



CITY OF
PORTLAND, OREGON

OFFICE OF EMERGENCY MANAGEMENT
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EARTHQUAKE & EMERGENCY PREPAREDNESS

www.portlandonline.com/oem

The Portland Office of Emergency Management encourages you to invest some time in learning to protect yourself and your family by taking a few simple steps in advance of an earthquake or other emergency.

Create a family plan:

Things to consider if you are at home when an emergency happens:

- What are the safe spots in each room -- under tables, desks or against the wall.
- What are the danger spots in each room -- windows, mirrors, hanging objects.
- How will you exit your home?
- Where will you meet outside?
- Where do you keep emergency supplies?
- If your family is in different places when it happens, how will you get in touch with each other? Who is your out-of-state phone contact? How would you reunite?

Assemble an emergency kit:

Fill a backpack, plastic tub or other container with basic items you'll need should you find yourself without access to basic necessities. Items should include:

- water - one gallon per person per day at a minimum
- food - canned fruit, vegetables, peanut butter, energy bars/granola bars, cereals, nuts, dried fruit, canned soup or meats, juices and non-fat dry milk (don't forget a non-electrical can opener, paper cups, plates, and plastic utensils)
- flashlight
- battery powered radio (and extra batteries)
- whistle
- personal hygiene items (toothbrush/toothpaste, comb, soap, feminine supplies, contact lens supplies) including plastic garbage bags and ties
- sturdy shoes, change of clothes and raingear
- sleeping bags and/or emergency "space" blankets (mylar)
- copies of: health insurance, identification cards (license, passport, birth/marriage/death certificates, social security), credit card account numbers/company and other important documents
- prescription medications, spare eyeglasses/hearing aids and first aid supplies
- extra keys to your house and vehicle
- any special-needs items for children, seniors or people with disabilities
- food, water, medicine, leash & collar for your pets – include photos of family members with pets for re-identification purposes

For a complete list of suggested items to go into an emergency kit, please see the Portland Office of Emergency Management website: www.portlandonline.com/oem.

When an earthquake strikes... **Drop, cover and hold on!** Protect your head and stay protected until the shaking stops and then leave quickly and cautiously to your meeting place.

Take steps to prepare your home:

- Secure any furniture that might topple in an earthquake - anchor bookcases, cabinets and other tall furniture to wall studs
- Strap the water heater to wall studs
- Secure cabinet doors with latches
- Move beds away from windows
- Move heavy or dangerous objects to lower shelves
- Make sure exits will not become obstructed by heavy objects

During an earthquake, if you are indoors when shaking starts:

- **DROP, COVER AND HOLD ON.** If you are not near a strong table or desk, drop to the floor against an interior wall and cover your head and neck with your arms.
- Avoid windows, hanging objects, mirrors, tall furniture, large appliances and cabinets filled with heavy objects.
- Do not try to run out of the structure during strong shaking.
- If you are in bed, hold on and stay there, protecting your head with a pillow.
- If you are downtown, it is safer to remain inside a building after an earthquake unless there is a fire or gas leak. There are no open areas in downtown Portland far enough from glass or other falling debris to be considered safe refuge sites. Glass from high-rise buildings does not always fall straight down; it can catch a wind current and travel great distances.
- Do not use elevators.
- If you use a wheelchair, lock the wheels and cover your head.

If you are outdoors when shaking starts:

- Move to a clear area if you can safely walk. Avoid power lines, buildings, trees or other overhead hazards.
- If you are on the beach, move to higher ground. An earthquake can cause a tsunami.

If you are driving:

- Put on flashers, slow down and pull off to the side. Stay in the car until the shaking stops.
- Do not park: on or under overpasses or bridges, next to unreinforced masonry buildings or under trees or power lines.

Once the earthquake shaking stops:

- Check the people around you for injuries; provide first aid. Do not move seriously injured persons unless they are in immediate danger.
- Check around you for dangerous conditions, such as fires, downed power lines and structure damage.
- If you have fire extinguishers and are trained to use them, put out small fires immediately.
- Turn off the gas only if you smell gas.
- Use the telephone only to report life-threatening emergencies.
- Inspect your home for damage.
- Listen to the radio for instructions.