

PROTECT YOUR FAMILY BEFORE A DISASTER



Summary by EVC Nehalem Bay

- Where will your family be when disaster strikes?
- How will you cope without basic services (water, sewer, electricity or phone)?

With some effort now, you'll be much more likely to survive an event.

1. Know Likely Local Disasters & How to Minimize Impact

Storms & Floods. Fall and winter bring floods and severe windstorms that can make roads impassable; damage trees, power lines, structures, cause injuries.

Wildfires. Watch for and report wildfires. Call 911 immediately - seconds count!

House Fires. Mark your driveway entrance & display your address with reflective signs. Fire marshals recommend home sprinklers to put out fires when small with much less water damage. By the time a fire is reported and help arrives, a home may be lost. Consider domestic water sprinklers when building - or retrofit.

Earthquake and Tsunami. The big Cascadia Subduction Zone earthquake will hit hard and bring water surges (tsunami). See pages 14-15 to compare Local & Distant Tsunamis.

Disease and Pandemic. Hear a disease or health warning? Do your part to prevent spread of disease. Increase personal hygiene by all family members: wash hands thoroughly with soap. Cover coughs with tissue or your arm (not hand), then sanitize your hands. Stay home, if fever 100°F or higher. Use "social distance" measures, meaning stay 3-6 feet from others, no handshakes, hugs or kisses. Use masks & gloves in public.

Hazardous Spills. Hazardous spill accident? Immediately call 911. Stay away from crash sites. Some dangerous substances cannot be seen or smelled. If asked to evacuate, or told to stay indoors, close & lock windows & exterior doors, turn off fans, heaters, close all dampers.

For all of these Gather family, pets and your disaster kits ... and turn on radios.

2. Make Individual & Family Plans

Talk with Your Family Discuss disasters that can happen here and why you need to prepare. For each type, think about where you might be and what each of you will do.

Pick Two Places to Meet 1) Outside near home for a local emergency like fire; and 2) Outside your neighborhood if you can't get home. Practice meeting in daytime - and at night!

Have an Emergency Contact Ask a reliable family member or friend out of state. Tell your family members to call this person if they can't reach you.

Write Down Your Plan Be sure each family member has a copy. Keep it in your wallet, purse or lunch box at all times. See [family plan templates](#) for writeable/printable forms.



3. Gather the Gear

Start with 3-Day Kits Have a Go-Bag (backpack) with three days of food, water and supplies for each family member. If you have pets, include supplies for them.

Assemble Shelter-in-Place Supplies Pull together enough food, water and supplies for your family to survive without help for three weeks. Use freeze-dried or canned foods and have ways to purify extra water. Have hand-crank/battery lights, NOAA radio and HAM/family radio.

Use What You Already Have Locate camping gear, first aid kits, your fire escape plan, extra food already on hand. See pages 4 to 7 for examples of kits and checklists of gear.

Add More Over Time Check what you're missing (equipment, supplies, procedures, plans, practice) and increase your readiness as you can. Prioritize preparedness and practice. Watch for sales or consider used gear. (CARTM in Manzanita is a great resource!)



4. Train and Maintain

Test Smoke Alarms & Fire Extinguishers Replace batteries and recharge extinguishers.

Test Communication Plans Practice with your Family Plan contacts.

Check Expiration Dates Replace stored food, medicines and water to ensure it's useable. Update & safely store important papers.

Practice Evacuation Drills Prepare/practice a fire evacuation plan and a tsunami evacuation plan (if you live in the inundation zone).

5. Be a Good Neighbor

Meet Your Neighbors You are only as prepared as your least prepared neighbor. Neighbors can feel isolated. Talk together about why it's a good idea to prepare. Share tips on getting ready for a variety of disasters. Learn more from EVC's *Prepare Your Neighborhood*, which will build capacity in neighborhood clusters.



Locate Assembly Sites & Evacuation Routes Use the Tsunami Inundation Zone Map on page 13 to find your nearest Assembly Site (a place to go for information in a disaster).

Help in an Emergency Determine who in the neighborhood has gear that will be needed, where it's located and how to access it – especially if some are away from home.

Be an EVC Volunteer Increase your own readiness and help us prepare our community!

- Take Courses in First Aid, CPR and CERT (Community Emergency Response Team)
- Get HAM & Family radios, learn how to use them.
- Take Red Cross courses, become a local Red Cross volunteer.
- If a health care professional, join the volunteers in the Medical Reserve Corps
- Sign up for Reverse 911, and to receive Tsunami warnings.
- Learn more at EVCNB.org.



Family Communication Plan

Emergencies can happen at any time. Does your family know how to get in touch with each other if you are not all together?

Before an emergency happens, have a family discussion to determine who would be your out-of-state point of contact, and where you would meet away from your home — both in the neighborhood and within your town.

Let them know you're OK!

Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

Important Information

Fill in this information and keep a copy in a safe place, such as your purse or briefcase, your car, your office, and your disaster kit. Be sure to look it over every year and keep it up to date.

Out-of-Town Contact

Name: _____
Home: _____
Cell: _____
Email: _____
Facebook: _____
Twitter: _____

Neighborhood Meeting Place:

Regional Meeting Place:

Work Information

Workplace: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

Workplace: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

School Information

School: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

School: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

School: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____



Important Information (continued)

Family Information

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Medical Contacts

Doctor: _____

Phone: _____

Doctor: _____

Phone: _____

Pediatrician: _____

Phone: _____

Dentist: _____

Phone: _____

Dentist: _____

Phone: _____

Specialist: _____

Phone: _____

Specialist: _____

Phone: _____

Pharmacist: _____

Phone: _____

Veterinarian/Kennel: _____

Phone: _____

Insurance Information

Medical Insurance: _____

Phone: _____

Policy Number: _____

Homeowners/Rental Insurance: _____

Phone: _____

Policy Number: _____

Text, don't talk!

Unless you are in danger, send a text. Texts may have an easier time getting through than phone calls, and you don't want to tie up phone lines needed by emergency workers.

