



**The 2021-2022 Get Ready Guide is a regional publication of the Cannon Beach Gazette • Clatskanie Chief • The Chronicle • North Coast Citizen • Tillamook Headlight Herald**  
It is designed to offer critical information and resources to help residents and visitors in our communities best prepare for disasters.

## Developing a culture of preparedness to make Oregon stronger – and safer – together

Over the past two years, Oregonians have faced devastating wildfires, floods, drought, ice storms, excessive heat events and a pandemic. The seemingly endless cycle of emergencies, disasters and “historic” events impacting our state are not anomalies or outliers; they are indicators of the types of climate-driven emergencies we will continue to experience and for which we must prepare.

These events have also underscored our state’s collective lack of readiness to face the reality of future adversities. One of the most difficult hazards to mitigate against is the hazard of apathy and the notion that so many people think emergencies won’t happen to them or that they have time to prepare later.

The truth is, disasters don’t wait for us to be ready, and when they strike, the time to prepare has passed. We know emergencies affect Oregonians in different ways, and that each

of us can be impacted by these hazards. What’s important is that we leverage these experiences to inform and strengthen our culture of preparedness. Together, we have a shared responsibility to ensure we are actively reducing our risk. It takes each of us to make Oregon stronger – and safer – together.

When a disaster strikes, it may take days or even weeks for responders to reach impacted Oregonians, who may have to go without food, water or electricity. The Oregon Office of Emergency Management (OEM) actively encourages Oregonians to plan on being self-sufficient for at least two weeks following any type of emergency. This takes pressure off first responders so they can triage effectively and attend to life-threatening situations; ensures individuals can survive without help or additional supplies if roads are impassable; and encourages neighbors to care for one another, along with



By Andrew Phelps,  
Director Oregon Office of  
Emergency Management

other vulnerable populations.

We understand the words preparedness and readiness – along with the notion of having two weeks’ worth of supplies – can sound and feel overwhelming. The good news is, many Oregonians may be more prepared than they think. It starts with simple actions, like signing up with OR-Alert to receive emergency alerts in your area; checking in on neighbors and loved ones before and

during severe weather, utility outages or other emergencies; and understanding Oregon’s tiered evacuation levels and identifying evacuation routes from home, work or school and the surrounding neighborhood.

Preventing disaster can be as simple as a conversation – and it can make all the difference.

Individuals, families and communities need to develop an emergency plan that outlines what to do before, during and after an emergency. Talk with your family, neighbors and friends about the plan and ask important questions, like:

- 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.
- Once you have a plan

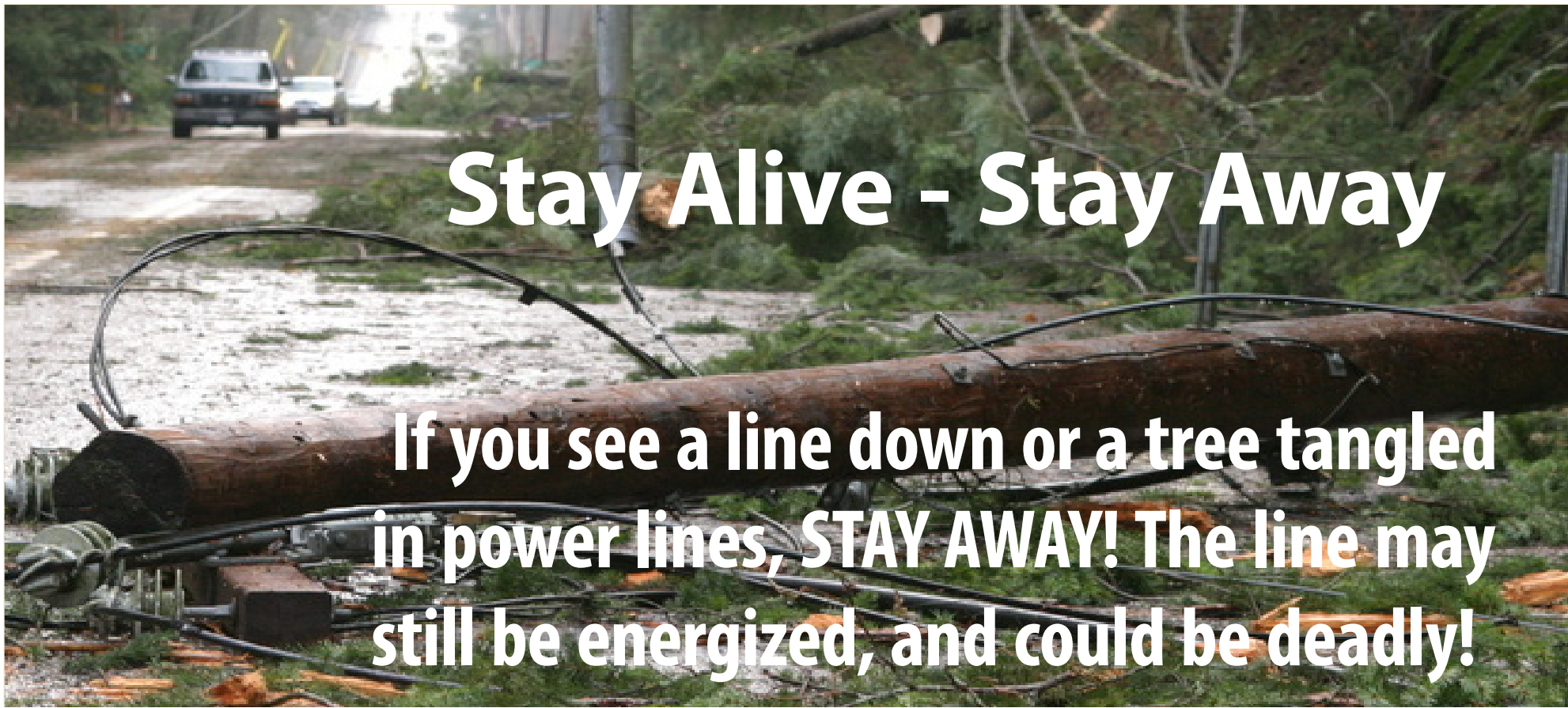
in place, begin assembling supplies. An emergency kit should include two weeks’ worth of food, water, supplies and necessities like medications, copies of important documents and phone chargers. You probably already have many of the necessary items – flashlights, gloves, a battery- powered radio, trash bags, a first-aid kit – in your home. A good strategy is to integrate a culture of preparedness into your daily lifestyle. Think about resources you may have access to during a disaster, such as alternate water sources or products to purify water in emergency situations. OEM offers several resources, including brochures and short videos, on its website at [www.oregon.gov/oem](http://www.oregon.gov/oem) to help people prepare to be two weeks ready.

Disasters – large and small – can strike any time. Taking simple steps now can pay huge dividends when the next emergency arrives.



At Clatskanie PUD, safety is our top priority. We work hard to provide our customers reliable, efficient, safe, and low cost electric power in a financially and environmentally responsible manner.

503-728-2163 [clatskaniepud.com](http://clatskaniepud.com)





CLATSOP COUNTY

Safety and Emergency Resources

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

<b>Non-Emergency Dispatch</b> 503-325-2061	<b>Oregon Poison Center</b> 800-222-1222	<b>Clatsop County Emergency Management</b> 503-325-8645 800 Exchange St., Suite 400 Astoria, OR 97103	<b>Cannon Beach Police Department</b> 503-436-2811 163 E Gower Ave. Cannon Beach, OR 97110
<b>Columbia Memorial Hospital</b> 503-325-4321 2111 Exchange St. Astoria, OR 97103	<b>Medix Ambulance Service</b> 503-861-5554 Dispatch: 503-861-1990 2325 SE Dolphin Ave. Warrenton, OR 97146	<b>Clatsop County Sheriff's Office</b> 503-325-8635 1190 SE 19th Warrenton, OR 97146	<b>Cannon Beach Rural Fire Protection District</b> 503-436-2949 188 E Sunset Blvd. Cannon Beach, OR 97110
<b>Providence Seaside Hospital</b> 503-717-7000 725 S Wahanna Rd. Seaside, OR 97138			

# Never turn your back on the ocean

A trip to the beach should be fun. Unfortunately, many people are injured or killed along our nation's beaches by hazardous sneaker waves, rip currents and high surf.

On the Oregon Coast, many people have died along the beaches from the ocean's unpredictable fury. Many more have been injured. Their stories are tragic tales of being dragged out with the tide, being rolled over by a log or getting stuck in a current that pulled them out to sea.

For much of the West Coast, sneaker waves kill more people than all other weather hazards combined.

It's important to be informed about what you need to stay safe on beaches and in coastal areas and surf zones so you leave the beach with good memories.

Individuals who are dragged off the beach into the frigid waters of the Northwest are in danger of becoming victims of cold water paralyses, which can affect the limbs within minutes.

at state park offices, information centers and many shops and motels. Stay off rocks and small, enclosed beaches. Tides and waves can sweep over rocks, jetties and headlands, knocking you off and carrying you out to sea.

Assume nothing is "high enough," and avoid exposed rocks, jetties and headlands during strong wave action.

**What to Do When First Arriving at the Beach**

- Constantly watch the ocean for changes in wave patterns. Watch the ocean for at least 20 minutes to get a feel for the pattern before relaxing or playing on the beach.
- Know the local forecast for the day. Look to see if there are statements regarding sneaker waves, high surf or other beach hazards.
- Stay farther back from the ocean than you think is necessary.
- Never sit or stand on logs on the beach.
- Never turn your back on the ocean.
- If you do get swept up into the ocean, don't try to fight the current. Instead conserve energy and focus on keeping your head above water until rescuers arrive. Bystanders should never enter the ocean to make a rescue, but should instead call 911 and keep visual contact with victims.

**Dangerous Rip Currents**

Rip currents are strong currents of water that rush out to sea. They are stronger than even the best swimmer. These currents can swiftly sweep unwary beachcombers and waders off their feet and out to sea.

Parents, keep your kids close when playing in the ocean. If caught in a rip current, don't panic. Swim parallel to the beach until you are out of the current, then head for the beach.

Rip currents may appear as dark, choppy water. Any time you see debris and foam floating out to sea, chances are you have found a rip current. Avoid the area.



**Beware of Cliff Edges**

Assume that all cliff edges are unstable. Wet trails or soft sand and earth can make for unstable footing. Rocks can be slippery even when it isn't raining. Make sure you wear proper footwear, and stick to the trails.

Stay behind guard fences and railings, and don't get too close to the edge. Standing at the base of an oceanside cliff can be dangerous, especially if it has an overhang. In some places, winter storms and high waves have eroded the shoreline, increasing the chance of collapse and slides.



**Beware the Sneaker Wave and Lurking Log**

They're called sneaker waves because they appear without warning, often surging more than 150 feet up on the beach with deadly force, and they are impossible to predict. Sneaker waves also carry a large amount of sand that can saturate your clothes, weighing you down and making escape difficult if not impossible.

The ocean is strong enough to pick up even the biggest log and plop it down on top of you. Some logs may look small, but even the tiny ones can be waterlogged and weigh tons. If you see a log in the surf or on wet sand, stay off it.

**Tidal Influence**

Incoming tides isolate rocks from headlands and the shore. Avoid the temptation of strolling out to an interesting rock without knowing when the tide rolls back in.

Free tide tables are readily available



# Columbia County Public Works

**THE ROAD IS CLOSED FOR A REASON!**

**TO KEEP YOU SAFE!**



**DO NOT GO BEYOND THIS SIGN!**



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**  
106 W B St., Rainier  
503-397-1521  
www.cityofrainier.com/

**St. Helens Police Department**  
150 S. 13th St., St. Helens  
503-556-3644  
www.ci.st-helens.or.us/police

**Scappoose Police Department**  
33568 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](http://www.oregon.gov/osp/pages/index.aspx)

**Columbia River Fire & Rescue**  
270 Columbia Boulevard  
503-397-2990  
www.crfr.com

**Stations**

**St. Helens**  
105 S. 12th

**Rainier**  
211 W. 2nd St.

**Fairgrounds Station**  
58798 Saulser Rd, St. Helens

**Deer Island**  
3371 Canaan Rd

**Columbia City**  
405 E St.

**Goble**  
69321 Nicolai Rd., Rainier

**Fern Hill**  
73153 Doan Rd., Rainier

**Clatskanie Rural Fire**  
Protection District  
280 SE Third St.  
503-728-2025  
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**  
64001 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

**Western Oregon Electric Cooperative, Inc**  
503-429-3021

## 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.



- 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.

**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](http://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.



LINCOLN COUNTY

Safety and Emergency Resources

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

<b>North Lincoln Fire &amp; Rescue</b> 541-994-3100	<b>Oregon State Police</b> 800-442-0776	<b>Depoe Bay Fire &amp; Rescue</b> 541-764-2202	<b>Oregon Poison Center</b> 800-222-1222	<b>FEMA (Federal Emergency Management Agency)</b> 1-800-621-3362 www.fema.gov
<b>Samaritan North Lincoln Hospital</b> 541-994-3661	<b>Samaritan Pacific Communities Hospital</b> 541-265-2244	<b>US Coast Guard Station - Depoe Bay</b> 541-765-2124	<b>Oregon Office of the State Fire Marshal</b> 503-378-3473	<b>NW Natural Gas Service</b> 541-994-2111
<b>Lincoln County Emergency Management</b> 541-265-4199	<b>Newport Fire and Rescue</b> 541-265-4231	<b>Oregon Department of Transportation Newport</b> 541-265-2373	<b>Oregon Department of Environmental Quality</b> 800-452-4011	<b>Pacific Power</b> 888-221-7070
<b>Lincoln County Sheriff Office</b> 541-265-4277	<b>US Coast Guard Station - Newport</b> 541-265-5381	<b>Oregon Red Cross Willamette Chapter</b> 503-585-5414	<b>National Weather Service</b> 503-261-9246 alerts.weather.gov/cap/wwaatmget.	<b>Charter Spectrum</b> 1-833-780-1880
<b>Lincoln City Police</b> 541-994-3636	<b>Newport Police</b> 541-574-3348			

Preparing for a pandemic

By Max Kirkendall

Pandemics and large-scale outbreaks can claim millions of lives, disrupt societies and devastate economies. Whether it's COVID-19 (Coronavirus) or some variation of Influenza, it is worth being prepared so that you can be comfortable staying home if you or someone in your family does get sick and needs to remain in isolation, or if you're unable to easily purchase supplies at short notice.

According to Lincoln City Emergency Management Coordinator Ken Murphy, preparing for a pandemic is much like peeping for any other natural disaster. His goal is to make sure citizens are always 2-weeks ready for disaster, and that

includes a pandemic. "Disasters can happen anytime, anyplace and generally without warning," Murphy said. "Think of all the things we've done to get ready for COVID-19. How ready would you be if we had an earthquake and we didn't have weeks to prepare?"

On a national level, different countries will usually have their own policies and public health programs to contain pandemics and protect their citizens from infection, either targeting specific threats or by issuing general advice. But here are a few things you can do to help prepare specifically for a pandemic.

Make a plan of what you'll do if you or someone in your family becomes sick. Will you

keep kids at home with you? Who will look after you? Your pets?

Prepare for disruption to the kinds of services that are most vulnerable in your community - stocking up on two weeks of drinking water and preserved food is a good start. The rule of thumb is around 3.7 liters (1 gallon) of clean drinking water per person per day for cleaning, cooking, and drinking. Canned foods

and a manual can opener could be helpful. Buy things you know you'll eat, including snacks, protein, carbs, fruits, and vegetables. Don't forget pet food if you have animals to take care of.

There's no need to be excessive or hoard supplies, you can simply buy a few extra items each time you go to the supermarket.

Have ready access to necessary medical records and details on your personal health needs, if possible in a hard copy.

Ensure essential prescription drugs are topped up.

While you're at it, check your first aid kit and make sure you've got a good supply of non-prescription



medications - ibuprofen and paracetamol could make you feel a lot less sick if you do become unwell.

Stock up on cleaning supplies, as well as sanitizers and tissues.

If a suitable vaccine is publicly available and recommended by local health authorities, get it.

When disease breaks out, you should already be practicing proper hygiene. It shouldn't take a pandemic to prevent a pandemic. But here are some tips to stop the spread of infections disease.

Cover your mouth and nose when you sneeze and cough, preferably with a tissue you can then discard hygienically, or with your elbow.

If you choose to wear a face covering, keep in mind its effect depends on the type of material, and is probably not as effective at protecting you (or others) as you might think.

Wash your hands properly and frequently, preferably with an alcohol-based sanitizer.

If you get sick, do everything you can to avoid passing it on to work colleagues, community members, and loved ones. Isolate yourself if possible, and if you need to be out, do your best to keep your hands to yourself, and stay at least 6 feet away from other bodies. This is when wearing a mask can be useful - if you do need to go out in public, wearing a mask can stop droplets reaching others.

"When properly pursued, preparedness is a way of life, it is not a sudden spectacular program," says Murphy.




Your first step to getting prepared for a disaster includes "Go Bags"

Make a "Go Bag" for each family member

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.




In a disaster your "Go Bag" may supply your only food, water, medicine and personal comfort items.

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





Brought to you by:





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 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)

**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
- 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

**"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.



# 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.
- 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 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.
- 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.

## 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

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



**Columbia County Oregon**  
**HSEMC**  
Homeland Security Emergency Management Commission  
Ordo Ex Chaos  
Preparedness through Partnerships

**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 • [columbiaCOEM](http://columbiaCOEM) follow us:

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Stay Safe*

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TILLAMOOK COUNTY

Safety and Emergency Resources

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

<b>Non-Emergency Dispatch</b> 503-815-1911	<b>Oregon Poison Center</b> 800-222-1222	<b>Oregon State Police</b> 503-842-2899	Emergency after hours: 503-842-2122	<b>Rockaway Beach Fire Department</b> 503-355-2291 270 S. Anchor St. Rockaway Beach, OR 97136	<b>Netarts-Oceanside Fire &amp; Rescue</b> 503-842-5900 1235 5th St. Loop W Tillamook, OR 97141
<b>Adventist Health Tillamook</b> 503-842-4444 1000 Third St. Tillamook, OR 97171	<b>Tillamook Ambulance</b> 503-815-2369 1000 Third St. Tillamook, OR 97141	<b>Tillamook Police Department</b> 503-842-2522 207 Madrona Ave. Tillamook, OR 97141	<b>NORTH COUNTY</b>	<b>CENTRAL COUNTY</b>	<b>SOUTH COUNTY</b>
<b>Adventist Health Tillamook Medical Office – Plaza</b> 503-842-5546 1100 Third St. Tillamook, OR 97141	<b>Tillamook County Emergency Management</b> 503-842-3412 201 Laurel Ave. Tillamook, OR 97141	<b>Tillamook Fire District</b> 503-842-7587 2310 4th St. Tillamook, OR 97141	<b>Manzanita Police Department</b> 503-368-7229	<b>Bay City Fire Department</b> 503-377-0233 9390 4th St. Bay City, OR 97107	<b>Adventist Health Medical Office – Pacific City</b> 503-965-6555 38505 Brooten Rd. Pacific City, OR 97135
<b>Care Inc.</b> 503-842-5261 2310 First St. #2 Tillamook, OR 97141	<b>Tillamook County Sheriff's Office</b> 503-842-2561 5995 Long Prairie Rd. Tillamook, OR 97141	<b>Tillamook People's Utility District</b> 503-842-2535 or 800-422-2535 1115 Pacific Ave. Tillamook, OR 97141	<b>Adventist Health – Manzanita Primary &amp; Specialty Care</b> 503-368-6244 10445 Neahkahnle Creek Rd. Manzanita, OR 97130	<b>Garibaldi Fire &amp; Rescue</b> 503-322-3635 107 6th St. Garibaldi, OR 97118	<b>Nestucca Rural Fire Protection District</b> 503-392-3313 30710 Hwy 101 S Cloverdale, OR 97112
			<b>Nehalem Bay Fire and Rescue</b> 503-368-7590 36375 Hwy 101 N. Nehalem, OR 97131		

# 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 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](http://www.redcross.org). Additional information, including maps about flooding, are available on the Oregon Department of Geology and Mineral Industries ([oregongeology.org](http://oregongeology.org)) or Washington Department of Natural Resources ([dnr.wa.gov](http://dnr.wa.gov)) websites.

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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
- Ask your insurance agent to add towing & Roadside Service to your insurance policy for your piece of mind

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# Be prepared for a power outage

Power outages are most commonly caused by bad weather, trees contacting electric lines or equipment, motor vehicle crashes affecting electric equipment, equipment failure or damage caused by animals. Faulty wiring and equipment in your buildings can also cause a localized power outage.

Investigate your home or business to determine if any electrical hazards are

present. If there are, notify your local power company. If you see or smell any signs of an electrical flash or fire, call 911.

Look to see if your neighbors are also without power. Streetlights may be the best indication of this.

Prepare in advance: assemble an emergency preparedness kit, with supplies such as water, non-perishable food, a flashlight, extra batteries,

first aid kit and more; create a household evacuation plan that includes your pets; and stay informed about your community's risk and response plans.

Protect yourself during a power outage: keep freezers and refrigerators closed, only use generators outdoors and away from windows

and understand the risks of carbon monoxide poisoning, do not use a gas stove to heat your home, disconnect appliances and electronics to avoid damage from electrical surges, and check on neighbors, use flashlights instead of candles, eliminate unnecessary travel.

To keep your food from spoiling during a power



outage, keep a cooler, ice and a digital thermometer on hand. Have at least a half tank of gas in your car and fill extra containers. If power is out for an extended time, gas supply may be limited.

Be safe after: throw away food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color or texture; if the power is out for more than a day, discard any medication

that should be refrigerated, unless the drug's label says otherwise.

If electrical power lines are down, do not touch them. Report downed lines to your utility company.

To report a power outage, call your local electric service.

Information was gathered from Tillamook PUD, Department of Homeland Security, and American Red Cross.

## 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 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 evacuation maps and other resources are available at [nvs.nanoos.org/TsunamiEvac](https://nvs.nanoos.org/TsunamiEvac).**

## 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.

- 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.



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To learn more about staying healthy, active and connected visit: [AdventistHealthTillamook.org](https://AdventistHealthTillamook.org)

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**Medical Office – Plaza \***  
Urgent, primary and specialty care  
503-842-5546  
1100 Third St., Tillamook

**Women's and Family Health**  
Women's health and primary care  
503-815-2100  
1011 Third St., Tillamook

**Medical Office – Pacific City**  
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