

Readiness Booklet





homeforward



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Welcome to the Resident Safety 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 of our residents. They talked about what resources and information residents 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

How to respond to different kinds of natural disasters

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

We want to acknowledge that some of the scenarios discussed 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 difficult situations. Home Forward's goal is to give residents information and resources so they can be "prepared, not scared".

The information in the workbook section of this booklet is for your own personal use. If you decide to share this information with others, please make sure they are people you trust. Thinking ahead and preparing for the unknown can be hard. We hope the resources provided will help empower and strengthen our community!

Thank you,
Home Forward

The background features a large, light blue book with rounded corners. A stylized plant with several green leaves grows out of the top right corner of the book. In the lower-left area of the book's cover, there is a stack of three books, represented by horizontal lines. At the bottom of the book, there are two thick, dark blue horizontal bars.

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 emergencies that can happen in your unit, building, and community?

Are any of these preventable?



In what ways can you prepare yourself and/or your household?

How can you work with your neighbors and community to plan and prepare before an emergency occurs?

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 | ☐ Floods |

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

☐ _____ ☐ _____

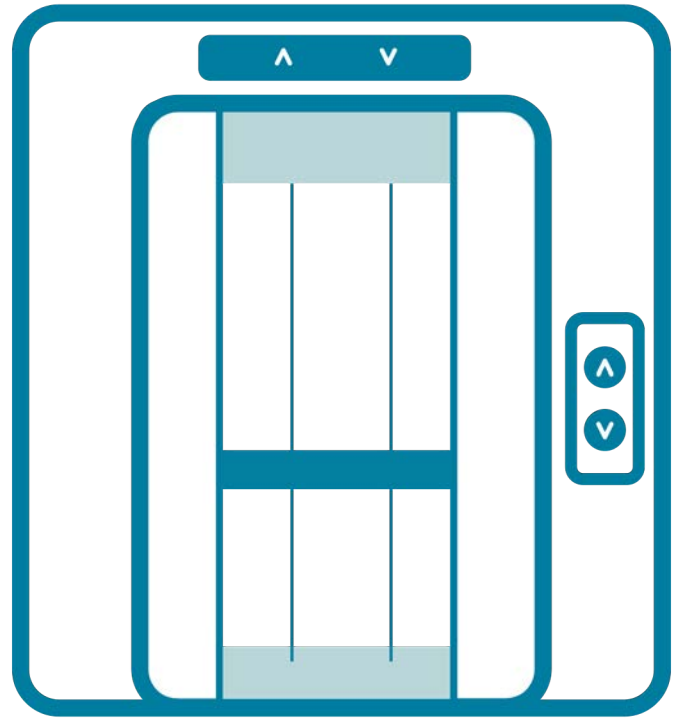
☐ _____ ☐ _____

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

Hold children & pets firmly

Do not overload the elevator

Stand away from closing doors

Wait for the next elevator if it is too full

Keep clothes, hands, and other items away

Do not stop closing door

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

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

Please see "Power Outage" section for more information on how to protect yourself if there is a power outage or you must stay in your apartment for several days

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



Things to

know

if you are trapped in the elevator

1.....

If there is a power outage, there is a generator that will operate one 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, an elevator technician will be called. If someone is trapped inside the elevator, the fire department will be called.

2.....

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

3.....

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

4.....

Safety inspections are completed monthly.

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 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.

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/health-it-initiatives/blue-button>)

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 resources you could access during an emergency (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.

PRACTICE GOOD PERSONAL HEALTH HABITS

Wash your hands with soap frequently

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

For non-emergencies, call your medical provider for advice or consider a telehealth visit.

Clean frequently touched surfaces and objects at least once a day

This includes tables, countertops, light switches, doorknobs, cabinet handles, wheelchairs and other assistive devices

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

Even hanging up sheets can help reduce the spread of some illnesses

STAY CONNECTED

Stay informed

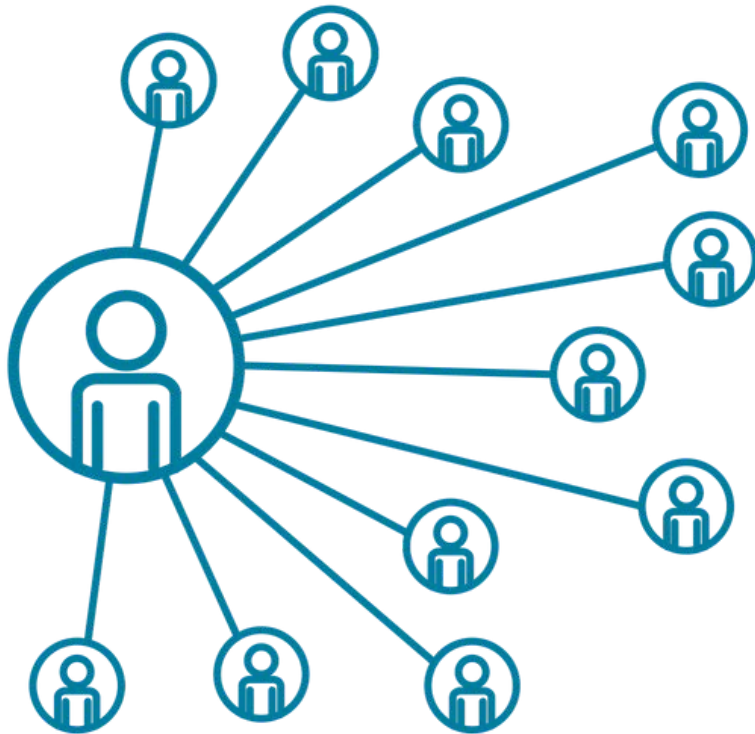
*Follow news issued by the following:
Multnomah County's Public Health
Department, The Governor's Office,
Oregon Health Authority, Center for
Disease Control and Prevention,
Department of Health and Human Services,
and The World Health Organization*

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 over-
whelming; it is important to check in with one
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 gathering in
public spaces and to 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 for 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

These occur when the electrical power goes out. This can cause food spoilage, prevent the use of medical devices, limit the use of elevators to evacuate 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?

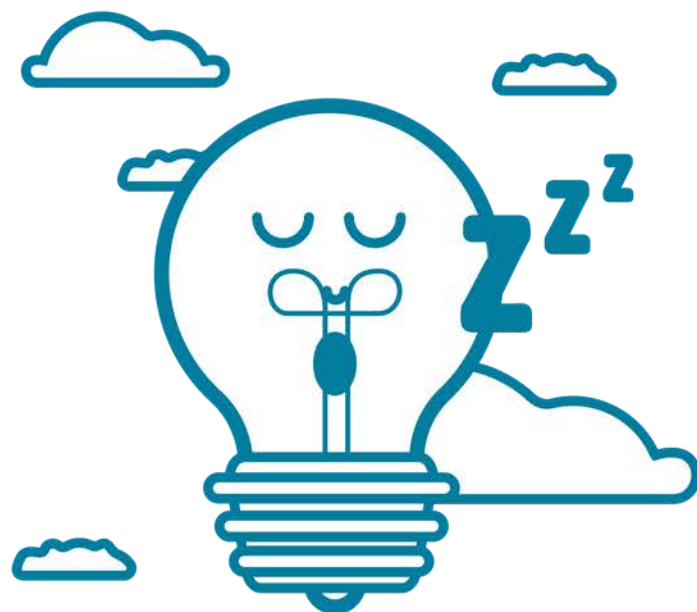
Keep mobile phones and other electric equipment charged

Stock up on some supplies

Batteries, flashlights, medication, etc.

During

A power outage can last anywhere from a couple hours to a few days. 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 small appliances and electronics

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

Do not use candles

Candles can cause fires

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

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

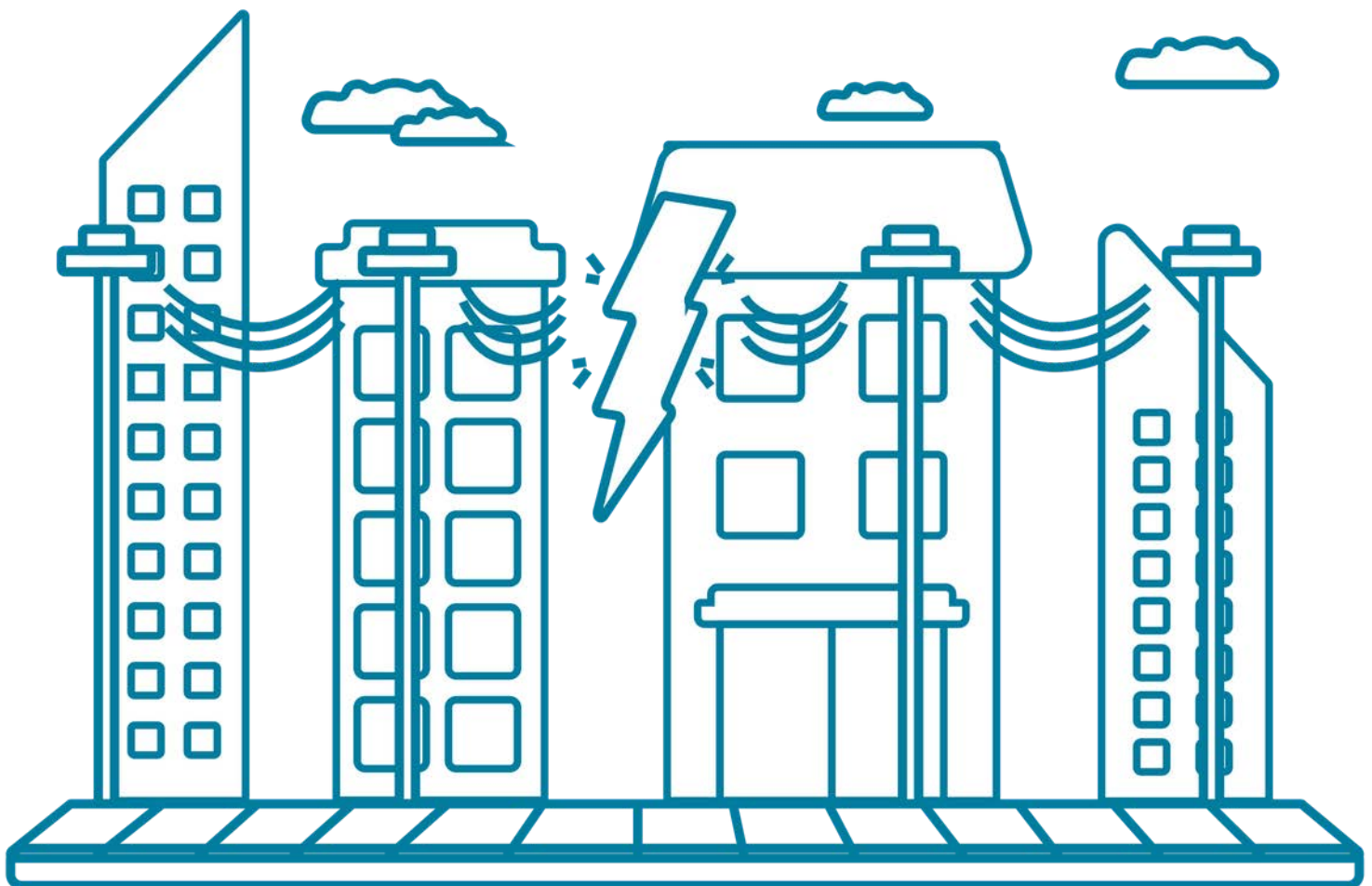
STAY CONNECTED

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

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, stay indoors and dress warmly

If you are outside, find shelter immediately

Limit time outside

If you have to go outside, make sure to wear warm, layered clothing and watch for signs of frostbite and hypothermia

Stay off the roads

Snow and ice increase the risk of car accidents. Use chains or snow tires if driving is necessary.

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

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

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

Call (503) 823-3333 for help or 2-1-1 for updates

If in snow, be careful when using your car's heat

A blocked tailpipe can cause dangerous carbon monoxide (CO) buildup inside the vehicle. This gas is colorless and odorless, and exposure can quickly be fatal. Ensure the tailpipe is clear before warming up your car or running the engine for heat.

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 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 few days. Assess what your needs would be if you had to stay home without power.

PROTECT YOUR HOUSEHOLD

Do not use a gas cooking stove or charcoal grill to heat your house - If needed, find a heated place to stay until the power returns by calling 211

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 by wearing a hat, scarf, gloves, etc.

Overexertion

Try to avoid activities that will cause sweating. Wet clothes can cause you to lose body heat faster. Go 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.



RESPOND

Get out of the cold and into a warm place and contact 911 for emergency medical help. Follow the instructions provided by 911. Use body heat to warm. Do not try to massage the area or use a heating pad.

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. 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 2 or more days of high heat and humidity with temperatures above 90 degrees. Extreme heat is the cause of the highest number of annual deaths of all weather-related hazards.

Before

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

Examples: older adults, young children, individuals who are sick or overweight, and those with mobility issues

Sign up for local alerts and warning systems
Stay up to date on local weather reports

Stock up on supplies
Water, electrolyte drinks, light snacks, sunscreen, ice

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 to keep from getting dehydrated

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

Apply cold packs to cheeks, palms and feet

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

Apply sunscreen 20 minutes before going out in the sun

Take frequent water breaks when you are working or playing outdoors
Stay in 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 frequent cool showers or baths to decrease your body temperature

Consider buying a portable fan to keep your apartment cool
If needed, find a cool, air-conditioned place to stay

Check on Multnomah County's Cooling Center activation status by visiting <http://multco.us/help-when-its-hot>
Pets are welcome at many Multnomah County Cooling Centers. Call ahead to double-check.

PET AND ASSISTANCE/SUPPORT
ANIMAL SAFETY

Make sure your animal has plenty of water
You can put ice in their water bowl

Avoid overexerting your pet or assistance/
support animal in the heat. They also need
frequent rest breaks.
*Animals are cooled mainly by panting and
through the pads of their paws*

Do not leave animals in direct sunlight

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 someone does not drink enough fluids.

	ADULTS	INFANTS
RECOGNIZE	Extreme thirst, less frequent urination, dark-colored pee, fatigue, dizziness, confusion, and cramps.	Dry mouth and tongue, no tears when crying, dry diaper for 3+ hours, sunken eyes or cheeks.
RESPOND	Replace lost fluids by drinking water or a sports drink, like Gatorade, to replenish electrolytes. Infants and Children over 1 year old: • Speak with a medical provider for advice. • Offer extra fluids such as water, oral rehydration solutions (ORS) like Pedialyte or Enfalyte, clear soups, or broth. • Older children can have electrolyte ice pops or gelatin snacks.	Contact your child’s pediatrician to discuss the best way to rehydrate, or to determine if a medical visit is needed. Infants under 1 year old should not be given water or other fluids without medical supervision, as it can disrupt their electrolyte balance and be potentially harmful. They should only be fed breast milk or formula, as these provide the necessary nutrients and hydration.

Heat cramps

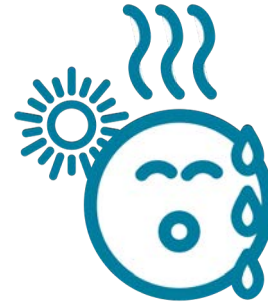
Painful, involuntary muscle spasms that usually occur in hot or humid conditions. Sometimes this occurs during heavy exercise or other physical activity, but it can also occur when you are at rest. Heat cramps are the mildest of heat-related illnesses.

RECOGNIZE

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

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

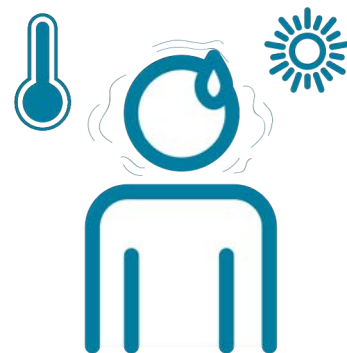
Can occur when you are exposed to hot or humid conditions. Heat exhaustion can lead to heatstroke, a life-threatening condition, if not treated properly.

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. Cold packs applied to the cheeks, palms and soles of feet help to lower body temperature. Take small sips of water or a sports drink to avoid nausea and vomiting which could worsen dehydration. If symptoms worsen or last for more than an hour, seek medical help.



Heatstroke

A condition caused by your body overheating. This occurs when you are overexposed to hot or humid conditions. 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. This is a life-threatening situation. Until help arrives, try cooling the person down with ice, a wet towel, or fan. Cold packs applied to the cheeks, palms and soles of feet help to lower body temperature.



Home Fires

Fire is fast, hot and deadly! It only takes a few minutes for smoke or flames to engulf a house. Smoke and toxic gases produced by the fire kill 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 alternate way to leave your unit?
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.

Consider 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 during 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. Set timers for the oven.

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

Turn pan handles to the side

Do not let pan handles stick out where they can be bumped accidentally or grabbed by a child

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

Do NOT set groceries down on stove tops

Do NOT hang towels over door handles in front of the stove

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

Do NOT tamper with your Smart Burners

Do NOT store things inside 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 have been trained.
Only use an extinguisher on a fire small enough to be contained in a small trash can

Get out of the building as quickly as possible.
Only grab your go-bag if it is safe to do so

Touch doorknobs and doors with the back of your hand before opening.
If they are hot, or there is smoking 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. Call 9-1-1 once you have gotten to a safe location.
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 immediately. Do NOT enter a burning building.

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

If possible, hang a white sheet or similar object out of the window to alert responders of your location. If there is no window available, stay close to the floor.

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

After

After you are safe and have 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 to go
The American Red Cross provides temporary housing, food, and other services

If you have renters insurance, contact your insurance company for more detailed instructions.
See "Renters Insurance" section to learn more about protecting your belongings

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

Save receipts for money spent related to fire loss and damages.
Insurance companies may need these receipts to verify losses claimed.

Wildfires and Air Quality

Wildfires have increased in the Pacific Northwest since the 1980s. Winds can move smoke into populated areas, bringing pollutants like carbon monoxide and particulate matter. Breathing in this smoke can lead to many health problems.

Before PREVENTION

About 95% of wildfires are caused by humans. 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>



EVACUATION LEVELS

During a wildfire, Oregon uses three evacuation levels. Learn what these different levels mean so you can prepare your household for an evacuation.



Get Ready

This is the pre-evacuation preparedness step. Take steps such as: packing up valuables (including important documents, medications, etc.), shutting your windows, and signing up for PublicAlerts or other emergency alert apps. **If you need extra time to evacuate, consider leaving now!**



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!

Go now, don't wait! 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:

<https://wildfire.oregon.gov/pages/evacuations.aspx>

During

Even if wildfires do not reach your location, the smoke from these fires can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung conditions. 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.

Only properly fitted N95 or KN95 masks are effective at filtering out harmful particles from smoke

Cloth masks and surgical masks do not provide sufficient protection.

Maintain healthy behaviors

Take care of your body, stay hydrated, eat regularly, and 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 by calling 211

local resources

Oregon Air Quality Index

Use this air quality index to check local air quality

WEBSITE

<https://oraqi.deq.state.or.us/home/map>

Oregon Smoke Blog

Check this blog for the latest updates on fires in the area

WEBSITE

<http://oregonsmoke.blogspot.com/>

Smoke Sense App

Download this app for air quality conditions and health guidance

WEBSITE

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

Floods

Floods can happen quickly, especially after heavy rains, and can cause significant damage to buildings, roads, and infrastructure. It can also disrupt access to important services like power, water, and medical care.

Before

Know your flood risk

Learn if your apartment or building or area is in a flood-prone area. For more information, please visit:

<https://www.fema.gov/flood-maps>

Prepare a go-bag

Make an emergency kit with at least three days of supplies that you can quickly grab-and-go during an emergency. For more information, see the “Collect Emergency Supplies” section.

Sign up for alerts

Stay informed about flood warnings and evacuation orders by signing up for local alert systems at <https://www.publicalerts.org/> and downloading weather apps.

Know your evacuation routes

Be familiar with your building’s evacuation plan and find out where the nearest high ground is. Discuss evacuation options with your household and support team, especially if you have mobility concerns.

Protect important items and documents

If you live on the ground floor, try to move important documents and belongings to higher ground to protect them from potential floodwaters. Important documents can also be placed in sealed bags to protect them from getting wet.

During

Flooding can develop rapidly, sometimes in just hours or minutes. Stay alert and take the following actions:

Stay indoors

If you are at home, stay inside, away from floodwaters.

If you live in an apartment or house, move to the highest level of your building that you can safely reach

Avoid ground floors and basements, where floodwaters can rise quickly and trap you.

If you can’t access a higher floor, seek a safe, secure location that is away from windows, doors, and flood-prone areas

Do not barricade yourself in a room unless it is a higher-level room that you are confident will remain dry.

- Important note: If you’re unable to reach higher floors, stay in a stable, dry area. Don’t get stuck in a room where water could flood in. If possible, signal for help, especially if you have mobility limitations or other special needs.

Avoid floodwaters

Never walk, drive, or bike through floodwaters. Even small amounts of moving water can sweep you off your feet. Floodwaters may be contaminated with sewage, chemicals, and debris, which pose serious health risks.

Turn Around, Don’t Drown

If you encounter flooded roads or sidewalks, turn around and find an alternative route. Never attempt to drive through flooded areas.

Keep children and pets away from floodwaters and areas that have recently flooded

Floodwaters may contain sewage, chemicals, and debris, posing serious health risks. Make sure children and pets stay well away from these areas.



STAY SAFE

If you are stuck in a flooding scenario, take immediate action to protect yourself:

Move to high ground:

If possible, move to the highest level of your building, such as the top floor, attic, or roof. Avoid basements or ground floors where water can rise quickly. If you can't reach higher levels, find a safe, dry area away from windows or doors, which may allow water to enter. Make sure you're in a stable location that will remain dry as long as possible.

If you cannot evacuate, signal for help:

If you're stuck, call or text 911 and provide your exact location. If you don't have a phone or signal, make noise, wave a brightly colored cloth, or use other means to attract attention. Be visible and stay in a safe, stable place.

Stay calm and stay put:

If you cannot evacuate or move to a higher area, stay where you are and wait for help. Do not try to go deeper into the building or find a "safe room" on lower levels, as water can rise rapidly. Wait for rescue teams to arrive and try to stay as visible as possible.

After

Return only when it's safe

Wait for an official announcement that it is safe to return to your home. Avoid reentering flooded areas until they are cleared by authorities.

Check for damage

Look for signs of water damage and structural issues. If your building has been flooded, inform property management immediately.

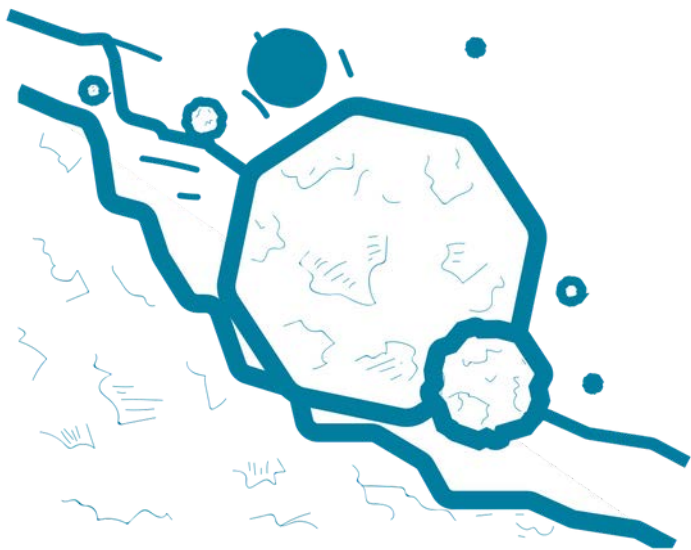
Protect yourself from contamination

Avoid contact with floodwater as it may be contaminated with bacteria, chemicals, or sewage. Clean your hands regularly with soap and water, especially after touching anything exposed to floodwaters.

Check on others

Check on neighbors, especially those who are elderly, disabled, or have mobility limitations.





Landslides

Also known as land movement, occur when masses of rock, earth, or debris move down a slope. This can be caused by storms, flooding, earthquakes, volcanic eruptions, and other human-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 LANDSLIDE

Changes in the landscape.

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

New or widening cracks appear

This includes plaster, tile, and brick inside buildings and widening cracks on the ground around paved areas and buildings.

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 earth and debris movement.

Listen to local news stations.

Follow warning or evacuation notices.

If you are in an area that is more susceptible to landslides, turn on emergency alert notices during storms.

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 and protect your head.

After

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

Stay away from the area where the land movement occurred until authorities say it is safe

Alert authorities if you know someone was caught in the landslide and their approximate location, if possible

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 unit 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" instructions in the following section.

Stock up on supplies.

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

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

Consider buying 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.

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 important information and 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 put the vehicle in park

Use the emergency parking brake

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 run outside.

Wait until the shaking stops and then exit the building quickly

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 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

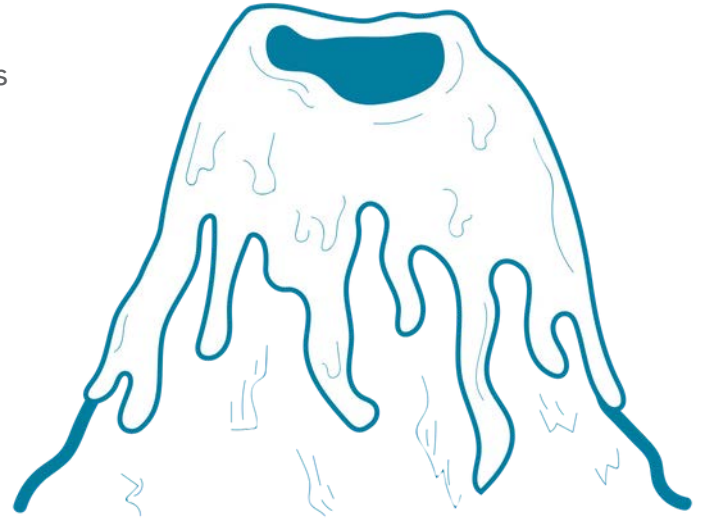
Texting often works better than calling when phone lines are busy



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.

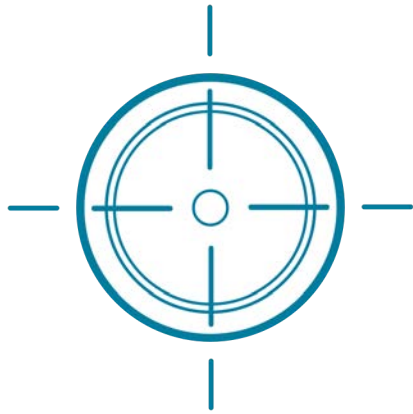
Do not drive if there is heavy ash fall or smog.
If you are outside, quickly move to shelter.
If there is heavy smog, close windows and avoid going outside

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.
Let family and friends know you are safe.

Avoid driving in heavy ash.
Driving can stir up the volcanic ash and clog engines or stall vehicles.



Active Shooter/ Active Threat

Occurs when one or more individuals are actively attempting to harm others in a populated area.

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

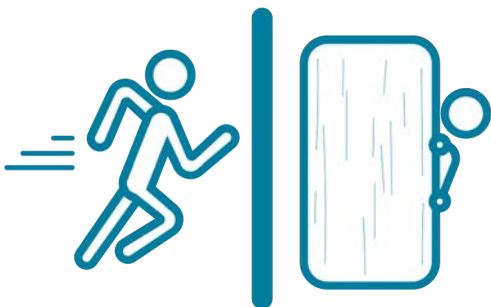
Sign up for an active shooter training
The Portland Police Bureau offers an online video or in-person workshop for community active shooter training at <https://www.portlandoregon.gov/police/79946>

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 messages 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

When law enforcement arrive, 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 may be armed

Officers may be armed with guns or use pepper spray 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 prevent these dangerous situations, but you can take steps to anticipate them and respond safely.

Prevention

PREVENTING AN EMERGENCY

Stay alert

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

See something, say something

Report suspicious activities to the appropriate authorities

Make an exit plan

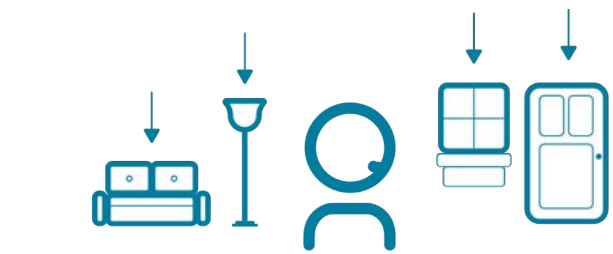
Observe every new space you enter and identify exits and places you could seek safety in an emergency

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 awareness, you are better able to anticipate unsafe situations and respond quickly.



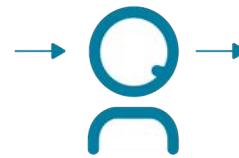
level 1

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

Get Away!

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.

Mental & emotional wellness.

Consider seeking help for coping 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! This includes neighbors and businesses around you.

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

Identify vulnerable neighbors who might need assistance after a disaster.

This includes neighbors with disabilities, the elderly, those who live alone, those with pets or assistance/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

What are their needs?

Phone

Name

What are their needs?

Phone

Name

What are their needs?

Phone

Name

What are their needs?

Phone

Create a Support System

Identify individuals in the building and/or community who could check in with you in the event of a disaster.

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
Name	Phone	How you know them

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

This could include places of worship, work, school, community organizations, local businesses and more.

1	
2	
3	
4	

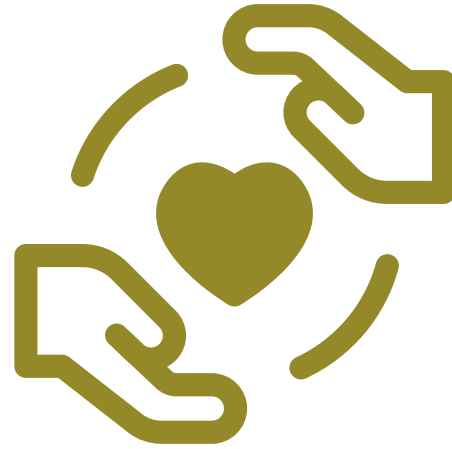
Who within your building and/or community you would like to reach out to?

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. Including 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

American Radio Relay League

Become a volunteer Ham Radio Operator. Contact the American Radio Relay League to find a local chapter.

WEBSITE

www.arrl.org

PHONE

888-277-5289

American Red Cross

Take preparedness classes with the American Red Cross.

WEBSITE

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 after an earthquake.

WEBSITE

www.portlandoregon.gov/pbem/77227

Neighborhood Emergency Team

Join a Neighborhood Emergency Team. If you cannot join the team, you can get in contact with your area NET team leader.

WEBSITE

www.portlandoregon.gov/pbem/31667

PHONE

503-823-4421

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:

www.opb.org/schedules/

101.1 KXL:

www.kxl.com/shows/

Public Alerts

Sign up for Public Alerts to receive emergency alerts from your area. This information is only used in emergencies!

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: www.publicalerts.org/

Current Alerts:

www.publicalerts.org/current-alerts



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 — Additional Needs Registry

This registry is for individuals in Portland who may need special assistance in a disaster. Instructions: When you sign up with Public Alerts, 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

www.publicalerts.org/signup/

Publics 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

www.publicalerts.org/

National Weather Service

— Portland

WEBSITE

www.weather.gov/pqr/

NOAA Weather Radio

WEBSITE

www.weather.gov/nwr/

Northwest River Forecast Center

WEBSITE

www.nwrfc.noaa.gov/rfc/

NWCC Fire Map

WEBSITE

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

ODOT TripCheck

WEBSITE

www.tripcheck.com/

Air Quality for Oregon

WEBSITE

<https://www.oregon.gov/deq/aq/pages/aqi.aspx>

USGS Cascades Volcano Observatory

WEBSITE

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

USGS Earthquake

Notification Service

WEBSITE

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

Integrated Public Alert and Warning System (IPAWS)

WEBSITE

www.fema.gov/emergency-managers/practitioners/integrated-public-alert-warning-system/public

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

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

FEMA WEBSITE

<https://www.fema.gov/mobile-app>

Download app by text messaging:

Apple device:

Text APPLE to 43362 (4FEMA)

Android device:

Text ANDROID to 43362 (4FEMA)

FloodWatch WEBSITE

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

Portland Incident Map and Alert WEBSITE

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

PulsePoint Respond and AED WEBSITE

www.pulsepoint.org/download/

Quakewatch WEBSITE

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

NVS Tsunami Evacuation WEBSITE

www.oregongeology.org/tsuclearing-house/

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:

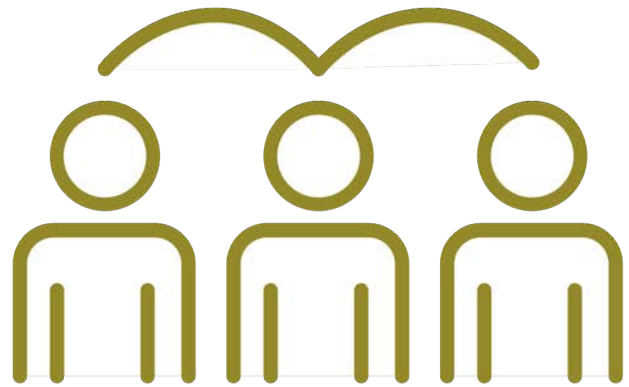
What should I do if I am separated from someone in my household?

Who should I call to let them know I'm OK?

Who should I call 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 when phone lines are overwhelmed.



Name

Address

Phone

Unit #

Household Members Contact Information

Name

Phone

Email

Name

Phone

Email

Name

Phone

Email

Name

Phone

Email

Name

Phone

Email

Personal Emergency Contacts

Choose a friend or family member out-side 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 reach out to them and let them know you are safe. Try texting before calling, in case phone lines are busy.



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 responders: It is helpful to keep writing materials, pre-written messages, or other communication options on you, or in your emergency kit. Examples of these 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."



Emergency Contacts

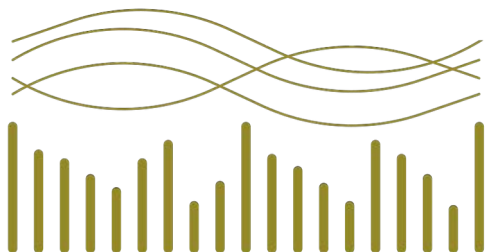
Be prepared with accurate emergency contact information. If there are other contacts you would like to have on hand for emergencies, please fill them out below.

WHEN TO CALL 9-1-1

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



Be ready to answer questions from the 9-1-1 operator.



Stay on the line until the operator hangs up.



Texting 9-1-1

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

Important Non-Emergency Contacts

You can call non-emergency numbers 24 hours a day for non-emergency help. Using these numbers 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 police 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

www.mcso.us/site/

Portland Police

PHONE

(503) 823-3333

WEBSITE

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

www.portlandoregon.gov/fire/25923

Multnomah County Rural Fire District #14

PHONE

General Information: (503) 695-

2272 Outdoor Burning

Information: (503) 695-2225

WEBSITE

www.corbettoregon.com/firedept/

Other Community Contacts

resources

2-1-1 Info

For any questions about community resources.

PHONE

2-1-1

WEBSITE

www.211info.org/

The City of Portland, Community and Civic Life

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

WEBSITE

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

www.portlandoregon.gov/police/30560

Oregon Poison Center

Call in case of accidental ingestion of dangerous substances.

PHONE

1 (800) 222-1222

WEBSITE

www.ohsu.edu/oregon-poison-center

Utility Emergencies

Contact the following service providers if you have a utility emergency.

Northwest Natural Gas

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

PHONE

1 (800) 882-3377

WEBSITE

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

www.portlandgeneral.com/

Report an outage:

[https://cs.portlandgeneral.com/Report
Outage/Index](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

www.pacificpower.net/

Portland Water Bureau

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

PHONE

Emergency line:

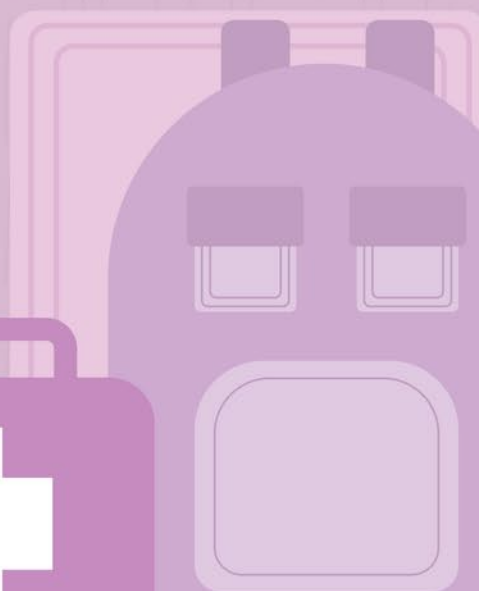
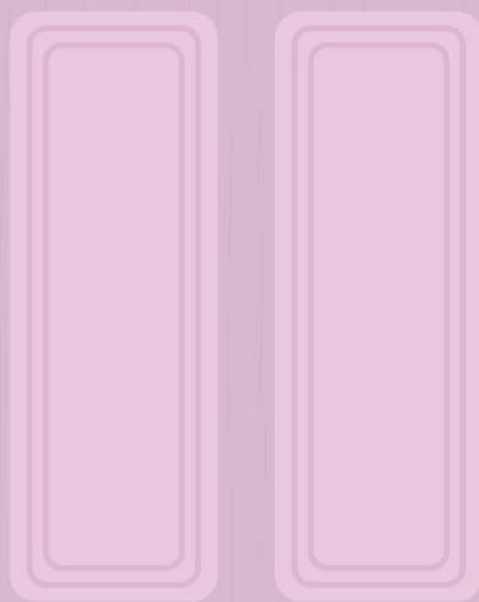
(503) 823-4874

WEBSITE

[www.portlandoregon.gov/water/
article/398208](http://www.portlandoregon.gov/water/article/398208)

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 deaths or significant injuries to the public.
- Shut down lifeline services that we depend on daily.
- Cause physical or environmental damages.

*"Disaster" refers to a large-scale event that causes significant harm to humans or the environment, either through natural forces or as a result of human actions.

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?

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 so, what kind of equipment?

ADAPTIVE FEEDING DEVICES

Do you use any special utensils that allow you to independently prepare or eat food?

☐ Yes ☐ No

If so, what kind of utensils?

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

ELECTRIC EQUIPMENT

How will you continue to use equipment that runs on electricity 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

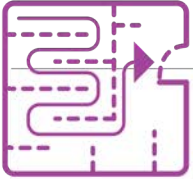
If so, what kind of help?

TRANSPORTATION

Do you need a specially equipped vehicle or accessible transportation?

☐ Yes ☐ No

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

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?

Will you be able to evacuate without auditory alarm 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 use an interpreter, communication device, or hearing aids? 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 easily accessible if you need to evacuate and go to an emergency public shelter?

☐ Yes ☐ No



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 anti-inflammatories.

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

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?

Consider getting extra over-the-counter medicine that you rely on (examples: Tylenol/Ibuprofen, cough medicine, allergy medicine) and other supplies such as antiseptics and tissues.

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?



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.

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 access easily in an emergency. If possible, 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?



Shelter Plan

You may need to plan on finding a safe place to stay if conditions are not safe at your home. 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 widespread 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:

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:

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

Local Red Cross:

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.

SHELTER and your ZIP code to 43362.

(Example: Shelter 97204) Text

WEBSITE

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 97204)

WEBSITE

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

HUD: Housing Assistance

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

WEBSITE

Housing assistance:

www.hudexchange.info/housing-and-homeless-assistance/

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

www.hudexchange.info/homelessness-assistance/resources-for-homeless-veterans/

The Salvation Army

Enter your zip code to find your nearest Salvation Army.

WEBSITE

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 immediately.

If you have a pet or assistance/support animal, please review the "Pet/Assistance or Support Animal Owners" section for more information.

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

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?

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 travel is difficult because of 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 quality seem safe? Are there fires or other safety hazards in the area? Is it safer to stay inside than try to seek shelter elsewhere?

Listen for announcements from local authorities. They may instruct you on whether or not you should shelter in place.

HELPFUL TIPS FOR SHELTERING IN PLACE

Check if your space is safe
Are the doors locked? Are the windows closed?

If the air outside is contaminated, turn off your air conditioner or heating system



Grab your emergency supplies and go to an interior room with no windows, if possible *In your apartment, this could include a bathroom or personal laundry room*

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

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 outside contamination

You can use plastic sheeting or duct tape

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



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.

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 someone.

Hang pictures and mirrors away from beds.

To ensure objects do not fall on your while you sleep

INVENTORY HOME POSSESSIONS

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

Store inventory in a secure (water and fire safe) location ensure 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, 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 HAVE RENTERS INSURANCE?

Home Forward's insurance covers damage to the unit, but not to your personal items. Talk with an insurance agent about 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 offers 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 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 you check on you one another and offer assistance in the event of an emergency?

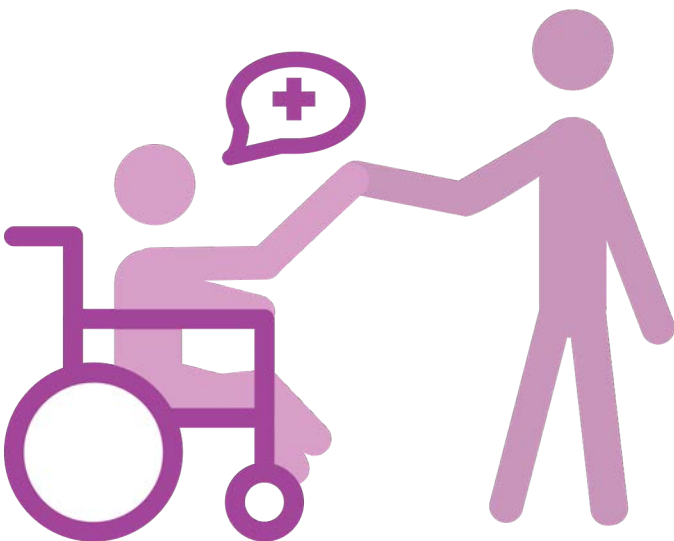
Are you all familiar with your emergency preparedness plans?

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 together.

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

How will you contact one other? 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?

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

Resources

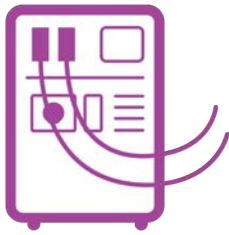
The Northwest Access Fund has a list of loan closets around Oregon. Loan closets provide free and low-cost medical equipment on a long-term loan basis. Equipment provided includes manual and electric wheelchairs, scooters, lifts, walkers, canes, hospital beds, bathroom equipment, and more.

You can find more information on their website:

www.nwaccessfund.org/loan-closets/

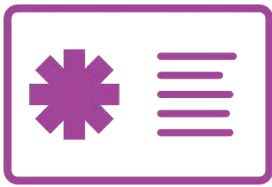
Email: info@nwaccessfund.org

Or call: 206-328-5116.



Dialysis

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



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.

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.

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

Tips for People Who are Deaf or Hard of Hearing

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

A portable NOAA All-Hazards Radio (NWR) with a text display and a flashing alert, such as this one: <https://www.weather.gov/wrn/dhh-safety-nwr>

Extra hearing-aid batteries

Pen and paper

Flashing lights or vibration alerts for alarms or notifications

Tips for People Who are Blind or Visually Impaired

Consider these strategies and supplies to help you during an emergency:

Record important instructions or details on your phone or another device for easy reference. This can help if Braille or other specialized communication methods are unavailable.

Keep a Braille or tactile communication device in your emergency kit for effective communication.

Ensure you know the layout of emergency exits and safe areas for areas you frequent in advance.

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 include (laminated) cards with phrases or pictures, notes on cellphones and pen and paper.

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.

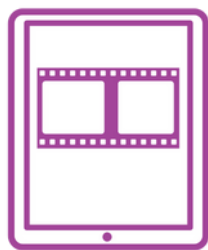
Ensure your personal support team knows how to operate your wheelchair or other mobility devices.

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

Keep a spare mobility aid, such as a cane or walker, in your emergency kit.

If you need a seat cushion for comfort or to prevent skin issues, take it with you when evacuating, even if you must leave your wheelchair behind.

Helpful emergency supplies might include:



Handheld devices with downloaded songs, movies and games



Headphones to reduce audial stimulation



Comfort snacks



Familiar toys or comfort item

Tips for Individuals with Diabetes

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

Emergency supply of insulin or other diabetic medications.

Blood glucose testing supplies.



Tips for Individuals Who May Need Behavioral Support

Emergencies can be especially challenging for individuals with sensory sensitivities or behavioral needs. Plan ahead for children with disabilities or family members who may have PTSD or other behavioral health concerns.

Gel packs or ice packs you can use to keep your insulin cold if there is a power outage.

Snacks to treat low blood sugar (e.g., glucose tablets or gel, juice, soda, sugar packets, honey, hard candy)

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, WHEN 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 may 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, left, right, obstacles in their path, and other information.

Once you have reached safety, ask if they have any other needs.

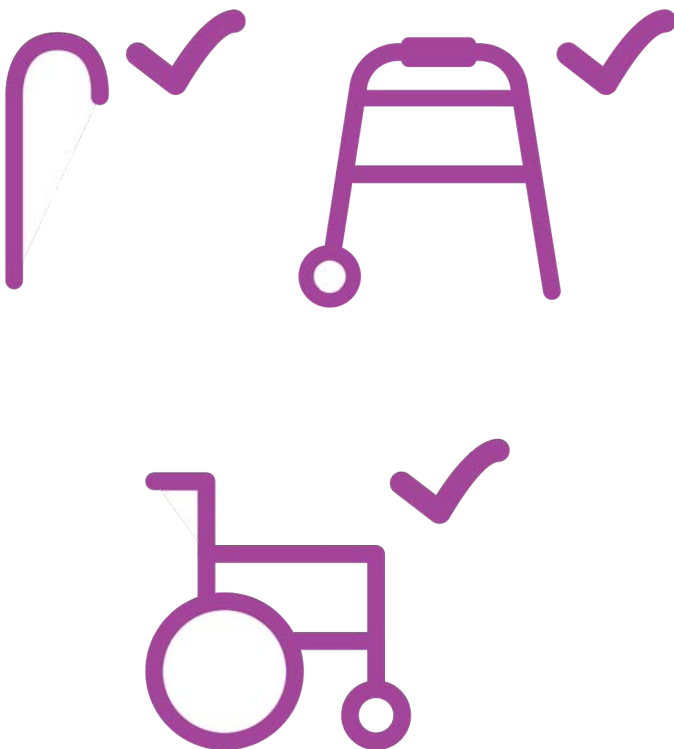
DEAF/HEARING LOSS

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

Be careful not to startle the individual when getting their attention to prevent tripping or falling.

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

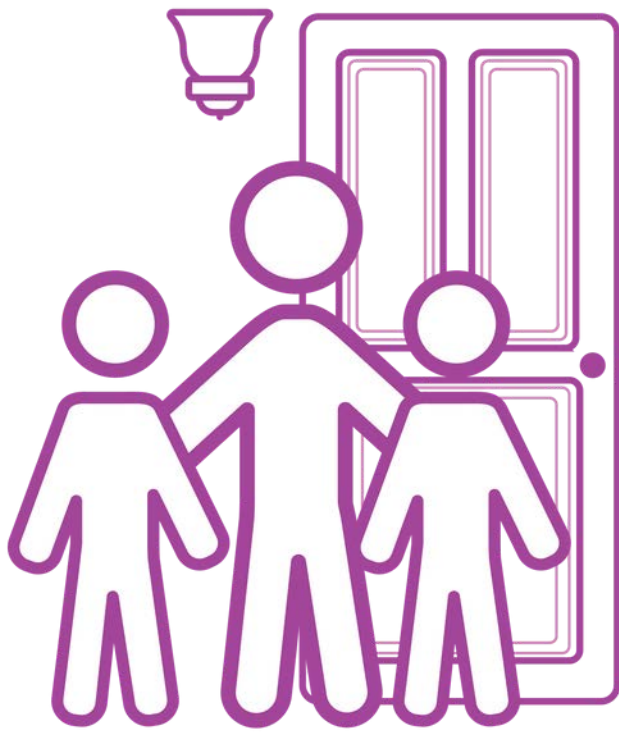
Do NOT try to evacuate an individual with mobility impairments unless you are a trained personnel or the situation is life-threatening.

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

If people with mobility impairments cannot evacuate, move them 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 anyone who is still in the building. *Let them know their name and where you think they are located.*

Evacuate with their canes, crutches, or walkers 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 identifying appropriate ways to communicate with them about preparing for emergencies.



Make sure to fill out a Personal Ability and Needs Assessment with all household members, including minors. More copies of this form can be found in the [Appendix](#).

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

It is important to identify who can get to a minor if they are not with you and you are unable to reach them.

Please identify an emergency contact for the minor.

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

Make sure this is someone you trust.

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 (Example: EC John). 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 and email. Find out more information at: https://www.oregon.gov/oem/Documents/locals_list.pdf

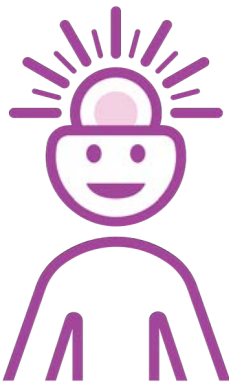
You can make your own using the information below:

- Print or write 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 any emergency.



Emergency Contact Card

You can create an Emergency Contact Card for all household members. Give these cards to your family members so they know what to do 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*. (https://www.redcross.org/content/dam/redcross/National/m4240194_ECCard.pdf).



Mental and Physical Wellness

Do you have a minor in the household with physical or cognitive disabilities? Refer to the “Individuals with Additional Needs” section 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*.

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
Medication	Dosage	Reason for use
Medication	Dosage	Reason for use

What type and brand of food does the animal normally eat? If possible, store some extra food for your animal. Do not wait until you run out to get more food for them.

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 animals, etc.)?

Plan Ahead

How will you transport your animal/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 unable to transport your 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 for additional support.

Name	Phone	Email
Name	Phone	Email
Name	Phone	Email

Make a list o 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. Make a list of pet-friendly hotels and motels in your area.

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 animals up inside.

Oregon pet shelters and animal rescue

For Oregon Pet Shelters and Animal Rescue information go to:
<https://www.oregonhumane.org/>and click on the "Programs & Services" tab.

More Resources

ASPCA

Disaster Preparedness

WEBSITE

www.aspca.org/pet-care/general-pet-care/disaster-preparedness

FEMA

Are You Petpared for Disasters?

WEBSITE

<https://www.youtube.com/watch?v=juB48LbB58s>

Humane Society

Pet Disaster Preparedness

WEBSITE

www.humanesociety.org/resources/pet-disaster-preparedness

Ready.gov

Pets and Animals

WEBSITE

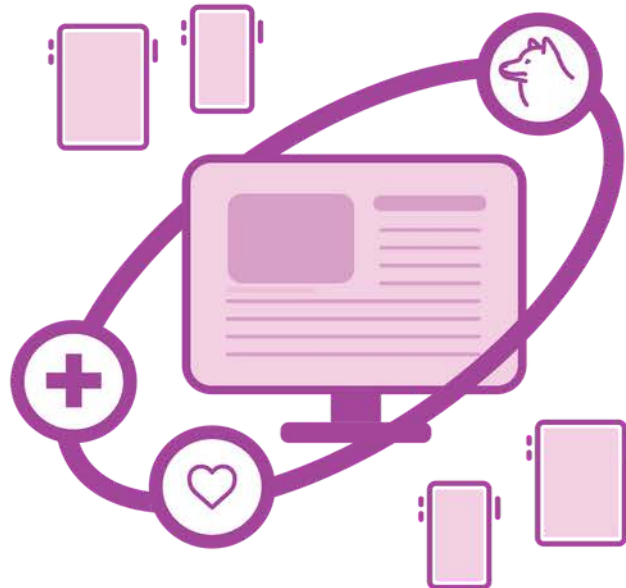
<https://www.ready.gov/pets>

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 electricity, gas, water, and phone service for several days. We know that collecting "extra" supplies for an emergency might be difficult 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 some helpful tips and resources to make this process easier 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 a flashlight, medical supplies, and more.

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](#).



☐ 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 or hand crank radio
- ☐ Can opener

More Information

FOOD

Choose foods that you enjoy and 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

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. Try picking up one extra supply each time you go to the store.

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

locator

Use this locator to find Oregon Food Banks near you:

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

Medication and medical supplies

This includes prescribed medication, over the counter medication, and other medical supplies.

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

Emergency papers

Store your emergency papers (see Gather Emergency Papers section) in clean, 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 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 together in a sandwich bag for easy access.

SUPPLIES

checklist

sanitation and personal hygiene

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. These items also provide comfort during emergencies. Being clean feels good.

Personal hygiene supplies:

☐ Hand Soap

☐ Toothpaste

☐ Toothbrush

☐ Toilet Paper

☐ Feminine Products

Household sanitation supplies:

☐ Trash Bags

☐ Sponges

☐ Dish Soap

☐ Rags

☐ Multi-Purpose Cleaners

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.

to learn more visit

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

Some helpful tips:



COLLECT TWO 5-GALLON OR LARGER 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 toys



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

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 help you 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 food if the can is bulging out or cracked*

Store sealed bottled water in a cool, dark place
Rotate your water every 6 months to a year

Replace expired items as needed

Reassess your needs every year and update your kit

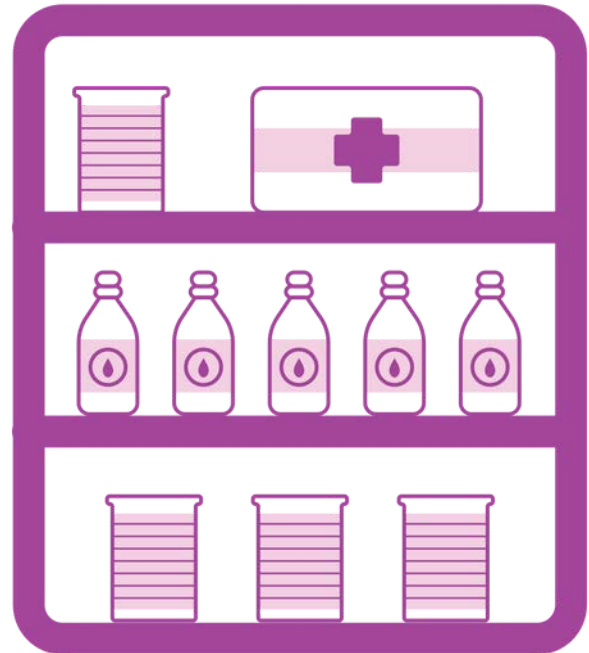
Storage Options

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, and/or car.

Try to keep 3-days of supplies in one easy to carry container, such as a backpack, duffel bag, suitcase or laundry basket in case you need to leave your home quickly. If you need to have multiple containers, keep them together.

HOME

Keep your supplies in a designated place in or around your home. They should be 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 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 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

Proof of insurance and car registration

Jumper Cables

An ice scraper

Car phone charger

Blanket or towels

more resources

American Red Cross

Survival Kit Supplies

WEBSITE

www.redcross.org/get-help/how-to-pre-pare-for-emergencies/survival-kit-supplies.html

Multnomah County

Disaster Supply Kit

WEBSITE

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

Ready.gov

Build a Kit

WEBSITE

www.ready.gov/kit

Regional Water Providers Consortium

Emergency Water Preparedness

WEBSITE

www.regionalh2o.org/emergency-preparedness

Building a Basic Emergency Preparedness Kit on a Budget

WEBSITE

www.youtube.com/watch?v=mNsaP1yqVrc

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?

☐ Yes ☐ No

If so, what kind of utensils?

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

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

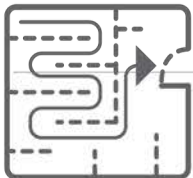
If so, what kind of help?

TRANSPORTATION

Do you need a specially equipped vehicle or accessible transportation?

☐ Yes ☐ No

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

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?

Will you be able to evacuate without visual or 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 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

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☐ 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.

Police: Call 9-1-1 or _____

Fire Dept.: Call 9-1-1 or _____

Ambulance: Call 9-1-1 or _____

Poison Control Center: 800-222-1222

Health Care Provider: _____

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: _____

Fold Here

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Fire Dept.: Call 9-1-1 or _____

Ambulance: Call 9-1-1 or _____

Poison Control Center: 800-222-1222

Health Care Provider: _____

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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: _____

Fold Here

Visit 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.

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

American Red Cross

Name: _____

Phone: _____

Home Address: _____

People to Call or Text in an Emergency

American Red Cross

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 _____

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Important Phone Nos.

Emergency Contact Card

American Red Cross

Name: _____

Phone: _____

Home Address: _____

People to Call or Text in an Emergency

American Red Cross

Out-of-Area Contact Person: _____

Phone: _____

Meeting Place Outside of Neighborhood: _____

99

Animal Needs Assessment

Please complete an 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
Medication	Dosage	Reason for use
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 an 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
Medication	Dosage	Reason for use
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).

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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

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
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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/sites/default/files/2020-03/create-your-family-emergency-communication-plan.pdf>

Fillable Card:

https://www.ready.gov/sites/default/files/2020-03/family-communication-plan_fillable-card.pdf

EC 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>

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.ucop.edu/risk-services/_files/bsas/safetymeetings/elevatorsafety_tips.pdf

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.csusm.edu/em/procedures/standard.html>

Pandemic

WEBSITE

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

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

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>

Additional Resources

For more up-to-date resources—and to download this booklet in additional languages and accessible formats—please visit: <https://hf-readinessresources.powerappsportals.us> or scan the QR code below.

How to scan the QR code:

- Open the camera app on your smartphone.
- Point it at the QR code (no need to take a photo).
- Tap the link that appears on your screen.

This will take you directly to updated resources, translated versions, and printable pages.



Instructions for the Following Pages

Pet Rescue Notice (For First Responders)

The next page is a Pet Rescue Sign you may place on your door, window, or another clearly visible location during an emergency.

Use this sign to alert first responders that there are animals inside your home and may need assistance.

If possible, write the number and type of animals on the sign before posting it.

OK / HELP Door Signs

The final pages include tear-out OK/HELP signs you can display during an emergency.

How to use them:

GREEN = OK

Place the green OK sign in a window or on your door if everyone in your household is safe and does not need assistance.

RED = HELP

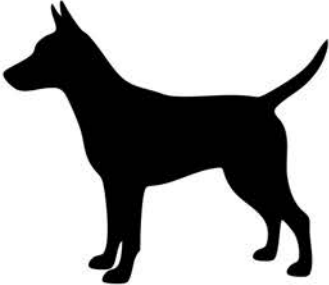
Place the red HELP sign in a visible location if anyone inside your home needs assistance.

These color-coded signs help first responders quickly understand which units require immediate attention when many households are affected.

If it is safe to do so, update or remove the sign as your situation changes.

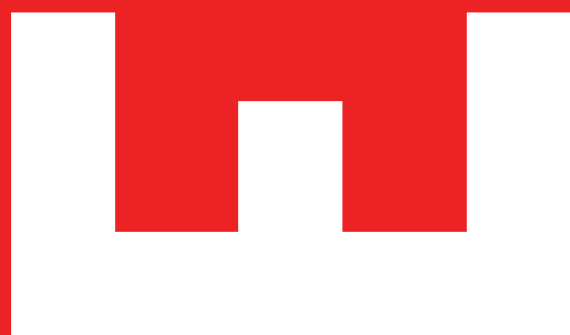
PET RESCUE

PLEASE SAVE OUR PETS!

	#	Names/Type
	☐	
	☐	
OTHER	☐	

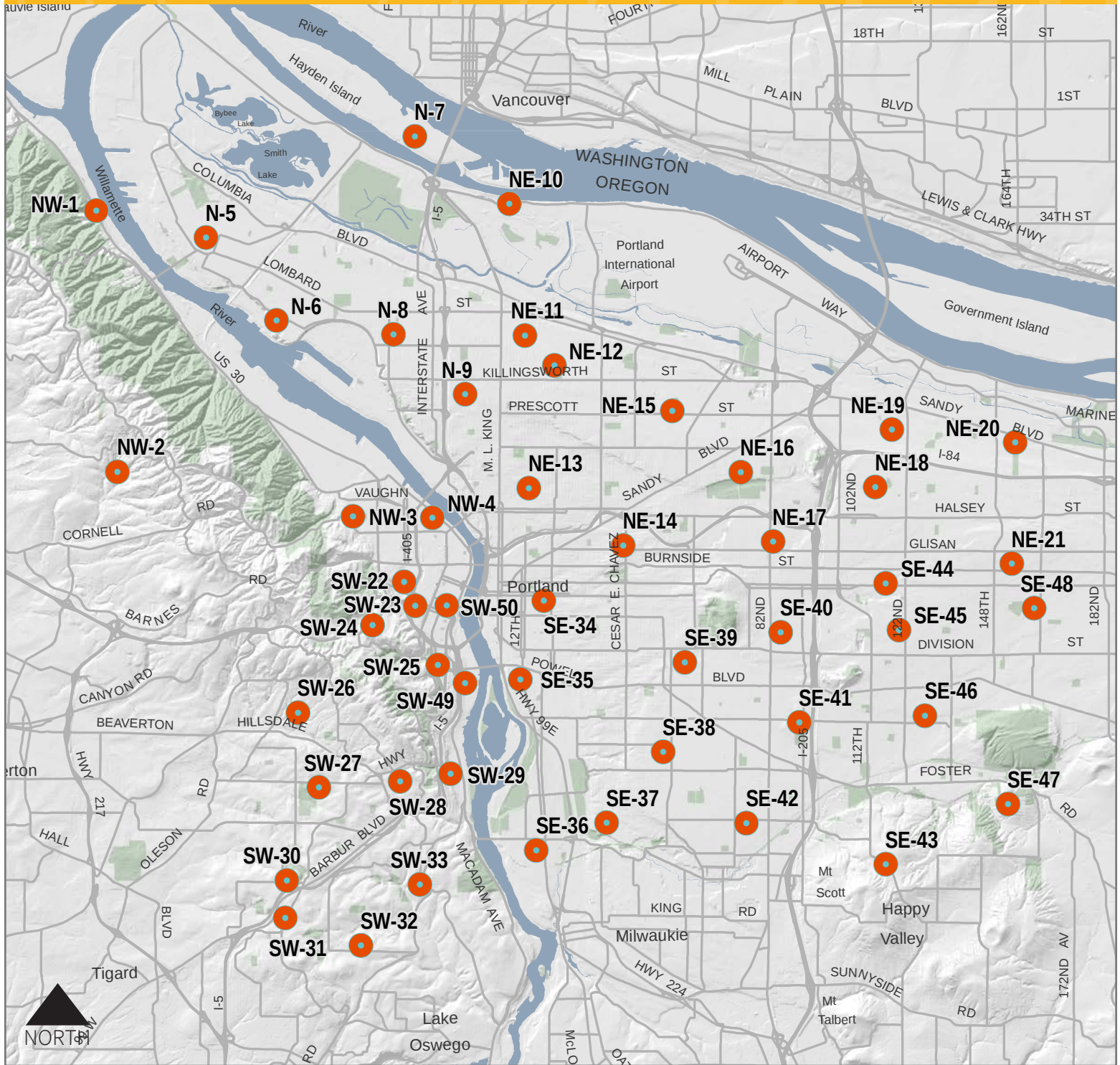
Emergency Contact
Information:





BASIC EARTHQUAKE EMERGENCY COMMUNICATION NODES

Locate the earthquake “beacon” closest to where you live and/or work at portlandoregon.gov/beecn



Visit portlandoregon.gov/beecn today!



PORTLAND
PARKS & RECREATION
Healthy Parks, Healthy Portland

PublicAlerts

www.publicalerts.org

Sign up to receive emergency
notifications on your cell phones,
landlines and email addresses

BEECN Locations

NW-1	Old Plywood Mill Site 10504 Northwest Saint Helens Road	SW-26	Hamilton Park SW Hamilton Street and SW 45th Avenue
NW-2	Forest Park Elementary School Field 9935 NW Durrett Street	SW-27	Gabriel Park SW Vermont Street and SW 37th Avenue
NW-3	Chapman Elementary School Field NW Quimby Street and NW 27th Avenue	SW-28	Ida B. Wells School Field 1151 SW Vermont Street
NW-4	The Fields Park NW Overton Street and NW 11th Avenue	SW-29	Sunstone Montessori School Field 6318 SW Corbett Street
N-5	St. Johns Park 8427 N Central Street	SW-30	West Portland United Methodist Church 4729 SW Taylors Ferry Road
N-6	University of Portland Public Safety N Portsmouth Avenue and N Warren Street	SW-31	Holly Farm Park 10819 SW Capitol Highway
N-7	BedMart 1840 N Hayden Island Drive	SW-32	Stephenson Elementary School Field SW Stephenson Street and SW 25th Avenue
N-8	Arbor Lodge Park N Dekum Street and N Greeley Avenue	SW-33	Riverdale High School Field 9727 SW Terwilliger Boulevard
N-9	Jefferson High School Field N Alberta Street and N Kerby Avenue	SE-34	Colonel Summers Park SE Taylor Street and SE 17th Avenue
NE-10	Columbia Site Field 716 NE Marine Drive	SE-35	Brooklyn Park SE Haig Street and SE Milwaukie Street
NE-11	Woodlawn Park NE Dekum Street and NE Bellevue Avenue	SE-36	Sellwood Middle School Field SE Sherrett Street and SE 16th Avenue
NE-12	Alberta Park NE Ainsworth Street and NE 19th Avenue	SE-37	Duniway Elementary School Field SE Reed College Place and SE Lambert Street
NE-13	Irvington Elementary School Field 1320 NE Brazee Street	SE-38	Woodstock Park SE Harold Street and SE 50th Avenue
NE-14	All Saints School Parking Lot NE César E. Chávez Boulevard and NE Glisan Street	SE-39	Clinton Park SE Woodward Street and SE 57th Avenue
NE-15	Rigler SUN Community School Field NE Going Street and NE 55th Avenue	SE-40	Harrison Park SE Stephens Street and SE 87th Avenue
NE-16	Roseway Heights Field NE Alameda Street and NE 72nd Avenue	SE-41	Lents Park SE Holgate Boulevard and SE 92nd Avenue
NE-17	Montavilla Park NE Oregon Street and NE 82nd Avenue	SE-42	Flavel Park SE Flavel Street and SE 75th Avenue
NE-18	Knott Park NE Sacramento Street and NE 112th Avenue	SE-43	Lincoln Memorial Cemetery Parking Lot 11801 SE Mt. Scott Boulevard
NE-19	Parkrose High School Field 12003 NE Shaver Street	SE-44	Ventura Park SE Stark Street and SE 117th Avenue
NE-20	Wilkes Park NE Beech Street and 154th Avenue	SE-45	Mill Park SE Mill Court west of SE 122nd Avenue
NE-21	Glenfair Park NE Couch Court and NE 154th Avenue	SE-46	Gilbert Heights Elementary School Field SE Cora Street and SE 130th Avenue
SW-22	Lincoln High School Field 1600 SW Salmon Street	SE-47	Clatsop Butte Park SE Evergreen Drive and SE 152nd Avenue
SW-23	Greenspace at SW 12th/SW Market SW Market and SW 12th Avenue	SE-48	Parklane Church 16001 SE Main Street
SW-24	Ainsworth Elementary School Field SW Elm Street and SW 21st Avenue	SW-49	Elizabeth Caruthers Park 3599 SW Bond Avenue
SW-25	Lair Hill Park SW 2nd Avenue and SW Porter Street	SW-50	Boulevard Median At SW Montgomery & SW Harbor Streets

DISCLAIMER: Please do not attempt to go to a Basic Earthquake Emergency Communication Node if you feel that doing so would put you in danger. These sites will not have supplies or provisions immediately following an earthquake or other citywide disaster. The primary role of these sites is communication and information sharing: between neighborhoods, agencies and Portland's Emergency Coordination Center. It may take up to two days, or longer, for these sites to become operational. Locations may change over time, or be relocated after a disaster if the pre-designated site is not safe.




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