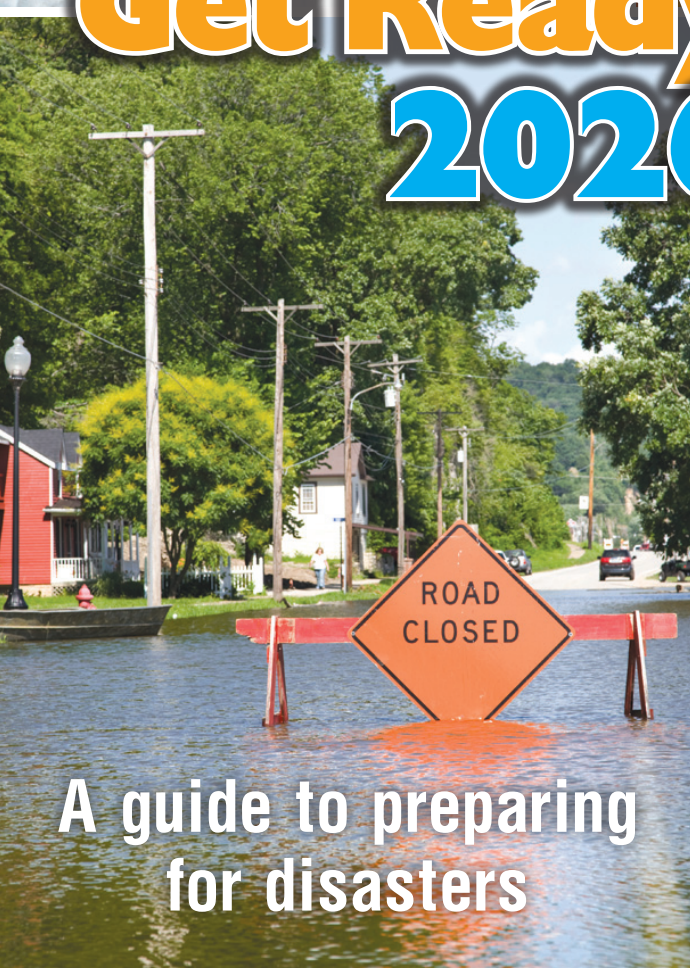




COLUMBIA PACIFIC Get Ready Guide 2020-2021



A guide to preparing
for disasters

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Douglas County Sheriff's Office:

541-440-4450

Lower Umpqua Hospital:

541-271-2171

Reedsport Volunteer Fire Department:

541-271-2423

Winchester Bay Rural Fire Protection District:

541-271-3808

Spotlight: CAPTAIN DAVE COURTNEY

Dave is one of the many amazing heroes in Reedsport / Winchester Bay. He was recently awarded with a plaque for 50 years of service to the Reedsport Volunteer Fire Department. We thank Dave, and the countless others who make this place safer for us all.

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The importance of being 2 Weeks Ready



By Andrew Phelps,
Director Oregon Office of
Emergency Management

Wildfire season in Oregon is underway. Coronavirus case numbers are on the rise. There's the constant threat of a Cascadia Subduction Zone earthquake and tsunami. Many of us are experiencing a feeling of powerlessness and fear. But the conventional wisdom during these times is to focus on what you can control. That's why now, more than ever, it is important to be 2 Weeks Ready.

The 2 Weeks Ready campaign began here in Oregon when the Oregon Office of Emergency Management (OEM) implemented a recommendation from the Oregon Resilience Plan, which found that after a Cascadia subduction event, citizens having enough supplies to survive for two weeks on their own would greatly increase lives saved.

"The adage of hoping for the best and preparing for the worst means being 2 Weeks Ready," said Andrew Phelps, director of the Oregon Office of Emergency Management. "At OEM, we constantly train and plan for all types of emergencies and disasters. But it's not enough to prepare. When rivers rise, the earth shakes or pandemic

spreads, we need to be self-sufficient for up to two weeks."

Simply put, 2 Weeks Ready is having enough supplies and a plan to be able to survive on your own for at least 14 days. This is the amount of time it may take for emergency responders to reach you after a large-scale event like Cascadia. In the case of COVID-19, having a two weeks supply of food, medications and sundries means being safely and adequately prepared for a two-week quarantine.

"Each day that we don't have a disaster is one more day to prepare," says Phelps. "Having enough supplies for two weeks for each member of the family, as well as pets and livestock, is a task that can seem daunting. But, it is an achievable goal. A good strategy is to integrate a culture of preparedness into your daily lifestyle.

A culture of preparedness is more than acquiring 'stuff.' It is about resources you may have access to during a disaster, such as alternate water sources or products to purify water in emergency situations. It's about having a plan to communicate

and get information to loved ones to let them know you are safe or need help. It's about how to take basic life-saving actions like first aid, CPR, or shutting off utilities after a significant winter storm, tornado or major earthquake.

In the early stages of COVID-19 we saw that though there wasn't a true shortage of sanitation and hygiene products, there was a strain on the distribution channel's ability to keep pace with demand. Make sure you cover your basic needs when you start preparing. Avoid waiting until the disaster or pandemic hits to have a little extra stored up.

This has been a challenging year for many Oregonians, and uncertainty about the future can add to our already increased levels of anxiety. But we all need to look at what we can control and start small. Think about the needs of your family and how you can start to prepare for disasters and emergencies today. While we cannot eliminate every hazard, each step we take today will mitigate the effects large-scale disasters have on our families and communities tomorrow.

CLATSOP COUNTY

Safety and Emergency Resources

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

Non-Emergency Dispatch

503-325-8635

Columbia Memorial Hospital

503-325-4321

2111 Exchange St.

Astoria, OR 97103

Providence Seaside Hospital

503-717-7000

725 S Wahanna Rd.

Seaside, OR 97138

Oregon Poison Center

800-222-1222

Medix Ambulance Service

503-861-5554

Dispatch: 503-861-1990

2325 SE Dolphin Ave.

Warrenton, OR 97146

Clatsop County Emergency Management

503-325-8645

800 Exchange St., Suite 400

Astoria, OR 97103

Clatsop County Sheriff's Office

503-325-8635

1190 SE 19th

Warrenton, OR 97146

Cannon Beach Police

Department

503-436-2811

163 E Gower Ave.

Cannon Beach, OR 97110

Cannon Beach Rural Fire Protection District

503-436-2949

188 E Sunset Blvd.

Cannon Beach, OR 97110



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The 2020-2021 Get Ready Guide is a regional publication of the Cannon Beach Gazette, Clatskanie Chief, The Chronicle, North Coast Citizen, Lincoln City News Guard, Tillamook Headlight Herald, Coos Bay World, Bandon Western World, Curry Coastal Pilot in Brookings and Del Norte Triplicate in Crescent City.

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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Graphic Design: Stephania Baumgart, Joe Warren and James Yang

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/
?view=policedepartment](http://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

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](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 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 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](http://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

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.

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.

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.



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.



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



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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.



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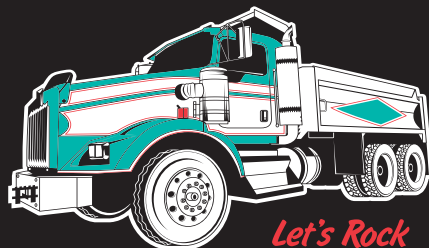
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Flood

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](https://www.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.



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



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.

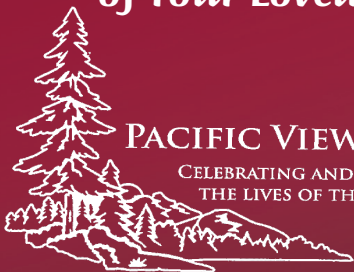
After

- 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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- 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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(541) 994-6690

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.

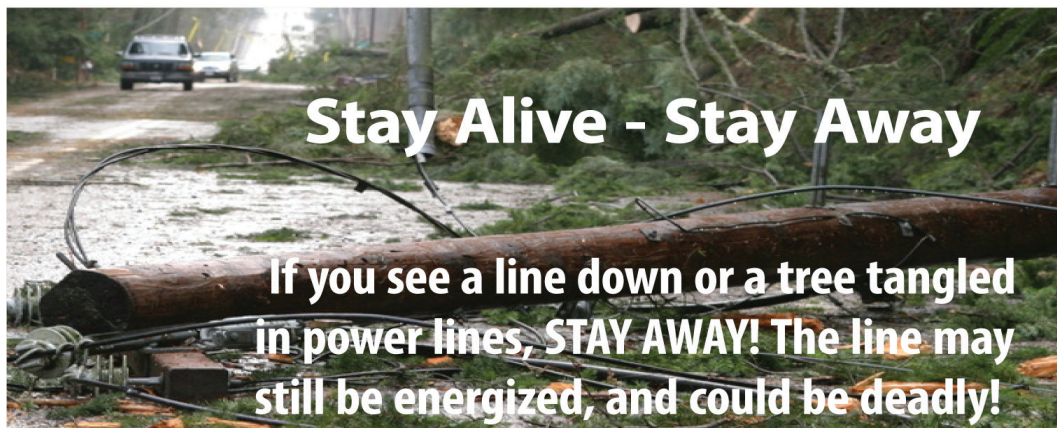
During

- 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



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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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Safety and Emergency Resources

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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



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Newport**

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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



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DEL NORTE COUNTY

Safety and Emergency Resources

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

Law Enforcement Services

Del Norte County Sheriff's Office

Erik Apperson, Sheriff

650 Fifth St., Crescent City, Phone: 707-464-4191

<http://www.co.del-norte.ca.us/departments/sheriff-department>

City of Crescent City Police Department

Richard Griffin, Chief of Police

686 G St., Crescent City

<https://crescentcity.org/police.html>

California Highway Patrol

1630 Summer Lane, Crescent City, 707-218-2000

<http://www.chp.ca.gov>

Crescent City / Crescent Fire Protection District

• Crescent City Fire and Rescue, Washington Headquarters

255 W. Washington Blvd., Crescent City, 707-464-2421

• Bertsch-Oceanview Station

175 Humboldt Road, Crescent City, 707-464-2421

• City Station

520 I Street, Crescent City, 707-464-2421

• Cooper Station

550 E. Cooper Avenue, Crescent City, 707-464-2421

Fort Dick Fire Protection District

• Station 1, Kings Valley Station

6534 Kings Valley Road, Crescent

• Station 2, Lake Earl Station

4190 Lake Earl Drive, Crescent City

Gasquet Fire Protection District

100 Firehouse Road, Gasquet, 707-457-3332

Klamath Fire Protection District

• Command Building, 16081 Highway 101, Klamath



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Hospital

samhealth.org/LincolnCity

- Station 33 (Klamath Glen), 360 Terwer Riffle Road, Klamath
- Station 34, 104 Redwood Drive, Klamath
- Station 35 (Hunter Creek), 19 Weber Drive, Klamath
707-482-3311

Smith River Fire Protection District

- Smith River Station
245 Haight Ave, Smith River, 707-487-5621
- Hiouchi Station
105 Dunklee Lane (on Highway 199), Hiouchi

Wildland Fire Protection

California Dept. of Forestry and Fire Protection (Cal Fire)

- Humboldt-Del Norte Unit Headquarters
118 Fortuna Blvd., Fortuna, 707-725-4413

Del Norte County Cal Fire stations

- Station #1, 1025 Highway 101 North, Crescent City, 707-464-5526
- Station #2, Klamath Station, Klamath, 707-482-7355
- Station #3, Elk Camp (Orick*) 707-499-2240

United States Forest Service, Six Rivers National Forest

Some stations are staffed seasonally

- Redwood Park Service, 707-465-7335
Station #1, Wolf Creek Fire Cache, north of Orick
Orick Volunteer Fire Department, 707-834-6162
- Station #2, Hiouchi Station, Hiouchi

Ambulance Service

Del Norte Ambulance

- Station One in Crescent City
- Station Two (and headquarters), 2600 Moorehead Road, Crescent City (Fort Dick)
- Air ambulance service is based at McNamara Field within the Crescent FPD, and provided by Del Norte Ambulance and CAL-ORE Life Flights (based in Brookings, Oregon).
707-487-1116

Other Emergency Services

Del Norte County Office of Emergency Services

918 H S., Suite 240, Crescent City, 707-464-7255

County Disaster Plan

<http://www.co.del-norte.ca.us/departments/administration/emergency-services/disaster-plans>

Prepare Del Norte website <https://www.preparedelnorte.com/>

Community Alert sign-up

<https://www.preparedelnorte.com/del-norte-community-alert-system>

Poison Control 1-800-222-1222, <https://calpoison.org/>

Road Conditions 1-800-427-7623, <https://roads.dot.ca.gov/>

Tsunami Warning

West Coast Tsunami Warning Center

<https://ntwc.ncep.noaa.gov/>



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jsholzgrafe@gmail.com

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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 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.

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clehto@farmersagent.com or charlotte@insurancestores.com



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.

If you smell ROTTEN EGGS it could be a gas leak.

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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

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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.

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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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Tsunami Evacuation Map Lincoln City-North



MAP SYMBOLS / SIMBOLOS DEL MAPA

- Evacuation route / Ruta de evacuación
- Assembly area / Área reunión
- Bridge / Puente
- School / Escuela
- Fire department / Bomberos
- Hospital / Hospital
- Elevation, in feet / Elevación, en pies



NOTICE
This tsunami evacuation zone map was developed by DOGAM 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 recommendations from the Oregon Tsunami Advisory Council. The evacuation routes were developed by local emergency officials and reviewed by the Oregon Department of Emergency Management.

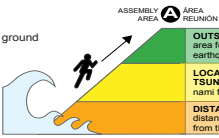
MAP REVISED 04-22-13

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.

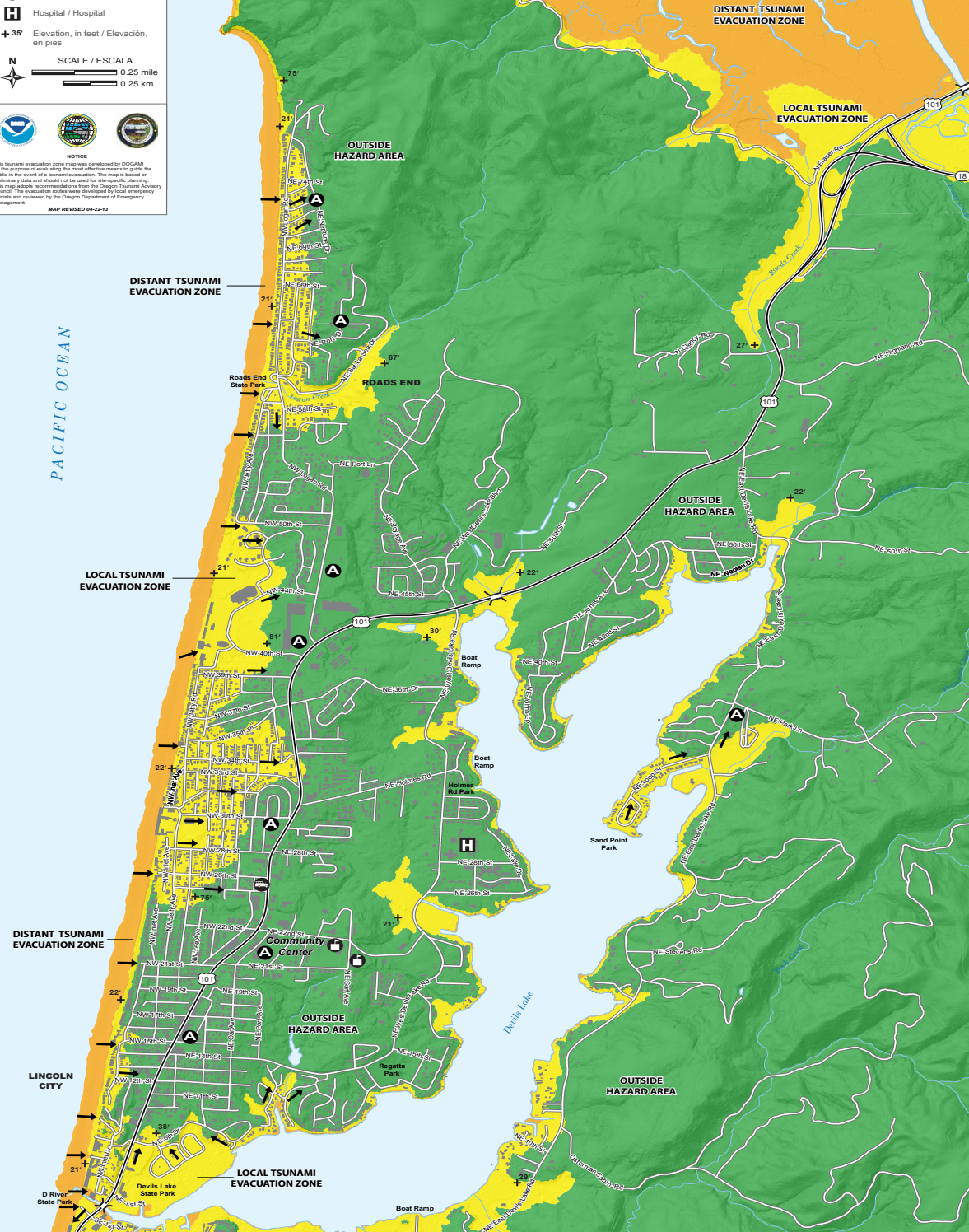
LOCAL CASCADIA EARTHQUAKE AND TSUNAMI: Evacuation zone for a local tsunami from an earthquake at the Oregon coast.

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 terremoto cerca de la costa de Oregon.

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





Tsunami Evacuation Map LINCOLN CITY-SOUTH



MAP SYMBOLS / SIMBOLOS 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



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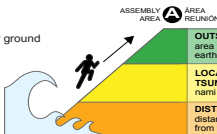
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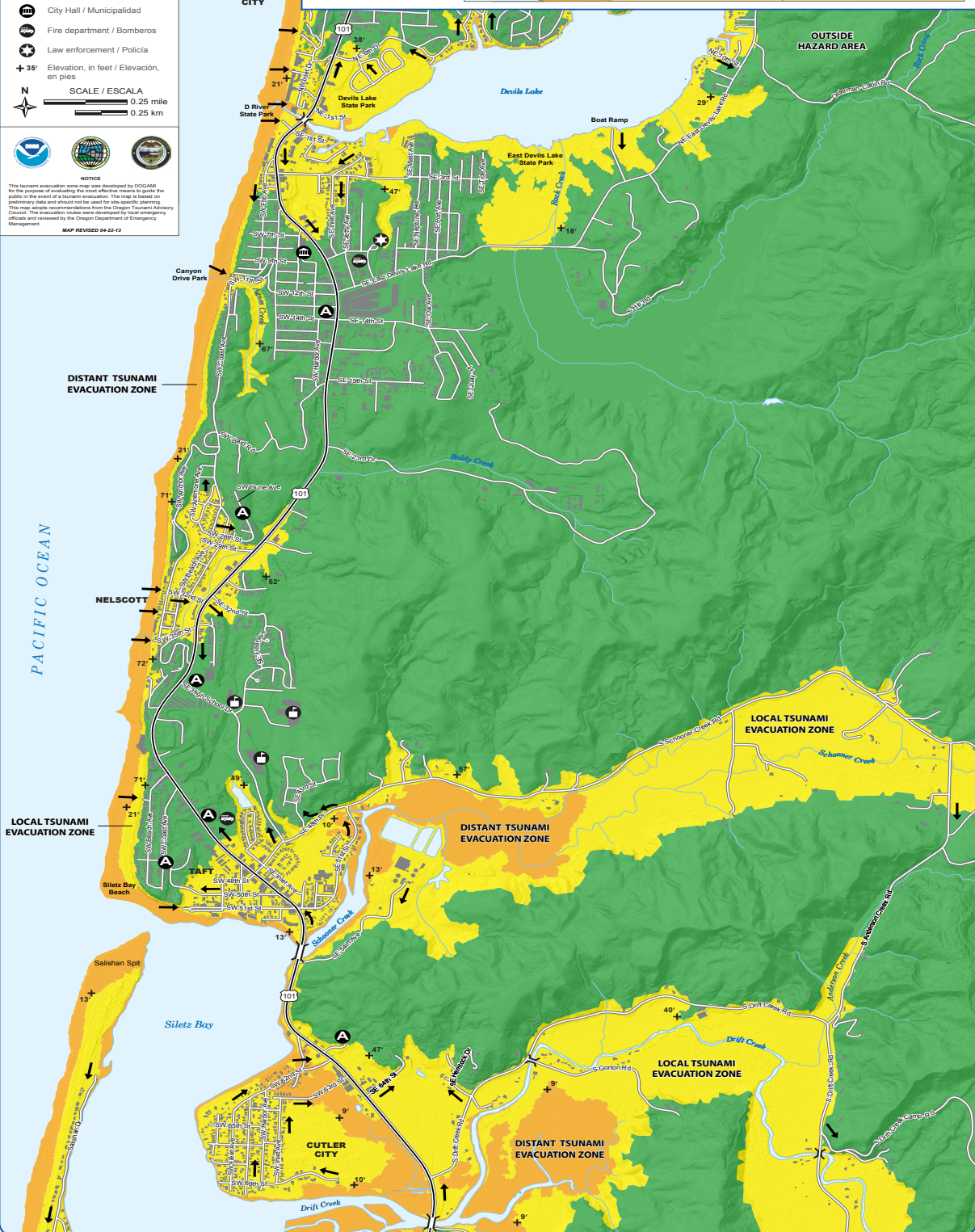
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MAREMOTO DISTANTE: Zona de evacuación para un tsunami distante de un temblor lejos de la costa de Oregon.



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

503-842-4444

1000 Third St.

Tillamook, OR 97171

Adventist Health Tillamook Medical Office – Plaza

503-842-5546

1100 Third St.

Tillamook, OR 97141

Care Inc.

503-842-5261

2310 First St. #2

Tillamook, OR 97141

Oregon Poison Center

800-222-1222

Tillamook Ambulance

503-815-2369

1000 Third St.

Tillamook, OR 97141

Tillamook County Emergency Management

503-842-3412

5995 Long Prairie Rd.

Tillamook, OR 97141

Tillamook County Sheriff's Office

503-842-2561

5995 Long Prairie Rd.

Tillamook, OR 97141

Oregon State Police

503-842-2899

Tillamook Police Department

503-842-2522

207 Madrona Ave.

Tillamook, OR 97141

Tillamook Fire District

503-842-7587

2310 4th St.

Tillamook, OR 97141

Tillamook People's Utility District

503-842-2535 or 800-422-2535

1115 Pacific Ave.

Tillamook, OR 97141

Emergency after hours:

503-842-2122 or 800-842-2122

NORTH COUNTY

Manzanita Police Department

503-368-7229

Adventist Health – Manzanita Primary & Specialty Care

503-368-6244

10445 Neahkahnne Creek Rd.

Manzanita, OR 97130

Nehalem Bay Fire and Rescue

503-368-7590

36375 Hwy 101 N.

Nehalem, OR 97131

Rockaway Beach Fire Department

503-355-2291

276 Hwy 101 S.

Rockaway Beach, OR 97136

Rockaway Beach Police Department

503-374-1726

216 Hwy 101 N.

Rockaway Beach, OR 97136

CENTRAL COUNTY

Bay City Fire Department

503-377-0233

9390 4th St.

Bay City, OR 97107

Garibaldi Fire & Rescue

503-322-3635

107 6th St.

Garibaldi, OR 97118

Netarts-Oceanside Fire & Rescue

503-842-5900

1235 5th St. Loop W

Tillamook, OR 97141

SOUTH COUNTY

Adventist Health Medical Office – Pacific City

503-965-6555

38505 Brooten Rd.

Pacific City, OR 97135

Nestucca Rural Fire Protection District

503-392-3313

30710 Hwy 101 S

Cloverdale, OR 97112

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.



Call us for assistance:

Astoria (503) 325-9906
Tillamook (503) 842-8755
Seaside (503) 738-4043
Lincoln City (541) 996-5102
Newport (541) 265-2888
Florence (541) 997-9495
(888) 271-8078 Toll Free
www.NCHC.net

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COOS COUNTY

Safety and Emergency Resources

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

City of Bandon

Police: 541-347-2241
Fire: 541-347-3560
Public Works Department:
541-347-2437, ext. 232
Southern Coos Hospital:
541-347-2426

City of Coos Bay

Police: 541-269-8911
Fire: 541-269-1191
Public Works Department: 541-269-8918
Bay Area Hospital: 541-269-8111
Bay Area Hospital Emergency: 541-269-8085

City of Coquille

Police: 541-396-2114
Fire: 541-396-2232
Public Works: 541-396-2115, ext. 205
Coquille Valley Hospital: 541-396-3101

City of Lakeside

Fire: 541-759-3931
Public Works: 541-759-3011

City of Myrtle Point

Police: 541-572-2124
Fire: 541-572-5422
Public Works: 541-572-2626

City of North Bend

Police: 541-756-3161
Fire: 541-756-8581
Public Works: 541-756-8525

City of Port Orford

Police: 541-332-3681 x 280
Fire: 541-366-4577
Public Works: 541-253-8002

City of Powers

Police: 541-439-3331
Fire: 541-439-3331

City of Reedsport

Police: 541-271-2100
Fire: 541-271-2423
Public Works: 541-271-3603
Lower Umpqua Hospital: 541-271-2171
Coos County Sheriff's Office: 541-396-7800
Douglas County Sheriff's Department:
541-271-4802

Curry County Sheriff's Office: 541-247-3244

County Fire Departments

Bandon Rural Fire Protection District: 541-347-3560
Dora-Sitkum Fire Protection District: 541-572-5944
Gardiner Rural Fire Protection District: 541-271-3515
Hauser Rural Fire Protection District: 541-756-7222
North Bay Fire: 541-756-3501
Winchester Bay Fire: 541-271-3808

Preparing for a pandemic

Max Kirkendall
newsguardeditor@countrymedia.net

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.

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)

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.

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.

CURRY COUNTY

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

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

Law Enforcement Services

Curry County Sheriff

John Ward, Sheriff

541-247-3242, 1-800-543-8471

https://www.co.curry.or.us/government/county_sheriff/index.php

Phone: 541-469-1142

<https://www.brookings.or.us/132/Fire-Rescue>

Brookings Police Department

Kelby McCrae, Chief of Police / Director of Public Safety

541-469-3118

<https://www.brookings.or.us/134/Police-Services>

Gold Beach Police Department

Tracy Wood, Chief of Police

29592 Ellensburg Ave., Gold Beach

541-247-7029

<https://www.goldbeachoregon.gov/police>

Port Orford Police Department

Hank Hobart, Chief of Police

555 20th St., Port Orford

541-332-3581

Oregon State Police

Southern Command Center, non-emergency number

1-800-442-2068

<https://www.oregon.gov/osp/Pages/contact.aspx>

Fire Services

Agness Illahe Rural Fire Protection District

Brookings Fire & Rescue

898 Elk Dr., Brookings

Cape Ferrelo Rural Fire Protection District

96349 Cape Ferrelo Rd, Brookings

Phone: 541-661-2128

Cedar Valley-North Bank Rural Fire Protection District

Gold Beach-Wedderburn Rural Fire Protection District

Gold Beach Fire Department

Harbor Rural Fire Protection District

Langlois Rural Fire Protection District

Ophir Rural Fire Protection District

Pistol River Rural Fire Protection District

Port Orford Rural Fire Protection District

Upper Chetco Rural Fire Protection District

United States Forest Service, Rogue River-Siskiyou National Forest

Some stations are staffed seasonally

Ambulance Service

Cal-Ore

Other Emergency Services

Curry County Office of Emergency Services

County Disaster Plan

Community Alert sign-up

Poison Control

Road Conditions

Tsunami Warning

West Coast Tsunami Warning Center

<https://ntwc.ncep.noaa.gov/>

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 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](https://www.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 replacing those that are used.



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