

2

YOUR EMERGENCY PLAN



Preparedness begins by thinking about what each person in your home might need and understanding the risks you might encounter. The goal is to make sure everyone in your household is ready. When everyone is prepared for unexpected situations, it can save lives and make it easier to go back to your usual routine faster.

QUICK-START STEPS

- Learn About the Hazards in Your Area
- Make a Household Communication Plan
- Make an Emergency Plan
- Sign Up for Emergency Alerts
- Practice
- Considerations

LEARN ABOUT THE HAZARDS IN YOUR AREA



Different places have different risks. If you live in a tall building in the city, the risks might be different from someone living by the ocean. Local emergency management agencies and fire departments can help you identify the hazards where you live, like earthquakes, floods, mudslides, wildfires and tsunamis.

MAKE A HOUSEHOLD COMMUNICATION PLAN



Talk to everyone in your household about what to do in an emergency. You may need to evacuate or shelter in place. Here are some important things to consider in your communication plan:

- Out-of-area contact: Who can you connect with that isn't impacted by the disaster?
- Evacuation routes: Both out of your home and neighborhood.
- Meeting place: Where will everyone meet after the disaster if not at home?
- How to make contact if separated: What is the plan for reaching each other?
- Share your plan: Let others like family and out-of-state friends know about your plan.

MAKE AN EMERGENCY PLAN



Creating your emergency plan is an important job that should involve everyone. Your plan needs to cover what to do if you need to leave or stay where you are. In the event of an evacuation, you should have an emergency go-kit to take with you. To remember what to put in your go-kit, think about the Six Ps:

- People and pets (food, water, hygiene, sanitation, clothing and comfort items).
- Prescriptions (medications, hearing aids, eyeglasses and medical devices).
- Phones, personal computers, hard drives, disks and chargers.
- Plastic (ATM debit and credit cards) and cash.
- Papers and important documents (photo ID, birth certificates, social security cards, passports, visas, insurance policies, etc.).
- Pictures and other irreplaceable memorabilia.



Visit www.ready.gov or www.redcross.org for more recommended emergency kit items.

When sheltering in place, you need to have enough supplies for everyone in the household to survive for two weeks without electricity, running water and working toilets. In addition to the Six Ps, take these important steps when deciding what you need to survive:

- Track what your household eats over two weeks, so you have an idea of how much food you'll need.
- Gather any emergency supplies you may already have, like flashlights, power banks or batteries. You probably have more than you think!

Specific steps on how to gather supplies will be covered more extensively in later sections of this toolkit.

SIGN UP FOR EMERGENCY ALERTS



The easiest way to know what is happening in your area is to sign up for emergency alerts. Here are different ways you can sign up:

Priority Alerts:

- Visit your county emergency management website to sign up or update your contact information.
- Ensure your cell phone can accept Wireless Emergency Alerts.



For Apple devices:

- Go to settings.
- Click on "Notifications."
- Scroll to the bottom of the screen until you see "Government Alerts."
- If the bar is green, it means the notification is turned on.



For Android devices:

- Go to settings.
 - Either search “Emergency” or click on “Safety and Emergency.”
 - Make sure that “Earthquake Alerts” and any other alert options are turned on.
- In Oregon, visit www.oralert.gov to sign up to receive local emergency alerts in your area.

Additional Alerts:

- Download the free “MyShake” app to get early earthquake notifications in Oregon, Washington and California.
- Purchase a NOAA (National Oceanic Atmospheric Administration) radio to receive updates on severe weather warnings.  
- Sign up for social media notifications from your local emergency management office on Facebook or X (formerly Twitter).



PRACTICE

Once you have a plan, practice it! This is the best way to know that your plan will work. It’s better to know which parts of your plan won’t work before a disaster happens. Here are some ways you can practice:

- Walk through your emergency plan every few months to keep everyone’s memory fresh.
- Test the evacuation route out of your home or neighborhood.
- Animals often sense danger before humans and may become agitated before an impending disaster. Practice getting your cat in its carrier or your dog on its leash while moving quickly.
- Take part in the [Great ShakeOut](http://www.shakeout.org) (www.shakeout.org) and Great Camp-In drills.

CONSIDERATIONS

- Make sure to account for access and functional needs, such as equipment to help with mobility or CPAP machines that rely on electricity. Deaf, blind or hard-of-hearing individuals may also have specific needs.
- Talk to your doctor about ways to stock up on extra doses of necessary prescribed medications.
- To save space, scan all your important documents, such as birth certificates or photos, onto an external hard drive or USB drive.
- Include other documents, such as a rental agreement, utility bills or letter of employment.
- If your address or phone number changes, make sure to update your contact information with your county for emergency alerts.
- Sign up for alerts for areas you visit when away from home.

ACTIVITIES: Pages 45-57