

The Chief The Chronicle

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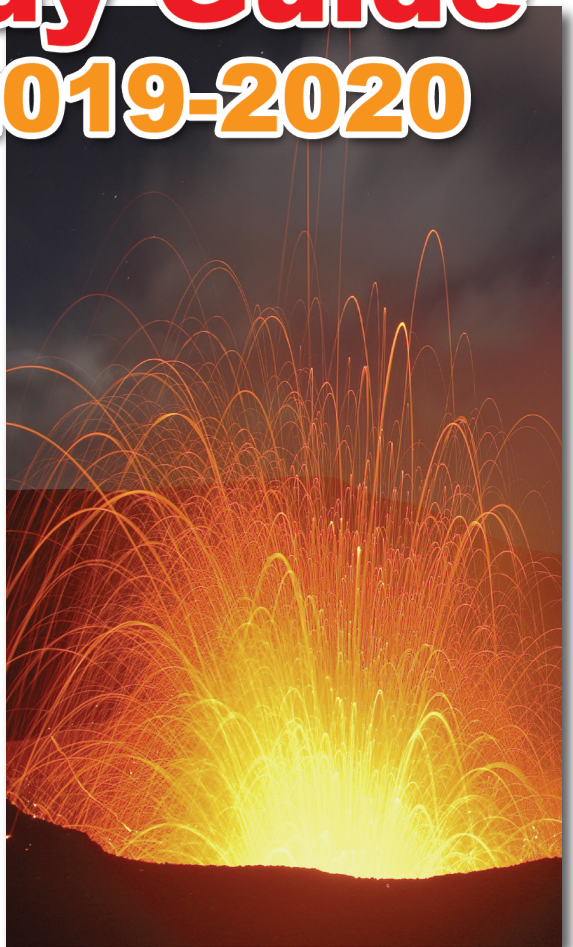


THE NEWS Guard

North Coast
CITIZEN



COLUMBIA PACIFIC Get Ready Guide 2019-2020





Urgent Care

Medical Office – Manzanita

10445 Neahkahnie Creek Road | 503-368-2292

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Saturday and Sunday 10 am – 6 pm

Holidays 10 am – 4 pm

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Saturday and Sunday 10 am – 6 pm

Holidays 10 am – 4 pm

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AdventistHealthTillamook.org



A service of Adventist Health Tillamook RHC/Medical Office Network

Building a Culture of Preparedness in Oregon



By Andrew Phelps,
Director Oregon Office of
Emergency Management

Oregon Office of Emergency Management Director asking Oregonians to get 2-Weeks Ready

As the Director of the Oregon Office of Emergency Management (OEM) I see how passionate the OEM team and our partner emergency management organizations are about helping Oregonians prepare for emergencies and disasters.. Recently, Governor Kate Brown unveiled a plan to improve Oregon's readiness for a Cascadia Earthquake and Tsunami by 2025.

As part of that effort, the my office has been tasked with developing a plan, in coordination with county emergency management, non-profits, and the American Red Cross, to ensure that 250,000 homes in the Cascadia Subduction Zone region have 2-weeks of emergency supplies by 2021.

For many years, we've been talking about the importance of being prepared for 72-hours. While this is a good start, it does not reflect the reality of the impacts from a large earthquake and tsunami, which will leave much

of our infrastructure, including transportation routes, communications networks, and water and energy services unusable. Oregonians will have to count on each other and their communities to be safe until responders can arrive. This is why OEM is focused on efforts to establish a culture of preparedness, where Oregonians have a shared set of beliefs relating to our need to be ready to take care of ourselves, our families and our community during emergencies or disasters.

We encourage Oregonians to be prepared for a minimum of 2-weeks as part of our "2 Weeks Ready" initiative. When more individuals, families and communities are prepared, our emergency responders can better focus their resources on injured and other vulnerable populations immediately following a disaster.

So what does being ready for two weeks mean? It means having the skills and the stuff to take care of yourself and those in your household for at least two weeks following an emergency or disaster. Learning first aid and CPR can go a long way towards individual and family preparedness, as can ensuring your residence is properly insured, you know where utility

shut-offs are located, how to communicate and evacuate, and where to get emergency information. There is no "one-size" way to put together two weeks' worth of supplies since everyone has individual dietary and medical needs. If your family includes children, seniors or pets, you will have additional needs. Everyone's kit will look different but for a basic starting point, you can visit our 2 Weeks Ready page at <https://www.oregon.gov/OEM/hazardsprep/Pages/2-Weeks-Ready.aspx>. This page suggests activities or items to include in your preparedness kit. You probably have many 2-Weeks Ready items around the house and may be more prepared than you think! Being prepared to be self-sufficient for 2-weeks is an achievable goal. Many of the standard preparedness kit items such as flashlights, gloves, hand-crank radios, trash bags and a first-aid kit are already in a 72-hour kit if you have one.

We are asking Oregonians to think about emergency preparedness and talk about it. Have a meaningful conversation with the members of your household to discuss the following:

- Do you have backup

■ Continued from, Page 3

transportation methods and routes?

- Who will care for the kids, grandparents and pets if you are unable to get to them for several hours?
- Who in your neighborhood has medical skills, a generator, a chainsaw, or other important tools or resources?

Do you have an out of state contact? Designate one person to be the main contact for your group of friends or family.

Experience has shown that in the aftermath of large disasters (consider the 2011 earthquake and tsunami in Japan or hurricanes in Southeast U.S. and Caribbean), it may take weeks before help can arrive. While first responders are at the ready to assist wherever, whenever needed, OEM and

our partners are encouraging you to create preparedness kits and build emergency skills to maintain self-sufficiency.

The devastation on display in the Florida Panhandle following Hurricane Michael as survivors sought clean water, food, fuel and medical care is another example of



the challenge we still face getting more people to take preparedness seriously. As an emergency manager, it's incredibly frustrating to see these events unfold when you

know there are actions and steps people can take to be better prepared.

This is why we are asking you to be ready for a minimum of 2-weeks, with both stuff and skills. Do it a little bit at a time, you don't have to get there all at once. OEM, local emergency managers, and partners like Red Cross and FEMA have a host of publications, videos and other resources to help you get 2-Weeks Ready.

Until the Cascadia earthquake and tsunami happen we don't know exactly how our infrastructure and our environment are going to respond, so it's important we heed these warnings. Let's use the available science and forecasts and look at how we prepare as a community for all hazards, and start building a culture of preparedness into our everyday lives.

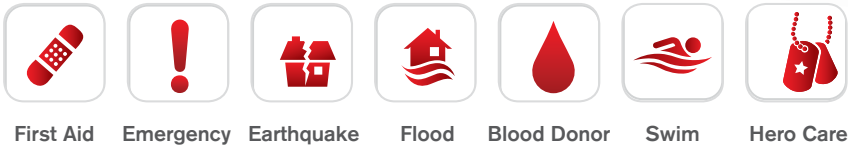


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➡ You can find more tips to prepare your home and family by visiting redcross.org/prepare.

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The 2019-2020 Get Ready Guide is a regional publication of the St. Helens Chronicle, Clatskanie Chief, the Lincoln City News Guard, the Tillamook Headlight Herald and the North Coast Citizen in Manzanita.

It is designed to offer critical information and resources to help residents and visitors in our communities best prepare for disasters.

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northcoastcitizen.com

COLUMBIA COUNTY

The following are physical addresses, non-emergency phone numbers, and websites for Columbia County law enforcement, fire departments and PUD's.

If you are having an emergency, please call 9-1-1 immediately.

Columbia County Sheriff

901 Port Ave., St. Helens
(503) 366-4611
www.co.columbia.or.us/sheriff/

Clatskanie Sheriff Substation

12525 Highway 202,
Clatskanie
(503) 755-2637
www.co.columbia.or.us/sheriff/

Rainier Police Department

608 W B St., Rainier
(503) 556-3644
www.cityofrainier.com/?view=policedepartment

St. Helens Police Department

150 S. 13th St., St. Helens
(503) 397-3333
www.ci.st-helens.or.us/police

Scappoose Police Department

22568 E. Columbia Ave,
Scappoose
(503) 543-3114
www.ci.scappoose.or.us/police

Vernonia Police Department

1001 Bridge St., Vernonia
(503) 429-7335
vpd.vernonia-or.gov

Columbia City Police Department

1840 Second St., Columbia City
(503) 397-4010
www.columbia-city.org/menupages/departments/police.html

Oregon State Police

35851 Industrial Way #A, St. Helens
(503) 397-0325
www.oregon.gov/osp/pages/index.aspx

Columbia River Fire and Rescue

105 S. 12th St., St. Helens
(503) 397-1014
www.crfr.com

Stations

St. Helens

105 S. 12th

Rainier

211 W. 2nd St.

Fairgrounds Station

58798 Saulser Rd, St. Helens

Deer Island

3371 Caanan Rd

Columbia City

405 E St.

Goble

69321 Nicolai Rd.

Fern Hill

73153 Doan Rd., Rainier

Clatskanie Rural Fire

Protection District
280 SE Third St.
(888) 580-1704
www.clatskaniefire.org

Stations

Clatskanie

280 SE Third St.

Delena

76015 Atkins Rd.

Quincy

79704 Quincy Mayger Rd.

Scappoose Fire

52751 Columbia River Hwy.,
Scappoose
(503) 543-5026
www.srfd.us

Vernonia Rural Fire Department

555 E. Bridge St., Vernonia
(503) 429-8252
www.vernonia-or.gov/Services/Fire.asp

CRPUD

64100 Columbia River Hwy.,
Deer Island
(503) 397-1844
www.crpud.net

Clatskanie PUD

495 E Columbia River Hwy,
Clatskanie
(503) 728-2163
www.clatskaniepud.com

"Road Closed" signs are there for a reason – don't drive around them!

By Karen Kane,
Columbia County

Do you know how it feels when you're in a hurry, or have travelled a long way, and you come up to a "road closed" sign? Frustrating, right? Have you ever thought about going around those signs? Well, I'm here to tell you – DON'T!

If there's one thing road managers hate to do, it's close roads. But they do so for a reason – and very good reasons at that. Roads are closed when it's unsafe to travel on them. Construction, flooding, and landslides are often the reason.

Construction workers need space to work, and when a road is closed, they know they can move about safely. A motorist driving up to or through a construction area can take them by surprise or hurt them, let alone cause other significant damage.

Mike Russell, Public Works Director for Columbia County, wants drivers to respect the "road closed" signs his workers post when they're working on bridges, resurfacing roads or replacing culverts. "Please remember that we are trying our best to keep everybody safe. A Road Closed sign should signal to drivers that there is danger beyond the sign."

In winter, when the snow and ice hits, Oregon's rural roads can become treacherous. Road managers will close roads when snow is too deep, or when ice can't melt because of the temperature or if trees shade the roadway from sun.

After a long winter of rain, spring melt and new storms can cause landslides or flooding. According to the Federal Emergency Management Agency, six inches of water will reach the bottom of most passenger cars, causing loss of control and potential stalling. A foot of water will float many vehicles, and two feet of rushing water will carry away larger vehicles such as SUVs and pickups.

Even with only a few inches of water flowing



over a road, it's hard to know what's happening beneath the pavement. Entire sections of roadway can sweep away quickly. According to the National Weather Service, an average of 75 people in the U.S. died from flash floods each year from 2004-2013, with vehicle-related drowning more common than any other weather-related death. And according to Dr. Greg Forbes, a severe weather expert, almost two of every three U.S. flash flood deaths from 1995-2010, excluding fatalities from Hurricane Katrina, occurred in vehicles.

Floodwaters powerful enough to float or trap a vehicle are also dangerous to walk through. Just six inches of flowing water can knock you off your feet. This is particularly dangerous situation for the elderly and small children. So please, heed the warning of the National Weather Service - "Turn around, don't drown!"

Driving past "road closed" signs can cost in other ways too. Columbia County Sheriff's Public Information Officer Brian Pixley said deputies will issue citations for drivers going past closed road signs. "It's a common problem," he said, "people will drive through a crime scene or a traffic crash. We've even had people run into our patrol cars."

So remember, if you see a "road closed" sign, turn around. It's dangerous! Damage to your wallet, your vehicle or your life just isn't worth the risk.

Wildfire

Did you know that wildfires can move at speeds of up to 14 miles an hour?

Oregon and Washington are prone to deadly wildfires. Droughts and dry conditions throughout the year increase wildfire risk. Careless use of fire in highly wooded areas can also dramatically increase the chance of a wildfire, which can then quickly spread across trees and dry brush and threaten homes and businesses in the vicinity.

Before

- Learn about the wildfire risks in your area.
- Make an escape plan and build a kit.
- Clear leaves and other vegetative debris from roofs, gutters, porches and decks.
- Screen-in areas below patios and decks with wire mesh to prevent debris and combustible materials from accumulating.
- Remove flammable materials (wood piles, propane tanks, etc.) from within 30 feet of your home’s foundation and outbuildings, such as garages and sheds. If it can catch fire, don’t let it touch your house, deck or

porch.

- Prune trees so the lowest branches are 6 to 10 feet from the ground.
- Choose building materials and plants that resist fire.
- Identify and maintain an adequate water source outside your home, such as small pond, cistern, well or swimming pool.
- Gather household items that can be used as fire tools such as a rake, ax, saw, bucket and shovel.
- Keep a garden hose that is long enough to reach any area of the home and other structures on the property.

During

- Be ready to leave at a moment’s notice.
- Listen to local radio or television stations for the latest emergency information.
- Gather an emergency supply kit and be ready to leave.
- Arrange for temporary housing at a friend or relative’s home outside the threatened area.



LEARN HOW TO BETTER PREPARE, RESPOND AND RECOVER FROM AN EMERGENCY AND/OR DISASTER.

- Protect your employees and their families.
- Return quickly to your business after an emergency or disaster.
- Access tools, materials and resources if an emergency or disaster is imminent or occurs.
- Connect to available resources to meet emergency and disaster needs.



COLUMBIA COUNTY EMERGENCY MANAGEMENT
230 Strand Street, St. Helens, Oregon 97051
503-366-3931



- Confine pets to one room so you can find them if you need to evacuate quickly.
- Watch for and listen to air quality reports and health warnings about smoke.
- Keep indoor air clean by closing windows and doors to prevent outside smoke from getting in.
- Use the recycle or recirculate mode on the air conditioner in your home and/or car.
- When smoke levels are high, do not use anything that burns or adds to indoor air pollution, such as candles, fireplaces and gas stoves. Avoid vacuuming.

- If you have asthma or another lung disease, follow your health care provider's advice.
- Dress to protect yourself; wear cotton/woolen clothing including long sleeved shirts, long pants and gloves.
- Back your car into your garage for easier evacuation.

If Outdoors

- If you are trapped outdoors, crouch in a pond, river or pool.
- Do not place wet clothing or bandanas over your nose or mouth.


After

- Let friends and family know you're safe.
- Do not re-enter your home until fire officials say it is safe to do so.
- Use caution when entering burned areas as hazards may still exist, including hot spots that can flare up without warning.
- Avoid damaged or fallen power lines, poles and downed wires.
- Wear leather gloves and heavy soled shoes to protect hands and feet.

Get ready. Build a kit.

Put together a basic emergency supply kit with the items listed below.

Find additional suggestions at crpud.net/kit.

- 1 gallon of water per person per day for at least 3 days
 - At least a 3-day supply of non-perishable food items that require little or no cooking
 - Flashlight, radio & fresh batteries
 - Battery-operated clock
 - Lantern or candles & matches
 - Blankets, sleeping bags & warm clothes
 - Camp stove or barbecue for outdoor cooking
- First aid kit
 - Prescription medication
 - Playing cards, games & books to help pass the time
 - Cell phone, charger & extra battery
- Consider making a smaller kit for your vehicle. If you have pets, make sure they're accounted for as well.
- 

Consider making a smaller kit for your vehicle. If you have pets, make sure they're accounted for as well.



Flood

Did you know that floodwaters as little as six inches deep can be strong enough to sweep a person off their feet?

Floods are among the most frequent and costly natural disasters. When heavy or steady rain saturates the ground over several hours or days, flood conditions may occur. Flash floods occur suddenly due to rapidly rising water along a stream or low-lying area.

Before

- Know your flood risk and locations where flooding may occur.
- Make an escape plan and build a kit.
- Listen to area radio and television stations and a NOAA weather radio for possible flood warnings and reports of flooding in progress or other critical information from the National Weather Service (NWS).
- Because standard homeowner's insurance does not cover flooding, it's important to have protection from floods associated with hurricanes, tropical storms, heavy rains and other conditions that impact

the U.S. For more flood safety tips and information on flood insurance, please visit the National Flood Insurance Program website at FloodSmart.gov.

- Raise your furnace, water heater and electric panel to floors that are less likely to be flooded. An undamaged water heater may be your best source of fresh water after a flood.
- Install check-valves (valves that allow fluid to flow through in only one direction) in plumbing to prevent floodwater from backing up into the drains in your home.
- Seal walls in basements with waterproofing compounds to avoid seepage through cracks.
- If a flood is expected, some communities might offer free sandbags to residents. Listen to the news or contact local emergency management agencies to learn more about these resources.
- Fill your car's gas tank in case you need to evacuate.
- Move your furniture and valuables to

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higher floors of your home.

- Move livestock to higher ground. If using a trailer to evacuate animals, move animals sooner rather than later.

During

- When a flood or flash flood warning is issued for your area, head for higher ground and stay there. Avoid walking or driving through floodwaters. As little as six inches of moving water can knock you down, and two feet of moving water can sweep a vehicle away.
- Stay away from floodwaters. If you come upon a flowing stream and the water is above your ankles, stop, turn around and go another way.
- If you encounter a flooded road while driving, turn around, don't drown. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car quickly, and move to higher ground.
- Avoid contact with floodwater. It may be contaminated with sewage or contain dangerous insects or animals.
- Dispose of any food that has come into contact with floodwater.

After

- Let friends and family know you're safe.
- Do not enter your home until officials say it is safe to do so.
- Report downed power lines to your utility company and do not step in puddles or standing water.
- Wear protective clothing, including rubber gloves and rubber boots, and be cautious when cleaning up.
- Wear protective clothing, including rubber gloves and rubber boots, and be cautious when cleaning up.
- Disinfect anything that flood water touches.

More information about repairing your flooded home is available online at www.redcross.org.

Additional information, including maps about flooding, are available on the Oregon Department of Geology and Mineral Industries (oregongeology.org) or Washington Department of Natural Resources (dnr.wa.gov) websites.



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Landslide

Did you know that landslides take place most often where they've occurred in the past? They're also more common in areas that have recently been burned by a wildfire.

Before

- Make an escape plan and build a kit.
- Be aware of warning signs of possible landslides:
 - > Increased pooling of water or newly wet ground.
 - > New cracks or unusual bulges in the ground, street pavements or sidewalks.
 - > Soil moving away from foundations.
 - > Tilted or bent trees.
 - > Sagging or taught utility lines.
 - > Sunken or broken road beds.
 - > Leaking or broken water pipes.
- Reduce the chances of landslides by:

- > Draining water from surface runoff, downspouts and driveways well away from slopes.
- > Planting native groundcover on slopes.
- > Refraining from adding water to steep slopes.
- > Avoiding placing fill soil and yard debris on steep slopes.

During

- If you suspect imminent danger, evacuate immediately. Inform affected neighbors if you can, and contact your public works, fire or police department.
- Listen for unusual sounds that might indicate moving debris, such as trees cracking or boulders hitting one another.
- If you are near a stream, be alert for any sudden increase or decrease in water flow and notice whether the water



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DO NOT GO BEYOND THIS SIGN!

changes from clear to muddy. Such changes may mean there is debris flow activity upstream so be prepared to move quickly.

- Be especially alert when driving—watch for collapsed pavement, mud, fallen rocks and other indications of possible debris flow.
- If you are ordered to or decide to evacuate, take your animals with you.

After

- Stay away from the slide area. There may be danger of additional slides.
- Check for injured and trapped persons near the slide without entering the direct slide area. Direct rescuers to the person's location.
- Listen to local radio or television stations for the latest emergency information.
- Watch for flooding, which may occur after a landslide or debris flow. Floods sometimes follow landslides and debris flows because they may be started by



the same event.

- Look for and report broken utility lines to appropriate authorities. Reporting potential hazards will get damaged utilities turned off as quickly as possible, preventing further hazard and injury.
- Check the building foundation, chimney and surrounding land for damage. Signs of damage may help you assess the safety of the area.
- Replant damaged ground as soon as possible since erosion caused by loss of groundcover can lead to flash flooding.

Additional information about landslides is available on the Oregon Department of Geology and Mineral Industries (oregongeology.org) and the Washington Department of Natural Resources (dnr.wa.gov) websites.



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- Learn to build your own unique Go Bag!
- Know what survival items you need in your home and car
- How to mentally prepare yourself and your family
- How to make yourself, neighborhood and community more resilient

Lincoln City Campus:
Tuesday–November 5, 2019
Tuesday–November 12, 2019

This is a 2-session course.
Each Class is from
5:30 pm to 8:30 pm

To register:

oregoncoastcc.org/CommunityEd or call 541-996-6222

Taught by Veteran Firefighter Captain Jim Kusz, the course is designed to take the panic and paranoia out of planning. It discusses in frank detail the threats facing the Oregon Coast, from damaging storms, wildfires, and power outages to the looming threat of the Cascadia Subduction Zone.



Jim uses humor and a superb level of preparedness skill and background to walk participants through the simple steps they can take to be prepared for everything from **ASTERIODS** to **ZOMBIES**.

*This course received a
statewide Oregon Community
Colleges Award in 2018!*

LINCOLN COUNTY

Safety and Emergency Resources

If you are having an emergency, please call 9-1-1 immediately.

North Lincoln Fire & Rescue

541-994-3100

Samaritan North Lincoln Hospital

541-994-3661

Lincoln County Emergency Management

541-265-4199

Lincoln County Sheriff Office

541-265-4277

Lincoln City Police

541-994-3636

Oregon State Police

800-442-0776

Samaritan Pacific Communities Hospital

541-265-2244

Newport Fire and Rescue

541-265-4231

US Coast Guard Station - Newport

541-265-5381

Newport Police

541-574-3348

Depoe Bay Fire & Rescue

541-764-2202

US Coast Guard Station - Depoe Bay

541-765-2124

**Oregon Department of Transportation
Newport**

541-265-2373

Oregon Red Cross Willamette Chapter

503-585-5414

Oregon Poison Center

800-222-1222

Oregon Office of the State Fire Marshal

503-378-3473

**Oregon Department of
Environmental Quality**

800-452-4011

National Weather Service

503-261-9246

alerts.weather.gov/cap/wwaatmget.

FEMA

(Federal Emergency Management Agency)

1-800-621-3362

www.fema.gov

NW Natural Gas Service

541-994-2111

Pacific Power

888-221-7070

Charter Spectrum

1-833-780-1880

**For more information,
visit www.co.lincoln.or.us/emergencymanagement**

Lincoln County Emergency Preparedness

Lincoln County Emergency Manager Elizabeth Jenny Demaris said it is important for coastal counties to be “3 Weeks Coastal Ready” to best prepare for the aftermath of a disaster.

“We strongly emphasis to our local communities that we anticipate it will take three weeks for state and federal response agencies to transport in supplies benefiting the direct public,” Demaris said.

Demaris cited the following three reasons for the three-week preparation.

1. Department of Energy has indicated it will take 3-6 weeks before local government



and public safety agencies will receive fuel distribution. This will significantly hamper the ability of regional, state and federal partners to bring resources over the cascades from Redmond airport to our isolated coastal communities

- The anticipated impact to our transportation routes, airways and ports will

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**Shane Isham
LSP**



**Shaun Isham
LSP**

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Lincoln City



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significantly hamper the ability to use them for transporting goods to our coastal communities. The debris management removal and public works restoration crews, or more simply, the heavy equipment operators of Lincoln County will need to evaluate or triage, then prioritize with local government which transportation routes, beach access points need to be cleared and restored first to allow federal and state assets to begin making their way into Lincoln County communities. Most of these areas have already been considered and the plan is pretty simple to start with - clear the road to the hospitals, fuel services, airports and heliport sites, fire stations, police stations, public works, shelters and access to arterial roads leading in/out of the count.

2. Help/Ok Community Emergency Assistance Signs.

- Several counties have similar programs or it is part of their Map Your Neighborhood program. However, Lincoln County has distributed over 10,000 signs since we began this program in September 2017. Our help/ok signs include the recognized Oregon



evacuation definitions, Level 1, 2, 3. Be ready, be set, go.

3. Lincoln Alerts - If we can't reach you we can't alert you. For more information, visit www.co.lincoln.or.us. The Alerts include an Espanola texting number.



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Samaritan
Pacific Communities
Hospital

samhealth.org/Newport



Samaritan
North Lincoln
Hospital

samhealth.org/LincolnCity

Earthquake

Did you know that during a major earthquake you may be without utilities for weeks or even months?

Before

- Make an escape plan and build a kit.
- Identify safe places in each room of your home, workplace and/or school. A safe place could be under a piece of sturdy furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.
- Practice “drop, cover and hold on” in each safe place. If you do not have sturdy furniture to hold on to, sit on the floor next to an interior wall, and cover your head and neck with your arms.
- Keep a flashlight and sturdy shoes by your bed in case an earthquake strikes in the middle of the night.
- Make sure your home is securely anchored to its foundation.
- Bolt and brace water heaters and gas appliances to wall studs.

- Bolt bookcases, china cabinets and other tall furniture to wall studs.
- Hang heavy items, such as pictures and mirrors, away from beds, couches and anywhere people sleep or sit.
- Brace overhead light fixtures.
- Install strong latches or bolts on cabinets. Large or heavy items should be close to the floor.
- Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose.
- Learn about your area’s seismic building standards and land use codes before you begin new construction.

During

If you are inside when the shaking starts

- Drop, cover and hold on. Move as little as possible.
- If you are in bed, stay there, curl up and hold on. Protect your head with a pillow. Don’t try to get under your bed.
- Stay away from windows to avoid being

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NW Natural. We’ll be out to make sure everything is safe.

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injured by shattered glass.

- Stay indoors until the shaking stops and you are sure it is safe to exit. When it is, use stairs rather than an elevator in case there are aftershocks, power outages or other damage.
- Be aware that fire alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire, but take appropriate precautions if an alarm sounds.

If you are outside when the shaking starts

- Find a clear spot (away from buildings, power lines, trees, streetlights, etc.) and drop to the ground. Stay there until the shaking stops.
- If you are in a vehicle, pull over to a clear location, and stop. Avoid bridges, overpasses and power lines if possible. Stay inside your vehicle with your seatbelt fastened until the shaking stops. Then, if you can, drive carefully, avoiding bridges and ramps that may have been damaged.
- If a power line falls on your vehicle, do not get out. Wait for assistance.
- If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris.
- Landslides are often triggered by earthquakes.

After

- After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami.
- Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
- Each time you feel an aftershock, be sure to drop, cover and hold on. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
- Check yourself for injuries and get first aid, if necessary, before helping injured or trapped persons.
- Put on long pants, a long-sleeved shirt, sturdy shoes and work gloves to protect against injury from broken objects.
- Look quickly for damage in and around your home, and evacuate everyone if your home is unsafe.
- Listen to local radio or television stations for the latest emergency information.

- Check to see if telephones are working. Make brief calls to report life threatening emergencies.
- Use text messaging to communicate with friends and family members.
- Clean up spilled medications, bleach, gasoline or other flammable liquids immediately.
- Open closet and cabinet doors carefully as contents may have shifted.
- Help people with access and functional needs who require assistance, such as infants, children and the elderly or disabled.
- Watch out for fallen power lines or broken gas lines and stay out of damaged areas.
- Keep animals under your direct control.
- Stay out of damaged buildings.
- If you were away from home, return only when authorities say it is safe to do so. Use extreme caution and examine walls, floors, doors, staircases and windows to check for damage.
- Be careful when driving after an earthquake and anticipate traffic light outages.

Pacific West Ambulance wants you to be prepared for any natural disaster.

- Have a "Go Bag" Ready
- Keep Emergency Contact Information Close
- Plan Meet-up Locations for Family/Friends
- Visit the Lincoln County Emergency Management website

www.co.lincoln.or.us/emergencymanagement/page/plan-and-prepare



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Tsunami

The states in the U.S. at greatest risk of tsunamis are Alaska, California, Hawaii, Oregon and Washington.

Tsunamis are series of large ocean waves caused by major earthquakes or landslides beneath the ocean. When the waves enter shallow water, they may rise several feet or, in rare cases, near 100 feet, striking the coast with devastating force. Tsunamis can be local or distant. A local tsunami can arrive within minutes of an earthquake. A distant tsunami can take four to 12 hours to arrive on shore. If you feel the ground shake while at the beach or a low coastal area, move on foot inland and to higher ground as quickly as possible.

Before

- Find out if your home, school, workplace or other frequently visited locations are in tsunami hazard areas.
- Make an escape plan and build a kit.
- Plan evacuation routes from your home, school, workplace and other places you could be where tsunamis present a risk. If



possible, choose evacuation locations 100 feet above sea level. If you cannot get this high, go as high as you can. You should be able to reach your safe location on foot within 15 minutes.

- Learn the evacuation plan where your child attends school. Find out if the plan requires you to pick your children up from school or from another location. During a tsunami watch or warning, telephone lines may be overloaded and routes to and from schools may be jammed.
- Practice your evacuation routes. Familiarity may save your life. Be able to follow your escape route at night and during inclement weather. Practicing your plan will allow you to jump into action during an actual emergency.
- When visiting the coast, familiarize yourself with the nearest tsunami evacuation routes.

During

- If an earthquake occurs while you are on the coast and indoors, drop, cover and hold on. If you are outdoors, avoid falling objects.
- When the shaking has stopped, move quickly inland and to higher ground. Go on foot if possible.
- Take a pre-prepared go-bag filled with emergency supplies, but don't delay leaving.
- If a tsunami watch is issued, listen to a

24 Hour Towing Hotline -> 541-996-8691

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NOAA weather radio, a Coast Guard emergency frequency station or other reliable sources for updated emergency information. Be ready to evacuate.

- Remain inland and on higher ground until an “all clear” announcement is made by local officials.

After

- Continue listening to a NOAA weather radio, a Coast Guard station or a local radio or television station for the latest updates.
- Return to lower ground only after local officials tell you it is safe to do so. A tsunami may consist of a series of waves and could continue for hours. Do not assume that after one wave the danger is over. The next wave may be larger than the first one.
- Check yourself for injuries and get first aid as needed before helping injured or trapped persons.
- If someone needs to be rescued, call professionals who have the right equipment to help. Many people have been killed or injured trying to rescue others.

- Assist people with access and functional needs who require assistance, such as infants and children, as well as the elderly, the disabled and those without transportation.
- Avoid disaster areas. Your presence might interfere with emergency response operations and put you at further risk from the residual effects of the tsunami.
- Use texts to communicate with friends or family. Phone calls should only be made if absolutely necessary.
- Stay out of buildings surrounded by water. Tsunami water can cause floors to crack or walls to collapse.
- Use caution when re-entering buildings or homes.
- Tsunami-driven floodwater may damage buildings where you least expect it. Carefully watch every step you take.
- To avoid injury, wear protective clothing, and be cautious when cleaning up.
- Watch animals closely and keep them under your direct control.

Tsunami evacuation maps and other resources are available at nvs.nanoos.org/TsunamiEvac.

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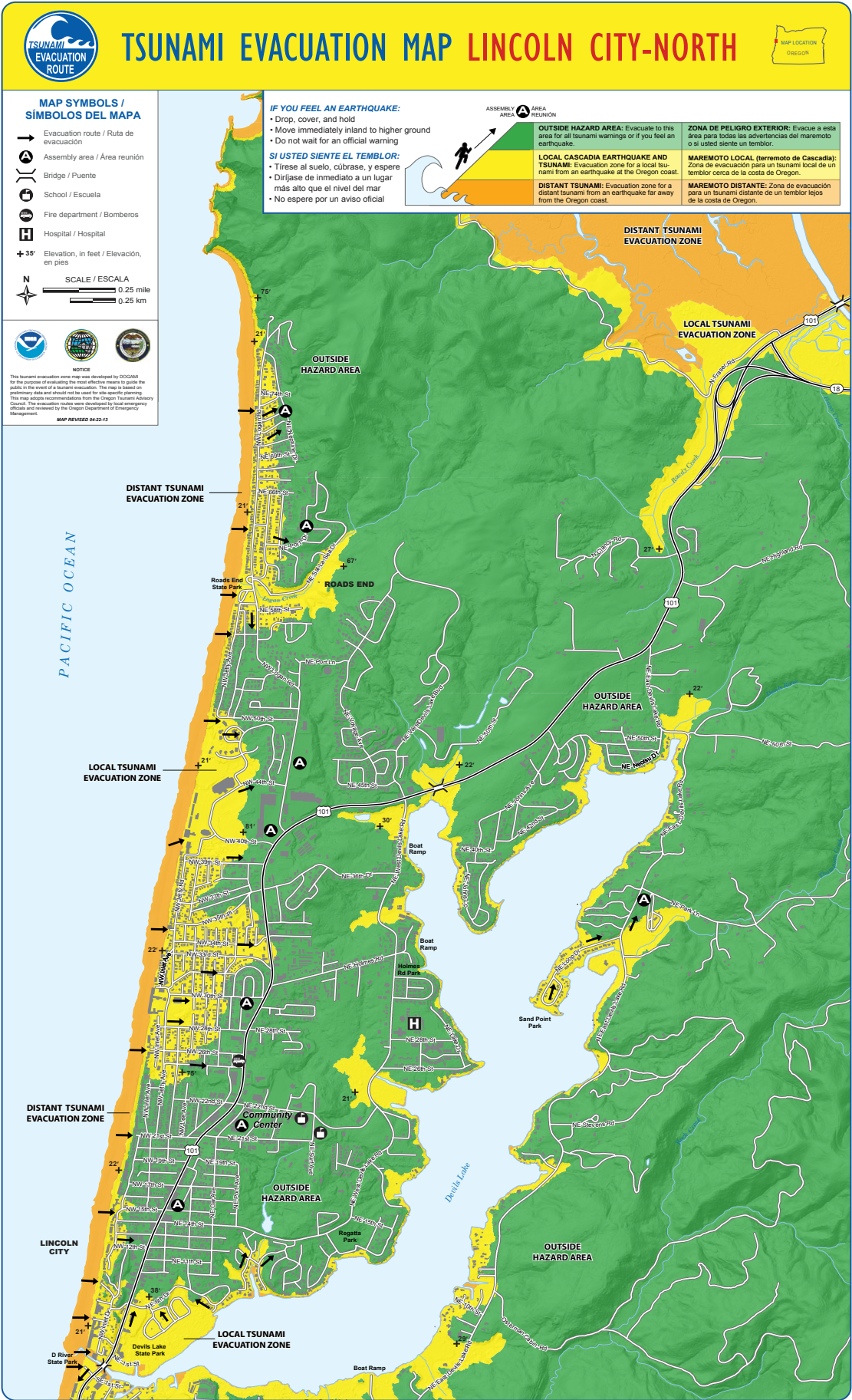
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TSUNAMI EVACUATION MAP LINCOLN CITY-SOUTH



MAP SYMBOLS / SÍMBOLOS DEL MAPA

- Evacuation route / Ruta de evacuación
- Assembly area / Área reunión
- Bridge / Puente
- School / Escuela
- City Hall / Municipalidad
- Fire department / Bomberos
- Law enforcement / Policía
- Elevation, in feet / Elevación, en pies
- SCALE / ESCALA
- 0.25 mile
- 0.25 km



NOTICE
This tsunami evacuation zone map was developed by DCEM for the purpose of evaluating the most effective means to guide the public in the event of a tsunami evacuation. The map is based on preliminary data and should not be used for site-specific planning. This map depicts representations from the Oregon Tsunami Advisory Council. The evacuation routes were developed by the emergency officials and released by the Oregon Department of Emergency Management.

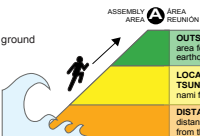
MAP REVISED 04-20-13

IF YOU FEEL AN EARTHQUAKE:

- Drop, cover, and hold
- Move immediately inland to higher ground
- Do not wait for an official warning

SI USTED SIENTE EL TEMBLOR:

- Tírese al suelo, cúbrase, y espere
- Diríjase de inmediato a un lugar más alto que el nivel del mar
- No espere por un aviso oficial



OUTSIDE HAZARD AREA:

Evacuate to this area for all tsunami warnings or if you feel an earthquake.

LOCAL CASCADIA EARTHQUAKE AND TSUNAMI:

Evacuation zone for a local tsunami from an earthquake at the Oregon coast.

DISTANT TSUNAMI:

Evacuation zone for a distant tsunami from an earthquake far away from the Oregon coast.

ZONA DE PELIGRO EXTERIOR:

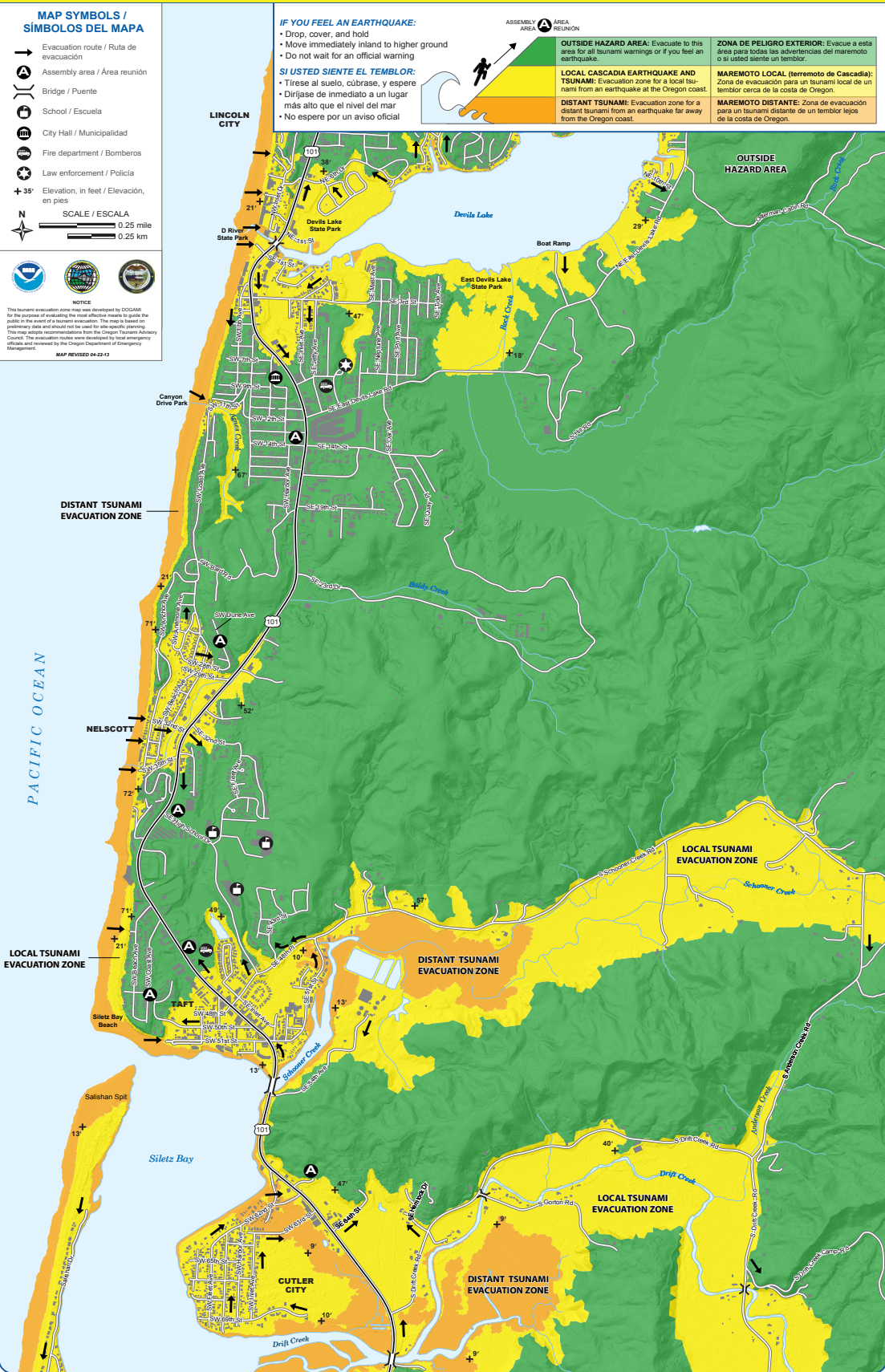
Evacue a esta área para todas las advertencias del maremoto o si usted siente un temblor.

MAREMOTO LOCAL (terremoto de Cascadia):

Zona de evacuación para un tsunami local de un temblor cerca de la costa de Oregon.

MAREMOTO DISTANTE:

Zona de evacuación para un tsunami distante de un temblor lejos de la costa de Oregon.



TILLAMOOK COUNTY

Safety and Emergency Resources

If you are having an emergency, please call 9-1-1 immediately.

Non Emergency Dispatch
503-815-1911

**Adventist Health Tillamook
Regional Medical Center**
503-842-4444
1000 3rd St.
Tillamook, OR 97141

Care Inc.
503-842-5261
2310 1st St. #2
Tillamook, OR 97141

**Oregon Poison Control
Center**
1-800-222-1222

Tillamook Ambulance
503-815-2369
1000 3rd St.
Tillamook, OR 97141

**Tillamook County
Emergency Management**
503-842-3412

**Tillamook County Sheriff's
Office/Oregon State Police**
503-842-2561
5995 Long Prairie Rd.
Tillamook, OR 97141

**Tillamook People's Utility
District:**
503-842-2535
or 1-800-422-2535
Emergency After Hours:
503-842-2122 or
1-800-842-2122

NORTH COUNTY

**Manzanita Police
Department**
503-368-7229
165 S Fifth Street
Manzanita, OR 97130

**Manzanita Primary and
Specialty Care**
503-368-6244
10445 Neahkahnne Creek Rd.
Manzanita, OR 97130

**Nehalem Bay Fire
Department**
503-368-7590
36375 N Hwy 101
Nehalem, OR 97131

**Rockaway Beach Fire
Department**
503-355-2978
270 S Anchor St.
Rockaway Beach, OR 97136

**Rockaway Beach Police
Department**
503-355-2252
220 N Hwy 101
Rockaway Beach, OR 97136

CENTRAL COUNTY

Bay City Fire Department
503-377-0233
9390 4th St.
Bay City, OR 97107

Garibaldi Fire Department
503-322-3635
107 S 6th St.
Garibaldi, OR 97118

**Garibaldi Police
Department**
503-322-3555
107 6th St.
Garibaldi, OR 97118

**Netarts/Oceanside
Fire Department**
503-842-1153
1235 5th St. Loop W
Tillamook, OR 97141

Tillamook Fire Department
503-842-7587
2310 4th St.
Tillamook, OR 97141

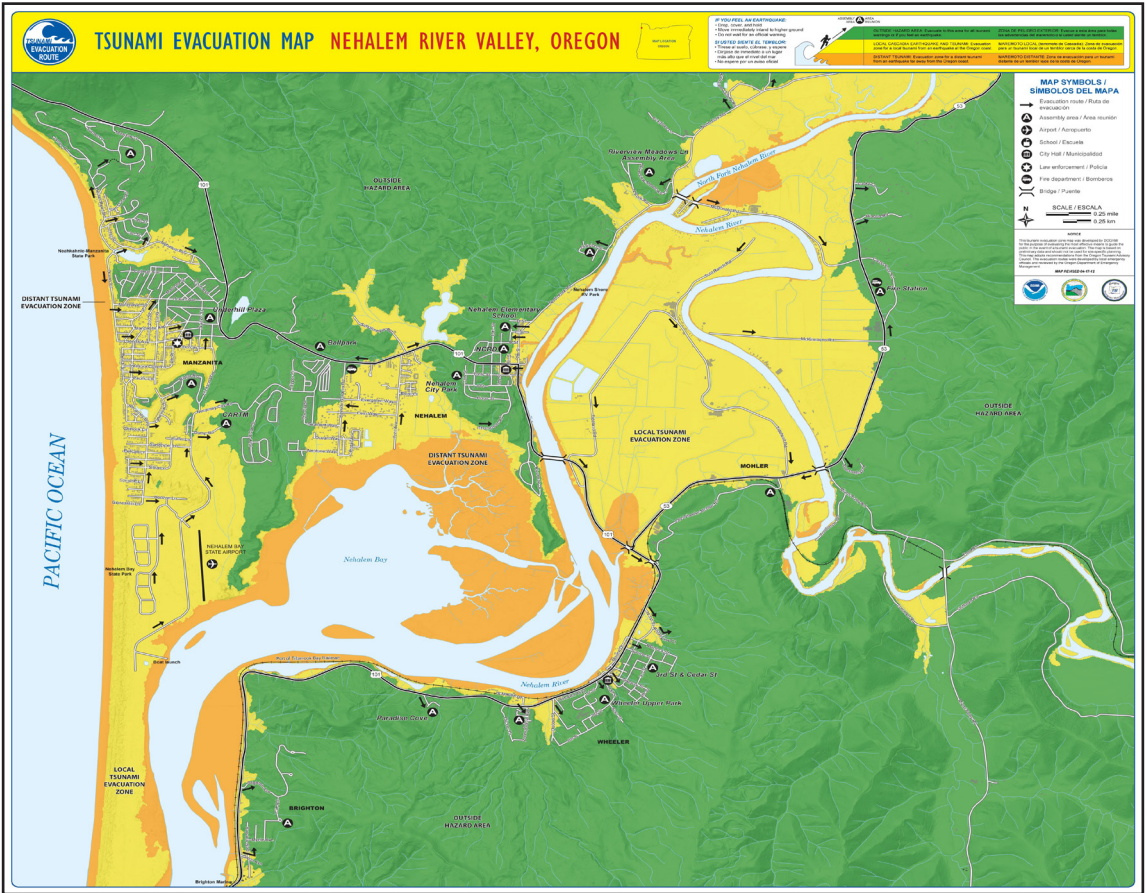
**Tillamook Medical Plaza
Urgent Care**
503-842-5546
1100 3rd St.
Tillamook, OR 97141

**Tillamook Police
Department**
503-842-2522
207 Madrona Ave.
Tillamook, OR 97141

SOUTH COUNTY

**Bayshore Medical Pacific
City**
38505 Brooten Rd.
Pacific City, OR 97135

**Nestucca Rural Fire
Department**
503-392-3313
30710 Highway 101 S
Cloverdale, OR 97112



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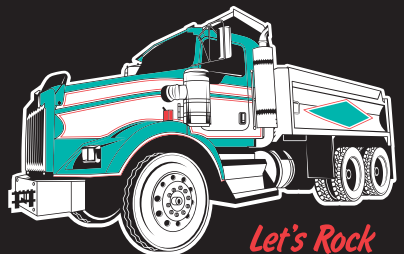
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TSUNAMI EVACUATION MAP

TILLAMOOK, OREGON

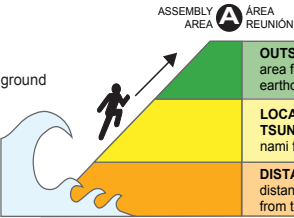


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- No espere por un aviso oficial



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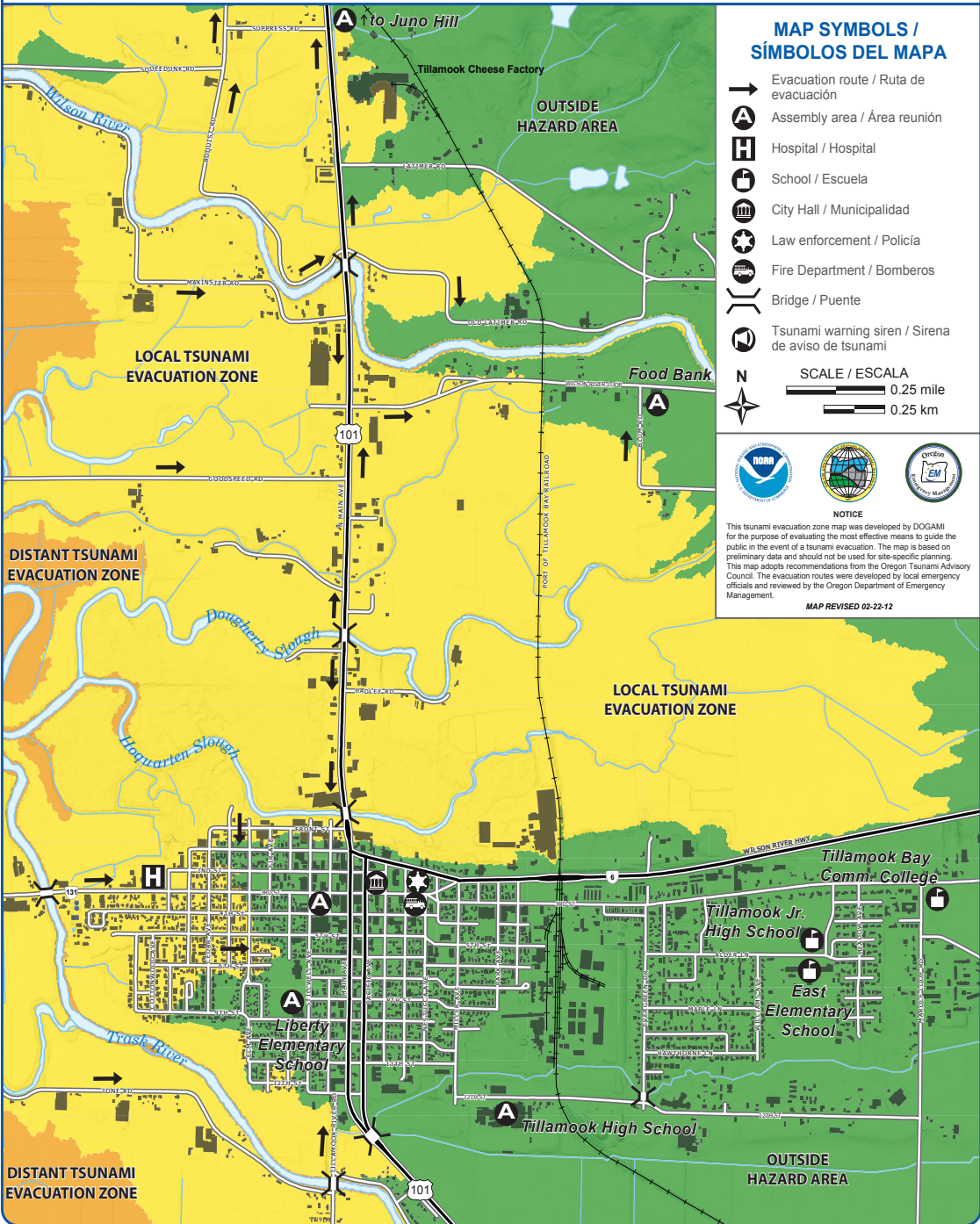
LOCAL CASCADIA EARTHQUAKE AND TSUNAMI: Evacuation zone for a local tsunami from an earthquake at the Oregon coast.

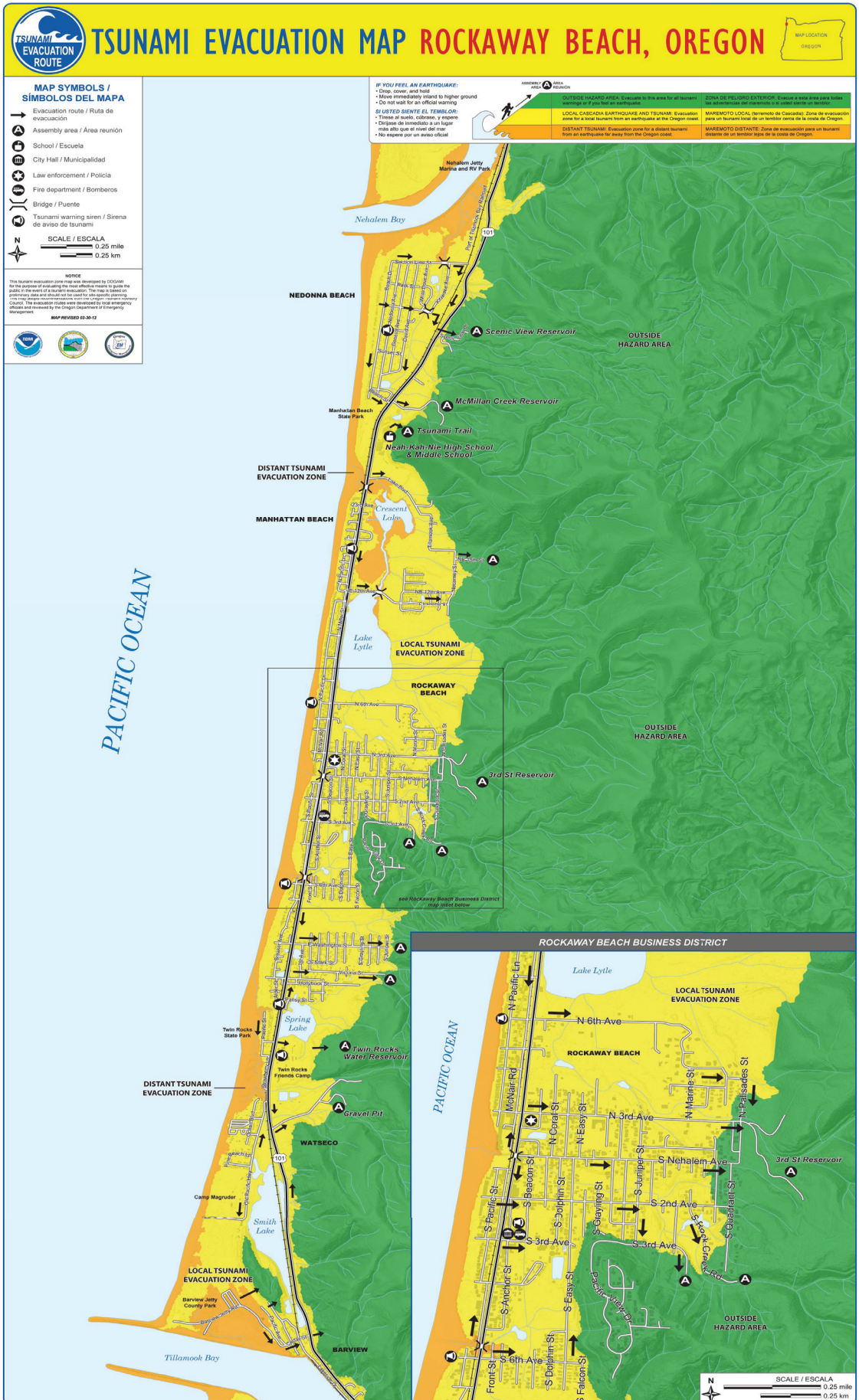
DISTANT TSUNAMI: Evacuation zone for a distant tsunami from an earthquake far away from the Oregon coast.

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MAREMOTO LOCAL (terremoto de Cascadia): Zona de evacuación para un tsunami local de un temblor cerca de la costa de Oregon.

MAREMOTO DISTANTE: Zona de evacuación para un tsunami distante de un temblor lejos de la costa de Oregon.





Make a Plan

After a disaster, everyday services may be unavailable. Plan for power outages, limited communication, road closures and difficulty accessing clean water. In the event of a major catastrophe, a delay in help from emergency responders is inevitable. Your pre-established emergency plan will help you to be safe and comfortable and may allow you to help others before help arrives. There are several no cost steps you can take today to begin building your household's preparedness plan.

Talk

Your plan needs to be tailored to and account for the specific needs of your household. Developing a plan for you and your household requires buy-in and agreement from everyone. Include your entire household in the planning process. Your plan should consider the following:

- Does anyone have food sensitivities or other dietary needs?
- Does anyone require access and functional needs equipment to remain independent

(e.g., hearing devices, glasses, mobility devices, etc.)?

- Are there specific medical supplies or equipment that are critical for anyone?
- Are there unique needs if your household is separated when a disaster occurs (e.g., a disaster occurs while you or other members of your household are at work or school)?
- Identify each person's role in the event of a disaster, and plan to work together as a team.
- Talk with your neighbors to learn what resources they have and how they might be pooled to help the community (e.g., generator, chain saw, medical skills, etc.)

Plan

- Pre-identify at least two places to meet up after a disaster. One should be near your home, in case of a local emergency like a house fire. A second should be outside your neighborhood, in case your neighborhood becomes unsafe or inaccessible following



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Beaver Shell & Grocery
24485 Hwy. 101 S., Beaver

Pacific City Shell & Grocery
34995 Brooten Road, Pacific City
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Third Street Shell & Grocery
303 Pacific Ave., Tillamook

Sheldon Oil CFN Cardlock
Operates under generated power during extended power outages
2801 3rd Street, Tillamook

a disaster.

- Identify an out-of-state contact. Everyone in your family should have the contact's phone number to be able to check in as 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. Use text messages, as texting might work even when voice calls cannot be made.
- Following an emergency, friends and loved ones will want to know you are safe. If you use social media, share that you are safe. You can also register yourself as "Safe" through the Red Cross Safe and Well service by visiting redcross.org/safeandwell.
- Update your cell phone with emergency contact information.
- For individuals without a smartphone or cell phone, be sure to write down important contacts to be notified in the event of an emergency on a piece of paper, and store these numbers in your wallet.
- Consider keeping a corded landline phone for use during emergencies, since these phones do not require electricity to operate.
- Create a paper copy of important contacts

and information and keep it with your emergency supplies kit.

- Purchase insurance coverage. Your standard residential insurance policy may not cover damage caused by a disaster.
- Include your pets and/or livestock in your disaster planning.
- If you have children in school, ask about the school's emergency plans.
- If you know someone in an assisted living facility, ask about the facility's emergency plans.

Practice

- Practice household earthquake and fire drills at least twice a year. A good time to practice is each time you change your clocks for daylight savings time.
- When you practice your earthquake drill, after you drop, cover and hold on, perform an assessment of your home. Review where the gas and water shut off valves are. Discuss where your household (including pets) will go if you have to evacuate.
- Make practicing fun for kids by having a picnic with your emergency supplies and replace those that are used.

Don, Linnea, Rick, Sylvia & Jeremy
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Tips For Emergencies:

- If the water looks too deep, don't go through it
- Coast KDEP 105.5 FM • KTIL 95.5FM • KTIL 1590 AM
- Road & weather info dial 511 or 1-800-977-6368
- TripCheck.com or Tripcheck.com/mobile for road conditions
- Know your cell phone # and location
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Build a Kit



In Oregon and Southwest Washington, there is a high probability of a 9.0 Cascadia Subduction Zone earthquake. The Red Cross recommends that you have enough supplies to be self-sufficient for at least two weeks. We recommend that you have an emergency supplies kit in each location that you spend considerable time (i.e., at home, in the car and at work).

Household Emergency Supplies Kit

Keep two weeks' worth of emergency supplies for your household in a portable container that you can use at home or take with you if you evacuate. Start with these items:

- Water: one gallon per person (and pets) per day, for drinking and basic hygiene.
- Food: items that aren't perishable or don't need to be cooked (e.g., peanut butter, canned meats, energy bars, canned fruits and vegetables, beans or soup.)
- First aid kit with essential prescription and over-the-counter medications.

Additional Supplies

- Flashlight (battery or alternative-powered)
- Radio (battery or alternative-powered)
- Extra batteries
- Solar charger
- Extra cords for electronics
- Copies of important documents
- Emergency contact information and copy of household emergency plan
- Cash in small denominations
- Pet supplies
- Multipurpose tool and work gloves
- Comfort items, such as toys, games and family photos
- Manual can opener
- Duct tape and plastic sheeting
- Hygiene and sanitation supplies

Vehicle and Work Emergency Supplies Kits

Your vehicle and workplace emergency supplies kits should contain a minimum of three days of supplies. Keep the supplies in a

backpack or sturdy container with a lid.

- Blankets or sleeping bag
- Bottled water (use a heavy plastic bottle specifically made for water storage and fill with tap water)
- Nonperishable food items
- Cell phone charger
- Emergency flares or reflective triangle (vehicle only)
- First aid kit and reference guide
- Ice scraper
- Jumper cables and tool kit (vehicle only)
- Manual can opener
- Prescriptions (if applicable)

- Small radio (battery or alternative-powered)
- Local evacuation map
- Jacket to protect you from the rain and/or cold
- Personal first aid kit and reference guide
- Prescriptions
- Sun protection
- Hand sanitizer
- Whistle
- Illumination (headlamp / flashlight / light sticks)
- Candles and waterproof matches or a lighter
- Blanket

Go Bag for Tsunamis

If you live in or are visiting a coastal location which may experience tsunamis, your go bag for tsunamis should be readily accessible to grab as you will likely evacuate on foot. Keep the supplies in a bag that can be easily carried.

- Radio (battery or alternative-powered)
- Water bottle and water treatment supplies capable of providing one gallon of water per person per day
- Nonperishable food items

"By the Bed" Mini Kit

Keep a sturdy pair of shoes, a flashlight and an extra pair of glasses (if you wear them) in a bag attached to the head or foot of your bed. If an emergency strikes at night, you'll be able to walk across debris and see where you're going.

Review your supplies kit every six months. Replace any items nearing their expiration dates. Assemble your own kit or purchase a starter kit at redcrossstore.org.



This publication is available year round as an online flipbook at the following websites:

The Chief
thechiefnews.com

The Chronicle
thechronicleonline.com

Tillamook
Headlight Herald
tillamookheadlightherald.com

THE NEWS Guard
thenewsguard.com

North Coast
CITIZEN
northcoastcitizen.com



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What You Can Do

- Prepare a “Go Bag” light enough to carry
- Keep it up to date
- EVCNB can help

A “Go Bag” is an emergency bag filled with the essential items you will need to survive for three days during a disaster. This bag may be all you have.

Every family member (and pet) needs a “go bag.”

In a disaster your “go bag” may supply your only food/water/medicine/personal comfort items.

For your immediate safety in case of an earthquake, have protection for your hands and feet, plus a way to call for help, by your bed.

Get more information to prepare for a disaster at

evcnb.org



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