

# COLUMBIA PACIFIC Get Ready Guide 2022-2023



A guide to preparing  
for disasters



North Coast  
**CITIZEN**

**The Chief**

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**Headlight Herald** 





### What you can do

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

## Your first step to getting prepared for a disaster includes “Go Bags”



### Make a “Go Bag” for each family member

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](http://evcnb.org).

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# 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



By Andrew Phelps,  
Director Oregon Office of  
Emergency Management

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 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.



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*From left to right, Jordan Thompson, Keegan Hagerty, Rusty Robertson, Cody Folkema and the baby is our grandson, Frederick Folkema.*

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# 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/](http://www.co.columbia.or.us/sheriff/)

**Clatskanie Sheriff Substation**  
12525 Highway 202,  
Clatskanie  
503-755-2637  
[www.co.columbia.or.us/sheriff/](http://www.co.columbia.or.us/sheriff/)

**Rainier Police Department**  
106 W B St., Rainier  
503-397-1521  
[www.cityofrainier.com/](http://www.cityofrainier.com/)

**St. Helens Police Department**  
150 S. 13th St., St. Helens  
503-556-3644  
[www.ci.st-helens.or.us/police](http://www.ci.st-helens.or.us/police)

**Scappoose Police Department**  
33568 E. Columbia Ave,  
Scappoose  
503-543-3114  
[www.ci.scappoose.or.us/police](http://www.ci.scappoose.or.us/police)

**Vernonia Police Department**  
1001 Bridge St., Vernonia  
503-429-7335  
[vpd.vernonia-or.gov](http://vpd.vernonia-or.gov)

**Columbia City Police Department**  
1840 Second St.,  
Columbia City  
503-397-4010  
[www.columbia-city.org/menupages/departments/police.html](http://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](http://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](http://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](http://www.srfd.us)

**Vernonia Rural Fire Department**  
555 E. Bridge St., Vernonia  
503-429-8252  
[www.vernonia-or.gov/Services/Fire.asp](http://www.vernonia-or.gov/Services/Fire.asp)

**CRPUD**  
64001 Columbia River Hwy.,  
Deer Island  
503-397-1844  
[www.crpud.net](http://www.crpud.net)

**Clatskanie PUD**  
495 E Columbia River Hwy,  
Clatskanie  
503-728-2163  
[www.clatskaniepud.com](http://www.clatskaniepud.com)

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



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## 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, and fresh batteries
- Battery-operated clock
- Lantern or candles and matches
- Blankets, sleeping bags, and warm clothes
- Camp stove or barbecue for outdoor cooking
- First aid kit
- Prescription medication
- Playing cards, games, and books to help pass the time
- Cell phone, charger, and extra battery

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

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# 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.
- 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.



# Columbia County Public Works



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CLOSED FOR  
A REASON!**

**TO KEEP  
YOU SAFE!**

**DO NOT GO BEYOND THIS SIGN!**



# 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	800-222-1222	<b>Tillamook Police Department</b> 503-842-2522 207 Madrona Ave. 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 Fire District</b> 503-842-7587 2310 4th St. Tillamook, OR 97141
<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 People's Utility District</b> 503-842-2535 or 800-422-2535 1115 Pacific Ave. Tillamook, OR 97141
<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	Emergency after hours: 503-842-2122
<b>Oregon Poison Center</b>	<b>Oregon State Police</b> 503-842-2899	

<b>NORTH COUNTY</b>	Rockaway Beach, OR 97136	1235 5th St. Loop W Tillamook, OR 97141
<b>Manzanita Police Department</b> 503-368-7229	<b>CENTRAL COUNTY</b>	<b>SOUTH COUNTY</b>
<b>Adventist Health – Manzanita Primary &amp; Specialty Care</b> 503-368-6244 10445 Neahkahnne Creek Rd. Manzanita, OR 97130	<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>Nehalem Bay Fire and Rescue</b> 503-368-7590 36375 Hwy 101 N. Nehalem, OR 97131	<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>Rockaway Beach Fire Department</b> 503-355-2291 270 S. Anchor St.	<b>Netarts-Oceanside Fire &amp; Rescue</b> 503-842-5900	



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## Be wary and 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.

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.

**Beware the Sneaker Waves & Lurking Logs**

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

## Ocean

Continued on Page 7





# Ocean

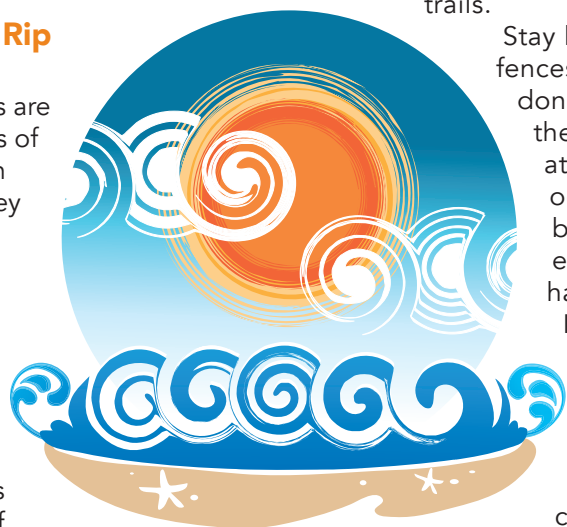
Continued from Page 6

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.

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.

## 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.

## 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 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.

## 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.

## 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.

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### Tips For Emergencies:

- If the water looks too deep, don't go through it
- Coast KDEP 105.5 FM
- KTEL 95.5FM • KTEL 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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*Jacob and Heidi Holzgrafe*  
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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 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.
- 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) and the Washington Department of Natural Resources (dnr.wa.gov) websites.



# 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](http://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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# 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.

# 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.

rather than an elevator in case there are aftershocks, power outages or other damage.

## 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 injured by shattered glass.
- Stay indoors until the shaking stops and you are sure it is safe to exit. When it is, use stairs

- 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

# Earthquake

Continued on Page 11



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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 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

Continued from Page 10

- 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

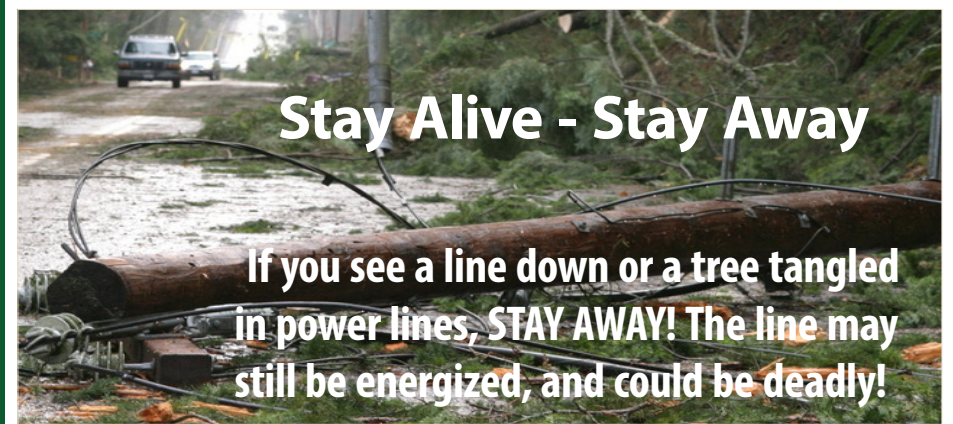
- After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami.
- Look for and extinguish small fires. Fire is the most common hazard after an earthquake.

- 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.



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Manzanita

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503-842-5546  
1100 Third St.  
Tillamook

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

**Medical Office – Pacific City**  
503-965-6555  
38505 Brooten Rd., Suite A  
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