



# TUALATIN NEIGHBORHOOD READY

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CONNECTION  
IS PROTECTION



**Tualatin Neighborhood Ready** is a program of the Tualatin Community Emergency Response Team (CERT), coordinated and run by trained volunteers. It is supported by the City of Tualatin and our Community Involvement Organizations (CIOs).

Emergency management resources and services are also provided by Washington and Clackamas counties and the State of Oregon.

## **Planning + Preparedness = Resilience**

We also appreciate the support and commitment of the following partners:

American Red Cross Cascades Region  
Oregon Emergency Management (OEM)  
Cedar Hills Ready  
Tualatin Operations Department  
Tualatin Police Department  
Tualatin Valley Fire & Rescue  
Washington County Emergency Management Cooperative (EMC)  
Washington County Consolidated Communications Agency (9-1-1 WCCCA)  
Washington County Department of Health and Human Services



**FEMA**



*Get Started.*

*Make a plan.*

*Say hello.*



## **Neighborhood Readiness: The power of being prepared!**

We never know when a disaster may strike! This includes major storms, fires, earthquakes and other emergencies. It is always helpful to think and plan ahead of time. Individual, family and home preparedness, plus familiarity with neighbors, gives us **all** the best chance at survival and recovery.

When neighbors are acquainted, they can help and look out for one another. This means knowing your neighbors' names and how to get in touch in an emergency. Connected neighborhoods are safer and more resilient!

This Tualatin Neighborhood Ready booklet, along with our in-person and on-line presentations, provides recommendations, tools and encouragement for disaster preparedness. This booklet covers home preparation tips, family emergency planning, emergency supply kits, steps to take after a disaster, ways to get involved and additional resources.



*Who depends on you, and  
who do you depend on?*

*Make home, car and work go-kits.*

*Stock your home.*

*Do it now!*



# Neighborhood Ready Responsibility Pyramid

**Remember, when disaster strikes, Federal & State agencies require time to put resources into place. Local emergency responders will likely be overwhelmed with major issues. It is the individuals around you who will help each other first. Prepare as if no one is coming to help you!**



# How to Become Earthquake Safe

## Step 1. Make an under-bed safety kit.

You spend up to a third of your life sleeping. Prepare under-bed safety kits for each member of your family. These supplies can help you get safely out of your home if there is a nearby fire or damage from a disaster such as an earthquake. Protect your feet, hands and head. Include sturdy shoes, hard hat or bike helmet, heavy gloves, protective eyewear, N95 dust mask, whistle and a flashlight. (See emergency supply lists on pages 8-9.)

## Step 2. Store water, a minimum of 1 gallon per person per day. And don't forget pets.

After an earthquake, water lines may be broken. Having your own water will be vital. Purchase bottled water or fill food-grade, clean containers (not milk jugs) with tap water. Label with date; change tap water every 6 months.

## Step 3. Learn and practice Drop, Cover, Hold on.



- If inside, get under a sturdy table, bench, or against an inside wall.
  - If in bed, stay in bed and cover your head with a pillow.
  - If outside, move away from buildings, trees, streetlights and utility wires.
  - If in a moving car, pull off to the side of the road; stay in the car.
- Avoid stopping under trees, buildings, overpasses and utility wires.

## Step 4. Locate and label utility shut-offs. Teach every responsible family member:

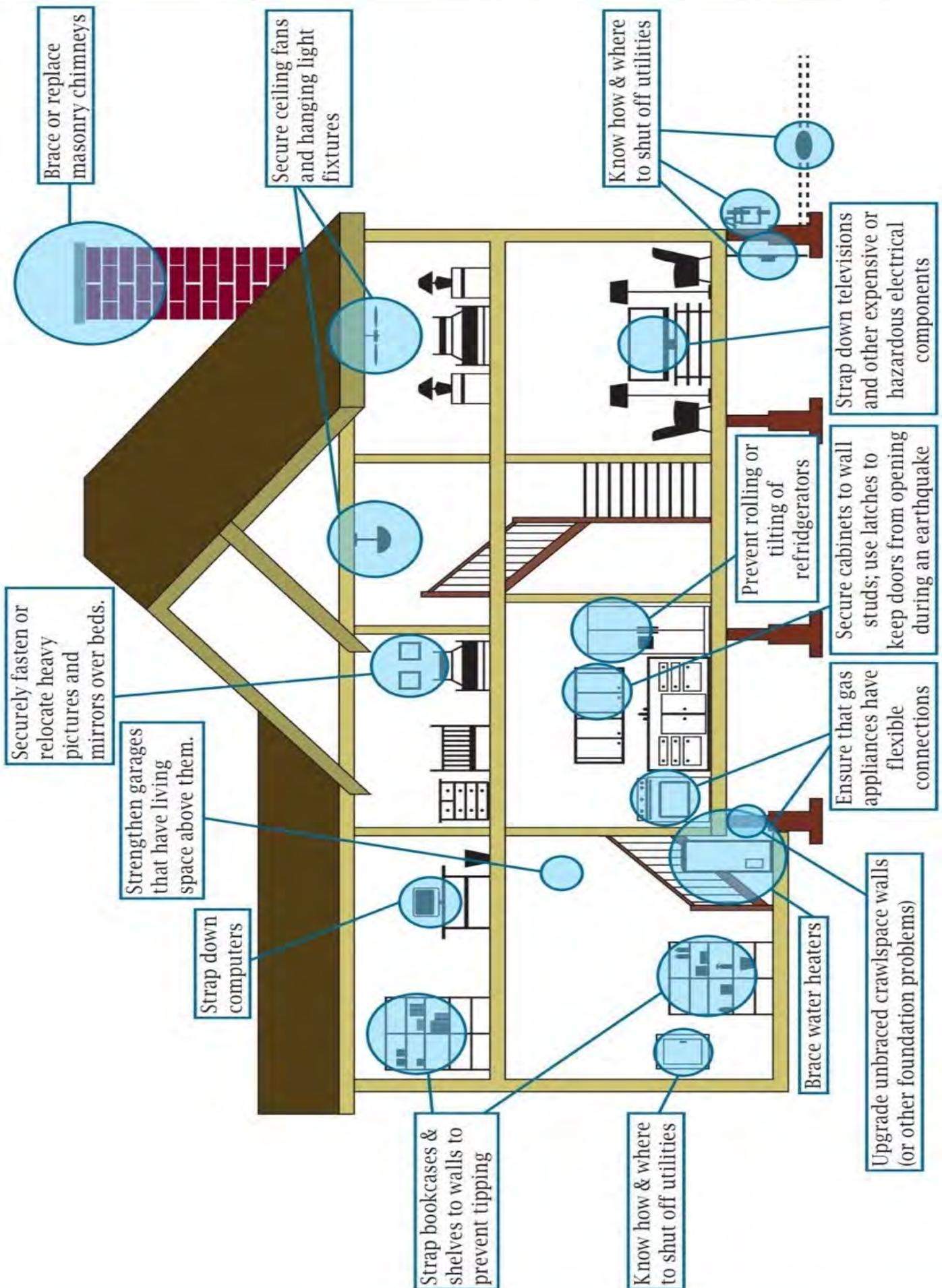
- How and when to shut off gas, water, and electricity.
- How to use a fire extinguisher (1 on each level of the home). **Remember PASS: Pull pin, Aim, Squeeze, Sweep.**

## Step 5. Make plans and keep informed.

- Make a Family Emergency Plan (see page 7). Include family meetup, contact, evacuation and communication plans.
- Register for [PublicAlerts.org](http://PublicAlerts.org) for emergency warnings & updates. Allow "Emergency Notifications" on smart phone.

**Step 6. Look for and fix hazards in your home and office.** Most injuries during an earthquake are caused by falling objects. By securing contents in your home and office now, you can reduce damage and help prevent injuries.

Look for the hazards	Take this action
Are there heavy or tall items in your home, such as bookcases or file cabinets, that may move or fall over during an earthquake? Would they block exits out of a room or home?	<input type="checkbox"/> Bolt heavy, tall furniture to the wall studs <input type="checkbox"/> Move furniture that might block exits if they might move in an earthquake
Are hanging plants, light fixtures and ceiling fans secured?	<input type="checkbox"/> Install guy wires to secure swinging items. Use closed hooks.
Where could flying glass be unsafe?	<input type="checkbox"/> Move beds away from windows. <input type="checkbox"/> Replace glass bottles in bathrooms.
Are gas appliances securely fastened in place so connections will not pull apart?	<input type="checkbox"/> Strap all gas appliances to wall studs. <input type="checkbox"/> Ensure flexible gas connections.
Are wall-mounted objects (clocks, pictures, mirrors, etc.) secured against falling?	<input type="checkbox"/> Secure to the wall with closed hooks.
Are items on shelves and display cabinets secured from falling out?	<input type="checkbox"/> Use Velcro, putty, low shelf barrier and restraining devices. <input type="checkbox"/> Place heavy items on low shelves.
Are TVs, computers, microwaves and other electronics secured in place?	Strap electronics securely to the walls or to their platforms. Use rubber mats to prevent sliding.
Are incompatible chemicals stored separately to prevent mixing?	<input type="checkbox"/> Never store these chemicals in the home. <input type="checkbox"/> Store away from heat sources.
Is your home securely fastened to its foundation?	<input type="checkbox"/> Have home professionally bolted to the foundation. <input type="checkbox"/> Check for cracks and repair.
Is the chimney safe and with no loose bricks?	<input type="checkbox"/> Brace or replace masonry, or reinforce the ceiling near chimney.



# Make Your Family Emergency Plan

Whether your family is one or many, make a plan with family, friends, and co-workers who depend on you.

## **Meet with your family**

Discuss why you need to prepare for an emergency or disaster. Explain the dangers of fire, severe weather & earthquakes to children; they will be better prepared about what to expect if something happens.

## **Plan ahead for communicating**

Select an out-of-state relative or friend to be your "Family Contact." They will become a relay to share information with all household members.

**Note:** If your cell phone is able to connect to a network, it is likely you'll be able to send a text even if you can't make a voice call. Make sure Family Contact information is programmed into each family member's cell phone. Practice group texting.

## **Identify a neighborhood gathering site**

Choose where you will meet with your family outside of your home. Next, introduce children to your neighbors. Identify any neighbors with "special needs" who may need assistance. Identify a site where neighbors could gather.

## **Plan where to meet outside your neighborhood**

Following a disaster, you are likely to be separated from at least one member of your family. If you are not able to meet at your home, select a meeting place outside of your neighborhood. Ensure everyone knows this location, including your "Family Contact."

## **Fire escape routes from each room**

Each year fire kills more Americans than all natural disasters combined. Discuss and practice fire escape routes from each room and your home. Identify a meeting location outside, e.g., mailbox or streetlight, where everyone gathers.

## **Use the sections below to record planning information.**

List your out-of-state Family Contact name, email & phone numbers.

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Choose for each family member at least two different routes to get home:

Route 1

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Route 2

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Family meeting place outside your home:

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Neighborhood gathering site:

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Out-of-neighborhood meeting place, e.g., school, church:

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## **Make extra copies and share this information.**

Keep a copy at home, near phone, in car, at work and in wallet. Take a picture with your phone. Share plan with people you depend on and who depend on you. Update annually. List those who need to know this information:

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## **Get Prepared! Encourage others to do the same.**

To request a Zoom presentation or to schedule an in-person Tualatin Neighborhood Ready meeting, send an email to:

[TualatinReadyMYN@gmail.com](mailto:TualatinReadyMYN@gmail.com)

# Build Your Kits

Start by finding supplies you already have at home. Spread out any purchases over time. Check and update your kits annually, and replace out-of-date items.

## Under-bed Safety Kit

Prepare an under-bed (or bedside) safety kit for each family member. This can help you and family members safely get out of the house in a disaster. Protect your feet, hands, and head.

- Hard hat or bike helmet
- Protective eyewear, N95 dust mask
- Sturdy closed-toe shoes, heavy/leather gloves
- Flashlight, whistle
- HELP/OK sign, neighborhood contact list
- Copy of "Steps to Take Right After a Disaster"



## Work/Car "Go Kit"

Store in sturdy backpack or small suitcase with wheels. Remember, you can breakdown anywhere, or need to stay at work or away from home. What conditions might you be in? How long will you need it? Repack seasonally.

- 1 gal water per person for 3 days
- Non-perishable food
- Sturdy shoes/boots, heavy gloves
- Flashlight and extra batteries, whistle
- Basic first-aid kit, N95 dust mask
- Personal care items, toilet paper
- Extra eyeglasses
- Prescription medicines
- Seasonal clothes, rain gear, poncho
- Emergency/space blanket
- Tarp, rope, flares, car tool kit
- Radio (battery, solar, or hand-crank)
- Cell phone cord/charger, power bank
- Cash (small bills and coins)
- Family locator plan, contact information
- Local, regional, and state maps, compass



## Evacuation "Go Bag"

A Go Bag has the bare essentials to grab and go in a disaster or emergency. You may have only 5-10 minutes to leave your home. What would you want and need to survive for 3 days to 2 weeks?

Your Go Bag should be easy to carry and contain enough supplies to keep you warm, dry, fed and hydrated. Each person and pet should have their own bag. Store in sturdy backpacks or containers/suitcases with handles or wheels. Keep close to an outside exit. Label with name and address. Repack seasonally.

- Water (bottles or pouches), filtration straw and/or purification tablets
- Food, snacks (non-perishable)
- Toiletries/hygiene items, soap, hand wipes
- Critical medications, extra eyeglasses, extra hearing aid batteries
- Important documents (see handout for more details.) - stored in water-proof bag, on smart phone, on password-protected USB drive or in "Cloud"
- Copy of Family Emergency Plan and contact phone numbers
- Flashlight/headlamp, extra batteries
- Phone charging cord, power bank
- Radio (battery, hand-crank, or solar), list of emergency radio stations
- Clothing (change seasonally)
- Quiet entertainment (cards, games, books), comfort items (stuffed toy, blanket)
- Current photo of family members and pets
- Multi-tool, such as a Swiss army knife
- Paper, pens, tape
- Local map, compass
- Cash (small bills, coins)
- Extra house and car keys
- Pet items (food, leash/collar, toy, microchip #, list of pet-ok shelters)



# Build Your Kits (continued)

## Home Emergency Supplies

We recommend at least a 3-week supply. If you keep any of these supplies in portable containers or back-packs, they can be easily transported if needed. Store in clean, closed containers, in a dry location off of concrete. Update your inventory, replace out-of-date items, recharge power banks, and repack annually. Remember that some of these items may be already stored in your under-bed, Go Bag and other Go Kits.

### Water & Food

- ( ) 1 gal water per person per day, minimum, plus water for pets. 2 people = 42 gallons for 3 weeks. Store tap water (not in milk jugs); date and change water every 6 months.
- ( ) Water filter, purification devices/tablets, "life straw"
- ( ) 2 or 5 gallon empty water containers, canteens (for alternative water collection if needed)
- ( ) Non-perishable food, e.g., food bars, canned and freeze-dried goods, baby food
- ( ) Utensils, paper towels, plates, bowls
- ( ) Pet food, extra water, bowl
- ( ) Pans, portable stove and fuel
- ( ) Manual can opener

### Sanitation & Personal Hygiene

- ( ) Pee & Poo buckets, toilet paper, garbage bags
- ( ) Soap bars, baby wipes, hand sanitizer
- ( ) Liquid detergent, liquid non-scented bleach
- ( ) Toothbrush, toothpaste, shampoo
- ( ) Scissors, tweezers, nail clippers
- ( ) Travel size lotion, sunscreen, lip balm
- ( ) Small towel
- ( ) Feminine hygiene items
- ( ) Diapers and baby supplies

### First Aid and Medication

- ( ) Basic first-aid kit, disinfectant, pain meds, scissors, bandages, first-aid manual, insect repellent
- ( ) Disposable gloves, hand sanitizer
- ( ) N95 dust mask for each person
- ( ) Prescription medications, other personal items
- ( ) Extra eyeglasses, safety glasses, sunglasses
- ( ) Extra hearing aid batteries

### Shelter, Comfort, Personal Items

- ( ) Change of clothes, underwear
- ( ) Shoes/boots, warm socks
- ( ) Warm jacket, hat, scarf
- ( ) Gloves, hand warmers
- ( ) Rain jacket and pants, poncho
- ( ) Tarp or tent, rope (50 ft), plastic sheeting
- ( ) Space blanket, sleeping bag, ground cloth
- ( ) Copy of important documents, family plan, contact list (in water-tight bag)
- ( ) Extra house & car keys
- ( ) Cash (small bills)
- ( ) Quiet entertainment: cards, books, games

### Tools & Equipment

- ( ) Pliers/wrench or tool to turn off gas and water
- ( ) Cell phone cord and charger (power bank, solar, car)
- ( ) Flashlights/head lamps, camp lantern (battery, solar, or hand-crank), extra batteries, light sticks
- ( ) Portable radio (battery, solar, or hand-crank)
- ( ) Whistle
- ( ) Heavy gloves
- ( ) Duct tape, Swiss-army knife, multi-tool
- ( ) Waterproof matches, candles, fire starter
- ( ) Pry bar, ax, broom

#### OPTIONAL

- ( ) Extension ladder
- ( ) Gas-powered chain saw
- ( ) HAM radio or GMRS (walkie-talkie), extra batteries
- ( ) Generator and fuel (gas, propane, or natural gas)
- ( ) Special needs?



# Get Ready! Prepare with this Calendar of Family Disaster Supplies & Activities



- This calendar helps you collect supplies and plan for emergencies before they happen.
- Experts recommend that you spread out the effort over a year. Plan on a minimum 21-day supply of food, water and medications. If you are unable to gather enough supplies to last 3 weeks, gather what is possible and then continue adding to your supply over time.
- You can use this calendar as a guide. To see your progress, check the box next to an item after you collect, purchase or complete an activity.

Month 1	<p><b>Collect or Purchase:</b></p> <ul style="list-style-type: none"> <li>( ) Water – 1 gallon per person, per day, plus pets</li> <li>( ) Family-size first-aid kit</li> <li>( ) A-B-C fire extinguisher</li> <li>( ) 2 flashlights with extra batteries</li> <li>( ) Large and small storage containers(s) for preparedness supplies</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>( ) Complete your Family Emergency Plan.</li> <li>( ) Review supply list. Collect items you already have, especially camping gear.</li> <li>( ) Date water and food containers.</li> <li>( ) Conduct a home fire drill.</li> <li>( ) Begin a stash of cash (small bills).</li> </ul>
Month 2	<p><b>Collect or Purchase:</b></p> <ul style="list-style-type: none"> <li>( ) Canned meat, stew or pasta meals</li> <li>( ) Feminine hygiene supplies</li> <li>( ) USB flash drives to store documents</li> <li>( ) Hand-operated can opener</li> <li>( ) Any food for special dietary needs</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>( ) Change batteries and test smoke and CO alarms. Purchase &amp; install if you don't have an alarm on every level of your home.</li> <li>( ) Place under every bed a sturdy pair of shoes, heavy gloves, hard hat (or bike helmet), flashlight and a whistle. These are your "under-bed kits."</li> <li>( ) Register address(es) through PublicAlerts.org.</li> </ul>
Month 3	<p><b>Collect or Purchase:</b></p> <ul style="list-style-type: none"> <li>( ) Canned fruit</li> <li>( ) Toilet paper</li> <li>( ) Crescent wrench(es) (or utility shutoff tools)</li> <li>( ) 2 five-gallon buckets, plus toilet seats to fit</li> <li>( ) Kitchen-sized garbage bags</li> <li>( ) Hand sanitizer</li> <li>( ) Sanitary wipes</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>( ) Establish and connect with an out-of-state contact to call in case of emergency.</li> <li>( ) Store PEE and POO instructions with 5-gallon buckets.</li> <li>( ) Check with all off-site care facilities (school, child care, adult care, etc.) to find out about their disaster plans.</li> <li>( ) Locate and mark utility shut off points (electricity, gas, water), and attach/store wrench or shutoff tool near them.</li> </ul>
<p><i>Supplies may be stored together in large containers, such as a garbage can on wheels, or several small ones. Anything kept in portable containers can be included as part of your GO Kit. Food items may also be kept on a specific shelf in the pantry with a portable container nearby. Remember to use supplies and rotate in new items.</i></p>		
Month 4	<p><b>Collect or Purchase:</b></p> <ul style="list-style-type: none"> <li>( ) Canned vegetables</li> <li>( ) Extra baby bottles, formula, and diapers, if needed</li> <li>( ) Extra pet supplies: food, collar, leash</li> <li>( ) Supplies for under-bed kit</li> <li>( ) Cell phone car charger, power bank or solar charger</li> <li>( ) 2 cases bottled water, or gallon jugs</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>( ) Take photos/video of home and contents for insurance purposes. Store with important documents on flash drive (in safe deposit box or Go Bag), on your phone, or in the Cloud.</li> <li>( ) Date and store supply of necessary medicine(s). Remember to use and rotate new supply to avoid expiration.</li> <li>( ) Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member.</li> <li>( ) Make sure your address numbers are easily seen, day &amp; night.</li> </ul>
Month 5	<p><b>Collect or Purchase:</b></p> <ul style="list-style-type: none"> <li>( ) Canned ready-to-eat soup</li> <li>( ) Liquid dish soap</li> <li>( ) Unscented liquid bleach</li> <li>( ) Portable AM/FM radio with extra batteries</li> <li>( ) Anti-bacterial liquid hand soap or waterless hand sanitizer</li> <li>( ) Disposable hand wipes</li> </ul>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>( ) Take pictures, scan, or photocopy important papers. Store images on flash drive. Keep the originals in a safe deposit box and the flash drive in your Go Bag.</li> <li>( ) Sign up for a free HAM radio licensing class.</li> <li>( ) Review Neighborhood Ready contact information. Ask for any updates from your Neighborhood Coordinator.</li> <li>( ) Practice "camping inside your home" - no electricity, no heat, no outside communications.</li> </ul>

Month 6	<b>Collect or Purchase:</b> <input type="checkbox"/> Quick-energy snacks (granola bars, raisins, peanut butter) <input type="checkbox"/> Paper towels <input type="checkbox"/> Boxes of facial tissue <input type="checkbox"/> Sunscreen <input type="checkbox"/> Anti-diarrhea medicine <input type="checkbox"/> Non-latex disposable gloves (store with first-aid kit)	<b>Activities:</b> <input type="checkbox"/> Check to see if your stored water has expired and needs to be replaced. (Replace water every 6 months if you filled your own containers.) <input type="checkbox"/> Inventory all your GO kits and bags. Replace expired items. <input type="checkbox"/> Add an extra pair of eyeglasses in the supply container. <input type="checkbox"/> Recharge portable power banks. <input type="checkbox"/> Ask about your workplace disaster plan. Share with your family.
Month 7	<b>Collect or Purchase:</b> <input type="checkbox"/> Whistle <input type="checkbox"/> Instant drinks (coffee, tea, powdered milk, etc.) <input type="checkbox"/> Ready to drink juice <input type="checkbox"/> Adult and children's vitamins & supplements <input type="checkbox"/> A pair of pliers and/or vise grips <input type="checkbox"/> More water	<b>Activities:</b> <input type="checkbox"/> Take a First Aid/CPR class. <input type="checkbox"/> Volunteer for a neighborhood community event. <input type="checkbox"/> Make arrangements to have someone help your children if you are away from home when an emergency occurs. <input type="checkbox"/> Review your Family Emergency Plan for any needed updates; keep a copy with your emergency supplies under your bed.
Month 8	<b>Collect or Purchase:</b> <input type="checkbox"/> Box(es) of crackers or graham crackers <input type="checkbox"/> Dry cereal <input type="checkbox"/> "Child-proof" latches or other fasteners for cabinet doors and drawers <input type="checkbox"/> Box(es) of large, heavy-duty garbage bags <input type="checkbox"/> Camping or utility knife	<b>Activities:</b> <input type="checkbox"/> Secure shelves, cabinets, and drawers with "child-proof" latches to prevent them from falling and/or opening during earthquake. <input type="checkbox"/> Secure your water heater (if it is not already strapped to wall). <input type="checkbox"/> Learn how to flush out your water heater and how to use its tank water as an emergency supply of water. <input type="checkbox"/> Flush your water heater annually.
Month 9	<b>Collect or Purchase:</b> <input type="checkbox"/> Extra batteries for flashlights, radio, and hearing aids, if needed <input type="checkbox"/> Heavy rope <input type="checkbox"/> Duct tape <input type="checkbox"/> Crowbar <input type="checkbox"/> Auto emergency supplies (flares, triangle, tools)	<b>Activities:</b> <input type="checkbox"/> If you haven't already done so, make a preparedness kit for your car. Include small amounts of cash, food, water, and other supplies listed in the Work/Car Go Kit. <input type="checkbox"/> Know and practice your fire escapes <input type="checkbox"/> Conduct an earthquake drill at home. Identify where you could "Drop, Cover, and Hold" in each room.
Month 10	<b>Collect or Purchase:</b> <input type="checkbox"/> Hammer and assorted nails <input type="checkbox"/> Screwdrivers and assorted wood screws <input type="checkbox"/> Heavy duty plastic tarps or plastic sheeting <input type="checkbox"/> Extra toothbrush per person and toothpaste <input type="checkbox"/> Extra bath soap, hygiene products <input type="checkbox"/> Kitchen-sized garbage bags	<b>Activities:</b> <input type="checkbox"/> Make sure all responsible family members know where, when and how to shut off electric, water and gas utilities. <input type="checkbox"/> Replace necessary medicines as required by expiration dates. <input type="checkbox"/> Review your emergency plans and update with neighbors if necessary. <input type="checkbox"/> Keep adding to water supply.
Month 11	<b>Collect or Purchase:</b> <input type="checkbox"/> Paper plates <input type="checkbox"/> Paper napkins <input type="checkbox"/> Disposable eating utensils <input type="checkbox"/> Paper cups <input type="checkbox"/> Masking tape	<b>Activities:</b> <input type="checkbox"/> If you haven't already done so as part of Tualatin Neighborhood Ready, make arrangements to have someone take care of your pets if you're at work when an emergency occurs. <input type="checkbox"/> Train to become a Tualatin CERT volunteer and help other neighborhoods get ready.
Month 12	<b>Collect or Purchase:</b> <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> Box of disposable dust masks <input type="checkbox"/> Safety goggles <input type="checkbox"/> Antiseptic <input type="checkbox"/> Sewing kit	<b>Activities:</b> <input type="checkbox"/> Meet with your Neighborhood Cluster. Together, review current neighborhood plans and update as needed. <input type="checkbox"/> Check the dates on stored food and water. Replace as needed. <input type="checkbox"/> Test your equipment /supplies for 1-2 days; pretend there is an emergency and you rely on your kits. Adjust kits if necessary. <input type="checkbox"/> Recharge portable power banks.

# Neighborhood Connections

“Neighborhood Ready” means not only being prepared for disasters but also home safety and neighborhood awareness. It is helpful to know the names of close neighbors and how to reach them in case of an emergency or a concern.

The phrase “See something, say something” really applies here, and it is meant to keep us all safer. For concerns that do not require a 911 call, keep the Tualatin Police non-emergency phone number handy: 503-629-0111.

Get to know your neighbors! In a disaster, you will need to rely on each other. Connections with neighbors can help you feel more secure and prepared.

Here are some steps you can take:

- Start with your “6-pack” of neighbors: neighbors on each side of you and the three households directly across from you.
  - Introduce yourself (if you have not already) and exchange contact information, “just in case.” This will help you contact each other in an emergency.
- Have a discussion with neighbors about disaster preparedness. This can include what to do if a wildfire is approaching, and steps after a disaster such as an earthquake.
- Find out the needs and resources of your neighbors.
  - Who can be helpful, and who might need help?
  - Which homes include residents who are elderly, have special needs, require oxygen, have language barriers, or may be home alone at times (such as children after school)?
  - Who has a chain saw, an extension ladder or a generator?
  - Who has medical or disaster response training?
- Consider making a map of your neighborhood, noting the names of people in each household, those with special skills or needs, and the location of important features such as gas meters and propane tanks.

The Neighborhood Contact Information handout can help you start conversations and share information. The information is useful for getting in touch in an emergency.

A great way to get to know neighbors is through an in-person Tualatin Neighborhood Ready presentation. You and/or another neighbor can initiate and host such a gathering by contacting the program through tualatinreadymyn@gmail.com. Hosting a presentation means choosing a date and location, and inviting neighbors by whatever means you have, e.g., phone, email or an invitation on the door handle. We welcome hosts in all areas of Tualatin. It’s fun and informative!

These steps give you more neighborhood safety as well as a better chance of survival in a disaster. Become a more resilient neighborhood!



# **Learn the Steps to Take Right After a Disaster Planning + Preparedness = Resilience**

Know what to do to secure your family and home, and to check on and protect your neighborhood. Keep a copy of this in your under-bed kit for quick review when needed.

## **Step 1. Take care of your loved ones.**

Locate and check on everyone in the household. Especially for an earthquake, use under-bed kits for each member of your family. Protect feet, hands and head.

## **Step 2. Check on the natural gas or propane at your home.**

Shut off ONLY if you have a fire, smell rotten eggs, hear hissing sound, or the dials on meter are turning unusually fast. DO NOT turn the gas back on by yourself - this requires a certified technician.

## **Step 3. Shut off water to the house at your home's shut off - not at the street.**

Trap usable water in your home (e.g., water heater).

## **Step 4. Shut off electrical panel** if there is sparking at the panel, strong electric odor or electrical issues in the house.

Shut off individual breakers first, then the main switch.

## **Step 5. Place OK or HELP sign on your front door or window.**

Signs help neighbors quickly locate those who need help first.

## **Step 6. Put your fire extinguisher in front of home if not needed,** for easy neighborhood access.

## **Step 7. Check on your neighbors, especially those with special needs.**

Look for OK or HELP signs in the windows, or knock on doors. If a Neighborhood Gathering site has been identified, meet neighbors there. Listen to 91.5 FM or 1190 AM, HAM or NOAA Radio for disaster information.

## **Step 8. If you can, register yourself & family at [www.RedCross.org/SafeandWell](http://www.RedCross.org/SafeandWell).**

You can also use Facebook notifications to communicate about safety status.

# Oregon Fire Evacuation Levels

## (Keep this handout in your Go Bag for easy access)

### **Level 1 - Be Ready!**

- Be aware of wildfire danger that exists in your area. Monitor emergency service websites and local media outlets for information. Emergency services personnel may contact you via an emergency notification system.
- This is the time to prepare for possible evacuation. Consider early evacuation to safer areas for persons with special needs, mobile property, pets and livestock.
- Indoors:
  - Check and update Go Bags for each person & pet. Plan what else you would take.
  - Review meeting location with family, out-of-area contacts. Review escape routes from each room. Identify who is in charge of what.
  - Make sure Emergency Alerts are enabled on your smart phone. If not done already, register your address for county alerts on [www.PublicAlerts.org](http://www.PublicAlerts.org).
  - Do NOT turn your phone to silent setting.
  - Charge phone, HAM radio, portable computers, power banks.
  - Check/Replace flashlight batteries.
  - Review fire extinguisher use and utility shutoffs.
  - Prepare your transportation: vehicles should have full tank of gas or full charge.
  - Know where you'll go (an evacuation site or friend) and the route(s) to take.
  - If you have not done so before, take photos/video in each room, closets, drawers, etc. and in garage. Make sure you have current photos of household members and pets.
- Outdoors:
  - Move BBQ and any propane/gas tanks away from house.
  - Connect garden hose to water, fill water buckets around house.
  - Leave on exterior lights.
  - Put ladder outside for possible use by firefighters.

### **Level 2 - Be Set!**

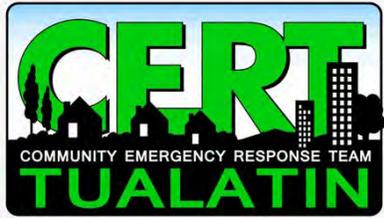
- Be ready to leave at a moment's notice. This level means significant danger to your area.
- Residents should either voluntarily relocate to a shelter or to family/friends outside of the affected area, or if choosing to remain, be ready to evacuate at a moment's notice. It's OK and wise to leave early; roads will quickly become jammed.
- This may be the only notice given. Emergency services cannot guarantee that they will be able to notify you if conditions rapidly deteriorate. Area media services will be asked to broadcast periodic updates.
- Take further steps to prepare:
  - Put Go Bags and other supplies into car.
  - Back car into driveway, close windows, keep keys with you.
  - Locate pets.
  - Check on neighbors.
  - Shut all windows & doors.
  - Leave lights on so house is more visible in thick smoke.
  - Shut off pilot lights, furnace/air conditioner.

### **Level 3 - GO! Leave Immediately!**

- Danger to your area is current or imminent, and you should evacuate immediately. If you choose to ignore this advice, understand that emergency services may not be available to assist you further. Do not further delay leaving to gather belongings or to make efforts to protect your home.

# Get Involved!

## Tualatin CERT Team Preparing for Disasters



The Community Emergency Response Team (CERT) provides an opportunity for individuals to make a commitment to the emergency readiness and response of our city.

CERT is a community-based group of volunteers who have completed training under a FEMA-registered program. The course covers basic skills that are important to know in a disaster when emergency services are not readily available. The 25-hour basic training focuses on disaster preparedness and response. This includes fire suppression techniques, first aid/triage, light search and rescue, and medical operations, as well as team organization and incident management. Hands-on practice and ongoing training and field exercises help the team remain ready.

The BASIC CERT 7-week class is offered every Spring and Fall. Space is limited. For more information on how to join the Tualatin CERT team and help protect our community, go to: [www.tualatincert.org](http://www.tualatincert.org), or e-mail [info@tualatincert.org](mailto:info@tualatincert.org)

Tualatin Neighborhood Ready is a volunteer-run program of Tualatin CERT.

In addition, CERT supports and promotes the local Emergency Communication Network Plan. In a disaster, cell phone lines will be jammed, and cell phone towers may be down. Being able to effectively communicate will be key to our family and community safety! The Plan uses amateur radio frequencies for HAM and FRS/GMRS ("walkie-talkie") radios. You can join this network, practice with us, and be prepared.

For more information, see the website: [www.tualatincert.org/amateur-radio](http://www.tualatincert.org/amateur-radio).



## Tualatin Neighborhood Ready - Resources (4-2022)

(Most of these websites have a link to Spanish and other languages.)

### GENERAL

US disaster preparedness tips

[www.ready.gov](http://www.ready.gov)

Take Five to Survive

[www.take5tosurvive.com](http://www.take5tosurvive.com)

### OREGON

Public Alerts

[www.publicalerts.org](http://www.publicalerts.org)

ShakeAlert® in Oregon

[www.oregon.gov/oem/hazardsprep/Pages/orshakealert.aspx](http://www.oregon.gov/oem/hazardsprep/Pages/orshakealert.aspx)

Oregon disaster preparedness

[www.oregon.gov/oem/hazardsprep/Pages/Individual-Preparedness.aspx](http://www.oregon.gov/oem/hazardsprep/Pages/Individual-Preparedness.aspx)

American Red Cross - Cascade Region

[www.redcross.org/local/oregon.html](http://www.redcross.org/local/oregon.html)

**TUALATIN** -- [www.tualatinoregon.gov](http://www.tualatinoregon.gov) 503-629-2000

Tualatin Police non-emergency number 503-629-0111

Tualatin Emergency Preparedness resources

[www.tualatinoregon.gov/publicworks/emergency-preparedness](http://www.tualatinoregon.gov/publicworks/emergency-preparedness)

### WASHINGTON COUNTY

Washington County Emergency Management

[www.co.washington.or.us/EmergencyManagement](http://www.co.washington.or.us/EmergencyManagement)

Tualatin Valley Fire and Rescue - wildfire preparedness

[www.tvfr.com/395/Wildfire---Ready-Set-Go](http://www.tvfr.com/395/Wildfire---Ready-Set-Go)

Cedar Hills Ready

[www.cedarhillsready.org](http://www.cedarhillsready.org)

**DURHAM** -- [www.durham-oregon.us](http://www.durham-oregon.us) 503-639-6851

**Keep learning!** Look for local classes, on-line presentations, and YouTube videos, including CPR, first aid, "Stop the Bleed", disaster preparedness, earthquakes, etc.

# Planning + Preparedness = Resilience!