This set of Preparedness Handouts for PREP Part 1 includes information on the following phases of getting your household ready for an emergency. You don’t need to do everything at once – just keep taking one small step at a time.

**Get informed**

- Prepare Your Mind  
- How to Stay Safe in an Earthquake or Tsunami  
- What to Do Right After an Earthquake  

**Make a plan**

- Red Cross Family Disaster Plan  
- Earthquake Home Hazard Hunt  
- Family Pet Emergency Plan  

**Make a kit**

- Family Emergency Supplies Calendar  
- PREP Checklists: GO and STAY KITS  
- Beyond 72 Hours  
- Where to Buy Supplies  

Once you and your neighbors have a good start on preparing your households, you can go on to PREP Part 2, Get Organized, where you will plan how to help each other effectively after a disaster. Get materials the same place you got these handouts, or see that part of the PREP website, www.preporegon.org, for how to get materials.

When you and your neighbors have worked through PREP Parts 1 and 2, you’ll want to get together every six months to a year to keep your information current, practice your skills, and include new neighbors and those who did not participate earlier. PREP Part 3, Get Confident, has several practice drills along with tips on planning and conducting an effective drill. These are on the website along with additional information and resources.

**Congratulations!** You’re on the road to being ready for anything!
Your mind – including your thoughts, feelings and outlook on life - is your most fundamental and important survival tool. It’s the one thing you can be sure you’ll have with you, no matter what. Here’s what you need to know to be mentally prepared:

- **You’ve already taken the first step toward mental preparedness.** People who have actually thought about what a disaster could be like are more likely to survive than people who haven’t, even if they haven’t made other preparations.

- **Confusion often happens after a disaster.** People can go into a mild state of shock as their body tries to adjust to a major disruption. The best antidote to stress is to breathe – slow and deep breathing gets oxygen back to the brain. Knowing this will help you help others, once you have secured your own safety.

- **If you have made plans for what to do** during and immediately after a disaster, **you'll be able to cope that much more easily.** You’ll feel secure knowing that you’re ready, and you’ll be able to focus on the situation at hand.

- **Physical practice helps.** Physically practice Drop, Cover and Hold and the other plans you and your household make in getting prepared. Aided by muscle memory, you will react more quickly and safely without having to think through what to do.

- **Understand that disasters often bring out the best in people.** Records of disasters show that most people respond with care and compassion toward others and show courage and presence of mind.

- **In a disaster, just stay alert to what’s happening** and re-evaluate your plans as you go along.

**You and the people nearby will be each other’s main support.** This is why knowing your neighbors is so important. The Get Prepared with Your Neighbors and Get Organized parts of PREP will help you make or strengthen those connections, and will help you all make plans such as deciding on a neighborhood gathering area so you can find each other easily after a disaster.

So take heart - you’re partway there already!
How to Stay Safe in an Earthquake or Tsunami

Stay as safe as possible during an earthquake. Take no more than a few steps to a nearby safe place and stay there until the shaking or rolling stops.

If you are indoors

- **DROP, COVER and HOLD ON.** Get under a sturdy table or desk and hold on to it until the shaking stops. If there isn’t a table or desk near you, crouch in an inside corner of the room and cover your face and head with your arms.
- **Stay away from glass,** windows, outside doors and walls, and anything that could fall, such as light fixtures or tall bookshelves (see Earthquake Home Hazard Hunt).
- **Stay in bed if you’re there** when the quake hits. Hold on and cover your head with a pillow, unless you’re near a window or mirror or under a heavy light fixture that could fall. If so, move to the nearest safe place.
- **Use a doorway for shelter only if** it’s close by and if you know the doorway is strongly supported (in some buildings it may not be, especially newer ones). Watch out for doors, which will swing and cause injuries.
- **Stay inside until the shaking or rolling stops** and you’re sure it’s safe to go outside. Most injuries occur when people inside buildings try to go to a different location inside the building or try to leave.
- **When you go out,** watch out for any falling debris above you.
- **Be aware** that the electricity may go out or the sprinkler systems or fire alarms may turn on.
- **DO NOT use the elevators.**

If you are outdoors

- **Move away from buildings,** streetlights and utility wires. The greatest danger is directly outside buildings, at exits and along outside walls. Ground movement during a quake is rarely the direct cause of death or injury. Most victims are hurt by collapsing walls, flying glass and falling objects or debris.
- **Stay outside** until the shaking stops and be ready for aftershocks, which can also be very strong. Stay away from damaged areas.

If you are driving

- **Stop as quickly as safety permits and stay in the car** with your seat belt fastened. **Avoid** stopping near or under buildings, trees, overpasses and utility wires.
- **Proceed cautiously once the earthquake has stopped.** Avoid downed electrical wires and elevated roads, bridges or ramps that might have been damaged by the earthquake.

If you are trapped under debris

- **Do not light a match.**
- **Do not move about** or kick up dust. **Cover your mouth** with a handkerchief or clothing.
- **Tap on a pipe or wall** so rescuers can locate you. Use a **whistle** if you have one. Shout only as a last resort. Shouting can exhaust and dehydrate you and cause you to inhale dangerous amounts of dust.

If you are on the coast

- **Pay attention to the tsunami evacuation signs. Know your best route to higher ground.**
- **Move inland to higher ground immediately** after the shaking or rolling stops and stay there. **You’ll have between 20 and 30 minutes** to seek higher ground.
- **Stay away from the beach.** Never go down to the beach to watch a tsunami come in. If you can see the wave you are too close to escape it.
- **CAUTION:** If you see water being pulled strongly out from the shoreline this is nature’s tsunami warning and it should be heeded. You should **move away immediately.**

www.preporegon.org
• **Check yourself and your loved ones for injuries.** The number one injury is cut feet from walking on broken glass: see the next item.

• **Protect your head, feet, and hands.** A bicycle helmet or hard hat protects from falling debris. Sturdy shoes protect from broken glass. Leather gloves protect from sharp objects. All should be stored ahead of time under each person's bed with a flashlight.

• **To prevent fire, check the natural gas or propane at your home.** If you smell a rotten egg smell, hear a hissing noise, or (for natural gas) see the meter dials spinning fast, open a window and quickly leave the building. Turn off the gas at the outside main valve, where the pipe comes out of the ground, by turning it ¼ turn in either direction – a NON-SPARK cast aluminum adjustable wrench works well. If possible, call the gas company from outside your house or at a neighbor’s home.

  **For propane,** turn off the valve on top of the tank, turning it to the right until it’s completely closed.

  **NEVER turn the gas or propane back on.** To avoid dangerous leaks, it must be turned back on by the gas company or a certified plumber.

• **If there is a small, contained fire, use your fire extinguisher.** (PASS: Pull the pin, Aim the hose at the base of the fire, Squeeze the handle, and Sweep from side to side of the fire.)

  **If the fire is too big to put out with one fire extinguisher,** quickly evacuate and call 911 from a neighbor’s house or cell phone.

• **Look for electrical system damage if you can.** If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. Do not step in water to get to the fuse box or circuit breaker. Shut off the individual circuits before shutting off the main circuit breaker.

• **If you are outside, stay away from downed power lines.** You can’t tell by looking at them whether they are 'live' or not. NEVER try to move them. NEVER try to hop over them. Be sure to check overhead for power lines and other hanging items. NEVER walk under a power line that is resting on a tree branch or fallen tree.

• **Shut off water at the main house valve.** This traps water in your home and keeps pollutants out of possible drinking water. Likely locations for the house valve are the basement, near the water heater, the garage or at the curb or the meter.

These steps are covered in more depth in the **Get Organized** part of PREP.
Your Family Disaster Plan

Where will your family be when disaster strikes? They could be anywhere—

at work

at school

or in the car.

How will you find each other? Will you know if your children are safe?

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services—water, gas, electricity or telephones—were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

Families can—and do—cope with disaster by preparing in advance and working together as a team. Follow the steps listed in this brochure to create your family’s disaster plan. Knowing what to do is your best protection and your responsibility.

Seattle Emergency Management

U.S. Department of Health and Human Services

American Red Cross
EMERGENCY SUPPLIES

Keep enough supplies in your home to meet your needs for at least three days. Assemble a Disaster Supplies Kit with items you may need in an evacuation. Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffle bags or covered trash containers.

Include:
- A three-day supply of water (one gallon per person per day) and food that won’t spoil.
- One change of clothing and footwear per person, and one blanket or sleeping bag per person.
- A first aid kit that includes your family’s prescription medications.
- Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries.
- An extra set of car keys and a credit card, cash or traveler’s checks.
- Sanitation supplies.
- Special items for infant, elderly or disabled family members.
- An extra pair of glasses.

Keep important family documents in a waterproof container. Keep a smaller kit in the trunk of your car.

UTILITIES

Locate the main electric fuse box, water service main and natural gas main. Learn how and when to turn these utilities off. Teach all responsible family members. Keep necessary tools near gas and water shut-off valves.

Remember, turn off the utilities only if you suspect the lines are damaged or if you are instructed to do so. If you turn the gas off, you will need a professional to turn it back on.

4 Steps to Safety

Find Out What Could Happen to You

Contact your local emergency management or civil defense office and American Red Cross chapter — be prepared to take notes:
- Ask what types of disasters are most likely to happen. Request information on how to prepare for each.
- Learn about your community’s warning signals: what they sound like and what you should do when you hear them.
- Ask about animal care after disaster. Animals may not be allowed inside emergency shelters due to health regulations.
- Find out how to help elderly or disabled persons, if needed.
- Next, find out about the disaster plans at your workplace, your children’s school or daycare center and other places where your family spends time.

Create a Disaster Plan

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and earthquakes to children. Plan to share responsibilities and work together as a team.
- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Pick two places to meet:
  1. Right outside your home in case of a sudden emergency, like a fire.
  2. Outside your neighborhood in case you can’t return home. Everyone must know the address and phone number.
- Ask an out-of-state friend to be your “family contact.” After a disaster, it’s often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact’s phone number.
- Discuss what to do in an evacuation. Plan how to take care of your pets.

Fill out, copy and distribute to all family members

Family Disaster Plan

<table>
<thead>
<tr>
<th>Emergency Meeting Place</th>
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</thead>
<tbody>
<tr>
<td>Meeting Place</td>
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</tr>
<tr>
<td>Address</td>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Family Contact</td>
<td></td>
</tr>
<tr>
<td>Phone</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

( ) day ( ) Phone ( ) evening
Complete This Checklist

- Post emergency telephone numbers by phones (fire, police, ambulance, etc.).
- Teach children how and when to call 911 or your local Emergency Medical Services number for emergency help.
- Show each family member how and when to turn off the water, gas, and electricity at the main switches.
- Check if you have adequate insurance coverage.
- Teach each family member how to use the fire extinguisher (ABC type), and show them where it’s kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt.
- Stock emergency supplies and assemble a Disaster Supplies Kit.
- Take a Red Cross first aid and CPR class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe spots in your home for each type of disaster.

Practice and Maintain Your Plan

- Quiz your kids every six months so they remember what to do.
- Conduct fire and emergency evacuation drills.
  Year   | Drill Date
  _______ | _________
  _______ | _________
  _______ | _________
- Replace stored water every six months and stored food every year.
- Test and recharge your fire extinguisher(s) according to manufacturer’s instructions.
- Test your smoke detectors monthly and change the batteries at least once a year.
  Jan.  | July  
  May   | Nov.  
  June  | Dec.  
- Change batteries in _______ each year.

HOME HAZARD HUNT

During a disaster, ordinary objects in your home can cause injury or damage. Anything that can move, fall, break or cause a fire is a home hazard. For example, a hot water heater or a bookshelf can fall. Inspect your home at least once a year and fix potential hazards.

Contact your local fire department to learn about home fire hazards.

NEIGHBORS HELPING NEIGHBORS

Working with neighbors can save lives and property. Meet with your neighbors to plan how the neighborhood could work together after a disaster until help arrives. If you’re a member of a neighborhood organization, such as a home association or crime watch group, introduce disaster preparedness as a new activity. Know your neighbors’ special skills (e.g., medical, technical) and consider how you could help neighbors who have special needs, such as disabled and elderly persons. Make plans for child care in case parents can’t get home.

EVACUATION

Evacuate immediately if told to do so:

- Listen to your battery-powered radio and follow the instructions of local emergency officials.
- Wear protective clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your home.
- Use travel routes specified by local authorities — don’t take shortcuts because certain areas may be impassable or dangerous.

If you’re sure you have time:

- Shut off water, gas and electricity before leaving, if instructed to do so.
- Post a note telling others when you left and where you are going.
- Make arrangements for your pets.
If disaster strikes
Remain calm and patient. Put your plan into action.

Check for injuries
Give first aid and get help for seriously injured people.

Listen to your battery powered radio for news and instructions
Evacuate, if advised to do so. Wear protective clothing and sturdy shoes.

Check for damage in your home...
- Use flashlights — do not light matches or turn on electrical switches, if you suspect damage.
- Check for fires, fire hazards and other household hazards.
- Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly.
- Shut off any other damaged utilities.
- Clean up spilled medicines, bleaches, gasoline and other flammable liquids immediately.

Remember to...
- Confine or secure your pets.
- Call your family contact — do not use the telephone again unless it is a life-threatening emergency.
- Check on your neighbors, especially elderly or disabled persons.
- Make sure you have an adequate water supply in case service is cut off.
- Stay away from downed power lines.

The Federal Emergency Management Agency’s Community and Family Preparedness Program and the American Red Cross Community Disaster Education Program are nationwide efforts to help people prepare for disasters of all types. For more information, please contact your local emergency management office and American Red Cross chapter. This brochure and other preparedness materials are available by calling FEMA at 1-800-480-2520, or writing: FEMA, P.O. Box 2012, Jessup, MD 20794-2012.
Publications are also available on the World Wide Web at:
FEMA’s Web site: http://www.fema.gov
American Red Cross Web site: http://www.redcross.org

Local sponsorship provided by:
City of Seattle, Office of Emergency Management
2320 4th Avenue
Seattle, WA 98121-1718
(206) 233-5076 • www.seattle.gov/emergency_mgt

Your Family Disaster Plan
Earthquake Home Hazard Hunt

Recommendations for reducing earthquake hazards in your home are presented on the other side of this poster.

- Strap computers
- Securely fasten or relocate heavy pictures and mirrors over beds
- Strap bookcases and shelves to walls to prevent tipping
- Brace or replace masonry chimneys
- Secure ceiling fans and hanging light fixtures
- Know how and when to shut off utilities
- Upgrade unbraced crawl space walls (or other foundation problems)
- Ensure that gas appliances have flexible connections
- Prevent rolling or tilting of refrigerators
- Strap down televisions and other expensive or hazardous electrical components
- Brace water heaters
- Secure cabinets to wall studs; use latches to keep cabinet doors from flying open during an earthquake
- Strengthen garages that have living space above them
- Know how and when to shut off utilities
This poster has information for you and your family to help you find and fix areas of your home that might be damaged in an earthquake and that might injure family members during an earthquake. Information is also provided on planning for an earthquake to fit your lifestyle and after an earthquake occurs.

Your earthquake home hazard hunt should begin with all family members participating. Forethought, imagination, and common sense are all that are needed as you go from room to room imagining what would happen if the earth and house started shaking. Anything that can move, break, or fall when your house starts to shake is a potential hazard.

What would happen to heavy furniture, fixtures, and appliances?
- Look at tall bookcases and shelves. How much would fall off the shelves? Would the whole bookcase topple? Is it anchored to the wall?
- Are there any wood end walls or walls supporting the first floor? Check to see whether the ends of wood walls are braced with plywood panels or diagonal wood sheathing. If your house has neither of these, the wood-sheathed walls are probably too weakly braced or braced inadequately to resist earthquake damage.
- Look at the area around your chimney. Masonry chimneys are not braced to resist horizontal or vertical wall movement. This wall movement is strong enough to brace wood stud crawl spaces.
- Check for possible flying glass. Your earthquake home hazard hunt should begin with all family members participating, particularly on rooftops.
- Are you hanging light fixtures or plants? Could they swing and hit a window or mirror? Run their cords or wires through eye screws in your stud or rafter to keep them from falling.
- Check foundation for loose or cracked plaster.
- Check your roof. Make sure all tiles are secured – loose tiles could fall.
- Look at the outside of your home. What about your chimney? Masonry chimneys are not braced to resist horizontal movement of the wall. The chimney will probably break apart from your house above the roof line, as bricks may fall into the house.

Garages With Living Spaces Above
- The large opening of a garage door and the weight of a secondary room built over the garage can result in the garage walls being too weak to withstand earthquake shaking, resulting in their collapse in a weakly braced structure. If the garage door opening cannot be reinforced or braced, the potential for the garage door to collapse is greater.
- Look at the joined segment and the garage door opening – are there braces or pins? If not, the garage door opening, strengthening may be needed. Consult a licensed architect or engineer to determine the strengthening required to upgrade your garage walls. Your home may need to have plywood sheathing or a steel frame designed and installed around the door opening (see Figure B). Remember to obtain a permit from your local Building Department before starting work.

Chimney Bracing
- To prevent the chimney from breaking apart from the house, you should have it braced in the framing of the roof with steel metal straps (see Figure C). If your roof doesn’t have solid sheathing, consult with your local Building Department before starting work.

Groundwater
- The water table can be a potential hazard during an earthquake. In some cases, a lip or low barrier across shelves may prevent breakable from sliding out.
- Secure mirrors, pictures, plants, and other objects on closed hooks. In severe damage. If the room built over the garage can result in the garage walls being too weak to withstand earthquake shaking, resulting in its collapse in a weakly braced structure. If the garage door opening cannot be reinforced or braced, the potential for the garage door to collapse is greater.
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Water Heaters
- High-temperature hot water systems – boilers, water heaters, and tankless units – and equipment connected to them may be damaged during an earthquake. You should secure the water heater to the wall studs with straps.
- Secure the top, the right side and the left side of the unit into wall studs, not just into the drywall.
- Use flexible metal supports on gas lines to allow movement independent of the wall, reducing the strain on the lines.
- Secure loose boxing by applying earthquake-resistant joint compound on each corner bracket.
- Secure heavy items and breakables from sliding out.

Safe storage
- If you have an earthquake insurance policy, check it to see if it covers the contents in a garage or outside storage area. Be sure to save money in an emergency savings account that could be used for replacements.
- Be prepared to deal with what you may experience after an earthquake, such as fire or water leaks, power outages, and road blocks.
- Be prepared to deal with what you may experience after an earthquake, such as fire or water leaks, power outages, and road blocks.
- Keep household gas lines leak tight.
- Keep enough water and extra canned food and bottled water on hand to last 3 days.
- Have a minimum of one bottle of water (or 64 oz can of soda) per person per day for drinking.
- Have a portable radio with batteries and a flashlight.
- Have means to communicate with outside.
- Have a back-up source of food and water.
- Have a back-up source of food and water.

Take Action To Protect Yourself and Your Family From Earthquakes
Take and practice a Family Earthquake Drill so that you and your family will do what to do before an earthquake occurs, you can condition yourself and your family to react correctly and spontaneously when the first jitter is shaking. An earthquake can happen at any time.

Family Earthquake Drill
- Join up and practice your Family Earthquake Drill. You may want to do this drill at their desks, the family room, or in the kitchen. It's important to know where there will be safe spots in each room.
- Have safe spots. The best places to be are under heavy pieces of furniture, such as a table or desk, at a doorway, or against a wall.
- Secure mirrors and pictures on closed hooks.

Furniture
- Follow these important guidelines:
- Secure all tall, top-heavy furniture to wall studs. You should see Figure B to see if you need to reinforce cabinets. Other options include:
- Purchase and install a strap kit from your local hardware store. These straps are very affordable.
- Anchor bookcases and other top-heavy furniture to wall studs using flexible fasteners (e.g., nylon straps) and lag screws. This is especially important for children.
- Remember to secure items, particularly on rooftops.
- Check the foundation for loose or cracked plaster.
- Check your roof. Make sure all tiles are secured – loose tiles could fall.
- Look at the outside of your home. What about your chimney? Masonry chimneys are not braced to resist horizontal movement of the wall. The chimney will probably break apart from your house above the roof line, as bricks may fall into the house.

Figure B. Strengthening garage walls below living spaces.

Figure A. Strengthening weak crawlspaces walls.

Figure D. Securing home electronics.

Figure E. Securing top-heavy furniture.

Figure F. Securing home electronics.

Figure G. Securing home electronics.

Figure H. Securing home electronics.

Figure I. Securing home electronics.

Figure J. Securing home electronics.

Figure K. Securing home electronics.
Family Pet Emergency Plan

Keep this plan, a photo of your pet, another photo with you or your family, and your pet’s vaccination and veterinary records with your pet emergency kit. Put a copy of all these items with your important family papers. Update information as you replace food and water supplies every 6 months.

Your Pet’s Information

<table>
<thead>
<tr>
<th>Pet’s name:</th>
<th>Type of pet:</th>
<th>Age:</th>
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</thead>
<tbody>
<tr>
<td>Microchip/License #:</td>
<td>Breed:</td>
<td>Color:</td>
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</tbody>
</table>

Veterinary Information

<table>
<thead>
<tr>
<th>Veterinarian:</th>
<th>Address:</th>
<th>Phone:</th>
</tr>
</thead>
</table>

Medical or behavior problems: Pet’s medication and doses:

Sheltering Information: If you have to evacuate, take your pets with you. DO NOT LEAVE YOUR PETS BEHIND. However, it’s important to know that animals will not be allowed in most public emergency shelters. Below, list options for pet-friendly lodging (hotels or motels) and longer-term boarding options. Long-term boarding could include veterinarians, boarding kennels, animal shelters, or neighbors, friends or family who don’t need to evacuate.

Pet-friendly lodging

<table>
<thead>
<tr>
<th>Name:</th>
<th>Address:</th>
<th>Phone:</th>
</tr>
</thead>
</table>

| Name: | Address: | Phone: |

Longer-term boarding options

<table>
<thead>
<tr>
<th>Name:</th>
<th>Address:</th>
<th>Phone:</th>
</tr>
</thead>
</table>

| Name: | Address: | Phone: |

Pet Emergency Kit: Just like their owners, pets will need an emergency kit with enough food and water for 2 to 3 weeks after a disaster. Food and water in the kit should be replaced every 6 months and kept in a container that’s easy to access (consider a rolling suitcase or backpack). Other items:

- Pet first-aid kit and book
- Medications, flea treatments
- Non-spill bowls
- Can opener
- Extra harness and leash
- ID tags
- Carrier with pet’s name and yours
- Pet toys
- Familiar bedding or blanket
- Treats
- Garbage bags for cleanup
- Grooming items

Especially for cats:
- Disposable litter trays, litter and scoop
- Pillowcase
- Anti-stress remedies, such as Bach’s Rescue Remedy

Especially for dogs:
- Cage liner (e.g., newspapers)
- Paper towels and disinfectant
- Pet shampoo
- Muzzle

Adapted by PREP with permission from plan by Multnomah County Emergency Management, Portland
<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
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<td><strong>Grocery Store:</strong></td>
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<td><strong>First Aid Supplies:</strong></td>
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<td>☐ 1 gallon water*</td>
<td>☐ Crescent wrench</td>
<td>☐ 1 gallon water*</td>
<td>☐ Aspirin or</td>
<td>☐ Hardware to</td>
<td>☐ 1 gallon water*</td>
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<tr>
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<td>☐ Crowbar</td>
<td>☐ 1 protein item*</td>
<td>☐ Screwdriver set</td>
<td>☐ 1 protein item*</td>
<td>☐ Tylenol</td>
<td>secure heavy or</td>
<td>☐ 1 can ready-to-eat</td>
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<td>☐ 1 large can juice*</td>
<td>☐ Smoke detector</td>
<td>☐ 1 can fruit*</td>
<td>☐ Heavy rope</td>
<td>☐ 1 can fruit*</td>
<td>☐ Compresses</td>
<td>hazardous objects</td>
<td>soup*</td>
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<td>☐ 2 flashlights with batter</td>
<td>☐ Sanitary napkins</td>
<td>☐ Duct tape</td>
<td>☐ 1 can vegetables*</td>
<td>☐ Gauze/bandages</td>
<td>Heavy work gloves</td>
<td>☐ 1 protein item*</td>
</tr>
<tr>
<td>☐ Instant coffee, tea, powdered drinks</td>
<td>☐ 1 box quick energy snacks</td>
<td>☐ Adult vitamins</td>
<td>☐ Battery powered camping lantern</td>
<td>☐ 2 rolls toilet paper*</td>
<td>☐ First aid tape</td>
<td>1 box disposable dust masks</td>
<td>☐ 1 can fruit*</td>
</tr>
<tr>
<td>☐ Permanent marking pen to mark date on cans, bottles</td>
<td>☐ 1 box quick energy snacks</td>
<td>☐ 1 box quick energy snacks</td>
<td>☐ Bungee cords</td>
<td>☐ Adhesive bandages (assorted sizes)</td>
<td>☐ Extra batteries</td>
<td>☐ 1 can vegetables*</td>
<td>☐ 1 can vegetables*</td>
</tr>
<tr>
<td>☐ 1 box large heavy-duty garbage bags</td>
<td>☐ Also: Pet leash and/or carrier</td>
<td>☐ Also: Pet food, diapers, and baby supplies (remember 1 gallon water for each pet)</td>
<td>☐ Also: Extra medications or a prescription marked “Emergency Use”</td>
<td>☐ Also: Special foods for dietary/medical restrictions</td>
<td>☐ Also: Extra batteries for special medical equipment</td>
<td>☐ Also: Assorted safety pins</td>
<td>☐ Children’s vitamins</td>
</tr>
<tr>
<td><strong>To Do:</strong></td>
<td><strong>Also:</strong></td>
<td><strong>To Do:</strong></td>
<td><strong>Also:</strong></td>
<td><strong>To Do:</strong></td>
<td><strong>To Do:</strong></td>
<td><strong>Also:</strong></td>
<td><strong>Also:</strong></td>
</tr>
<tr>
<td>Check your home for hazards.</td>
<td></td>
<td>Pack a “Go Kit” for evacuations. Mark your calendar for 6 months from today to replenish/replace food and water.</td>
<td></td>
<td>Place a pair of sturdy shoes and a flashlight under each bed so they are handy during an emergency.</td>
<td>Identify evacuation routes for your area.</td>
<td></td>
<td>Any items required for eye care</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 9</th>
<th>Week 10</th>
<th>Week 11</th>
<th>Week 12</th>
<th>Week 13</th>
<th>Week 14</th>
<th>Week 15</th>
<th>Week 16</th>
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<tbody>
<tr>
<td><strong>First Aid Supplies:</strong></td>
<td><strong>Grocery Store:</strong></td>
<td><strong>Hardware Store:</strong></td>
<td><strong>Grocery Store:</strong></td>
<td><strong>First Aid Supplies:</strong></td>
<td><strong>Hardware Store:</strong></td>
<td><strong>Grocery Store:</strong></td>
<td><strong>Hardware Store:</strong></td>
</tr>
<tr>
<td>☐ Scissors</td>
<td>☐ 1 can ready-to-eat soup*</td>
<td>☐ Waterproof portable plastic container for important papers</td>
<td>☐ 1 large can juice*</td>
<td>☐ 1 can ready-to-eat soup*</td>
<td>☐ Whistle</td>
<td>☐ 1 can ready-to-eat soup*</td>
<td>☐ Extra flashlight</td>
</tr>
<tr>
<td>☐ Tweezers</td>
<td>☐ 1 protein item*</td>
<td>☐ Portable AM/FM radio and batteries</td>
<td>☐ Large plastic food bags</td>
<td>☐ 1 protein item*</td>
<td>☐ ABC fire extinguisher</td>
<td>☐ 1 can ready-to-eat soup*</td>
<td>batteries</td>
</tr>
<tr>
<td>☐ Antiseptic</td>
<td>☐ 1 can vegetables*</td>
<td>☐ 1 box quick energy snacks</td>
<td>☐ 1 box quick energy snacks</td>
<td>☐ 1 protein item*</td>
<td>☐ Pliers</td>
<td>☐ 1 protein item*</td>
<td>Duck tape</td>
</tr>
<tr>
<td>☐ Liquid hand soap</td>
<td>☐ 1 box graham crackers</td>
<td>☐ 3 rolls paper towels</td>
<td>☐ 2 rolls paper towels</td>
<td>☐ 1 protein item*</td>
<td>☐ Vise grips</td>
<td>☐ 1 package eating utensils</td>
<td>Hammer</td>
</tr>
<tr>
<td>☐ Hand sanitizer</td>
<td>☐ Liquid dish soap</td>
<td>☐ Facial tissues</td>
<td>☐ Facial tissues</td>
<td>☐ 1 protein item*</td>
<td>☐ Camping or utility knife</td>
<td>☐ 1 package eating utensils</td>
<td>Assorted nails</td>
</tr>
<tr>
<td>☐ Disposable hand wipes</td>
<td>☐ Liquid bleach</td>
<td></td>
<td></td>
<td>☐ 1 protein item*</td>
<td>☐ Extra batteries</td>
<td>☐ 2 rolls toilet paper*</td>
<td></td>
</tr>
<tr>
<td>☐ Sewing kit</td>
<td>☐ 1 box heavy-duty garbage bags</td>
<td></td>
<td></td>
<td>☐ 1 protein item*</td>
<td>☐ Extra batteries</td>
<td>☐ 3 rolls paper towels</td>
<td></td>
</tr>
<tr>
<td><strong>Also:</strong> Individual eye protection (safety glasses/goggles)</td>
<td>☐ Also: blankets or sleeping bags for each family member</td>
<td></td>
<td></td>
<td>☐ 1 protein item*</td>
<td>☐ 2 rolls toilet paper*</td>
<td>☐ To Do: Photocopy important papers and store them safely. Determine if there is an out-of-state family member or other secure storage place to put copies of your important papers.</td>
<td></td>
</tr>
<tr>
<td><strong>To Do:</strong></td>
<td><strong>Also:</strong></td>
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<td><strong>To Do:</strong></td>
<td><strong>Also:</strong></td>
<td><strong>To Do:</strong></td>
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<tr>
<td>Establish an out-of-state contact to call in case of emergency. Inform your emergency contacts of this situation.</td>
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<td>Plan and practice exit drills in the home.</td>
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<td><strong>To Do:</strong></td>
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<tr>
<td>Find out if there is an out-of-state family member or other secure storage place to put copies of your important papers.</td>
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</tbody>
</table>

*Per person in the household

Calendar provided by Multnomah County Emergency Management, Portland
In gathering what you need to make it through a disaster, put together both a **GO KIT**, in case you need to evacuate, and a **STAY KIT** of gear and supplies you’ll need to ride it out at home. Even after a major earthquake, your house might still be safe to stay in, and with enough preparation you can stay at home even if utility and transport services are out. Studies show people fare best at home if it’s safe. Here are PREP’s suggestions – based on Red Cross, Ready.gov and other sources – as a starting point for customizing your kits for your family’s needs.

### GO KIT: Consider what you’d need if your house is not safe and you need to evacuate to a shelter, motel, or home of family or friend. Pack up the GO BAGS (consider rolling suitcases or backpacks) and store them in an easily accessible place.

- **Under everyone’s bed**
  - a pair of sturdy shoes/boots & socks
  - bicycle helmet or hard hat
  - leather work gloves
  - flashlight & whistle stuffed in shoes
  - bottle of water

- **In personal GO BAGS**
  - toothbrush & paste, soap & small towel
  - facial tissue & toilet paper
  - complete change of warm clothing plus rain gear
  - sleeping bag or blanket
  - water: 1 gallon/day x 3 days (or put in family bag)
  - medications & wellness items
  - spare pair of glasses or contact lens items
  - out of area contact information
  - photo of the whole family
  - cash in small bills
  - a comfort item (stuffed toy, book . . . )

- **In the family GO BAG**
  - 3 days’ supply of high-protein, high-energy food that won’t spoil (see STAY KIT for suggestions)
  - can opener, utensils, plastic/paper dishes & cups
  - battery/crank radio, flashlight, extra batteries
  - first aid kit including prescriptions & a manual
  - sewing kit with scissors
  - extra set house & car keys
  - more cash in small bills & credit card
  - important family papers in a waterproof container (include copies of insurance & medical information & phone nos.; prescriptions; driver’s licenses/other ID)
  - photo of whole family and pets
  - paper and pens or pencils with hand sharpener
  - sanitation supplies (see STAY KIT for examples)
  - toilet paper
  - entertainment items: cards, books
  - special items for infants & the elderly/disabled

### STAY KIT: In a large disaster such as a regional earthquake, supplies will be a long time coming due to damaged or impassible roads, so it’s best to plan for 3 weeks on your own. You don’t need to assemble your STAY KIT into one place as long as you know where it all is. To build up your kit a little at a time, use the Family Emergency Supply Calendar as a buying guide. To the GO KIT lists, add this list:

- **Water:** Store tap water in clean food-safe bottles (not milk jugs), or buy bottled water. Also, you can use water from your water heater if it’s not damaged. (Be sure now that it’s securely strapped down, and flush the heater annually to remove sediment.) This water may not be drinkable without treatment but can be used for washing.
  - You need 1 gallon per person per day for drinking, cooking and hygiene.

  See Beyond 72 Hours for more information on how to store and purify water.

For Fido or Fluffy

Pets, except service animals, are not generally allowed in human shelters. Some shelters might have facilities for pets nearby, but most don’t. So it’s important to make alternative plans such as kennels, pet-friendly motels, neighbors, friends or family. See the Family Pet Emergency Plan handout for information and supplies for your pet’s emergency kit. Also,

- consider microchipping your pet companion
- be sure rabies vaccinations are up to date (required for shelter admission)
- keep your pets securely leashed or confined while transporting; keep papers & emergency kit with them
- arrange with a trusted neighbor to care for each other’s pets if you’re not home when disaster strikes; make sure neighbor knows location of emergency kit
STAY KIT, continued

Food: See Beyond 72 Hours for using food from the fridge and freezer. Choose foods household members like, which don’t need refrigeration, are not too salty, and mostly don’t require cooking. (If you use very salty food or dehydrated food, you’ll need more water.) Don’t store food for your kit in glass. Include
- protein items such as nuts & canned meats, fish, beans, soups & stews
- canned vegetables & fruits; canned/boxed juices
- high energy foods such as energy bars, peanut butter & crackers, trail mix, fruit & cookies
- dry cereal/granola & sealed boxes of milk or boxed milk substitutes
- comfort foods (coffee, tea, chocolate!)
- vitamins
- special needs for infants & elders

Kitchen gear & supplies:
- camp stove & fuel (see Beyond 72 Hours for why to cook OUTSIDE ONLY!)
- non-electric can opener
- antibacterial dish soap
- household bleach to dilute for a disinfectant (10 drops per gallon of water, let stand 30+ minutes)
- zip seal bags; garbage bags & ties
- To minimize the need for washing water, store paper plates & cups, plastic utensils, paper towels & napkins, disposable disinfecting hand wipes

Emergency gear:
- battery lanterns, more batteries
- magnesium striker
- candles with matches in waterproof holder (last resort light source only—fire hazard)
- cell phone; battery or hand crank phone charger (test it!)
- hand crank battery charger or auto battery inverter
- dust masks to filter dust-contaminated air
- local maps

Sanitation:
- separate buckets for pee & poo with toilet seat lid & sawdust or other carbon material to cover poo (see Beyond 72 Hours for details; learn how!)
- heavy duty trash bags & ties
- personal & feminine hygiene items, soap, shampoo
- See “Kitchen gear & supplies” for using bleach as a disinfectant.

Tools:
- Swiss Army knife, field knife with razor bands & sharpening stone, multi tool
- pliers sets, vise grips, multi screwdriver set, screws, hammer, nails, wire, epoxies, staple gun & staples
- small axe, shovel, foldable root saw, hack saw blade, metal file for sharpening, crowbar or pry bar
- shutoff tools (non-sparking) to turn off utilities
- ABC fire extinguisher

Shelter:
- tent (see Beyond 72 Hours for how to use indoors)
- plastic sheeting & duct tape for covering broken windows
- roofing tarp
- 2 painter drop cloths 10x20
- nylon rope

Once you have these kits together, you can make smaller kits for the car, work or school. See the Resources section of the PREP website if you want more suggestions for emergency supplies.

CAMPING KIT: In addition to the STAY and GO KIT lists, include these items if you want the option of camping out in your back yard or elsewhere. This could be an alternative to a shelter, motel, or family member/friend’s home, should your house not be safe to stay in.

Camp kitchen:
- mess kits or cups, plates & utensils
- cook pots, cooking knife, large spoon
- ice chest for food storage
- aluminum foil
- sponge scrubby, hand towel, hot pads

Clothing:
- extra warm clothes, underwear & socks
- boots, rain pants & poncho

Miscellaneous:
- US Army Field Guide or similar survival book
- mylar blankets, quick dry towels
- sunscreen, bug repellent
- notebooks, paper, pens, pencils with hand sharpener
- books, games, puzzles, toys, etc. for children
- stuff sacs, duffel bags &/or backpacks
- small backpacks/waist packs for personal stuff

www.preporegon.org
Beyond 72 Hours

We often hear about 72-hour kits in the context of disaster readiness. However, a widespread regional disaster such as a Cascadia subduction zone earthquake would disrupt supply, assistance and communications lines for much longer than 72 hours. Think through your needs for up to three weeks without services. Though food supplies may eventually be provided through the Red Cross and National Guard, we need to consider these issues:

**Power:** Be prepared to be without refrigeration and hot water; stoves; electric can openers; computers; security devices and street lights at night; and most phones except possibly land lines, with non-electric phone only, and emergency phones (cellphones may work for texting if towers are standing). If you have a wood stove, store extra wood. Consider a generator and fuel or portable solar panels for lighting, heating and recharging.

**Water:** The standard recommendation is to store one gallon of drinking water per person per day for drinking, cooking, brushing teeth and washing hands. But this doesn't take care of all our water needs—for showering, washing dishes and clothes, and flushing toilets (see below). Most homes have some water stored in the water heater tank (which needs to be bolted or strapped down). Some homes have hot tubs, swimming pools, or rain-water barrels, but these can be damaged in a quake and leak. Also, the chemicals in hot tubs and swimming pools are too concentrated for that water to be drinkable, but it can be used for washing. It would also be a good idea to have a water filter that can filter out bacteria (see Where to Buy Supplies for more information). You can also purify water by boiling, then adding 16 drops of bleach per gallon and letting it stand 30 minutes before using. Aerate for better taste by pouring between two clean containers.

**Food:** Most food in the fridge should be consumed within 24 hours. Frozen food will keep for 2 or 3 days without electricity. Cook on a camp stove or BBQ OUTDOORS only. Cooking this way indoors gives off deadly gases, even if you cook in the fireplace. If you don’t have something to cook on, find someone who does and share cooking duties and your perishable food. Store at least a 2 week supply of non-perishable food, including ready-to-eat items that have high energy/calorie content.

**Garbage:** Store a generous supply of heavy duty plastic bags to store garbage until service is restored or until alternative drop-off locations can be arranged.

**Human waste:** Use the two-bucket system developed following the Christchurch earthquake to separate pee and poo. Get two 5 to 6 gallon buckets with lids plus a toilet seat that can be used on either bucket (available through preparedness stores and websites), and one or two gallon-size plastic bags of sawdust, shredded paper, peat moss, pulverized leaves or other carbon material. Mark one bucket "pee" and the other "poo." (Pee is what produces the bad smell in toilets that mix waste, so the idea is to keep them separate as much as possible.) Keep the pee bucket well sealed when not in use. Sprinkle enough of the carbon material over poo to completely cover the surface (this eliminates odors and keeps flies from making themselves at home). Cover the poo bucket with the toilet seat making sure it is not airtight—air will dry out the poo and reduce its volume. Collect used toilet paper separately in a plastic bag. For more detail, see the Emergency Sanitation handout available on the Get Prepared page of this website.

**Shelter:** If you don’t already have a tent, get one if you can. If your house is livable after a disaster but has no heat, a small tent can be set up right on a bed. A larger one can be set up on the floor and the mattress moved into it. The tent will retain body heat, keeping you warmer. If your house is not liveable, a tent can house you until you can find other shelter; be sure it is large enough for family members and gear.

For more ideas, check the Long-Term Resilience section of the PREP website.
Note that, while you can buy various kinds of emergency kits that are already put together, you will pay extra for the convenience. You can put your own kit together more inexpensively by investing some time. Plus, some things you may already have at home.

**Stores in the Portland area** (most also sell online)

**Portland Preparedness Center** 7202 NE Glisan St, Portland, (503) 252-2525. Carries a wide variety of emergency supplies, both short and long term. You can shop online or go in and see before you buy.

**Sanderson Safety** 1101 SE Third Avenue, Portland; (503) 238-5700. First aid kits, hard hats, lots more.


**Bob’s Red Mill** 5000 SE International Way, Milwaukie, (503) 607-6455; toll-free (800) 553-2258. Packaged and bulk flours, beans and whole grains; gluten-free products made in dedicated facility. Products available in local stores in all 50 states and Canada (locator on website).


**Next Adventure**, 426 SE Grand, (503) 233-0706. Store has both new and used gear.

**REI** Wide range of camping and wilderness survival gear. Area stores at
- 1405 NW Johnson, Portland, (503) 221-1938
- 12160 SE 82nd, Portland, (503) 659-1156 (Clackamas store)
- 7410 SW Bridgeport Rd, Tigard, (503) 624-8600
- 2235 NW Allie Avenue, Hillsboro, (503) 617-6072

Also: [REI-Outlet](#), [How to Choose a First-Aid Kit](#), [First Aid Checklist](#), [How to Choose a Water Treatment System](#).


**Wholesale Sports** Website shows local store inventory (no online shopping). Stores at
- 9401 SE 82nd Ave, Portland, (503) 777-8700
- 11505 NE Fourth Plain Rd, Vancouver, WA, (360) 604-8000

Other camping and sporting goods stores, surplus stores, thrift stores, dollar and other discount stores (especially Fred Meyer, Bi-Mart, Wal-Mart and Costco). Also, [Radio Shack](#) for hand crank and solar radios.

**Stores in Other Parts of Oregon**

The RedEshop, 559 NW Van Buren Ave, Corvallis, (541) 791-4911. Website is [RedESupply](#). Supplier for NET and CERT volunteer first responder teams.

**REI** stores:
- 380 Powerhouse Dr, Bend, (541) 385-0594
- 306 Lawrence St, Eugene, (541) 465-1800

**Wholesale Sports** Website shows local store inventory (no online shopping). Stores at
- 63492 Hunnell Rd, Bend, (541) 693-5000
- 1260 Lancaster Dr SE, Salem, (503) 589-0800

**More Online Sources for Emergency Kits and Supplies**

<table>
<thead>
<tr>
<th>Red Cross Store</th>
<th>Emergency Essentials</th>
<th>The Ready Store</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Preparedness</td>
<td>Survival-Gear.com</td>
<td><a href="http://www.preporegon.org">www.preporegon.org</a></td>
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