

HOW PREPARED ARE YOU?



This Guide to Emergency Preparedness is for you -- prepared by your neighbors in the Emergency Volunteer Corps of Nehalem Bay. It is a project of our Prepare Your Neighborhood program.

We dedicate this booklet to our good friends, Judy and Jack Allen, whose commitment to preparedness inspired us all!

Booklet Contents:

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- **OK-Help (yellow sign)**

NEWS & INFORMATION RESOURCES:

FM Radio: 88.9 KQMI (local info), also 89.5 KTCB, 91.1 KMUN, 105.5 KDEP	
NOAA Weather Radio	FB: Facebook.com/evcnb
911 Alert , comes to your cell phone	More info at www.EVCNB.org
Ham Radio Manz Rptr 444.425+ 107.2	Family Radio channel 19R.19

PROTECT YOUR FAMILY BEFORE A DISASTER



Summary by EVC Nehalem Bay

- Where will your family be when disaster strikes?
- How will you cope without basic services (water, sewer, electricity or phone)?

With some effort now, you'll be much more likely to survive an event.

1. Know Likely Local Disasters & How to Minimize Impact

Storms & Floods. Fall and winter bring floods and severe windstorms that can make roads impassable; damage trees, power lines, structures, cause injuries.

Wildfires. Watch for and report wildfires. Call 911 immediately - seconds count!

House Fires. Mark your driveway entrance & display your address with reflective signs. Fire marshals recommend home sprinklers to put out fires when small with much less water damage. By the time a fire is reported and help arrives, a home may be lost. Consider domestic water sprinklers when building - or retrofit.

Earthquake and Tsunami. The big Cascadia Subduction Zone earthquake will hit hard and bring water surges (tsunami). See pages 14-15 to compare Local & Distant Tsunamis.

Disease and Pandemic. Hear a disease or health warning? Do your part to prevent spread of disease. Increase personal hygiene by all family members: wash hands thoroughly with soap. Cover coughs with tissue or your arm (not hand), then sanitize your hands. Stay home, if fever 100°F or higher. Use "social distance" measures, meaning stay 3-6 feet from others, no handshakes, hugs or kisses. Use masks & gloves in public.

Hazardous Spills. Hazardous spill accident? Immediately call 911. Stay away from crash sites. Some dangerous substances cannot be seen or smelled. If asked to evacuate, or told to stay indoors, close & lock windows & exterior doors, turn off fans, heaters, close all dampers.

For all of these Gather family, pets and your disaster kits ... and turn on radios.

2. Make Individual & Family Plans

Talk with Your Family Discuss disasters that can happen here and why you need to prepare. For each type, think about where you might be and what each of you will do.

Pick Two Places to Meet 1) Outside near home for a local emergency like fire; and 2) Outside your neighborhood if you can't get home. Practice meeting in daytime - and at night!

Have an Emergency Contact Ask a reliable family member or friend out of state. Tell your family members to call this person if they can't reach you.

Write Down Your Plan Be sure each family member has a copy. Keep it in your wallet, purse or lunch box at all times. See [family plan templates](#) for writeable/printable forms.



3. Gather the Gear

Start with 3-Day Kits Have a Go-Bag (backpack) with three days of food, water and supplies for each family member. If you have pets, include supplies for them.

Assemble Shelter-in-Place Supplies Pull together enough food, water and supplies for your family to survive without help for three weeks. Use freeze-dried or canned foods and have ways to purify extra water. Have hand-crank/battery lights, NOAA radio and HAM/family radio.

Use What You Already Have Locate camping gear, first aid kits, your fire escape plan, extra food already on hand. See pages 4 to 7 for examples of kits and checklists of gear.

Add More Over Time Check what you're missing (equipment, supplies, procedures, plans, practice) and increase your readiness as you can. Prioritize preparedness and practice. Watch for sales or consider used gear. (CARTM in Manzanita is a great resource!)



4. Train and Maintain

Test Smoke Alarms & Fire Extinguishers Replace batteries and recharge extinguishers.

Test Communication Plans Practice with your Family Plan contacts.

Check Expiration Dates Replace stored food, medicines and water to ensure it's useable. Update & safely store important papers.

Practice Evacuation Drills Prepare/practice a fire evacuation plan and a tsunami evacuation plan (if you live in the inundation zone).

5. Be a Good Neighbor

Meet Your Neighbors You are only as prepared as your least prepared neighbor. Neighbors can feel isolated. Talk together about why it's a good idea to prepare. Share tips on getting ready for a variety of disasters. Learn more from EVC's *Prepare Your Neighborhood*, which will build capacity in neighborhood clusters.



Locate Assembly Sites & Evacuation Routes Use the Tsunami Inundation Zone Map on page 13 to find your nearest Assembly Site (a place to go for information in a disaster).

Help in an Emergency Determine who in the neighborhood has gear that will be needed, where it's located and how to access it – especially if some are away from home.

Be an EVC Volunteer Increase your own readiness and help us prepare our community!

- Take Courses in First Aid, CPR and CERT (Community Emergency Response Team)
- Get HAM & Family radios, learn how to use them.
- Take Red Cross courses, become a local Red Cross volunteer.
- If a health care professional, join the volunteers in the Medical Reserve Corps
- Sign up for Reverse 911, and to receive Tsunami warnings.
- Learn more at EVCNB.org.



Family Communication Plan

Emergencies can happen at any time. Does your family know how to get in touch with each other if you are not all together?

Before an emergency happens, have a family discussion to determine who would be your out-of-state point of contact, and where you would meet away from your home — both in the neighborhood and within your town.

Let them know you're OK!

Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

Important Information

Fill in this information and keep a copy in a safe place, such as your purse or briefcase, your car, your office, and your disaster kit. Be sure to look it over every year and keep it up to date.

Out-of-Town Contact

Name: _____
Home: _____
Cell: _____
Email: _____
Facebook: _____
Twitter: _____

Neighborhood Meeting Place:

Regional Meeting Place:

Work Information

Workplace: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

Workplace: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

School Information

School: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

School: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

School: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____





Important Information (continued)

Family Information

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Medical Contacts

Doctor: _____

Phone: _____

Doctor: _____

Phone: _____

Pediatrician: _____

Phone: _____

Dentist: _____

Phone: _____

Dentist: _____

Phone: _____

Specialist: _____

Phone: _____

Specialist: _____

Phone: _____

Pharmacist: _____

Phone: _____

Veterinarian/Kennel: _____

Phone: _____

Insurance Information

Medical Insurance: _____

Phone: _____

Policy Number: _____

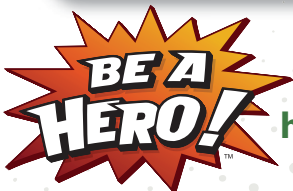
Homeowners/Rental Insurance: _____

Phone: _____

Policy Number: _____

Text, don't talk!

Unless you are in danger, send a text. Texts may have an easier time getting through than phone calls, and you don't want to tie up phone lines needed by emergency workers.



FIRST 3 MINUTES

Completed by _____



Leather Work Gloves



Sturdy Shoes



Flashlight



Whistle



Lightweight Clothing



All items secured to each bed frame in bag.

FIRST 3 HOURS

Completed by _____



Leather Work Gloves



Sturdy Shoes



Flashlight



Emergency Radio

Battery powered or self crank AM radio



First Aid Kit



Fire Extinguisher



Search and Rescue Equipment



Important Documents

Stored in an easily accessible location that is safe from fire and water damage.



Tools to shut off utilities



a Go-Bag

Emergency Volunteer Corps of Nehalem Bay EMERGENCY EVACUATION Supply List

Think about the specific needs of your own household, each person, for at least 3 days.
And how you will be able to carry these Go-Bags to designated evacuation areas.
Consider leaving a Go-Bag with a friend at high ground.

Backpack - or - Rolling Suitcase

Food and Water

- Nine 4-oz water pouches/person
- Water filter, plain bleach or purification tabs
- Clean water containers - plastic or metal
- 12 Meals/person, such as:
 - 3000-calorie food bars
 - MREs (Meals Ready to Eat)
 - Freeze dried meals, instant coffee
 - Peanut Butter, Canned goods (limited)
- Can & bottle openers
- Plastic containers, zip-lock bags
- Pet food, bowl & extra leash

Comfort and Sanitation

- Waterproof tarp or ground cloth
- Space blanket (1 per person)
- Hand warmers (heat packs)
- Wool watch-type cap
- Warm socks & gloves
- Boots or sturdy shoes
- Rain pants & jacket, ponchos (nylon, plastic)
- Toothbrush, toothpaste, floss
- Hotel-size soap bars, shampoo
- Hand sanitizer & liquid soap (foaming)
- Baby wipes (travel size)
- Feminine pads (also useful for first aid)
- Toilet paper
- Plastic garbage bags (various sizes)

Items Specific To My Household's Needs

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First Aid and Medications

- First aid kit
- EMT bandages & shears
- Pain relievers
- Extra prescription medications
- Eyeglasses, hearing aid batteries
- Hand sanitizer
- Dust & respirator masks

Equipment

- Swiss Army knife or Leatherman tool
- Fixed-blade knife with sheath, hatchet
- Lighting: Flashlights, Headlamps, batteries or hand-crank, & Cyalume light sticks
- Emergency radio -- Weather + FM with batteries, hand crank
- Radios: FRS (walkie-talkie), Ham (yellow), Batteries
- Compass & Whistle
- Leather-palm gloves
- Duct tape, 50 feet light rope (nylon or poly)
- Waterproof matches & lighter
- Eating utensils & metal cups

Miscellaneous

- Copies of important documents, flashdrive
- Extra house & car keys
- List of contact names & numbers
- Cash - small denominations & coins
- Playing cards, small game
- Child's special toy, hard candy

**PREPARING AHEAD OF TIME IS THE
BEST WAY TO ENSURE YOUR
FAMILY'S SAFETY - AND COMFORT!**

- Keep a first aid kit and Go-Bag at home, in each vehicle and also at your place of employment.
- Review your supplies twice a year (when you change your clocks) to rotate out expired food, medications & batteries. Adjust your kit to your household's changing needs (e.g. growing children)
- Have a good supply of non-perishable food and water on hand at home to 'camp out' in place until help arrives. See other side for Shelter-in-Place checklist.

FIRST 3 DAYS

Completed by _____



Food Supply
Canned food is generally easiest



Cash in small bills



Water Supply
1 gallon per person per day

Store all items in a portable container that is easy to access and travel with for a moderate distance.



First Aid Supplies



Shelter Supplies



72 Hour Kit in Cars

FIRST 3 WEEKS

Completed by _____



Canned Food



Alternate Cooking Methods/Fuel



Water Supply



Batteries



Hygiene Supplies
Include Babies, Elderly & Feminine Needs

Laundry Detergent



Water Purification



Bleach

In addition to the First 3 Day supplies, plan for enough water, food, and personal items to last 3 weeks.



Emergency Volunteer Corps of Nehalem Bay SHELTER-IN-PLACE Supply List

Developed for use locally, this list considers the north coast's likely weather conditions. Think about the specific ongoing needs of your own household, and stock the items your household normally uses for three weeks, or longer.

Sturdy shelving - in an easy to access location, and secured to the wall

Food and Water

- 1 to 1.5 gallons of water per person per day
- Water filter, plain bleach or purification tablets
- Clean plastic, glass or fiberglass water containers
- Non-perishable food, such as:
 - Ready-to-eat soups, dry mixes
 - Canned fruits, vegetables, meats and fish
 - Pasta, rice and instant potatoes
 - Peanut butter and jelly
 - Crackers, nuts, hard candy
 - Canned, boxed or powdered juice; instant milk
 - Instant coffee and tea
- Pet food, bowl & extra leash

Comfort and Sanitation

- Premoistened towelettes
- Dish soap
- Towels
- Disinfectant or plain bleach (no perfumes)
- Wash basin (if needed)
- Hand sanitizer & liquid soap (foaming)
- Sunscreen
- Toothbrush & toothpaste
- Hotel-size soap bars
- Diapers, Baby wipes (travel size)
- Feminine pads (also useful for first aid)
- Toilet paper
- Plastic garbage bags (various sizes)

Items Specific To My Household's Needs

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First Aid and Medications

- First aid kit
- Extra prescription medications
- Eyeglasses, hearing aid batteries
- Anti-diarrhea & dehydration medications

Food Preparation

- Aluminum foil, food containers, zip-bags
- Cooking utensils
- Eating utensils, plates and cups
- Pots and pans
- Can opener
- Camp stove and fuel
- Barbecue and fuel

Equipment

- Lanterns with batteries and/or fuel
- Trash can with lid
- Emergency Weather radio-batteries/handcrank
- Fire extinguisher
- Duct tape, 50 feet light rope (nylon or poly)
- Sewing kit
- Plastic sheeting to cover broken windows
- Tools, incl. wrench to shut off propane
- Leather-palm gloves
- Generator with fuel

Miscellaneous

- Copies of important documents, flashdrive
- Extra house & car keys
- List of contact names & numbers
- Cash - small denominations & coins
- Playing cards, small game
- Child's special toy, hard candy

Review your supplies twice a year (when you change your clocks) to rotate out expired food, medications and batteries. Adjust your kit to your household's changing needs (e.g. growing children)

Have your kit in an accessible location, in case you must evacuate your home suddenly. See other side for emergency evacuation supply checklist (aka "Go-Bag")

Water, Sanitation & Hygiene – Household Preparation

provided by EVC and NBWA (Emergency Volunteer Corps & Nehalem Bay Wastewater Agency)

What will you do when disaster disrupts the water & sewer pipes to your neighborhood, a long time? No clean water for drinking or cooking. No showers. Toilets don't flush. Before long life becomes intolerable, and diseases can spread. Here are some inexpensive ways to prepare now to improve that quality of life for your household in the weeks or months following a disaster.

YOU NEED THESE, FOR HOUSEHOLD WaSH (Water, Sanitation & Handwashing):

- Bottled drinking water for immediate needs.
- Plastic 5 gal. buckets with lids, at least 7 of them (2 for a water filter, 3 for toilets & 2 for a handwash device)
- Food grade water storage containers, like “Jumbotainer” or “Aquatainer” (available from Manzanita Lumber) - enough for at least 3 gallons per person in your household (3 to 7 day supply)
- Ceramic water filter made by JustWater (available from Manzanita Lumber)
- Ordinary household bleach (fresh, unopened – *not newer scented type*), plus an eye dropper & teaspoon
- “Wag Bags” (available online and from Emergency Volunteer Corps)
- Two toilet seats to fit buckets (available from Manzanita Lumber, camping stores and online)
- Supply of *dried* organic materials, like pine needles, leaves, or crushed wood pellets (can be collected later)
- Alcohol-based hand sanitizers and soap, preferably foaming liquid soap
- Washcloths, clean dry towels & toilet paper, and
- Plastic spigot, 2 split rings, string, plus a board to use as a foot pedal for the DIY handwash station.

CLEAN WATER

Quantity. You need *at least* one gallon per day per person for drinking, cooking and handwashing. Be prepared for at least 30 days or more before water/sewage services are restored. That's a lot of water! You can store water, or you can treat water obtained from outside sources such as streams, springs or rainwater.

Store water. Bottled drinking water is good for immediate needs, but is expensive for a large quantity.

We recommend 5 or 7-gallon food-grade plastic containers, Reliance “Jumbo-Tainer” or “Aqua-Tainer”, available on order from Manzanita Lumber, camping stores like REI, or at Amazon.com. Get enough for 3-7 days for whole household.



Fill containers with city water, label “Clean Water” with date filled, then store in a cool place. Use a “drinking water safe” hose, not a garden hose (they have dangerous chemicals and heavy metals); or at least run it lots before filling. Every year replace the water with new - follow the sanitizing procedure “Procedure For Changing Out Stored Water” on EVC site evcnb.org.

Treat water. Storing months of water isn't practical, so be prepared to treat the water you get from outside sources to make it safe to drink. This can be done by (a) boiling, (b) chemical treatment, (c) distillation or (d) filtration. See references below for (a) to (c). Is the water cloudy? Let it settle and decant; or use t-shirt or multiple coffee filters, to make it clear. Containers for storage & drinking must be clean, sanitized with bleach.

Summary on Treatment, here:

(a) *Boiling.* Bring water to a rolling boil for 1 full minute, keeping in mind that some water will evaporate. Let the water cool. Boiling kills bacteria, micro-organisms and viruses, but no help for chemicals or heavy metals.

(b) *Chemical treatment.* Household liquid bleach can kill most microorganisms. Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, colorsafe bleaches, or bleaches with added cleaners. Use only a newly opened or unopened bottle, as potency of bleach diminishes quickly with time (12 months if unopened). Add 16 drops (1/8 teaspoon) of bleach per gallon of water, stir and let stand for 30 minutes. The water should have a slight bleach odor. If not, repeat the dosage and let stand another 15 minutes. If still does not smell of bleach, discard and find another source of water.



(c) *Distillation.* This allows a household to make drinking water from seawater. However, it's not practical as we have other fresh water sources in our area. Boil, collect condensate, drip into a closed jug.

(d) *Filtration.* You need two plastic buckets with lids, a ceramic water filter, and a plastic spigot. We recommend “Just Water” filters (www.justwater.me) which are available through Manzanita Lumber. “Berkey” water filters (www.berkeyfilters.com) are also good but more expensive. These filters remove bacteria, micro-organisms, bleach smell, viruses in “hosts”; but not chemicals or heavy metals.

Follow the instructions in “Ceramic Filter Drip System” on the EVC web site to assemble your two-bucket filtration system. You pour untreated fresh water into the top bucket, then the water passes through the filter into the lower bucket, and is stored there for drinking! You can store the system disassembled to save space.



SANITATION.

With sewer pipes destroyed by earthquake, flush toilets are useless. Diseases like cholera and diarrhea will spread unless all of us contain our waste, handle it safely, and keep it from contaminating our water sources.

Toilets. Prepare three 5 gallon buckets, with snap-on lids. Label them PEE, POO & COVER. Snap a matching toilet seat onto the first two. Just like our bodies do, at home in a disaster we will separate pee from poo.

Urine smells but is quite safe, has few or no bacteria, is a ready fertilizer, is easily disposed of. We generate a lot more pee than poo. Separating our waste reduces disposal problems significantly. Designate one bucket for Pee. You will dilute it with water before disposal on the ground; the ratio is 1 part urine to 4 or 5 parts water.

Poo is packed full of harmful bacteria, so we need to dispose of it very carefully. The military uses “Wag-Bags” (Waste Alleviation & Gelling kit), and we recommend each household buy a supply of these plastic bags. They are about the size to be placed inside the bowl of your home toilet. Use tape or the toilet seat to hold the WAG bag in place. Each kit contains a chemical that makes it gel, plus a wipe and a bag for disposal. Buy them online, or from the Emergency Volunteer Corps. Get plenty! Store used bags in a separate bin or garbage can until you are directed how to dispose of them safely, by NBWA or the local government.



Poo Buckets. After Wag-Bags, a longer term solution is to use a “POO” bucket. Cover each lump of poo with a layer of organic material from the “COVER” bucket. Suitable organic materials are (1) dried minced leaves & pine needles, (2) firepit ashes, (3) tiny wood chips or sawdust (not planer shavings), or crushed wood pellets, and in a pinch either 4) dry healthy soil or 5) shredded grayboard. The cover material helps to dry the poo, and eventually the mixture decomposes into fertilizer, but until then only dispose as directed by local government.

Neighborhood Poo Containers. When poo buckets are full, local agencies will designate where to empty them. See EVC website for how to construct a poo container from 4x8’ sheets of plywood, using ordinary tools.

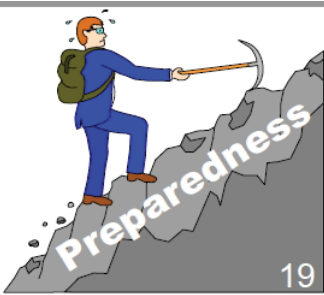
HYGIENE

Handwashing is critical to avoid sickness. Especially in a disaster, as disease spreads more easily. A debilitating stomach upset could be life-threatening in an emergency situation. In your emergency kit have alcohol-based sanitizers, foaming hand soap and clean dry towels, or paper towels. Wash hands frequently, and *always wash before* preparing or eating food, after going to the bathroom, or changing diapers. Construct a simple handwash station with a bucket & plastic spigot, as described in “Handwash System” on <http://evcnb.org>. When you wash hands, use soap -- and be thorough: scrub every surface, front, back, thumbs, wrists, in-between fingers – take 20 seconds, or sing “Happy Birthday” twice.



MORE INFORMATION & REFERENCES:

EVC Nehalem Bay: www.evcnb.org. See references under Preparedness Tools / Water Sanitation & Hygiene. [Food and Water in an Emergency](#) by FEMA (Pub. FEMA 477) and American Red Cross (Pub. A5055) at www.fema.gov or www.redcross.org



Taking it one step at a time.

First Aid

It's an old saying, but...*An Ounce of Prevention, IS Worth a Pound of Cure*, especially in an emergency situation when seconds count. Here are a few selected first aid tips that may be useful in a disaster situation!!

First aid is the immediate care given to a person who is injured or ill. Sudden illness or injury can often cause irreversible damage or death to the victim unless proper care is initiated as soon as possible. First aid includes identifying a life-threatening condition, taking action to prevent further injury or death, reducing pain, and counteracting the effects of shock, should they be present.

Because life-threatening situations do occur, everyone should know how to provide emergency care until a victim can be treated or transported to a medical facility.

First aid is not intended to replace care by a physician. Its intent is to protect the victim until medical assistance can be obtained. For any situation that appears to be life-threatening, it's important to remember to call 9-1-1 and get help on the way as soon as possible.

The primary purpose of first aid is to:

- Care for life-threatening situations.
- Protect the victim from further injury and complications.
- Arrange transportation for the victim to a medical facility.
- Make the victim as comfortable as possible to conserve strength.
- Provide reassurance to the victim.

As a Rule of Thumb Call 9-1-1 if:

- The victim has lost consciousness, is unusually confused, or is losing consciousness
- The victim has difficulty breathing or is not breathing in a normal way
- The victim has chest pain or pressure that won't go away
- The victim has persistent pressure or pain in the abdomen
- The victim is vomiting or passing blood
- The victim is having seizures or severe headache, or has slurred speech
- The victim has head, neck, or back injuries
- The victim seems to have been poisoned

An accident can occur at any time or any place. If you are the first person to arrive, there are a few basic principles you should follow to protect yourself and the victim. First, **CALL 9-1-1**; then:

1. **Survey the Scene.** Before you help the victim, determine if the scene is safe. If anything dangerous is present, don't put your own life at risk to try and help the victim; you will be of no aid if you become a victim too. Summon help and wait for trained people to resolve the situation.

If the scene is safe, try and determine what happened and how many victims there may be. Never move the victim unless an immediate, life-threatening danger exists, such as a fire or the threat of a building collapse.

2. **Primary Victim Survey.** After ensuring the scene is safe, you can turn your attention to the victim. Begin by performing a primary survey to determine if the victim:

- A] is conscious
- B] has an open, unobstructed airway
- C] is breathing
- D] has a heartbeat
- E] is not bleeding severely

To check for consciousness, gently tap the person and ask if they are okay. If there is no response, this is an indication that a possible life-threatening situation may exist. If the person is responsive and can talk or cry, this indicates they are conscious, breathing, have an unobstructed airway, and a pulse.

If the victim is unconscious, kneel down next to the head and check for the **ABC's**: **A**irway, **B**reathing, and **C**irculation. To check the **A**irway (clear and maintain an open airway), **B**reathing (restore breathing), and **C**irculation (restore circulation), place your ear next to the victim's mouth and listen/feel for breath sounds while looking for a rise and fall of the chest. While doing this, check for a pulse by placing your fingers on the neck, just below the angle of the jaw, and feel for the pulse from the carotid artery. These three steps will determine if cardiopulmonary resuscitation (CPR) is needed. If you would like to **learn how to perform CPR and First Aid, contact your local fire department, hospital, or the American Red Cross.**

WOUNDS

Caring for a Minor Open Wound

Blood color in a minor wound is dark red/purple and is the result of venous bleeding.

- Stop the bleeding by applying direct pressure with a clean, absorbent cloth; if a cloth is not available, use your fingers.
- If the blood soaks through, apply a second bandage on top. DO NOT remove the first bandage because it will disturb the clotting which has already occurred.
- If the bleeding still does not stop, elevate the wound higher than the heart.
- Once the bleeding stops, clean the wound gently to get all the debris and dirt out.
- Apply an antibiotic ointment if necessary.
- Wrap the wound firmly in a cloth or bandage. DO NOT cut the circulation off.

Caring for a Major Open Wound

Blood color of a major wound can be either dark red /purple or bright red. If the blood is bright red and spurts from the wound, it is arterial. Arterial bleeding is life-threatening and must be treated immediately.

- Cover the wound with a clean dressing and press against it firmly with your hand.
- Elevate the wound above the level of the heart.
- Cover over the clean dressing with a roll bandage to hold the dressing in place.
- If the bleeding does not stop, add additional dressings over the roll.
- Squeeze a pressure point, which means to press the artery, above the wound, against the bone. The primary pressure points are on the inside of the arm, just under the armpit, and on the inside of the leg in the groin.
- Seek medical aid as soon as possible.
- Be careful not to shut the circulation off, except as a last resort.

First Aid Kit

What Your First Aid Kit Should Consist Of

- First Aid Manual
- Basic Bandages (an assortment of adhesive bandages or athletic tape and moleskin)
- Basic Drugs/Lotions (aspirin, antiseptic, antacids)
- Basic First Aid Tools (Tweezers, small mirror, razor blade)
- Additional items if desired such as: gauze pads, ace and butterfly bandages, burn ointment, Caladryl, ice packs, slings, and basic splints.

SHOCK

The Silent Killer

Shock is a life-threatening secondary condition wherein the body's vital physical and mental functions are seriously impaired due to an inadequate supply of oxygenated blood reaching the lungs, heart or brain. This is the body's reaction to a serious injury, illness, or other traumatic event.

Characteristics of shock include: (1) Anxiety (usually the earliest sign), weakness, paleness, sweating, and thirst; (2) Pulse may become rapid and weak; (3) Patient may become dizzy and pass out; (4) The more severe the injury or illness, the more likely shock will set in; (5) Shock can result in death if not treated rapidly.

To treat shock, check your "ABC's," then, (1) Handle the patient gently, and only if necessary; (2) If conscious, place the victim on his/her back; if unconscious, place face down, with the head to one side, but only if no neck injury is suspected; (3) Except in the case of a head injury or suspected neck fracture, lower the head and shoulders and elevate the feet approximately 15 inches; (4) Make sure there are no broken bones before straightening the patient out; (5) Protect the patient from becoming cold, especially from the ground below; (6) Continue to reassure the patient.

Bone Fractures

There are two types of fractures:

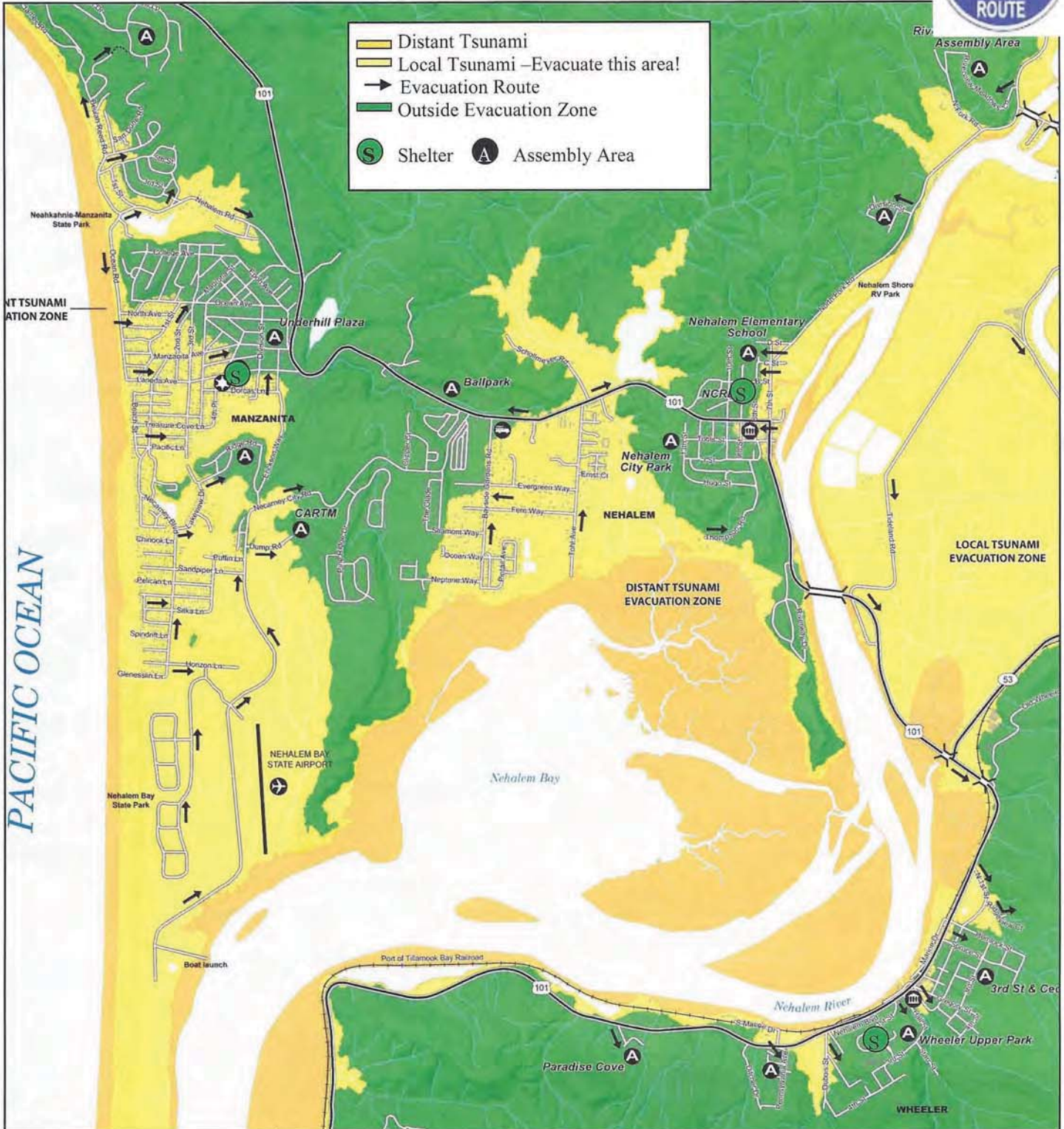
(1) Closed Fracture, which is a break or crack in a bone that does not puncture or penetrate the skin.
(2) Open Fracture, where there is a break in the skin caused by a protruding bone, or there is an open wound in the area of the fracture. Open fractures are more serious than closed fractures. Some symptoms of a fracture are: (1) The injured part appears deformed; (2) Pain is present when attempting to move the part; (3) Absence of feeling when touched; (4) Bluish color and swelling in the area of the injury.

To treat a fracture: (1) Splint the patient before moving; (2) Pad the splint and place it so that it supports the joint above and below the fracture. Immobilize a leg fracture by splinting the fractured leg to the unbroken leg if no other materials are present; (3) If the limb is grossly deformed by the fracture, splint in place, and do not try to straighten it; (4) Elevate and use indirect (not on skin) ice packs if available.

Where do you Live
Work and Visit
on this map?

Tsunami Inundation Zone Map

Nehalem Bay Area, Tillamook County OR



Assembly sites have emergency personnel with information. Know the one near you. **Shelter Locations** with warmth, water & electricity (generators), First Aid, food and sleeping areas are opened only when needed. Locations are:

- Manzanita: Calvary Bible Church, 560 Laneda Ave.
- Nehalem: North County Recreation District (NCRD) 36155 9th St.
- Wheeler: Nehalem Bay Health District, 278 Rowe St.

Medical Clinics:

- Rinehart Clinic, 230 Rowe St., Wheeler 503-368-5182
- Adventist Clinic, 10445 Neahkahnie Creek Rd., Manzanita 503-368-6244

Map Your Neighborhood Gathering Sites are specific to each neighborhood. Contact your Neighborhood Captain for locations.



EARTHQUAKES and TSUNAMIS

What You Need To Know!

LOCAL EARTHQUAKE (Right off shore)

Drop, Cover and Hold on until the ground stops shaking.

If a small quake, tsunami is unlikely. The **BIG QUAKE** (2-5 minutes) is your warning of a **LOCAL TSUNAMI**. There will be only 10-20 minutes before the Tsunami arrives!

EVACUATE – Do I or Don't I?

- *Is the building unsafe?*
- *Am I in an Inundation Zone now?*

IF YES to Either, EVACUATE NOW:

- Everyone grab Go-Bags, and
- **WALK QUICKLY** to high ground, then to nearest Assembly Site
- **Do NOT Drive**

If building is safe, outside inundation zone, **STAY PUT**. Follow instructions of local emergency personnel.

DISTANT EARTHQUAKE (Far away)

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

DISTANT TSUNAMI

Don't panic. We have hours from large *distant* earthquake until the Tsunami reaches our shores.

Listen to News & Weather radios for warnings and instructions by emergency personnel.

The inundation zone is much smaller. Evacuation will be only along bays, beaches, beachfront properties, and other low-lying areas.

STAY AWAY from these water areas until instructed by local authorities.

Note: There will be *no sirens* to warn you of quake, tsunami, or evacuation.

If evacuated, RETURN ONLY when instructed by officials it is safe to do so.

Review Nehalem Bay Tsunami Inundation zone MAP – see Local & Distant Tsunami inundation lines. *Compare to your home, work, & places you visit.*

KNOW and PRACTICE YOUR EVACUATION ROUTES ...
from your home, workplace & places you frequently visit.

IMPORTANT!

STAY AWAY from BEACHES & out of INUNDATION ZONES.
TSUNAMIS LAST MANY HOURS -- Surges can be minutes, to an hour, apart.

For more info on how to prepare - visit the EVC website: www.evcnb.org

Our Preparedness Checklist: the _____ home:

1. Household emergency survival plan (for evacuation & shelter in place)

Date discussed _____ Date practiced _____

2. Where to turn off the water + tool

Location _____ Date practiced _____

3. Where to turn off the propane + tool

Location _____ Date practiced _____

4. Pre-determined meeting place

Location _____

a. If unsuccessful, back-up plan time/location _____

5. Out of area contact Date arranged _____

Name 1 _____ Phone(s) _____

Name 2 _____ Phone(s) _____

6. Emergency Go-Bag (carry-ready emergency supply bag for each household member and in each car)

Date completed _____

7. Shelter-in-place Kit (extra supplies set aside - food, water, equipment)

Date completed _____

8. Smoke detectors checked and working Date checked _____

9. Fire extinguishers ___ In home ___ In vehicle(s)

10. First Aid Fresh Kit _____ First Aid /CPR Class Date completed _____

11. Emergency Communication ___ NOAA radio at home
___ FRS (aka Walkie-Talkie) handheld radio
___ Ham radio, training, license + first practice session

Check these houses first: "No Card" and "Help"



Check these houses later to make sure they are fine.

OK

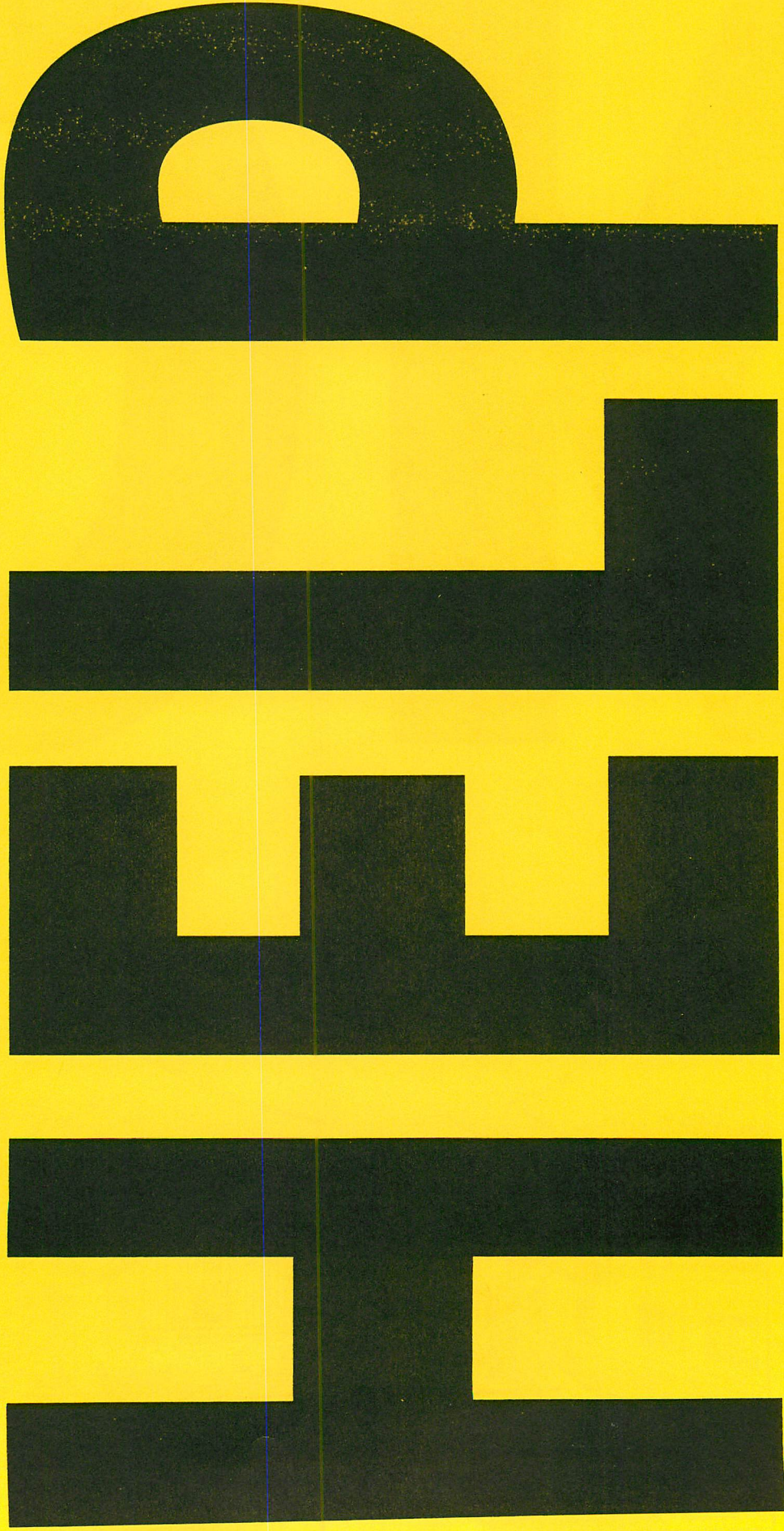
OK

BEFORE THE DISASTER

Put two bandaids in this booklet and put the booklet under your bed, along with your sturdy shoes, hard hats, and leather gloves.

AFTER THE DISASTER

Use the bandaids to hang this card on the front door or a window so it is visible from the street.



Help / OK Cards

