WINTER 2016

GET READY GORGE

HOOD RIVER COUNTY
FRUIT RECREATION INDUSTRY

GET READY GORGE

Be safe! Be Prepared!

Tips from Hood River County Emergency Management

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Thank you to our sponsors United Way of the Columbia Gorge and Providence Hood River.

Get READY, Gorge residents!

- **Get a Kit** of Emergency Supplies
- **Make a Plan** – to connect your family if separated
- **Stay informed** – watch for Hood River County Citizen Alerts and:

Tips:	**www.HoodRiverSheriff.com/events/get-ready-gorge**
Twitter:	@HRCEmergencyMgt
Opt-in for Citizen Alerts;	www.co.hood-river.or.us
Sheriff's Facebook:	www.Facebook.com/HoodRiverCountySheriff'sOffice

Winter Storms And Extreme Cold If your home loses power or heat for more than a few hours or if you do not have adequate supplies to stay warm in your home overnight, you may want to go to a designated public shelter if you can get there safely. See page 5 for power outage tips.

Learn From Every Storm Restock your emergency supplies to be ready in case another storm hits. Assess how well your supplies and family plan worked. What could you have done better?

This insert was prepared by Hood River County Emergency Management and Hood River News, with grants from: U. S. Department of Homeland Security, Federal Emergency Management Agency (FEMA,) Oregon Military Department, Office of Emergency Management, United Way of the Columbia Gorge and Providence Hood River Memorial Hospital.

EMERGENCY KIT CHECKLIST

- [ ] **Food,** at least a three-day supply of non-perishable food
- [ ] **Water,** one gallon of water per person and pet per day for at least three days, for drinking and sanitation
- [ ] **Radio,** battery-powered or hand crank with NOAA weather and tone alert
- [ ] **Flashlight, headlamp, extra batteries** for radio and lights
- [ ] **First aid kit**
- [ ] **Whistle** to signal for help
- [ ] **Dust mask** or cotton t-shirt to filter air
- [ ] **Moist towelettes, garbage bags, plastic ties** for personal sanitation
- [ ] **Wrench or pliers** to turn off utilities. Know where and how shut off valves.
- [ ] **Manual can and bottle openers, plates, utensils, paper towels**
- [ ] **Maps and documents -** insurance information, contact information, family emergency plan, etc.
- [ ] **Coats, shoes, clothing**
- [ ] **Unique family needs -** prescription medicines, glasses, infant formula, diapers, pet supplies including crates.

Get ready, Gorge!

We live in a beautiful and remote area with weather and natural hazards. Be prepared. Disasters and emergencies can happen at any time.

1. Get a Kit

of emergency supplies.

Be prepared to make it on your own for at least three days, it may be up to three weeks.

If possible, make two kits – a larger kit at home and a small kit for the car.

2. Make a Plan

for family emergencies.

Sit down together, plan and practice in advance. Your family may not be together when disaster strikes, so plan how you will communicate and meet up and where you will go. If you evacuate, take your emergency supply kit and pets, however public shelters may not allow pets inside.

Set up family meeting points where you can find each other and leave messages if you are separated. Power may be out and cell phones may not be working. Find out how schools and your employer will reach you if needed.

Have an out of state contact that all family members call. If you can't reach each other, it may be easier to make a long-distance call than to call locally. Be sure everyone knows the number and has coins or a prepaid phone card.

3. Stay informed.

Get Hood River County Citizen Alerts:

www.HoodRiverSheriff.com/events/emergency-alerts

Winter Storms and Extreme Cold

Winter storms can range from moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, ice, sleet and freezing rain.

One of the primary concerns is the winter weather's ability to knock out heat, power and communication services to your home or office, sometimes for days at a time. Heavy snowfall and extreme cold can immobilize an entire region.

The National Weather Service refers to winter storms as the “Deceptive Killers” because most deaths are indirectly related to the storm. Instead, people die in traffic accidents on icy roads and of hypothermia from prolonged exposure to cold. It is important to be prepared for winter weather before it strikes.

Before Winter Storms And Extreme Cold

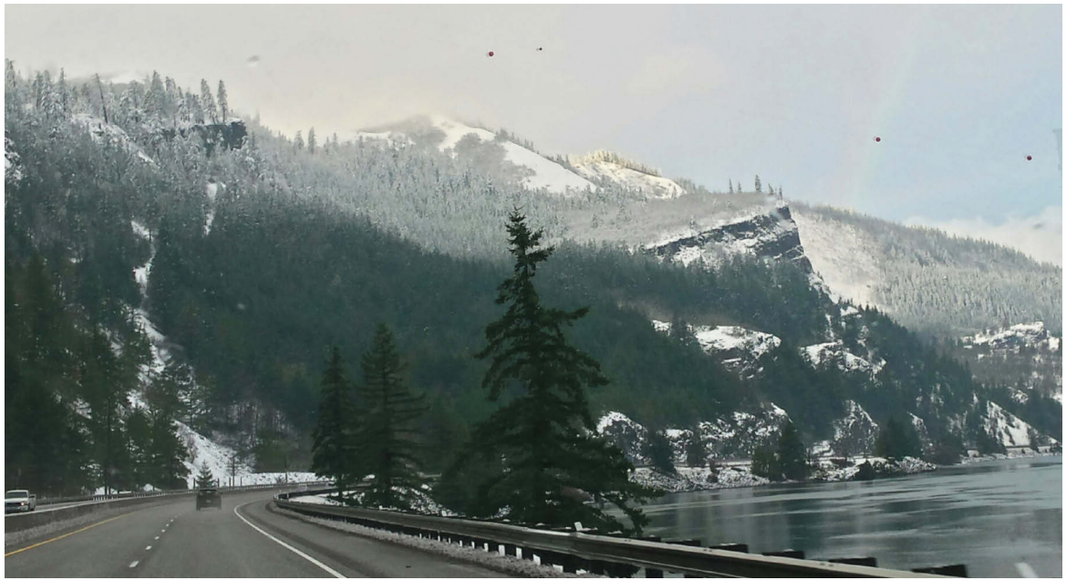
To prepare for a winter storm you should do the following:

Add the following supplies to your emergency kit —

- **Rock salt.** Use environmentally safe products to melt ice on walkways.
- **Sand to improve traction.**
- **Snow shovels and other snow removal equipment.**
- **Sufficient heating fuel.** You may become isolated in your home and regular fuel sources may be cut off. Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.

  Have adequate clothing and blankets to keep you warm.
- **Make a Communications Plan.** Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.

  A NOAA Weather Radio broadcasts alerts and warnings directly from the NWS for all hazards. You may also sign up in advance to receive notifications from your local emergency services.
- **Sign up for Hood River County Citizen Alerts** www.co.hood-river.or.us
- **Minimize travel.** If travel is necessary, keep a disaster supplies kit in your vehicle.
- **Bring pets/companion animals inside during winter weather.** Move livestock to sheltered areas with non-frozen drinking water.



Winterize Your Home

Winterize your home to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows.

Winterize your house, barn, shed or any other structure that may provide shelter for your family, neighbors, livestock or equipment. Clear rain gutters; repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm.

Maintain heating equipment and chimneys by having them cleaned and inspected every year.

Insulate pipes (with insulation or newspapers and plastic) and allow faucets to drip a little during cold weather to avoid freezing. Running water, even at a trickle, helps prevent pipes from freezing.

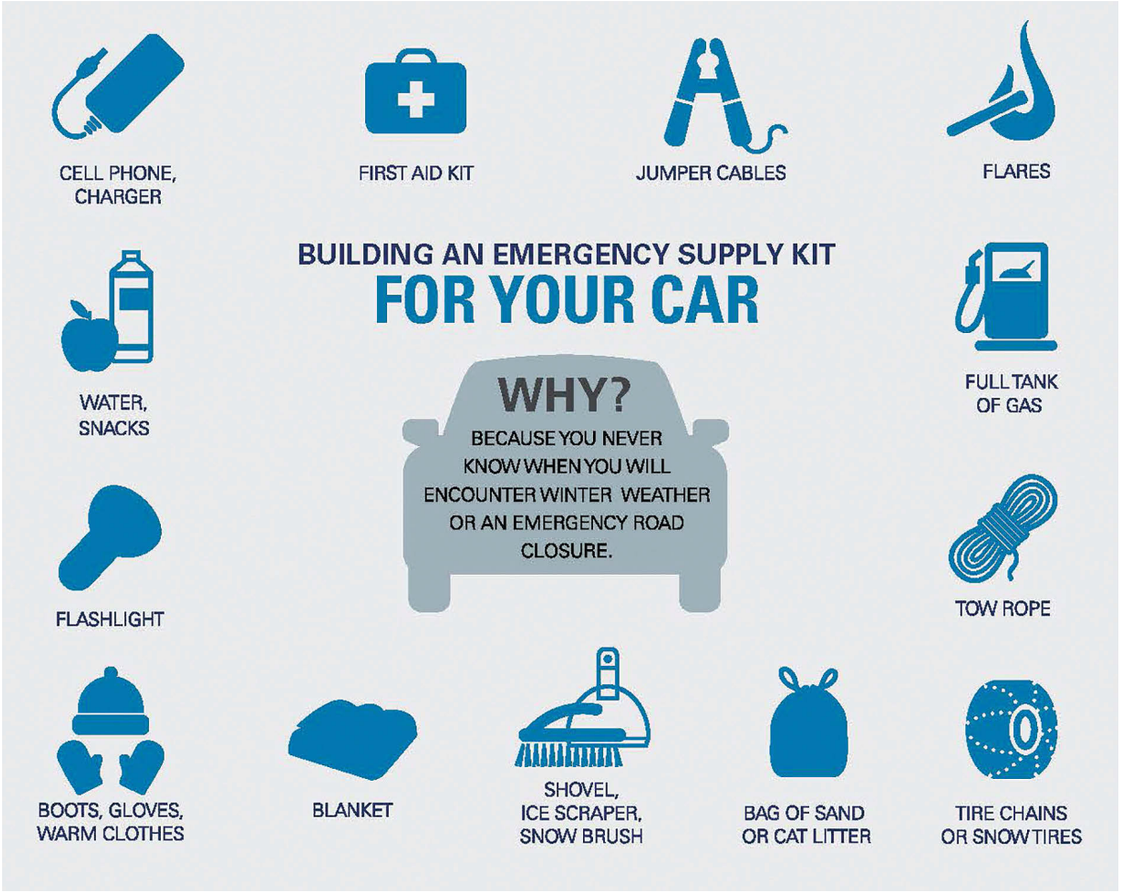
All fuel-burning equipment should be vented to the outside and kept clear.

Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them. House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.

Learn how to shut off water valves (in case a pipe bursts).

Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.

Hire a contractor to check the structural ability of the roof to sustain unusually heavy weight from the accumulation of snow - or water, if drains on flat roofs get plugged.



Power Outage Tips

Before A Power Outage

- Check flashlight and radio batteries
- Charge mobile devices
- Add warm clothes and blankets to emergency kit
- Keep gas tank full
- Take cash out (ATM's may not work)

During A Power Outage: Safety Tips

- Follow directions from local officials
- Conserve energy
- Go to community warming shelters; and check on neighbors, family, seniors and homeless
- Only use generators in open areas away from windows and home to prevent carbon monoxide poisoning

After A Power Outage

- Throw out unsafe food

What are Top Gorge Natural Hazards?

- **Severe Weather**
- **Drought**
- **Wildfire**
- **Flood**
- **Landslide**
- **Earthquake**

Source: Hood River County Natural Hazards Mitigation plan.

FLOODS

Basic Safety Tips

Turn Around, Don't Drown! ®

Avoid walking or driving through flood waters. Just 6 inches of moving water can knock you down, and 2 feet of water can sweep your vehicle away.

If there is a chance of flash flooding, move immediately to higher ground. Flash floods are the #1 cause of weather-related deaths in the US.

If floodwaters rise around your car but the water is not moving, abandon the car and move to higher ground. Do not leave the car and enter moving water.

Avoid camping or parking along streams, rivers, and creeks during heavy rainfall. These areas can flood quickly and with little warning.

LANDSLIDES

Landslides occur across the Pacific Northwest and can be caused by heavy rainfall, fire, earthquakes, storms, volcanic eruptions and human modification of land. They occur quickly, and the best way to prepare is to look for changes that a landslide is likely to occur.

LANDSLIDE – Warning Signs

- Look for collapsed pavement, embankments, mud, fallen rocks, and other debris while driving - roadsides are particularly susceptible.
- Landscape changes such as storm-water drainage on slopes (especially where runoff converges) land movement, small slides, or progressively leaning trees.
- House doors or windows stick or jam for the first time.
- New cracks appear in plaster, tile, brick, or foundations.
- Outside walls, walks, or stairs begin pulling away from the building.
- Slowly developing, widening cracks appear on the ground or on paved areas.
- Underground utility lines break.
- Bulging ground appears at the base of a slope.
- Water breaks through the ground in new locations.
- Fences, retaining walls, utility poles, or trees tilt or move.
- Unusual sounds, such as trees cracking, boulders knocking together, or rumbling debris.

Earthquakes

"When, not if, the magnitude-9.0 quake strikes – let alone an accompanying tsunami, Oregon will face the greatest challenge in its history" – the Oregon Earthquake Commission predicts.

Oregon State Office of Emergency Management, OSU and USGS geologists agree, we are overdue for a massive magnitude 8.0 to 9.0 cascadia subduction earthquake along the Oregon coast, impacting the I-5 corridor from Northern California to Canada. Although we are further inland, Hood River is not immune – our own impacts would be significant.

Geologists calculate the odds of the "Big One" occurring in the next 50 years at roughly one in three. Forty-five years ago, no one even knew this earthquake risk existed.

Let's get prepared for the "Big One" and we'll be ready for smaller disasters that come our way – like power outages, winter storms, landslides and wildfire.

Before An Earthquake

- Look around - Identify safe places such as under a sturdy piece of furniture or against an interior wall at home, office or school so that when the shaking starts, you DROP to the ground there, COVER your head and neck, and if a safer place is nearby, crawl to it and HOLD ON.
- Practice "Drop, Cover, and Hold On!"
- Secure items that could fall and cause injuries.
- Build a family emergency kit.
- Plan and practice how you will find and communicate with family members who may be separated. Don't count on power or cell phone service.
- Unreinforced masonry, common in Hood River historic buildings, is particularly vulnerable to earthquakes, so are older homes that were built before modern earthquake building codes. Is your home or business earthquake resistant?

During An Earthquake

If you are inside a building:

DROP, COVER AND HOLD ON

Do not run outside or stand in a doorway – you will not be protected from falling objects.

DROP onto your hands and knees.

COVER your head and neck with your arms to protect yourself from falling debris.

Crawl under a sturdy desk or table. HOLD ON until the shaking stops.

Stay away from glass, windows, outside doors and walls, (anything that can fall).

Be prepared for aftershocks.

If you are in bed:

Stay there and cover your head and neck with a pillow. At night, hazards are difficult to see; attempts to move in the dark injure more people than remaining in bed.

If you are outside:

Move away from buildings, streetlights, and utility wires. Once in the open, "Drop, Cover, and Hold On." Stay there until the shaking stops. This might not be possible in a city, so you may need to duck inside a building to avoid falling debris.

If you are in a moving vehicle:

Stop as quickly and safely as possible and stay in the vehicle. Avoid buildings, trees, overpasses, and utility wires. Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps. Stay in your car if there are downed power lines.

After An Earthquake

- If trapped, do not move about or kick up dust. If you have a cell phone, call or text for help. Tap on a pipe or wall or use a whistle, so that rescuers can find you.
- Monitor local news reports via battery operated radio, social media, and cell phone text alerts for emergency information and instructions.

Sign up now for Hood River County

Citizen Alerts

If we can't **reach** you, we can't **alert** you.

Visit: www.co.hood-river.or.us

Fire. Road closures. Gas leaks. Evacuation. Find out about county/city wide emergencies and disasters.

All Hood River City and County public safety agencies, 911 and fire agencies use one county wide Citizen Alert system for urgent notifications.

You will receive messages via phone, text or email, wherever you specify, such as your cell phone, business phone or email. We can't send messages to your cell or email without your opt in - we can only send alerts to your landline at this time.

Sign up today! We can personalize messages by neighborhoods, like we did for evacuation notices during the recent Indian Creek fire.