

Write down emergency information for your family plan and make copies for each family member.

Meeting place _____

Out-of-town phone number _____

For a life-threatening emergency, call 911

For road conditions, call 511

Family contact numbers _____

Police _____

Fire _____

Physician _____

Hospital _____

Pharmacy _____

Be prepared:

**Get a Kit, Make a Plan,
Be Informed**

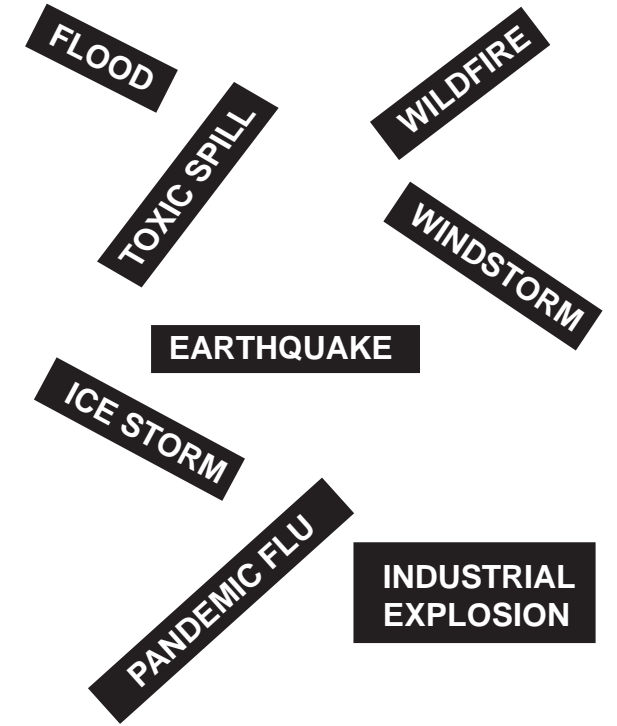
What else you can do:

- Monitor local radio stations and regional television stations for emergency alerts and instructions.

Radio: KBZY	1490 AM	
KGAL	1580 AM	
KSND	91.5 FM	
KWBY	940 AM	(Spanish)
KWIP	880 AM	(Spanish)
KYKN	1430 AM	

- Also check for emergency information on the Web site for the American Red Cross Cascades Region www.redcross.org. Assistance may be available. The phone number is (503) 585-5414.
- Do not use land or cell phones unless necessary. In a widespread emergency, systems needed to respond may crash if overused.
- Do not call 9-1-1 unless there is a life-threatening situation. Emergency systems may be overwhelmed and able to help only those with the most critical needs.
- Do not act on or spread rumors. Up-to-date information will be posted on the Internet at www.co.marion.or.us/PW/EmergencyManagement as soon as it is available and confirmed.
- During large-scale emergencies, the Marion County public information and rumor control line is (503) 391-7294. Please be patient. The phones will be very busy.

Are you prepared?



Use this information to protect yourself and your family



Before any type of emergency:

- Stock up on enough food, water and other supplies to last at least 72 hours. A public health emergency, such as pandemic flu, may require a supply adequate for two weeks.
- Get an extra supply of your regular prescription drugs.
- Have a supply of over-the-counter drugs for pain, stomach complaints, coughs and colds, as well as vitamins and fluids with electrolytes.
- Prepare a Family Health Information sheet that includes each person's name, blood type, allergies, past/current medical conditions, and current medications and their dosages.
- Prepare a list of phone numbers to use in an emergency, including hospitals, family doctor, health department, pharmacy, work, school, veterinarian, and religious/spiritual organization contact.
- Practice your family emergency plan and have a local and an out-of-town number for family members to call if separated. (Local phone exchanges can become overwhelmed.)
- Talk with loved ones about how they would be cared for if they got sick and what will be needed to care for them in your home.

Assemble your disaster/emergency kit:

Water (1-2 gallons per day per person)
Food (non-perishable), infant food
Pet food
Utensils, plates, cups, manual can opener
First Aid kit
Medications, vitamins and special items
Pain reliever, anti-diarrhea medication
Tools and supplies
Sanitation, towels
Clothing, sturdy shoes
Bedding
Battery-powered or wind-up radio
Flashlights and batteries
Emergency car kit
Cash (ATMs may not be working)
Copies of important family documents

Possible containers for your kit include backpacks, duffle bags, plastic trash cans and plastic storage bins with lids.

Put the date on your emergency kit when you assemble it. Water and expired food and medicine should be replaced every six months.

For more detailed information on preparing emergency kits, check the Red Cross Web site at www.redcross.org.

If you have space and funds, store enough food, water and medicines to take care of your family for **two weeks**.

Keep this flyer, your Family Health Information sheets, and important documents and phone numbers with your emergency kit.

In an emergency you may be asked to:

- Evacuate if you are within a particular area.
- Shelter in place.
- Stay off landline and cell phones except when it is necessary to secure the safety of you and your family.
- Listen to the radio or television for further instructions.
- Conserve water.
- Turn off your electricity and/or gas. Locate shut-off switches and valves now. If you do smell gas and turn it off, the gas company must be called to turn it back on.
- Go to a specific location to receive medicine.
- Avoid exposure to other people in gathering places such as malls, theaters and sports events.
- Take other preventive measures such as washing hands frequently and covering coughs.
- Check on neighbors who may need help.
- Observe a curfew between certain hours.
- Observe a quarantine.
- Report particular kinds of events to police, fire or other officials.