are cooled mainly by panting and through the pads of their paws*

Do NOT leave animals in direct sun-light for a long time

Do NOT leave an animal in a car

*If you see an animal in a hot car, call Multnomah County Animal Services Dispatch at (503) 988-7387*

Watch out for signs of heat-related illnesses

*This could appear as panting excessively, vomiting or weakness*

## RECOGNIZE & RESPOND

### Dehydration

Occurs when you do not drink enough fluids.

#### RECOGNIZE

Adults: Extreme thirst, less frequent urination, dark-colored pee, fatigue, dizziness, confusion, cramps.

Infants: Dry mouth and tongue, no tears when crying, dry diaper for 3+ hours, sunken eyes or cheeks.

### Heat cramps

Painful, involuntary muscle spasms that usually occur in hot or humid conditions during heavy exercise or other physical activity. Heat cramps are the mildest of heat-related illnesses.

#### RECOGNIZE

Muscle pains or spasms in the stomach, arms, or legs.



#### RESPOND

Replace lost fluids by drinking water or a sports drink, like Gatorade, in order to replenish electrolytes.



#### RESPOND

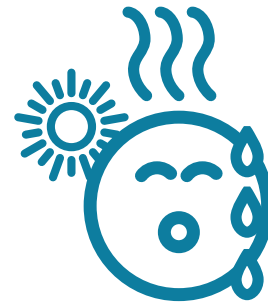
Go to a cooler place. Remove layers of clothing. Take small sips of water or a sports drink. If cramps last for more than an hour, seek medical help.

## Heat Exhaustion

Can occur when you are exposed to hot or humid conditions and strenuous physical activity. Heat exhaustion can lead to heatstroke, a life-threatening condition, if not treated properly.

### RECOGNIZE

Lots of sweat, pale skin, muscle cramps, tiredness, weakness, dizziness, headaches, fainting, nausea, vomiting.



### RESPOND

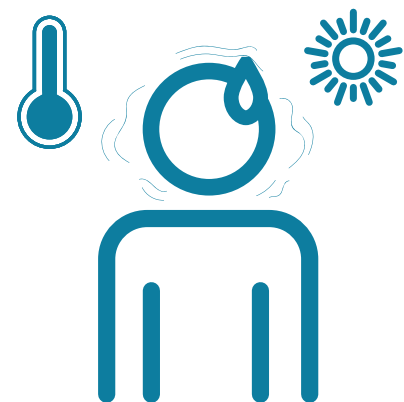
Go to a cooler place. Remove layers of clothing. Lie down on your back. Cool down using ice, a wet towel, or fan. Take small sips of water or a sports drink. If symptoms worsen or last for more than an hour, seek medical help.

## Heatstroke

Condition caused by your body overheating. Can occur when you are overexposed to hot or humid conditions and strenuous physical activity. Heatstroke is a life-threatening condition that requires immediate emergency treatment.

### RECOGNIZE

Extremely high body temperature (103 degrees or more), red, hot, and dry skin, no sweat, dizziness, confusion, unconsciousness.



### RESPOND

Call 9-1-1 or get the person to the hospital as soon as possible. Until help arrives, try cooling the person down with ice, a wet towel, or fan.



## HOME FIRES

Fire is fast, hot and deadly! It only takes a few minutes for smoke to fill or flames to engulf a house. Smoke and toxic gases produced by the fire kills more people than the flames. It is important to understand ways to prevent and respond to a fire to protect your community.

### Before

Create a fire escape plan with all of your household members

*Is there an alternative way to leave your home? Where will everyone meet once they have evacuated?*

Older adults and people with access or functional needs should talk with neighbors, property managers, and other trusted individuals about their fire escape plan

Practice, practice, practice!

*Practice your fire escape plan at least twice a year*

Make digital copies of important documents

*See "Gather Emergency Papers" section for more information*

Think about getting renters insurance to cover damaged personal items

*See "Renters Insurance" section for more info*

Talk with children about fires

*Teach children about the dangers of fire and what to do in the event of a fire in your home*

### Prevention

Home fires can be prevented! Follow these simple steps to keep you and your neighbors safe from a home fire.

Do NOT disable the smoke alarm

*Make a maintenance request or reach out to property management if there are any issues with your smoke alarm*

Stay in the kitchen when you have food in the oven or on the stove

*Turn off the stove top if you need to leave the room*

Keep sleeves rolled and hair tied back when cooking

Keep children away from cooking areas for their protection

*At least 3 feet around the stove*

Set a timer to keep track of how long food has been in the oven

Keep clutter down to a minimum

*A cluttered apartment could be a fire hazard, or block exits during an evacuation*

Unplug electrical appliances when not in use

*Including toasters and coffee makers (do NOT unplug the refrigerator or stove)*

Do NOT hang towels over door handle on front of the stove

*Keep hot pads, oven mitts, and towels away from stove top*

Do NOT tamper with your stove top burners

Do NOT store things inside of your oven or microwave

Do NOT cover burners or oven with foil

Do NOT smoke in your apartment

*Use designated outdoor smoking areas*

Do NOT use candles

Do NOT store flammable materials in your apartments

*Tires, gasoline, propane gas, torches, etc.*

## During

During a fire, every second counts! Review the steps below to learn how to respond to a fire emergency.

Only use a fire extinguisher if you are trained to do so

*Only attempt to use an extinguisher on a fire that is small enough to be contained in a small trash can*

Get out of the building as quickly as possible

*Call 9-1-1 once you have gotten to a safe location*

Touch the doorknob and door with the back of your hand before opening

*If they are hot, or there is smoke coming from behind the door, leave it closed and try another way out*

Get low and crawl to avoid smoke and toxic fumes

*Smoke and poisonous gases will rise to the ceiling first*

If your clothes catch on fire, STOP, DROP, and ROLL

*Cover your face with your hands and roll back and forth until the flames are out*

If you cannot stop, drop, and roll, try to smother the flames with a blanket, towel, etc.

*Get medical help for burns right away*

If a household member or animal is trapped inside, tell responders right away

If you are trapped inside, close the door, cover vents, and other cracks into the room with cloth or tape

*Call 9-1-1 and try to stay near an open window or close to the floor if there is no window*

Do not go back into the building until authorities say it is safe

## After

After you have made it to safety and contacted emergency responders, you can follow these guidelines to figure out your next steps.

If emergency personnel have determined that you cannot return to your apartment, they will help you find a temporary safe place for you to go

*The American Red Cross can provide temporary housing, food, and medical services*

If you have renters insurance, contact your insurance company for more detailed instruction

*See "Renter Insurance" section to learn more about protecting your belongings*

If you are allowed to go back to your apartment, watch out for any damages caused by the fire

Save receipts for money spent related to fire loss and damages

*Receipts may be needed to verify losses if you have renters insurance*

# WILDFIRES & AIR QUALITY

## Wildfires

Wildfires have increased in the Pacific North West since the 1980s. Winds can move the smoke into the city, including different pollutants like carbon monoxide. Breathing in this smoke can lead to many health problems.

## Before

### PREVENTION

About 95% of wildfires are caused by humans. Let's take the proper precautions to prevent them!

Properly dispose of cigarettes and other smoking devices

Be sure that the campfires, fire pits, and grills are all completely out before leaving them unattended

Learn more at [SmokeyBear.com](https://smokeybear.com/en)  
<https://smokeybear.com/en>



## EVACUATION LEVELS

During a wildfire, they use three levels of evacuation. Learn what these different levels mean so you can prepare your household for evacuation during a wildfire emergency.



## Get Ready

This is the pre-evacuation preparedness step. Take steps such as: packing up valuables (including important documents, medications, etc.), shutting all of your windows, and signing up for PublicAlerts/other emergency alert apps.



## Be Set

Be prepared to evacuate. Listen to local TV and radio news for updates. Be alert, stay informed, and keep monitoring websites, social media, radio, and TV. If you need extra time to evacuate consider leaving now!



## Go!

This is the last chance to evacuate! Local authorities will provide further instructions. People who need additional help or time to evacuate should do so at levels 1 or 2. This includes people with disabilities or medical conditions or those needing help with children.

Find more information about the three levels of evacuation for wildfires at this website: [www.publicalerts.org/evacuation](http://www.publicalerts.org/evacuation)

## During

Even though wildfires seldom affect residents in Multnomah County, the smoke from these fires can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases. Learn how protect yourself.

### STAY SAFE

#### Avoid areas with smoky air

*Close all doors and windows to keep smoke out of your apartment*

#### Avoid adding to indoor pollution

*During a poor air quality emergency, avoid using things that burn indoors like candles, incense, gas stoves, etc.*

#### Do not rely on masks or face coverings for protection

*\*KN95 and N95 masks can offer some protection if properly worn*

#### Maintain healthy behaviors

*Stay hydrated and make sure to contact a medical provider if you show symptoms of smoke irritation*

#### Seek shelter if needed

*If you do not feel safe at home, locate a designated evacuation shelter or find another safe place to stay*

## LOCAL RESOURCES

### Oregon Air Quality Index

Use this air quality index to check local air quality

#### WEBSITE

<https://aqi.oregon.gov/>

### Air Now

Check this for the latest updates on fires

#### WEBSITE

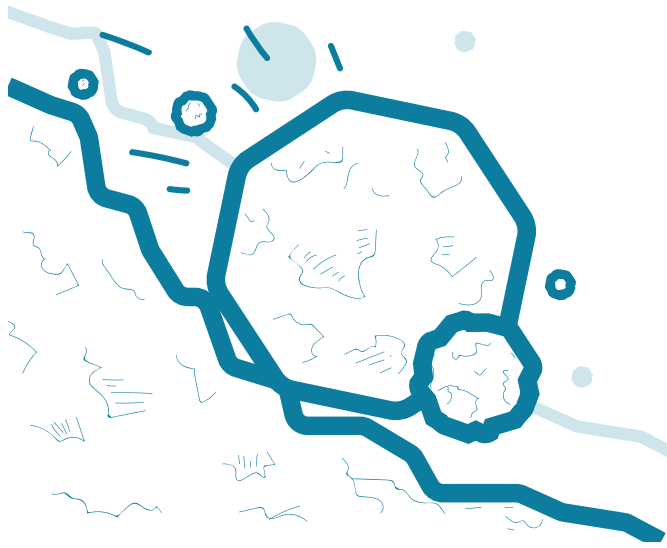
<https://www.oregonsmoke.org/>

### Smoke Sense App

Download this app for air quality conditions and health guidance

#### WEBSITE

<https://www.epa.gov/air-research/smoke-sense-study-citizen-science-project-using-mobile-app>



## LAND MOVEMENT

Also known as landslides, occur when masses of rock, earth, or debris move down a slope. This can be caused by storms, flooding, earthquakes, volcanic eruptions, and other man-made causes.

### Warning Signs

#### SIGNS OF DEBRIS FLOWS AND FAST-MOVING LANDSLIDES

Rushing water, mud, or unusual sounds might indicate moving debris

*Unusual noises may include trees cracking or boulders knocking together*

As a landslide gets closer, you may hear a faint rumbling that increases in volume

Fences, utility poles, boulders, or trees may move

#### SIGN OF SLOW-MOVING LANDSLIDES

Changes in the landscape

*Changes include storm-water drainage on slopes, land movement, leaning trees, etc.*

New or widening cracks appear

*This includes plaster, tile, and brick inside the building and widening cracks on the ground or paved areas around the building (example: sidewalks)*

Outside walls and stairs begin pulling away from the building

Fences, utility poles, or trees begin to tilt or move

Ground around the building begins to slope downward

### During

The most deadly landslides are the ones that occur quickly with little to no notice. It is very important to be aware of your surroundings and to watch out for signs of any earth and debris movement.

Listen to local news stations

*Listen to warning or evacuation notices*

If you are in an area that is more susceptible to landslides, stay alert and awake during storms that could cause a landslide

*Many deaths from landslides happen when people are sleeping*

Move away from the path of a landslide as quickly as possible

If you cannot escape, curl into a tight ball  
*Protect your head*



## After

After you have made it to safety and contacted emergency responders, you can follow these guidelines to figure out your next steps.

Do not go back into the building until authorities say it is safe

*Stay away from the area where the land movement occurred*

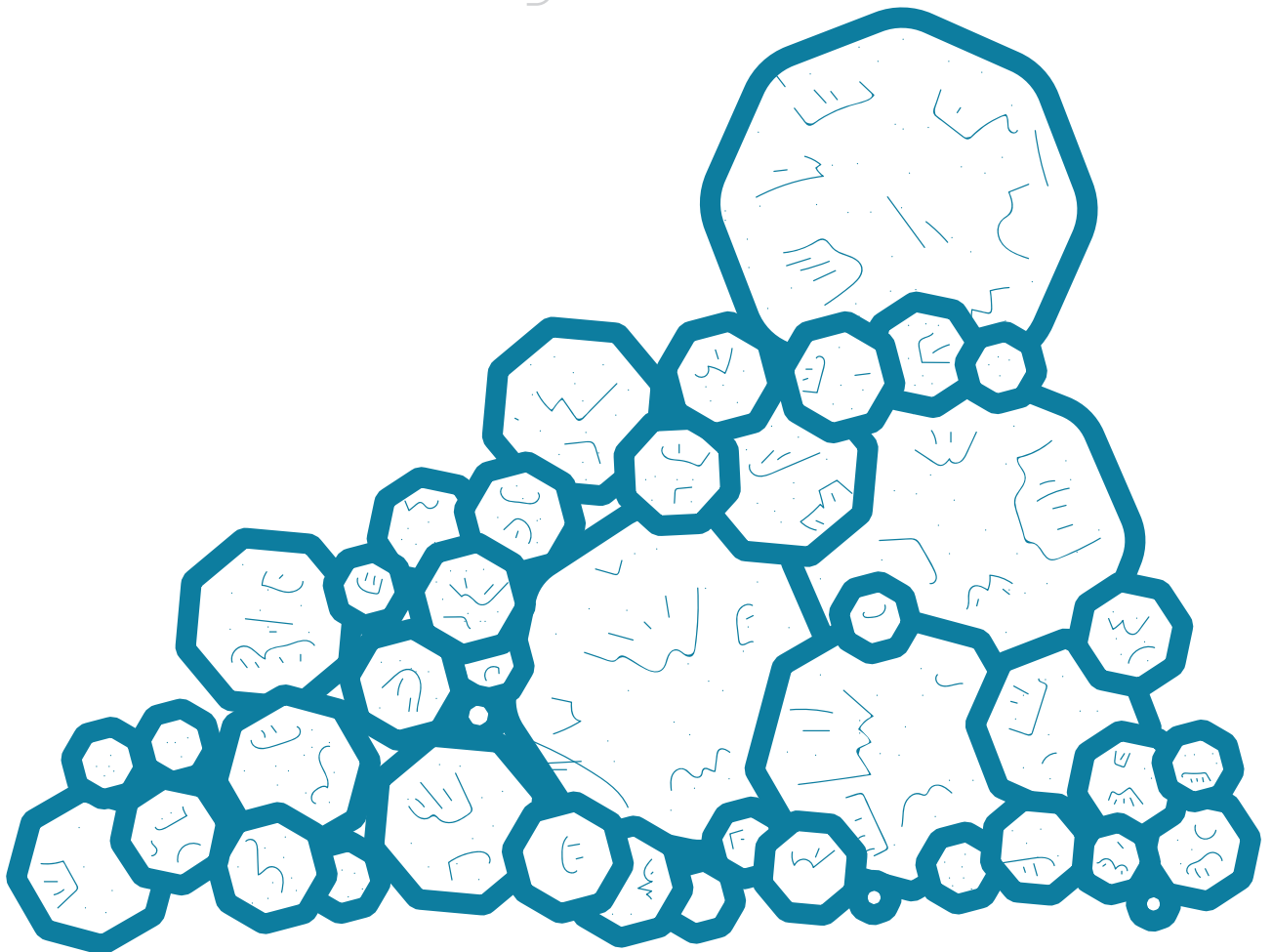
Alert authorities of people you know were stuck inside

Watch out for any debris or damages caused by the landslide

*Avoid further injury*

Listen to local news for the latest emergency information

*The area may be at risk for more slides or flooding*



# EARTHQUAKES

A sudden, rapid shaking of the ground caused by the shifting of rocks deep underneath the earth's surface. Earthquakes can cause injuries and damage property and roads.

Portland is positioned near the Cascadia Subduction Zone off the coasts of Northern California, Oregon, Washington, and Northern Vancouver Island. It also sits on the Portland Hills Fault. Get prepared!

## Before

**Talk with everyone who needs to be included in your plan**

*What is everyone's role?*

**Map out your evacuation plan**

*Where are safe places to go in your home during an earthquake? How will you exit the building if needed? Where will you go if you cannot return to the building?*

**Practice DROP, COVER and HOLD ON!**

*Please see the "Drop, Cover, and Hold On" section below*

**Stock up on some supplies**

*What supplies will you need if you don't have electricity, gas, or any other utilities for up to several weeks?*

**Secure heavy items in your home (example: bookcases, televisions, etc.) and keep heavier objects on low shelves**

*Reduce injuries from falling items*

**Consider getting renter's insurance**

*See "Renter's Insurance" section to learn more*



## PREPARE CHILDREN

**Learn about the emergency plans at your child's school or childcare facility**

*Identify an emergency contact who would be able to care for your child if you can't reach them at their school/daycare*

**Talk with children about earthquakes**

*Talking about earthquakes and how to respond can help reduce fear*

## CHANGES AT YOUR WORKPLACE

**Plan for what to do if an earthquake occurs while you are at work**

*Where is the nearest shelter? Where will you go if transportation is unavailable?*

**Stay informed about your employer's emergency plan**

*Does your place of employment have a continuity of operations plan? What will your role be in the event of an earthquake?*

**Keep an emergency kit and/or supplies at your workplace if possible**

*In case there is an earthquake while you are at work*

## During

### PROTECT YOURSELF

If you are in a car, pull over to the side of the road and stop

*Use the emergency parking break*

If you are in bed, turn face down and cover your head and neck with a pillow or hands

If you are outside, stay outside and away from buildings or objects that could fall on top of you

*One of the main causes of injuries and death is from falling objects*

If you are in a wheelchair, try to get away from objects that could fall on you, lock the wheels, and cover your head and neck

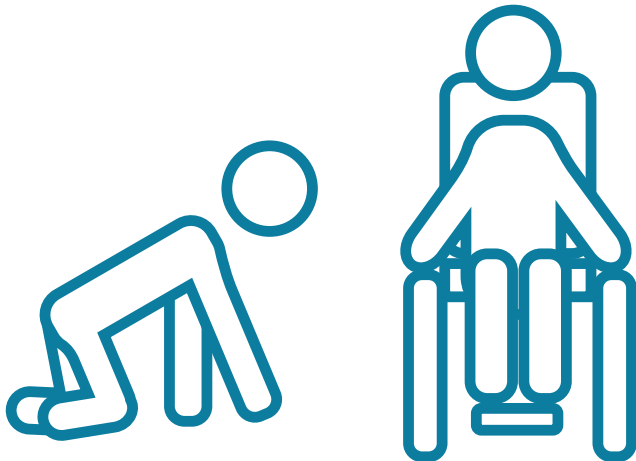
Do not get in a doorway

Do not try to run outside

*Wait until the shaking stops and then exit the building quickly. Watch for falling items.*

# DROP, COVER, & HOLD ON!

The best way to protect yourself during an earthquake is DROP, COVER, and HOLD ON! Follow the instructions below.



## Drop

Drop down to your hands and knees. If you are in a wheelchair or walker with a seat, lock your wheels and remain seated until all of the shaking stops.



## Cover

Cover your head and neck with your arms. If there is a sturdy table or desk near you, crawl underneath it for shelter. If there is no shelter close by, try crawling to an interior wall (away from windows). Only crawl to a different area if the path is free of fallen debris.



## Hold On

If you have crawled under a table or desk, hold on with one hand. Be prepared to move with it as it shakes. If you are seated or unable to drop to the floor, bend over and cover your head with your arms. Hold on to your neck with both hands.

## After

After the shaking has stopped, make sure you are in a safe place. If you need to exit the building, make sure you move quickly outside and away from the building. Watch out for hazards caused by the earthquake including fallen debris, leaking gas, or downed power lines.

### Be ready for aftershocks

*The shaking from aftershocks can be just as severe as the main earthquake*

If you are trapped send a text, bang on a pipe or wall, or use a whistle instead of shouting to help rescuers locate you

*Protect your mouth, nose and eyes from dust*

### Check yourself and others for injuries

### Check in with your emergency contacts

*Texting often works better than calling when phone lines are down*

### Let others know you are safe

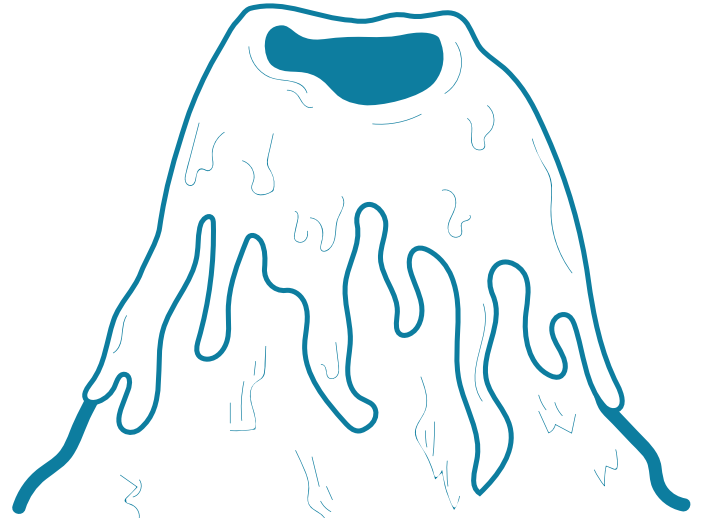
*The American Red Cross Emergency App features an "I'm Safe" button. Find it by texting 'GETEMERGENCY' to 90999.*



# VOLCANIC ERUPTIONS

Occur when molten rock, gases, and other debris escape through an opening in the Earth's crust. Volcanic ash can travel hundreds of miles and cause severe health problems. An eruption can contaminate water, damage utilities, reduce visibility, make it difficult to breathe, and irritate the skin, eyes, nose, and throat.

Portland is near volcanoes and volcanic fields within the Cascades region. This includes Mount St. Helens, Crater Lake, Mount Hood, and more.



## Before

### GET INFORMED

Sign up for the Volcano Notification Service (VNS) (<https://volcanoes.usgs.gov/vns2/>), for free notification emails about volcanic activity in the area

## During

Listen for emergency alerts and warnings

*Follow evacuation or shelter orders*

Protect yourself from falling ash

*Falling ash and smog are the major concerns within the Portland area*

Do not drive if there is heavy ash fall or smog

If you are outside, quickly move to shelter

If there is heavy smog, avoid going outside and close windows

## After

Listen to local authorities to find out when it is safe to return

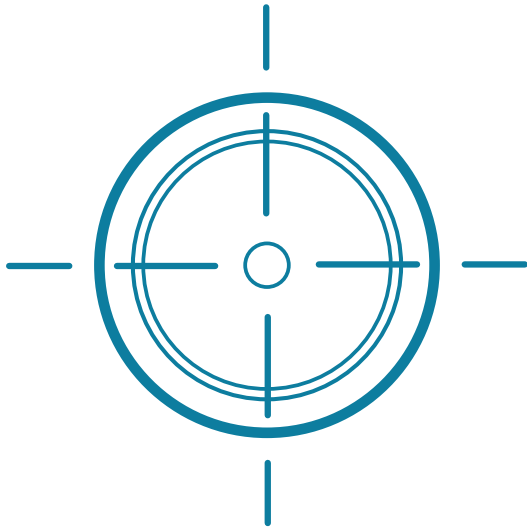
*Stay indoors if possible, especially if you have breathing problems*

Stay connected

*Reach out to friends and family over text to check in and let them know you are safe*

Avoid driving in heavy ash

*Driving can stir up the volcanic ash and clog engines or stall vehicles*



## ACTIVE SHOOTER

Occurs when one or more individuals are actively engaged in attempting to harm others in a populated area. This individual may have access to weapons.

### Before

#### Stay aware of your environment

*When you enter a new space, look for the two nearest exits, plan an escape path, and identify places you could hide if needed*

#### Sign up for an active shooter training

*The Portland Police Bureau offers an online video or podcast for community active shooter training:*

*<https://www.portland.gov/police/casp>*

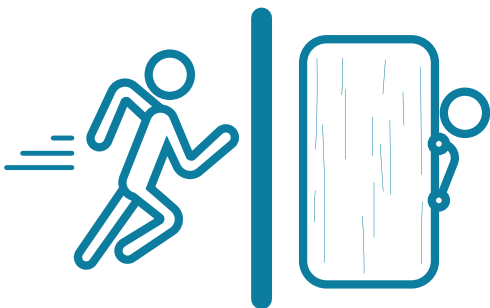
#### Report active threats to authorities right away

#### Make a plan with household members

*Make sure everyone knows what to do if confronted with an active shooter*

### During

During an active shooter or active threat remember to RUN. HIDE. FIGHT.



### RUN and Escape if Possible

Getting away is the top priority.

Leave your belongings behind if necessary.

Help others escape, if possible, but evacuate regardless of whether others agree to follow.

Try to prevent others from entering an area where the active shooter may be.

Call 9-1-1 when you are safe and describe the shooter, location, and weapons.

### HIDE if Escape is Not Possible

Get out of the shooter's view and stay very quiet.

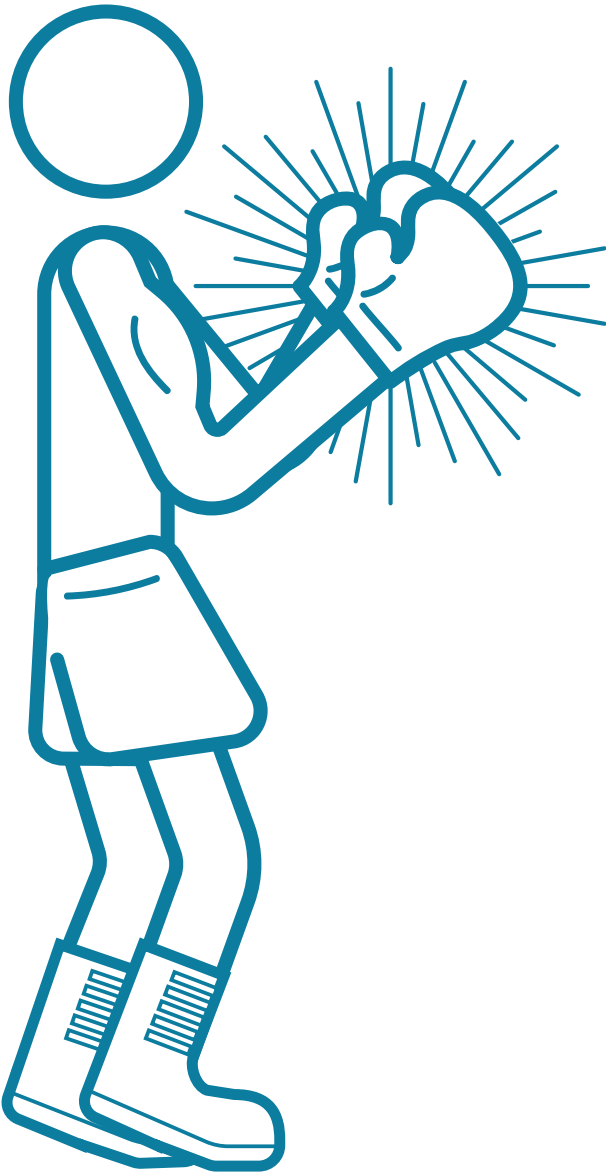
Silence all electronic devices.

Lock/block doors, close blinds, and turn off lights.

Don't hide in groups. Spread out along walls or hide separately.

Try to communicate with police silently. Use text message or social media to tag your location or put a sign in a window.

Stay in place until authorities say it is safe.



## **FIGHT as an Absolute Last Resort!**

Commit to your actions and act as aggressively as possible against the shooter.

Recruit others to ambush the shooter with makeshift weapons like chairs, fire extinguishers, scissors, books, etc.

Be prepared to cause severe or lethal injury to the shooter.

Throw items and improvise weapons to distract and disarm the shooter

## **After**

Keep hands visible and empty

Know that law enforcement's first task is to end the incident

*They may have to pass injured along the way*

Officers will be armed

*Officers may use guns, tasers or tear gas to control the situation*

Follow law enforcement instructions

*Evacuate in the direction they come from unless otherwise instructed*

Take care of yourself first

*Then you may be able to help others who are injured*

Consider seeking professional help for you and other household members to cope with the long-term effects of the trauma



# GENERAL SAFETY CONCERNS

## Some general safety concerns include:

Robbery, assault, trespassing, property damage, and more. You may not be able to anticipate these dangerous situations, but you can take steps to help prevent them and respond safely.

## Prevention

### PREVENTING AN EMERGENCY

#### Stay alert

Observe what is going on around you; avoid distractions like texting, using headphones, etc.

#### See something, say something

Please report any suspicious activities to the appropriate authorities

#### Make an exit plan

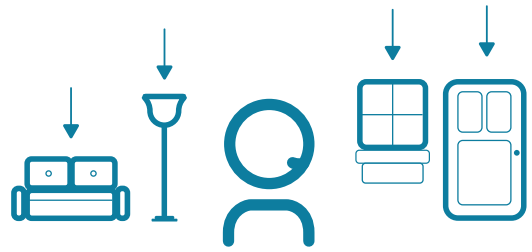
Observe every new space you enter and identify exits and places you could seek safety in an emergency

#### Learn lifesaving skills

Take free self-defense or first aid classes in your community

### PRACTICING SITUATIONAL AWARENESS

Situational awareness is when you are aware of what is going on around you. With this heightened awareness, we are better able to anticipate unsafe situations and respond quickly.



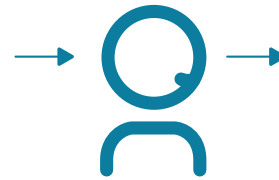
## LEVEL 1

Perception of the elements in the environment.



## LEVEL 2

Comprehension of the current situation.



## LEVEL 3

Projection of the future events.

## Responding to an Unsafe Situation

### Run to safety

Try to escape or evacuate quickly from unsafe situations

### Cover and hide

If you are not able to evacuate, find a place to hide and keep quiet

### Defend, disrupt, fight

Engaging with an attacker should be the last resort! If you must engage, be aggressive and commit to your actions

### Call for help

When you are safe, call for help

### Check on your mental wellness

Consider seeking help for you to cope with the trauma





**Section Two**

# Get Connected

# BUILD A SOCIAL NETWORK

The most important way to prepare for an emergency is to build a social network! Introduce yourself to people who live near you. Ask questions to get to know them better.

Talk with your neighbor about ways you can check on each other during an emergency. It might be helpful to let someone you trust know if you are going to be out of town for a while. Depending on the emergency, neighbors will have to rely on one another before responders are able to get to the scene.

Identify vulnerable neighbors who might need assistance after a disaster.

This might include neighbors with disabilities, the elderly, those who live alone, pet owners and those with assistance or support animals, parents or guardians of small children, etc. Talk with your neighbors and offer your support. Make sure you ask before giving help.

Name

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Phone

---

What are their needs?

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---

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Name

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Phone

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What are their needs?

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Name

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Phone

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What are their needs?

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Name

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Phone

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What are their needs?

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# CREATE A PERSONAL SUPPORT TEAM

Identify three or more individuals who will make up your personal support team. Talk to them about every aspect of your household plan, share important contact information, and provide them with any other information that would be useful in an emergency. Make sure these are individuals you can trust with confidential information.

This could include:

*Family*  
*Relatives*  
*Friends*  
*Neighbors*

*Personal care attendant*  
*Coworkers*  
*People from your place of worship*

_____	_____	_____
Name	Phone	How you know them
_____	_____	_____
Name	Phone	How you know them
_____	_____	_____
Name	Phone	How you know them

Where are some places you spend a lot of your time in the community?

This could include places of worship, places of employment, school, community organizations of which you are a member, and more.

1	_____
2	_____
3	_____

Who are some individuals within your building and/or community you would like to reach out to?

_____	_____	_____
Name	Phone	How you know them
_____	_____	_____
Name	Phone	How you know them

# GET CONNECTED

There are many ways you can get connected with your local community. This can include going to planned events in your building, getting involved in a local organization, or volunteering your time.

Here are some local training opportunities and other resources:

## RESOURCES

### **OR Volunteer Organizations Active in Disaster**

ORVOAD has pulled together faith-based and non-governmental organizations active in disaster to help rebuild and restore Oregon communities.

#### **WEBSITE**

<https://www.orvoad.org/>

### **American Red Cross**

Take preparedness and safety classes with the American Red Cross local Oregon Trail Chapter.

#### **WEBSITE**

<http://www.redcross.org/local/oregon>

#### **PHONE**

503-284-1234

### **Basic Earthquake Emergency Communication Nodes**

Become a BEECN volunteer. BEECNs are a place to get information and request emergency assistance when phones aren't working.

#### **WEBSITE**

<https://www.portlandoregon.gov/pbem/77227>

### **Neighborhood Emergency Team**

Join the City of Portland's Neighborhood Emergency Team. If you cannot join the team, you can get in contact with your area NET team leader.

#### **WEBSITE**

<http://www.portlandoregon.gov/pbem/31667>

#### **PHONE**

503-823-4421

### **Neighbors Together**

Become a member of your area Neighbors Together.

#### **WEBSITE**

<http://www.portlandoregon.gov/oni/62587>

#### **PHONE**

503-823-4064

### **Volunteer Center Network of Oregon**

Contact the Volunteer Center Network of Oregon to find out how to help in times of need.

#### **WEBSITE**

<http://www.oregonvolunteers.org/>

#### **PHONE**

503-725-5903

## GET INFORMED

Cut down on panic and fear after an emergency happens by planning ahead. Please review the information below for some local resources.

### RESOURCES

#### AM/FM Radio

If you're in the Portland region you can tune into 91.5 KOPB-FM or 101.1 KXL-FM for information about local news and events.

#### WEBSITE

##### 91.5 KOPB:

<https://www.opb.org>

##### 101.1 KXL:

<https://www.kxl.com>

#### Basic Earthquake Emergency Communication Nodes

Get to know the location of BEECN sites near your work and home. BEECNs are a place to get information and request emergency assistance when phones aren't working.

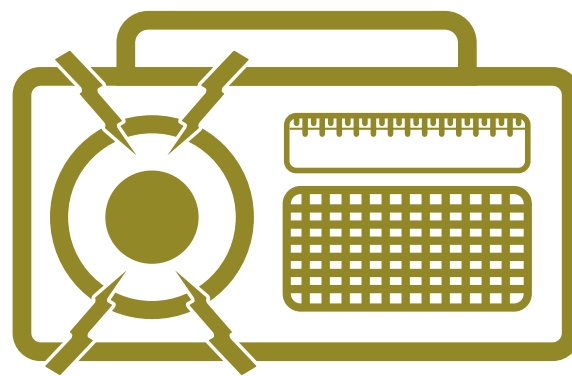
#### WEBSITE

<https://www.portland.gov/pbem/about-beecn>

#### PublicAlerts

Sign up for PublicAlerts to receive emergency alerts from your area.

This information is only used in emergencies! You can also go directly to the Current Alerts page to get live updates and info about ways to get involved.



#### WEBSITE

##### Public Alerts:

<https://www.publicalerts.org/>

##### Current Alerts:

<https://www.publicalerts.org/current-alerts>

#### PublicAlerts — Additional Needs Registry

This registry is for individuals in Portland who may need special assistance in a disaster.

Instructions: When you sign up with PublicAlerts, it will ask if you will have additional needs in a disaster. If you check "yes", it will automatically take you to the Additional Needs Registry.

This information is only used in emergencies!

#### WEBSITE

<https://www.publicalerts.org/signup/>

# PUBLIC ALERTS AND NEWS UPDATES

Stay informed about natural and human-caused hazards, changing conditions and events in the Portland area, Oregon, or on a national level.

## RESOURCES

### Public Alerts

WEBSITE

<https://www.publicalerts.org/>

### National Weather Service — Portland

WEBSITE

<https://www.weather.gov/pqr/>

### NOAA Weather Radio

WEBSITE

<https://www.weather.gov/nwr/>

### Northwest River Forecast Center

WEBSITE

<https://www.nwrfc.noaa.gov/rfc/>

### NWCC Fire Map

WEBSITE

<https://gacc.nifc.gov/nwcc/information/fire-map.aspx>

### ODOT TripCheck

WEBSITE

<https://www.tripcheck.com/>

### Safer Air Oregon

WEBSITE

<https://public.govdelivery.com/accounts/ORD-EQ/subscriber/new?>

### USGS Cascades

### Volcano Observatory

WEBSITE

<https://volcanoes.usgs.gov/observatories/cvo/>

### USGS Earthquake

### Notification Service

WEBSITE

<https://earthquake.usgs.gov/ens/>

# SMARTPHONE APPLICATIONS

Downloading these applications can serve as an easy way to stay informed and get important information during an emergency.

## APPLICATIONS

### **American Red Cross**

#### WEBSITE

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html>

### **FEMA**

#### WEBSITE

Download app by text messaging:  
<https://www.fema.gov/mobile-app>

#### **Apple device:**

Text APPLE to 43362 (4FEMA)

#### **Android device:**

Text ANDROID to 43362 (4FEMA)

### **FloodWatch**

#### WEBSITE

<https://apps.apple.com/us/app/floodwatch/id386505889>

### **PDX Reporter Online**

#### WEBSITE

<https://www.weather.gov/nwr/>

### **Portland Incident Map and Alert**

#### WEBSITE

<https://apps.apple.com/us/app/portland-incident-map-alerts/id1277347911>

### **PulsePoint Respond and AED**

#### WEBSITE

<https://www.pulsepoint.org/download/>

### **Quakewatch**

#### WEBSITE

<https://apps.apple.com/us/app/quakewatch/id314600768>

### **NVS Tsunami Evacuation**

#### WEBSITE

<https://nvs.nanoos.org/TsunamiEvac>

# ORGANIZE A COMMUNICATION PLAN

Emergencies can strike at any time. It is important to create a communication plan so you know who to contact in an emergency. Ask yourself these questions:

What should I do if I am separated from someone in my household?

Who should I let know I'm OK?

Who should I contact if I am in need of assistance?

Collect the contact information below and share it with your support team. Make sure everyone in your household has a copy of this information, just in case you are separated. You can keep a printed copy and a digital copy on a phone or computer.

In the event of a disaster, try to text friends and family instead of calling them. Texts often have an easier time getting through than calls because phone lines will be overwhelmed.

Since you will be collecting personal information about yourself and/or other household members, it is important to take precautions to keep this information safe. Learn more about ways to protect against identity theft here:

<https://www.portlandoregon.gov/police/41856>



Name

---

Address

---

Phone

---

APT #

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## Household Members Contact Information

Name

Phone

Email

Name

Phone

Email

Name

Phone

Email



## Personal Emergency Contacts

Try choosing a friend or family member outside of your immediate area (in another city or state) to be your emergency contact. Make sure you talk with them about your plan. In an emergency, you should be able to reach out to them and let them know you are safe. Try texting before calling, just in case phone lines are down.



_____	_____	_____
Name	Phone	Email
_____	_____	_____
Name	Phone	Email
_____	_____	_____
Name	Phone	Email

## Medical Care Providers

_____	_____	_____
Name	Phone	Email
_____	_____	_____
Name	Phone	Email
_____	_____	_____
Name	Phone	Email

## Additional Medical Providers

Examples: vision, dental, mental health

_____	_____	_____
Name	Specialty	Phone
_____	_____	_____
Name	Specialty	Phone

## School/Daycare Information

_____	_____	_____
Name	Phone	Address
_____	_____	_____
Name	Phone	Address

## Personal Care Attendant

Make sure you include your personal care attendant in your emergency preparedness plan. Discuss back up plans if they are unable to reach you.

_____	_____	_____
Name	Phone	Email
_____	_____	_____
Name	Phone	Email
_____	_____	_____
Name	Phone	Email

## Pet(s)/Assistance and Support Animal Information

_____	_____	_____	_____	_____
Name	Type	Color	Weight	Registration #
_____	_____	_____	_____	_____
Name	Type	Color	Weight	Registration #
_____	_____	_____	_____	_____
Name	Type	Color	Weight	Registration #

## Veterinarian Information

_____	_____	_____
Name	Phone	Address
_____	_____	_____
Name	Phone	Address
_____	_____	_____
Name	Phone	Address

## Workplace Information

_____	_____	_____
Place of Employment	Phone	Address
_____	_____	_____
Place of Employment	Phone	Address
_____	_____	_____
Place of Employment	Phone	Address

## Banking Information

_____	_____	_____
Bank	Account Number	Routing Number
_____	_____	_____
Bank	Account Number	Routing Number
_____	_____	_____
Bank	Account Number	Routing Number

## Insurance Information

Keep track of your insurance policies. This could include insurance policies for health, renters, pet, car, and more.

_____	_____	_____	_____
Type	Provider	Policy Number	Contact Info
_____	_____	_____	_____
Type	Provider	Policy Number	Contact Info
_____	_____	_____	_____
Type	Provider	Policy Number	Contact Info

## What is the Best Way to Communicate with You?

Are you deaf, hard of hearing, or have cognitive or intellectual disabilities?

Do you require hearing equipment or other means of communication?

Describe the best ways to communicate with you.

Tips for people who may need different ways of communicating with any responders: It might be helpful to keep writing materials, pre written messages, or other communication options on you or in your emergency kit. Examples of pre written messages can include, "I use American Sign Language", "If you make announcements, I need them written down", or "I forget easily; please write information down for me."

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## Safe and Well

After a disaster strikes, you can always let your friends, family, peers, and neighbors know you are okay by registering at the "Safe and Well" website:

<https://www.redcross.org/get-help/disaster-relief-and-recovery-services/contact-and-locate-loved-ones.html>

or by texting or calling 1-800-733-2767 for the American Red Cross. You can also update your status on social media accounts, like Facebook. If a disaster is big enough, there are reunification tools like the Facebook Safety Check online:

<https://www.facebook.com/about/safetycheck/>

# EMERGENCY CONTACTS

Be prepared with accurate emergency contact information. If there are any other contacts you would like to have on hand for emergencies, please fill them out below.

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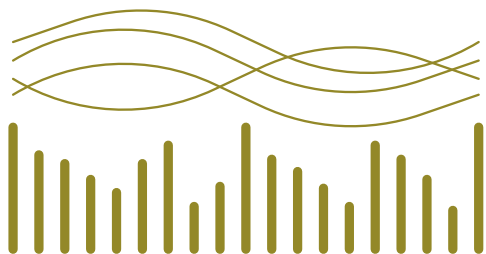
## WHEN TO CALL 9-1-1

Call 9-1-1 in an emergency, life threatening situation. This includes reporting a fire, crime, fight or assault, or an emergency medical situation. During a major disaster, 9-1-1 may be flooded with calls.

Here are some ways to prepare to talk to a 9-1-1 operator during an emergency:



*Be ready to answer any type of questions from 9-1-1 operators*



*Stay on the line until the operator hangs up*



## Texting 9-1-1

If you are unable to call, another option is to text 9-1-1. The purpose of texting 9-1-1 is to help individuals that may not be able to speak because of an emergency, such as a home invasion or abusive partner. It is also helpful for individuals who are deaf, hard of hearing, or have limited speech capabilities.

## Important Non-Emergency Contacts

You can call non-emergency contacts 24 hours a day for non-emergency help. Using these contacts keeps 9-1-1 available for true emergencies. Examples of times you should call a non-emergency contact:

*Your house or car was broken into overnight.*

*A runaway child has returned home.*

*You need to add additional information to the burglary report you made last week.*

*Someone stole your bike while you were at work.*

# POLICE AND FIRE (NON-EMERGENCY)

The non-emergency phone number for all police and fire districts in Multnomah County is (503) 823-3333.

## RESOURCES

### Multnomah County Sheriff

#### PHONE

(503) 823-3333

#### WEBSITE

<https://www.mcso.us/site/>

### Portland Police

#### PHONE

(503) 823-3333

#### Report Online:

<https://www.portlandoregon.gov/police/cor/>

#### WEBSITE

<https://www.portlandoregon.gov/police/29708>

### City of Gresham Police

#### PHONE

(503) 618-2318

#### WEBSITE

<https://greshamoregon.gov/Police-Department/>

### Portland Fire and Rescue

#### PHONE

#### General Information:

(503) 823-3700

#### Arson Tip Line:

(503) 823-4636

#### WEBSITE

<https://www.portlandoregon.gov/ire/25923>

### Gresham Fire & Emergency Services

#### PHONE

#### General Information:

(503) 618-2355

#### WEBSITE

<https://greshamoregon.gov/Fire-and-Emergency-Services/>

# OTHER COMMUNITY CONTACTS

## RESOURCES

### **2-1-1 Info**

For any questions about community resources.

#### **PHONE**

2-1-1

#### **WEBSITE**

<https://www.211info.org/>

### **The City of Portland, Community and Civic Life**

You can also visit the City of Portland's webpage for Community and Civic Life to find other frequently requested phone numbers.

#### **WEBSITE**

<https://www.portlandoregon.gov/civic/25967>

### **Downtown Portland Clean and Safe District**

**Cleaning:** Cleaning crews provide sidewalk sweeping, graffiti removal, litter and cigarette removal and pressure washing services.

**Security:** Security responds to disorderly and suspicious behavior, aggressive panhandling, public drinking, suspicion of drug dealing or drug use, TriMet transit, etc.

#### **PHONE**

(503) 224-7383

#### **WEBSITE**

<https://downtownportland.org/>

### **Narcotics and Organized Crime**

Call this line if you suspect someone is trafficking drugs in your building.

#### **PHONE**

(503) 823-DRUG (3784)

#### **WEBSITE**

<https://www.portlandoregon.gov/police/30560>

### **Oregon Poison Center**

Call in case of accidental ingestion of dangerous substances.

#### **PHONE**

1 (800) 222-1222

#### **WEBSITE**

<https://www.ohsu.edu/oregon-poison-center>

### **One Point of Contact Campsite Reporting System**

Use this system to report issues of illegal camping or related garbage within Portland.

#### **WEBSITE**

<https://www.portlandoregon.gov/toolkit/70039>

#### **Please use just ONE of the following methods:**

1. Fill out a Campsite Report Form  
<https://www.portland.gov/homelessnessimpactreduction/report-campsite>
2. Call 503-823-4000 Every day, 7 a.m. to 8 p.m. (excluding federal holidays)
3. Email [311@portlandoregon.gov](mailto:311@portlandoregon.gov)

# UTILITY EMERGENCIES

For buried utility lines, before digging call 8-1-1. Contact the following service providers if you have a utility emergency.

## Northwest Natural Gas

Just remember: Smell. Go. Let us Know. Contact Northwest Natural Gas if you suspect a leak.

### PHONE

1 (800) 882-3377

### WEBSITE

<https://www.nwnatural.com/>

## Portland General Electric

If your power goes out, call PGE to report.

### PHONE

#### Portland:

(503) 464-7777

#### Outside of Portland area:

(800) 544-1795

### WEBSITE

<https://www.portlandgeneral.com/>

#### Report an outage:

<https://cs.portlandgeneral.com/ReportOutage/Index>

## Pacific Power

Report an outage or receive an update on a current outage in your area.

### PHONE

1 (877) 508-5088

### WEBSITE

<https://www.pacificpower.net/>

## Portland Water Bureau

Reach out to the Portland Water Bureau with emergencies with water and sewer.

### PHONE

#### Emergency line:

(503) 823-4874

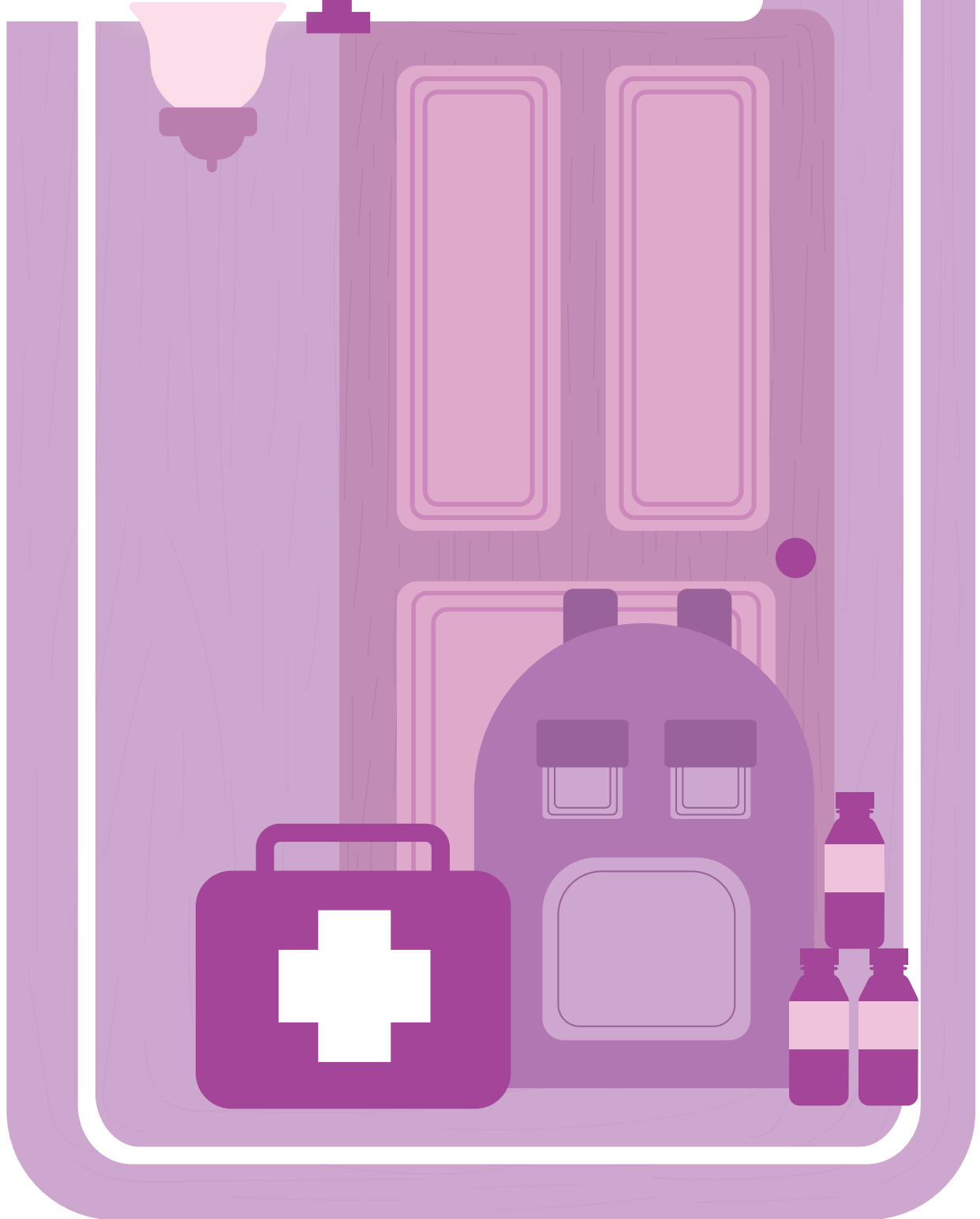
### WEBSITE

<https://www.portlandoregon.gov/water>



Section Three

# Prepare



# CREATE A HOUSEHOLD PLAN



## Why Plan?

To minimize panic and fear.

To reduce risk and minimize potential physical and emotional harm.

To protect property, possessions, and other physical assets.

To protect and support your community during and after an emergency.

## What is an Emergency?

An emergency is any unplanned event that can:

Cause death or significant injuries to the public.

Shut down lifeline services that we depend on daily.

Cause physical or environmental damages.

\*"Disaster" implies a large-scale, natural event.

## Personal Ability & Needs Assessment

Before creating a plan for yourself and/or your household, it is important to assess your needs. Ask yourself the following questions and discuss them with your personal support team. These questions from the American Red

Cross might help identify assistance you might need before, during, and after an emergency. The following sections will help you think through these needs.



# Daily Living

**Before answering these questions, ask yourself:**

What are my abilities for today? What help will I need during an emergency?

### PERSONAL CARE

Do you or anyone in your household need regular assistance with personal care, like bathing and grooming?

Yes     No

If so, what kind of assistance?

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Do you use adaptive equipment to help you get dressed?

Yes     No

If so, what kind of equipment?

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### WATER SERVICE

What will you do if water service is cut off for several days? What will you do if you are unable to heat water?

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### PERSONAL CARE EQUIPMENT

Do you use a shower chair, tub-transfer bench, or other similar equipment?

Yes     No

If yes, what kind of equipment?

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### ADAPTIVE FEEDING DEVICES

Do you use any special utensils that allow you to prepare or eat food independently without assistance?

Yes     No

If so, what kind of utensils?

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Do you have a safe back-up power supply and how long will it last?

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### ELECTRIC EQUIPMENT

How will you continue to use equipment that runs on electricity — such as dialysis, electrical lifts, power chairs - if there is a power outage?

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## Getting Around

### DISASTER DEBRIS

How will you clean up debris in your home after an emergency? Are there heavier objects near the door that could make it hard to evacuate quickly?

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### ERRANDS

Do you need help to get groceries, medications, and medical supplies?

Yes     No

If so, what kind of help?

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### TRANSPORTATION

Do you need a specially equipped vehicle or accessible transportation?

Yes     No

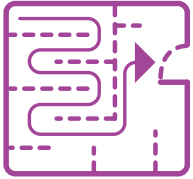
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What will you do if your caregiver or personal support team are not able to reach you?

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# Evacuation Plan

## BUILDING EVACUATION

Do you need help to leave your home or office?

Yes     No

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## BUILDING EXITS

Are there other exits — stairs, windows or ramps - if the elevator is not working or is not safe to use?

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## GETTING HELP

How will you get in contact with your support team, or others to assist you when leaving the building?

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Will you be able to evacuate without auditory cues if the power is out?

Yes     No

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Do emergency alarms have audible and visible features (marking escape routes and exits) that will work even if electrical service is disrupted? Ask your property manager if you are unsure about these questions.

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If you have hearing aids, would they work if they were to get wet from the emergency sprinklers?

Yes     No

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### ASSISTANCE OR SUPPORT ANIMALS/PETS

Will you be able to care for your animal during and after a disaster? Do you have another caregiver for your animal if you are unable to meet its needs?

Yes     No

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How will you communicate with emergency personnel? Do you usually need an interpreter, hearing aids, or communication device to communicate with others? What will you need to communicate if you don't have access to these things?

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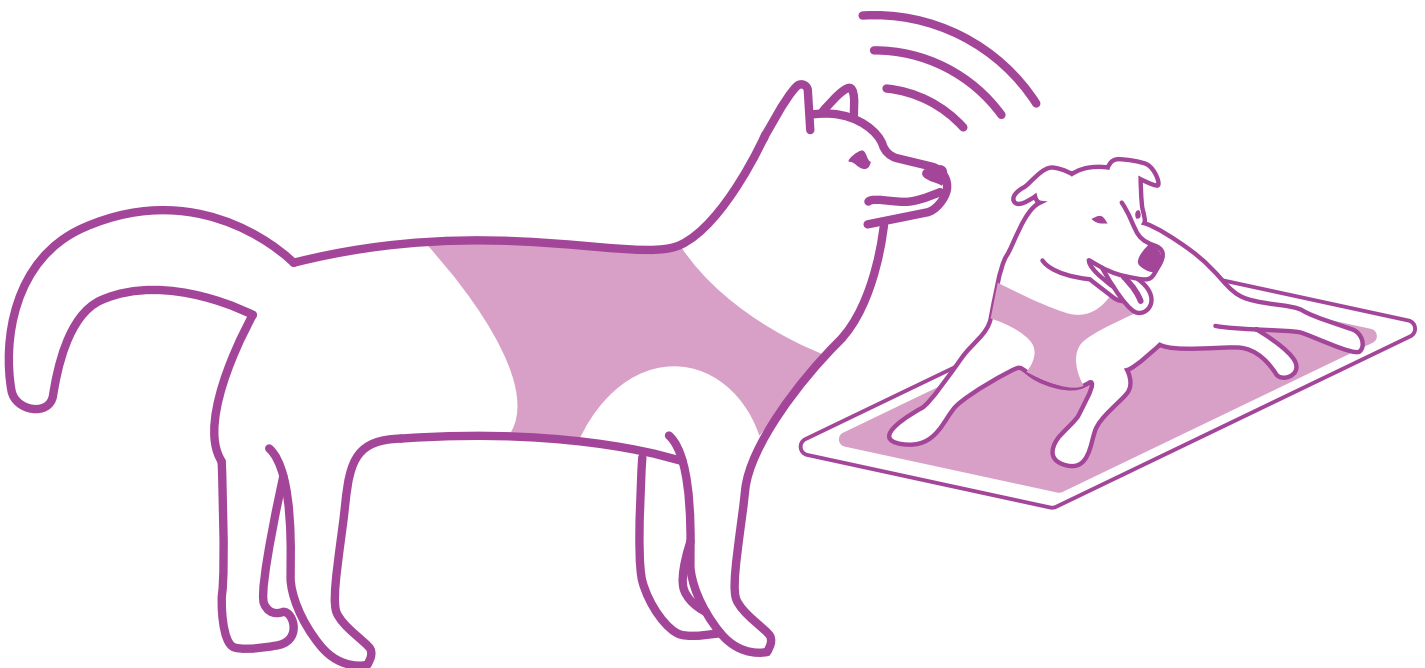
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Do you have the appropriate records for your service animal? Do you have it somewhere you can grab it if you need to evacuate and go to an emergency public shelter?

Yes     No

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# MEDICAL INFORMATION

It is important to think ahead about essential medications and other medical needs in case of an emergency.

## This could include:

Prescription medication for household members, including minors, pets, and assistance animals

Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives

Other medical supplies and equipment like glasses, contacts and contact solution, hearing aids, canes, walkers, etc.



# Medication

Do you have any medication that will need to be refilled?

Yes     No

**Continue to refill your prescription as soon as possible.**

**Try to refill your prescription medication before you run out.**

_____	_____	_____
Name	Dosage	Pharmacy
_____	_____	_____
Name	Dosage	Pharmacy
_____	_____	_____
Name	Dosage	Pharmacy
_____	_____	_____
Name	Dosage	Pharmacy
_____	_____	_____
Name	Dosage	Pharmacy

Do you have an emergency supply of any medication?

Yes     No

**You can ask your healthcare provider if you can get an emergency supply of your prescribed medication.**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Dosage

\_\_\_\_\_  
Pharmacy

\_\_\_\_\_  
Name

\_\_\_\_\_  
Dosage

\_\_\_\_\_  
Pharmacy

\_\_\_\_\_  
Name

\_\_\_\_\_  
Dosage

\_\_\_\_\_  
Pharmacy

Do you need help getting your prescription refilled?

Yes     No

**Ask about using mail-order for medications.  
Mail-order is when your medication is mailed directly to you.**

\_\_\_\_\_

\_\_\_\_\_

### What other medication do you need?

Think about getting extra over-the-counter medicine (examples: multivitamins and supplements, Tylenol/Ibuprofen, cough medicine, allergy medicine) and other supplies (examples: tissues, cough drops, etc.).

There may be other supplies for your personal needs to keep on hand. This could include:

Eyeglasses, contacts, and extra contact solution

Hearing-aid and extra hearing-aid batteries

Extra wheelchair batteries (or a manual wheelchair if possible)

Oxygen





# Allergies and Sensitivities

Do you have any allergies or sensitivities?

Yes     No

What allergies or sensitivities do you have?

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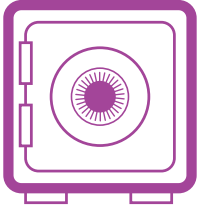


## GATHER EMERGENCY PAPERS

Vital records and other important documents should be kept in a safe place that you can easily grab in case of an emergency. Only share the location of these documents with people you trust.

### EMERGENCY PAPER CHECKLIST

- Identification card or driver's license
- List of prescription medication
- Proof of insurance
- Bank account information (account numbers, bank information)
- Health history information card
- Passports
- Pictures of household members/animals
- Social security cards/numbers
- Birth certificates
- Marriage certificates
- Wills
- Deeds
- Immunizations records
- Inventory of valuable possessions, other household goods
- Any professional certificates/licenses
- Military discharge papers



# Storage

These documents should be kept in a safe location!

**Think about storing these in a Ziploc bag, waterproof binder or folder, or other sealed envelope. You can keep this in your emergency kit or in a safe place you can grab it easily in an emergency. If possible, you can store a digital copy of these documents on your phone or a computer. You could store these pictures safely on your phone by using a free application.**

Where will you store these emergency papers?

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## SHELTER PLAN

In case conditions are not safe at your home, you may need to plan on finding a safe place to stay. If possible, you should try to shelter outside of the hazard area. This could include staying with family or friends, getting a hotel room, or staying in a mass emergency shelter.

The American Red Cross and other relief agencies will open relief shelters in the event of a large scale emergency. They will need to do an assessment of the buildings after the event to make sure it is safe to set up a relief shelter.

Here are some helpful resources to search for emergency shelter/relief shelter locations after a disaster:

## RESOURCES

### American Red Cross

Locate the nearest open shelter or find your local American Red Cross. These shelters will be updated after a disaster has occurred. Some of the shelters shown on the map may be operated by partner agencies.

#### WEBSITE

##### Open shelter:

<https://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.html>

##### Local Red Cross:

<https://www.redcross.org/find-your-local-chapter.html>

### Disaster Assistance

Search for open shelters near you. If your area has been declared for Individual Assistance, you will be able to search for assistance options for you and your household.

**Text SHELTER and your ZIP code to 43362. (Example: Shelter 01234)**

#### WEBSITE

<http://www.disasterassistance.gov/>

### FEMA: Disaster Recovery Center (DRC)

Use FEMA's DRC Locator to find a Disaster Recovery Center. DRCs are accessible facilities and mobile offices you can visit to learn more and apply for disaster assistance programs.

**Text DRC and your ZIP code to 43362 to find a DRC near you. (Example: DRC 01234)**

#### WEBSITE

<https://gateway.fema.gov/ESF6/DRCLocator>

### HUD: Housing Assistance

Use this page to find hotlines you can call or locate other resources near you. This includes food, housing, or other assistance in an emergency. You can also use this HUD Resource Locator.

#### WEBSITE.

##### Resource Locator:

<https://resources.hud.gov/>

### HUD: Veteran Assistance

View this list of all HUD's homeless programs and resources for veterans and veteran service providers. You can also find links to other agencies and organizations.

#### WEBSITE

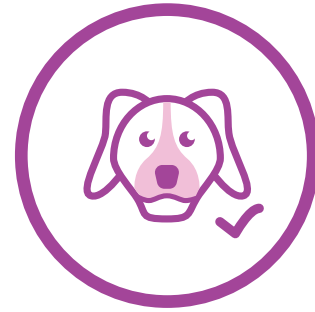
<https://www.hudexchange.info/homelessness-assistance/resources-for-homeless-veterans/>

### The Salvation Army

Enter your zip code to find your nearest Salvation Army.

#### WEBSITE

<https://www.salvationarmyusa.org/usn/plugins/gdosCenterSearch?start=1>



## Things to

# CONSIDER

If you cannot return to the building, what is the closest hotel and/or emergency shelter? You might not be able to locate an emergency shelter until after the event has occurred.

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If you have a pet or assistance/support animal, does this shelter accept animals? Please review the "Pet/Assistance or Support Animal Owners" section for more information.

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How do you plan on getting to this meeting place/shelter? Will you require assistance? Please review the "Personal Ability & Needs Assessment" section above in order to answer this question in a bit more detail.

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In some cases, you will be directed to "shelter in place", or stay in your home. Identify a safe space in your home. Do you have a space near limited or sealed windows where you can go in severe weather, or other emergencies?

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## SHELTERING IN PLACE

In some situations, it can be safer to “shelter in place”. This means that you should stay put and avoid going outside.

### Shelter in place

To “shelter in place” means that you are seeking shelter wherever you are located when a disaster has occurred. Some examples of when you should “shelter in place” include during a natural disaster where the air may be contaminated or there may be debris.

### How do you know if you should shelter in place?

Ask yourself: Are there any immediate dangers? Do I need to leave the building for safety or other reasons? Does the air seem contaminated? Are there fires or other safety hazards in the area? Is it safer to stay inside than try to seek shelter elsewhere?

It is important to listen to the local authorities. They may instruct you on whether or not you should shelter in place.

### HELPFUL TIPS FOR SHELTERING IN PLACE

Local authorities may not have information for you right away

*Try to be patient and use local resources to get more information*

#### Stay Informed

*Watch the news, listen to the radio, or check the Internet for updates and instructions as they become available*



Make sure everyone in your household, including pets and support animals, are together and safe

*If separated from someone in your household, try texting them to see if they are safe*

#### Check if your space is safe

*Are the doors locked? Are the windows closed? Is the air conditioner or heating system turned off?*

This might be a good time to access your emergency supply kit

Go into an interior room with few windows if possible

*In your apartment, this could include a bathroom or personal laundry room*

If needed, use what you have on hand to seal gaps (example: windows, doors, or air vents) to create a barrier between you and any contamination

*You can use plastic sheeting or duct tape*



## REDUCE HOME HAZARDS

In a disaster, ordinary items in the home can cause injury and damage. Consider taking some steps to make your home a safer place.



## Things to

# CONSIDER

## to Reduce Risk

Make sure hallways and common spaces are clean and free of unnecessary clutter

*This will make sure there is a clear exit*

Place large, heavy objects on lower shelves

*This could reduce the risk of larger object falling on top of a household member*

Hang pictures and mirrors away from beds

*To ensure that objects do not fall on you while you sleep*

## PROTECT YOUR HOME AND PERSONAL POSSESSIONS

It can be devastating to damage or lose valuable or essential personal possessions. There are steps you can take to reduce home hazards and protect your personal possessions against potential disasters.

Use straps or other securing devices to stabilize items

*tall cabinets, bookshelves, large appliances (examples: refrigerators, stoves, or washing machines), televisions, mirrors, shelves, etc.*

Keep the shut-off switch for oxygen equipment near your bed or chair

*So you can get to it quickly and turn it off if there is a fire*

## INVENTORY HOME POSSESSIONS

You can make a record of your valuable possessions in case of loss or damage. Here are some things to consider:

Store inventory in a secure (water and fire safe) location to make sure the document survives a disaster. You can keep this with your other stored emergency papers.

You might want to include photographs of these personal items (examples: jewelry, collectibles, artwork, etc.).

If you use medical equipment, it would be a good idea to take photos and record the make and model numbers for each item.

These are for your own personal records. Only share them with people you trust!

What are some possessions you would like to include in your inventory?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

## RENTERS INSURANCE

You might want to consider getting renters insurance to cover lost or damaged personal items. It can cost as little as \$5 a month!

## WHY DO YOU NEED RENTERS INSURANCE?

Home Forward's insurance covers damage to the unit, but not to your own personal items. Talk with an insurance agent about getting renters insurance to protect yourself from unnecessary financial loss.



## MAIL SERVICES

A disaster can impact mail services for a few days to several weeks. This could have a huge impact if you or someone in your household depends on Social Security or other regular benefits. If possible, switching to electronic payments is a simple, easy way to protect yourself financially before disaster strikes. It also reduces the risk of having your check stolen.

The U.S. Department of the Treasury recommends two safer ways to get federal benefits:

### Direct deposit to a checking or savings account

If you get federal benefits you can sign up online (<https://godirect.gov/gpw/>) or by calling 800-333-1795

### Direct Express prepaid debit card instead of paper checks

You can sign up online (<https://godirect.gov/gpw/>) or call 877-212-9991

## INDIVIDUALS WITH ADDITIONAL NEEDS

What are some things you might need outside support with before, during, and after an emergency? If you or a household member has additional needs, it is important to plan ahead!



### Communicate with your Personal Support Team

Your team should be made up of three or more people who can help you immediately following a major emergency. See “Create a Personal Support Team” section for more information. Team members should:

Be familiar with your daily schedule and routine.

Know how to enter your home to check-in.

Have important information about your needs and how to care for you. This includes how to operate necessary equipment.

### THINGS TO DISCUSS

The relationship should be mutual. You have a lot to contribute! Learn about each other’s needs and how to help each other in an emergency.

Do you notify each other when you are going out of town?

How will these individuals check on you and offer assistance in the event of an emergency?

Are they familiar with your emergency preparedness plan?

Do they know where you keep emergency supplies, medication, and emergency equipment? What supplies will you need to take with you if you need to evacuate?

Are there different ways you can get out of the building? Practice evacuating the building together.

Do they have copies of your emergency documents, evacuation plan, and emergency health information?

How will you contact each other in an emergency? Do you have another way of communicating if your telephones are not working?



## Do you receive regular services?

If you depend on others to receive home health care, transportation, feeding, bathing, dialysis, etc., make a plan with each service provider. Talk to them about their disaster plans and how to contact them in an emergency. Work with them to identify back-up service providers who could help if they are not available in the case of an emergency.

## INDIVIDUALS WITH PHYSICAL OR COGNITIVE DISABILITIES

Your needs may differ if you or a household member has physical or cognitive disabilities. Here are some things to consider to better prepare for emergencies.



# Medical Equipment

If your equipment requires electricity, talk to your health care provider about how you can prepare for its use during a power outage. Try to keep a charged, backup battery power source.

How will you evacuate with this device?

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How will you replace the device if it is lost or destroyed?

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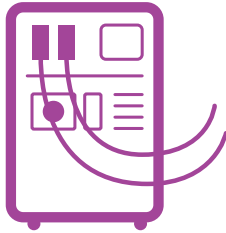
## Resources

Caring Closet is a non-profit that is based out of Vancouver, Washington. They accept medical equipment donations such as: hospital beds, wheelchairs, walkers, bath benches and adult briefs and give them to those in need at no cost.

You can find more information on their website:

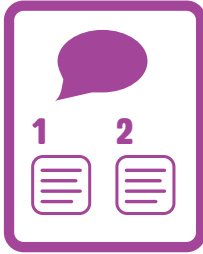
<https://acaringcloset.org/>

**Email:** INFO@ACARINGCLOSET.ORG



## Dialysis

If you are dependent on dialysis or other life-sustaining treatment know the location and availability of more than one facility.



## Communication

Make sure your emergency information says the best way to communicate with you. This could include cards with phrases or pictures, writing instructions on a piece of paper, etc.

## Tips for People Who are Deaf or Hard of Hearing

Here are some helpful supplies that might make receiving information and communicating with others easier in an emergency:

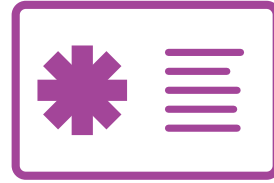
A portable radio with text display and a flashing alert

Extra hearing-aid batteries

Pen and paper

## Tips for People Who are Blind or Visually Impaired

You could record yourself reading specific instructions on ways you need assistance using your phone or other device, for those who may not read Braille or know sign language.



## Medical ID

You can wear a medical alert bracelet or keep a medical ID card with you, to give responders a better idea of what is going on and the best ways to help.

If you use an augmentative communications device or other assistive technologies, how will you communicate with others if your equipment is not working?

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Keep a Braille or deaf-blind communications device as a part of your emergency supply kit.

## Tips for People with Speech Disability

If you use an augmentative communications device or other assistive technologies, see “Things to Consider” section above to plan how to evacuate with that device and what to do if it isn’t working.

Alternative ways of communicating could include (laminated) cards with phrases or pictures, keeping a pen and paper on hand, etc.

## Tips for People with a Mobility Disability

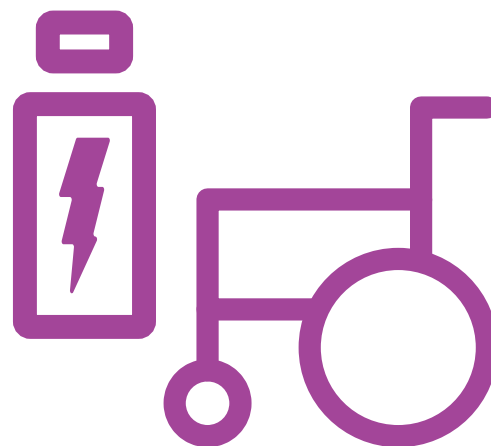
If you use a power wheelchair, it would be a good idea to have a lightweight manual chair for backup in an emergency.

Show your personal support team members how to operate your wheelchair.

Consider buying an extra battery for a power wheelchair or other battery-operated medical devices. Keep batteries charged.

Consider keeping an extra mobility device (example: cane or walker).

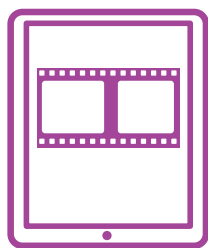
Even if you have to evacuate without your wheelchair, consider taking the seat cushion if you generally need it to protect your skin or maintain balance.



## Tips for Individuals Who May Need Behavioral Support

An emergency situation can be especially hard for individuals who may have difficulty in unfamiliar or chaotic environments. Plan ahead for children with disabilities and household members who may have post-traumatic stress disorder (PTSD).

### Helpful emergency supplies might include:



Handheld electronic devices with downloaded movies and games



Headphones to decrease any visual stimulation



Comfort snacks



Toys

## Tips for Individuals with Diabetes

Here are some helpful supplies to consider making accessible in case of an emergency:

Emergency supply of insulin or other medications taken by mouth or injection for diabetes

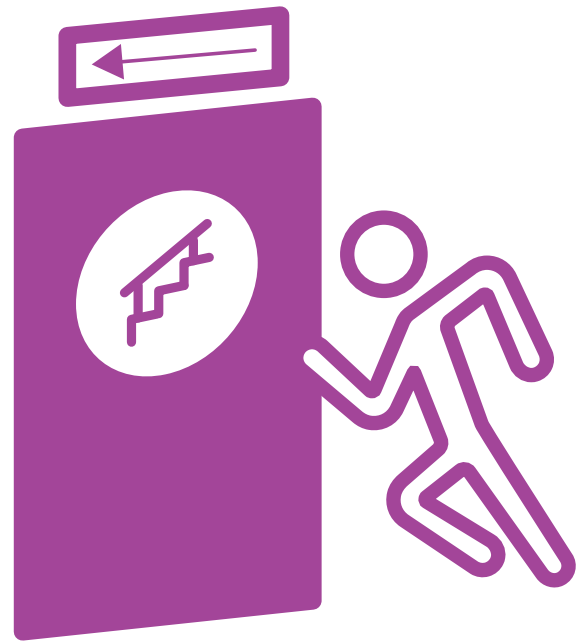
Blood glucose testing supplies

Gel packs or other cooling devices you can use to keep your insulin cold if there is a power outage

Snacks to treat a hypoglycemic reaction (example: glucose tabs/gel, juice, soda, sugar packets, honey, hard candy, etc.)

# EMERGENCY EVACUATIONS

In case of a fire, power outage, or any other emergency, do NOT use the elevator. Stay in place if possible. If evacuating the building is necessary, identify another safe exit route. If you have mobility limitations or other physical or sensory disabilities, make sure that you communicate your needs with your support team to figure out alternative ways to exit the building.



## Things to

# CONSIDER

### IN ALL EMERGENCIES, AFTER AN EVACUATION HAS BEEN ORDERED

People with disabilities will be given high priority in emergency evacuation situations

Only assist with a rescue evacuation if you have proper training

Check on people who may need additional needs during an evacuation

*Always ask someone with a disability if they need help BEFORE providing assistance*

Call 9-1-1, only if the situation is life threatening

How will you evacuate the building in case of an emergency if the elevator is not working? Have you identified other routes to exit the building safely?

Can you identify a neighbor who might be able to provide assistance? Would they be able to help you evacuate or bring you supplies?

### BLIND/VISUALLY IMPAIRED

Tell the person what is going on and offer to guide them

*Do not grasp a person's arm or try to move them without asking for consent to help*

Make sure canes and other mobility aids are not left behind

Use verbal instructions to guide them on the safest route

*Examples include estimated distances, directional terms, obstacles in their path, and other information*

Once you have reached safety, ask if there are any other needs

## DEAF/HEARING LOSS

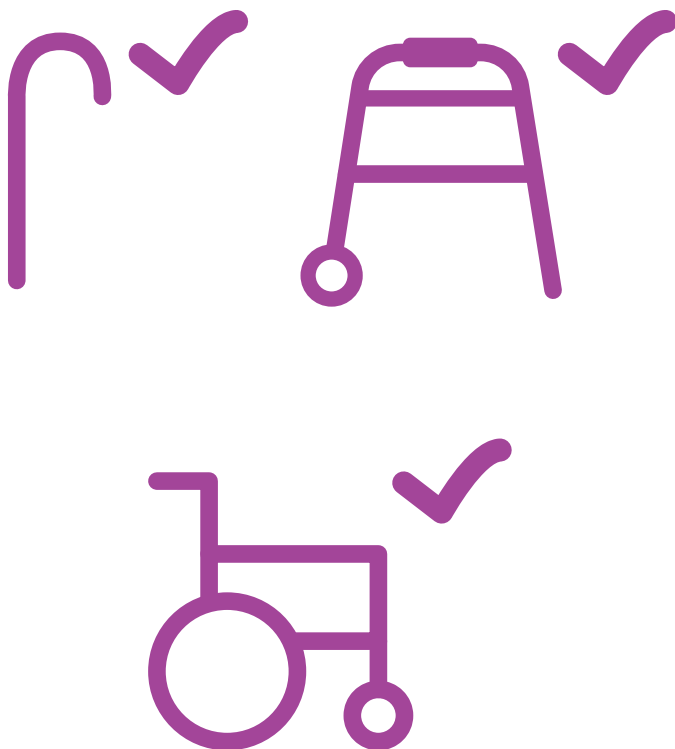
It might help to carry a whistle

*This can be used to attract attention of others if you are in need of care*

A flashing light should alert an individual who is deaf or hearing impaired to an evacuation alarm

If an individual who is deaf or hearing impaired does not notice the warning signs, you can try using visual signs to get their attention

*Write a note about what is happening and where to go (example: "fire - go out the front door to the parking lot"), turn the room lights on and off to get their attention, and use hand gestures to show them where to go*



## MOBILITY IMPAIRMENTS

Do NOT try to evacuate an individual with mobility impairments unless you are a trained personnel or the situation is life-threatening

*You can help clear the exit route of debris, if possible*

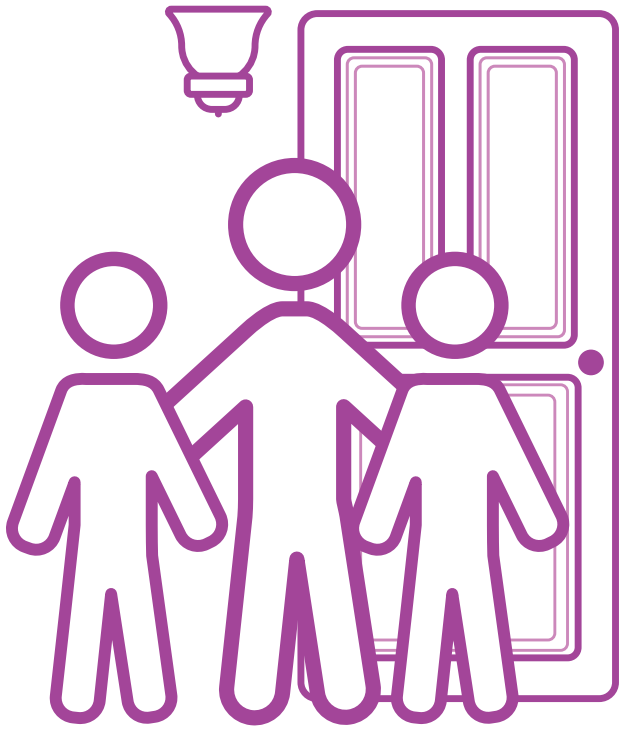
If people with mobility impairments cannot exit, move to a safer area

*Enclosed stairwells, room with the door shut, other areas that are far away from the hazard*

Notify emergency responders immediately about any people who are still in the building

*Let them know their name and where you think they are located*

Bring any canes, crutches, or walkers needed, if possible



## HOUSEHOLDS WITH MINORS

Making a household plan may look different if you are also preparing for minors. This includes planning for their needs and figuring out different ways to communicate with them about preparing for emergencies.

- \* Make sure you are also filling out a Personal Ability and Needs Assessment with all household members, including minors. More copies of this form can be found in the *Appendix*, on page 82.

### Communicating with Minors

Find out the emergency plan for their school/ daycare. What location will the school/daycare evacuate to during an emergency?

Talk about this together, so they know what to do if something happens while they are at school.

_____	_____
Child's Name	Evacuation Site (address and contact info)
_____	_____
Child's Name	Evacuation Site (address and contact info)
_____	_____
Child's Name	Evacuation Site (address and contact info)

### Emergency Contacts

How will you get this to your child(ren) in the event of an emergency?  
What will you do if public transportation is down?

---

---

---

## Please identify an emergency contact for the child(ren).

If you are not able to get to your child, who could pick them up from school in an emergency?

Make sure this is someone you trust, and feel comfortable with watching over your child(ren).

_____ Name	_____ Phone	_____ Email
_____ Name	_____ Phone	_____ Email
_____ Name	_____ Phone	_____ Email



### EC (Emergency Contacts) in Phone

Create an EC contact in your phone by saving the word “EC” in front of their name (as an Example: EC John, EC mom, etc.). This makes it easy for responders to find your contacts. Try to include as much information as you can in their contact details, including different phone numbers, address, email, and more.

You can also make your own using the information below:

Print one card for each household member.

Write the contact information for each household member, such as work, school, and cell phone numbers.

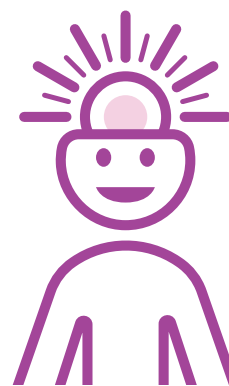
Fold the card so it will fit in a pocket, wallet, or purse.

Make sure to carry the card with you so it is available in the event of a disaster or any other emergency.

### Emergency Contact Card

You can create an Emergency Contact Card for your household members so they know what to do in an emergency if you are separated. The American Red Cross has a template for these Emergency Contact Cards. These cards can also be found in the *Appendix* on page 94.

<https://www.redcross.org/content/dam/redcross/get-help/pdfs/American-Red-Cross-Emergency-Contact-Card.pdf>



### Mental and Physical Wellness

Do you have a minor in the household with physical or cognitive disabilities? Refer to the section below for “Individuals with Additional Needs” to create a plan to match their needs.



# PET/ASSISTANCE OR SUPPORT ANIMAL OWNERS

Pets and service/support animals are a very important part of the family. They need a plan too! First start by filling out an animal needs assessment. If you have more than one animal, more copies of this form can be found in the *Appendix*, on page 96.

## Animal Needs Assessment

What is your animal's name?

---

How old is your animal?

---

What is their current weight?

---

Does the animal have an identification chip implanted?

Yes     No

What is their ID number?

---

Is your animal updated on its vaccinations?

Yes     No

Does your animal have any allergies?

Yes     No

### VACCINES

### DATE RECEIVED

Rabies \_\_\_\_\_

Canine parvovirus \_\_\_\_\_

Canine distemper \_\_\_\_\_

Canine hepatitis \_\_\_\_\_

Feline distemper (panleukopenia) \_\_\_\_\_

Feline calicivirus \_\_\_\_\_

Feline herpesvirus type I (rhinotracheitis) \_\_\_\_\_

### OTHER VACCINES

### DATE RECEIVED

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



What allergies do they have?  
\_\_\_\_\_

Does your animal take any medication?

Yes     No

Medication	Dosage	Reason for use
_____	_____	_____
_____	_____	_____
_____	_____	_____

What type and brand of food does the animal normally eat?  
If possible, try storing some extra food for your animal.

\_\_\_\_\_  
\_\_\_\_\_

What is your animal NOT allowed to have (example: food, toys, treats, etc.)?

\_\_\_\_\_  
\_\_\_\_\_

Is there anything else first responders or caring neighbors should know about your animal (example: have they shown signs of aggression, are they afraid of loud noises, do they try to run away, are they okay with children/other people, etc.)?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Plan Ahead

How will you transport your pet if you need to evacuate the building?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This could include keeping a leash nearby or an animal carrier that you are able to easily move on your own. If you are not able to transport you animal(s) on your own, think of what kind of assistance you will need.

Identify friends, family, or neighbors who could help take care of your pet/assistance animal during an emergency.

Shelters may not be able to accommodate your animals. Consider becoming friends with other pet owners in your building.

_____	_____	_____
Name	Phone	Email
_____	_____	_____
Name	Phone	Email
_____	_____	_____
Name	Phone	Email

Make a list of boarding facilities and veterinarians who could shelter your animal(s) in an emergency.

Stay informed to find out which emergency shelters allow pets. Some emergency shelters might only allow service animals.

**GO PET FRIENDLY**  
Find pet friendly hotels:  
<http://www.gopetfriendly.com/>

_____	_____	_____
Name of facility	Address	Phone
_____	_____	_____
Name of facility	Address	Phone
_____	_____	_____
Name of facility	Address	Phone

### What should you do if you must leave an animal behind?

- Let responders know if you had to leave an animal behind
- If you have time, leave a large container of water and food
- Do NOT tie your pet up inside

**OREGON PET SHELTERS AND ANIMAL RESCUE**  
For Oregon Pet Shelters and Animal Rescue information go to:  
<https://www.oregonhumane.org/services/>

# MORE RESOURCES

## **ASPCA**

Disaster Preparedness

### **WEBSITE**

<https://www.aspca.org/pet-care/general-pet-care/disaster-preparedness>

## **FEMA**

Preparing your Pets Makes Sense

### **WEBSITE**

<https://www.fema.gov/fact-sheet/are-you-petpared-disasters>

## **Humane Society**

Pet Disaster Preparedness

### **WEBSITE**

<https://www.humanesociety.org/resources/pet-disaster-preparedness>

## **Ready**

Pets and Animals

### **WEBSITE**

<https://www.ready.gov/pets>



## **American Red Cross**

Pet Disaster Preparedness

### **WEBSITE**

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/pet-disaster-preparedness.html>

# COLLECT EMERGENCY SUPPLIES

What you have on hand when a disaster strikes can make a huge difference for your comfort and safety. You may be left without basic services like electricity, gas, water, and internet for several days. We acknowledge that collecting extra supplies for an emergency might not be realistic for you and/or your household. Building an emergency kit can be expensive and seem like a huge task. We want to provide you with helpful tips and resources to make this process easier to manage and more realistic when planning on a budget.



## Planning on a Budget

What supplies do you already have that might be useful during an emergency? This could include canned goods, medical supplies, and more.

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## Priority Items

The list below are some recommended supplies you can get for low to no cost to better prepare yourself for an emergency. You can find many of these items at your local Dollar Store or grocery store. Copies of this supply list can be found in the [Appendix](#), on page 102.



Water!



Non-perishable food



Medication and medical supplies



Emergency papers



First aid supplies



Sanitation and personal hygiene supplies

### Other items to consider

- Flashlight and extra batteries
- Portable charger
- Extra clothes and blankets
- Battery-operated radio
- Can opener

## More Information

### FOOD

Choose foods that have a long shelf life. Non-perishable food items that would be good in a disaster include:

- Granola bars
- Grains/rice
- Ready to eat canned foods (example: fruits, vegetables, beans, etc.)
- Peanut butter
- Dried fruit
- Candy

### Medication and Medical Supplies

This includes prescribed medication, non-prescribed medication (example: allergy or pain meds), and other medical supplies (example: tissues, contacts solution, etc.).

The U.S. Department of Health and Human Services' online tool helps people locate and access their electronic health records from a variety of sources.

### WATER

It is recommended to include one gallon of water per person per day for drinking and sanitation. Don't forget your animals need water too!



You do not have to stock up on this food all at once. Start picking up extra supplies each time you go to the grocery.

Reach out to your Resident and Community Service Coordinator for some other food assistance programs.

### LOCATOR

Use this locator to find Oregon Food Banks near you:

<https://foodfinder.oregonfoodbank.org/>

### Emergency Papers

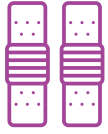
You can store your emergency papers (see "Gather Emergency Papers" section) in a safe, dry containers. Make sure they are easy to grab in an emergency.

You can find free apps on your mobile phone to safely store digital copies and photos of these important documents.

## FIRST AID +

# SUPPLIES

Your makeshift first aid kit could include the following:



Band aids



Neosporin



Hydrogen peroxide



Sanitation wipes



Eye drops



Disposable gloves



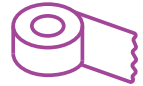
Face covering



Tweezers



Scissors



Tape

\*

You can find these items at the Dollar Store and keep them together in a zip lock bag

## SUPPLIES CHECKLIST

### SANITATION & PERSONAL HYGIENE

#### Personal hygiene supplies:

- Hand Soap
- Toothpaste
- Mouthwash
- Toilet Paper
- Menstrual Products

#### Where will I go to the Bathroom in the Event of a Large-Scale Disaster?

PHLUSH (Public Hygiene Lets Us Stay Human) is a volunteer-based advocacy group based in Portland. They have started the "Twin-Bucket Emergency Toilet" initiative.

We often forget to plan for proper sanitation and personal hygiene in an emergency. It is important to keep you, your loved ones, and the environment safe and healthy.

#### Household Sanitation Supplies:

- Trash Bags
- Sponges
- Dish Soap
- Rags
- Multi-Purpose Cleaners

#### TO LEARN MORE VISIT

<https://www.phlush.org/wp-content/uploads/2014/03/Twin-Bucket-Leaflet-in-pdf.pdf>

## Some Helpful Tips:



### COLLECT TWO BUCKETS

You can get free buckets from MetroPaint (<https://www.oregonmetro.gov/tools-living/healthy-home/metropaint>) at 4825 N. Basin Ave, Portland, OR 97217, call 503-289-0047



### PLACE A PLASTIC BAG IN THE BUCKET FOR FECES

It takes 2 – 3 weeks for 3 people to fill the bucket with feces and toilet paper; after the bag is full it is important to dispose of this waste properly

## Extra Clothes and Blankets

Having extra clothes, under garments, and blankets would be useful if you must find shelter or if you are dealing with extreme cold weather. You can pick out a few clothing items you already have to put in your emergency kit. Make sure that these clothes can layer, for use in all weather.

### SUPPLIES FOR SMALL CHILDREN

Extra cans of baby food or formula

Diapers and other hygiene products

Games and other activities



### TRY NOT TO MIX THE URINE AND FECES

Label the two buckets separately, one for “poop” and one for “pee”



### URINE CAN BE SAFELY DUMPED IN A GRASSY SPACE OUTDOORS OR IN A FUNCTIONING STREET DRAIN

## Can Opener

It would be helpful to have a portable can opener if you plan on using canned foods during an emergency.

## Portable Charger

Being able to charge your phone will be helpful to connect to your emergency contacts and receive local updates.

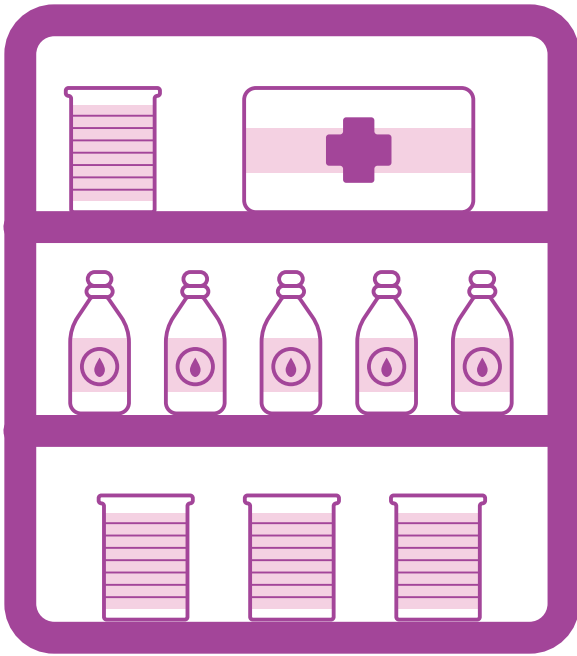
### SUPPLIES FOR PETS/ASSISTANCE AND SUPPORT ANIMALS

Extra animal food

*If you cannot afford to buy extra food, try to replace food before they run out just in case*

ID and important documents

Keep a collar, leash, and or carrier handy



## MAINTAINING YOUR SUPPLIES

Make sure you are properly maintaining these supplies so they are ready to use in an emergency. If you have organized your supplies into a “kit”, look through it every year or so to make sure everything is still in good condition.

### Follow these steps

Keep canned foods in a cool, dry place

*Do not eat canned good if the can is bulging out or cracked*

Store bottled water sealed in a cool, dark place

*Recommended life of bottled water is 2 yrs*

Replace expired items as needed

Re-assess your needs every year and update your “kit”

### Storage Options

Since we cannot plan where you will be when an emergency occurs, it would be good to prepare supplies in areas you spend the most of your time. This could include your home, workplace, or car.

#### HOME

You can keep your supplies in a designated place around your house. They should be easily accessible in case you have to leave your home quickly. Make sure all family members know where these supplies can be found.

### Some of places to store a “kit” in your apartment could include

A closet

Near the front door

Under the sink

Under the bed

Storage unit outside of the apartment

In an empty suitcase, backpack, or in a laundry basket

Behind the couch

In unit’s laundry area (not communal laundry areas)

Get creative!



## WORKPLACE

Be prepared to shelter at work in case of emergency. If you have a designated work space, you could keep some emergency supplies there. This could include food, water, non-prescribed medication, walking shoes, a change of clothes, and more.

## CAR

In case you are stranded, keep some essential emergency supplies in your car.

### Additional emergency supplies you might want to keep in your car include:

Water

Jumper cables

An ice scraper

Car phone charger

Blanket or towels

## MORE RESOURCES

### American Red Cross

Survival Kit Supplies

#### WEBSITE

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>

### Multnomah County

Disaster Supply Kit

#### WEBSITE

<https://multco.us/em/gather-supplies-customize-your-kit>

### Ready.gov

Build an emergency kit

#### WEBSITE

<https://www.ready.gov/kit>

### Regional Water

#### Providers Consortium

Emergency Water Preparedness

#### WEBSITE

<https://www.regionalh2o.org/emergency-preparedness>

### How to Store Your Own Emergency Supply of Water

#### WEBSITE

<https://www.regionalh2o.org/emergency-preparedness/emergency-preparedness-how-videos>

### Building a Basic Emergency Preparedness Kit on a Budget

#### WEBSITE

<https://www.oregon.gov/oha/ph/preparedness/prepare/pages/buildakitvideo.aspx>

**Personal Ability & Needs Assessment**

Please complete a personal ability and needs assessment for all household members.



# Daily Living

**Before answering these questions, ask yourself:**

What are my abilities for today? What help will I need during an emergency?

**PERSONAL CARE**

Do you or anyone in your household need regular assistance with personal care, like bathing and grooming?

Yes     No

If so, what kind of assistance?

---

---

Do you use adaptive equipment to help you get dressed?

Yes     No

If so, what kind of equipment?

---

---

**WATER SERVICE**

What will you do if water service is cut off for several days? What will you do if you are unable to heat water?

---

---

**PERSONAL CARE EQUIPMENT**

Do you use a shower chair, tub-transfer bench, or other similar equipment?

Yes     No

If yes, what kind of equipment?

---

---

### ADAPTIVE FEEDING DEVICES

Do you use any special utensils that allow you to prepare or eat food independently without assistance?

Yes     No

If so, what kind of utensils?

---

---

Do you have a safe back-up power supply and how long will it last?

---

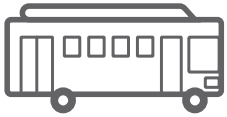
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### ELECTRIC EQUIPMENT

How will you continue to use equipment that runs on electricity — such as dialysis, electrical lifts, power chairs - if there is a power outage?

---

---



## Getting Around

### DISASTER DEBRIS

How will you clean up debris in your unit after an emergency? Are there heavier objects near the door that could make it hard to evacuate quickly?

---

---

### ERRANDS

Do you need help to get groceries, medications, and medical supplies?

Yes     No

If so, what kind of help?

---

### TRANSPORTATION

Do you need a specially equipped vehicle or accessible transportation?

Yes     No

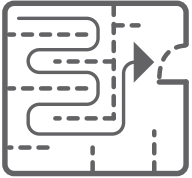
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What will you do if your caregiver or personal support team are not able to reach you?

---

---



# Evacuation Plan

## BUILDING EVACUATION

Do you need help to leave your home or office?

Yes     No

---

---

Will you be able to evacuate without auditory cues if the power is out?

Yes     No

---

---

## BUILDING EXITS

Are there other exits — stairs, windows or ramps - if the elevator is not working or is not safe to use?

---

---

Do emergency alarms have audible and visible features (marking escape routes and exits) that will work even if electrical service is disrupted? Ask your property manager if you are unsure about these questions.

---

---

## GETTING HELP

How will you get in contact with your support team, or others to assist you when leaving the building?

---

---

If you have hearing aids, would they work if they were to get wet from the emergency sprinklers?

Yes     No

---

---

**ASSISTANCE OR SUPPORT  
ANIMALS/PETS**

Will you be able to care for your animal during and after a disaster? Do you have another caregiver for your animal if you are unable to meet its needs?

Yes     No

---

---

How will you communicate with emergency personnel? Do you usually need an interpreter, hearing aids, or communication device to communicate with others? What will you need to communicate if you don't have access to these things?

---

---

Do you have the appropriate licenses for your service animal? Do you have it somewhere you can grab it if you need to evacuate and go to an emergency public shelter?

Yes     No

---

---



# Daily Living

**Before answering these questions, ask yourself:**

What are my abilities for today? What help will I need during an emergency?

## PERSONAL CARE

Do you or anyone in your household need regular assistance with personal care, like bathing and grooming?

Yes     No

If so, what kind of assistance?

\_\_\_\_\_

\_\_\_\_\_

Do you use adaptive equipment to help you get dressed?

Yes     No

If so, what kind of equipment?

\_\_\_\_\_

\_\_\_\_\_

## WATER SERVICE

What will you do if water service is cut off for several days? What will you do if you are unable to heat water?

\_\_\_\_\_

\_\_\_\_\_

## PERSONAL CARE EQUIPMENT

Do you use a shower chair, tub-transfer bench, or other similar equipment?

Yes     No

If yes, what kind of equipment?

\_\_\_\_\_

\_\_\_\_\_

### ADAPTIVE FEEDING DEVICES

Do you use any special utensils that allow you to prepare or eat food independently without assistance?

Yes     No

If so, what kind of utensils?

---

---

Do you have a safe back-up power supply and how long will it last?

---

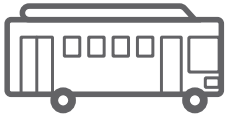
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### ELECTRIC EQUIPMENT

How will you continue to use equipment that runs on electricity — such as dialysis, electrical lifts, power chairs - if there is a power outage?

---

---



## Getting Around

### DISASTER DEBRIS

How will you clean up debris in your unit after an emergency? Are there heavier objects near the door that could make it hard to evacuate quickly?

---

---

### ERRANDS

Do you need help to get groceries, medications, and medical supplies?

Yes     No

If so, what kind of help?

---

### TRANSPORTATION

Do you need a specially equipped vehicle or accessible transportation?

Yes     No

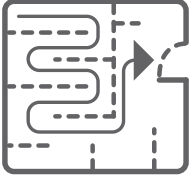
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What will you do if your caregiver or personal support team are not able to reach you?

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# Evacuation Plan

## BUILDING EVACUATION

Do you need help to leave your home or office?

Yes     No

---

---

## BUILDING EXITS

Are there other exits — stairs, windows or ramps - if the elevator is not working or is not safe to use?

---

---

## GETTING HELP

How will you get in contact with your support team, or others to assist you when leaving the building?

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---

Will you be able to evacuate without auditory cues if the power is out?

Yes     No

---

---

Do emergency alarms have audible and visible features (marking escape routes and exits) that will work even if electrical service is disrupted? Ask your property manager if you are unsure about these questions.

---

---



If you have hearing aids, would they work if they were to get wet from the emergency sprinklers?

Yes     No

---

---

**ASSISTANCE OR SUPPORT  
ANIMALS/PETS**

Will you be able to care for your animal during and after a disaster? Do you have another caregiver for your animal if you are unable to meet its needs?

Yes     No

---

---

How will you communicate with emergency personnel? Do you usually need an interpreter, hearing aids, or communication device to communicate with others? What will you need to communicate if you don't have access to these things?

---

---

Do you have the appropriate licenses for your service animal? Do you have it somewhere you can grab it if you need to evacuate and go to an emergency public shelter?

Yes     No

---

---

**Personal Ability & Needs Assessment**

Please complete a personal ability and needs assessment for all household members.



# Daily Living

**Before answering these questions, ask yourself:**

What are my abilities for today? What help will I need during an emergency?

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Yes     No

If so, what kind of assistance?

\_\_\_\_\_

\_\_\_\_\_

Do you use adaptive equipment to help you get dressed?

Yes     No

If so, what kind of equipment?

\_\_\_\_\_

\_\_\_\_\_

**WATER SERVICE**

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\_\_\_\_\_

\_\_\_\_\_

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Yes     No

If yes, what kind of equipment?

\_\_\_\_\_

\_\_\_\_\_

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Yes     No

If so, what kind of utensils?

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---

---

### ELECTRIC EQUIPMENT

How will you continue to use equipment that runs on electricity — such as dialysis, electrical lifts, power chairs - if there is a power outage?

---

---



## Getting Around

### DISASTER DEBRIS

How will you clean up debris in your unit after an emergency? Are there heavier objects near the door that could make it hard to evacuate quickly?

---

---

### ERRANDS

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Yes     No

If so, what kind of help?

---

### TRANSPORTATION

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Yes     No

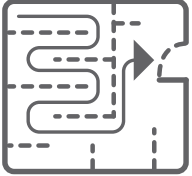
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What will you do if your caregiver or personal support team are not able to reach you?

---

---



# Evacuation Plan

## BUILDING EVACUATION

Do you need help to leave your home or office?

Yes     No

---

---

Will you be able to evacuate without auditory cues if the power is out?

Yes     No

---

---

## BUILDING EXITS

Are there other exits — stairs, windows or ramps - if the elevator is not working or is not safe to use?

---

---

Do emergency alarms have audible and visible features (marking escape routes and exits) that will work even if electrical service is disrupted? Ask your property manager if you are unsure about these questions.

---

---

## GETTING HELP

How will you get in contact with your support team, or others to assist you when leaving the building?

---

---

If you have hearing aids, would they work if they were to get wet from the emergency sprinklers?

Yes     No

---

---

**ASSISTANCE OR SUPPORT  
ANIMALS/PETS**

Will you be able to care for your animal during and after a disaster? Do you have another caregiver for your animal if you are unable to meet its needs?

Yes     No

---

---

How will you communicate with emergency personnel? Do you usually need an interpreter, hearing aids, or communication device to communicate with others? What will you need to communicate if you don't have access to these things?

---

---

Do you have the appropriate licenses for your service animal? Do you have it somewhere you can grab it if you need to evacuate and go to an emergency public shelter?

Yes     No

---

---

**American Red Cross**  
**Emergency Contact Cards**  
 Get a kit. Make a plan. Be informed.

**Directions:**


Print out a card for everyone in your household.

Fill in your emergency contact information.


Carry this card with you to reference in the event of a disaster or other emergency.

\_\_\_\_\_ Health Care Provider:  
 \_\_\_\_\_ Poison Control Center: 800-222-1222  
 \_\_\_\_\_ Ambulance: Call 9-1-1 or  
 \_\_\_\_\_ Fire Dept.: Call 9-1-1 or  
 \_\_\_\_\_ Police: Call 9-1-1 or

**Important Phone Nos.**

**Emergency Contact Card** 

Name: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Home Address: \_\_\_\_\_


**People to Call or Text in an Emergency** 

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_


Out-of-Area Contact Person: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Meeting Place Outside of Neighborhood: \_\_\_\_\_

\_\_\_\_\_ Health Care Provider:  
 \_\_\_\_\_ Poison Control Center: 800-222-1222  
 \_\_\_\_\_ Ambulance: Call 9-1-1 or  
 \_\_\_\_\_ Fire Dept.: Call 9-1-1 or  
 \_\_\_\_\_ Police: Call 9-1-1 or

**Important Phone Nos.**

**Emergency Contact Card** 





Name: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Home Address: \_\_\_\_\_

**People to Call or Text in an Emergency** 

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Out-of-Area Contact Person: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Meeting Place Outside of Neighborhood: \_\_\_\_\_

Visit [redcross.org](http://redcross.org) for more valuable information about creating an emergency communications plan, putting together an emergency preparedness kit and for any other type of important preparedness information.

<p>Police: Call 9-1-1 or _____</p> <p>Fire Dept.: Call 9-1-1 or _____</p> <p>Ambulance: Call 9-1-1 or _____</p> <p>Poison Control Center: 800-222-1222</p> <p>Health Care Provider: _____</p>	<p>Important Phone Nos.</p>	<p>Police: Call 9-1-1 or _____</p> <p>Fire Dept.: Call 9-1-1 or _____</p> <p>Ambulance: Call 9-1-1 or _____</p> <p>Poison Control Center: 800-222-1222</p> <p>Health Care Provider: _____</p>	<p>Important Phone Nos.</p>
<p><b>Emergency Contact Card</b></p> <p></p> <p>Name: _____</p> <p>Phone: _____</p> <p>Home Address: _____</p>	<p>Fold Here</p>	<p><b>Emergency Contact Card</b></p> <p></p> <p>Name: _____</p> <p>Phone: _____</p> <p>Home Address: _____</p>	
<p><b>People to Call or Text in an Emergency</b></p> <p></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Fold Here</p>	<p><b>People to Call or Text in an Emergency</b></p> <p></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	
<p>Out-of-Area Contact Person: _____</p> <p>Phone: _____</p> <p>Meeting Place Outside of Neighborhood: _____</p>	<p>Fold Here</p>	<p>Out-of-Area Contact Person: _____</p> <p>Phone: _____</p> <p>Meeting Place Outside of Neighborhood: _____</p>	

## Animal Needs Assessment

Please complete and Animal Needs Assessment for every pet and/or assistance/support animal.

**Animal #1**

### Animal Needs Assessment

What is your animal's name?

\_\_\_\_\_

How old is your animal?

\_\_\_\_\_

What is their current weight?

\_\_\_\_\_

Does the animal have an identification chip implanted?

Yes  No

What is their ID number?

\_\_\_\_\_

Is your animal updated on its vaccinations?

Yes  No

Does your animal have any allergies?

Yes  No

### VACCINES

Rabies

\_\_\_\_\_

Canine parvovirus

\_\_\_\_\_

Canine distemper

\_\_\_\_\_

Canine hepatitis

\_\_\_\_\_

Feline distemper  
(panleukopenia)

\_\_\_\_\_

Feline calicivirus

\_\_\_\_\_

Feline herpesvirus type I  
(rhinotracheitis)

\_\_\_\_\_

### OTHER VACCINES

### DATE RECEIVED

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



What allergies do they have?  
\_\_\_\_\_

Does your animal take any medication?  
 Yes    No

Medication	Dosage	Reason for use
_____	_____	_____
_____	_____	_____
_____	_____	_____

What type and brand of food does the animal normally eat?  
If possible, try storing some extra food for your animal(s).

\_\_\_\_\_  
\_\_\_\_\_

What is your animal NOT allowed to have (example: food, toys, treats, etc.)?

\_\_\_\_\_  
\_\_\_\_\_

Is there anything else first responders or caring neighbors should know about your animal (example: have they shown signs of aggression, are they afraid of loud noises, do they try to run away, are they okay with children/other people, etc.)?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Animal Needs Assessment

Please complete and Animal Needs Assessment for every pet and/or assistance/support animal.

**Animal #2**

### Animal Needs Assessment

What is your animal's name?

\_\_\_\_\_

How old is your animal?

\_\_\_\_\_

What is their current weight?

\_\_\_\_\_

Does the animal have an identification chip implanted?

Yes  No

What is their ID number?

\_\_\_\_\_

Is your animal updated on its vaccinations?

Yes  No

Does your animal have any allergies?

Yes  No

### VACCINES

Rabies

\_\_\_\_\_

Canine parvovirus

\_\_\_\_\_

Canine distemper

\_\_\_\_\_

Canine hepatitis

\_\_\_\_\_

Feline distemper  
(panleukopenia)

\_\_\_\_\_

Feline calicivirus

\_\_\_\_\_

Feline herpesvirus type I  
(rhinotracheitis)

\_\_\_\_\_

### OTHER VACCINES

### DATE RECEIVED

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What allergies do they have?  
\_\_\_\_\_

Does your animal take any medication?  
 Yes    No

Medication	Dosage	Reason for use
_____	_____	_____
_____	_____	_____
_____	_____	_____

What type and brand of food does the animal normally eat?  
If possible, try storing some extra food for your animal(s).

\_\_\_\_\_  
\_\_\_\_\_

What is your animal NOT allowed to have (example: food, toys, treats, etc.)?

\_\_\_\_\_  
\_\_\_\_\_

Is there anything else first responders or caring neighbors should know about your animal (example: have they shown signs of aggression, are they afraid of loud noises, do they try to run away, are they okay with children/other people, etc.)?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Animal Needs Assessment

Please complete and Animal Needs Assessment for every pet and/or assistance/support animal.

**Animal #3**

### Animal Needs Assessment

What is your animal's name?

\_\_\_\_\_

How old is your animal?

\_\_\_\_\_

What is their current weight?

\_\_\_\_\_

Does the animal have an identification chip implanted?

Yes  No

What is their ID number?

\_\_\_\_\_

Is your animal updated on its vaccinations?

Yes  No

Does your animal have any allergies?

Yes  No

### VACCINES

Rabies

\_\_\_\_\_

Canine parvovirus

\_\_\_\_\_

Canine distemper

\_\_\_\_\_

Canine hepatitis

\_\_\_\_\_

Feline distemper  
(panleukopenia)

\_\_\_\_\_

Feline calicivirus

\_\_\_\_\_

Feline herpesvirus type I  
(rhinotracheitis)

\_\_\_\_\_

### OTHER VACCINES

### DATE RECEIVED

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What allergies do they have?  
\_\_\_\_\_

Does your animal take any medication?  
 Yes    No

Medication	Dosage	Reason for use
_____	_____	_____
_____	_____	_____
_____	_____	_____

What type and brand of food does the animal normally eat?  
If possible, try storing some extra food for your animal(s).

\_\_\_\_\_  
\_\_\_\_\_

What is your animal NOT allowed to have (example: food, toys, treats, etc.)?

\_\_\_\_\_  
\_\_\_\_\_

Is there anything else first responders or caring neighbors should know about your animal (example: have they shown signs of aggression, are they afraid of loud noises, do they try to run away, are they okay with children/other people, etc.)?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# SUPPLIES

## CHECKLIST

### EMERGENCY SUPPLIES

The list below are some recommended supplies you can get for low to no cost to better prepare yourself for an emergency. You can find many of these items at your local Dollar Store or grocery store.

#### Directions:

Rip this checklist out and take it with you to the store.



Water!



Non-perishable food



Medication and medical supplies



Emergency papers



First aid supplies



Sanitation and personal hygiene supplies

#### Other items to consider

- Flashlight and extra batteries    Portable charger    Extra clothes and blankets    Battery-operated radio    Can opener

# EXTRA RESOURCES

## Ready.gov

### WEBSITE

more detailed **Emergency Communication Plan:**

<https://www.ready.gov/plan-form>

## Emergency Contact Information

### WEBSITE

<https://www.wikihow.com/Add-ICE-to-Your-Cell-Phone>

## Daily living

### WEBSITE

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/disaster-safety-for-people-with-disabilities.html>

## Sheltering info

### WEBSITE

<https://www.ready.gov/shelter>

## Additional Needs

<https://adalive.org/resources/episode-47-resources/>

## Preparedness Tips for Diabetics

### WEBSITE

<https://www.aace.com/disease-and-conditions/diabetes/are-you-prepared-manage-your-diabetes-emergency>

## Pets

### WEBSITE

<https://www.ready.gov/pets>

## Kit

### WEBSITE

#### Water:

<https://www.ready.gov/water>

#### Food:

<https://www.ready.gov/food>

## Elevator Emergencies

### WEBSITE

<https://www.otis.com/en/us/tools-resources/elevator-safety>

#### Elevator do's and don'ts:

<https://www.alcorelevator.com/blog/dos-and-donts-of-elevator-safety/>

## Guidelines for Persons with Disabilities in Emergencies

### WEBSITE

<https://www.ready.gov/disability>

## **Pandemic**

### **WEBSITE**

<https://www.ready.gov/pandemic>

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

## **Cold Weather**

### **WEBSITE**

<https://www.ready.gov/winter-weather>

### **Seasonal affective disorder:**

<https://multco.us/winter-weather/winter-blues>

### **Recognize and respond:**

<https://www.mayoclinic.org/diseases-conditions/frostbite/symptoms-causes/syc-20372656>

<https://www.mayoclinic.org/diseases-conditions/hypothermia/symptoms-causes/syc-20352682>

## **Wildfires/Air Quality**

### **WEBSITE**

<https://multco.us/air-quality-public-health-problem/smoke-and-wildfire>

### **Evacuation levels:**

<https://multco.us/em/wildfire-safety-and-prevention>

<https://www.publicalerts.org/hazards/wildfire-smoke>

### **Learn more:**

<https://smokeybear.com/en>

## **Flooding/Landslides**

### **WEBSITE**

<https://multco.us/em/flooding-and-landslides>

## **Earthquakes**

### **WEBSITE**

<https://www.ready.gov/earthquakes>

<https://multco.us/em/earthquakes-and-tsunamis>

<https://multco.us/file/54920/download>

## **Active Shooter Training**

### **WEBSITE**

<https://www.portlandoregon.gov/police/79946>

<https://www.pdx.edu/campus-safety/active-shooteractive-threat>

<https://www.ready.gov/active-shooter>







**home**forward