Disaster Preparation Starts at Home

Did you begin stocking a Disaster Preparedness Kit for yourself in June? If you haven't gotten around to it yet, call the church office at 503-646-0629 or email office@standrewlutheran.com to request the "Weekly News" insert from June 2. Together, we're going to take some time each month to better prepare ourselves for everything from power outages to earthquakes.

We're relying on recommendations from the Portland Bureau of Emergency Management for information. If you'd like to get a head-start on your preparations, or are wanting to quickly complete an emergency management kit on your own, visit https://www.portland.gov/PBEM and explore the many resources they recommend.

Otherwise, you are encouraged to follow along with other St. Andrew folks as we take 12 months to learn how to get ready for unforeseen events. Each month we'll add to our Disaster Preparedness Kit (see column at right), so that by next summer, we'll have **sufficient basic supplies on hand to survive at least two weeks** after an emergency without a lot of help.

Even if you have a well-stocked Emergency Kit, one of your priorities will always be to stay in touch with loved ones not with you. See below to prepare for how you might communicate during a disaster.

Make a Communication Plan for Family & Friends

We are a mobile society. People go to work, school, and travel for work or fun, so we need to plan for the possibility of being separated from our loved ones when disaster strikes. In addition to saving phone numbers and email addresses for loved ones on our smart phones, disaster planners recommend that all household members keep an out-of-area contact card in their wallet, purse, or backpack at all times.

Out-of-Area Contacts

Ask a friend or relative who lives out of your area (at least 100 miles away) to be your contact person. They can send messages to your family in the affected area and then reply back to you. This person is key to an effective communications plan, especially if the internet and cell phone signals are sparse following a major event such as a big earthquake. It's more difficult to think during times of stress. Write down numbers and information ahead of time.

American Red Cross Safe and Well Web Site When Affected, Get Connected 1. Visit redcross.org/safeandwell 2. Register yourself as "safe and well" 3. Search for your loved ones' posted messages

redcross.org/safeandwell

Be Red Cross Ready redcross.org

The reverse of this card provides

space to list your contacts.

Use the Web

Let everyone in your family or contact group know that websites are available to facilitate checking on each other.

The American Red Cross has a website that lets you search for loved ones and register yourself as "safe and well." Go to

Redcross.org/safeandwell.

We've printed out several Red Cross contact cards for the congregation to pick up. You'll find them on the communications table in the Narthex if you're interested.

Social media giant Facebook also has a "safety check" that can be implemented after a disaster. Go to

https://www.facebook.com/about/safetycheck/ and click on "Visit Crisis Response" at the bottom of the page. No crises are listed at this time for our area.

BEPREPARED BULD AN EMERGENCY KIT Include enough food, water, and medical supplies to prepare in case of an emergency. Sesential Documents

Create a Disaster Preparedness Kit Month Two, July 2024

To Do:

- ☐ Date items in your kit and group by expiration date.
- ☐ Install carbon monoxide and smoke alarms.
- ☐ Make a list of bank account numbers, credit card account numbers and companies, and insurance policy numbers, and include in kit.

To Collect:

- ☐ First Aid kit
- ☐ Hand sanitizer
- ☐ Battery/hand crank emergency radio
- □ 2 flashlights with batteries
- □ Waterproof matches
- □ Bushcraft knife

Remember that every family is different. If you have someone with special needs to care for or pets to consider, be sure to include them in your Disaster Preparedness Plan.

Review guidelines from the June 2nd issue to learn more.