

This Emergency Preparedness booklet was sponsored by Coos County Citizen Corps and Council whose mission is to have everyone participate in making America safer.

Everyone can do something to be safer from the dangers we all face - natural disasters, terrorism, crime, public health issues and other medical emergencies - and to help our communities be safer too.

Every American can participate through:

Personal responsibility: preparedness plans and disaster supplies kits - home health and safety practices - disaster mitigation measures - crime prevention and reporting.

Training: emergency preparedness - response capabilities - first aid - fire suppression - search and rescue procedures - public health and safety.

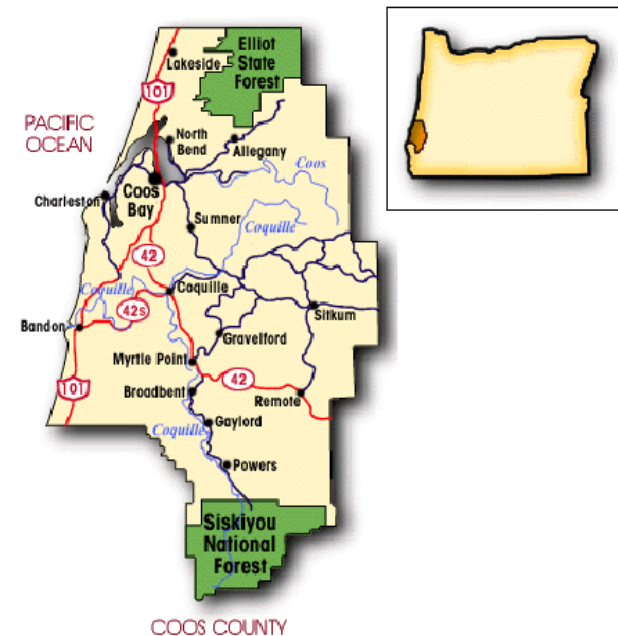
Volunteer service: law enforcement - fire emergency medical services - community public health - emergency management - disaster relief and community safety organizations.

A co-sponsor of this Emergency Preparedness booklet is Coos County Emergency Management, a division of the Coos County Sheriff's Office.

This booklet was developed in March 2005
This booklet was revised in December 2005

Are You Ready?

Preparing for Disasters and Terrorism In Coos County



December 7, 2005

To the Citizens of Coos County,

Our primary goal in Emergency Management is to have each family individually prepared for disasters.

We strive toward this goal through awareness, education, training, and planning.

We encourage you, now that you have read this booklet, to act and take the necessary steps to help you and your family become prepared for disasters Coos County citizens face.

Please understand this booklet is designed to assist you in coping with different types of disasters and offers suggestions on how to respond when necessary. It should not be considered an all inclusive document. Please use it as a first step to becoming better prepared for disasters.

If you have questions or comments, please contact us at:

Coos County Emergency Management
Coos County Sheriff's Office
250 N. Baxter, Coquille, OR 97423
541-396-3121 ext 398

Sincerely,

Glenda Hales, Program Manager
ghales@co.coos.or.us

Additional Resources

Federal Emergency Management Agency FEMA
500 C Street SW
Washington DC 20472
1-202-646-4600
www.fema.gov

Department of Homeland Security DHS
1-800-BE-READY 1-800-237-3239
1-800-464-6161 (TTY)
www.ready.gov

Oregon Office of Emergency Management OEM
PO Box 14370
Salem, OR 97309-5062
1-503-378-2911
www.oregon.gov/oosh/oem

Coos County Sheriff's Office
Office of Emergency Management
PO Box 250 N. Baxter
Coquille, OR 97423
1-541-396-3121 ext 398
www.co.coos.or.us

Umpqua/South Coast District -
Oregon Pacific Chapter American Red Cross
870 NE Alameda Ave.
Roseburg, OR 97470
1-541-673-3255 or fax: 1-541-672-7639
roseoc@oregonpacific.redcross.org

Coos County Citizen Corps
PO Box 591
Myrtle Point, OR 97458
www.cooscitizencorps.org

Centers for Disease Control and Prevention CDC
1-888-246-2675
www.bt.cdc.gov

Additional Local Training and Resource Information

Red Cross Courses – such as first aid and CPR
Roseburg Office 1-541-673-3255
Citizen Emergency Response Team
Emerg. Mgnt. Office 396-3121 ext 398
Citizen Corps and Citizen Corps Council
Emerg. Mgnt. 756-8213
Coos County SAR
Joe Doman 888-3434
Coos County Posse
Deputy Watson, Sheriff's Office 396-3121, ext 373
Coos County RACES/ARES
Dan Bissell 347-4580
Coos County Neighborhood Watch
Local Law Enforcement Agency
Coos County Public Health
Frances Smith Director 756-2020 ext 545
Coos County Mental Health
Ginger Swan Director 756-2020 ext 663
South Western Public Safety Association
Kathy Hornstuen 888-4582

Table of Contents

Emergency Contact Information	3
Individual and Family Planning	4-5
Emergency Food and Water Supply	6
First Aid Kit and Family Disaster Kit	7
Storing Important Family Documents	8
Special Needs Population	8
Home Hazard Hunt	9
Helping Children Cope	9
Shelter in Place or Evacuation	10
Travel Related Emergencies	11
Transportation Incidents	12
Terrorism	12
Flood	13
Winter Storm	14
Wind Storm	14
Home Fire	15
Wild Fire	16
Earthquake	17-18
Tsunami	19-20
Disaster Supply List	21-24
Additional Local Training and Resource Information	25
Additional Resources	26
Booklet Sponsorship	27

Emergency Contacts

Keep these important names and phone numbers handy - **dial 911 only in a life threatening emergency to you or someone you are assisting. It is important those lines remain open during a disaster.**

Business telephone numbers for the following:

Police Dept./Sheriff: _____

Fire: _____

Local emergency medical provider: _____

Health-care provider: _____

Health Clinic/hospital: _____

Power Company: _____

Your water/sanitation provider: _____

Your television network provider: _____

Emergency Management Office: _____

Red Cross: _____

Salvation Army: _____

School: _____

Work: _____

Out of state emergency contact: _____

Church: _____

Other important names and phone numbers:

Telephones not working?

Tune in on your battery operated am/fm radio to:
K-LIGHT Radio Station at 98.7 FM, the Coos County
Emergency Broadcast Station.

Week 21 <i>Hardware Store</i> - heavy work gloves - 1 box disposable dust masks - screwdriver - plastic safety goggles	Week 22 <i>Grocery Store</i> - extra hand operated can opener - 3 rolls paper towels	Week 23 <i>Hardware Store</i> - battery powered camping lantern with extra battery or flashlights	Week 24 <i>Grocery Store</i> - large plastic food bags - plastic wrap
Suggested Foods List - <i>Canned Meat</i> - tuna - chicken - raviolis - chili - beef stew - spam - corned beef - etc.	<i>Vegetables</i> - green beans - kernel corn - peas - beets - kidney beans - carrots - etc.	<i>Fruit</i> - pears - peaches - mandarin oranges - applesauce - etc.	<i>Cereal</i> - Cheerios - Chex - Kix - Shredded Wheat - Etc.
<i>Quick energy snacks</i> - granola bars - fruit roll ups - nuts - raisins - etc.	<i>Other</i> - powered milk - canned milk	<i>Comfort foods</i> - chocolate - chips - jerky - crackers - cookies - etc.	<i>Considerations</i> - not too many salty foods - requires you to drink more liquid - refrain from alcohol

Page 4 of the Disaster Supply List

Week 13 <i>Hardware Store</i> - whistle for each family member - ABC fire extinguisher - pliers - vise grips	Week 14 <i>Grocery Store</i> - 1 – can fruit * - 1 can meat * - 1 can vegetables * - 1 package paper plates - 1 package eating utensils - 1 package paper cups - adult vitamins	Week 15 <i>Hardware Store</i> - extra flashlight batteries - masking tape - hammer - assorted nails - “L” brackets to secure tall furniture to wall studs - wood screws	Week 16 <i>Grocery Store</i> - 1 can meat * - 1 can vegetables * - 1 box lg heavy duty garbage bags - tissues - 1 box quick energy snacks
To Do - take a first aid/CPR class	To Do - make a plan to check on a neighbor who may need help in an emergency	To Do - brace shelves and cabinets	To Do - find out if you have a neighbor safety organization and join it!

Week 17 <i>Grocery Store</i> - 1 box of graham crackers - assorted plastic containers with lids - assorted safety pins - dry cereal	Week 18 <i>Hardware Store</i> - “child proof” latches or other fasteners for your cupboards - double-sided tape or Velcro-type fasteners to secure moveable objects	Week 19 <i>Grocery Store</i> - 1 box lg heavy duty garbage bags - 1 box quick energy snacks	Week 20 <i>Hardware Store</i> - camping or utility knife - extra radio batteries Also: purchase an emergency escape ladder for second story bedrooms if needed
To Do - arrange for a friend or neighbor to help your children if you are at work	To Do - pack a “go-back” in case you need to evacuate	To Do - have an earthquake drill at home - have a tsunami drill at home	To Do - find out about your workplace disaster plans

Page 3 of the Disaster Supply List

Individual and Family Planning

Families can and do cope with disaster by preparing in advance and working together as a team. The following steps will assist you in creating your family disaster plan(s). Knowing what to do is your best protection and your responsibility.

Four Steps to Safety:

STEP ONE - Find out what could happen to you

1. Learn in this booklet the types of disasters are most likely to happen.
2. Learn about animal care after a disaster. Animals may not be allowed inside emergency shelters due to health regulations.
3. Find out how to help elderly or disabled persons, if needed.
4. Find out about the disaster plans at work, school, daycare center, and other places your family spends time.
5. Learn about community warning signals and how to respond to them should you hear them.

STEP TWO - Create a disaster plan for you and your family

1. Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
2. Pick three places to meet:
 - a. Right outside your home in case of sudden emergency such as fire or earthquake.
 - b. Inside your home to a safe room in case of terrorism or hazmat.
 - c. Outside your neighborhood in case you can't return home. Everyone must know the address and telephone number of your meeting place.
3. Ask an out-of-state friend or family member to be your “family contact”. After a disaster, it is often easier to call long distance. Family members should call this person and tell them where they are and how to be contacted. Each family member must know this contact name and telephone number.
4. Discuss what to do in an evacuation. Plan how to take care of your pets.

Individual and Family Planning continued:

STEP THREE - Complete this checklist

1. Post emergency telephone numbers by phones.
2. Teach children how and when to call 9-1-1 for emergency help.
3. Show each family member how and when to turn off the water, gas and electricity at the main switches.
4. Check if you have adequate insurance coverage.
5. Teach each family member how to use the fire extinguisher and where it is kept.
6. Install smoke detectors on each level of your home.
7. Conduct a home hazard hunt.
8. Stock emergency supplies and assemble a disaster supply kit.
9. Take a Red Cross first aid and CPR class.
10. Determine the best escape routes from your home. Find two ways out of each room.
11. Find the safe spots in your home for each type of disaster.

STEP FOUR - Practice and maintain your plan

1. Quiz your kids every six months so they remember what to do.
2. Conduct fire and emergency evacuation drills.
3. Replace stored water and food every six months.
4. Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
5. Test your smoke detectors monthly and change the batteries at least twice a year.

Family Disaster Plan	
Emergency Meeting Place _____	(outside your home)
Meeting Place _____	(outside your neighborhood)
Phone _____	Address _____
Family Contact _____	
(name)	
Phone () _____	Phone () _____
Day	Evening

<p style="text-align: center; margin: 0;">Week 5</p> <p><i>Grocery Store</i></p> <ul style="list-style-type: none"> - 1 gal of water - 1 can meat - 1 can fruit - 1 can vegetables - 2 rolls toilet paper - extra toothbrush - travel size toothpaste <p>Also: special foods for special diets if needed</p>	<p style="text-align: center; margin: 0;">Week 6</p> <p><i>First Aid Supplies</i></p> <ul style="list-style-type: none"> - aspirin and/or acetaminophen - compresses - rolls of gauze or bandages - first aid tape - adhesive bandages - assorted sizes <p>Also: extra hearing aid batteries if needed</p>	<p style="text-align: center; margin: 0;">Week 7</p> <p><i>Grocery Store</i></p> <ul style="list-style-type: none"> - 1 gal of water - 1 ready to eat soup (not concentrate) - 1 can fruit* - 1 can vegetables <p>Also: extra plastic baby bottles, formula, and diapers if needed</p>	<p style="text-align: center; margin: 0;">Week 8</p> <p><i>First Aid Supplies</i></p> <ul style="list-style-type: none"> - scissors - tweezers - antiseptic - thermometer - liquid hand soap - disposable hand wipes - sewing kit <p>Also: extra eyeglasses if needed</p>
<p>To Do</p> <ul style="list-style-type: none"> - have a fire drill at home 	<p>To Do</p> <ul style="list-style-type: none"> - check with your child's day care or school to find out about their disaster plans 	<p>To Do</p> <ul style="list-style-type: none"> - establish an out of state contact to call in case of emergency 	<p>To Do</p> <ul style="list-style-type: none"> - place a pair of shoes and a flashlight under your bed so that they are handy during an emergency

<p style="text-align: center; margin: 0;">Week 9</p> <p><i>Grocery Store</i></p> <ul style="list-style-type: none"> - 1 can ready to eat soup - liquid dish soap - plain liquid bleach - 1 box heavy duty garbage bags <p>Also: saline solution and a contact lens case, if needed</p>	<p style="text-align: center; margin: 0;">Week 10</p> <p><i>Hardware Store</i></p> <ul style="list-style-type: none"> - waterproof portable plastic container (with lid) for important papers - portable am/fm radio <p>Also: blankets or sleeping bag for each family member</p>	<p style="text-align: center; margin: 0;">Week 11</p> <p><i>Grocery Store</i></p> <ul style="list-style-type: none"> - 1 lg can juice * - 1 lg plastic food bags* - 1 box quick energy snacks* - 3 rolls paper towels <p>Also: sunscreen, if needed</p>	<p style="text-align: center; margin: 0;">Week 12</p> <p><i>First Aid Supplies</i></p> <ul style="list-style-type: none"> - anti-diarrhea medicine - rubbing alcohol - 2 pr latex gloves - ipecac syrup and activated charcoal (for accidental poisoning) - children's vitamins <p>Also: items for denture are if needed</p>
<p>To Do</p> <ul style="list-style-type: none"> - Send some of your favorite family photos or copies to family members out of state for safe keeping 	<p>To Do</p> <ul style="list-style-type: none"> - make photocopies of important papers and store safely 	<p>To Do</p> <ul style="list-style-type: none"> - store a roll of quarters for emergency phone calls - go on a hunt with your family to find a pay phone near home 	<p>To Do</p> <ul style="list-style-type: none"> - take your family on a field trip to gas meter and water meter shutoffs

Your Disaster Supplies Calendar

The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, your family can assemble an emergency kit in small steps over a six month period. Check off each week as you gather the contents. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change water every six months.

Create a Family Disaster Supplies Kit – To Get Started:

- Check your house for supplies that you already have on hand.
- Decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation.)

* = last section of supplies will give you choices of those items

Week 1	Week 2	Week 3	Week 4
Grocery Store -1 gal of water -1 jar peanut butter -1 lg can juice -1 can meat - hand operated can opener - instant coffee, tea, powered drinks- - permanent marking pen to date cans (remember 1 gal of water for each pet) Also: pet food, diapers, and/or baby food if needed	Hardware Store - Crescent wrench - heavy rope - duct tape - 2 flashlights with batteries - “bungee” cords Also: a leash or carrier for your pet if needed	Grocery Store - 1 gal of water* - 1 can meat* - 1 can fruit* - sanitary napkins - video tape (remember 1 gal of water for each pet)	Hardware Store - plumber’s tape - crowbar - smoke detector with battery Also: extra medications or a prescription marked “emergency use” if needed
To Do - make family plan - date each perishable food item using marking pen	To Do - check house for hazards - locate gas meter and water shutoffs and attach a wrench near them	To Do - use a video camera to tape the contents of your home for insurance purposes - store video tape with friend/family member that lives out of town	To Do - install or test your smoke detector - tie water heater to wall studs using plumbers tape

Page 1 of the Disaster Supply List

Emergency Food and Water Supply

Store a three to five day supply of non-perishable food per person. Food items need to be compact and lightweight. Choose foods that do not require cooking or need little added water which have low salt content. Also choose foods that are family favorites and consider special dietary needs. Store your food away from chemicals or petroleum products. Dried foods store well in sealed plastic bags. Remember to check for expiration dates. Rotate your stored food every six months. Remember to store food items for your pets as well.

Consider the following items for your food supply:

- Canned meats, fruits, vegetables, juices, milk and soup.
- Peanut butter, crackers, granola bars, trail mix, and sweetened cereals.
- Remember your special items for baby or toddlers -
 - Formula, diapers, bottles, powdered milk & medications.

Store water in soft, flexible plastic containers. **DO NOT use empty washed out milk containers.** Prepare for three to five days supply which is two gallons of water per person per day. Daily use is one gallon of water for consumption and the other for hygiene and cooking. Remember to store water for your pets. Other possible sources of water in your home could be from your water heater, toilet tank, and pipes. Be sure to turn off the gas or electricity to your water heater and do not use water from toilet tank if it contains chemicals. Be sure to purify water before use. NEVER drink water from hot water heating systems, water beds, radiators, or swimming pools due to the chemical additives.

Purification procedures for water:

- Boil for a minimum of 10 minutes, cool.
- Liquid chlorine bleach can be added to water -
 Clear - add 8 drops of bleach to a gallon and let stand 30 to 45 minutes.
 Cloudy - add 16 drops of bleach to a gallon and let stand 30 to 45 minutes.
- DO NOT use chlorine bleach with additives.
- To use water purification tablets - follow the package directions.
- Date all water containers and rotate every six months.

First Aid Kit and Family Disaster Kit

All survival items should be stored at ground level, not on shelves or in cabinets.

Survival items to keep on hand:

- Battery powered radio with extra batteries.
- Flashlight with extra batteries.
- First aid kit to include specific medicines needed for members of your family (including insulin, syringes, heart and high blood pressure medications)
- First aid book.
- Portable stove such as butane or charcoal for outdoor use and extra butane or charcoal fuel.
- Fire extinguisher.
- Matches in waterproof container.
- Sleeping bags, blankets, and pillows.
- Warm clothing and footwear for each family member to include socks, gloves, hats, rain clothing.
- Cash, emergency contact information, and copies of important papers – See next page.
- Towels, toilet paper, plastic garbage bags, paper plates, bowls, cups, and utensils.
- Manual can opener.
- Dust mask, whistle, compass, local map, paper & pencils.
- Shut-off wrench to turn off gas and water mains.
- Heavy rope, duct tape, bungee cords, plumber's tape,
- Crowbar, small folding shovel, and ax.
- Extra hearing aid batteries and corrective eye wear.
- Any necessary items for dentures, if needed.
- Hygiene supplies such as tooth brush and paste, paper towels, hairbrush, various washing soaps and sewing kit.
- Family pictures, toys and activity books for children.
- Camera, film, and batteries.

Create a kit for any of the following circumstances:

1. Vehicle(s)
2. Home
3. Work
4. School
5. Vacation home
6. Camp trailers / RVs

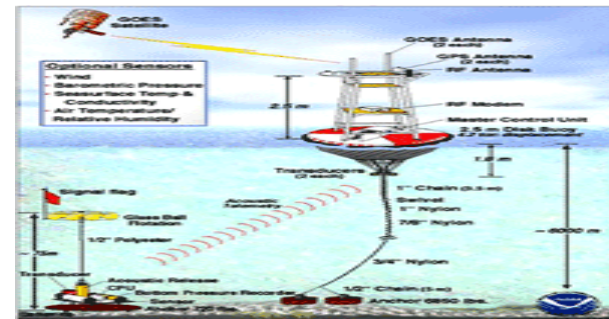
Tsunami continued:

General information about a tsunami:

- A tsunami is a series of waves; never go back into an area until you have received an "all clear" from local officials.
- You CANNOT out run a tsunami.
- If you are at the beach and witness the ocean tide below a normal tide level, leave for higher ground immediately.
- Be aware of the tsunami signage posted in your local coastal area to respond accordingly.
- If you feel that you are in an earthquake and are in a tsunami inundation zone or at the beach, it will be your only warning to evacuate to high ground. **DON'T WAIT FOR THE WARNING FROM OFFICIALS.**
- If you are in a safe area out of the tsunami inundations zone and hear a tsunami watch or warning, **DO NOT** go to the beach.
- If you are asked to evacuate follow the guidance on page 10 of this booklet.
- If the tsunami has struck your area and you are attempting to evacuate, follow the flood instructions on page 13 of this booklet.

Following a tsunami event in your community:

- If your home has been impacted by the tsunami you may not be allowed to re-enter your home until it has been determined safe by officials.
- Once you return home, follow the instruction under flood on page 13 of this booklet for response following an event.



Tsunami

In Japanese this word means “harbor wave”. It is a series of waves caused by underwater earthquakes, landslides, or volcanoes. These waves travel at speeds up to 600 miles per hour in the open sea. When the tsunami nears land it slows to less than 40 miles per hour. Areas less than 50 feet above sea level, within a mile of the coast, may be impacted by a tsunami of a distant origin. Areas with a local tsunami event can experience waves of up to 100 feet in extreme circumstances.

What to expect in a DISTANT tsunami event:

- No local effects of the earthquake, volcano, or landslide which may have caused the tsunami.
- Watch or Warning in effect of a possible impending tsunami through your local radio or television stations.
- Evacuation of the coastal tsunami inundation zone areas by officials.
- County and or state highways closed in the tsunami inundation zone.

What to expect in a LOCAL tsunami event:

- Local effects of the earthquake, volcano, or landslide which may have caused the tsunami with ground shaking and property damage.
- No Watch or Warning of a possible impending tsunami through your local radio or television stations due to lack of time. Your response time may only be 10 minutes to get to higher ground and out of the tsunami inundation zone.
- No evacuation of the coastal tsunami inundation zone areas by officials due to lack of response time.
- No emergency response available for at least 72 hours depending on the extent of the damage.

Storing Important Family Documents

Keep copies of these items in a waterproof and fireproof portable container:

- Passports and licenses.
- Social Security cards.
- Health insurance cards.
- Immunization records.
- Birth, marriage, and death certificates.
- Record of bank accounts.
- Credit cards and if not the card – information for notification to the card company.
- Insurance policies.
- Wills, contracts, and deeds.
- Record of stocks, bonds, or retirement accounts.
- Keep emergency funds in a locked, waterproof, portable container. May be stored with your emergency kit.
- Consider family photographs by scanning into a computer and then storing on a removable disk or negatives into your waterproof /fireproof container.
- Consider pet records for vaccinations.
- Consider valuables such as jewelry, guns, and keepsakes.

Special Needs Population

Create a self-help network of neighbors, relatives, friends, or co-workers to assist in an emergency.

Consider the following suggestions:

- Develop a plan where a neighbor, relative, friend, or co-workers can assist you in the event of a disaster.
- Let your contact person know where you are should you leave your home on a day to day schedule.
- Keep additional special medical supplies on hand.
- Should you lose power to your home, be prepared to survive without for at least three to five days regarding alternate heat source, medical supplies requiring electricity, cooking ability, and groceries.
- Follow the suggestions in this booklet on being prepared for a disaster.
- Wearing medical alert tags or bracelets to identify your disability may help in case of an emergency.

Home Hazard Hunt

An important step to prepare for disasters is to survey your home for possible hazards and then take action to lesson those hazards. Once you identify what needs to be corrected, take the time and money necessary to make your home a safer place to live.

Consider the following:

- Secure furniture such as bookshelves, hutches, file cabinets, and other top-heavy furniture to the wall.
- Prevent refrigerators, washers, dryers, water heaters, and other heavy appliances from moving using metal straps.
- Secure items on shelves using velcro, straps, or other devices such as with glassware using quake putty.
- Anchor heavy objects such as mirrors and pictures that could become projectiles.
- Move beds away from window and install mini blinds.
- *Do not* store chemicals together in glass bottles this will prevent mixing and causing hazardous substances. Do not store these items up high but in a lower cabinet with a secure lock to keep children safe.
- Install secure latches on cabinets to prevent contents from fall out onto the floor.

Helping Children Cope

Fear and anxiety are normal reactions to any danger. Fear of recurrence, injury, death, separation, or being left alone can be lessened with reassurance and a family planning.

Prepare your child by:

- Assisting in the family planning process and practicing it.
- Discuss the types of hazards you may have in your community.
- Teach children how to recognize danger signals such as smoke detectors, fire alarms, and local warning systems.
- Explain how to call for help using 9-1-1, using the emergency phone list you developed in your plan.
- Help your child memorize important family information such as name, address, telephone number.
- Practice a family in-home and out of home meeting place.

During recovery, give children chores they can assist with and encourage them to talk about what happened.

Earthquake continued:

Reducing earthquake hazards before the event:

- Place heavy objects onto lower shelves and secure.
- Securely fasten shelves to walls. Anchor heavy objects.
- Store glass and other breakable items on lower shelves.
- Anchor overhead lights, pictures, and mirrors.
- Secure your home to the foundation.
- Stay away from windows and other glass that might shatter.
- Drill/practice your duck, cover, and hold response.
- Keep a pair of shoes by the bed.
- Install mini blinds on windows.

Earthquake preparedness tips to consider:

- Develop a family plan and practice it regularly.
- Consider you may not have outside aid for up to 72 hours or longer in a large event.
- Learn first aid and CPR.
- Make an emergency preparedness kit for your home, vehicle, school, and office.
- Know how to turn off your utilities.
- Prepare food and water to sustain you during the response and recover stages. (Refer to page 4-7 of this booklet.)

Earthquake survival tips to consider:

- Stay clear of spaces that could be blocked by falling debris.
- Be prepared for aftershocks.
- Only if you smell gas should you shut off your gas main.
- Shut off water main.
- Duck Cover Hold during an event protecting your head if possible.
- *DO NOT* use door ways with doors for a secure location to stand only those that are open and without doors.
- Stay clear of bookcase, cabinets, and other furniture that may topple or slide.
- Stay away from heating units, stoves, fireplaces, areas where bricks might fall from a chimney.
- If you are in a tsunami inundation zone, once the shaking stops, move to high ground. *DO NOT* wait for the official announcement.

Earthquake

The Pacific Ocean plate is sliding underneath the North American plate from British Columbia to Northern California. It is called the Cascadia Subduction Zone. It stretches offshore approximately 750 miles. A section of the Pacific Ocean plate is called the Juan de Fuca Plate. Boarding the coastline about 65 miles off-shore of the Continental Slope. Large earthquake potential is great in this area. Subsequent tsunami events are also expected along low-lying areas of the coast from the upheaval of the oceans floor.



Location map of Juan de Fuca plates
(Modified from Washington Post)

What to expect in a major earthquake:

- Extremely loud noise from the ground and from shifting buildings.
- Falling debris.
- Secondary effects such as fire, hazmat spills, landslides, tsunami.
- Aftershocks.

Know what can cause injury:

- Flying glass, unsecured objects, ceiling material, light fixtures, shelves, plants, cupboard contents, pictures, mirrors, unsecured water heaters and appliances, awnings, brick off of buildings and chimneys.
- Fire from damaged gas lines, electric lines, wood stoves, and chimneys.

Shelter in Place or Evacuation

If an incident makes it unsafe to go outside, you may be instructed to take shelter where you are. This may mean work, school, home, or any location you are at the time of the event. Depending on the incident, this may be a brief time or a long period.

To shelter in place consider the following:

- Bring children and pets inside immediately and take them to the appropriate safe room.
- Seal the home by closing all windows, doors, and vents connected to the outside.
- Turn off fans, heating systems, and air conditioning systems.
- Seal doors, windows, exhaust fans, and vents with plastic sheeting and duct tape. Consider precutting and labeling the sheeting so it is ready to place.
- Damp towels can be used to seal gaps under doorways.

Should you be asked to evacuate instructions to proceed to an established shelter, it is essential you follow the directions of officials in your community. You may be separated at the time of the event.

When you evacuate your home, workplace, or school consider the following:

- Lock all doors and windows.
- Leave a note as to where you are, what time and date you left, the route you will attempt to take, and how you can be reached.
- Disconnect all electrical and other utilities.
- Shut off water leaving faucets slightly open.
- Secure valuables and important papers.
- Secure garbage outdoors.
- In addition to your preparedness kit, you will need to take bedding material, any special diet foods, prescription drugs, pets and their supplies and food.
- Keep an adequate amount of fuel in your vehicle in case of evacuation.
- If you have a cell phone, keep a charger in your vehicle.
- Plan your evacuation routes in advance.

Travel-Related /Emergencies

Keep an emergency kit in your vehicle –

Suggested items might be:

- Extra food for children or pets.
- Fold away shovel.
- Blanket and small tarp.
- First Aid Kit and tool kit.
- Flares and whistle.
- Entertainment books for children.
- Water and Non-perishable food.
- Jumper cables.
- Flash light and neon cloth to attach to the outside of the vehicle.
- Personal supplies such as medication, tissues, gloves, walking shoes, umbrella, raincoat, etc.

If you leave your vehicle, leave a note with your route of travel and destination.

Always carry valid photo identification and change for a telephone call or a prepaid phone card or cell phone.

Additional travel safety rules may include:

- Never leave your luggage alone.
- Never agree to carry luggage or packages for a stranger.
- If you see unattended luggage or packages, immediately notify an official.
- *DO NOT TOUCH ANYTHING.*
- Follow all security procedures.
- Utilize traveler checks and carry at least two credit cards. Take only what is necessary in your wallet.
- Make a list or copy of the contents of your wallet along with your travel forms and papers.
- Give one to a family or friend back home and keep one apart from your valuables in your carry on luggage.
- Carry a list of prescriptions with generic names and if they contain narcotics, obtain a letter from your doctor indicating authorization to use.
- Carry prescriptions in their original labeled containers.
- List your name and address both inside and outside your luggage using covered luggage tags.

Wild Fire

Wild fire is an expression used to describe a forest or brush fire that is out of control and usually moving rapidly. Coos County is highly susceptible to fires during the dry months of the year.

Preventative measures to consider:

- Keep needles and leaves clear of roof gutters.
- Remove flammable debris from under decks and around your home and out buildings for at least 30 feet.
- Install screens over vents on the roof and foundation.
- Store firewood at least 30 feet away from your home.
- If installing fences or decks attached to your home, consider non-combustible material.
- Keep flammable materials away from any propane, oil, or fuel tanks.
- Clear your property of brush, litter, and flammable vegetation.

In the event of a wild fire you should consider:

- Stay turned to radio or television stations for emergency information such as instructions, evacuation routes, order to evacuate.
- Notify your out-of-area contact where you will be if ordered to evacuate.
- Gather essential items for your evacuation to include your emergency kit, fire/water proof kit with all your important documents, your pets and or livestock, and other valuables.
- Shut off gas at the meter and turn off pilot lights.
- Close all windows, curtains, and shutters.
- Place sprinklers onto your roof and turn on as you evacuate.
- Keep family members and pets inside.

Do not wait to evacuate if you are in danger, the evacuation routes may become blocked.

Do not return or enter an evacuated fire area until public officials have given the notice of an all clear that the area is safe to re-enter.

Home Fire

Listed are a few common causes of home fires:

- Unattended cooking.
- Faulty electrical wiring and equipment.
- Storage of combustibles too close to heat source.
- Careless smoking of tobacco.
- Unattended burning candles.

Suggestions to keep you and your family safe from fire:

- Install working smoke alarms on each level and each sleeping area of your home.
- Keep matches and lighters away from children.
- Teach children to not play with match, lighters, and candles.
- Keep a fire extinguisher easily accessible in the garage, kitchen and other fire prone areas of your home. KNOW how to use it.
- Check your smoke alarms and fire extinguishers for proper working capability twice a year. A good time to do this is in the fall and spring when you change your clocks. NEVER remove the battery for use elsewhere from your smoke detectors.

Response to a fire in your home:

- Attempt to extinguish a small fire with your fire extinguisher. If it is too large, leave the home closing the door. CALL 911 from your cell or a neighbor's home.
- Utilize your family plan for the out of the home meeting place.
- Notify your local Red Cross for assistance.



**Pull
Aim
Squeeze
Sweep**

Transportation Incidents

Roads, rail, water, and air accidents can involve hazardous materials such as chemical spills, poisonous gases, and fires.

If a transportation accident occurs in your vicinity or you are directly involved consider the following:

- Stay away from the area.
- Tune your radio to local station and listen for updates.
- If you are the driver follow emergency personnel directions using designated exit routes.
- Notify emergency personnel by calling 9-1-1.
- If possible, remove yourself from the danger area to avoid toxic fumes.
- If this is not possible, shelter in place by shutting all doors, windows, and vents.
- If you are exposed to the chemical, remove the contaminated clothing and washing immediately with soap and water.
- DO NOT attempt to rescue someone who has been overcome by fumes. Emergency personnel in protective clothing and respiratory equipment will respond.

Terrorism

In general, there are four types of terrorism:

1. Conventional – bombings and hijackings.
2. Chemical – poison (nerve gas) to attack people.
3. Biological – bacteria (anthrax), viruses or other organisms to make people seriously ill.
4. Radiological – use of radioactive materials (nuclear weapons) to harm people.

Terrorists tend to strike certain types of targets:

1. Highly populated places – cities, airports, major international events, popular tourist sites.
2. Business and government centers – financial districts, embassies, military bases.
3. Other targets may include – transportation systems, power plants, hospitals, schools, fiber optics.

Things to consider:

1. Be alert. Report suspicious circumstances.
2. Be aware when opening mail.
3. Teach about cyber safety and use of the Internet.

Flood

Educate yourself regarding the history of flooding in your community. Determine the status of your property in a flood event. Check with your insurance agent regarding flood damage protection.

Things to consider during a flood event:

- Tune into your local radio or television stations for updated information on flood watch and or warnings.
- Notify your emergency contact person that you are evacuating your home.
- If you are in danger of being flooded, evacuate to high ground or safe shelter area.
- DO NOT cross a flowing stream or body of flood water in either your vehicle or on foot.
- If asked to evacuate, do so immediately. Follow recommended routes.
- If asked to evacuate take your emergency kit, important papers and valuables as well as pets and pet supplies.
- If your car stalls in flood water, abandon it immediately and walk to higher ground and take what you can carry with you of your emergency supplies.

Things to consider following a flood event:

- Stay turned to radio and television stations for instructions on obtaining food, housing, and medical supplies.
- Report damaged utility lines.
- Upon re-entering your home should it have been damaged, use flashlights rather than lanterns and matches or torches.
- Clean, dry, and check appliances and other equipment for damages before use.
- Purify all water before drinking.
- Discard all food contaminated by flood waters.
- *DO NOT* turn on electricity until all appliances and the interior are complete dry.
- Stay away from the disaster area as congestion will interfere with rescue efforts.
- Notify your emergency contact that you have returned to your home.

Winter Storm

Coos County is not typically subject to extreme winter cold such as blizzards and ice storms but in cases such as a power outage it can be difficult to stay warm. Refer to your emergency contact list for numbers to call. (Page 2 of this booklet)

Consider the following:

- Be sure you have ample heating fuel.
- Winterize your home by insulating walls, install storm windows, weather-strip doors and wrap pipes in insulation or newspaper to keep them from freezing.
- Close off unused rooms.
- Use towels to seal off any drafts around windows or doors.
- Keep hands and feet warm, layer your clothing.
- *NEVER* burn charcoal or propane indoors.
- Check on your neighbors especially if they are elderly.
- Eat regularly so your body has energy to produce heat.
- Go out only if necessary.
- Keep a corded telephone to use in a power outage.

Wind Storm

Coos County is subject to annual high wind storms at various times during the year. Living on the coast we have learned from the past that we must be prepared for this type of an event.

Things to consider might be:

- Tune into NOAA weather to monitor the watch or warning notices.
- Bring in lawn furniture, toys, tools, and secure items such as garbage cans and lids that might be displaced in the wind.
- Stay home and inside and away from windows, glass doors, and skylights.
- If you loose power or witness downed lines, report it to your power company and stay clear of the downed lines.
- Pull your blinds or curtains as the wind could blow objects through the window and into your home.
- If lighting and/or rain is associated with the storm, be aware of power surges and protect your electronic devises.