

Emergency Preparedness 101

Brought to you by:

Washington County Emergency Management &
Public Health Emergency Preparedness



WASHINGTON COUNTY
OREGON

Why Learn About Preparedness

- You and your family will be safer and recover faster
- You can help the community you live with
- You learn the skills to teach others



Today's Training

- Based on Take Five to Survive preparedness campaign
 - ▣ Take5tosurvive.com
- Highlight key ideas
- Q&A time after each section
- Additional resources

TAKE FIVE
TO SURVIVE

TOME 5 MINUTOS PARA SOBREVIVIR



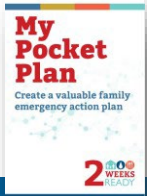
Disaster Preparedness

Are you ready for a disaster? Ask yourself:

- What hazards can affect my home, workplace, or school?
- Am I able to receive alerts and warnings if hazardous conditions occur?
- Can I communicate with my family and friends if communication systems are disrupted?
- Do I have the emergency supplies I need to survive?
- Do the people I live with know what to do during an emergency?



Disaster Preparedness



Key Section



Plan together and practice

- ▣ Identify emergency meeting places
- ▣ Practice together



Be informed and connected

- ▣ Collect contact information
- ▣ Identify an out-of-area contact

Resource:

My Pocket Plan

- Printed
- Eng/Span

Gather important information and make action plans for emergencies

People with Disabilities



□ **Specific Needs Planning**

- Make a plan based on the type of help you need on your worst days
- Share your information with your support network

Resource:

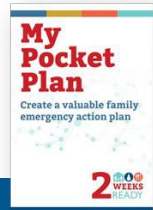
www.publicalerts.org/additional-needs

Gives more information about how to prepare if you have additional needs

□ **Areas to consider:**

- ▣ Personal care
- ▣ Water service
- ▣ Personal care equipment
- ▣ Adaptive feeding devices
- ▣ Electricity dependent equipment
- ▣ Medication
- ▣ Service animals and pets
- ▣ Support services

Pet Preparedness



Key Ideas:

- ❑ Develop a buddy system
- ❑ Don't allow your pets to roam loose.
- ❑ Supplies

What goes in a pet emergency kit



Food and water (for two weeks), manual can opener, bowls



Collar with ID tag, harness or leash (include backups)



Medicine, medical records, and first aid kit



Important documents: registration, vaccinations



Crate or pet carrier



Familiar items like favorite toys, treats, bedding










Plastic bags for litter for cleaning up after your pet(s)



Current photo(s) of each pet, photos of you with each pet

Get Connected: Emergency Alerts

	TEXT	CELL CALL	LANDLINE	EMAIL	TV	RADIO
Wireless Emergency Alerts (WEA)						
*PublicAlerts (OR-ALERT) Opt-In System Sign Up: https://www.publicalerts.org/signup						
Emergency Alert System (EAS)						

*PublicAlerts is the opt-in alerting system in the 5-county Portland Metro Region. OR-ALERT is the same system, used in other areas of Oregon

Get Connected: PublicAlerts.org

- ❑ No cost/risk just life saving information during emergencies!
- ❑ Shelter in place, Evacuate, Boil your water
- ❑ Learn about preparedness →
- ❑ Find the Hazards at your address

Get Ready ▾

Build Community

Make Plans

Gather Supplies

Stay Informed

Include Children

Additional Needs


Plan for Animals

Have a Toilet Plan

Evacuation

What to expect for
155 N 1st Ave, Hillsboro, OR, 97124,
USA

try a new address



EARTHQUAKE LANDSLIDE FLOODING WILDFIRE VOLCANO SUMMER WEATHER WINTER WEATHER PREPARE!

Get Connected

Save this contact info!

Washington County Emergency Alerts



503-461-8279

88911

Washington County Public
Alerts
noreply@everbridge.net

- Key idea: during major emergency texting is best

Resources:

- More about emergency alerts - <https://www.publicalerts.org/about-alerts>
- Current Incident website - <https://www.washingtoncountyor.gov/emergency/incidents>



Preparedness Calendar

Key Ideas:

- You don't need to get prepared all at once
- Do a little each month
- Getting more prepared doesn't have to cost \$
- Planning and learning are free



Emergency Supplies

□ Cost saving strategies

- ▣ Share supply responsibly with neighbors
- ▣ Dollar store and thrift stores
- ▣ Buy things your family will eat and rotate them into your kitchen before they expire

□ Creative storage

- ▣ Under beds
- ▣ Hang shoe organizer over a door
- ▣ Inside suitcases
- ▣ Create new “furniture”
- ▣ Lockers at school/work

You need emergency supplies for



Home
2 weeks



Work/School
1 day



Vehicle
1 day



Emergency Water

1 gallon per person per day
for 2 weeks (don't forget
pets)

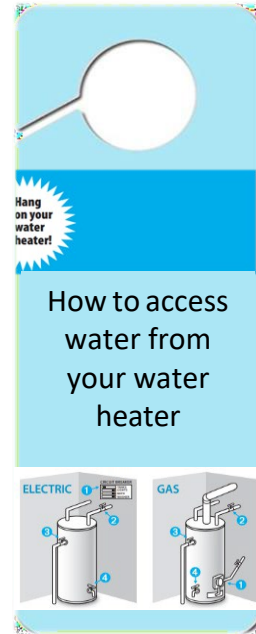
- 2 liter soda bottles
 - Do not use milk or juice containers
- Clean with soap and bleach
- Date and store
- Change every 6 months

Store one gallon per day per person for two weeks



Resources:

- Water tank tags
- Website with videos in multiple languages:
<https://www.regionalh2o.org/emergency-preparedness>



Disaster Sanitation

Three
steps
to stay
healthy



Have clean
drinking
water
available.



Always clean
your hands
after
toileting and
before eating.

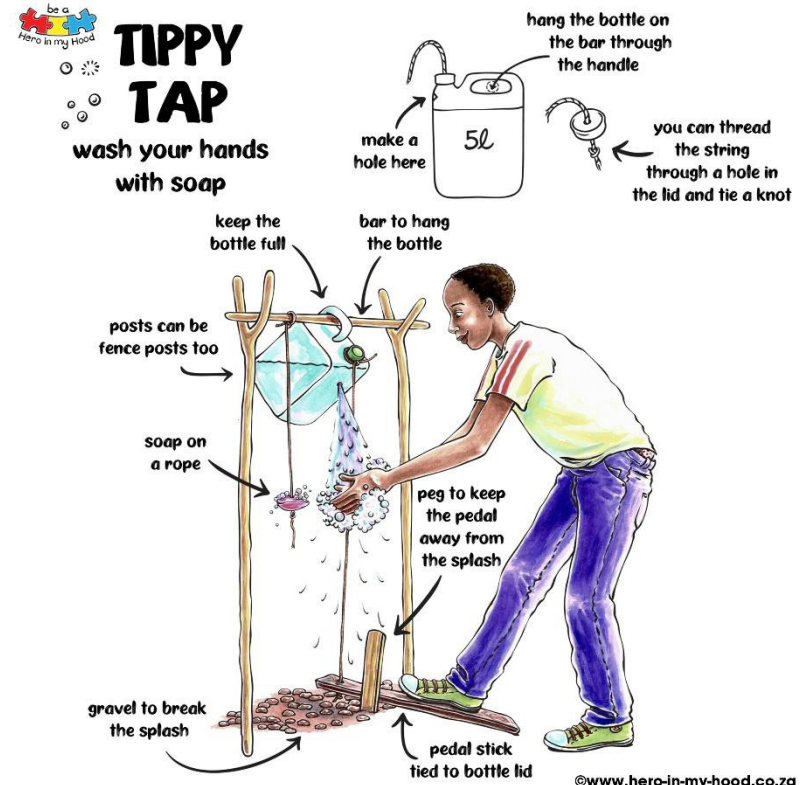


Store POO safely, using
double-bagged garbage
bags and keeping away
from food and water.

Use your Emergency Water

- To brush your teeth
- To wash your hands before eating and after using the bathroom
 - ▣ If not enough water, use hand sanitizer with at least 60% alcohol

Resources: How to make a Tippy Tap video
https://youtu.be/HNkl1Zqs_40



Disaster Sanitation

For the twin bucket system



Two 5-gallon buckets



A toilet seat (optional but comfortable)



Dry, carbon-based materials like straw, leaves, grass, shredded paper, sawdust, etc.



Heavy-duty plastic garbage bags

Fecal waste (poo) bucket

- Line bucket with heavy-duty 13-gallon garbage bag.
- Fill bucket no more than half full of waste.
- Double-bag and store the waste separate from other garbage and away from food and water.

Liquid waste (pee) bucket

- Place toilet paper in POO bucket.
- Add non-drinking water to contents if possible.
- Pour on lawn, garden or ground

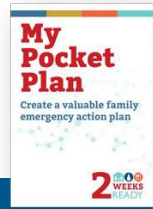
Important Note:

- Do not use a pool noodles as toilet seats! They are absorbent and porous. They are impossible to fully clean, which increases the risk of spreading disease.





Home Preparedness



- ❑ **Check your home for hazards**
- ❑ Locate shutoff points for your utilities: gas, water and electricity.
- ❑ Test smoke and carbon monoxide alarms every month.

Practice with your family

- ❑ Hold a family earthquake drill. Practice Drop, Cover and Hold On.
- ❑ Have family fire drills to practice escaping from your home.
 - ▣ Decide on two meeting points for your family to gather.
 - ▣ One should be a familiar place just outside your home, like a mailbox
 - ▣ Other should be somewhere in your local area, like a friend's home, school, or place of worship.



Washington County Hazards

Know the hazards that may occur where you live



There are many hazards that can affect you in Washington County. This topic covers earthquakes, floods, windstorms, and winter storms because they are the most likely to occur or can cause widespread damage. Your goal is to learn about the possible impacts each hazard can cause so you can focus your preparedness activities on them.

Climate change is creating more hazards in our area like extreme heat and smoky/bad air quality days learn more about Climate Change and Your Health:

<https://www.washingtoncountyor.gov/public-health/climate-and-health>

Hazards: Can Affect Anyone

Community Hazards

- ❑ Extreme Heat
- ❑ Wildfires/Smoke
- ❑ Winter Storm
- ❑ Windstorm
- ❑ Flood
- ❑ Earthquake
- ❑ Pandemic
- ❑ Terrorism



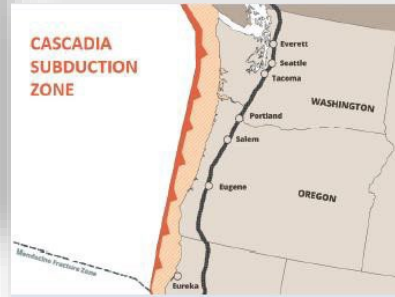
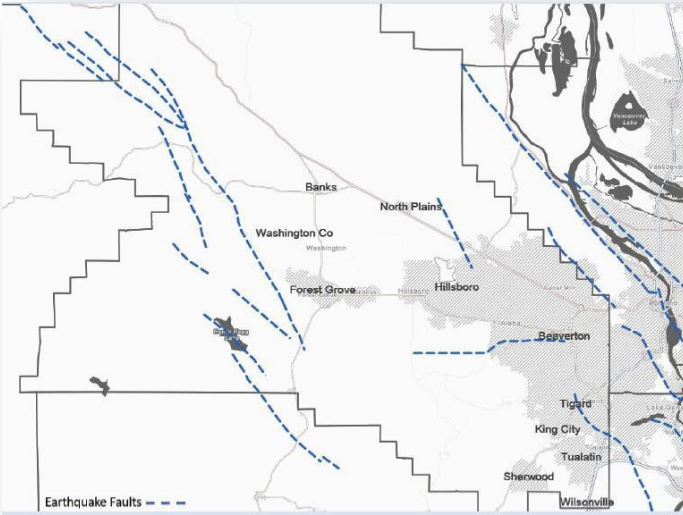
Personal Emergencies

- ❑ Loss of a job
- ❑ Utility outages
- ❑ Stranded/broken down car



Earthquake

During an earthquake



Watch more videos on how to drop, cover, and hold on based on your location or functional needs:

<https://youtube.com/playlist?list=PLs1gMujRSBY2t7JB4VS-AymFwN-6Lvg20>

Earthquake

Resources:

First aid classes:

- <https://www.redcross.org/take-a-class/first-aid>
- <https://www.washingtoncountyor.gov/ems/cpr-aed-first-aid>

Early Warning Alert

Websites:

- <https://www.shakealert.org/>

Apps:

- **MyShake** (available in English, Spanish, Chinese, Filipino, Korean, Vietnamese)

After the shaking stops



Check for hazards and damage.



Check for injuries and help others.

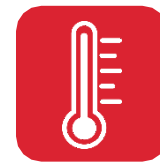
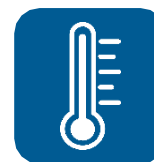


Check in with family and neighbors.



Be ready for aftershocks.

Extreme Temperatures



- Key Idea: Check on folks who are older or live alone

Heat exhaustion

Signs and symptoms

- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

For heat exhaustion:

Get to a cooler, air-conditioned place. Drink water if fully conscious. Take a cool shower or use cold compress.



Heat stroke

Signs and symptoms

- Throbbing headache, may lose consciousness
- No sweating
- Body temp above 103, red, hot, dry skin
- Nausea or vomiting
- Rapid, strong pulse

For heat stroke:

Call 911. Take immediate action to cool the person until help arrives.

Frostbite

Signs and symptoms

- Redness or pain in any skin area may be the first sign of frostbite
- White or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness



Hypothermia

Signs and symptoms

Adults

- Shivering, fumbling hands
- Exhaustion, drowsiness
- Confusion, memory loss, slurred speech

Infants

- Bright red, cold skin
- Very low energy

If a person's temperature is below 95 degrees, get medical attention immediately

Find a center or shelter during extremely hot and cold days!

<https://experience.arcgis.com/experience/80d588f139b640dab4e3690593205749/>

Smoke and Bad Air Quality

What does Air Quality look like?

Good - 0-50



Moderate - 51-100



Unhealthy for Sensitive
Groups - 101-150



Unhealthy - 151-200



Very Unhealthy - 201-300



Hazardous - 301-500



- Can cause:
 - ▣ irritation to your lungs, throat, and chest
 - ▣ asthma attacks
 - ▣ increase risk for a lung or chest infection
- Create a clean air room
- Limit/stop time outside

DIY Air Filter for Bad Air Quality



□ Supplies:

- Box fan
- A furnace filter
 - (20" x 20", rated MERV 13 or FPR 10 or MPR 1500-1900)
- Tape (painter or duct)

□ Steps:

- Tape the filter against the back of the fan.
- The arrows on the filter should point toward the front of the fan.
- Turn the fan on.

Start Small BUT Start Now

Questions:

- Ask now
- Ask later:

WashCo_EM@washingtoncountyor.gov



Resources: Take5tosurvive.com

- Preparing together- Developed by Washington County (<https://www.youtube.com/watch?v=PpH6CUBTMrs>)