

Are You Prepared?

The time to prepare for an emergency or disaster is *before* it happens.

- Will your family be together at the time of an earthquake? If not, how will you communicate and reunite?
- If you have children, how will you reach them if they're at school or in daycare? Do you know what's in their school's emergency plan?
- If you're not home, how will your pets be fed, walked, and cared for until you can return?
- If you have mobility limitations, how will you get to and from your condo? (Remember, no elevators).
- Does your workplace have an emergency plan and emergency supplies?

The Vaux Emergency Preparedness Committee

- Residents of The Vaux are organizing an Emergency Preparedness (E-Prep) Committee to help the The Vaux community be prepared for emergencies.
- The E-Prep Committee's goal is to recruit and organize volunteers from each floor in the The Vaux that would share emergency preparedness information with other residents on their floor.
- The E-Prep Committee will be meeting in the near term.
- Everyone is welcome to participate. If you would like to receive email updates about E-Prep Committee activities, please:
 - Email your name, unit #, email address, and phone number to: vaux@kinliving.com

Preparedness Resources

- The City of Portland's **Bureau of Emergency Management (PBEM)** is working in partnership with community and business groups, to develop resources and programs to help Portlanders be prepared and informed about potential hazards and natural disasters.
www.portlandoregon.gov/pbem/46475
- **Neighborhood Emergency Teams (NETs)** are Portland residents trained by PBEM and Portland Fire & Rescue to provide emergency disaster assistance within their own neighborhoods. There's a Northwest District NET that you can join.
www.portlandoregon.gov/pbem/net
- PBEM has established 48 **Basic Earthquake Emergency Communication Node (BEECN)** sites throughout the city where residents can go after a major earthquake to ask for emergency assistance if phone service is down or report severe damage or injury. The Northwest District BEECN is located at The Chapman Elementary School Field (NW Quimby St. & 27th Ave).
www.portlandoregon.gov/pbem/59630
- Visit **www.publicalerts.org** to sign up to receive emergency alerts via email, voice, or text/SMS messages.
- **Prepare!** – The Red Cross's emergency preparedness guide.
www.portlandoregon.gov/pbem/article/409950
- **Living on Shaky Ground** – Oregon Emergency Management's guide to surviving earthquakes and tsunamis in Oregon
www.portlandoregon.gov/pbem/article/410079

The Vaux Disaster Preparedness

Preparedness is about community, not catastrophe

Guiding Principles

- Make the The Vaux community safer, more prepared, and more resilient.
- Develop relationships and capacities during normal times – so we can get to work, and not have to get to know each other, when disaster strikes.

Key Elements to a Disaster

- Emergency personnel may be overwhelmed, and you and your neighbors may be on your own for an extended period of time.
- 90% of disaster survivors are rescued by other survivors.

Steps to Basic Preparedness

- Be aware of specific hazards, including earthquakes.
- Make a family emergency plan.
- Assemble a personal emergency kit.
- Stay informed about disasters and changing conditions.

Hazards in Pacific NW

- Fires and wildfires.
- Winter storms, floods, and landslides.
- Earthquakes and tsunamis.

Earthquakes

The Pacific NW is seismically active, having had a major earthquake on average every 300 years. We're now within the timeframe for the next great quake, which – worst-case – may result in:

- Thousands of injuries and fatalities;
- Thousands of buildings damaged or destroyed;
- Disruption of electricity, drinking water, and sewer and transportation infrastructure – for potentially months;
- Expect numerous aftershocks.

During an earthquake:

- Drop, cover (under a table), and hold.
- If indoors, stay there until shaking stops.
- If outdoors, find a spot away from buildings, trees, streetlights, power lines, and overpasses.

Modern, engineered buildings like the The Vaux have performed well in most types of disasters. We would likely experience:

- Loss of power – no lights, appliances, heat, refrigeration, cooking, water pressure (toilets won't work), internet, telephone, elevators, door fobs and garage openers – certainly for hours, maybe for days, possibly for weeks.
- Numerous injuries from falling appliances, furniture, bookcases, fallen pictures and mirrors, broken windows.

Surrounding streets, bridges, overpasses, may be damaged, collapsed or impassable.

- If you're home when the quake happens – it may be difficult to get anywhere else.
- If you're away – at work, school, out shopping, anywhere else – it may be difficult to get back to home.

Emergency Plan

Every individual (household) and business needs to develop and practice an emergency plan:

- Talk to your family, friends, neighbors, and co-workers about how to prepare for and respond to emergencies.
- Talk to your neighbors to learn what resources they have, and how they might be pooled to help each other.
- Learn each person's needs and abilities – is someone vision impaired, hearing impaired, or mobility impaired?
- Develop 1-to-1, mutual support agreements with one or more neighbors ("e-prep buddy system").
- Identify each person's role and plan to work together as a team.
- Choose two places to meet up after a disaster – one near your home; one outside your neighborhood, in case the entire area is affected by a larger disaster.
- Practice evacuating your building.
- Choose an out-of-state contact. Everyone in your family should have that person's phone number and check in so everyone can find out that they're safe. After a disaster, local phone lines may be down or jammed. It may be easier to make a long-distance call than a local one.
- Learn what you need to do for your pet in a disaster situation.
- If you have children in school or daycare, ask about the school's emergency plan.
- Secure bookshelves, appliances, and hanging objects; store heavy objects on low shelves; use cabinet door latches.
- Make copies of important documents (ID, insurance, financial) and store them in a waterproof container.

Emergency Kit

Every individual (household) and business needs to assemble and maintain an emergency kit that includes:

- Food, water, and emergency supplies to last a minimum of three days, preferably a week or longer, for your family and your pets.
- At least one gallon of water per person per day.
- Food items that don't need to be refrigerated or cooked – like peanut butter, canned meats, energy bars, canned fruit and vegetables – don't forget a manual can opener.
- First aid kit – which you know how to use.
- Fire Extinguisher – remember to P.A.S.S. – Pull, Aim (at base of fire), Squeeze, Sweep.
- Cash – ATMs won't work, and banks won't be open.
- Extra supply of any prescription medications – pharmacies may not be open for a while.
- Flashlight and extra batteries.
- Battery powered radio.
- Sturdy shoes or work boots and work gloves.
- Preferably, you should also have a helmet, goggles, and a dust mask.
- It's also good to have tools, like a pocketknife, large crescent wrench, axe, shovel, pry bar, and broom.
- Consider developing a cache of shared supplies with your neighbors or in your building.
- Ideally, you should have an emergency kit at home, at work, and in your vehicle – you never know where you'll be when a disaster happens.