

## Disaster Preparation Starts at Home

Are you prepared to weather an emergency at home—whether it's a power outage that lasts for days or an earthquake that disrupts life throughout a fairly large region for weeks or months?

At its June meeting, members of the Earth Care Team agreed to devote time this year educating ourselves and the congregation at-large about what we should do to prepare for emergencies in our homes and neighborhoods. Look for an article in "Weekly News" the first Sunday of each month as we map out a year-long to-do list that will bring together the data and supplies necessary to see us through the most likely scenarios we might face.

We're relying on recommendations from the Portland Bureau of Emergency Management for information. If you'd like to build an emergency management kit on your own, or all at once, go to <https://www.portland.gov/PBEM> and explore the many resources they recommend.

You'll find so much information from PBEM and other organizations online that it might be hard to decide where to start—thus the Earth Care Team's *12 months to get ready plan*, which is based on PBEM's 24-week schedule. Probably none of us has the time or money to do everything at once.

What's the goal? People at the Portland Bureau of Emergency Management recommend we all have sufficient **basic supplies on hand to survive at least two weeks** pretty much without help after an emergency. Right up front, they suggest learning what disasters are most likely to happen where you live.

It's easy to enter your address into PDX Ready (<https://hazardready.org/pdx/en>) to get a personalized report of the natural hazards most likely to affect you. I entered my home address and the church address to see if the risks were the same and learned that there's a far greater likelihood of a landslide around the church than in my flatter neighborhood. But the biggest risk we face in the Portland area is an earthquake.



Living along a 600-mile fault zone can generate megaquakes producing very strong shaking for several minutes. PDX Ready outlines what could happen: "The worst-case scenario is a magnitude 9.0 earthquake off of Oregon's coast along the Cascadia Subduction Zone. How people will experience such an earthquake in the Portland Metro Region depends on the time of year and where you are. Damage will be greater if the earthquake occurs during the wet, rainy months because soils will be wetter and less stable. Certain parts of town have less stable soil, and certain buildings are less safe."

Month by month, let's get ready for whatever comes.

*Carol Harker*  
Earth Care Team

## Month One, June 2024

### To Do:

- Learn about the emergencies that could happen where you live and the right way to respond to them. (See PDX Ready information at left.)
- Make sure Emergency Contact numbers are easy to identify in mobile devices: I.C.E. + contact (C.C.E. = In Case of Emergency)

### To Collect:

- 3 gallons water\*
- 3 cans ready-to-eat protein\* (tuna, chicken, etc.)
- large tub to hold items
- hand-operated can opener
- dry fruit or trail mix\*
- paper, pencil, and a permanent marker

\* For everything followed by an **asterisk**, be sure to multiply by the number of people in your household (e.g., a family of four people will need 12 gallons of water, 12 cans of ready-to-eat protein, and lots more trail mix, etc.).

### Special Items Your Family May Need:

#### Infant Items:

formula, diapers, bottles, pacifiers; powdered milk, infant medications

#### Adult/Senior Items:

Prescription medications, vision care items (extra glasses/contact lenses & supplies), diabetic supplies, denture needs, hearing aid batteries

#### Persons with Disabilities/Special Needs:

Communication board, specialized care items (oxygen, catheters, etc.), a list of prescription medications (including dosage and physician's name), the type and model numbers of required medical devices, portable wheelchair.

Wear a medical alert ID and register with the office of emergency services or the local fire department for assistance so needed help can be provided. If you are dependent on a dialysis machine or other life-sustaining equipment or treatment, know the location and availability of more than one facility. Make sure your support network knows your information and can operate any devices you need.

#### Pet Items:

Your pets should always wear a collar and ID/rabies tags. Include food, water, bowls, leash/harness, crate/carrier, medical and vaccination records, sanitation needs (pet litter and litter box, newspapers, plastic bags), and a photo of you and your pet in your preparedness kit.