

Are You Prepared?

The time to prepare for an emergency or disaster is *before* it happens. “It is better to prepare for an emergency 5 years too early rather than one minute too late.”

- Will your family be together at the time of an earthquake? If not, how will you communicate and reunite?
- If you have children, how will you reach them if they’re at school or in daycare? Do you know what’s in their school’s emergency plan?
- If you’re not at home, how will your pets be fed, walked, and cared for until you can return?
- If you have mobility limitations, how will you get to and from your condo? (Remember, elevators will probably be out).
- Does your workplace have an emergency plan and emergency supplies? Do you keep an emergency kit at your workplace?

Elizabeth Lofts Emergency Committee (ELEC)

- Residents of The Elizabeth Lofts are organizing an emergency preparedness committee to help the Elizabeth community be prepared for emergencies.
- ELEC’s goal is to recruit and organize volunteers from each floor of the Elizabeth that would share emergency preparedness information with other residents on their floor.
- Everyone is welcome to participate. If you are interested in attending the ELEC meetings, or would like to receive email updates about ELEC activities, please:
 - Drop by The Elizabeth Lofts office to fill out an ELEC contact form, or
 - Email your name, unit #, email address, and phone number to: tajankus@gmail.com

Preparedness Resources

- The City of Portland’s **Bureau of Emergency Management (PBEM)** is working in partnership with community and business groups, to develop resources and programs to help Portlanders be prepared and informed about potential hazards and natural disasters. www.portlandoregon.gov/pbem/46475
- **Neighborhood Emergency Teams (NETs)** are Portland residents trained by PBEM and Portland Fire & Rescue to provide emergency disaster assistance within their own neighborhoods. There’s a Pearl District NET that you can join. www.portlandoregon.gov/pbem/net
- PBEM has established 48 **Basic Earthquake Emergency Communication Node (BEECN)** sites throughout the city where residents can go after a major earthquake to ask for emergency assistance if phone service is down, or report severe damage or injury. The Pearl District BEECN is located at The Fields Park (NW Overton St. & 11th Ave). www.portlandoregon.gov/pbem/59630
- **Pearl District Neighborhood Association Emergency Preparedness Committee** – Meets once a month to find ways to encourage emergency preparedness in the Pearl District. www.pearldistrict.org/portfolio_post_type/emergency-preparedness/
- Visit www.publicalerts.org to sign up to receive emergency alerts via email, voice, or text/SMS messages.
- **Prepare!** – The Red Cross’s emergency preparedness guide. www.portlandoregon.gov/pbem/article/409950
- **Living on Shaky Ground** – Oregon Emergency Management’s guide to surviving earthquakes and tsunamis in Oregon www.portlandoregon.gov/pbem/article/410079

Elizabeth Lofts Emergency Committee (ELEC)

Disaster Preparedness

*Preparedness is about community,
not catastrophe*

Guiding Principles

- Make The Elizabeth Lofts community safer, more prepared, and more resilient.
- Develop relationships and capacities during normal times – so we can get to work, and not have to get to know each other, when disaster strikes.

Key Elements to a Disaster

- Emergency personnel may be overwhelmed, and you and your neighbors may be on your own for an extended period of time.
- 90% of disaster survivors are rescued by other survivors.

Steps to Basic Preparedness

- Be aware of specific hazards, including earthquakes.
- Make a family emergency plan.
- Assemble a personal emergency kit.
- Stay informed about disasters and changing conditions.

Hazards in Pacific NW

- Fires and wildfires.
- Winter storms, floods, and landslides.
- Earthquakes and tsunamis.

Earthquakes

The Pacific NW is seismically active, having had a major earthquake on average every 300 years. We're now within the time-frame for the next great quake, which – worst-case – may result in:

- Thousands of injuries and fatalities;
- Thousands of buildings damaged or destroyed;
- Disruption of electricity, drinking water, and sewer and transportation infrastructure – potentially for months;
- Expect numerous aftershocks.

During an earthquake:

- Drop, cover (under a table), and hold.
- If indoors, stay there until shaking stops.
- If outdoors, find a spot away from buildings, trees, streetlights, power lines, and overpasses.

The Elizabeth

Modern, engineered buildings like The Elizabeth have performed well in most types of disasters. We would likely experience:

- Loss of power – no lights, appliances, heat, refrigeration, cooking, water pressure (toilets won't work), internet, telephone, elevators, door fobs and garage openers – certainly for hours, maybe for days, possibly for weeks.
- Numerous injuries from falling appliances, furniture, bookcases, fallen pictures and mirrors, broken windows.

Surroundings

Surrounding streets, bridges, overpasses, may be damaged, collapsed or impassable.

- If you're home when the quake happens – it may be difficult to get anywhere else.
- If you're away – at work, school, out shopping, anywhere else – it may be difficult to get back to home.

Emergency Plan

Every individual (household) and business needs to develop and practice an emergency plan:

- Talk to your family, friends, neighbors, and co-workers about how to prepare for and respond to emergencies.
- Talk to your neighbors to learn what resources they have, and how they might be pooled to help each other.
- Learn each person's needs and abilities – is someone vision impaired, hearing impaired, or mobility impaired?
- Identify your own risks and vulnerabilities.
- Identify each person's role and plan to work together as a team.
- Choose two places to meet up after a disaster – one near your home; one outside your neighborhood, in case the entire area is affected by a larger disaster.
- Practice evacuating your building.
- Choose an out-of-state contact. Everyone in your family should have that person's phone number and check in so everyone can find out that they're 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. Also, texting often becomes available long before voice calls.
- Learn what you need to do for your pet in a disaster situation.
- If you have children in school or daycare, ask about the school's emergency plan.
- Secure bookshelves, appliances, and hanging objects; store heavy objects on low shelves; use cabinet door latches.
- Make copies of important documents (ID, insurance, financial) and store them in a waterproof container.

Emergency Kit

Every individual (household) and business needs to assemble and maintain an emergency kit that includes:

- Food, water, and emergency supplies to last a minimum of three days, preferably a week or longer, for your family and your pets.
- At least one gallon of water per person per day. Don't forget your pet's needs.
- Food items that don't need to be refrigerated or cooked – like peanut butter, canned meats, energy bars, canned fruit and vegetables – don't forget a manual can opener.
- First Aid Kit – which you know how to use.
- Fire Extinguisher – remember to P.A.S.S. – Pull, Aim (at base of fire), Squeeze, Sweep.
- Cash – ATMs won't work and banks won't be open.
- Extra supply of any prescription medications – pharmacies may not be open for a while.
- Flashlight and extra batteries.
- Battery (or hand-crank) powered radio.
- Sturdy shoes or work boots and work gloves.
- Preferably, you should also have a helmet, goggles, and a dust mask.
- It's also good to have tools, like a pocketknife, large crescent wrench, axe, shovel, pry bar, and broom.
- Sanitation items
- Extra clothes stored in water-proof bags.
- Consider developing a cache of shared supplies with your neighbors or in your building.
- Ideally, you should have an emergency kit at home, at work, and in your vehicle – you never know where you'll be when a disaster happens.