

# **Disaster Preparedness Workbook**

**For You and Your Household**



# Urgent Phone Numbers



## Call 9-1-1 for Emergency\*

Residence Hall Emergency # \_\_\_\_\_

Residence Hall Director # \_\_\_\_\_

Residence Advisor (RA) # \_\_\_\_\_

Campus Police \_\_\_\_\_

Fire \_\_\_\_\_

Ambulance \_\_\_\_\_

Poison Controll \_\_\_\_\_

Hospital Emergency Room \_\_\_\_\_

Doctor \_\_\_\_\_ Location \_\_\_\_\_

Doctor \_\_\_\_\_ Location \_\_\_\_\_

### Family/Roommate Emergency Contacts

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

**\* NOTE:** After a large emergency or disaster, the 9-1-1 system may be overwhelmed by callers. Call 9-1-1 only to report an emergency.

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# Are you prepared for the next Disaster or Emergency?

**Think about the different kinds of disasters that could happen in our community.**

For example, in Benton County we could have:

- Flooding in winter and spring
- Snow and ice storms
- Wind storms
- Earthquakes
- Fires
- Toxic waste spills

Any of these events could leave you without power, water, or phone service for hours or days at a time. You may need to take care of yourself and others around you. Are you prepared?

## **Plan ahead**

A disaster or emergency can happen at any time. You can be prepared to take care of yourself and your family by making plans before a disaster happens. For example, you can make an Emergency Kit to put in your car in case a disaster happens when you are not at home. Other things that you can do are:

- Make an Emergency Kit for your home
- Make a household/family plan for what to do in an emergency
- Know how to shut off your gas and power
- Talk to your neighbors about how you can help each other in an emergency

## **Practice what to do**

Practice what to do in different emergency situations with your household members each year: “Drop, Cover and Hold on” in an earthquake, for example. Practicing helps everyone remember what to do in an emergency. Examine and update your emergency kits during your drill.

## **Connect with others**

In an emergency, neighbors and friends are generally your first and best source of help. Emergency responders like police, fire, public works and medical services are likely to be overwhelmed for the first hours or days of a large disaster. During that time, neighbors, friends, your faith group or other organizations can be a big help. Make sure that you have connections with others who can check on you... and that you check on others too!

## **This book can help!**

This book will help you make a disaster plan and prepare an Emergency Kit for you and your family. It includes lists for important phone numbers and other information. It also has contact names and numbers for people who can help you prepare for a disaster.

# Why this book is important to you and your family

This book will help you and your household/family plan and be ready for an emergency or a disaster. It will help you:

- Put together an emergency plan
- Put together an emergency supply kit
- Make an emergency contact list
- Make your home safer



## How to use this book

1. Read through this book with your family
2. Use a pencil to fill in the worksheets so you can make changes to the worksheets later.
3. Complete the activities with your family. (For example, make an emergency supply kit or practice an earthquake drill as a family.)
4. Store this book in a safe but easy to remember place.
5. Review and update the book every year.

Make sure you note each time this book is reviewed or updated.

Date reviewed or updated:	Reviewed or updated by:

**Protect yourself. Protect your family. Complete this book and keep it nearby.**

# Your Planning Checklist

This checklist will help you plan ahead. Go over it with your family. When you complete each task, check it off. Review and update this checklist once a year so it will stay up-to-date.

## Family Information:

- Review family needs and contact information.
- Fill out Household/Family Members, Pets, and Cars worksheets. (Emergency Contact booklet, page 4-8)

## Emergency Contact Information:

- Know who to call in case of an emergency. Fill out Urgent Phone Numbers worksheet (page 2)
- Decide on people in the area to call in case of an emergency. Fill out Out-of Area Contacts worksheet. (Emergency Contacts booklet, page 7)
- Add people to your plan that you can check on in an emergency. (Emergency Contacts booklet)
- Sign up on the Linn – Benton ALERT Emergency Notification system. (page 30)**

## Emergency procedures Away from the Home:

- Set up places to meet in an emergency. Choose one place in your neighborhood and one place in your community. Fill out Meeting Places worksheet. (Emergency Contacts booklet, page 10)
- Set up emergency procedures for work, school, and other important places. Fill out Emergency Procedures for Work, School, and Other Important Places worksheet. (Emergency Contacts booklet, page 9)

## Medical Information:

- Review household/family medical information. Fill out Medial Provider Contact Information, Medication List, and Allergy Information worksheets. (page 2 & in Emergency Contacts booklet, page 12-17)

## Other Important Information:

- Review insurance information. Fill out Insurance and Other Important Information worksheet. (Emergency Contacts booklet, page 20-21)
- Review service contacts. Fill out Utility and Service Contacts worksheet. (Emergency Contacts booklet, page 18-19)
- Fill out Important Notes worksheets.

## Safety Procedures:

- Draw a picture of your home and mark important places. For example, mark meeting places, emergency kits, and utility shutoffs. (Emergency Contacts booklet, page 11)
- Search for hazards inside and outside of the home. Fix these hazards. (page 8)
- Review and practice emergency drills and evacuation plans. For example, practice an earthquake drill with your household/family. Be sure everyone knows what to do. (page 10)
- Know what to do for each type of disaster (page 10)
- Know how to shut off your power, water, gas and other services. (page 12-14)
- Know how to stay healthy. (page 20-22)

## Emergency Kits:

- Make a 5-day emergency kit and store it in a safe place that is easy to get to. (page 24-26)
- Make an emergency kit for each car. (page 28)
- Include pet supplies in each emergency kit. (page 24-28)

**Neighbors:**

- Include three more people from your neighborhood or community in your emergency plan. Be sure to check on these people in an emergency. (page 32)
- Organize a neighborhood meeting to learn about disaster planning. (page 32)
- Call your local emergency management office to make a presentation to your neighborhood (page 34)

**Work:**

- Talk with your boss or staff about work expectations during a disaster. (Emergency Contacts booklet, page 9)

## NOTES

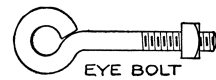
# How safe is your home?

You can prevent deaths, injuries, and property damage caused by a disaster by doing a home hazard hunt. Follow these suggestions to make your home safer.



## To keep things from breaking or falling over inside your home:

- Install latches on cupboards.
- Place heavy and/or breakable objects on lower shelves.
- Secure breakable valuables by attaching them to surfaces with putty or “quake wax”.
- Secure tall, heavy furniture that could fall over. For example, bolt bookcases to the studs of a wall by using “L” brackets with three-inch lag bolts.
- Secure heavy electronic equipment such as a TV, computer, and microwave. Tie it down or place it on top of a non-skid mat.
- Hang plants and heavy pictures from eye bolts instead of simple hooks to keep them from falling down.



## To keep things from breaking or falling over outside your home:

- Strap water heaters to studs in the wall so that they will stay upright. This will keep water inside the water heater that can be used if your water supply is stopped. This may also prevent a fire.
- Store toxic chemicals and chemical that can catch on fire in the garage or in the shed outside. Put them in a place so that they cannot fall, break or mix with other chemicals.

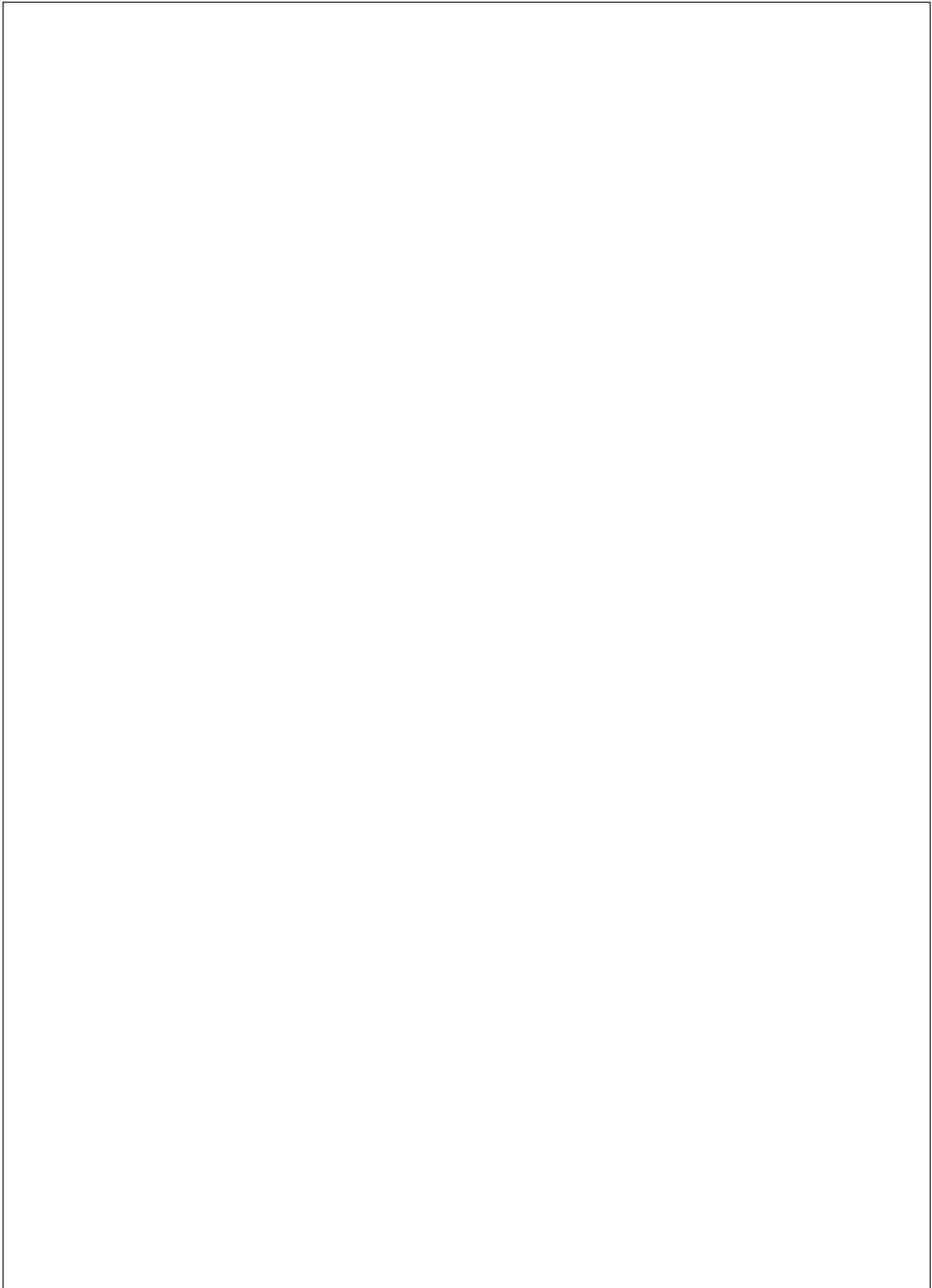
## To prepare your home for fire and other emergencies:

- Make sure emergency exits are clear of things that can be tripped on.
- Move beds away from windows and mirrors.
- Be sure to have protection for your head, hands, feet and eyes. Under every household member’s bed, you should keep:
  - A safety helmet
  - Sturdy shoes
  - A pair of gloves
  - Protective eyewear or goggles
  - A flashlight or headlamp and chemical light sticks.
- Every year, check every fire extinguisher and smoke alarms to make sure they work.
  - Make sure every household member knows where the fire extinguishers are in your home.
  - Make sure everyone knows how to use the fire extinguisher.
  - Practice using the fire extinguisher with your family.



- Find your natural gas meter. Know how and when to turn off natural gas. See page 14 for more instructions on how to turn off your gas meter.

## NOTES

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# Know what to do during a disaster:



## During an **Earthquake**:

- **Indoors**
  - If you are indoors, **drop, cover, and hold on**. At once drop down low, move under or alongside something sturdy, and hold on until the shaking stops.
- **Outdoors**
  - If you are outdoors, stay outside. Move away from buildings, trees, streetlights and utility wires.
  - If you are in a moving car, pull safely to the side of the road and stay in the car. Do not park your car near or under buildings, trees, overpasses and utility wires. Do not drive across bridges or overpasses. You may not see that it is damaged.
  - If you are at the beach or along the coastline, **drop, cover, and hold**, then move right away to higher ground. A tsunami or sea wave can follow in minutes after an earthquake at the coast.

## During a **Flood**:

- Do not go into flood waters. The water may be deep, fast flowing, dirty and very unsafe.
- Pay attention to flood warning signs and barricades.
- Be alert for gas, toxic chemical spills, and sewage in flood waters.
- Stay away from power and electrical wires.
- Clean or disinfect anything that comes into contact with flood waters.

## During **Bad Weather**:

- Wait until the weather is better before you travel.
- Check road and weather conditions before you travel. (See pages 39-40).
- Before you go, tell someone where you are going and which roads you are taking.
- When driving, **slow down** and keep a lot of space between you and other cars.
- Always keep an emergency kit in every car.

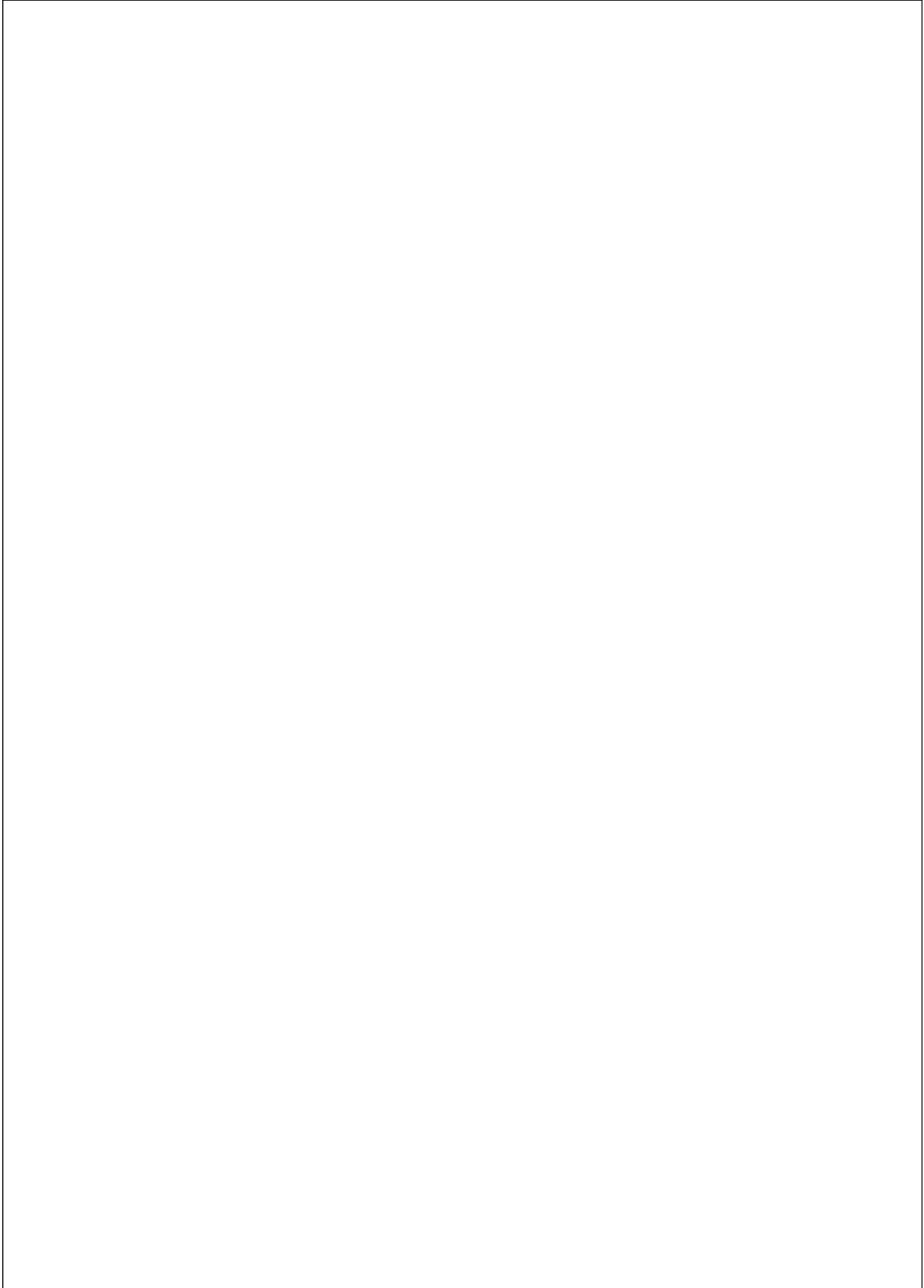


## During Thunder and **Lightning** Storms:

- **Indoors**
  - Stay away from windows.
  - Do not handle electrical equipment or use the phone.
  - Avoid bathtubs, water faucets and sinks that may have metal in them.
  - Secure and protect pets that are often frightened and may run away.
- **Outdoors**
  - Go indoors right away.
  - If you are not able to go indoors, stay away from trees and other tall objects.
  - **“Get low and small.”** Crouch down on the balls of your feet and hold your knees. Make your contact with the ground as small as possible.

**Remember:** Check on your neighbors or people who may be less able to cope with the disaster. A simple phone call can make all the

# NOTES

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# How to shut off utilities in an emergency:

Locate each of these utility control points at home:

- Power (Electricity)
- Gas (natural, propane, or LPG)
- Water

## How to turn the Power Off and On at home:

You can turn off or on the power at the circuit electrical panel.

To turn off the power:

1. Flip the breaker to “off.”
2. Start with the smaller breakers first.
3. Flip each breaker one by one.
4. Flip the main breaker last.

To turn on the power, repeat steps 1 to 4 by flipping the breaker to “on.”

## What to do if you lose power:

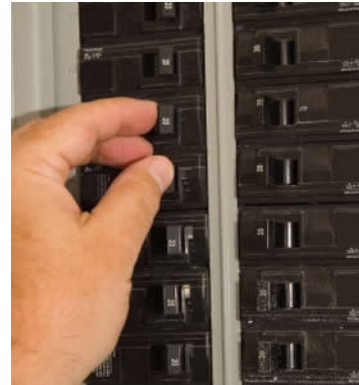
- Check your electrical panel for tripped breakers or blown fuses. Reset the breakers by turning them “off” then “on.” Replace any blown fuses.
- Call your utility company and report the outage.
- Turn on an outside light to help the utility crews know when you have power again.
- When the power has been turned back on, turn off major appliances, computers and television to keep the circuits from overloading. Check on your neighbors or people who may not be able to cope without power.

## When you are without power for some time:

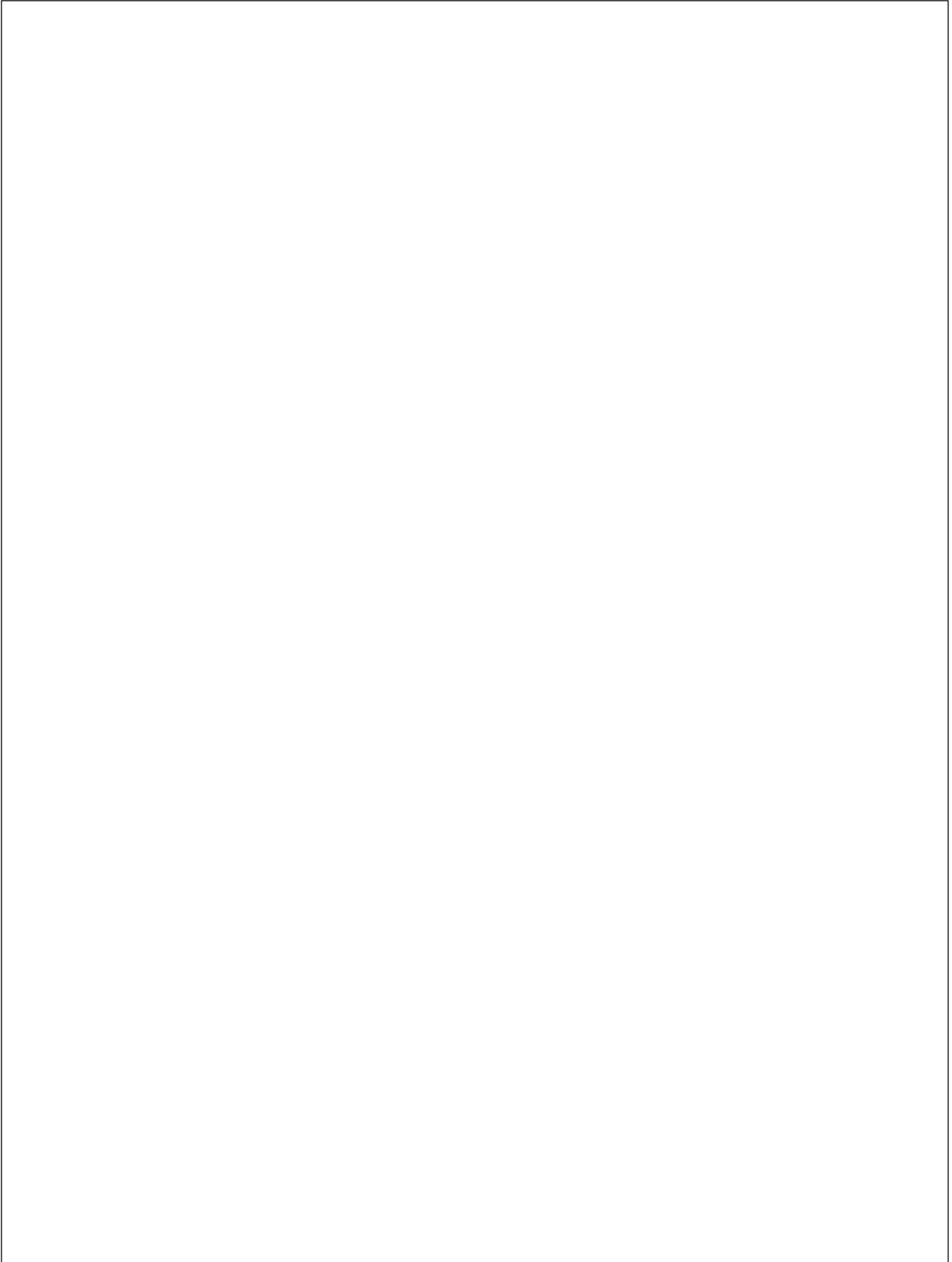
- Use flashlights or light sticks, instead of candles. Candles can start fires.
- Keep refrigerator and freezer doors closed to keep contents cool. A full freezer will stay cold longer. Fill in empty spaces with milk jugs of water. (it is best to do this before a power outage.)
- If your stove does not work, use a camp stove or barbecue outside. **Do not use the camp stove or barbecue indoors.**
- If your heater does not work, use your fireplace or woodstove. **Do not use kerosene or propane heaters inside without proper ventilation.** They create dangerous fumes.
- If you have a generator, be sure to use it correctly. Make sure it ventilates away from your home. Ask a professional for help.

## When you are outdoors:

- Stay clear of downed power lines.



# NOTES

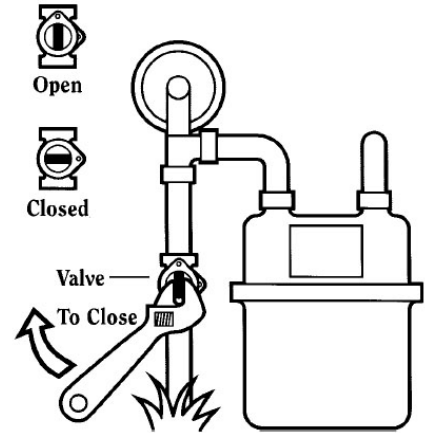
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## How to turn the Natural Gas off:

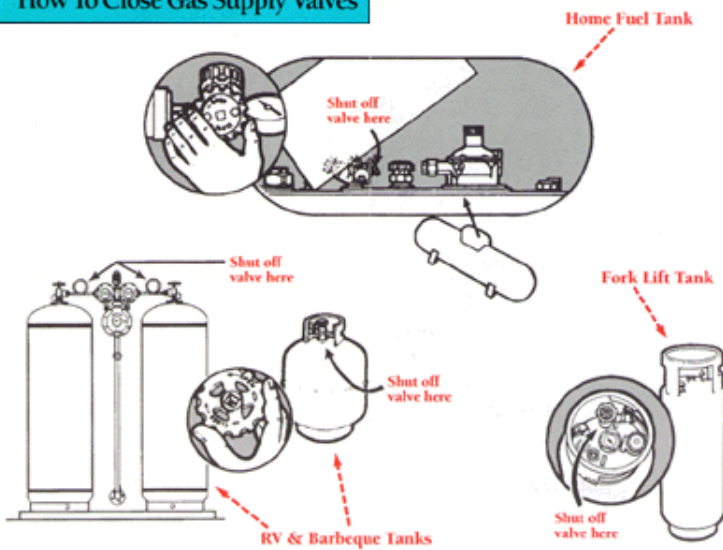
1. Use an adjustable wrench.
2. Tighten the wrench around the shut off valve. The shut off valve is on the stand pipe that goes into the gas meter.
3. Turn the wrench one quarter turn.
4. **Once the gas is off, leave it off.** Call the gas company when you are ready for the gas to be turned back on.

## When to turn the Natural Gas off at the meter:

- Shut off your gas only if you smell gas or hear a hissing noise or have some reason to believe there is a problem or break in the gas line.
- **Once the gas is off, leave it off.** Call the gas company when you are ready for the gas to be turned back on.



## How To Close Gas Supply Valves



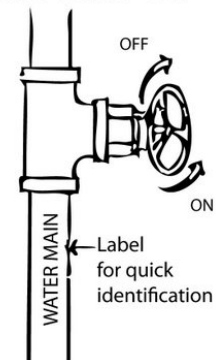
## How to turn the Propane Gas or LPG off at the meter:

1. Open the top of the tank.
2. Find either a regular turn knob or a quarter turn valve.
3. For turn knobs, turn the knob to your right to shut off the flow of propane into your house.
4. For quarter turn valves, see instructions for natural gas.
5. **Once the gas is off, leave it off.** Call the gas company when you are ready for the gas to be turned back on.

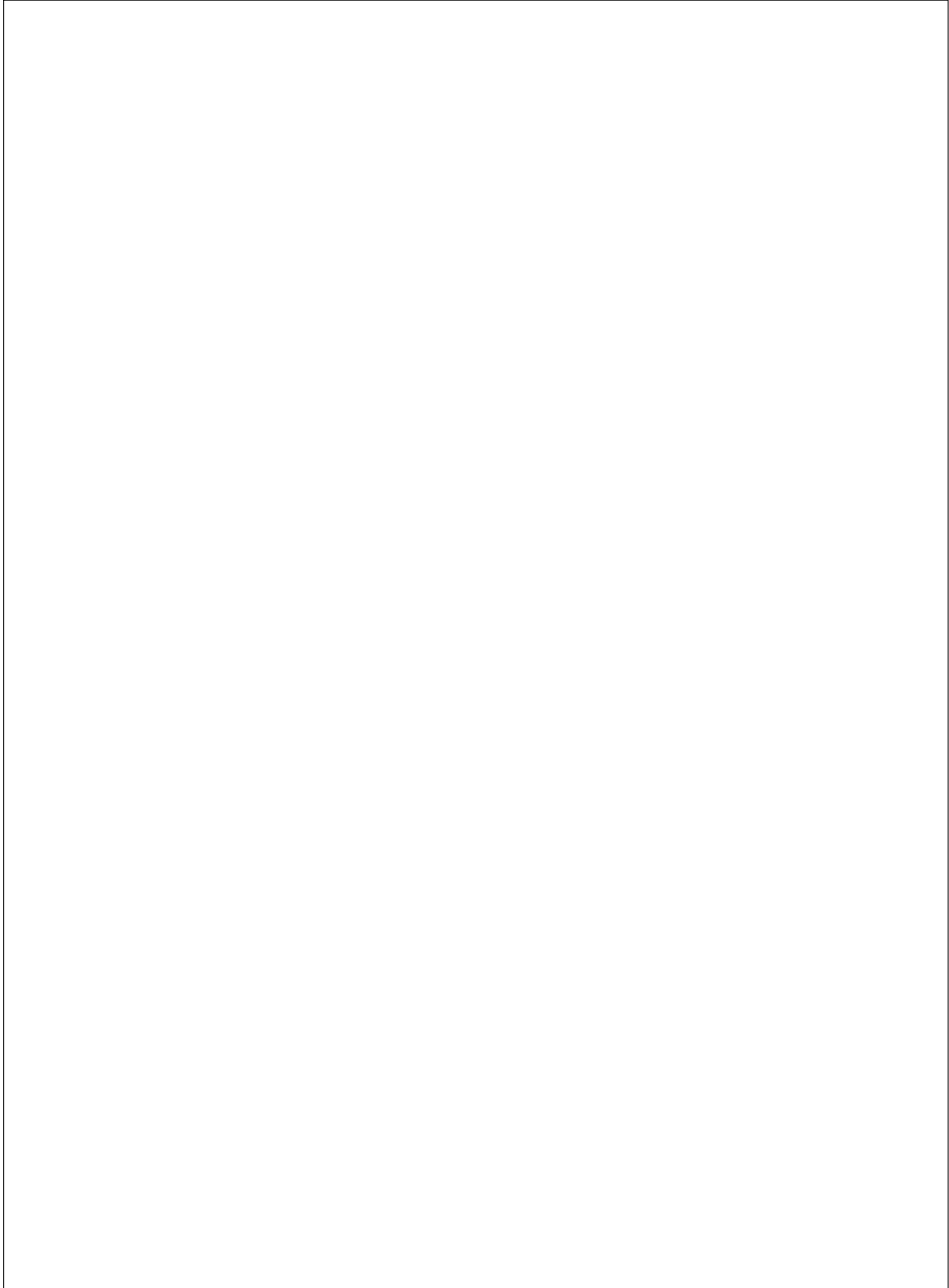
## How to turn Off or On the main Water supply to your home:

1. Find the main water valve.
2. To turn **off** the water, turn the valve to your right.
3. To turn **on** the water, turn the valve to your left.

## Water Shut-Off



# NOTES

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# What to do when there is a shortage of clean water:



## Plan Ahead.

All households should store safe, emergency drinking water. Each person should have at least one gallon of water for each day. You should store enough water to last 5 days. Use hard, smooth plastic bottles, like a 2-liter soda bottle, to store water. Do not use plastic milk bottles to store drinking water. You should also have a way to treat additional water that may be dirty (see “Know how to make water safe to drink” below).

## Expect water shortages.

Water and sewer pipes may break or clog during a disaster. There may be times when the local officials ask you to not use the water or sewer system. You may be asked to not flush your toilets or run water in your sinks.

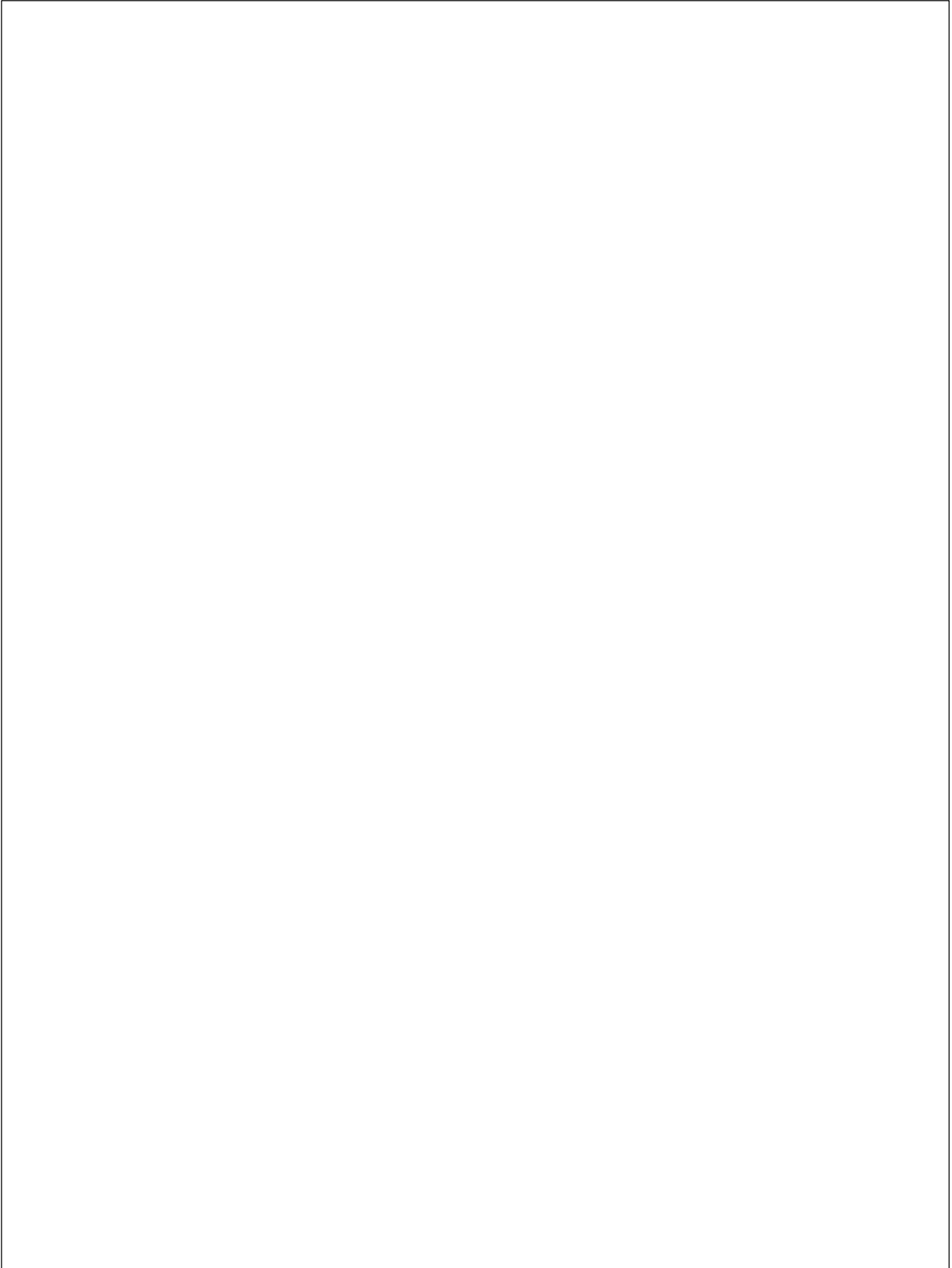
## Know how to make water safe to drink.

Local officials will announce if the drinking water becomes unsafe to drink. If you are worried about the safety of your drinking water you should purify it. Here are a few ways you can make your water safe to drink:

- **Boil Water.** If the water is cloudy or dirty:
  1. Filter it through clean cloths or allow it to settle.
  2. Separate the filtered water from the dirty water.
  3. Boil the filtered water for 10 minutes.
  4. Let the clean water cool and store it in clean containers with covers.
- **Chlorine Treatment.** If the water is cloudy or dirty:
  1. Filter it through clean cloths or allow it to settle.
  2. Add 16 drops of unscented chlorine bleach to one gallon of filtered water and stir.
  3. Wait 30 minutes before using chlorine-treated water.
  4. Store the treated water in clean containers with covers.
  5. If the water still has a bad odor, repeat the treatment. Make sure the bleach has not expired. Bleach can lose its strength after the expiration date.
- **Purification Tablets.** You can buy chlorine or iodine tablets to clean your water from drug and sporting goods stores. Follow the instructions on the package.
- **Purification Systems.** You can use camping or backpacking filters to clean your water. These filters are not the same as the filters you use for a kitchen (like a Brita filter). You can buy camping or backpacking filters at sporting goods stores. Follow the instructions on the package.



# NOTES

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## What to do when the sewer system is broken down:

When the sewer system breaks down following a disaster, other disasters can happen. For example, toilets can back up and basements can become flooded with raw sewage. When you come in contact with raw sewage, you can get diseases that will make you sick with diarrhea and vomiting. These diseases can be prevented if you follow these basic guidelines.

### What not to do when water or sewer lines are broken or clogged:

- Do not flush the toilet.
- Do not dig holes in the ground for raw sewage. (Raw sewage can pollute fresh groundwater, attract flies, and be a source of disease.)

### What to do when water or sewer lines are broken or clogged:

- Make a sanitation kit:
  - Heavy-duty plastic bags
  - Twist ties
  - Toilet paper
  - Diapers
  - Feminine hygiene products
  - Disinfectant
    - You can make your own disinfectant. In a clean container that has never contained ammonia or products with ammonia in them, you can mix one part liquid bleach to ten parts water. Label with date prepared and expiration date from the bleach bottle. For example if you need a small amount of disinfectant, you can mix 1 tablespoon of liquid bleach to 10 tablespoons of water. If you need a large amount of disinfectant, you can mix 1 cup of liquid bleach to 10 cups of water.
    - Never mix bleach or bleach products with ammonia or ammonia products. Read labels to be sure.
    - When making disinfectant, use liquid bleach. Do not use dry bleach. Dry bleach is not safe for this type of use.
- Make a temporary toilet:
  - Remove all water from toilet bowl.
  - Line toilet bowl or bucket with 2 heavy-duty plastic bags. (open both bags and place one inside the other or “double-bag”)
  - Put kitty litter, fireplace ashes, or sawdust into the bottom of the inner heavy duty plastic bag.
  - At the end of the day after using temporary toilet, add a small amount of deodorant or disinfectant into the bag and tie it up with twist ties.
  - Throw the temporary toilet into a large trash can, lined with a sturdy trash bag, and cover it with a tight fitting lid.



# NOTES

## Tips for staying clean in an emergency:

It is important to stay clean and keep up your regular hygiene habits in an emergency situation. For example, you should continue to:

- Wash your hands with soap and water on a regular basis.
- Wash your face and body with a wet wash cloth or cleansing wipe.
- Brush your teeth.
- Comb your hair.



Staying clean will help prevent the spread of disease. It may also keep your skin from itching and help ease your stress. It is important to use clean water to wash your hands and body. If you water is dirty, clean it before using it. See page 30 for instructions on how to clean the water.

### Other tips for staying clean and healthy in an emergency:

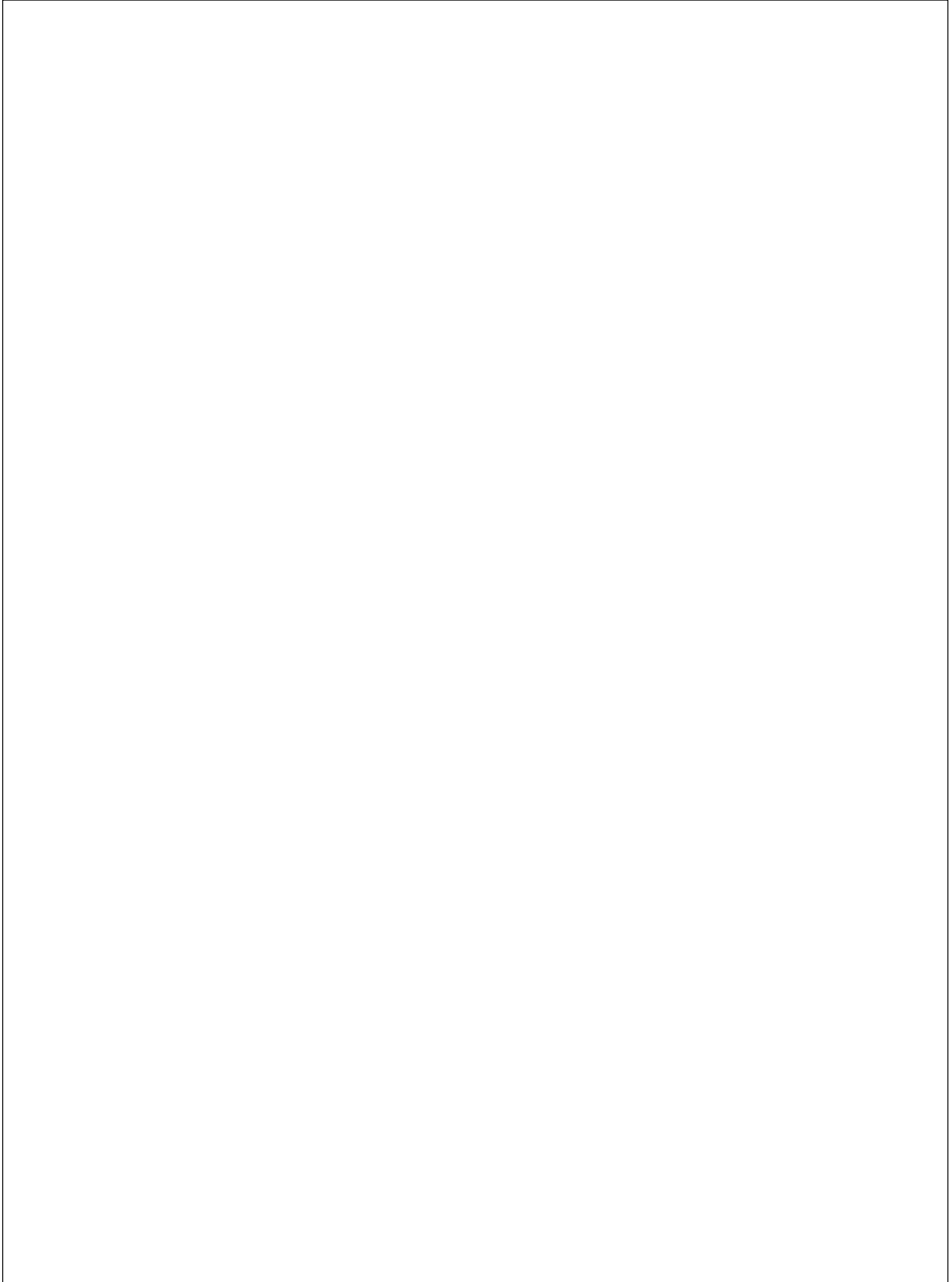
- Keep your fingers out of your mouth, eyes, and away from your face.
- Wash your hands regularly.
- Try not to handle food with your hands. Instead, use forks, spoons, and knives when eating or preparing food.
- Sterilize your forks, spoons, and knives **by heat** if you are not able to wash them with clean water and dish soap. You can also sterilize them by rinsing them in clean water that has extra chlorine bleach added to it. (Add 2 ½ teaspoons of bleach to one gallon of cleaned water. See page 30 for instructions on how to clean the water.) Make sure eating utensils are dry before using them to prepare food or eat.
- Keep your clothes, especially your under-clothing and socks, clean and dry.

### Tips for getting better when you become sick in an emergency:

If you are having diarrhea or vomiting, you should:

- Stop eating solid foods
- Drink lots of water or juices. Drink water or juices often and in small amounts.
- Start eating soft foods when you stop having diarrhea or vomiting.

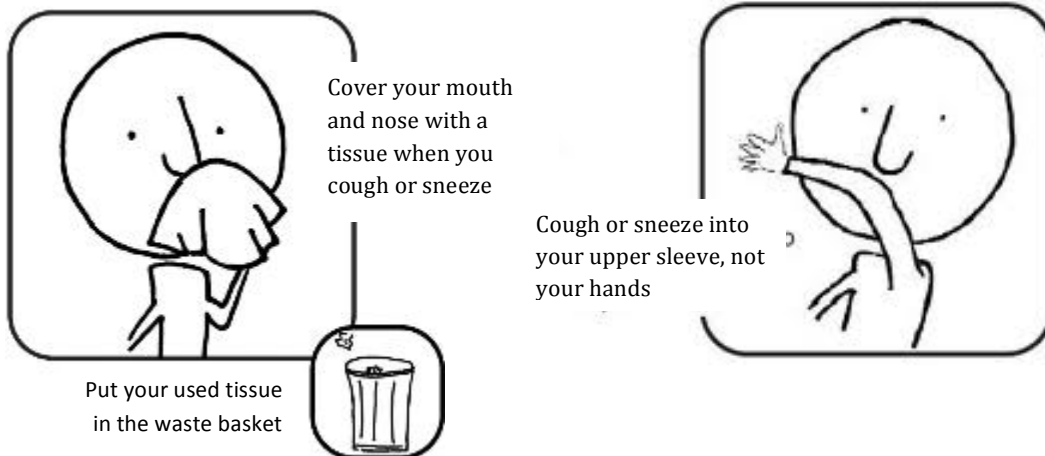
# NOTES

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## How to keep from getting sick:

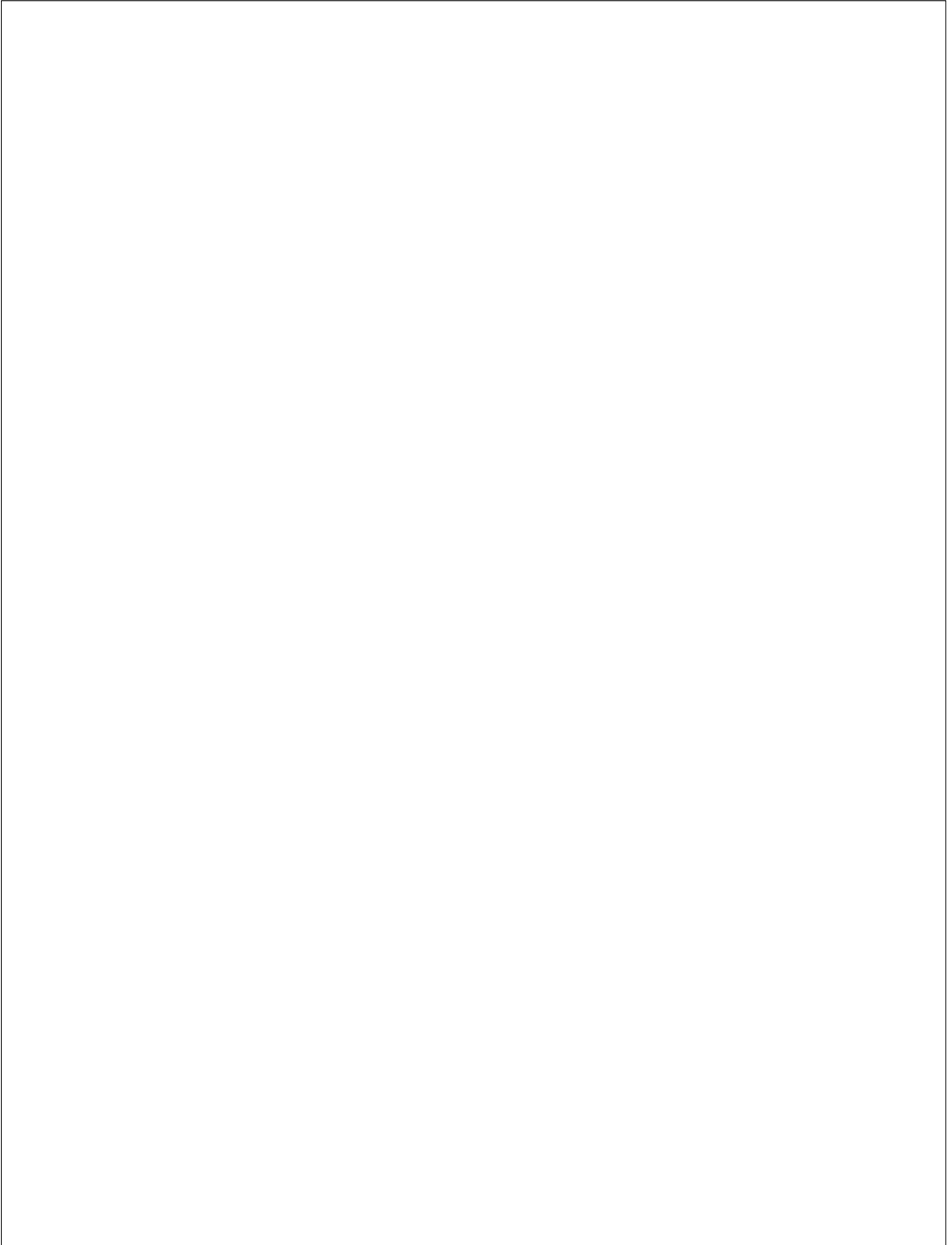
You can help reduce the spread of disease such as the flu if you follow these simple rules and stay away from public places for a time when you are sick.

- **Take care of your health.** Practicing healthy habits will help you stay healthy during flu season and all year long.
  - Get plenty of sleep
  - Be physically active
  - Manage your stress
  - Drink plenty of fluids
  - Eat nutritious food
- **Get your flu shot.**
- **Clean your hands.** Wash your hands often with soap and running water for 20 seconds or use an alcohol-based hand cleaner.
- **Stay home when you are sick.** When you are sick, stay home from work, school, and errands. You will help keep others from catching your sickness.
- **Cover your cough.** Cover your mouth and nose with a tissue when coughing or sneezing. It may keep those around you from getting sick. If no tissue is available, cough or sneeze into your sleeve – not your hands.



- **Avoid touching your eyes, nose, or mouth.** Germs often spread when a person touches something that has germs on it and then touches his or her eyes, nose or mouth.
- **Avoid close contact.** Avoid contact with people who are sick. When you are sick, keep your distance, at least three feet or “arm’s length,” from others to protect them from getting sick too.
- **Include medical supplies in your household emergency kit.** Check expiration dates and replace as needed. For example:
  - Aspirin or Tylenol
  - Cold medicine, cough drops
  - Disposable tissue (Kleenex)

# NOTES

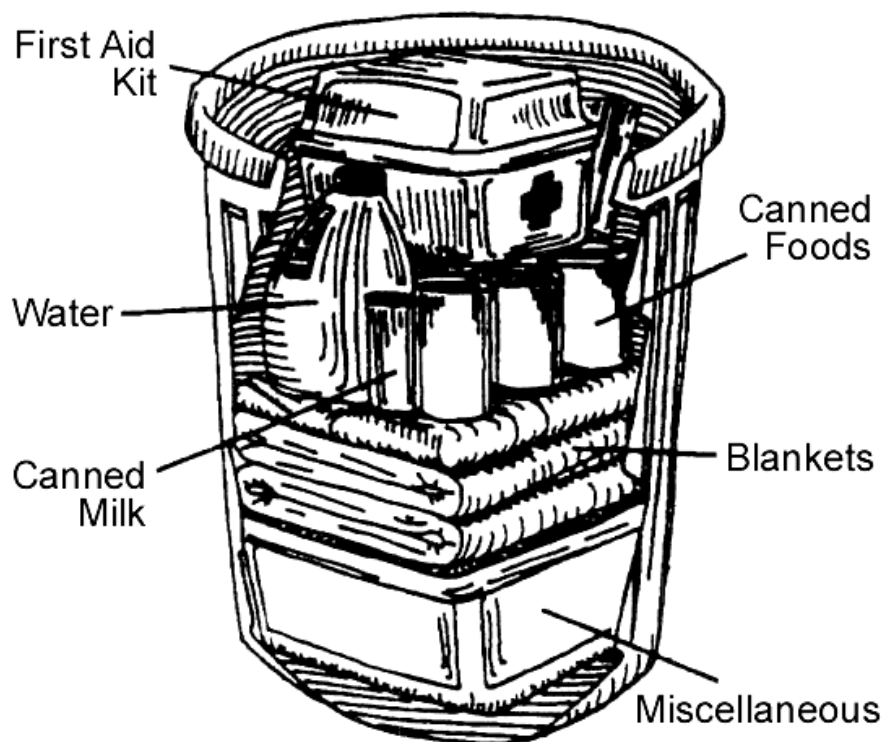
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# Household Emergency Supply Kit

Below is one style of household emergency kit. Whatever you choose to design for you and your household, make sure it: is portable for you, keeps the supplies clean, dry, and together and that the contents are not expired.

## How to make an emergency supply kit:

- **Prepare your household for at least 5 days.** You must be ready to take care of yourself for at least 5 days or more. Emergency responders may not be able to get help to you due to blocked roads or great need somewhere else.
- **Layer supplies** as show in the picture below. Keep them together in a container that will keep them dry and pest-free, such as a plastic garbage can with wheels. Check the expiration dates every 6 months. Make sure your clothes and your children's clothes still fit.
- **Start with what you already have.** If you are a camper or backpacker you can also use your tent, cook stove, water purification supplies and other gear as emergency supplies. Disposable plates and utensils may help save precious washing water.
- **Store your emergency supply kit in a safe and easy to find place.** For example you can store it in a closet, a "safety corner" in the garage or under the bed. You can even use a large box or tub, covered with a tablecloth as an end table. Keep it in a cool, dark, and easy to get to place. It is very important to keep contents clean and dry and safe from pests.





# NOTES

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# What to put in an emergency supply kit:

## Food:

- Store at least **5-day** supply of food for each family member.
- Choose foods your family likes and foods that will last a long time without spoiling. For example:
  - Canned ready-to-eat meats, canned fruits, canned fruits, and canned vegetables
  - Canned or dried juice mixes, powdered or canned milk, baby formula
  - High energy foods such as peanut butter, jelly, crackers, unsalted nuts, trail mix, freeze-dried foods, cereals, and rice
  - Basic food storage
- Store foods in single or family meal-size packages that you will use up in one sitting. Unrefrigerated leftovers can lead to food poisoning.
- Remember to check expiration dates every **6 months**.

## Water:

- Store at least a **5-day** supply of water for each family member and pet and/or a way to make the water safe to drink. Store **one gallon of water per person per day** for drinking, cooking, and minimal washing.
- Write the date on the water containers and replace them every **6 months**.
- Learn how to save and remove the water from your heater for emergency use. Be sure to turn off the gas or electricity to the tank before draining off water.
- Know how to make the water safe to drink (see page 30 for instructions).

## Be sure to keep a copy of this book in your emergency kit.

### Medical Supplies:

- First aid kit, medicine (check expiration dates every 6 months)
- Extra eye glasses
- Hearing aid batteries

### Cleaning Supplies:

- Hygiene products, diapers
- Household bleach, disinfectant
- Trash bags

### Safety Supplies:

- Sturdy shoes, heavy gloves
- Warm clothes
- Blankets

### Pet Supplies:

- Canned and dried pet food

- An extra collar, leash, pet carrier
- Food/water bowls

### Tools:

- Duct tape
- Ax, shovel, broom
- Pliers, wrench, pry bar

### Other Emergency Supplies:

- Extra batteries
- Flashlights, light sticks
- Battery-powered clock, radio
- Matches
- Cook stove with fuel
- Manual can opener, cooking and eating utensils
- Fire extinguisher
- Map of area (for identifying evacuation routes or shelter locations)
- Money (coins)

## NOTES

# Car Emergency Kit

## How to make a car emergency kit:

- **One kit in every car**
- **Prepare your car or truck for different kinds of emergencies:**
  - Car problems
  - Empty gas tank
  - Weather emergencies
  - Other disaster
- **Store your supplies** in a plastic tool box, storage box, suitcase, bucket, backpack or zippered bag. Keep the kit in a safe and easy to get to place. Keep the kit in your car at all times, in case of emergency.
- **Check the expiration date every 6 months**



## What to put in your car or truck emergency kit:

- First aid kit, medicine
- Water and food
- Sturdy shoes, extra socks
- Gloves, hat warmers
- Warm blankets, space blankets
- Rain gear, extra clothing
- Flares
- Flashlight, light sticks, matches, candles
- ABC-type fire extinguisher
- Jumper cables, spare fuses, tools
- Chains, traction mats, kitty litter for traction, shovel, tow strap
- Plastic bags, large, heavy duty
- Maps, compass
- Cell phone, battery-powered, solar or wind-up radio, extra batteries
- Books, travel games
- Backpack

## Before you travel:

- Make sure your car emergency kit is complete.
- Let someone know where you are going and what road you will take.
- Check road and weather conditions. See pages 39-40 for more information.



## More tips:

- Your car emergency kit can also be used when you go on an outdoor adventure. For example, if you go hiking, you can put some supplies from the car emergency kit into a backpack and take it along with you. When you return from your hike, remember to put the supplies back into your car emergency kit.

# NOTES

# Evacuation

Sometimes in a disaster, an evacuation is needed to keep you and your family safe. An emergency evacuation is when people leave their homes or city right away to avoid more harm. For example, you may need to leave your home right away if there is a fire or a flood in the area.

If an evacuation is ordered, quickly gather your family, pets and pet carriers, grab your family emergency supply kit, and leave. (see pages 34-36 for instructions on how to make an emergency supply kit.) Have a plan for evacuation or sheltering of your large animals. Leave a note in your home describing who left the home and where you plan to go. Follow official evacuation instructions:

## Evacuation Routes from Linn County:

### North:

- I-5 toward Salem
- Hwy 99E towards Albany then west over the Lyons St. Bridge to N. Albany
- Hwy 20 to Hwy 226 toward Lyons

### East:

- Hwy 22 to Sisters/Bend
- Hwy 34 and Hwy 228 to Hwy 20 to Sisters/Bend

### West:

- Hwy 20 or 34 toward Corvallis
- Hwy 99E or Peoria Rd to west on Hwy 34 to Corvallis
- Hwy 228 to I-5 or Hwy 99E south to Eugene

### South:

- I-5 toward Eugene
- Hwy 99E toward Eugene

Evacuation routes may change depending on the emergency. For example, some roads may be closed due to road blocks, bridge failure, fire, and floods. Public officials will announce the quickest and easiest routes to leave the area on:

- KOAC 550AM or 91.5FM radio
- Oregon Public Broadcasting (OPB), Ch7 TV/Cable
- Linn County Web Site: <http://www.co.linn.or.us/>
- Through the Linn-Benton **ALERT** system

This mass notification system allows public safety officials to provide rapid notifications to Linn and Benton County residents of emergencies, evacuations, and other urgent events. (To sign up, go to: [www.linnsheriff.org](http://www.linnsheriff.org) and click on ALERT on the lower left.)



# NOTES

# Connect with Your Neighbors

In an emergency, neighbors can be your first and best source of help. Professional emergency responders like the police, fire, public works, and medical services may not be able to get to you for the first hours or days of a disaster.

While everyone in your neighborhood is waiting for help, you and your neighbors can come together to help one another. You can all help gather resources and share your skills. This will help everyone better survive the disaster.

## Involve Your Neighborhood

You can be creative with how you involve your neighborhood. You can turn your organizing efforts into a neighborhood social event, like a block party. Here are a few tips on how to involve your neighbors:

- **Organize your neighborhood.** Recruit 25-30 households. You can also work through an existing organization like Neighborhood Watch, homeowners' association, or neighborhood association. **Linn County and Benton County Emergency Management** can give you information on how to get started. For Linn County, contact Joe Larson at (541) 967-3950, and for Benton County, contact Mary King at 541-766-6858.
- **Share your resources.** Plan to share limited equipment such as chain saws, generators, and 4-wheel drive vehicles. Know who has what equipment and where the equipment is kept.
- **Check on neighbors.** Organize and assign a group of people to check on person who may need extra help in a disaster (elderly, sick, special needs, families or single parents with small children, persons for whom English is not their first language). Also check on children or other vulnerable people who may be home alone. Remember to include your neighbors in your disaster plan.
- **Buddy up.** In case of a pandemic influence outbreak, zombie attack or other emergency, you and your "buddy" household can look after each other for simple but important things such as: checking in (phone call, email, etc.), running errands, delivering groceries or other supplies. Be prepared to help if you are the healthy one.



# NOTES

## Emergency Management Contact Information:

You can contact your local office of Emergency Management for more information about the disasters or emergencies that can happen in your area. You can also contact them for more helpful tips on how to prepare for an emergency or disaster.

### Linn County Emergency Management

1115 Jackson Street SE, Albany, OR 97321  
(541) 967-3950, 967-8169 fax  
<http://www.linnsheriff.org/>

### Benton County Emergency Management, Search & Rescue

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

### Lane County Emergency Management

125 E 8<sup>th</sup> Avenue, Eugene, OR 97401  
(541) 682-6744, 682-3309 fax  
<http://www.lanecounty.org/departments/sheriff/office/Emermgmt>

### Lincoln County Emergency Management

225 West Olive Street, Newport, OR 97365  
(541) 265-4199, 265-4197 fax  
<http://www.lincolncoemergencyservices.us/>

### Polk County Emergency Management

850 Main Street, Dallas, OR 97338-3185  
(503) 831-3495, 623-2060 fax  
<http://www.co.polk.or.us/EM>



## Road Information and Weather Information:

### Linn County Road and Weather:

- Linn County Road Department:
  - (541) 967-3919 (weekdays 7:00 am – 5:00 pm)
  - (541) 812-8800 after hours
  - <http://www.co.linn.or.us/Roads/roads.asp>

### City of Albany Road closures and Conditions:

- Albany Public Works:
  - (541) 917-7600 (weekdays 8:00 am – 5:00 pm), or
  - (541) 974-2449 (Monday – Wednesday 3:00 p.m. – 9:00 p.m.), or
  - (541) 791-0222 after hours

### **Benton County Road Closures and Conditions:**

- Benton County Public Works:
  - (541) 766-6821 (weekdays, 8-5:00 pm)
  - [www.co.Benton.or.us/pw/](http://www.co.Benton.or.us/pw/)

### **City of Corvallis Road Closures and Conditions:**

- City of Corvallis Public Works:
  - (541) 754-1772 (24-hour recorded message)
  - (541) 754-1771 for snow and ice conditions



### **Mary's Peak:**

- (541) 750-7000 (weekdays, 8:00 am – 4:30 pm, after-hours recording)
- Snow park permits are not required on Mary's Peak.
- NW Forest Passes are required for parking, contact Siuslaw National Forest.

### **Lane County Road and Weather:**

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

### **Polk County Road and Weather:**

- Polk County Public Works:
  - (503) 623-9287 (weekdays 8:00 am – 5:00 pm)

**Oregon Department of Transportation Region II Office:** conditions for State Highways in Benton, Lincoln, and Lane counties.

- (541) 757-4211 (weekdays 7:00 am – 5:30 pm, extended hours during emergencies)

**Oregon Department of Transportation:** State-wide highway conditions.

- For in-state calls: dial 1-800-977-6368 (24-hour recorded messages)
- For out-of-state calls: dial (503) 588-2941 (24-hour recorded messages)
- For cell phones or from a landline: dial **5-1-1**
- <http://www.tripcheck.com/>

### **Weather Forecasts:**

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

### **Other Resources on the Web:**

- National Oceanic & Atmospheric Administration: <http://www.wrh.noaa.gov/Portland/>
- National Weather Service Hydrologic Prediction: <http://water.weather.gov/ahps/>
- National Weather Service/OSU weather forecasts and warnings: <http://www.weather.gov/>

# Emergency Preparedness Kits

(shopping list)

Home Kit: Aim for 5 days supplies for all family members

Home Kit	Car Kit	Item
X		<b>Baby items</b> – diapers, formula
X	x	<b>Batteries</b> – extra batteries, hearing aid, flashlight, cell phone, etc.
X		<b>Blankets</b> – clothing, bedding
	x	<b>Blankets</b> – “space blanket” or warm blanket
	x	<b>Cell phone</b> – extra battery, charger
	x	<b>Tire chains</b> or traction mats
X	x	<b>Light sticks</b> (glow sticks, chem lights)
X		<b>Clock</b> , battery powered
	x	<b>Compass</b> , GPS
X		<b>Cook stove and fuel</b> , cooking utensils – outdoor use only
X	x	<b>Duct tape</b>
X	x	<b>Dust masks</b>
X	x	<b>Entertainment</b> – games, books, toys
X	x	<b>Eyeglasses</b> –extra pair (old pair) and safety glasses
X	x	<b>Fire extinguisher</b>
X	x	<b>First aid kit/supplies</b>
X	x	<b>Flares</b>
X	x	<b>Flashlight and batteries</b>
X	x	<b>Food</b> –high energy, can opener
X	x	<b>Food/supplies</b> for all pets

Home Kit	Car Kit	Item
X	x	<b>Hand warmers</b> – chemical packets
X		<b>Household bleach</b> – for water purification, or purification tablets
X	x	<b>Hygiene products</b>
X	x	<b>Gloves</b> – sturdy work gloves and sterile gloves for first aid kit
X		<b>Important documents</b>
	x	<b>Jumper cables</b>
X	x	<b>Local maps</b>
X	x	<b>Matches and candles</b> – in waterproof containers
X	x	<b>Medications</b> and prescriptions
X		<b>Money</b> and coins
X	x	<b>Plastic bags</b> , heavy duty, bright orange best for signaling
X	x	<b>Radio</b> battery powered or hand crank, batteries
X	x	<b>Rain gear</b> or poncho
X	x	<b>Sanitation</b> supplies – toilet paper, moist towelettes, hand sanitizer, garbage/plastic bags
X	x	<b>Shop towels</b>
X	x	<b>Sturdy shoes</b> , extra socks
X	x	<b>Tools</b>
X	x	<b>Warm clothes</b> , hats
X	x	<b>Water</b>
X	x	<b>Whistle</b>

PANDEMIC FLU KIT	
	<b>Masks</b> – surgical style/droplet protective (“N95”)
	<b>Gloves</b> – disposable
	<b>Hand sanitizer</b> – sanitizing wipes/towelettes
	<b>Safety goggles</b> – eye/droplet protection
	<b>Apron/gowns</b> – droplet/fluid protection
	<b>Thermometer</b>
	<b>Anti-diarrheal medicine</b>
	<b>Fluids</b> – to keep patient hydrated

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# Disaster Preparedness for You and Your Household

When a disaster strikes, even the most prepared community may not be able to meet all of the needs that can occur. Being prepared for an emergency is a community effort that requires everyone to do their part. You, your family, your neighborhood, local businesses, faith communities, service providers... **everyone** is needed to help plan and prepare for a disaster.

We all must remember to include those who may not be able to help themselves in our own disaster plans. By working together, no one will ever be left behind.

We want to thank all of you who plan and prepare for a disaster, who include others less able in your plans, and who do what you can to make our community a safer place to live, work, learn, and enjoy.

This Disaster Preparedness Guide was originally prepared for Benton County by the Benton County Emergency Management Office, and the reviewers and contributors listed below. Linn County Emergency Management and Health Department is most grateful to Benton County and Peggy Peirson, Emergency Services Coordinator, for permission to share it, slightly modified, with the citizens of Linn County.

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