

**Get Prepared  
Now!**



**Cedar Hills  
Neighborhood  
Ready!**

Get started.

Make a map.

Say hello.

Stay close and friendly.

Connect in real time and online.

Make a neighborhood contact list.

Meet with your family.

Stock your house.

Make a go-kit.

**Do it now.**



## SECURITY IS STRENGTH IN NUMBERS

When people come together to meet their neighbors, volunteer, or join an on-line forum, they can help each other and look out for each other. Neighbors know each other's names and how to contact each other.

There really is strength in numbers. Organized neighborhoods are less vulnerable to crime and more resilient when disaster strikes.

Emergency management resources exist across Washington County - Community Planning Organizations (CPOs), Beaverton's Neighborhood Association Committees (NACs) and Community Emergency Response Team (CERT), along with Cedar Hills Ready! and Quake Up! We'll keep our community strong by connecting neighbors, and by preparing for and responding to major storms, earthquakes and other emergencies.

Connected neighborhoods are not only safer, they're more resilient and fun! Be ready to connect to protect you, your family, and your neighbors. This Cedar Hills Ready! workbook is your guide. It includes: Home Preparedness, Family Emergency Plan, Emergency Supply Kits, Preparedness Calendar, 9 Steps to Follow after a Disaster, Ways to Get Involved, and additional resources.



# Neighborhood Responsibility Pyramid

Remember, when disaster strikes, Federal & State agencies take time to put resources into place. Local emergency responders will likely be overwhelmed with major issues. It is the **individuals** around you that will help each other first.

## Individuals

Under-bed kits, home prep, family plan, fire extinguisher, emergency supply kits. Register at [PublicAlerts.org](http://PublicAlerts.org), **VOLUNTEER** to help others in your community.

## Local

Firefighters, Police Utilities,  
Medical Responders

## State

Roads, Airport,  
Shelters,  
Communication

**Feds**  
FEMA

# Make Your Family Emergency Plan

Whether your family is 1 or 15, make a plan with family, friends, and co-workers who depend on you.

## **Meet with your Family**

Discuss why you need to prepare for a disaster or emergency. Explain the dangers of fire, severe weather, and earthquakes to your children; they will be better prepared to know what to expect if something happens.

## **Plan ahead for communicating**

Select an out of state friend or relative to be your "Family Contact." They will become a relay to share information with all household members. Note: If your cell phone is able to connect to a network, it is likely you'll be able to send a text even if you can't make a voice call. Make sure contact information is programmed into each family member's cell phone.

## **Plan where to meet**

Following a disaster, you are likely to be separated from at least one member of your family. If you are not able to meet at your home, select a meeting place outside of your neighborhood. Ensure everyone knows this location, including your "Family Contact."

## **Fire escape routes from each room**

Each year, fire kills more Americans than all natural disasters combined. Identify two fire escape routes. Discuss and practice fire escape routes from each room and identify a permanent meeting location (i.e., mailbox, tree) where everyone gathers.

## **Identify your neighborhood gathering site location**

After your Cedar Hills Neighborhood Ready! meeting, note and locate your neighborhood gathering site. Introduce children to your neighbors. Identify any "special needs" neighbors that may need assistance.

## **Get Prepared! Encourage others to do the same**

To schedule a Cedar Hills Neighborhood Ready! meeting for your block:

Send an email to:

[Info.CedarHillsReady@gmail.com](mailto:Info.CedarHillsReady@gmail.com)

Before an emergency, use resource-planning material such as [Red Cross Prepare](#) and [Take 5 to Survive](#).

After an emergency, if you can, register yourself and your family at [www.RedCross.org/SafeandWell](http://www.RedCross.org/SafeandWell).

Use the sections below to record key planning information.

Select out-of-state contact name & phone numbers:

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## **Family Locator Plan**

Choose for each family member at least two different routes to get home (if needed)

Route 1 \_\_\_\_\_

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Route 2 \_\_\_\_\_

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Meeting place outside your home:

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Our neighborhood gathering site:

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Out-of-neighborhood gathering site:

1<sup>st</sup> choice \_\_\_\_\_

2<sup>nd</sup> choice \_\_\_\_\_

List who needs to know this information

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**Make extra copies and share this page of information.**

Keep a copy at home, near a phone, in car, at work, and in wallet. Share with babysitters and off-site family. Update annually.

# How to Become Earthquake Safe

Most injuries during an earthquake are caused by falling objects. By securing contents in our homes and offices now, you can reduce damages and help prevent injuries.

## Step 1. Make an under-bed safety kit.

You spend up to a third of your life sleeping; prepare under-bed safety kits to help you and family safely get out of the house in a disaster that damages your home, like an earthquake. Protect your feet, hands, and head. Include sturdy shoes, hard hat or bike helmet, protective eyewear, N95 dust mask, whistle, and a flashlight. In addition to your under-bed kit, store water, 1 gallon per person per day for a 21-day supply. (Collect emergency supplies, see lists on pages 8-9.)

## Step 2. Learn and practice Drop, Cover, Hold on.



- If inside, get under a sturdy table, bench, or against an inside wall.
- If in bed, stay in bed and cover your head with a pillow.
- If outside, move away from buildings, trees, streetlights, and utility wires.
- If in a moving car, pull off to the side of the road; stay in the car. Avoid stopping under trees, buildings, overpasses, and utility wires.

## Step 3. Teach every responsible family member:

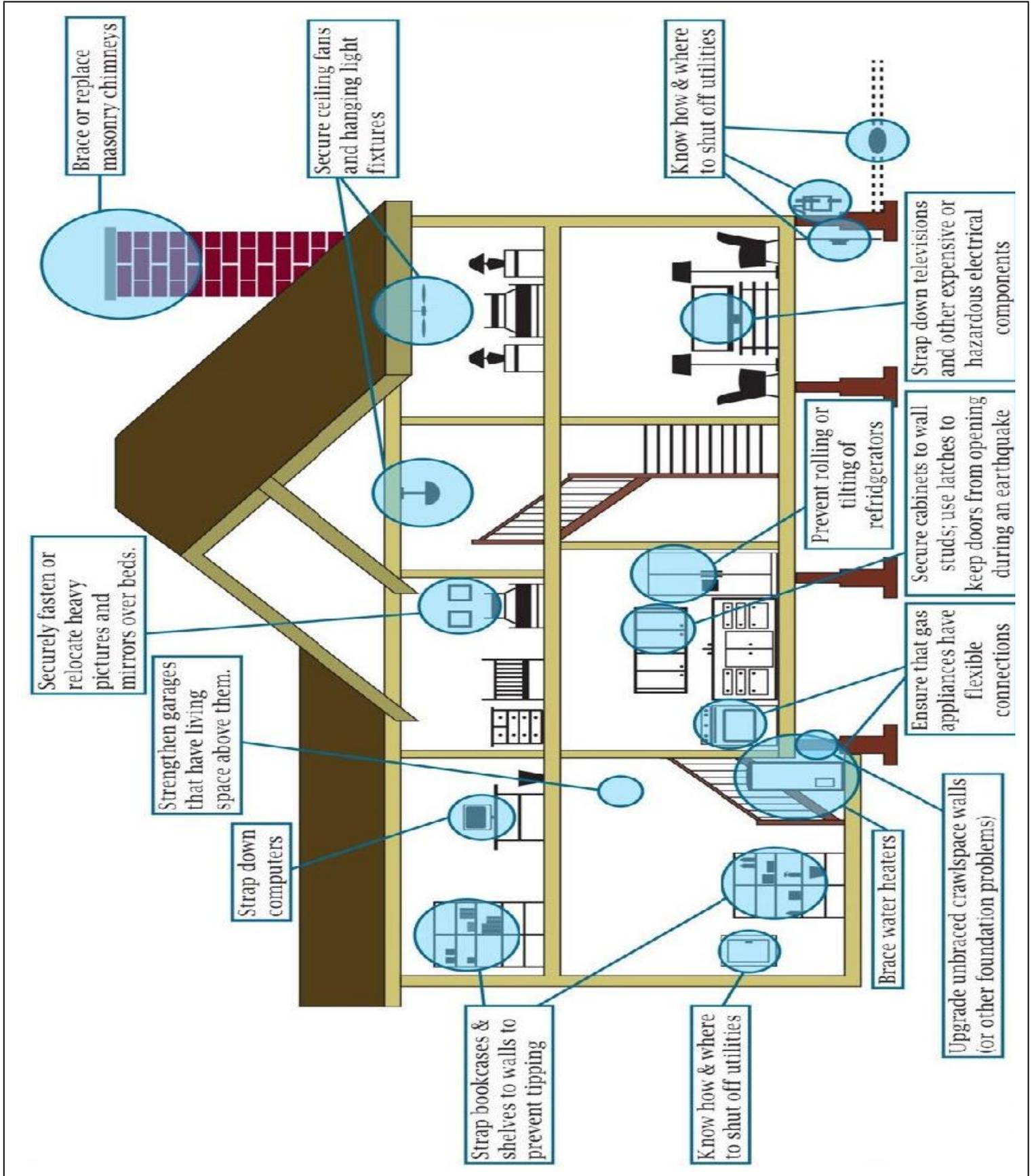
- How to shut off gas, water, and electricity.
- How to use a fire extinguisher (1 for every level of the home). **Remember PASS: Pull pin, Aim, Squeeze, Sweep**

## Step 4. Make plans and keep informed.

- Make a Family Emergency Plan (see page 5). Include family meetup, contact, evacuation, communication plans.
- Register for [PublicAlerts.org](http://PublicAlerts.org) for emergency warnings and updates.

## Step 5. Look for and fix hazards in your home and office.

Look for the hazards	Take this action
Are there heavy or tall items in your home, such as cabinets, file cabinets, that may move or fall over during an earthquake? Would they block exits out of a room or home?	<input type="checkbox"/> Bolt heavy, tall furniture to the wall studs <input type="checkbox"/> Move furniture that might block exits if they might move in an earthquake
Are hanging plants, light fixtures, ceiling fans secured?	<input type="checkbox"/> Install guy wires to secure swinging items. Use closed hooks.
Where could flying glass be unsafe?	<input type="checkbox"/> Move beds away from windows. <input type="checkbox"/> Replace glass bottles in bathrooms.
Are gas appliances securely fastened in place to not pull connections apart?	<input type="checkbox"/> Strap all gas appliances to wall studs. <input type="checkbox"/> Ensure flexible gas connections.
Are wall-mounted objects (clocks, pictures, mirrors, etc.) secured against falling?	<input type="checkbox"/> Secure to the wall with closed hooks.
Are items on shelves and display cabinets secured from falling out?	<input type="checkbox"/> Use Velcro, putty, low shelf barrier and restraining devices. <input type="checkbox"/> Place heavy items on low shelves.
Are TVs, computers, microwaves, and other electronics secured in place?	<input type="checkbox"/> Strap electronics securely to the walls or to their platforms.
Are incompatible chemicals stored together that should be moved to prevent mixing?	<input type="checkbox"/> Never store these chemicals in the home. <input type="checkbox"/> Store away from heat sources.
Is your home securely fastened to its foundation?	<input type="checkbox"/> Have home professionally bolted to the foundation. <input type="checkbox"/> Check for cracks and repair.
Is the chimney safe and no loose bricks?	<input type="checkbox"/> Brace or replace masonry, or reinforce the ceiling near chimney.



# Build Your Kits

Use your Red Cross or other resource guides. Take your time. Recommended minimum is 21-day supply. Spread out purchases over time. **Check your kits annually and replace expired items.**

## Home Emergency Supplies

Start by finding supplies you already have at home. If you keep any of these supplies in portable containers or back-packs, they can be part of your “Go Kit.”



### Water & Food:

- 1 gal water per person per day
- Water filter, life straw, purification devices/tablets
- Canteens & 2 or 5 gallon empty water containers (for alternative water collection if needed)
- Non-perishable food, such as high-calorie food bars, MREs, freeze-dried meals, canned goods, baby food
- Pet food (dried & canned) and bowl
- Mess kit – utensils, paper towels
- Cookware – Manual can opener (P-38, for example), metal pot & cup to heat, portable stove & fuel
- Seeds for a vegetable garden

### Sanitation & Personal Hygiene

- Soap bars, travel-size baby wipes, hand sanitizer
- Toilet paper, garbage bags, wag bag
- Liquid detergent & liquid bleach
- Toothbrush, toothpaste, shampoo
- Scissors, tweezers, nail clippers
- Travel size lotion, sunscreen, lip balm
- Small pack towel
- Feminine hygiene items, diapers
- Pee and poo buckets

### First Aid & Medication:

- Basic first-aid kit, disinfectant, pain meds, EMT sheers, bandages, first-aid manual, insect repellent
- Disposable nitrile gloves & hand sanitizer
- Prescription meds
- Extra eyeglasses, safety glasses, sunglasses
- Contacts and solutions
- Hearing aid and batteries
- N95 dust mask per person
- Personal items needed by you or your family

### Shelter, Comfort, Personal Items

- Change of clothes, underwear
- Boots or sturdy shoes, wool socks
- Warm jacket, fleece, shemagh
- Wool watch-type cap, hat with flex brim
- Gloves, hand warmers (heat packs)
- Plastic rain pants and jacket/pancho
- Cash (small bills), and copy of important documents, family locator plan, contact list
- Extra house & car keys, cards, books, games
- Tarp or tent, rope (50 ft), plastic sheeting, ground cloth, space blanket, sleeping bag

### Tools & Equipment

- Fire extinguishers (1 per floor)
- Pliers/wrench or tool to turn off gas and water
- Cell phone and charger (power-bank, solar, car)
- Flashlights/head lamps (battery, solar, or hand-crank), extra batteries, Cyalume light sticks
- Lantern (camping, battery, solar, hand-crank)
- Leather-palm gloves
- Duct tape
- Swiss-army knife, Leatherman tool, camp knife
- Portable radio (battery, solar, or hand-crank)
- Hand-crank AM/FM radio, whistle
- Waterproof matches, candles, fire starter
- Camp saw, shovel, pry bar, ax, broom

### Optional:

- Ladder, chainsaw
- HAM radio, extra batteries, solar charger
- Generator & fuel (gas, propane, or natural gas)

# Build Your Kits (continued)



## Under-bed Safety Kit

You spend up to a third of your life sleeping; prepare under-bed safety kits to help you and family safely get out of the house in a disaster that damages your home, like an earthquake. Protect your feet, hands, and head.

- Sturdy shoes and heavy gloves
- Protective eyewear, N95 dust mask
- Hard hat or bike helmet
- Flashlight, whistle
- HELP/OK sign, neighborhood map and contact list, Map Your Neighborhood booklet with 9 steps

## Ready to “Go Kit”

A Go Kit has the bare essentials to grab and go in a disaster or emergency. It should be easy to carry and contain enough supplies to keep you warm, dry, fed, and hydrated. Store in sturdy backpacks, or storage containers / suitcases with handles or wheels.

**Remember, you may have less time than you think, if you must evacuate.**

- Packed home emergency supplies stored in portable containers (see previous page)
- Local, regional, and state maps, compass
- Cash (small bills), and copy of important documents, family locator plan, contact list
- Extra house and car keys
- Current photo of family members and pets
- Pet leash, pet records, list of pet-ok shelters



## Work/Car “Go Kit”

Store in sturdy backpacks or suitcases with wheels. Remember, you can breakdown anywhere or a disaster can happen while you are at work.

- 1 gal water per person for 3 days
- 3 days non-perishable food per person
- Basic first-aid kit, N95 dust mask, Nitrile gloves
- Flashlight and extra batteries
- Prescription drugs
- Sturdy shoes/boots, leather gloves
- Change of clothes, rain gear or poncho
- Extra eyeglasses and safety glasses
- Emergency/space blankets, warm blankets
- Radio (battery, solar, or hand-crank), whistle
- Cell phone & charger (power bank, solar, car)
- Cash (small bills), and copy of important documents, family locator plan, contact list
- Local, regional, and state maps, compass
- Tarp, rope, flares, car tool kit



# Get Ready! Prepare a Calendar of Family Disaster Supplies & Activities



**Our recommendation: Begin with reorganizing what you currently have, then fill in the rest.**

- This calendar helps you collect supplies and plan for disasters before they happen. Experts recommend you spread out the effort over a year. **We recommend a minimum 21-day supply of food, water, and medications.** If you are unable to gather enough supplies to last 21-days, gather what is possible and then continue adding to your supply over time.
- Check the box next to an item or activity after you collect, purchase, or complete an activity. Don't let the calendar limit you; if you find something ahead of time, it's okay to check it off early.

Month 1	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Water – 1 gallon per person, per day plus pets</li> <li><input type="checkbox"/> Hand-operated can opener</li> <li><input type="checkbox"/> A-B-C fire extinguisher</li> <li><input type="checkbox"/> 2 flashlights with extra batteries</li> <li><input type="checkbox"/> Large and small storage container(s) for preparedness supplies</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete your family locator plan.</li> <li><input type="checkbox"/> Review the supply list, collect those on hand, especially camping gear.</li> <li><input type="checkbox"/> Date water/food containers, if they are not dated.</li> <li><input type="checkbox"/> Conduct a home fire drill.</li> <li><input type="checkbox"/> Begin a stash of cash (small bills)</li> </ul>
Month 2	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned meat, stew, or pasta meal</li> <li><input type="checkbox"/> Feminine hygiene supplies</li> <li><input type="checkbox"/> USB drives to store your information</li> <li><input type="checkbox"/> Family-size first-aid kit</li> <li><input type="checkbox"/> Any food for special dietary needs</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Change batteries and test smoke alarms (purchase &amp; install if you don't have an alarm on every level of your home).</li> <li><input type="checkbox"/> Take video or still pictures of home, including contents, for insurance purposes. Store on flash drives; keep 1 in safe deposit box and the other with your important documents in your GO kit.</li> </ul>
Month 3	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned fruit</li> <li><input type="checkbox"/> Toilet paper</li> <li><input type="checkbox"/> Crescent wrench(es) (or utility shutoff tools)</li> <li><input type="checkbox"/> 2 five-gallon buckets with toilet seats</li> <li><input type="checkbox"/> Kitchen-sized garbage bags</li> <li><input type="checkbox"/> Hand sanitizer</li> <li><input type="checkbox"/> Sanitary wipes</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Store PEE and POO instructions with 5-gallon buckets</li> <li><input type="checkbox"/> Check with all off-site care facilities (school, childcare, adult care, etc.) to find out about their disaster plans.</li> <li><input type="checkbox"/> Locate and mark utility shut off points (electricity, gas, water) and attach/store wrench or shutoff tool near them.</li> <li><input type="checkbox"/> If you haven't already done so, establish an out-of-state contact to call in case of emergency.</li> </ul>
Month 4	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned vegetables</li> <li><input type="checkbox"/> Extra baby bottles, formula, and diapers, if needed.</li> <li><input type="checkbox"/> Extra pet supplies: food, collar, leash</li> <li><input type="checkbox"/> Supplies for under the bed kit</li> <li><input type="checkbox"/> Cell phone car charger, power bank, or solar charger</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> If you haven't already done so, under every bed in your home, place a sturdy pair of shoes, hard hat (or bike helmet), sturdy gloves, flashlight and a whistle.</li> <li><input type="checkbox"/> Date and store supply of necessary medicine(s).</li> <li><input type="checkbox"/> Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member.</li> </ul>
Month 5	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned ready to eat soup</li> <li><input type="checkbox"/> Liquid dish soap</li> <li><input type="checkbox"/> Plain liquid bleach</li> <li><input type="checkbox"/> Portable AM/FM radio with extra batteries</li> <li><input type="checkbox"/> Anti-bacterial liquid hand soap or waterless hand sanitizer</li> <li><input type="checkbox"/> Disposable hand wipes</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take pictures, scan, or photocopy important papers. Store images on a flash drive. Keep originals in your safe deposit box and the flash drive in your Go kit.</li> <li><input type="checkbox"/> Sign up for a free HAM radio licensing class.</li> <li><input type="checkbox"/> Review Neighborhood Ready contact information. Ask for any updates from your Neighborhood Coordinator.</li> <li><input type="checkbox"/> Practice "camping inside your home" – no electricity, no cooking, no outside communications.</li> </ul>
<p>Supplies may be stored together in large containers, such as a garbage can on wheels, or several small ones.</p> <p>Anything kept in portable containers can be included as part of your GO Kit.</p> <p>Food items may also be kept on a specific shelf in the pantry with a portable container nearby.</p> <p>Remember to use supplies and rotate in new items.</p>		

Month 6	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Quick-energy snacks (granola bars, raisins, peanut butter)</li> <li><input type="checkbox"/> Paper towels</li> <li><input type="checkbox"/> Boxes of facial tissue</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Anti-diarrhea medicine</li> <li><input type="checkbox"/> Nitrile disposable gloves (store with first-aid kit)</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check to see if your stored water has expired and needs to be replaced. (Replace water every six months if you filled your own containers.)</li> <li><input type="checkbox"/> Take a walk to your nearest school flagpole, note time &amp; hazards</li> <li><input type="checkbox"/> Add extra pair of eyeglasses in the supply container.</li> <li><input type="checkbox"/> Ask about your workplace disaster plan. Share with your family.</li> <li><input type="checkbox"/> Recharge portable power banks.</li> </ul>
Month 7	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> Instant drinks (coffee, tea, powdered milk, powdered fruit drinks)</li> <li><input type="checkbox"/> Ready to drink juice</li> <li><input type="checkbox"/> Adult and children vitamins and supplements</li> <li><input type="checkbox"/> A pair of pliers and/or vise grips</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a First Aid/CPR class.</li> <li><input type="checkbox"/> Volunteer for a neighborhood community event.</li> <li><input type="checkbox"/> If you haven't already, show all family members where, when, and how to shut off the utilities.</li> <li><input type="checkbox"/> If you haven't already, complete your Family Emergency Plan and keep a copy with your emergency supplies under your bed.</li> </ul>
Month 8	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Box(es) of crackers or graham crackers</li> <li><input type="checkbox"/> Dry cereal</li> <li><input type="checkbox"/> "Child-proof" latches or other fasteners for cabinet doors and drawers</li> <li><input type="checkbox"/> Box(es) of large, heavy-duty garbage bags</li> <li><input type="checkbox"/> Camping or utility knife</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Secure shelves, cabinets, and drawers with "child-proof" latches to prevent them from falling and/or opening during earthquakes.</li> <li><input type="checkbox"/> Secure your water heater (if not already strapped to the wall).</li> <li><input type="checkbox"/> Learn how to flush out your water heater and how to use its tank water as emergency supply of drinking water.</li> <li><input type="checkbox"/> Flush your water heater annually.</li> </ul>
Month 9	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra batteries for flashlights, radio, and hearing aids</li> <li><input type="checkbox"/> Heavy rope</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> Crowbar</li> <li><input type="checkbox"/> Auto emergency supplies (flares, triangle, tools)</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> If you haven't already done so, make a preparedness kit for your car. Include small amounts of cash, food, water, and other supplies listed in the Work/Car Go Kit.</li> <li><input type="checkbox"/> Know and practice your fire escapes.</li> <li><input type="checkbox"/> Conduct an earthquake drill at home.</li> </ul>
Month 10	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hammer and assorted nails</li> <li><input type="checkbox"/> Screwdrivers and assorted wood screws</li> <li><input type="checkbox"/> Heavy duty plastic tarps or plastic sheeting</li> <li><input type="checkbox"/> Extra toothbrush per person and toothpaste</li> <li><input type="checkbox"/> Extra bath soap, hygiene products</li> <li><input type="checkbox"/> Kitchen-size garbage bags</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> If you haven't already done so as part of Cedar Hills Neighborhood Ready, make arrangements to have someone help your children if you are at work when an emergency occurs.</li> <li><input type="checkbox"/> Replace necessary medicines as required by expiration dates.</li> <li><input type="checkbox"/> Review your emergency plans and update with your Neighborhood Coordinator, if necessary.</li> </ul>
Month 11	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Paper plates</li> <li><input type="checkbox"/> Paper napkins</li> <li><input type="checkbox"/> Disposable eating utensils</li> <li><input type="checkbox"/> Paper cups</li> <li><input type="checkbox"/> Masking tape</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> If you haven't already done so as part of Cedar Hills Neighborhood Ready, make arrangements to have someone to take care of your pets, if you are at work when an emergency occurs.</li> <li><input type="checkbox"/> Train to become a Cedar Hills Ready or CERT volunteer and help other neighborhoods get ready.</li> </ul>
Month 12	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Heavy work gloves</li> <li><input type="checkbox"/> Box of disposable dust masks (N95)</li> <li><input type="checkbox"/> Safety goggles</li> <li><input type="checkbox"/> Antiseptic</li> <li><input type="checkbox"/> Sewing kit</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Meet with your map your neighborhood block. Together, review current neighborhood plans and update as needed.</li> <li><input type="checkbox"/> Check the dates on stored food and water. Replace as needed.</li> <li><input type="checkbox"/> Test your equipment and supplies for 1-2 days; pretend there is an emergency and you rely on your kits. Adjust kits if necessary.</li> <li><input type="checkbox"/> Recharge portable power banks.</li> </ul>



# Learn the “9 Steps to Take Right After a Disaster”

**Planning + Preparedness + Practice = Resilience**

At your Neighborhood Ready! meeting, a volunteer facilitator will talk with you about how to become a resilient neighborhood. You will learn 9 steps to take immediately following a disaster to secure and protect your family, home, and neighborhood.

**Step 1. Take care of your loved ones.**

Use under-bed kits for each member of your family. Protect head, hands and feet with a hardhat or bike helmet, leather gloves, sturdy shoes, flashlight and whistle.

**Step 2. Check on the natural gas or propane at your home.**

Shut off ONLY if you have a fire, smell rotten eggs, hear hissing, or see the dials on the meter turning unusually fast. DO NOT turn the meter back on - this requires a certified technician.

**Step 3. Shut off the water to the house at your home’s shut off – not at the street.**

Protect against pollutants: Trap drinkable water in your home (water heater).

**Step 4. Shut off electrical panel, if necessary.**

Shut off individual breakers first, and then shut of the main.

**Step 5. Place OK or HELP sign (provided in this workbook) on your front door or window.**

Posting helps neighbors quickly locate those in need first.

**Step 6. Put your fire extinguisher in front of your home if not needed, for easy neighborhood access.**

**Step 7. Go to neighborhood gathering site.**

**Step 8. Divide into 4 teams:**

Team 1 – Listen to 91.5 FM or 1610 AM, HAM or NOAA Radio, Walkie Talkie (FRS) Channel #8

Team 2 – Check on special needs neighbors: elderly, disabled, children home alone.

Team 3 – Check on all natural gas meters and propane tanks, and shut them off, if necessary.

Team 4 – Check on all homes with OK & Help signs displayed. Be prepared to give first aid.

**Step 9. Return to Gathering Site.**

Review neighbor’s status, regroup, reassess, and decide next actions.



# Meeting Neighbors Safely in the COVID-19 Pandemic

Coronavirus may be with us for a long time. It's important that we get to know our neighbors and work together in a safe way, so that we can build a resilient community to be prepared for all kinds of disasters and emergencies.



**It is important** that we not isolate ourselves. We survive and thrive together. We need to be reaching out to check on our neighbors, see how they are doing, communicate with each other, so we can act together when it's needed.



**We can learn** how to have meetings by practicing social distancing and wearing facemasks, and by using virtual meeting tools on the internet, like Zoom, to connect when physical contact isn't safe. Responsible behavior by us, our loved ones and our neighbors is our best source of mutual protection against threats from natural disasters and emergencies. **Let's start now!**

## BASIC RULES to follow to safely interact with neighbors in the pandemic:

1. **Listen to healthcare professionals** about status, changes in conditions, and best practices to keep ourselves safe. Check for updates frequently. Consider signing up for daily reports via text or email from the [Oregon Health Authority](#) or the [CDC](#). Current info from these sources supersede this page.
2. **Social Distancing:** Indoors and outdoors, when possible, maintain 6 feet between everyone other than household members that are not ill, to minimize the transfer of corona virus through breathing or touching.



3. **Wear protective facemasks** wear face masks both indoors and outdoors except around healthy household members. This provides some protection from breathing in the virus, and **greater** protection from breathing the virus out and spreading it to others through talking, singing, laughing, coughing, or sneezing.

4. **Practice careful hygiene.** Wash hands and use sanitizers on public surfaces if you go out in public, or when someone visits.

Sanitize personal items you use frequently, such as cellphones and keyboards. Keep a checklist of these practices handy. (See Oregon Health Authority insert.)



5. **Be aware of special vulnerabilities.** If you have underlying medical conditions, are over 60 years old, or may come in contact with anyone who may be infected with the virus, stay home. Since you might unknowingly spread the virus, behave responsibly so children and elderly neighbors aren't put at risk.

**Know your neighbors! Wear a mask.**

We are stronger together. We need to be ready for whatever mother nature has in store for us – **earthquakes, floods, ice storms . . . or pandemics.** So . . . **CALL YOUR NEIGHBOR!**

## Remember: we are all in this together!

# Get Involved! Plan + Prepare + Practice = Resilience

Neighbors that learn and prepare together, can better survive a disaster!



For more information, contact [Info.CedarHillsReady@gmail.com](mailto:Info.CedarHillsReady@gmail.com) or visit [www.CedarHillsReady.org](http://www.CedarHillsReady.org)

## Cedar Hills Ready! Neighborhood Disaster Preparedness Team

Imagine the possibility of feeling connected and cared for by your neighbors. We're all in this together! If your power goes out, mine probably does too. If (when?) the earthquake hits, we want to be able to help each other as neighbors, because emergency services will be overwhelmed in a natural disaster.

Get disaster smart: Neighbors that prepare together, learn together, and share together can better survive a disaster. Join your neighbors and friends at Cedar Hills Ready! where you can connect, learn, prepare, and have fun. Let's get prepared together!

## Quake Up! and NW Prepared

Our volunteers help communities in Washington County work together to help prepare and educate individuals, families, and neighborhoods in Washington County to better manage in an emergency or a disaster. This means your community will be able to organize and coordinate efforts to help each other before, during, and after a disaster. Objectives of the community emergency/disaster program is to:

- Provide information so that your community knows how to help each other and stay safe.
- Understand what is happening and solve problems using what your community has available.
- Provide a safe gathering place for members of the community to support one another.

Quake Up! with Northwest Communities Prepared is focused on a coordinated, comprehensive approach to prepare and strengthen our resilience from an emergency or disaster and make possible our ability to recover on every level – personal, neighborhoods, businesses, cities, counties, states, and region-wide.



For more information, visit: [www.QuakeUpNW.org](http://www.QuakeUpNW.org)  
Bounce Back Faster From Disaster!



For more information, contact [CERT@BeavertonOregon.gov](mailto:CERT@BeavertonOregon.gov) 503-629-6400 or visit [www.BeavertonOregon.gov/1438/CERT](http://www.BeavertonOregon.gov/1438/CERT)

## Beaverton Community Emergency Response Team (BCERT)

Beaverton CERT volunteers support Cedar Hills Ready! and Quake Up! programs. BCERT is a community-based group of volunteers who have completed training under a FEMA-registered program. BCERT is dedicated to informing, training, and linking community volunteers and their neighborhoods to effectively respond to and recover from disasters and hazards affecting them. Course topics include disaster preparedness, fire suppression, triage, and search & rescue as well as disaster psychology.

The BASIC CERT 8-week class has been offered twice a year (March and September). Space is limited. After completing the BASIC course, BCERT volunteers continue training and provide the following support to the city: personal preparedness, neighborhood readiness, emergency Amateur Radio Operators (HAM) network, logistical support for community events, and emergency response when regular emergency personnel are overwhelmed. Join BCERT and help protect our community.

Follow us on:

[www.facebook.com/CedarHillsReady/](https://www.facebook.com/CedarHillsReady/)

[www.QuakeUpNW.org](http://www.QuakeUpNW.org)

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[www.CedarHillsReady.org](http://www.CedarHillsReady.org)

# Get Started, Be Ready

Steps to protect you and your family,  
also help prepare your neighbors

**PERSONAL PREPAREDNESS**  
1 hour per week

Resources:  
[Red Cross Prepare!](#)  
[www.Take5toSurvive.com](http://www.Take5toSurvive.com)

Contact:  
[Info.CedarHillsReady@gmail.com](mailto:Info.CedarHillsReady@gmail.com)

**NEIGHBORHOOD READY!**  
4 hours per year

Resources:  
[Map Your Neighborhood](#)  
(training videos on YouTube)

Contact:  
[Info.CedarHillsReady@gmail.com](mailto:Info.CedarHillsReady@gmail.com)

**BEAVERTON CERT TEAM**  
25 hours Basic training (free)

Resources:  
[Join Beaverton CERT](#)

Contact:  
[CERT@BeavertonOregon.gov](mailto:CERT@BeavertonOregon.gov)

**Keep in Touch: Tune to emergency radio AM 1610, FM 91.5 OPB, NOAA Weather Channel #7, FRS Channel #8**

**EMERGENCY COMMUNICATIONS NETWORK PLAN – GET READY. CELL PHONES MAY BE DOWN!**

Do you have a HAM radio license or own a 2-way FRS (walkie-talkie) radio? You could be part of Beaverton’s radio communication emergency network. Being able to effectively communicate in a disaster is key to our family and community safety. On those rare occasions when our normal communication methods aren’t working, Beaverton’s Emergency Communication Network Plan uses amateur radio frequencies. You can join this network, practice with us, and be prepared.

**#1 FRS/GMRS Radio**

The plan allows FRS radio communications (no license required). These radios are inexpensive, easy to use walkie-talkies you can pick up at many stores. Consider a radio (and extra batteries) for each family member, test them out in your yard and around the neighborhood. Cedar Hills Ready! has set aside [Channel #8](#) for general neighborhood monitoring.

**#2 Amateur “HAM” Radio**

Amateur Radio requires a FCC “Technician Class” License. Volunteers offer the class and exam for free several times each year, no age limit. Amateur Radios can cost as little as \$25 each and they go much farther than FRS radios. Beaverton Comms Group is an arm of Beaverton Emergency Management. They meet monthly and are dedicated to licensing, training, and helping local Amateur Radio Operators to be ready.

The Comms Group plan includes selected HAM radio simplex and repeater frequencies to be used during an emergency to support CERT response and communication. Since it will be unknown whether the repeaters will be down for a while or survive an event, we monitor both Simplex and Repeater frequencies listed below:

Primary Repeater	CH#1	444.750+5 Tone 123.0
Primary Simplex	CH #2	444.750

All local HAMS are encouraged to join the Monday night Emergency Net. For more information about the Emergency Net, HAM license classes, or joining ARES, please contact [CommSupervisor@BeavertonOregon.gov](mailto:CommSupervisor@BeavertonOregon.gov)



[arrl.org/ares](http://arrl.org/ares) | [RedCross.org](http://RedCross.org) | [PublicAlerts.org](http://PublicAlerts.org) | [CedarHillsReady!](http://CedarHillsReady!) | [QuakeUp!](http://QuakeUp!) | [OHA](http://OHA) | [Nextdoor.com](http://Nextdoor.com)

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[www.CedarHillsReady.org](http://www.CedarHillsReady.org)

**Cedar Hills Ready! would like to thank volunteers and supporters for their commitment to local community emergency planning**



**Cedar Hills Ready! Volunteers  
Quake Up!  
Tualatin Neighborhood Ready  
Cedar Hills United Church of Christ  
Homes Association of Cedar Hills  
Kaia Communications, Inc.  
Beaverton School District  
Beaverton CERT Volunteers  
Amateur Radio Emergency Service  
Washington County Emergency Management**



**Tualatin Valley Fire and Rescue  
American Red Cross**



**Planning + Preparedness + Practice = Resilience**