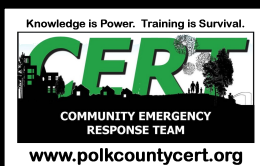
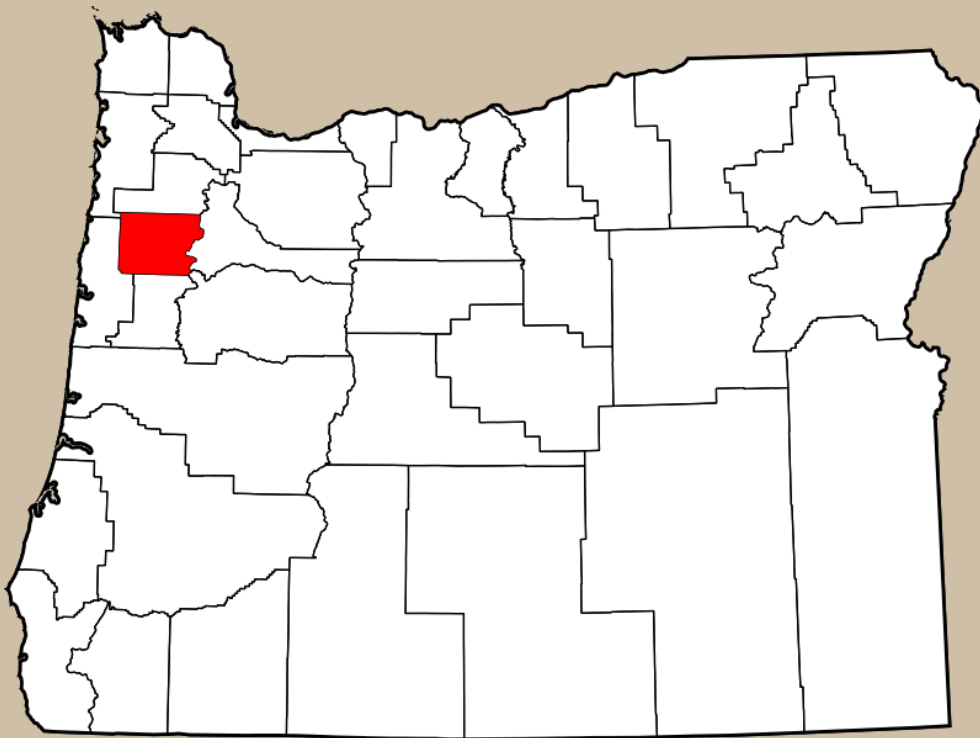


A Guide for Improving the Resiliency of Individuals and Families in Our Community



Preparing for Disasters in Polk County, Oregon

Provided to our community through partnership and collaboration with the Independence Police Department, Monmouth Police Department, Dallas Emergency Management, Polk Co. Fire District #1 and Polk County CERT.



2017



Ways to stay connected with local First Responders during a large scale disaster

Independence

- Facebook.com/IndependencePD
- Receive alerts instantly to your phone and email by registering at Flashalert.net
- Independence Police Department Main Phone: (503) 838-1214

Monmouth

- On facebook at “Monmouth, Oregon Police Department”
- Monmouth Police Department Main Phone: (503) 838-1109

Dallas

- On facebook at “City of Dallas, Oregon” & “Dallas Fire and EMS”
- Dallas Police Department Main Phone: (503) 623– 2338

Polk County Community Emergency Response Team (CERT)

- On the web at: www.polkcountycert.org
- On facebook: Polk County CERT, Oregon and Teen CERT, Polk County Oregon
- Twitter: Polk_Co_CERT

Polk County Fire District #1

- On the web at: Polk Co. Fire District #1
- On facebook: Polk County Fire District #1
- PCFD Main Phone: (503) 838-1510

Western Oregon University

- [wou.edu/Emergency Alert](http://wou.edu/EmergencyAlert) and Inclement Weather link
- On facebook: WOU CERT
- WOU Main Phone: (503) 838-8000

Polk County Sheriff's Office

- www.co.polk.or.us
- Facebook: Polk County Sheriff's Office, Oregon

www.fema.gov
www.ready.gov
www.fema/cert



1. Get a Kit

2. Make a Plan

3. Be Informed

Community Resilience begins with the smallest steps, taken at the lowest levels of our community. The very foundation of an all encompassing preparation, response and recovery plan begins with you, the individual reading this.

In the aftermath of a significant event our ability to begin the recovery period is dependent upon fast and efficient restoration of our critical infrastructure and resources.

- Businesses need to open their doors so supplies and materials can be purchased, household food and sanitary stores can be replenished, and vehicles can refuel.
- This in turn enables residents to return to their homes, and municipalities resume normal functions.
- Next, we need schools to open so working parents can return to their jobs and our economy can begin to replenish itself.
- Then our support networks will begin to come online. Faith centers, medical offices, daycares, financial institutions and public assistance offices are all crucial in the next steps that are necessary to move towards the successful restoration of our community.

None of those steps above are possible without the key individual players that make each one happen. The business owner who has a continuity of operations plan. The employee who has prepared themselves and their family to survive and quickly stabilize. The teacher who is able to be in their classroom the day that schools open their doors. And first responders who can immediately begin to restore the safety and security of our streets and neighborhoods, knowing that their own families are safe at home.

No matter the role you hold in our community, no matter how small a part you believe you play consider this; every citizen prepared to take care of his or herself becomes one less victim needing help from severely hampered and overwhelmed emergency services personnel after a disaster.

It may seem like a huge task, but if you do just a little bit each week, or even each month, before you know it you'll have the confidence to weather almost any storm. The following pages are full of great ideas on how to get started. While FEMA's national standard is to prepare a 72 hour kit, in Oregon we recommend being 3 weeks ready in order to fully prepare for a Cascadia Earthquake event. For more information on better preparing yourself, your home, your business, your school or your community please visit the links and resources on the opposite page, contact your local police department, or take a CERT course sponsored by your local Community Emergency Response Team.

Stay safe out there!

~ Kimber Townsend

Polk County CERT Program Coordinator

EVACUATION

You've delayed as long as safely possible, your belongings are packed, your car's gas tank is full... it's time to go! Nobody likes to evacuate from his or her home, a familiar neighborhood, a lifetime of memories. But sometimes there's no other option. To make your own evacuation as smooth and painless as possible, here is some helpful advice.

Photo courtesy of Ready LA

72 SECOND GRAB AND GO List

Additional Grab List: If you have more time

Under Your Bed

- Keep items in a bag/backpack (to prevent glass and debris from getting in your shoes)
- Sturdy Shoes & Pair of Socks
- Emergency contact list
- Whistle
- Dust mask
- Work gloves
- Several bottles of water
- Flashlight (Don't use if you smell gas)
- Light stick on a lanyard
- Pry bar
- Portable radio with batteries
-

On Bedside Night Stand Keep

- Extra car keys
- Cell phone and charger
- Glasses

√ 5 more minutes	Location
Wallet or purse	
Car/house keys	
Cell phone, charger & car charger	
Adequate shoes and coat for weather	
Prescriptions for people and pets	
Extra contacts or glasses	
Medical devices (wheel chair, hearing aid, retainer, etc.)	
Laptop or backup disks	
CPU (allow time to unplug)	
Important documents (should already be in one container)	
72 Hour backpacks w/water/food/clothes/toiletries/	
family photo CD's/money, etc.	
Baby bag with extra food/formula	
Pet food, water & dish, collar and leash	
Pet carrier	
√ 30 more minutes	Location
Photo albums on CD/flashdrive (do this ahead of time)	
Family portraits	
Case of bottled water	
Sleeping bags, pads and pillows	
Tent (you will want it at an outdoor evacuation center)	
Extra batteries	
Battery powered TV/radio	
Towels	
More clothes	
Toys, activities to keep kids occupied	
Kids memory things (keep in tote in room)	
Fire extinguisher	

THINK

KNOW YOUR EVACUATION ROUTE

How to Prioritize an Evacuation List:

If you had just a few minutes to evacuate, would you be ready?

1. On a piece of paper, list the most important items you want to take with you. Brainstorm and start writing.
2. Then divide the big list into four smaller lists; what you would take if you had 5 minutes, 15 minutes, 30 minutes or 1 hour to evacuate.
3. Then arrange your items within each smaller list. Decide the order you would grab them in to save time. Perhaps start upstairs, and work your way down. If you don't have an upstairs, then choose a room you would go to first.
4. Gather from more than one list if you have time. For instance, if you end up with 15 minutes to evacuate, then grab items on both the 5 minute list and the 15 minute list based on location. If you have 30 minutes, grab from the 5 minute list, the 15 minute list and the 30 minute list. And so forth.
5. You may need to move some items to a more central location.
6. Practice the evacuation with your family. Does your teenage daughter know what an external hard drive is? Or where the 72-hour kits are? Adjust the order of items if necessary. Talk about under which conditions it may be safer to just get out without grabbing anything.
7. Make several copies of the list and hang in various locations in your home where others will see it.
8. During an evacuation, grab the list and carry it with you as you gather items. You may want to grab a laundry basket and fill it.
9. Also, decide on several meeting places. Consider one a mile away, one 15 miles away, one 30 miles away and one out of state.

Don't Forget Your Family Pet's Go Kit!

Food and water for at least five days for each pet. **Medications and medical records** in a waterproof container and a first aid kit. A pet first aid book is also a good idea.

Cat litter box, litter, litter scoop, garbage bags to collect all pets' waste.

Sturdy leashes, harnesses, and carriers to transport and ensure your pets can't escape. Carriers should be large enough to allow your pet to stand comfortably, turn around, and lie down. (Your pet may have to stay in the carrier for hours at a time.) You may also need blankets or towels for bedding and warmth as well as special items, depending on the type of pet.

Current photos of you with your pets and descriptions of your pets to help others identify them in case you and your pets become separated—and to prove that they are yours once you're reunited.

Pet beds and toys, if you can easily take them, to reduce stress.

Written information about your pets' feeding schedules, medical conditions, and behavior issues along with the name and number of your veterinarian in case you have to board your pets or place them in foster care.

Other useful items: Newspapers, Paper towels, Plastic trash bags, Grooming items, Household bleach

Visit [humanesociety.org/disaster](https://www.humanesociety.org/disaster) for more resources on staying safe during times of disaster. And remember—if it's not safe for you, it's not safe for your pets.



What's the best way to create a virtually weather-tight Emergency Preparedness Kit?

In a 5 Gallon Bucket, of course!

While this list doesn't include food or personal items, it does have just about everything that a family could need to survive in the event that they are unable to shelter in their own home, or reach another indoor location for assistance.

It's suggested that you separate items into groups in Ziploc bags, and even those become pretty handy as they're emptied, so don't throw them out!

We'll talk about food and personal items on the next few pages.



5-gallon Bucket #1

A list of items in the bucket
Bucket lid (not gamma lid)
Bucket opener taped to outside
Near the top:
Emergency alert and shelter information
Disposable camera
Family contact list / important numbers
Battery/shake/solar flashlight
Family sized first aid kit (update every 6 months)
Radio, battery powered or crank
Batteries for radio and flashlight (in a bag or box)
Then add the following below:
Sun block
Insect repellent
Travel wet wipes
Waterproof matches
Butane lighter
Emergency flares
Emergency candles
Water purification tablets/straws
Water bottle
Can opener
12-Function Army Knife w/scissors
Sewing kit
30 and 13 gallon trash bags
Mess kits
Paper towels, small roll
Foil
Small bottle of dish soap
Small bottle of disinfectant
Hand sanitizer

5-gallon Bucket #2

List of items in bucket
5 or 6 gal bucket (or tote)
Leather work gloves (put near top)
Both a 20x20 and several 6x6 tarps
Folding shovel
Hatchet
100 ft of 550 paracord
Duct tape
Small folding cook stove with fuel
Small handbroom
Pliers and wrench
Crowbar/prybar
Scissors/utility knife

Additional items to consider in additional buckets/totes/tubs

Bedding

Family tent (in its own bag)

Additional Water

Cases of bottled water
Extra straw filters
Water container to refill at evacuation shelter
(A tote, an empty bucket, or a jug with a spout)

Additional Items

Toilet seat lid made to fit on bucket
2 way radios
Chainsaw w/extra blade
Extra fuel 5-gallon gas cans

Now for those Personal Items... In another 5 Gallon Bucket, of course!

This is each member of your family's chance to "do it by themselves." It's an especially fun way for even the youngest children in your family to get involved in the preparation game. Each person gets a bucket all to themselves to fill up with the things that they think will make them just a little more comfortable, feel a bit more "put together", and above all else... not get bored!



Label / decorate each bucket with the family member's name on the outside. On the inside of the lid write things like age, gender, medical insurance information, residential address, cell phone, medical alerts, dietary restrictions, emergency contact information for alternative adult friends or family who could care for them, and any other critical information you think it would be important. Some of these were mentioned on the last page, too. That's because we think they're really important!

Why go to all that trouble? Well consider this. What if you're not home when the need to evacuate arises? What if a neighbor or emergency responder is the one to take your kids out of harm's way? How awesome would it be if your child knew to grab his/her bucket, with everything they (and you) thought they needed inside, and take it with them to wherever help is found? Here are a few suggestions.

- A list of items in the kit (put near top)
- Important numbers (update every 6 months)
- A recent family photo
- Map of city and vicinity
- Small flashlight like a Maglite
- Batteries for flashlight (put in separate baggie with the flashlight near top)
- Emergency rain poncho (put near top)
- Three N95 medical masks (put at top to help during a fire or for asthmatics)
- Mini First Aid Kit (update often & put on top)
- Glow sticks, and lots of them!
- Whistle on a neck cord
- Hand /foot warmers
- Thermal reflective (space) blanket
- 3 day supply of food (2000 calories per day per adult)
- Water filtration straw
- Pencil and small notebook
- Cards, crossword puzzles, sudoku, etc.
- Paperback book
- Small comb or brush
- Small mirror
- Antibacterial hand wipes
- Pocket tissues
- Lip balm
- Wash cloth for sponge bath
- Travel-sized toothpaste, toothbrush
- Travel-sized liquid body soap
- Travel-sized shampoo/conditioner
- Travel-sized deodorant

- Travel-sized lotion
- Travel-sized hand sanitizer
- Razor
- Personal sanitary items
- 3 large trash bags
- Toilet paper roll
- Copies of personal papers & documents for this person
- Money - \$50 in small bills & coins in a discreet container
- Waterproof matches (not for young children)
- Sunglasses



Extra Kit Items for Kids

- Games, crossword puzzles, coloring book and crayons, stuffed animal, small toys, infant pacifier
- Comfort foods
- Clothing (change seasonally)
- Sturdy shoes
- If you can squish a windbreaker in, do it.
- Bedding
- Sleeping bag or lightweight wool blanket
- Sleeping pad if you have room

Let's talk about the best part, the FOOD! You might even need another bucket...

- Store at least a three week supply of non-perishable food for each member of your family.
- Choose foods your family will eat.
- Remember any special dietary needs.
- Avoid foods that will make you thirsty.
- Choose salt-free crackers, whole grain cereals and canned foods with high liquid content.

Following a disaster, power outages could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils. The following items are suggested when selecting emergency food supplies. You may already have many of these on hand.

- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods



To heat food in a can:

1. Remove the label.
2. Thoroughly wash and disinfect the can
3. Open the can before heating.



Power outages can occur at any time of the year and it may take from a few hours to several days for electricity to be restored to residential areas. Without electricity or a cold source, food stored in refrigerators and freezers can become unsafe. Bacteria in food grow rapidly at temperatures between 40 and 140 °F, and if these foods are consumed, people can become very sick.

Do:

- Keep food in covered containers.
- Keep cooking and eating utensils clean.
- Keep garbage in closed containers and dispose outside, bury/burn garbage if necessary.
- Wash hands frequently with soap and water that has been boiled or disinfected.
- Discard any food that has come into contact with contaminated floodwater.
- Discard any food that has been at room temperature for two hours or more.
- Discard any food that has an unusual odor, color or texture.
- Use ready-to-feed formula, if possible, for formula-fed infants. If using ready-to-feed formula is not possible, it is best to use bottled water to prepare powdered or concentrated formula. If bottled water is not available, use boiled water. Use treated water to prepare formula only if you do not have bottled or boiled water. Breastfed infants should continue breastfeeding.

Don't:

- Eat foods from cans that are swollen, dented or corroded, even though the product may look safe to eat.
- Eat any food that looks or smells abnormal, even if the can looks normal.
- Let garbage accumulate inside, both for fire and sanitation reasons.

Note: Thawed food usually can be eaten if it is still “refrigerator cold.” It can be re-frozen if it still contains ice crystals. To be safe, remember, “When in doubt, throw it out.” For more information about food safety during an emergency, visit FoodSafety.gov.

VEHICLE SUPPLY KIT

First, you need to know what's going on out there!

That may mean listening to an Emergency Radio Station. Take a few minutes today to find out what your options are and set one of the car radio buttons to the emergency weather station in your area. Don't rely on cell service and the internet, earthquakes may take cell towers out. Better yet, consider installing a CB radio, or get your Ham Radio Operator's license and you'll always be "in the know."

Next, start thinking about the primary use of each of your vehicles. Is it a daily commuter to work and back? Do you haul all the kids around in it every day? Is it a work/equipment truck that's already full of good things to have in an emergency? Is this an adult's vehicle, or is it your teenage driver's? These are just a few things to consider when deciding what to put in your family's vehicles. Remember, this kit is about what you need if you're stranded on the road somewhere for 72 hours, and can't get to your other supply kits.

In a Tote or Bucket

- Blanket
- Walking shoes
- Beanies/gloves/handwarmers
- Water bottles/purification straws
- First aid kit
- Feminine items
- Jumper cables
- Small tool set
- Bungee cords
- Extra batteries for flashlight
- Toilet paper roll in plastic baggie
- Cleaning rag
- Plastic kitchen trash bags
- Duct tape and matches
- Foil emergency blankets
- Emergency flares
- Work gloves
- Hand warmers
- Whistle and small mirror
- Multi-tool w/pocket knife
- Bright bandana
- Emergency Cash (\$20+)

Driver's Door Pocket

- Flashlight
- Umbrella
- Snow/ice scraper
- Snow gloves & Plastic Poncho

Driver's Seat back pocket

- Activities for kids to pass the time

Glove box

- Tire pressure gauge
- Detailed area map
- Important papers

Console Bin Between Front Seats

- Food bars, canned fruit & nuts
- Hand lotion
- Hand sanitizer
- Dental toothpicks
- Plastic forks/spoons
- Paper towels (folded in baggie)
- Pad of paper
- Pen/pencils
- Small scissors
- Car cell phone charger
- Pocket pack Kleenex
- Chapstick

Other Items:

- Fire extinguisher
- Small shovel
- Jack for tires
- Spare tire
- Chains
- Car fuses
- Fix-a-Flat

Animal food and water, too! If you're relying on electronics to keep the kids busy, consider a power boost/ auto jumpstart/power banking device that stores power now to be used later. Your local auto parts store should have one.

OK, now you're ready to think bigger, go for gold and begin turning your 3 week kit into a 3 month emergency food supply!
 Congratulations! So, where should you start?
 It takes a lot of time & investment for a 3 month supply of food for your family.

Monthly Purchase Guide

January

- Week 1 Evaporated Milk
- Week 2 Hot cocoa mix and Coffee
- Week 3 Powdered juice or tea mix
- Week 4 4 lbs non-fat dry milk
- Week 5 3 x 64 oz bottles of juice

February

- Week 1 3 boxes cereal
- Week 2 5 lbs or 2 x 24 oz cans of dry oats
- Week 3 2 lbs pancake mix and 32 oz bottled of syrup
- Week 4 Powdered eggs

March

- Week 1 12 x 8 oz cans of tomato sauce and tomato paste
- Week 2 6 x 15 oz cans of canned tomatoes and 1 jar of salsa
- Week 3 4 lbs dry pasta and 2 boxes of mac and cheese
- Week 4 82 cans prepared pasta (raviolis, spaghettios, etc) and 12 pkgs of ramen noodles

April

- Week 1 12 cans of beans and 2 cans of chili
- Week 2 12 cans of tuna or salmon
- Week 3 10 cans of condensed soup
- Week 4 3 cans of prepared soup
- Week 5 5 lbs of dry beans or lentils

May

- Week 1 Spices and 3 oz. dried onions
- Week 2 1 each of marinades like teriyaki, soy sauce and Worcestershire
- Week 3 1 bottle of salad dressing, 1 can of parmesan cheese
- Week 4 1 each of condiments like ketchup, mayo and mustard

June

- Week 1 25 lbs of barley or wheat
- Week 2 10 lbs of rice
- Week 3 10 lbs of other grains of choice
- Week 4 1 can of cooking spray



Maybe this can help. Here is a 12 month shopping list for a 3 month supply of food for one person. Do you see a great sale on an item that's not on this month's list? Buy it now and swap it for an item on next month's list. Or take the easy way out and consider commercially prepared emergency food kits.

July

- Week 1 4 boxes of crackers or chips
- Week 2 2 boxes jello and/or pudding
- Week 3 2 boxes nutrition bars and/or popcorn
- Week 4 6 bottles of lemon juice/vinegar/olives
- Week 5 3 32 oz jars of jelly/jam and honey

August

- Week 1 12 cans of fruit
- Week 2 12 cans of vegetables
- Week 3 16 oz. dried fruit
- Week 4 2 cans chilies and/or mushrooms

September

- Week 1 6 12 oz cans of canned chicken and/or turkey
- Week 2 6 cans of canned pork such as spam, Vienna sausages
- Week 3 2 32 oz cans of stew
- Week 4 4 lbs of dried potato flakes/slices
- Week 5 1x64 oz or 2x32 oz cans of spaghetti sauce

October

- Week 1 6 lbs of canned beef/corned beef/jerky
- Week 2 24 oz cooking oil and 1 lb. shortening
- Week 3 1 peanut or almond butter
- Week 4 Chocolate chips and baking cocoa
- Week 5 5 lbs of dry beans or lentils

November

- Week 1 1 can of pumpkin and 2 cans of broth
- Week 2 2 lbs brown sugar and 1 lb powdered sugar
- Week 3 1 box stuffing and 1 can of yams
- Week 4 15 lbs of white flour and 10 lbs sugar

December

- Week 1 vanilla and instant yeast
- Week 2 1 brownie mix, 1 cake mix and 1 frosting
- Week 3 15 lbs of baking mix like Bisquick and salt and pepper
- Week 4 Baking powder, baking soda and cornstarch



Every citizen who is trained and prepared to take care of themselves and their family reduces the demand on local first responder agencies. When you then make a further commitment to reaching out and helping your neighbors and friends the positive effect on our emergency response infrastructure is beyond measure.



Knowledge is Power. Training is Survival.



www.polkcountycert.org



Polk County CERT is an **Independence Police Department** community preparedness program with additional funding and support provided by **Monmouth Police Department, Dallas Emergency Management and Polk County Fire District #1.**

CERT members respond in support of those agencies whenever an event occurs that overwhelms their personnel and resource capabilities. From unforeseen emergencies and natural disasters to festivals and large scale training sessions, CERT is there.

CERT training includes basic instruction in:

- **Disaster Preparedness for the Home, Office and Car**
- **Light Urban Search & Rescue**
- **Light Fire Suppression & HAZMAT Awareness, Reporting and Safety**
- **Medical Operations: Mass Victim Triage (START)**
- **Medical Operations: Mass Patient Treatment**
- **NIMS/ICS for CERT Team Organization & Advanced Agency ICS Support Teams**
- **Disaster Psychology for First Responders and Victims**
- **Terrorism Awareness, Reporting and Self-Safety Response**

Training is provided by FEMA certified Instructors or Police, Fire, EMS and Military Trainers. Classes are always free and open to the public with no obligation to join the CERT Program.

For more information:

www.polkcountycert.org

Twitter: Polk_Co_CERT

Facebook: Polk County CERT, Oregon

Teen CERT, Polk County Oregon

Oregon CERT_NET Working

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