



When Disaster Strikes Eastmoreland

An Emergency Earthquake Resource Guide

After Reading Please Store Guide with Your Emergency Items

Prepared by the Eastmoreland Neighborhood Association Emergency
Preparedness Committee
ready@eastmoreland.org

This booklet was sponsored by the Eastmoreland Emergency Preparedness Committee (EPC), part of the Eastmoreland Neighborhood Association (ENA). This information is meant to serve as a guide for our neighbors on how to prepare for an emergency. However, it is not the final authority on how to prepare and respond during an emergency. Please refer to the Portland Bureau of Emergency Management (PBEM) for the most current preparedness information and disaster response planning.

Published 2016.

Dear Neighbors,

The Eastmoreland Emergency Preparedness Committee is circulating this emergency disaster resource guide so the Eastmoreland community can be as prepared, empowered, and strong as possible in the event of a significant disaster, such as a subduction zone earthquake.

It is important to realize that a major earthquake will likely overwhelm local law enforcement, fire, and emergency medical personnel and resources. It may take local, state, and federal agencies a week or more to provide the most basic relief. Furthermore, phone systems, both land-based and cellular, and Internet communications may be disrupted, or overwhelmed almost immediately. The roads may be damaged making travel difficult or impossible.

We do not share this information for its shock value. Rather, we wish to impart with you that we'll be in this one together. Eastmoreland residents need to lean on one another in the event of major disaster, which is reassuring – Eastmoreland is home to a culmination of awesome, diverse, and intelligent people.

Use this guide as a planning resource. You may wish to do further research on the topics discussed within the guide (there is no shortage of information on the Internet). Once you've done as much preparing as you wish, stick the resource guide in with your emergency supply kit or in another safe spot. There is information within the resource guide that you will want following an earthquake or other disaster.

Questions, suggestions, and comments can be sent to ready@eastmoreland.org.

Warmly,

The Emergency Preparedness Committee
Eastmoreland Neighborhood Association

Table of Contents

- 1. How Are the City of Portland and the Eastmoreland Neighborhood Preparing for Major Earthquake?**
- 2. What Can I Do Prior to an Earthquake to Minimize Injuries in My Home?**
- 3. How Do I Make a Home Evacuation Plan?**
- 4. What Can I Do to Prepare for Living Conditions After an Earthquake?**
- 5. How Can I Maintain a Supply of Potable Water?**
- 6. What Food Items Should I Store?**
- 7. How Does My Household Deal with Human Waste?**
- 8. Why is Developing a Buddy System Important?**
- 9. How Do I Protect Myself and Household During an Earthquake?**
- 10. Can I Stay Where I am After an Earthquake?**
- 11. What Should I Do If There is Fire, Damage to Utilities, or Damage to My Home?**
- 12. How Can I Get Help for a Medical Emergency After an Earthquake?**
- 13. Where Can I Receive Assistance and Information Following an Earthquake?**
- 14. How Can I Get Information and Communicate with Others, in the Absence of Cellular Service?**
- 15. How Do I Deal with Stress Experienced Following an Earthquake?**
- 16. Where Can I get Additional Information about Preparing For and Responding To an Earthquake?**

Many thanks to the Eastmoreland Emergency Preparedness Committee members who assembled the resource guide.

1. How Are the City of Portland and the Eastmoreland Neighborhood Preparing for A Major Earthquake?

City of Portland

- An emergency response plan and emergency coordination center have been established by the Portland Bureau of Energy Management:
www.portlandoregon.gov/pbem
- The plan establishes local communication/meeting sites, called **Basic Earthquake Emergency Communications Nodes (BEECN)**, to be set up at 48 sites around the city: www.portlandoregon.gov/pbem/59630
- A BEECN is a place to go in Portland after a major earthquake to report severe damage or injury.

Portland Fire & Rescue

- The initial responsibility of fire and rescue personnel following an earthquake is to perform a damage assessment of medical, transportation, and utility resources and infrastructure.
- Some fire stations serve as the point of contact for nearby BEECNs.
- The Moreland/Sellwood Fire station #20 at 2235 SE Bybee Boulevard serves as a contact point for the Eastmoreland BEECN.
- Emergency and ARO Ham radio operators may be present at some fire stations to communicate with and between the city emergency command center and neighborhood BEECNs.
- Fire stations are, also, equipped to set up and operate Medical Care Points.

Eastmoreland Neighborhood

- The Eastmoreland BEECN is located near the Duniway School Playground – 7700 SE Reed College Place.
- Several neighbors have been trained as volunteers to man the BEECN. Volunteers can send messages to the fire station on behalf of Eastmorelanders.
- Currently, BEECN sites are designed to handle communications only. However, the BEECN volunteer team can answer questions and provide the latest available status reports.
- It may take 24 to 48 hours or longer after an earthquake before the BEECN is operational.

2. What Can I Do Prior to an Earthquake to Minimize Injuries in My Home?

Review and discuss earthquake response information in this guide and elsewhere with all members of your household, especially children. This includes:

- How to recognize an earthquake
- How to protect yourself during an earthquake
- How to evacuate the house after an earthquake
- Where to meet after an earthquake
- Where to go for help in the immediate vicinity and at the BCEEN
- Where the water and gas shutoff valves are located and how to close them
- Where emergency supplies are stored

Secure heavy items that could fall during an earthquake.

- Fasten heavy mirrors and framed art to wall studs directly or with special hooks.
- Fasten tall furniture such as bookcases and china cabinets to wall studs.
- Install latches on cupboards containing breakable objects.

Make a home evacuation plan as described in the next section.

If your house was built before 1975, consider an earthquake retrofit that secures the wooden structure to the concrete foundation. This construction practice was required by Oregon code after 1974. A retrofit can:

- Limit the damage to the house and its contents.
- Prevent the structure from falling off the foundation, which makes it uninhabitable.
- Make the house eligible for earthquake insurance.

3. How Do I Make a Home Evacuation Plan?

- Make a floor plan. Walk through each room and discuss evacuation details.
- Plan a second way to exit from each room or area, if possible. If special equipment is required to exit, such as a rope ladder, mark the storage location onto your emergency floor plan.
- Mark the location of emergency food, water, first-aid kits, and fire extinguishers.
- Mark the location of utility switches or valves, so that they can be turned off.
- Indicate the location of the household's emergency outdoor meeting place.
- Practice evacuation plan at least twice a year with every member of household.
- Plan for guests, neighbors who may need to evacuate home by keeping evacuation plan in a known safe place (e.g. posted on a wall or inside a cupboard).

4. What Can I Do to Prepare for Living Conditions After an Earthquake?

The Portland Bureau of Emergency Management recommends planning for a two-week period of self-sufficiency following a major earthquake, when essential services such as water, sewage, electricity, communications, transportation and banking may not be available or limited.

Assemble or obtain a medical first aid kit along with basic first aid instructions.

Assemble an earthquake survival kit with basic supplies for up to two weeks staying in the immediate area of your own home. Survival kits designed for various durations can be purchased or assembled.

Assemble a smaller transportable survival kit or “go bag” in the event evacuation is necessary.

Make a household emergency file that includes:

- A home evacuation plan, emergency meeting points, and emergency communication plans.
- A list of emergency contacts and information about for members of household.
- Important medical information: doctors, prescriptions, caregivers, etc.
- Information about pets: descriptions, names, habits, veterinarians, food, etc.

Prepare a financial first aid kit that includes critical financial, medical, and household contact information. This will provide a centralized record of household information to facilitate rebuilding your life following a disaster, such as an earthquake. Additionally, a supply of cash is advisable since access to banks funds may be limited.

Prepare a survival kit for pets, include: water, food, treats, identification, veterinarian information, medications, bowls and toys, etc. Identify temporary caretakers for pets in your absence.

5. How Can I Maintain a Supply of Potable Water?

To Store Water

- Water can be stored beforehand in individual food-grade containers or a large 55-gallon tank.
- Recommended water storage amounts: 1 gallon/day per person for 2 weeks.
- Change water from storage containers every 6 months, to avoid contaminants leaching into water supply.

To Purify Water:

- 1/4 teaspoon of concentrated bleach (**8.25%**) per 4 gallons of clear water. Stir and let stand for 30 minutes before using. Do not use bleach that contains added scents or cleaners.
- Boil contaminated water for 3-5 minutes.

- Use a water filtration system. Transportable filtration systems can be purchased at outdoor supply stores.

Alternative Water Sources:

- Water stored in water heater. *
- Water stored in pipes.
- Melted ice cubes.
- DO NOT use water from radiators, waterbeds, swimming pools, toilet tank or bowl. Additionally, avoid floodwaters, water that has an unusual odor or color, water that you suspect might be contaminated with fuel, heavy metals or toxic chemicals.

*A water heater filter can be hooked up to the drain valve of water heater tanks to reduce sediment.

In the event of a water leak, water can be turned off at the street by locating the main shut off valve. Using a 4-in-1 tool or a non-sparking wrench, turn off the knob or handle clockwise until it is completely closed.

6. What Food Items Should I Store?

Recommended Food Items to Store:

- | | |
|----------------------------------|--|
| • Canned or dried juice mixes. | • High-energy foods: peanut butter, jelly, crackers, unsalted nuts, and trail mix. |
| • Powdered or canned milk. | • Pet food. |
| • Cereals. | • Infant formula and baby food |
| • Canned beans and canned meats. | |
| • Can Openers & Utensils. | |

Keep food fresh by rotating items every year and storing away from weather elements.

7. How Does my Household Deal with Human Waste?

How to make a Twin-Bucket Toilet:

- Purchase two 5-gallon buckets with lids, a toilet seat and carbon material such as sawdust or dried leaves.
- Mark them “Pee” and “Poo”.

How to use a Twin-Bucket Toilet:

- Toilet seat can be moved from one bucket to the other.
- DO NOT pee in the poo bucket and vice versa.
- After using the pee bucket, remove the seat and cover with a lid that closes well.
- After using the poo bucket, sprinkle about a half-cup of the carbon material to completely cover the surface of the poo. Put lid on or toilet seat down only partially to allow poo to dry out.

- Used toilet paper should only go into the poo bucket never the pee bucket.
- When buckets fill up, waste can be added to a compost pile, buried 6 to 8 inches below the surface or placed in a designated large garbage bin.

8. Why is Developing a Buddy System Important?

When disaster strikes it will be your neighbors you will need to count on. Depending on the magnitude of the disaster, it may be days before you receive help from local officials and relief workers. Local officials will be caring for themselves and their families, grappling with damaged city infrastructure, and expending energy on the highest priority emergencies. Neighborhood buddies can check in and assist you and your household, especially those who are vulnerable.

- Make a plan with several neighbors to check in on one another.
- Select only neighbors you feel comfortable providing information about your household to (e.g. location of keys, alarm codes, phone numbers, your comings and goings, emergency kits, gas and water shut off locations, and any other important information that you would want your buddy to handle for you in your absence or if you are injured).
- Get to know your neighbors special skills (e.g., medical, technical).

Elderly individuals, disabled individuals, children, and the chronically ill will be most vulnerable during a disaster.

- For the vulnerable, neighborhood buddies should be informed of:
 - Care instructions.
 - Necessities such as oxygen, medications.
 - Specialized equipment.
- As a best practice, keep specific care instructions for vulnerable individuals in multiple locations (e.g. wallet/day bag, emergency kits, their bedroom, family room).
- Children should expressly know to whom and where they should go to in the event of a disaster, especially those that may be home unsupervised.
- Practice plan at least twice a year with children, reiterating the verbal plan at least once a month.
- Keep whoever will assist your child up-to-date with the child's medications and child's needs.

Pets are especially vulnerable during a disaster, as they are frequently left in the home alone.

- Determine buddies that will care for pet, in the event you cannot.
- Items for a pet disaster kit: pet food, medications, kennels, collars and leashes, immunization records, their favorite toy.
- Research disaster organizations that will shelter pets. Many emergency shelters do not allow animals.

9. How Do I Protect Myself and My Household During an Earthquake?

If you are INSIDE when the shaking starts:

- **DROP** down onto your hands and knees (before the earthquake knocks you down). This position protects you from falling but allows you to still move if necessary.
- **COVER** your head and neck with both arms, clasping your neck with your hands. If a sturdy desk or table is nearby, crawl beneath it while keeping one arm over your head. *If there is no shelter nearby, only then should you get down near an interior wall or next to low-lying furniture that won't fall on you and cover your head and neck with your arms and hands.*
- **HOLD ON** to your shelter (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

Additional actions to further reduce chances of being hurt:

- **AVOID DOORWAYS.** It is safest under a table. In modern homes, doorways are no stronger than any other part of the home. The doorway does not protect from the most likely source of injury – falling or flying objects. Most earthquake-related injuries and deaths are caused by falling or flying objects (e.g., TVs, lamps, glass, bookcases) or by being knocked to the ground.
- **IF POSSIBLE** within the few seconds before shaking intensifies, **QUICKLY MOVE AWAY** from glass and hanging objects, bookcases, china cabinets, or other large pieces of furniture that could fall.
- **WATCH FOR FALLING OBJECTS**, such as bricks from fireplaces and chimneys, lighting fixtures, wall hangings, high shelves, and cabinets with doors that could swing open.
- If available nearby, grab something to **SHIELD YOUR HEAD AND FACE** from falling debris and broken glass.
- If you are **IN THE KITCHEN**, quickly turn off the stove and take cover at the first sign of shaking.
- If you are **IN BED**, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are! Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways.

If you are OUTSIDE when shaking starts:

- **FIND A CLEAR SPOT** (away from buildings, power lines, trees, streetlights) and drop to the ground. Stay there until the shaking stops.

- If you are **IN A VEHICLE**, pull over to a clear location and stop. Avoid bridges, overpasses and power lines if possible. Stay inside with your seatbelt fastened until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.
- If a **POWER LINE** falls on your vehicle, **do not get out**. Wait for assistance.

10. Can I Stay Where I am After an Earthquake?

Check the structural aspects of the building. If any part of the structure appears to be unsafe, evacuate the building until a more detailed inspection can be made.

Buildings that are damaged by the main shock could receive additional damage from aftershocks. Be prepared for aftershocks and stay away from anything that looks like it may fall. Check buildings for damage after every aftershock.

Local authorities may instruct you to “shelter-in-place” after a disaster. If you hear instruction to “shelter in place”, take immediate shelter wherever you are—at home, work, school, or in between.

You may even be instructed to "seal the room"; which means to take steps that prevent outside air from coming into the space. These include:

- Cover your mouth and nose with a damp cloth, if possible.
- Turn off and close all vents, turn off all motors and fans.
- Take shelter in an internal room with few or no windows.
- Shelter above ground if possible.
- Listen to radio for public announcements.
- Remain sheltered until the “all-clear” signal is given.

11. What Should I Do If There is Fire, Damage to Utilities, or Damage to My Home?

Fire

Put out small fires in your home or neighborhood immediately using a fire extinguisher. A small fire is a fire that is no larger than a small, 3-gallon garbage bin. Large fires are an immediate reason to evacuate. Call for help.

Fire Extinguisher Basics

Pull and remove the pin located at the top of the extinguisher

Aim the discharge nozzle at the base of the fire

Squeeze the top handle of the extinguisher

Sweep the discharge from side to side across the fire

Gas Leaks

Shut off the main gas valve if you suspect a leak due to: broken pipes, the odor or sound of leaking natural gas, or you see the meter spinning quickly.

Refrain from using matches and candles after a disaster due to potential natural gas leaks and the increased chance of starting a fire. Instead, use flashlights, battery-powered lights, and light sticks.

SAFETY ALERT! NEVER ATTEMPT TO TURN YOUR OWN GAS BACK ON. ONLY THE GAS COMPANY CAN TURN THE GAS BACK ON AFTER CHECKING FOR LEAKS. THIS IS FOR YOUR SAFETY, AS WELL AS FOR THE SAFETY OF THE HOMES AROUND YOU. *The phonebook has detailed information on safety related to natural gas.*

Damaged Electrical Wiring

Shut off power at the main breaker switch if there is any damage to your home's wiring. Leave the power off until damage is repaired. Consider turning off main breaker switch if home loses power following an earthquake, as large surges could damage your wiring and electronics, or potentially start electrical fires.

Broken Lights and Appliances

Unplug broken lights and appliances as they could start fires when electricity is restored.

Downed Power Lines

If you see downed power lines, consider them energized and stay well away. Keep others away. **NEVER TOUCH DOWNED POWER LINES OR ANY OBJECTS IN CONTACT WITH THEM.**

Falling Items

Beware of items tumbling off shelves when you open doors of closets and cupboards.

Spills

Use extreme caution. Clean up any spilled medicines, drugs, or other non-toxic substances. Potentially harmful materials such as bleach, lye, garden chemicals, and gasoline or other petroleum products should be isolated or covered with an absorbent such as dirt or cat litter. When in doubt, leave your home.

Damaged Masonry

Stay away from chimneys and walls made of brick or block. They may be weakened and could topple during aftershocks. Don't use a fireplace with a damaged chimney. It could start a fire or let poisonous gases into your home.

12. How Can I Get Help for a Medical Emergency after an Earthquake?

The level of damage from an earthquake may make access to medical facilities impossible due to downed power lines, fallen trees and/or fallen debris. Damage to facilities may limit the level and type of treatment that can be provided.

Immediately after an earthquake, city personnel will coordinate with hospitals and others to assess status, capability and accessibility of critical medical facilities. First responders will use this information to guide their response to medical emergencies.

Fire and emergency medical service responders will rescue, triage, treat and transport the injured to available healthcare facilities. However, first responders will likely be unable to respond immediately to a medical emergency.

Therefore, you and your neighbors will be relied upon to provide first aid until first responders or other medical personnel can reach the injured.

Family, neighbors, and NET volunteers should be prepared to:

- Provide basic first aid to stabilize the injured. (See Resources)
- Notify Portland Fire & Rescue of a medical emergency by calling 911, going to the Eastmoreland Basic Earthquake Emergency Communication Node (BEECN) located on the Duniway Elementary School playground – 7700 SE Reed College Place, or going to Fire Station 20, Sellwood/Moreland Fire Station – 2235 SE Bybee Blvd.
- If possible, provide the following patient information: gender, age, nature and severity of injury, street address, and your contact information.
- Continue care of injured until help arrives or until injured can be safely moved.
- If injured can be safely moved, obtain the location of nearest operational Portland Fire & Rescue medical care point and escort the injured there.

Portland Fire & Rescue Medical Care Points

Portland Fire & Rescue will establish medical care points at various locations in the city. Specific locations for these points will be determined by accessibility and weather.

Possible care point sites near Eastmoreland are:

- Westmoreland Park – SE McLoughlin Blvd. & Bybee Blvd.
- Sellwood Park – SE 7th Ave. & Miller St.
- Brentwood Park – SE 60th Ave. & Duke St.

PORTLAND FIRE & RESCUE WILL CONFIRM CARE POINTS AFTER AN EARTHQUAKE. DO NOT ASSUME CARE POINTS WILL BE OPERATIONAL IMMEDIATELY.

13. Where Can I Receive Assistance and Information Following an Earthquake?

Go to Eastmoreland's Basic Earthquake Emergency Communications Node (BEECN) site located at Duniway Elementary School Playground – 7700 SE Reed College Place.

The team of neighbors at the BEECN will have access to radios and can report damage and medical emergencies, as well as provide status information about emergency

services. Currently, BEECN sites are designed to only communicate with the Portland Emergency Coordination Center through the local fire station.

The BEECN site will be operational as quickly as possible, but it may take 24 to 48 hours, depending on the circumstances.

It's impossible to know how soon help will be available following an earthquake. First responders will be stretched thin after a major earthquake, and you may have to depend on your neighbors for days or weeks. First responders will do the best they can to help the greatest number of people.

If you do not have an emergency, it is best to shelter at home after an earthquake. Listen for information on a battery-powered/hand-crank radio. Check with your BEECN site periodically for new information about shelters and drop sites for food and water.

If you are not in Eastmoreland, you can go to one of 48 other BEECN sites spread throughout Portland.

A map of the Portland BEECN sites is available at:

www.portlandoregon.gov/pbem/article/424349

The Portland BEECN map is a useful item to keep in your car or day bag.

14. How Can I Get Information and Communicate with Others, in the Absence of Cellular Service?

Several types of radios can be used in the absence of cell service:

- Hand-held Family radios (FRS) are used like walkie-talkies and are useful for near range communication – for example: communicating with neighbors and perhaps the neighborhood emergency team. Trees and buildings shorten the range significantly from that advertised on packaging. Assume no more than a couple blocks range.
- Most FRS radios, also, have general mobile radio (GMRS) capabilities.
- GMRS work the same as FRS. To use GMRS channels, registration and a one-time fee is required. GMRS will allow for more channel options and a range of several blocks more than FRS. Trees and buildings will act as interference.
- Ham radio is the most reliable form of communication after a disaster. Operation of a Ham radio requires an examination and license. Ham operators have the ability to connect with radio operators throughout the world.

REMEMBER! No matter which type of radio, radios require a source for charging and/or additional batteries.

For continuous access to broadcast information and weather updates keep a basic battery powered or hand-crank emergency radio with your emergency supplies. Updates from the City will provide information about supply drops, shelters, evacuation routes, etc.

- Local emergency broadcast radio stations are: KOPB-FM 91.5 MHZ, KXL-FM 100.1 MHZ, and KGON-FM 92.3 MHZ.
- Local weather is available at KIG98 162.550 MHZ (requires weather radio).
Weather radios broadcast dedicated, continuous weather reports.
- Cell phones can be programmed to receive emergency alerts. *Sign up for Public Alerts at www.publicalerts.org/signup*

15. How Do I Deal with Stress Experienced Following an Earthquake?

During a disaster you will experience some level of stress. Stress is emotionally and physically taxing.

To Reduce Stress:

- Stay hydrated.
- Rest and Eat.
- Connect with others.
- Use spiritual resources.

To Help Others After a Disaster:

- Be empathetic.
- Provide support by listening to them talk about their feelings and physical needs. People will often need to talk about what they have been through. They need someone to listen to them.
- Engage uninjured people in helping. Focused activities may help them cope; give them a constructive job to do such as organizing supplies.
- Be sensitive to feelings. Avoid phrases like:
 - “I understand” or “Don’t feel bad”.
 - “You’re strong” or “You’ll get through this”.
 - “It is God’s will” or “Don’t cry”.
 - “Everything is going to be okay”.

How to Help Children After a Disaster:

- Talk with children about what they are feeling. Assure them it is OK to have those feelings.
- Children should not be expected to be brave or tough. Tell them it is okay to cry.
- Don’t give children more information than they can handle about the disaster.
- Assure children that you will be there to care for them; constantly reassure them.
- Reassure children that the disaster was not their fault.
- Let children have some control, such as choosing clothing or what meal to have for dinner.
- Help children relearn trust by keeping the promises you make. Make plans with children making sure to make good on those plans.
- Spend extra time with children at bedtime.
- Allow special privileges for a short period of time, such as leaving the light on at bedtime.

16. Where Can I Get Additional Information about Preparing for an Earthquake?

Disaster Supplies

- Basic Checklist of Disaster Supplies created by the Department of Homeland Security: www.ready.gov/kit
- FEMA Emergency Supply List: www.fema.gov/media-library/assets/documents/90354
- Pre-Made Emergency Kits for Purchase via the American Red Cross: www.redcrossstore.org/category/id/1
- Twin Bucket Toilets: www.phlush.org/emergency-toilets

Evacuation Plans:

- FEMA Evacuation Plan Resource: www.fema.gov/media-library/assets/documents/90401

Financial Preparation:

- FEMA Emergency Financial First Aid Kit Resource: www.fema.gov/media-library/assets/documents/96123

Ham Radio

- The National Association for Amateur Radio: www.arrl.org

Nearby Hospitals

Emergency patients in the Eastmoreland area are normally transported to one of three hospitals:

- Providence Milwaukie – 10150 SE 32nd Ave, Milwaukie, OR 97222
- OHSU – 3181 SW Sam Jackson Park Rd, Portland, OR 97239
- Adventist Medical Center – 10123 SE Market St, Portland, OR 97216

Accessibility to these hospitals and the ability for hospitals to treat injured persons is dependent on the earthquake damage.

Pet Care Preparation

- FEMA Pet Planning Resource: www.fema.gov/media-library/assets/documents/90944

Preparedness Resources for Portland

- Basic Earthquake Emergency Communications Nodes (BEECN) Information: www.portlandoregon.gov/pbem/59630
- Basic Earthquake Emergency Communication Nodes (BEECN) Map: www.portlandoregon.gov/pbem/article/424349
- Emergency Alerts with Public Alerts: www.publicalerts.org/signup
- Portland Bureau of Emergency Management's Preparedness Resources: www.portlandoregon.gov/pbem/46475

- Planning for Resilience & Emergency Preparedness (PREP): www.preporegon.org

Red Cross Apps

- First Aid app: Download via [Apple App Store](#) or [Google Play](#) or text "GETFIRST" to 90999.
- Earthquake app: Download via [Apple App Store](#) or [Google Play](#) or text "GETQUAKE" to 90999.

Seismic Retrofitting

- Enhabit: www.enhabit.org/services/earthquake-readiness

Why Prepare?

- FEMA article “Preparing Makes Sense”: www.fema.gov/media-library/assets/documents/90942



Eastmoreland Neighborhood Association
Emergency Preparedness Committee
ready@eastmoreland.org