

3 Steps to be Ready for Emergencies

1. Make a Plan



- Meet with your family members and discuss the dangers of possible emergency events including earthquakes, fire, severe weather, hazardous spills, and terrorism.
- Discuss how you and your family will respond to each possible emergency. Know how to contact all family members at all times. Think 24/7 and 365.
- Discuss what to do in case of power outages or personal injuries
- Draw a floor plan of your home. If possible, mark two escape routes from each room.
- Select two places to meet: a spot outside your home for an emergency such as fire, and a place away from your neighborhood in case you cannot return home (a real possibility during the day when most adults are at work and children are at school).
- Identify an out-of-town friend or relative as your "emergency family check-in contact" for everyone to call if the family gets separated. Make sure all family members have the correct phone number. It is often easier to call out-of-town during an emergency than within the affected area.
- Post emergency contact numbers near all telephones. Include local police, fire and health departments, poison control, your children's schools, doctors, child/senior care providers and insurance agents.
- Make sure everyone knows how and when to call 9-1-1 or your local emergency medical services phone number.
- Install safety features in your home such as smoke detectors, fire extinguishers, and carbon monoxide detectors.
- Inspect your home for potential hazards - and correct them.
- Install earthquake anchors on the hot water heater, appliances, bookshelves, media centers, and other large pieces of furniture that are likely to travel during a quake.
- Remove glass-framed pictures from above beds and sofas.
- Keep a [Four-in-One Tool](#) or similar non-sparking tool near your gas meter to turn it off following an earthquake.
- Have your family learn basic safety and first aid measures.
- Keep family records in a waterproof and fireproof safe.
- Have emergency supplies on hand.
- Teach adults how to turn off the water, gas and electricity at main switches. If for any reason you do turn off natural gas service to your home, call your natural gas utility to restore service. DO NOT attempt to restore gas service yourself.
- Make arrangements for your pets. Most shelters do not allow pets. Prior to an emergency, contact your county or local emergency management office and ask them where you could leave your pet. Have ID, collar, leash and proof of vaccination for all pets. Have current photos of your pets in case they get lost.
- **PRACTICE the Plan!**

2. Prepare an Emergency Kit

Often during an emergency, electricity, water, heat, air conditioning or telephone service may not work. All Portlanders should have some basic supplies on hand in order for a family to survive if an emergency occurs. The emergency supply kit should be robust and contain enough food, water, medications and other consumables to last at least 15 to 30 days. Following is a list of basic items (based on a family of four to survive for 15 to 30 days) that every emergency supply kit should include.

Food and Water



- Bottled water - one gallon per person per day, collapsible, sterile water container.
- LifeStraw Personal Water Filter
- Ready-to-eat canned foods - vegetables, fruits, beans, meat, fish, poultry, pasta, soup, juice.
- Milk - powdered, canned or shelf-stable brick pack.
- High energy foods - peanut butter, jelly, nuts, dried meat (for example, jerky), granola, trail mix, energy bars.
- Staples - sugar, salt, pepper, instant coffee, tea bags, cocoa.
- Candy - chocolate bars, hard candy.
- Infant and small children's needs - baby food, formula, disposable diapers.
- Specialty food - for elderly or people on special diets.
- Pet food (if needed).

Health and Hygiene Supplies

- Prescription medication - at least 4 week's supply.
- Toilet paper.
- Pre-moistened hand wipes - pre-moistened baby wipes.
- Hand sanitizer
- Toiletries - toothpaste, deodorant.
- Feminine hygiene supplies.
- A list of family physicians, important medical information, and the style and serial number of medical devices such as pacemakers.

Personal Supplies

- A change of clothing, rain gear and sturdy shoes for each family member. Sleeping bags, bedding or blankets for each family member.
- An extra pair of glasses or contact lenses and solution (be sure to check expiration dates).
- Document Holder with identification, credit cards/traveler's checks/cash, and photocopies of important family documents including home insurance information.

Household Supplies and Equipment



- Three gallons liquid chlorine bleach.
- Poo and Pee bucket system.
- Battery- or solar-powered radio or TV.
- FRS/GMRS radios in order to contact the Piedmont NET (see information below)
- Flashlights - one for each room of the house.
- Lantern LED
- Glow sticks (not flares!)
- Extra fresh batteries for radio, TV, lantern and flashlights.
- Whistle
- Gasoline (if you plan to use a generator outdoors).

- Propane fuel (if you plan to use a grill or camp stove outdoors).
- Charcoal (if you plan to use a barbecue grill outdoors).
- Disposable tableware, including paper towels and napkins.
- Manual can opener.
- Plastic bags - zip sealing, garbage.
- Fire extinguisher (small canister A-B-C type).
- Food thermometer - able to measure temperature from 0 to 220 degrees Fahrenheit.

Tools

- Rope (for rescue, tow, tying down property)
- Shovel
- Hammer and nails
- Multi-Tool with pliers
- Extra 4 in 1 Emergency Tool (with gas and water shut off)
- Reflective Vests
- Work gloves
- Eye Goggles
- Utility Tape
- Electrical tape
- Clean-up supplies
- Broom
- Extra Buckets (5 gal min, with lids)
- N-95 particulate masks
- Disinfecting spray
- Mop
- Paper towels
- Rags (to clean with)
- Rubber gloves
- Scrub brush
- Sponges
- Garbage bags with ties

Emergency First Aid Kit



Have these supplies on hand: First aid manual, assortment of sterile gauze pads and adhesive bandages, medical tape, ace bandage, CPR mask, Quik Clot, over-the-counter drugs (aspirin, antidiarrheal medications, and activated charcoal), antiseptic ointment, soap, nitrile gloves, SAM splint, oropharyngeal airways set, thermometer, tweezers and needles, and tongue depressors.

Store these items where they are likely to be accessible following an earthquake, i.e. not in the basement or attic!

3. Be Aware and Take Action

It is important to be aware of what hazards may impact your part of the Piedmont Neighborhood. There are several ways to be aware and stay informed.

1. Sign up for the Piedmont NET Newsletter on the [Home page](#).
2. [Sign up for PBEM Public Alerts](#).
3. [USGS: Earthquake Notification Service](#) (you can email subscribe to earthquake notifications and adjust preferences for area)
4. [Wireless Emergency Alerts \(WEA\)](#)
5. [National Weather Service - Portland](#)

6. Subscribe to [Nextdoor](#). They are a neighborhood-focused social media site that also carries official notices from Portland city government.

Knowing what to do before, during and after an emergency is a critical part of being prepared and may make all the difference when seconds count.

Before an earthquake:

1. Some parts of the Piedmont neighborhood are subject to liquefaction, particularly north of Columbia Highway. The shaking of an earthquake causes the soil to become like quicksand, resulting in buildings sinking into the ground.
2. In the north part of the Piedmont neighborhood, the railroad tracks carry freight that includes coal, crude oil, natural gas and other highly toxic substances. In addition to the damage an earthquake may cause, there may be a toxic spill. In some cases, it may be necessary to evacuate the entire Piedmont Neighborhood.

During an earthquake:

1. If you are in bed at the time a quake strikes, remain where you are. Cover yourself and protect your head with a pillow. Keep a pair of shoes and an FRS radio in a container beneath your bed. When the earthquake is over, and you are able to do so, leave the building as soon as possible.
2. During the day time, if an earthquake strikes, stand close to an interior wall away from windows, not in a door frame. Hang on. The earthquake could last up to 4 minutes. The surface beneath you will shift dramatically.

After an earthquake

1. Make sure your family is safe. If you are separated from your family, go as soon as you can to your agreed-upon rendezvous location. If it is accessible, retrieve your cache of emergency supplies.
2. If you need help from the NET, contact them using **FRS channel 8**. Piedmont NET will monitor that frequency for calls from Piedmont residents. **Please avoid using channel 4, as that is our team's internal communication channel.**
3. If you are able, come to the Piedmont NET staging area at the south end of Peninsula Park. We will be able to help you obtain emergency medical help, food and water.
4. Or you may report to one of 4 BEECN sites near the Piedmont Neighborhood, which may be closer to you than Peninsula Park. [The Portland Bureau of Emergency Management \(PBEM\) has established 48 Basic Earthquake Emergency Communication Node \(BEECN\) sites throughout the city.](#) PBEM's goal: within 24 hours after a major earthquake, a pre-designated city employee or volunteer will set up low-tech radio equipment under a clearly marked red and white tent. In a communications blackout — once your home is stable and secure — you can go to a BEECN site to report severe damage and injuries. BEECN workers can also help you access resources such as water, shelter or first-aid. **During this time, OPB radio 91.5 FM may broadcast official emergency messages directly from the City of Portland.** The four BEECN sites closest to the Piedmont neighborhood are **Arbor Lodge Park** (N Dekum Street and N Greeley Avenue), **Jefferson High School field** (N Alberta Street and N Kerby Avenue), **Columbia Site field** (716 NE Marine Drive), and **Woodlawn Park** (NE Dekum Street and NE Bellevue Avenue).
5. If your family is safe, and your basic needs are being met, consider volunteering with the Piedmont NET. As an SUV (Spontaneous Untrained Volunteer), we will attempt to match your skills with our disaster response needs, and will provide you some on-the-spot training



**Piedmont Neighborhood
Emergency Team**

Find us online: <http://pdxpiedmont.net>

Find us on Facebook: <https://www.facebook.com/PiedmontNET/>

Watch the OPB documentary about the expected Cascadia Subduction Zone earthquake: <http://www.opb.org/news/article/watch-opbs-unprepared-documentary-teaser/>