

Emergency Preparation 3.13.17  
For Foster Powell Neighborhood association

Priority No 1: Water

Water is number one because you can't live without it — at least not for long. Your body requires at least two quarts (half gallon) of water each day. Plus you'll need another one-half gallon of water per day for food preparation and personal hygiene.

Pack enough water in your emergency supply kit for at least three days. That's one gallon of water per person per day. If there are three in your family, you'll need at least nine gallons of water. If you have a pet, factor in another gallon for every three days. If you can store more, that's great.

Commercially bottled water is recommended. Replace your supply annually. You can bottle water yourself, but be sure to [select appropriate containers and sanitize bottles before filling](#). Replace water your bottle yourself every six months

Where to store water and other emergency supplies:

Place your water in a cool, dark place to keep it tasting fresher longer. Keep it away from chemicals that might permeate the container.

A garage is a good place for your emergency supply kit because many garages are built on concrete floors and therefore will be more stable during an earthquake.

No garage? Keep your emergency supplies in a closet, storage room or basement.

Store supplies in a place where they won't fall and that is easily accessible.

Place water and other emergency supplies in a new trash can with a waterproof lid and wheels for portability or use a sealable waterproof box.

Keep a gallon or more of water in your car.

Store water in your freezer if you have room.

Don't delay: Start building your basic kit today

Here's a list of the basic items you'll want to have in your emergency supply kit.

- One gallon of water per person per day for three days
- A three-day supply of non-perishable food
- A NOAA weather radio with tone alert (battery and/or hand-crank powered)
- Flashlight
- Extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask
- Plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- A tent
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with car charger, inverter or solar charger

Visit [Ready.gov](http://Ready.gov) for more information on how to build a basic emergency supply kit

The best food to stock

In an emergency, it's important to have the kind of food your family enjoys — and not just for survival. Familiar foods lift morale and give a feeling of security in times of stress. You and your family are the best ones to determine how much food you'll need. Just be sure to have at least a three-day supply, and don't forget Fido and Fluffy's favorite foods.

Choose non-perishable items that don't need to be cooled or heated and don't require a lot of water. Examples include canned or dried meat, dry cereal, freeze-dried dinner and canned

vegetables. You might want to stock instant coffee and tea bags.

Aim for a balanced diet to ensure adequate nutrition. Taking into account your family's unique tastes and dietary requirements, select a variety of foods from each of the basic food groups (fruits, vegetables, grains, protein, dairy), but particularly foods that are high in calories and nutrition and low in salt and fat. And don't forget to include vitamin, mineral and protein supplements if you take them.

Include high-energy foods, such as nut butter, jelly, crackers, granola bars and trail mix; include some comfort foods, such as graham crackers or chocolate.

Don't forget food-prep items:

- \* A manual can opener
- \* Disposable (biodegradable) utensils
- \* Paper napkins or paper towels
- \* A charcoal grill or camp stove; eating only cold food can get old fast . but be sure to use these for outdoor-only cooking

### Where to store food

To keep your food and water supply safe and available in an emergency, store in a place that is:

Dry, cool and dark, if possible

Easily accessible

Secured and braced so items won't fall over and break; brace shelves to the wall and install child-proof latches on kitchen cabinets.

With the above in mind, it's also a good strategy to store emergency food (as well as other emergency supplies and water) in a few different places. Here's a few ideas:

Store food in your garage

Stockpile food in a closet or storage room

Keep extra food in your pantry

Store food in a grab and go kit that you can keep in a coat closet close to your front door in case you need to evacuate your home

If space is tight, use under the bed storage boxes

Keep food in your car and at work

*Rotate your food supply every six months*

Mark two dates a year on your calendar to check the expiration dates on your food supply. Move older items to your pantry to use now and restock your emergency kit with items that have expiration dates at least six months out.

### Communication

Here's the third step in our six-part series to help you and your family assemble a basic home emergency supply kit. By now, you have at least a three-day supply of **water** and **non-perishable food** for every member of your household — including pets. Now let's look at items you'll need to keep lines of communication open in an emergency.

In an earthquake or any type of disaster, communication is key — not only to stay informed on the situation — but to maintain contact with your loved ones. Yet communication networks, such as mobile phones and computers, could be unreliable during disasters or out completely and of course a major emergency is bound to create power outages.

Here's what to add to your emergency supplies this month:

Cell phone with chargers, inverter and/or solar charger

Keep a cell phone charger in your car, at work and at home. You never know where you'll be in an emergency.

In the event of an extended power outage, a backup charging system can be a lifesaver. Keep a solar-powered or hand-cranked cell-phone charger in your car. Or you may want to invest in a power inverter, a simple device that uses the car battery, usually through the cigarette lighter, to

power electrical appliances.

If you have a landline, be sure to have one non-portable phone so you can still make calls when the power is out.

A NOAA weather radio with tone alert

During life-threatening weather conditions, NOAA weather radios send out a special alarm tone to signal a watch or warning, alerting listeners to take appropriate safety measures. NOAA weather radios can be battery-operated, hand-cranked and/or solar-powered. If you have a battery-powered radio, don't forget to pack extra batteries.

### [Your family emergency plan](#)

Visit RedCross.org to create a [disaster preparedness plan](#). Review the plan with all household members. Keep another copy in your [grab and go kit](#) that you keep by your front door in case you need to evacuate.

Your emergency plan should include where your family will go and/or meet up in case you need to evacuate and what to do if you are separated during a disaster. Making a plan now means you won't need to rely as heavily on compromised communication channels during an emergency, because your family will already know what to do.

Visit [Ready.gov/Make-a-Plan](#) to create a family emergency communications plan.

As part of your communications plan, you'll want to create a contact list with the phone numbers and email addresses for every member of your household and other important people/offices, such as work, medical facilities, doctors, schools or service providers.

Include an out-of-state/-area contact. After a major disaster, local phone systems may be jammed. An out-of-state contact can be a central hub for checking on friends and family.

Make sure every household member carries a copy of this contact information in his or her backpack, purse or wallet. If you complete your family emergency communication plan online at [Ready.gov/Make-a-Plan](#), you can print the contact list onto a wallet-sized card.

Post a copy in a central location in your home — on your refrigerator or family bulletin board. Stick a copy in with your emergency supplies and in your grab and go kit.

Important documents

Include copies of your auto, home/renters, medical and life insurance policies as well as other important medical and financial documents, like the deed to your home. Add another copy of these documents to your grab and go kit. Having such information handy should make insurance claims, medical treatment and applying for financial assistance easier.

### [Safety](#)

1) First aid kit

In a major disaster, medical help may not be available immediately. Keep a first aid kit with your emergency supplies, in your-grab-and-go kit and in your car. See the American Red Cross for [items to include](#).

2) Flashlight

Pack a flashlight, headlamp and other sources of light such as candles and matches or a camp lantern. Don't forget to pack extra batteries.

3) Whistle to signal for help

This simple, but essential safety tool is the primary instrument that brings aid to you and your loved ones in a disaster or life-threatening situation. If you are trapped in a burning or collapsed structure, the sound of a whistle can be heard over the roar of a building fire and lets rescue workers know where you are despite vision-blocking smoke or dust.

Keep an extra whistle taped under your desk so it's quickly available when you take cover for shelter.

Carry another whistle on your key-chain or key-card, and you'll always have a signaling device when disaster strikes.

4) Dust mask

In the event of a fire or earthquake, airborne dust and debris could make breathing unsafe. Even the best face masks can't completely block germs, but they're useful for keeping particulate matter out of your nose and lungs.

5) Plastic sheeting and duct tape to shelter-in-place

Duct tape is (as any MacGyver fan will tell you) is an indispensable tool for binding, mending, gaffing cable or even handling certain first-aid duties when the right materials are unavailable.

6) Sanitation supplies

Include moist towelettes, hand sanitizer, paper towels, toilet paper, garbage bags and plastic ties.

7) Personal hygiene items

Pack extras of your everyday hygiene items, such as a toothbrush and toothpaste, soap, tampons, diapers and anything that will help you keep a semi-normal sense of cleanliness.

8) Prescription and non-prescription medications

Supply chains could be interrupted, and pharmacies could be closed after a disaster. Keep a two-week supply of prescription medications or any over-the-counter medications you take regularly. Include any pet medications too. Ask your health-care provider for a two-week emergency supply prescription and about proper storage. Cycle through the medications in your emergency kit to keep them fresh.

7) Wrench or pliers to turn off utilities

[Learn how and when to turn off gas, electric and water, and include instructions in your kit.](#)

8) Local maps and a compass

If you need to evacuate the area or get to an emergency shelter, roads may be closed. A detailed local map will help you navigate a safe alternative route. In the event of a serious regional problem, you'll want a more extensive, topographic map.

10) Cash

After a major disaster, banks may be closed and ATMs not functioning. You'll need cash to purchase additional food or supplies or if you need to fill your gas tank in order to evacuate the area. Keep a few hundred dollars hidden in your emergency supplies and/or your grab-and-go kit.

[Shelter and comfort.](#)

By now you've assembled at least a three-day supply of [water](#) and [non-perishable food](#), and have everything you need to keep lines of [communication](#) open and to [stay safe and maintain good hygiene](#) in the event of a disaster. But there's another component to emergency planning and that is the need for shelter and comfort.

In an earthquake or other disaster, you and your family may be without the basics — like power, running water, a roof over your heads — for days or even weeks. Your basic emergency supplies will help you survive, but enduring any emergency situation can be stressful.

So take the extra step and tuck a few more items into your emergency supplies to make living conditions a little more comfortable.

1. A tent or several tents big enough for your entire family

After an earthquake (and aftershocks) your home may not be safe or even standing. If you have a backyard, camping out may be preferable to going to a shelter.

2. Sleeping bags for every family member

Whether you camp out in your backyard or move to an emergency shelter, you'll be glad everyone has a warm sleeping bag.

3. Extra set of clothes

Keep an extra pair of shoes, pants, shirt, sweater or jacket in your emergency supplies and/or [grab and go kit](#) that you keep by the door. Keep a flashlight and a pair of sturdy shoes by your bed in case an earthquake happens while you're sleeping.

4. Toys and games

Playing board and card games together can go a long way to relieve stress and take everyone's mind off the situation.

If you have children, you might also want to create an [emergency comfort kit](#) in case of an emergency at school.

5. Books and magazines

Include coloring books and crayons and age-appropriate reading for the kids. And include a few of your favorite magazines and books, too..

If you've followed the five steps to assembling a basic home emergency supply kit, you've assembled at least a three-day supply of [water](#) and [non-perishable food](#), and have everything you need to keep lines of [communication](#) open and to [stay safe and maintain good hygiene](#) in the event of a disaster. And you've even thrown in a few items to keep you [sheltered and comfortable](#) in the aftermath of a disaster. But you're not done yet.

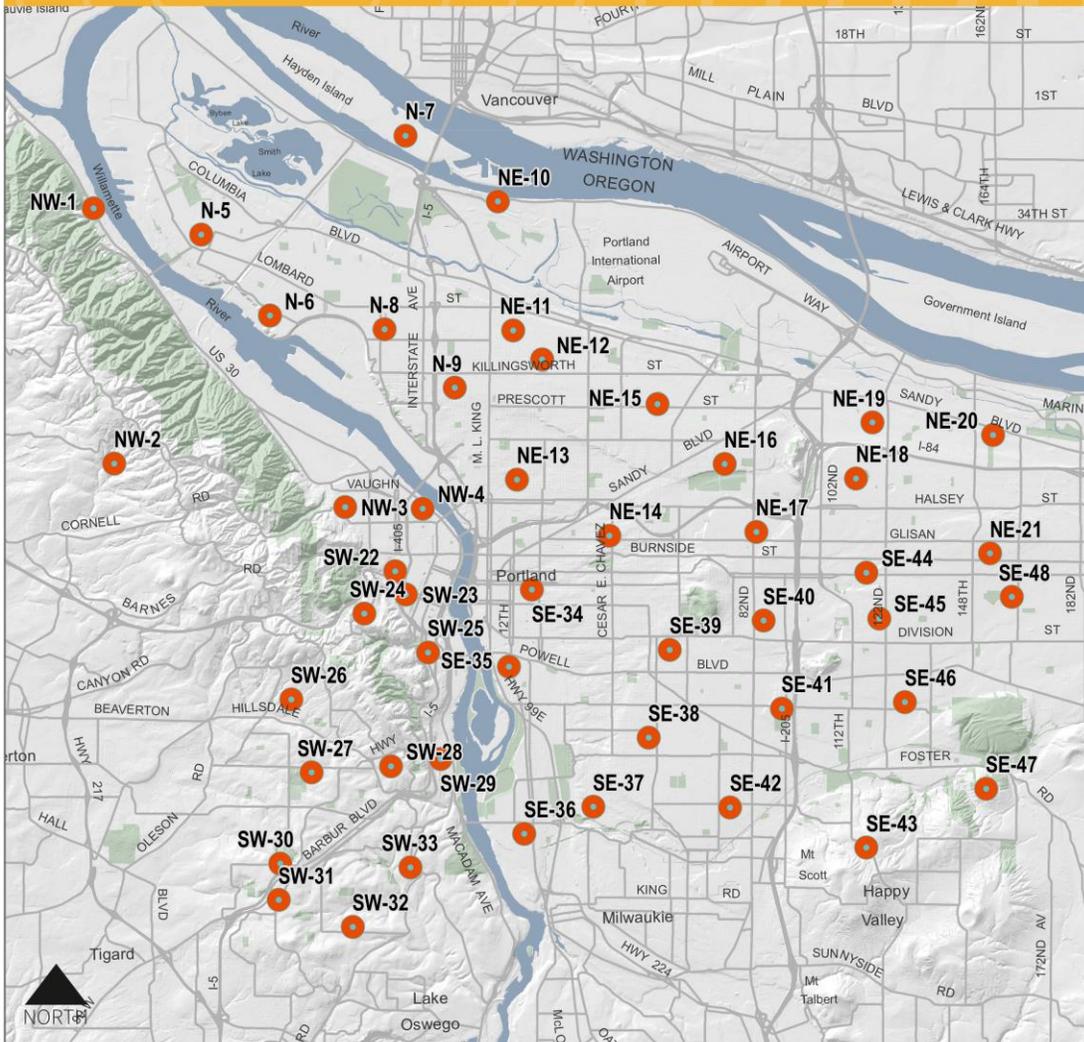
[The sixth and final step is to regularly review and restock your emergency kit.](#)

If a major disaster strikes, you don't want to be surviving on rancid food and stale water. So pick two times a year to refresh your kit. Mark the dates on your calendar, so that every six months you:

1. Rotate your emergency supply food. Put those food items in your cupboard to use up before the expiration dates. Then replenish your kit with fresh items. Don't forget the kibble for your pets.
2. Swap out your water. Commercially bottled water is good for 12 months, but changing the water every six months will give you time to use up the water from your kit. Water you bottle yourself should be replaced every six months.
3. Change out your extra set of clothes. Exchange that winter coat with a light jacket in the spring and vice versa in the fall. Throw in an extra pair of boots for the winter months.
4. Replace batteries in your flashlight, radio or other devices with fresh ones. You might want to invest in a solar powered and/or hand-cranked radio and flashlight.
5. Update your two-week supply of prescription and non-prescription drugs. Be sure you have all current medications.
6. Review your important documents. Replace with the latest insurance policies, medical records, etc. Update your family emergency plan and emergency contact list too.
7. Add more items. It's a great time to think of other items that you and your family will need to survive comfortably, such as new toys, games, books and magazines.

# BASIC EARTHQUAKE EMERGENCY COMMUNICATION NODES

Locate the earthquake "beacon" closest to where you live and/or work at [portlandoregon.gov/beecon](http://portlandoregon.gov/beecon)



Visit [portlandoregon.gov/beecon](http://portlandoregon.gov/beecon) today!

