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What goes into your Go Bag?

ORGANIZING YOUR EMERGENCY SUPPLIES

(KAREN RH) (**INTRO SLIDE**) [1:30 mins] [**SHARE screen & share audio. TURN ON THE RECORDING!!!!!!**]

Let's get started. Hi Everyone. My name is Karen Ronning-Hall, your neighborhood preparedness evangelist.

Tonight, we will be talking about "Go Bags & Emergency Supplies" as you prepare for disasters.

This program tonight is brought to you by Cedar Hills Ready! Quake Up!

Our mission is to create caring, connected, and resilient neighborhoods.

We are committed to making sure every neighbor is prepared and has the best chance of survival in the event of a disaster.

- Welcome. We have invited people not only from my neighborhood, Cedar Hills, but also from across the Portland metro area.
- Because Cedar Hills Ready! isn't just about my neighborhood, it's about yours, too. It's a movement to connect neighbors with each other; because there is strength (and fun) in numbers.
- We are making our content freely available to everyone. Feel free to share this information with all of your important people.
- We are recording this meeting so that we can make it available to others who could not make it tonight.
- If you happen to be from a neighborhood outside of Cedar Hills and you want to get prepared in your neighborhood, we'll help you get connected to the right people.



KAREN [0:30]

This program is part of an ongoing series.

Most of our meetings - Third Wednesday of the month at 7 PM on Zoom

Next month our focus will be on Emergency Food & Cooking in a Disaster.

Topics subject to change, depending on speaker availability.

Because you've signed up for this meeting, you'll be getting follow-up email notifications for upcoming meetings.

(You can cancel the newsletter email at anytime.)



Free Resources

For links and downloads see:

<https://tinyurl.com/chrgobaglinks/>

Contact:

Info.CedarHillsReady@gmail.com

Check out pages 8-9 for Go Bag lists in the Get Prepared Now! Booklet

<https://quakeupnw.weebly.com/cedar-hills-ready-files.html>

[1:00] We're going to go over a lot of information today in a short period of time. You may want to take notes, but don't worry about writing everything down, because you'll have access to the slides and lists in this presentation and additional free resources. We make our "Get Prepared Now!" Booklet available to you for free on our website. Thank you to Barbara Bracken and the Tualatin Neighborhood Ready group for the original material for this booklet. This booklet has a ton of information about getting prepared, including inserts that you can use as tools in your planning. Topics cover family emergency plans, how to become earthquake safe, and a calendar for planning your disaster supplies, and more. Go bag and emergency kit lists are covered on pages 8 and 9 of this booklet. Check out the links on this slide for more information.



Cedar Hills Ready! Quake Up! Team
Want to get involved? Contact Info.CedarHillsReady@gmail.com

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(KAREN RH) [1:15 mins]

This presentation is a product of the efforts of your neighbors and community members and leaders.

I want to thank a few members of the Cedar Hills Ready! QuakeUp! team who worked on creating this program.

- Starting with me, Karen, the ringleader for Cedar Hills Ready!
- Barbara Bracken is our speaker tonight. She is the Tualatin Ready! Program Manager.
- Stan Houseman will be tracking chat comments and leading Q&A session today. He's a founder of QuakeUp! and the Master of Disaster! He manages the website.
- Bill Hall, my partner, is a co-founder of CHR, and he's a member of Beaverton CERT.
- Lincoln Thomas, is our Cedar Hills Neighborhood Ready! Coordinator; he also is our monthly newsletter editor
- Judy Janowitz – has been a Beaverton CERT for many years, and she coordinates the Waterhouse Neighborhood Ready! program.
- Former Beaverton City Councilwoman, Cate Arnold, is getting involved in Beaverton's Neighborhood Ready! efforts. She is our timer for the meeting.

We are always looking for new input, if you are interested in joining our efforts, please connect with us at Info.CedarHillsReady@gmail.com.



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Contact Us:
Karen at 971-361-9348

3/17/2021

Agenda

7:00 PM	Introduction & Welcome
7:10 PM	Are you ready to go? Our speaker, Barbara Bracken
	<input type="checkbox"/> <i>Under-Bed Kit Basics</i>
	<input type="checkbox"/> <i>Go Bags (1 – 2 day)</i>
	<input type="checkbox"/> <i>Evacuation Kits (5 days – 2 weeks)</i>
	<input type="checkbox"/> <i>Home Emergency Supplies</i>
	<i>* Disaster Scenarios in each topic</i>
7:55 PM	Q & A
8:00 PM	Meeting Adjourns

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[1:00] Last month we talked about water, sanitation, and hygiene. Making sure you have enough clean water is one of the most important things to consider in preparing for disasters. Today, we are going to focus on go bags and emergency supplies... using four different disaster scenarios to help you think about what you may need.

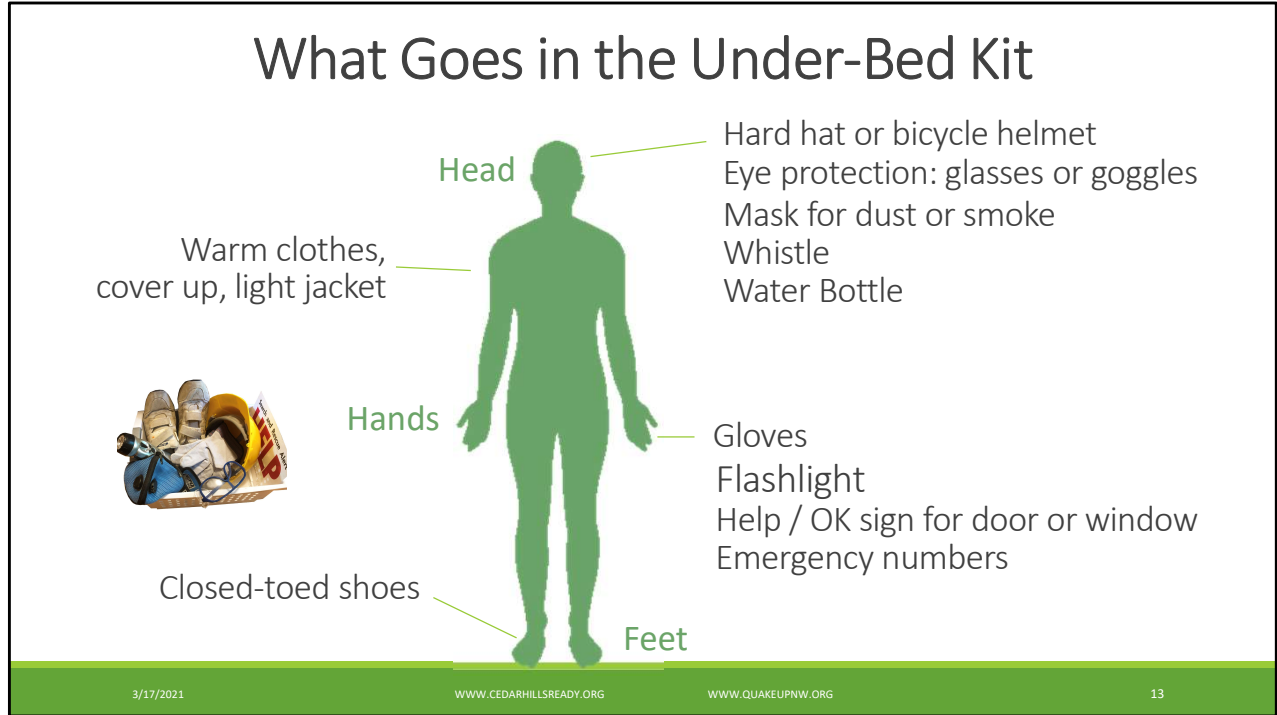
- These will be interactive sessions where you'll have an opportunity to contribute. Our speaker, Barbara Bracken will lead us in these scenarios in a few minutes.
- At the end of the meeting, we'll have a Q&A session, which may go past 8 PM. Feel free to leave early if your questions are answered.
- Some of this info may not be new to you; if it isn't, hopefully, it will give you something to share with people you care about who aren't as knowledgeable. Having you participate will help all of us as you share your expertise during this meeting.



Thank you Karen. Welcome everyone!

UNDER BED KIT

- Who: Every person in home + guest
- Why: Spend 8 hrs / day. Dark & disoriented
Fact: The vast majority of injuries that happen in earthquakes don't come directly from the earthquake itself, but from fire and broken glass.
The reason to have this kit of immediate supplies under the bed is that you spend a third of your day in bed, and this is the easiest place to reach if something happens in the dark, and you are disoriented.
- Where: tie to Bed legs so it doesn't move, especially with no carpet, especially with slick hardwood floors.



Minimum List:

- Head-hard hat or bike helmet have kids decorate helmet; Purchase a good quality helmet; Not \$6 one because the inside web doesn't hold up
- Eye protection: glasses or goggles
- Mask-KN95 or 3-layer fabric
- Hands-leather palmed gloves -find small gloves BiMart or online
- Feet-sturdy, closed toe shoes, walk on glass-not flipflops
- Hands free Flashlight (not candles)
- Whistle-doesn't require as much air, less particulate intake
- Bottle of Water
- Help/OK signs-download from Cedar Hills Ready booklet (insert); Attach bandaids, put up in front window or door for search & rescue

THIS KIT IS EASY TO ASSEMBLE. HAVE IT PUT TOGETHER AND READY AS SOON AS POSSIBLE.

Have one put together for every resident in home. Include frequent Guests.

Make 1, give 1: After you complete your kit, Make it as a gift-birthday, anniversary, Christmas, Mothers & Falter's Day, Grandparents, & kids Day

Disaster Scenario 1



Earthquake at night

- It is 1 AM, A 9-point earthquake
- Shaking, Broken Glass, Alarms
- What would you do first?
Cover head with pillow & hold on!
- What would you need to safely check on the kids or move around the house?

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14

Chat Contributions

OK, so lets do our first scenario, where you have opportunity to contribute and customize your own list. For our

Scenario:

- It is 1 AM, everyone is in bed, and a 9.0 Earthquake strikes,
- It's pitch black, shaking, you can hear glass breaking, alarms going off.
- What would you do first?
Cover Head with Pillow, Hold on. Wait for initial shaking to stop to reduce the risk to you!
- What would you need to safely check on kids, move around house?

More ideas for the under-bed kit

THE BASICS, PLUS OUR IDEAS:

- Extra Glasses, Hearing Aids
- Cell Phone nearby
- Outdoor Clothes
- Safety steps after an earthquake
- Small Crowbar



YOUR IDEAS:

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15

Here are some of our ideas about some extras you might need:

- Extra Glasses, Hearing Aids-Velcro adhere case on bedstand so that these don't go flying across the room
- Cell Phone nearby
- Outdoor Clothes-dependending on bedwear
- Small Crow Bar, if you sleep with doors closed, your doors may jam.
- Know who is responsible for what: who checks on who, utility shut off, etc.

What ideas and questions do you have? Enter them into the Chat box as we go along.

You might want to jot some ideas down in your own notes for yourself. <Pause>

GO BAGS: Build-Your-Own



Be clear about your mission:

- What do you need to do?
- What are the conditions you might be in?
- How long will you need it?

Your go bag:

- Should reflect your own personal needs
- Know how to use everything in it

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Next, some Go Bag Fundamentals: Build-Your-Own Kits

- After an emergency, you may need to survive on your own for several days.
- A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.
- The kit you create should reflect your own personal needs and you should know how to use everything in your kit.
- You need access to emergency supplies no matter where you are 24/7.
- You never know where and when a disaster will strike; prepare for work, school, cars and home.
- Take time to research Emergency Plans for your work, school, adult living facilities, care givers
- Know & understand their plan, responsibilities and who are the contacts.

First be clear about your mission:

1. What do you need to do? Evacuate? Get home? Setup emergency communication station? Etc.
2. What are the conditions you might be in? Consider: Weather, terrain, your physical fitness level, realistic contingencies, etc.
3. How long will you need it?



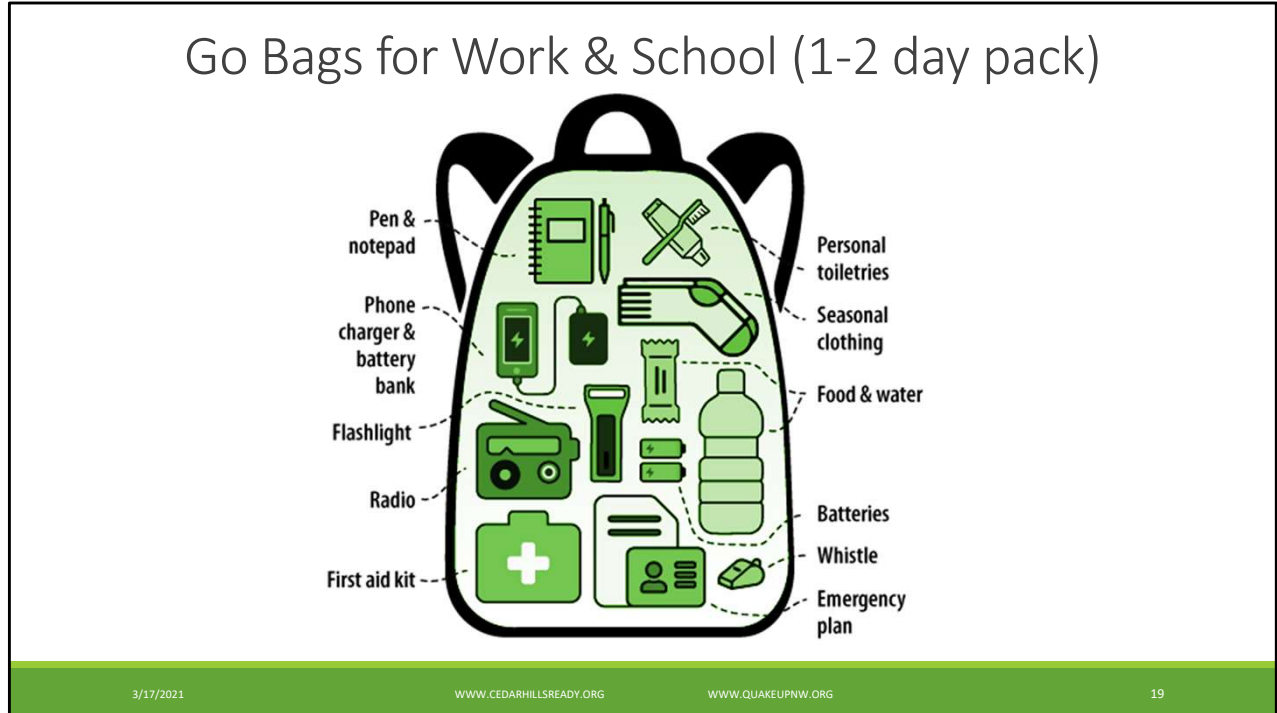
Note the many types & designs of different bags.

When organizing your Emergency Kit, consider the following:

- Look for a high-capacity backpack with many built-in storage compartments. Consider something which has multiple storage areas, and modular pouches with clear tops for quick and easy identification.
- If you need more supplies than will fit in a single backpack, consider adding a duffel back to hold your additional stuff.
- I tend to overpack- and will wear 2 backpacks-One front, one on my back.

For households with 3 or more family members, consider organizing:

- By Person. Next, label it with their name and store all of their needs in it including medications and personal items.
- Add a personalized container (like a pouch) to your emergency kit for each family member.
- Keep emergency supplies for infants in their own dedicated baby duffel bag. Their preparedness needs change monthly (in terms of food, diaper sizes, etc.). You will want to update their items more frequently than other family members.
- For growing children – pack their clothing 1-2 sizes larger.
- Have a separate bag for pets-more details later
- I have made suggested item lists specifically for infants, children and pets. These are available on the QuakeUp website.



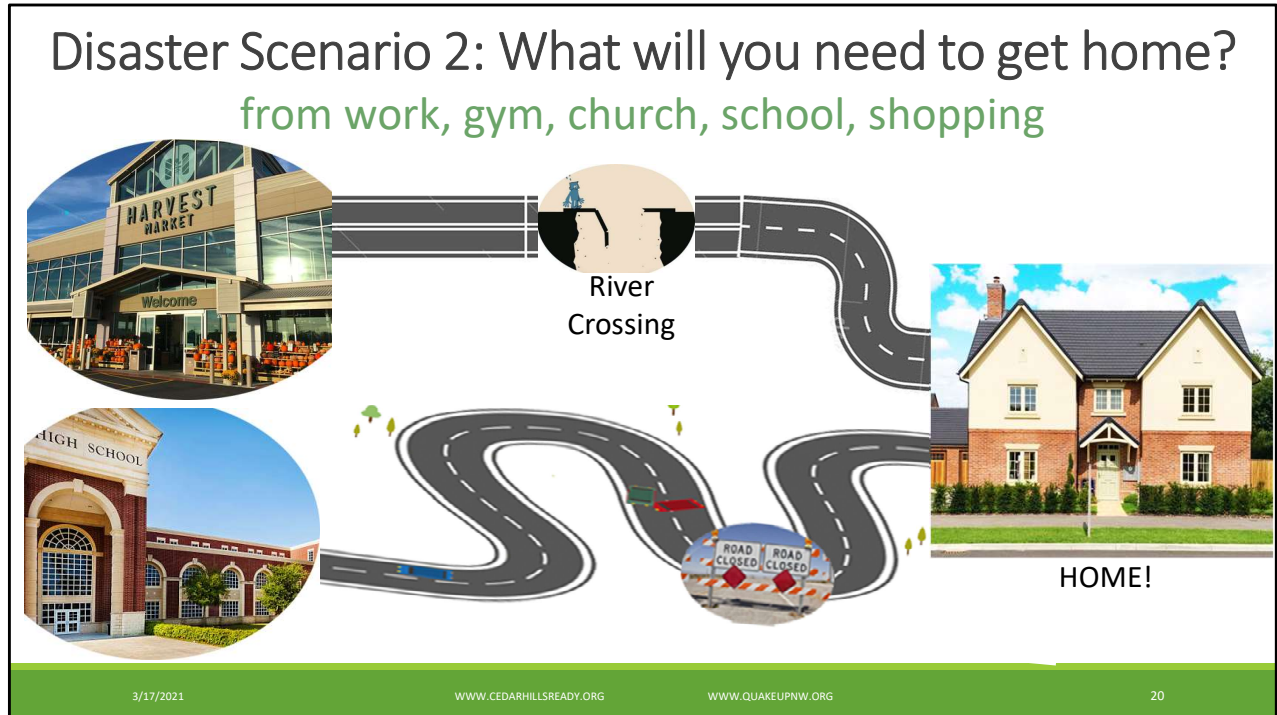
OK, let's get a little more specific. And we're going to do a scenario to help think about your specific needs.

- You may need to be prepared to shelter in place for 24 hours.
- Because of temp swings, food & water will need to be rotated more often
- Avoid expensive items
- Review & repack seasonally – I recommend in the Spring and again in the Fall

Minimum List:

- Head-helmet, warm hat, Sunglasses, mask
- Hands-gloves, hand sanitizer
- Feet-sturdy, closed toe
- Flashlight, Whistle, Mask, Disposable gloves
- Bottles or pouches of Water, snacks, critical medications
- Cash – small bills, coins
- Cell Phone charger or powerbank
- List of Emergency Numbers, compass
- Poncho
- Copy of Family Plan

Think about what specific additional items you may want to put into your 1-2 day go bag



For our first breakout session, I'll remind you of how this works.

- We'll break up into smaller groups in a short breakout sessions (approx. 3 - 4 minutes) to give you some time to share your ideas with your group.
- When we all come back together, Karen may call on one or two representatives to share some ideas. After you return from the breakout, feel free to add your ideas into the chat box.

Scenario 2: What do you need to get home from work, gym, church, school?

Take a moment to think about where you spend the most time away from home:

- What kinds of hazards or conditions might you run into on your way home? Closed roads, collapsed bridges, do you travel across a river?
- What would you need if you are required to stay at work?
- What would you have in a 1-2 day pack beyond the minimums?

You may want to take a photo of the next slide for reference.

What additional things might you need?

THE BASICS, PLUS OUR IDEAS:

- GPS device, compass, local maps
- Small personal hygiene kit
- Sealable plastic bags
- Fire starting devices
- Small first aid kit
- Toilet tissue
- Knife
- Blanket



YOUR IDEAS

Back from Break Out Session

Here are some of our ideas.

See you when you get back from the chat room. Karen!

Discuss what additional items you may need to get home.

(BREAK OUT SESSION ... 4 minutes)

Karen calls on one or two people.

Additional < Barbara won't read this >

- General: Walking home: how long?
- Fire Starting devices
- Small First Aid Kit
- GPS device, compass, local maps
- Small Personal Hygiene Kit
- Sealable Plastic Bags
- Toilet Tissue
- Knife
- Blanket

Remember: Keep this bag with you any time you are away from home.

Where & How to Store Go Bags



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22

Where And How To Store Your Go Bags

- Obtaining your emergency supplies is a good first step in getting prepared but throwing an unorganized pile of survival gear into a closet will do little to help you in the event of a real disaster.
- For accessibility, choose a storage location close to an outside exit along your evacuation route.
- When disaster strikes you need to be able to grab your bag on your way out.
- Being smart about storing your supplies will help protect them, preserve them, and make accessing them safe and easy.
- Let everyone know where your go bags are located.
- If old enough to carry or wear- each person should have their own backpack.
- Keep emergency supplies for infants and pets in their own dedicated duffel bag
- Lastly, Who do you need to let know where you are?

Keep an Inventory & Inspect Supplies



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23

Keep An Inventory Of Your Emergency Supplies...

- Keep an up-to-date list of all items in your emergency kit. When disaster strikes, having a list of items will remind you of what you have without needing to rummage through everything. Ie: Change out seasonal clothes around April and October, as weather conditions change.
- You can also take the additional step of adding the expiration date of each item. That will make identifying expired items much easier.
- An added benefit of writing it all down, is that you can share your list with other friends and family members. It will help them understand what they might need in their go bag.

Inspect Your Emergency Supplies

Most emergency kits have a 5-year shelf life, however, some items may have a shorter life expectancy. Some items might degrade well in advance of their shelf life. Inspect the contents of your emergency kit every six months. (How about daylight savings time changes?)

- Visually Inspect each item in your emergency kit. Do clothes still fit? Have items suffered damage? Did you find duplications?
- Replace Expired Items. Make sure to check items in the first aid kit, emergency food and water, batteries, and medications.
- Re-charge power banks
- Replace outdated documents with updated versions. Insurance policies, medical information, and other important document change frequently, so make sure the documents stored in your emergency kit are up to date.
- Take a moment to reevaluate your preparedness needs and add or remove items as necessary. Changes in the number and ages of family members, the number of cars, ages of family members, and the availability of new emergency preparedness products and technology, could all impact the types of item you want to keep in your survival kits.

Purchasing a Go Bag



One option, a young, local vendor, Alex Laufenberg, at Pax Northwest: www.paxnorthwest.com

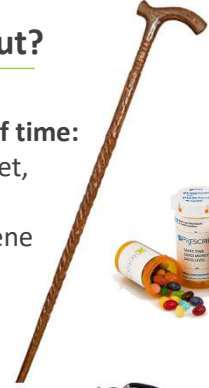
Barbara: There are many choices of go bags for purchase available. These can provide the basics, and then you should customize them to your needs. Joining us this evening is a young local vendor of Go Bags, Pax Northwest, to tell you what he has to offer. Alex Laufenberg is available for questions during Q & A section at the end of the presentation to answer your questions. If you have attended some of the QuakeUp! events over recent years, you may have met Alex there. His website is www.paxnorthwest.com. [Phone: 503 806 2053]

Evacuation Bags for 3 days – 2 weeks



What can't you live without?

- Start with your go bag
- Now think of a longer period of time:
 - Extra clothing, hoodie, Jacket, poncho
 - Small roll TP, personal hygiene
 - First aid kit
 - Mylar blanket, tent
 - Tools: rope, knife, can opener, fire starters
 - Name on bag



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25

Now, I'll speak about a more complex Go Bag: Evacuation for 3 days to 2 weeks.

Remember last year's wildfires? Nearly 200 people had to evacuate with sometimes only a 5-minute warning.

You may need to evacuate your home for a longer period of time... - days, weeks, a month

What can't you live without? – Remember – a complete list is available on the QuakeUp website.

Minimum List:

- Start with your Go Bag – Remember, those components include: Protection for head, hands, feet. Flashlight whistle, chargers, masks, water, snack, critical medications, money, critical documents.

Now, thinking of a longer period of time, add:

- Extra clothing, hoodie, jacket, poncho
- Small roll TP, small bottles of personal hygiene
- Mini first aid kit
- Be sure to put your name on the bag

What about ideas for the car?



- Extra clothes
- Colored flag (red/orange)
- Empty gas can
- Jumper cables, ice scraper
- Shovel, tire jack, wrench, pliers, screwdriver
- Fire extinguisher
- Flares

What about ideas for the car?

Get in the habit of keeping your tank ½ full. Portland keeps a 2-day supply of gas stored on NW fill-land. This land will probably liquify. Even then, this gasoline supply will be saved only for our Emergency Responders.

Here are some minimum tools to always include in your car:

Extra Clothes

Colored Flag (red,orange)

Empty gas can

Jumper Cables, ice scraper

Shovel, tire jack, wrench, pliers, screwdriver

Fire Extinguisher, Flares



Disaster Scenario 3:



Scenario – Evacuation!

What would you take to a shelter or friend's house for 2 weeks?

- Wildfire! Evacuate in 5 minutes
- House damage! in windstorm! No electricity
- Flood makes home uninhabitable

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27

Scenario 3: Evacuation

What would you take to a shelter or friend's house for 2 weeks?

Imagine one of these situations:

- Wildfire 5 miles away, you have to evacuate in 5 min.
- Your home has sustained substantial damage in a windstorm, no electricity
- You live near a common flood zone-rains make your home uninhabitable?

Karen, would you get ready to go to our next breakout room?

What do you need for an evacuation

OUR IDEAS:

- Copy of critical documents, personal information, photos of everyone & pets
- Family plan
- Extra house key
- Basic first aid kit, disposable gloves
- Extra glasses, hearing aids, batteries
- Radio (battery, solar, hand crank)
- Sleeping bag, plastic sheeting
- Waterproof matches
- Irreplaceable items
- Special needs: pets, seniors, disabled folks

YOUR IDEAS:

We show some additional items you may want to consider.

We have some additional specialized lists available on the the QuakeUp! website Documents, Seniors, Disabled, Special Needs

Think what would you need / want to survive a min. 3 days to 2 weeks?

What can't you live without?

Karen – Please open the breakout rooms.


<BreakOut>

Karen – Can you call on a group to report?


Barbara: Now we'll talk about what we all hope for, that our home is safe & we are able to Stay at home.


Prepare Ahead for Sheltering in Place

Spread out your preparation efforts.



Prepare a Calendar of Family Disaster Supplies & Activities.





	PURCHASE OR PURCHASE:	ACTIVITIES:
Month 1	<input type="checkbox"/> Water – 1 gallon per person, per day plus pets <input type="checkbox"/> Hand-operated can opener <input type="checkbox"/> A-B-C fire extinguisher <input type="checkbox"/> 2 flashlights with extra batteries <input type="checkbox"/> Large and small storage container(s) for preparedness supplies	<input type="checkbox"/> Complete your family locator plan. <input type="checkbox"/> Review the supply list, collect those on hand, especially camping gear. <input type="checkbox"/> Date water/food containers, if they are not dated. <input type="checkbox"/> Conduct a home fire drill. <input type="checkbox"/> Begin a stash of cash (small bills)
Month 2	<input type="checkbox"/> Collect or Purchase: <input type="checkbox"/> Canned beans, meat, stew, or pasta meal <input type="checkbox"/> Feminine hygiene supplies <input type="checkbox"/> USB drives to store your information <input type="checkbox"/> Family-size first-aid kit <input type="checkbox"/> Any food for special dietary needs	<input type="checkbox"/> Activities: <input type="checkbox"/> Change batteries and test smoke alarms (purchase & install if you don't have an alarm on every level of your home). <input type="checkbox"/> Take video or still pictures of home, including contents, for insurance purposes. Store on flash drives, keep 1 in safe deposit box and another with your important documents in your GO kit
Month 3	<input type="checkbox"/> Collect or Purchase: <input type="checkbox"/> Canned fruit <input type="checkbox"/> Toilet paper <input type="checkbox"/> Crescent wrench(es) (or utility shutoff tools) <input type="checkbox"/> 2 five-gallon buckets with toilet seats <input type="checkbox"/> Kitchen-sized garbage bags <input type="checkbox"/> Hand sanitizer	<input type="checkbox"/> Activities: <input type="checkbox"/> Store PEE and POO instructions with 5-gallon buckets <input type="checkbox"/> Check with all off-site care facilities (school, childcare, adult care, etc.) to find out about their disaster plans. <input type="checkbox"/> Locate and mark utility shut off points (electricity, gas, water) and attach/store wrench or shutoff tool near them. <input type="checkbox"/> If you haven't already done so, establish an out-of-state contact

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29

Prepare Ahead for Sheltering in Place

- Now, assume you stay in home, but no electricity or water, possibly no gas, no sanitation, cooking, or heat.
- This isn't just a 1- 2 days, could be weeks or months
- Think of recent February ice storm, August 2020 fires, 1996 MetroFloods, 2011 Christ Church New Zeland earthquake
- You will want to prepare a "2 to 4 Weeks Ready" Home Emergency Kit.

This is a lot to put together. In the Get Prepared Workbook, we have included a calendar of recommended purchases & activities to spread over time. It's broken out by month to help You Not be overwhelmed for time or budgets while getting prepared.

Home Emergency Supplies



What can't you live without?

- Water
- Sanitation
- Food & Cooking
- Hygiene Supplies
- Medicines
- Tools
- Documents
- Current photos (family & pets)
- Entertainment
- Special Equipment

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30

What can't you live without?

You may not be able to go to the hardware or grocery store.

The basic components are:

Water

Sanitation-Pee & Poo, and supplies

Food & Cooking - short & long term storage of non-perishable foods - these will be covered at April 21st presentation

Hygiene Supplies

Medicines-prescriptions, First Aid. Pharmacies & hospitals may be closed. Work with your doctors to start building a 3-4 week stash of prescription meds you depend upon.

Tools-

Documents – Extended lists available on QuakeUp! Website and a full presentation on Sept 21st, 2021. Store in Watertight baggy, Add critical passwords,

Current pictures of each family member and pet

Entertainment

Special Equipment Needs - oxygen, extra batteries

Disaster Scenario 4

What supplies do you need for your situation?



Scenario:
Major damage throughout metro area, but your house or apartment is habitable. What is your particular situation?

- Are you a disabled senior?
- Do you live in an apartment or condo?
- Do you have family of four?
- Do you have a new baby?

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This will be our last Scenario. Here I ask you to think about different life situations
Scenario 4: What supplies do you need for your situation.

There is major damage throughout the Metro but your home is habitable.

What is your particular situation?

- Are you a disabled senior?
- Do you live in an apartment or condo?
- Do you have family of four?
- Do you have a new baby?

Take 30 seconds to type some ideas you have into the chat box that would benefit other people.

Your ideas for sheltering in place

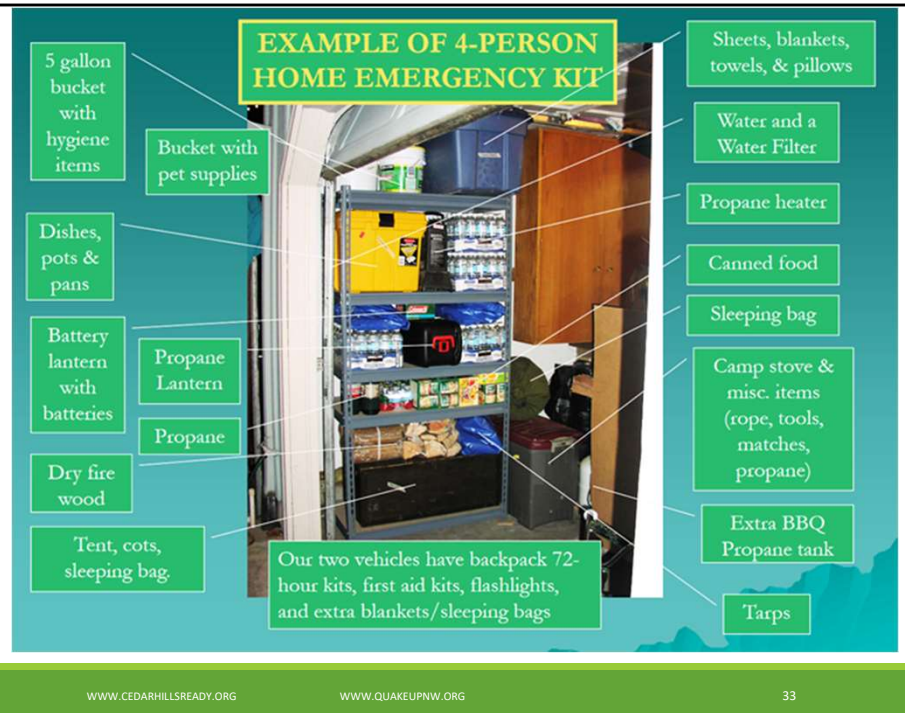


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Stan, what are some ideas for sheltering in place?

Storage Tips

From *Take 5 to Survive*



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33

Storage tips: The photo in this slide shows a very efficient use of space in a garage using a vertical 5-shelf system.

- Store supplies in a cool, dry location and avoid places with large temperature fluctuations
- Use tightly closed plastic or metal containers; Clean garbage cans, tubs w/lids, roller luggage
- Store foods away from ranges or refrigerator exhausts. Heat causes many foods to spoil more quickly.
- Store food away from petroleum products, such as gasoline, oil, paints, and solvents. Some food products absorb their smell.
- Replace expired Items. first aid kit, emergency food and water, batteries, and medications.
- Re-charge power banks, solar chargers
- Replace outdated documents
- Reevaluate your preparedness needs
- Update your inventory and expiration dates,
- Keep an up-to-date inventory emergency kit. Add expiration date of each item.
- Share your list with your family and friends

Weekend Camp at Home



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34

Suggest Weekend in home camp trial

-no water (except flush), no electricity, no electronics use thermostat at 58*

- Your neighborhood is your State Park
- Some questions to ask yourself:
 - How would you fare? How & what would you cook? How would you stay warm?
 - What will be your entertainment?
 - What do you need to rethink?

Start saving water!

1 gallon per person per day for 2-3 weeks



5 Gallon Storage Jug

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Start saving water

- **1 gal/person/day 2-3 weeks**
- Average family uses 80-100 gals/day!
- Drink, sanitation, washing, cooking, showers
- 65 miles of Main Water line from Bull Run inspection will take days/weeks
- Fire Hydrants will be shut off
- Purchased plastic bottles-expensive, last indefinitely, past expiration date (slight taste)
- Tap-not milk jugs, rinse with bleach, add water & 3 drops unscented bleach
- date & change every 6mo – don't throw out, use to water plants, bird bath, wash car
- 5 gal sq tubs=weigh 40# home only
- Infants & Pets need extra water
- Additional sources: toilet tank, ice cubes
- Need filtering: rain, ponds, river
- Pools & hot tub water not recommended for filtered drinking - concentrated chemicals
- You'll want to prepare a system to purify water. Filters are available to purchase at cost for \$30. Send email, if interested. Workshop.
- **Refer to 2/17/21 water and sanitation presentation**

Summary - Get Ready to Go!

ASSEMBLE

- Under Bed Kit
- 1 to 2 day Go Bag
- Evacuation Kit (includes Go Bag)
- Shelter-in-place Home Supplies

SUGGESTED STEPS

1. Organize your supplies
2. Assemble kits by person
3. Inventory your supplies
4. Inspect your supplies every 6 months
5. Store water in multiple locations (1 gal/person/day)
6. Store Go Bags on exit route
7. Store shelter-in-place supplies safely

This looks like a lot of stuff. Just do a little bit at a time, like I've mentioned before. We have lists in the "Get Prepared Now!"



Resources & Links

For links and downloads see:

tinyurl.com/chrgobaglinks

Contact:

Info.CedarHillsReady@gmail.com

Planning + Preparedness = Resilience

As mentioned earlier, you can get there via this URL: tinyurl.com/chrgobaglinks. On that site, we also have our Get Prepared Now! Neighborhood Ready! Booklet for you to download. It includes forms, checkoff sheets, a calendar of recommended purchases & activities to help you not be overwhelmed while getting prepared.

Remember: Knowledge means confidence and

Planning + Preparedness = Resilience

Thank you for listening. Thank you for your attention and great ideas. I hope you will share this information with your family and friends.

Karen?



Another resource we'd like to share with you: Just last week, on March 11, 2021, Oregonians can now sign up for the ShakeAlert®-powered earthquake early warning system. This will give you an extra minute to get safe and secure – drop, cover, and hold on - before an earthquake hits. You can simply enable emergency alerts on your phone or you can sign up by downloading MyShake or the Quake Alert USA apps, which provide some additional features.

<https://www.hstoday.us/subject-matter-areas/emergency-preparedness/shakealert-earthquake-early-warning-launching-in-oregon/>

https://www.usgs.gov/news/shakealert-pacific-northwest-rollout?qt-news_science_products=1#qt-news_science_products

https://www.usgs.gov/faqs/how-do-i-sign-shakealert-earthquake-early-warning-system?qt-news_science_products=0#qt-news_science_products



Wrap Up & Q&A

Contact:

Info.CedarHillsReady@gmail.com

For links and downloads see for this meeting:

<https://tinyurl.com/chr gobaglinks>

To register for next month's meeting

"What's Cooking?"

Food & Storage Prep for a Disaster"

7 PM, Wed, April 21st:

<https://tinyurl.com/chrcooking42121>

Karen:

There lot of things to do to be prepared for in a disaster. Today, we've highlighted how to organize your emergency supply kits and go bags. And you've helped us come up with additional ideas! As promised in the next few days, we'll send you a follow up email that will include all your great ideas, so you can assemble your own supplies and kits.

Before we go into our Q&A session, I'd like to tell you a bit about what's up next for April 21st. Next month, our topic will be, "Emergency Food Supplies and Cooking. We are seeing an increase in emergencies that require sheltering in place. Are you ready for the next one? We've invited Maureen Quinn Loes, an educator from Oregon State University extension service, to speak to us about preparing food and supplies for sheltering in place in a disaster. Let's get Disaster Ready! with our friends and neighbors and have fun doing it. **Join us on Zoom at 7 PM on Wednesday, April 21st, 2021.** Everyone is welcome. Share and invite all of your important people. **Register in advance:** <https://tinyurl.com/chrcooking42121>

So, now I'd like to turn this over to Stan for our Q&A portion of the presentation.

Barbara will stay after for a bit to answer your questions. If you'd like to leave, that's also fine. Questions?

[Respond to the questions or comments that have been made and unanswered during the presentation. Then close the meeting. Reinforce address, website, phone number, etc.]