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Be Prepared Not Scared

This handbook is adapted from materials provided by the Emergency Volunteer Corps of Nehalem Bay (EVCNB). We gratefully appreciate and acknowledge their work and willingness to share in helping keep coastal communities prepared for emergencies. To learn more about EVCNB and resources they have available, visit their website at evcnb.org.



How to be prepared for (almost) any disaster.

Get Ready Garibaldi!

Garibaldi Emergency Volunteers (GEV)

Mission:

Garibaldi Emergency Volunteers aims to empower the community with training, continuing education, support, and access to resources to face any disaster or disruption. In bolstering preparation at the individual level, we hope to create a confident and resilient Garibaldi.

Vision:

To ensure the greater Garibaldi community is equipped with the knowledge and resources to confidently face and endure any disaster or disruption through fostering a culture of preparedness, collaboration, and proactive planning.

Toward that end, this guide to emergency preparedness is for you - prepared by Garibaldi Emergency Volunteers.



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Strong Communities are Built by **Prepared Neighbors**

HERE'S First responders will not be able to help you immediately

You won't be able to call 911 in a major emergency

TRUTH Tillamook county could be cut off for months

In a Major Disaster, You Are the **First Responder**



Contact your local emergency volunteer groups to learn more about how you can prepare









12 Months to Get 30-Days Ready

Being prepared for disasters doesn't have to be intimidating! It can be as simple as completing one activity a month. By the end of the year, you'll be much better prepared! ONE HOUR of disaster preparedness activity EACH MONTH helps you be 30-DAYS READY for disasters.

- GoBag & Under Bed Bag
- 02 Find & Practice Safety Routes
- 03 **Emergency Plan**
- **Camping at Home Supplies**
- Wildfire Plan 05
- 06 **30-Day Food Supply**
- WaSH Supplies
- 80 **Gather & Scan Important Documents**
- 09 **Medication Lists & Stockpiles**
- 10 **Practice Drop, Cover & Hold**
- 11 **Maintain Extinguishers & Detectors**
- **Learn More & Get Involved**

Understand Our Risks - Know Likely Local Disasters

Storms & Floods

Fall and winter bring floods and severe windstorms that can make roads impassable, damage trees, power lines, structures, or cause injuries to you or your family.

Wildfires

Watch for and report wildfires. Call 911 immediately - seconds count! app.watchduty.org

House Fires

Mark your driveway entrance & display your address so it is visible from the street. Have smoke detectors, check them regularly, and have fire extinguishers. By the time a fire is reported and help arrives, a home may be lost.

Earthquake & Tsunami

The big Cascadia Subduction Zone earthquake will hit hard and bring water surges (tsunami). See the enclosed Evacuation Map to compare Local & Distant Tsunamis. nvs.tsunami.org/

Disease & Pandemic

Do your part to prevent the 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 is 100° or higher. During a pandemic, use "social distance" measures (stay 6 feet from others, no handshakes, hugs or kisses). Use masks and glove in public.

Hazardous Spills

Immediatedly 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 and lock windows and exterior doors, turn off fans, heaters and close all dampers.

Prepare Yourself

Have a GoBag

Put together a backpack or bag with 3 days of food, water and supplies **for each household member**. If you have pets, include supplies for them. Place items in plastic bags to protect against water. Remember: A GoBag needs to be light enough to grab and go. Locate these supplies as close to your home's exit as possible. Consider keeping a second kit in your vehicle so you will always have supplies with you.

This handbook includes a checklist of common items, but everyone should personalize their own kit. Encourage kids to make their own kits too, because what's important to them, may not be as important to you. Pack smart and remember to include any personal items you will need, such as prescriptions, eye glasses or hearing aids.

What if a Disaster Strikes at Night?

If a disaster strikes when you are sleeping, the power likely will be out and windows could have shattered. Major earthquakes often cause doors to slam closed and door frames to shift, making if very difficult to get out.

It's quick and easy to build an Under the Bed Kit for you and each member of your household. Simply bag up the supplies on the checklist and place them under the edge of the bed.



GoBag Checklist	Personal Items to Consider:
This GoBag is for:	☐ 30-day supply of prescription medication
Essentials:	☐ Eyeglasses, Hearing aid/batteries, etc.
☐ Drinking water supply (1 quart per person per day)	☐ Cash in small denominations
☐ Water filtration system (water straw)	☐ Toilet paper
☐ 3-day supply of food (high energy nonperishables)	☐ Change of clothing
☐ Items to keep you warm and dry:	☐ Personal hygiene items
Waterproof ponchoGloves or hand warmers	☐ Important phone numbers/contact info
Mylar sleeping bag or blanket	☐ Comfort item (chocolate, coffee, etc.)
■ Whistle	☐ Pet supplies (leash, harness, chew toy, etc.)
☐ Basic first aid supplies	☐ Basic Items to Include in an Under the Bed Kit:
☐ Light source (with batteries)	☐ Hard soled shoes and socks
☐ Hand Sanitizer	☐ Headlamp with batteries (to free up your hands)
■ Back up power/solar charger	☐ Leather gloves
☐ Wind up radio	☐ Crow bar
☐ Fire starting supplies	
☐ Additional Items:	
-	
-	
	8

Know Your Evacuation Routes

No matter where your travels take you along the Oregon Coast, being aware of your surroundings and knowing where to go in an emergency is crucial at all times. Whether at home or away, if there is a Cascadia Subduction Zone (CSZ) earthquake/tsunami, your course of action may vary if you are in the tsunami evacuation zone or on high ground.

Your route to safety will also vary depending on the emergency. It may be different in a wildfire or landslide than your route for a tsunami.

The only warning of a CSZ event is the earthquake itself.

There are no other alarms such as sirens. After the earthquake, you will have extremely limited time to reach high ground. If you are in the evacuation zone, as soon as the shaking stops, grab your GoBag, organize your family and pets, and move as quickly as possible to safety. Once you are out of danger, move to the closest assembly area.

Refer to the Evacuation Maps on pages 28-29 to determine the best routes to safety from your home and places you visit often.



Learn More: Check out the Northwest Association of Networked Ocean Observing Systems (NANOOS) website. Their NVS Tsunami Evacuation Maps provide up-to-date local information nvs tsunami app.

Earthquakes & Tsunamis: What You Need To Know!

Local Earthquake (along the Cascadia Subduction Zone)

Drop, Cover and Hold on until the ground stops shaking. If it's a small quake, a tsunami is unlikely. The BIG QUAKE (2-5 minutes) is your warning of a LOCAL TSUNAMI.

There will be only 10-20 minutes before the tsunami arrives!

Evacuate - Do I or Don't I?

- Is the building unsafe?
- Am I in the inundation zone?

If Yes or Unsure to Either, EVACUATE NOW:

- Everyone GRAB GoBags, and
- WALK QUICKLY to high ground, then to nearest Assembly Area
- DO NOT DRIVE
- If the building you are in is safe or you are outside in a safe location and outside the inundation zone, <u>STAY PUT</u>
- FOLLOW INSTRUCTIONS of emergency personnel



Distant Earthquake (far away)

If it is a distant quake, you may not feel the ground shake. However, a large quake far away can produce a tsunami that reaches Oregon.

Distant Tsunami

Don't panic. It may take hours for the tsunami from a large distant earthquake to reach land. Listen to News & Weather radios for warnings and instructions by emergency personnel. STAY AWAY from bays, beaches, beachfront properties, and other low-lying areas until instructed by local authorities.

Review the maps on pages 28-29 to learn Local & Distant Tsunami inundation boundaries. Know and practice your evacuation routes from various locations.

STAY OUT OF ALL INUNDATION ZONES. TSUNAMIS CAN LAST MANY HOURS - Surges can be minutes to an hour apart.

SIGN UP FOR NIXLE AND REVERSE 911 NOTIFICATIONS!

Receive alerts for severe weather, criminal activities, severe traffic, missing persons, or local events. Nixle keeps you up-to-date with relevant information from your local public safety departments and schools.

Here's how:

To sign up for emergency notifications follow the on-screen instructions at <u>local.nixle.com</u> or text your zip code to 888777.



Know Your Assembly Areas

An Assembly Area is a site out of the inundation zone to immediately gather to get information. Garibaldi Assembly Areas are located at:

<u>Barview</u> Terwilliger Heights to Compass Rose Hill Rd

Garibaldi Grade School

3rd & Ginger 2nd & Evergreen Franklin street Martin Smith Arizona Way

Prepare Your Community

Be a Good Neighbor

You are only as prepared as your least prepared neighbor. Meet your neighbors. Talk together about why it's a good idea to prepare. Share tips on getting ready for a variety of disasters.

Emergency Response Numbers

Emergency Dispatch - 911

Non Emergency Dispatch - 503-815-1911

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Have an Emergency Plan

Why Do I Need an Emergency Plan?

- → Loved ones may be separated at the time disaster strikes
- Friends and extended family will want to hear news of your condition and location
- Family members may need to evacuate independently
- | Important records may be destroyed or inaccessible
- it may not be safe to return home

Sitting down with your loved ones and planning together to develop a simple emergency plan in advance can reduce anxiety and save lives in a disaster. *Everyone's situation is unique, so no one plan is suitable for everyone*. It is important to consider each household member (including your pets) and think of their daily routines and special needs. You may be unable to return to your home; so think about how you could otherwise access your critical personal, financial and contact information. By planning ahead, you and your loved ones will be able to act more quickly and calmly in an emergency situation and be far more likely to reconnect if separated.

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
- 2) Outside your neighborhood if you can't get home **Practice meeting in daytime and at night!**

Have an Emergency Contact

Ask an out-of-area friend or relative to be your contact person. This person should live at least 200 miles away from you. They can send messages to your family in the affected area and then reply back to you.

Write Down Your Plan

It may be difficult to think during the stress of a disaster. Because normal routines have been disrupted, write down numbers and important information ahead of time.

Be sure each household member has a copy.

Keep this information with you at all times.

Learn More Online

EVCNB has a detailed plan template available at evcnb.org. AMERICAN RED CROSS lets you search for loved ones and register yourself as "safe and well" at redcross.org/safeandwell.

FACEBOOK has a "safety check" that can be implemented after a disaster at facebook.com/about/safetycheck/.

Important Information

OUT-OF-AREA CONTACT

Name

Phone

Email

Neighborhood Gathering Site

MEDICAL INFORMATION

Birth Date

Doctor/Phone

Important Medical Information

INSURANCE INFORMATION

Homeowners/Renters

Medical

Auto

Other

Prepare Your Household - Have a 30-Day Plan

The Oregon Coast is a spectacularly beautiful place. It is also susceptible to a variety of natural disasters. In the aftermath of a major earthquake and tsunami, experts warn that this area may be isolated for several weeks. Here are some things you can do to prepare your household.

Assemble Your Supplies

Pull together enough food, water and supplies for your household members to survive without help for thirty days. Use the information and lists in the following pages to ensure you have what you need.

Use What You Already Have

You likely already have many of these supplies. You don't need to go shopping and spend lots of money. Start with collecting what is already around the house. Store these items in marked bins in an accessible area.

Add More Over Time

Check what you're missing and increase your readiness as you can. Watch for sales and consider used gear.

Camping at Home

Major earthquakes can cause considerable damage to structures. Significant aftershocks continue for several days following a major earthquake and can cause additional damage to weakend structures. It is advisable to shelter outside your home for at least seven days following a major earthquake to avoid injury caused by such things as collapsing structure, shifting furniture, or falling fixtures.

Camping at Home is exactly what it sounds like - sheltering and sleeping outside your home for some period of time. It includes preparing food safely and eating outdoors.

Camping at Home Checklist

Camping _Tarps _Cords/Twine/Rope _Tent _Sleeping Bags _Blankets/Towels _Sleeping Pad _Camp Chairs Camp Table

Lighting

J - J	
_Headlamps	
_Flashlights	
Lanterns	
Batteries	
_Chargers	
_Matches	
_Lighters	

Tools

_Hammer/Nails
_Saw
_Ax/Hatchet
_Shovel
_Crowbar
_Utility Knife
_Pliers
_Duct Tape
_Fire Extinguisher

Storage

_Bins/Buckets
_Deck Box
_Shed

Cooking

Water & Food Storage

Baggies
_Sealable Containers
Large Water Containers
_Water Bottles

Cleanup

Wash Tubs
_Scrubber
_Dish Soap
_Garbage Bags

Learn More: EVCNB offers a Camping at Home class where you will learn more about when and why Camping at Home is advisable and how to prepare. Contact CampAtHome@evcnb.org for more information.

Food Planning

Stockpiling a sufficient food supply for your household, including pets, to last for 30 days is a critical part of emergency preparedness here on the Oregon Coast.

What Types of Food Should I Store?

Long lasting shelf stable food that doesn't need to be cooked is ideal. Consider each household member's dietary needs and what types of foods they enjoy eating. Don't forget to include food for pets.

How Much Food Do I Store?

Each household member needs a food supply sufficient to provide basic nutrition for a minimum of 30 days.

What's the Best Way to Store Food?

Your emergency food supply should be stored in a cool, dry place (preferably between 45 and 75 degrees) and safe from rodents and other wildlife.

What Food is Safe After a Disaster?

Food in an unopened refrigerator will be safe to eat for about four hours following a power outage. Food in a closed freezer will be safe for about 24 hours without power. Most shelf stable food will be safe indefinitely as long as packaging is not damaged.

How Do I Cook Without Power?

You might consider using an outdoor gas or charcoal grill, a small camp stove or campfire. *DO NOT COOK WITH GAS OR CHARCOAL INDOORS!

Learn More: EVCNB offers a Household Emergency Food class. Contact Food@evcnb.org for more information.

SEE EXAMPLES OF EMERGENCY FOOD SUPPLIES TO STOCKPILE FOR 4 PEOPLE FOR 30 DAYS ON THE NEXT PAGE.

Food Type	Description	Estimated Servings	30-Day Supply for 4 People	Shelf Life	Notes
Dairy	Powdered Milk 22oz pkg	26	14 pkgs	3-5 yrs	Needs Water
Protein	Canned Meat 28oz can	14	6-7 cans	1-2 yrs	
	Peanut Butter 16oz jar	14	8 jars	1 yr	
	Shelf Stable Tofu 12oz pkg	4	30 pkgs	1 yr	
Fruits	Canned Fruit 15.5oz cans	4	30 cans	3-4 yrs	
	Dried Fruit 6oz pkg	4	30 pkgs	5 yrs	
	Freeze Dried Fruit 6oz pkg	4	30 pkgs	30 yrs	Needs Water
Grains	Rolled Oats 18oz box	13	8-9 boxes	1-2 yrs	Needs Water
	Rice 5lb bag	45	3-4 pkgs	30 yrs	Needs Water
	Nuts/Seeds 26oz jar	26	4-5 jars	1-2 yrs	
Veggies	Canned Veggies 15.5oz can	4	30 cans	3-4 yrs	
	Dried Beans/Legumes 1lb pkg	13	8-9 pkgs	30 yrs	
Other	Seasonings, Spices, Oils, etc.	Varies	Varies	Varies	
This	This is not an all-inclusive list Choose shalf stable items from each food twoe Strive for a	sea chalf ctal	le iteme from eac	th food time	Strive for a

variety of foods you like to eat.

Water, Sanitation and Hygiene (WaSH)

Emergency situations happen in our coastal region. How will you obtain safe water for drinking, cooking, and washing and dispose of human waste during these times? Be prepared, not scared!

Why Should We Get Ready?

In the event of an earthquake/tsunami, our region is likely to be without our water and sewer infrastructure for quite some time. Imagine - no toilets or faucets for 1 to 12 months.

Why Take the WaSH Class?

EVCNB offers a comprehensive class in which you will obtain the know-how and equipment to get your household prepared to properly manage your WaSH needs. In the class, you will learn about:

Water - The basics of SAFE water storage and how to effectively filter and treat water from in-home and local sources.

Sanitation & Toilets - The process and equipment to safely manage your household's human and pet waste to avoid the spread of disease.

Hygiene - Hygiene is always important to protect against the spread of disease, but it becomes even more critical when our access to medical resources is cut-off or severely limited. The absence of running water makes effective hand washing more challenging.

Learn More: Go to EVCNB.org to learn more about WaSH.

EVCNB offers a comprehensive 3-hour class covering water, sanitation and hygiene, in which you will obtain the know-how and equipment to get your household prepared to properly manage your WaSH needs.

WaSH Checklist

Hygiene

- Liquid soap and alcohol-based hand sanitizer
- Purchase bleach (non-scented & not splash-proof)
- Washcloths and towels
- Sanitzing hand wipes & nitrile gloves
- _Have a hygiene station

Water Storage

- _Water safe containers, water safe hose, and possibly a water pump if you use a barrel or drum containers.
- _Purchase bleach 5% to 8% sodium hypochlorite, non-scented and not splash proof

WATER-BLEACH RATIO

(drinking water purification)

(8.25% sodium hypochlorite Regular Bleach)

WATER

1 Quart

1 Gallon

5 Gallons

10 Gallons

50 Gallons

BLEACH

1 drop *(1.3 rounded)

5 drops

1/4 tsp (teaspoon)

1/2 tsp (teaspoon)

2.5 tsp (teaspoon)







19 20

Medication and Health Emergency Preparedness

During and after a disaster you may not be able to get your prescriptions refilled for several weeks. Keep a list of all of the medications you and your household members, including pets, need. Keep copies of your medications lists, medical ID cards and your stockpile of medicines in your GoBag and share copies with your "out-of-area" contact.

Talk to your pharmacist or doctor about what you or your family members should do if you run out of medications during and emergency. If you take medication that needs to be refrigerated or requires power to administer, such as a Nebulizer, discuss with a pharmacist or doctor, and plan ahead for storage and power options in in emergency.

Tips to Build and Store your 30-Day Stockpile of Medicines

- Refill your prescriptions as soon as possible, and set aside a few extra days' worth in your emergency kit. In a few months, you'll build up a 30-day supply.
- Prioritize critical medicines such as heart and blood pressure, seizure, blood thinners, diabetes, depression or other mental health issues, asthma, etc.
- Talk with your pharmacist about how to purchase an additional supply of prescription medications if needed.
- Keep your medications in labeled, child-proof containers in a secure place like your GoBag. Choose a place without extreme temperature changes or high humidity.
- Include over the counter medications or supplements you use, such as pain relievers, cold or allergy medications and antacids.
- Include medical equipment you need: eyeglasses, hearing aids and batteries, ambulation aids such as cane, walker, wheelchair, supplemental oxygen, etc.
- Rotate medications. Replace stockpiled medications with newer dates at least once or twice a year to ensure they are not expired.

Medications List

	DOB	
	Phone	
	Phone	
_Time	DR Note	
_Time	DR Note	
_Time	DR Note	
_Time	DRNote	
	_ Time Time	

Note: Most medications are safe to take long after their "expiration date." Check stored medications for changes to the look or smell. If you are unsure about its safety, contact a pharmacist or healthcare provider before using.



Wildfire Preparedness

We've all become more aware of the dangers of wildfires. There is a lot you can do to reduce your risk of property damage and to get ready long before an evacuation might occur.

Wildfires can start at any moment, and they can move fast and unpredictably. Preparing for an evacuation should begin before there is any danger.

If your household is under voluntary or potential evacuation, begin to prepare your home and get ready to leave.

Important steps for inside your home include shutting your windows while keeping them unlocked, moving any flammable materials or furniture away from windows to the center of a room and leaving your lights on so firefighters can see through the smoke.

Important steps for outside your home include gathering flammable items and placing them inside your home, turning off and moving propane tanks away from structures and checking on your neighbors to make sure they are preparing to leave. Have pre-cut plywood or commercial seals to cover attic and ground vents. Keep your roof and gutters free of debris. Many homes are lost not by direct fire encroachment, but by flying embers landing on debris.

If mandatory evacuations are ordered, it's important to leave promptly. Follow Emergency Personnel's directions for evacuation and go as early as possible so responders can travel without clogged roads.

Plan ahead to identify places to go safely.

Learn More: Watch Duty, a 501(c)(3) nonprofit, alerts you of nearby wildfires and firefighting efforts in real-time.

Fire Evacuation Checklist

Inside the House

- _Put your GoBag with food, water and supplies for three days in vehicles
- Refer to your prepared emergency plan
- Plan on where to go when it is time to evacuate, and the best routes for leaving your location
- Shut all windows and doors, leaving them unlocked
- Remove window shades, curtains and close metal shutters
- _Move flammable furniture to the center of the room, away from windows and doors
- _Shut off gas at the meter; turn off pilot lights; shut off air conditioning
- Leave your interior and exterior lights on so firefighters can see your house under smoky conditions

Outside the House

- Bring flammable items inside
- _Turn off propane tanks Move propane appliances away from structures
- _Connect garden hoses to outside water valves or spigots for use by firefighters
- Fill water buckets and place them around the house
- _Don't leave water running, it can affect critical water pressure
- Back your loaded car into the driveway with all doors and windows closed keep your car keys with you
- _Place a ladder at the corner of the house for firefighters to quickly access your roof
- _Seal attic and ground vents
- _Patrol your property and monitor the fire situation Don't wait for an evacuation order if you feel threatened
- _Check on neighbors and make sure they are aware of the potential evacuation order

Animals & Pets

- Keep your pets close to you
- Prepare for pet and farm animal transport

Going the Extra Mile - Safeguarding Your Important Information

Among the most important items people want to protect from a disaster are vital personal/family documents. There's a very good reason - in the wake of a genuine disaster, you'll probably be needing at least some of them, ASAP. Unfortunately, paper documents are among the items most vulnerable to water damage, fire and other catastrophes.

Experts tell us that one extra copy of vital documents should be stored outside of your home in a secure location like a bank safety deposit box or as photos on your mobile device. Another alternative is to scan all important papers to a flash drive, then send it to a trusted relative in a different locale. Remember to update stored copies if/when any changes are made.

The following outlines the important documents the Federal Emergency Management Agency (FEMA) suggests you protect.

Vital Personal Records

- ➡ Licenses (Driver, Marriage, Divorce)
- Birth Certificate
- Passports
- → Vet records for your pets and animals.

Medical Information

- Prescription and immunization records
- Health Insurance ID cards
- Contact information for doctors and pharmacies
 - Copy of living will or Advanced Medical Directive

Insurance Information

- → Homeowners and other policies.
- Health and life insurance information
- 📥 Agent contact information
- Financial information
- Record account and contact information for:
 - Bank accounts
 - Investments
 - · Retirement accounts
 - Credit cards

Property Records

- Copy the deed to your home or the mortgage documents provided by the title company
- Copy of lease or rental agreement
- Other title and registration records (auto, boat, etc.)

Estate Documents

- A copy of your will
- Funeral instructions
- Power-of-attorney designation
- Attorney contact information



Prepare Your Community

Be a Good Neighbor

You are only as prepared as your least prepared neighbor. Meet your neighbors. Talk together about why it's a good idea to prepare. Share tips on getting ready for a variety of disasters.

Know Your Assembly Areas

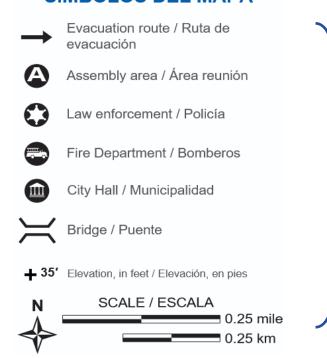
An Assembly Area is a site out of the inundation zone to immediately gather to get information. See the Tsunami Evacuation Maps on the next two pages. Local assembly areas are listed on page 12.

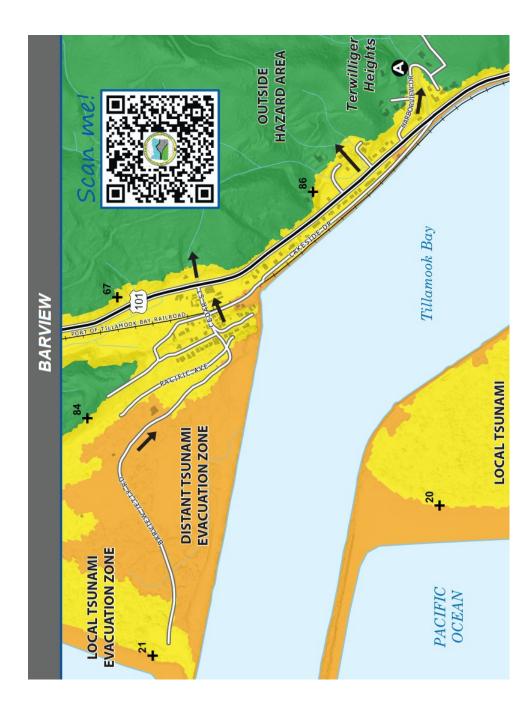
Emergency Response Numbers

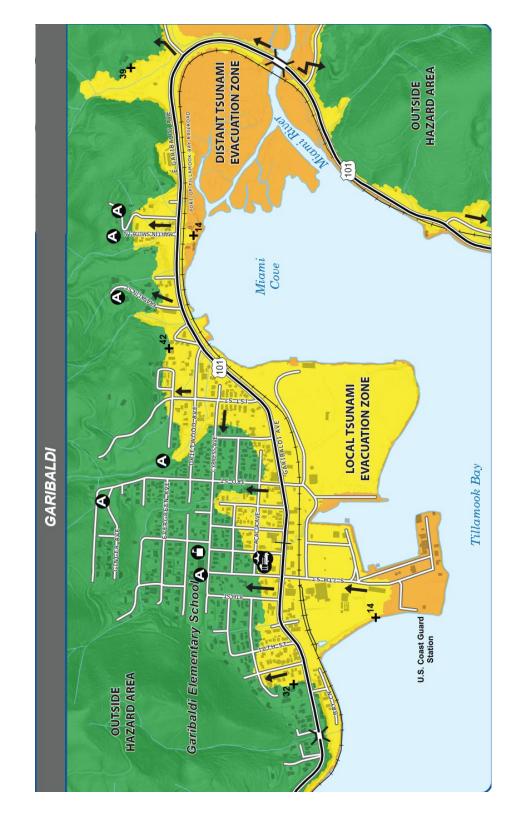
Emergency Dispatch - 911

Non Emergency Dispatch - 503-815-1911

MAP SYMBOLS / SÍMBOLOS DEL MAPA







Local Resources

EVCNB

Emergency Volunteer Corps of Nehalem Bay evcnb.org

TC4

Tillamook County Citizens Corps Council https://www.tillamookcounty.gov/emergency-management/page/tillamook-county-citizens-corps-council

NANOOS

Northwest Association of Networked Ocean Observing Systems

nanoos.org

Emergency Response Numbers

Emergency Dispatch - 911

Non Emergency Dispatch - 503-815-1911

Natural Disaster CB Channel 31

