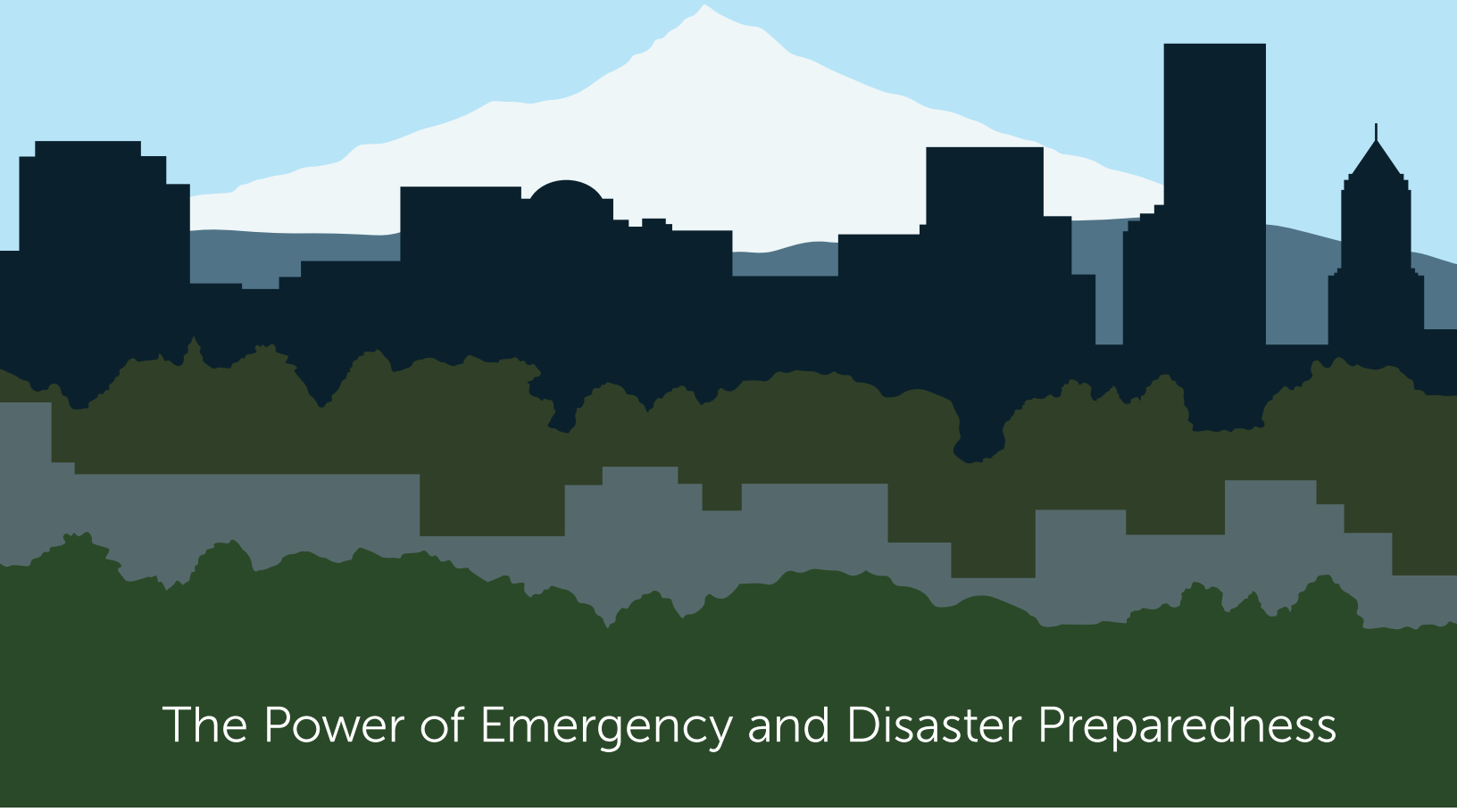
Community Resilience WORKBOOK



The Power of Emergency and Disaster Preparedness

APANO
Asian Pacific American Network of Oregon

LatinoNetwork

VOZ WORKERS' RIGHTS EDUCATION PROJECT

READINESS. RESPONSE. RECOVERY.
PBEM
PORTLAND BUREAU OF EMERGENCY MANAGEMENT

CITY OF PORTLAND, OREGON
1851

About the authors

This workbook grew out of collaboration between the Portland Bureau of Emergency Management (PBEM) and three community-based organizations, the Asian Pacific American Network of Oregon (APANO), Latino Network, and Voz Workers' Rights Education Project (Voz). For more information on how to connect with us, please see the Resources section at the end of the workbook.

Acknowledgments

Latino Network, APANO, and Voz gratefully acknowledge PBEM for the generous support that made this project possible. Their commitment to promoting community readiness, coordinated responses, and building resilience in a growing and diverse Portland are exemplified in this workbook. We would also like to acknowledge and express our deepest gratitude for the diverse communities who made this workbook possible, including immigrants, day laborers, youth and young adults of immigrant families, multigenerational households, families of mixed immigration status, and the multitude of other diverse identities and experiences that each community member embodied that informed their contributions throughout the development of this text.

Background

This project grew out of a need for culturally competent emergency preparedness materials. Our organizations turned to our communities—immigrants from Asia and Latin America—to listen to their experiences, needs, and concerns. The content and design are based on their contributions, combined with the expertise from PBEM. This workbook has been designed for use in workshop settings in communities from diverse cultural backgrounds. We hope that it meets your community's needs and helps you to build community resilience.

Contents

Introduction 1

Preparing for an Emergency 2

Step 1: Identify hazards and safer spaces 2

Potential hazards worksheet 3

Step 2: Create a disaster preparedness plan 4

Create a family communication and reunification plan 4

Communication plan 5

Important Information 6

Helping children prepare 8

Preparing for people with disabilities 9

Visually impaired 9

Hearing impaired 9

Preparing for companion/service animals 9

Step 3: Important documents 10

Important household documents checklist 10

Step 4: Preparing disaster supply kits 11

Water 11

Food 12

Other items for your emergency kit 12

Emergency foods list 13

Step 5: Car 14

Step 6: Emergency toilets 15

Step 7: Get your neighbors and community members involved 16

Neighborhood skills and equipment inventory 16

What to Do During a Disaster **17**

Earthquake 18

Indoors 18

Outdoors 19

After the earthquake 20

Residential fire 21

Fire 22

Winter storms 23

Excessive heat 24

Flood 25

Community Resources Directory and Contacts **26**

Resources from the Portland Bureau of Emergency Management 26

Resources from community based organizations 26

Know your rights 27

LISTOS 27

Mental health first aid 27

Basic Earthquake Emergency Communications Node (BEECN) map 28

References 30

Pocket Prep 31

Introduction

The Power of Preparedness

Everyone can get ready for a disaster. It does not need to take a lot of time or money. This workbook explains how to prepare for, survive, and recover from emergencies and disasters.

Taking action today can help save lives during an emergency, reduce injuries, and minimize damage. Being informed and planning ahead will also help you be more mentally prepared to manage difficult events. By getting prepared, you can help not just yourself, but also your family, friends, neighborhood, and community.

Disasters happen without warning. It is important to get prepared before an emergency, when you are calm and can think clearly. Before a disaster strikes ask yourself these questions:

- How will I contact my loved ones if we are separated during a disaster?
- Do I have an emergency kit to survive on for a few days or weeks before help arrives?
- Do I know what to do during and after a disaster?

This workbook will help you answer these questions and get started.

Preparing for an Emergency

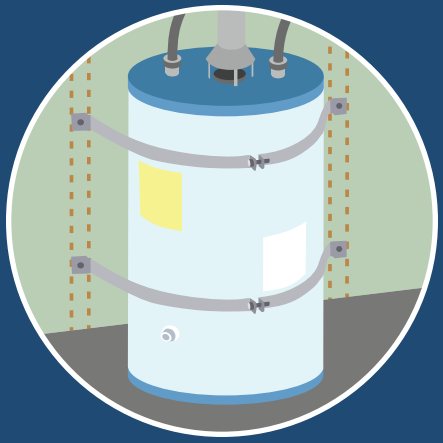
Emergency preparedness starts with safety. As you go through the day, think about how you and people you care about can stay safe if a disaster happens.

Step 1: Identify hazards and safer spaces

Know potential hazards near where you live, work, or play. The Willamette River, Columbia River, and Johnson Creek can flood. A fire could happen in a park or in your home or workplace. An earthquake could affect the entire City. Take a home safety assessment. Here are examples of things you can do to increase safety:

- Store heavy objects on low shelves so they won't fall far.
- Place your bed away from windows or items that may fall.
- Know the location of your main electrical switch so you can turn power off.
- Keep a wrench or turn-off tool in waterproof wrap near the gas meter.

Install strong latches on kitchen cabinets so things won't fall out in an earthquake.



Attach your water heater with metal straps to the wall studs.

Hang mirrors and pictures on closed hooks so they won't come off the wall easily.

Potential Hazards Worksheet

In my home

Near my home

Work

School

Surrounding area

Step 2: Create a disaster preparedness plan

Creating a disaster preparedness plan will help you know what to do during a disaster and how to get in touch with people you care about afterwards. Make sure everyone in your family knows this plan. Practice it so everyone is familiar with it. This will help everyone feel calm and ready to respond with ease, regardless of where people are when a disaster occurs (i.e., school, work, grocery store, home).

This plan should fit your needs. Many of us have mobility, medical, transportation or other kinds of additional needs. Think about what you'll need to know in an emergency. If that information doesn't fit in the form to the right, make your own document.

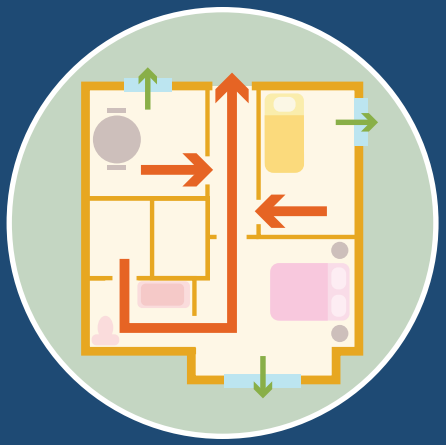
Create a family communication and reunification plan

- Write down the phone numbers of each key contact or emergency contact and make copies for everyone to carry with them.
- Establish an out-of-state or out-of-country contact for everyone to check in with after a disaster. Long distance calls may be easier than local calls if local phone lines are down or jammed.
- If you have children, put a laminated copy of your contact list in their backpack.

Choose meeting places that are outside your home or shelter. Pick a spot in your neighborhood and a spot outside your neighborhood.

In an emergency, try texting. Texts often have an easier time getting through. Texting also keeps phone lines open for 911 emergencies.

You can also send texts to 911 in case you are unable to make a call.



Decide on the safest escape routes from your home, workplace and school including two ways out of each room. Practice using these drills where you live.

Communication Plan

You can customize your plan on a separate piece of paper. This form is a guide.

Contacts

Home

Cell

Work

Parent

Cell

Work

Parent

Cell

Work

Sibling

Cell

Sibling

Cell

Adult

Home

Cell

Neighbor

Home

Cell

Neighbor

Home

Cell

Out of state friend/relative

Home

Cell

House of faith

Phone

Important Information

Work Information

Workplace

Address

Phone

Facebook

Twitter

Evacuation location

School Information

School

Address

Phone

Facebook

Twitter

Evacuation location

Insurance Information

Medical insurance

Phone

Policy number

Homeowners/rental insurance

Phone

Policy number

Meeting Places

Neighborhood meeting place

Outside your neighborhood

Pet Information

Name

ID/microchip number

Medical Contacts

Dentist

Phone

Doctor

Phone

Medications/purpose

Allergies

Doctor

Phone

Medications/purpose

Allergies

Pediatrician

Phone

Medications/purpose

Allergies

Specialist

Phone

Medications/purpose

Allergies

Specialist

Phone

Medications/purpose

Allergies

Pharmacist

Phone

Veterinarian/kennel

Phone

Medications/purpose

Allergies

Helping children prepare

If you live with children, include them in the conversation and planning process. For example:

- Have age-appropriate conversations about emergencies that could affect your family.
- Make sure kids know the family meeting location.
- Insert an index card with important contacts in your child's backpack or wallet in case they need help reaching you.
- Have a plan who will pick up your children from school or childcare in case you are unable to get there on time.
- Ask your children's school or daycare about their emergency and evacuation plans.

Make sure kids know how and when to call 911.

Make sure kids know what smoke and carbon monoxide alarms sound like.

Have kids memorize family names, home address and phone numbers.

Preparing for people with disabilities

People with disabilities may need to take additional steps to prepare for disasters.

- Think about what you may need to meet your individual needs in different types of emergencies.
- If you are mobility-impaired, plan several accessible routes to get to your meeting places.
- If you depend on power for medical equipment, plan for power outages – have a backup battery power source.
- If you depend on daily medications, talk to your medical provider about an emergency supply of medicine.
- If you can, store back-up equipment, such as a manual wheelchair, at your neighbor's house, school or workplace.
- Consider getting a medical alert system to call for help.

Visually impaired

You may need to guide sighted people in helping you when electricity is out.

- Plan to make noise and alert other people for help if your surroundings are unsafe or you feel trapped.
- Keep a whistle by your bed and in your "grab and go" bag.

Hearing impaired

You may want to:

- Have a flashlight, pad and pencil by your bed and in your "grab and go" bag.
- Ahead of time, ask someone who lives nearby to share emergency information to you as it comes over the radio.
- Let neighbors know that you cannot hear evacuation alerts, so that they can assist you.
- Register for text alerts at publicalerts.org.
- Have a backup battery power source for your phone so you can get texts.
- Consider purchasing a bed shaker smoke alarm.

Preparing for companion/ service animals

Have at least a 3-day food and water supply. Try for two weeks if you can. Along with food, keep:

- Blankets/towels.
- Leash, harness.
- Litter pan, plastic bags, and scooper.
- Pet carrier for easy transportation.
- ID tags and microchip numbers.
- Have a photo of you with your pet in case you are separated and need to establish that you are the owner.

Step 3: Important documents

Keep your important documents in a safe place and take them with you during an evacuation. This is a sample list:

- Immigration paperwork, such as work permits, visas, matriculas, and other important documents.
- Birth certificates, marriage certificates, passports, and immigration documents (see the Know Your Rights section at the end of this workbook for info on immigrant rights).
- Recent family photos.
- Insurance policies.
- Family communication plan.
- Property records, such as proof of address, deed or lease documents.
- Medical information like: medical records, prescription information, doctors contacts, and health insurance.
- Financial records like: recent tax return, paycheck stub, stocks, and bonds.
- Make copies of these documents and store them in fire-and waterproof safes.
- Store documents electronically by taking photos of them and storing them on a thumb drive or in the cloud—or just email them to yourself and a trusted friend living outside the region.

Important Household Documents Checklist

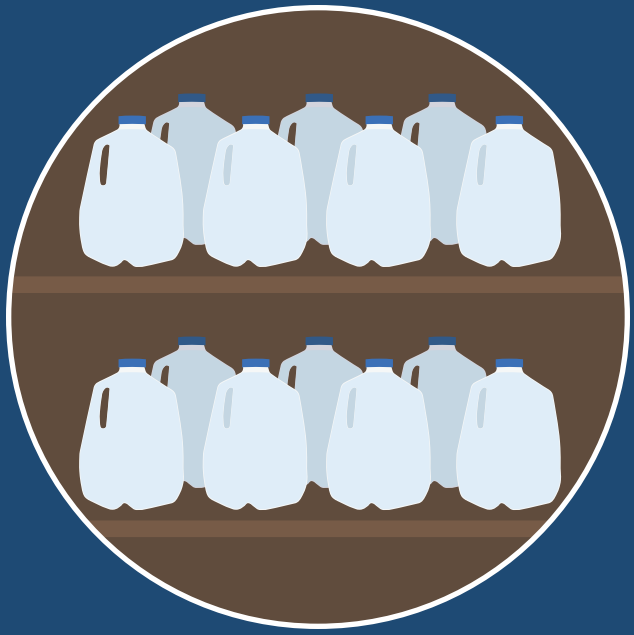
Documents to have	Copies	Stored safely	
☐	☐	☐	**Vital records** Photo identification for all family members, pets, and service animals; passports; birth certificates
☐	☐	☐	**Insurance policies**
☐	☐	☐	**Family emergency plan**
☐	☐	☐	**Family communication plan**
☐	☐	☐	**Property records** Proof of address; deed or lease to home
☐	☐	☐	**Medical information** Medical records, prescription information
☐	☐	☐	**Financial records** Federal and state tax returns, stocks and bonds
☐	☐	☐	**Others** Recent photographs

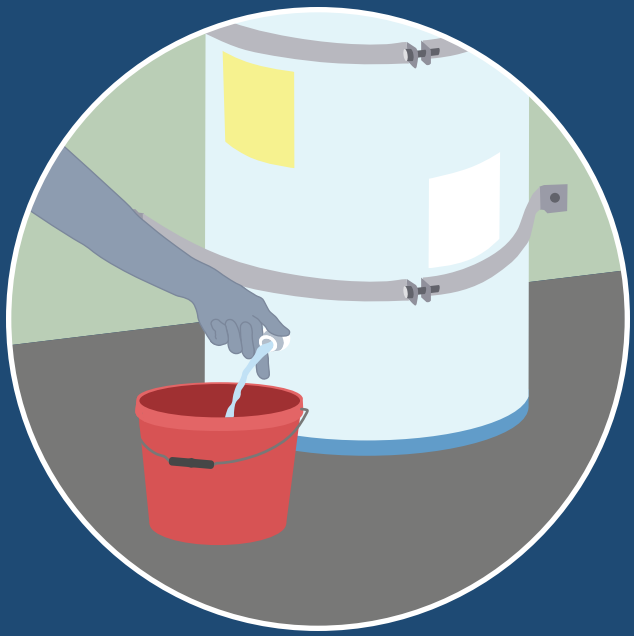
Step 4: Preparing disaster supply kits

Your kit will help you to get through the first few days after a disaster. You can get these items over time. If you can store two weeks of supplies, that is best. But even a few days can be a big help. Store the kit someplace you will be able to get to in an emergency, even if your home is damaged.

Water

- Store one gallon of water per person, per day for 14 days (that's 14 gallons per person).
- Use bottled water (follow the "best by" dates on the bottle) or tap water in clean plastic containers (ideally, replace every six months).
- Store water bottles in a cool and dark place.
- Do not store water in juice or milk containers because they may contain bacteria.
- If you need to purify water, boil it for at least three minutes, or add 16 drops of unscented liquid bleach to one gallon of water. Stir and let it stand for 30 minutes before using.
- You DO need to purify rainwater.
- Learn how to remove water from your water heater. Turn off the gas or electricity to the tank before using the water for an emergency.





Food

- Select foods that require no refrigeration and little preparation. When water is limited, save water for drinking and avoid using water for cooking.
- Select food with low sodium to help keep thirst down and preserve water.
- Make sure you select foods that meet your dietary needs and tastes.
- Get nutritious food that your family will enjoy.
- Keep food in dry and cool environment.
- Mark your calendar and check your food every six months. Eat anything that's nearing expiration, and then replace it.
- Suggested food items:
  - Ready-to-eat canned meats, fruits and vegetables.
  - Canned juices, milk and soup.
  - High-energy foods such as peanut butter, jelly, crackers, granola bars.
  - Vitamins, infant food, and food for special diets.
  - Staples like sugar, salt, and pepper.

Other items for your emergency kit

(see detailed shopping list at ***www.PublicAlerts.org***)

- First aid kit
- Blankets
- Flashlights
- Extra batteries
- Cash (small bills)
- Fire extinguisher
- Trash bags
- Required medication
- Sturdy shoes for each person
- Can opener
- Diapers, baby formula
- Hygiene products
- Warm clothes
- Knife

Emergency Foods List

Make a list of emergency foods you or your family will enjoy.

Emergency Foods List	

Step 5: Car

Always have a half tank of gas in your car.

Have an emergency car kit that includes water, food, extra clothes, phone chargers, sanitation supplies, and jumper cables.

Step 6: Emergency Toilets

After a strong earthquake you may need to live without a working toilet for weeks or months. Disease is spread when human waste ("poo") is not handled and stored safely. See below on how to prepare a two-bucket toilet system.

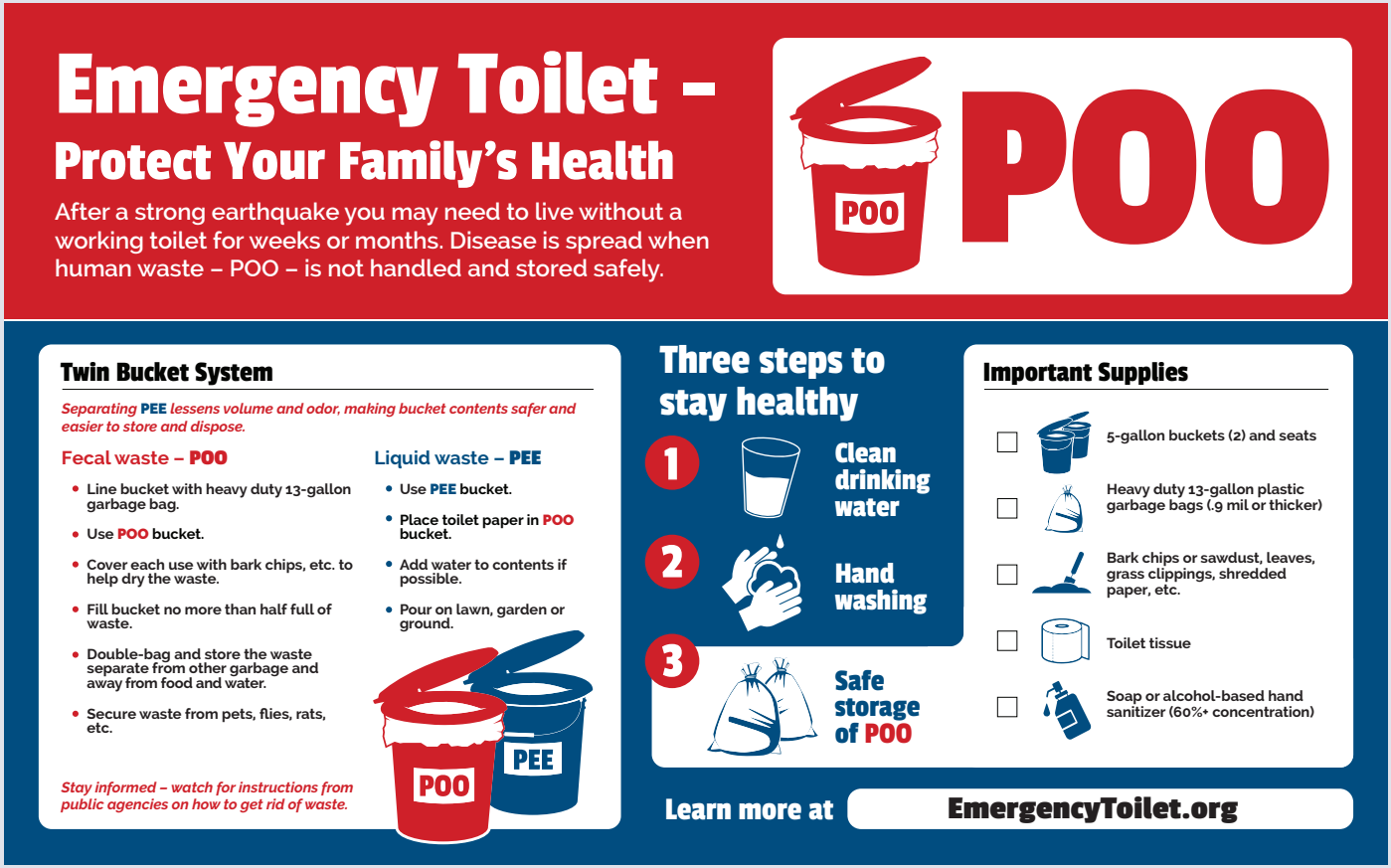


Image credit: Regional Disaster Preparedness Organization (RPDO)
www.emergencytoilet.org

Step 7: Get your neighbors and community members involved

Our communities have survived disasters large and small thanks to neighbors, community members, friends, families, and strangers coming together to help each other. During a disaster, rescuers like firefighters may not be able to respond immediately. Most people will be helped by friends and neighbors. It is important to know the people who are near where you live and work, and to know how you could support each other during a disaster. Everyone has something to contribute.

Want to start the conversation in your neighborhood? Take extra copies of this workbook to give to your neighbors.

Neighborhood Skills and Equipment Inventory

Who *knows* what? Who *has* what? Who *can do* what?

Write the names of neighbors with these skills/knowledge and equipment/supplies:

Skills/knowledge		
First aid skills	**Crisis counseling skills**	**Emergency response skills**
Child care skills	**Plumber skills**	**Coordinating/organizing skills**
Elder care skills	**Carpenter skills**	**Language skills**
Search and rescue skills	**Electrician skills**	

Equipment/supplies		
First aid supplies	**Fire extinguisher**	**Ladder**
Tents/spare bedding	**Camp stove**	**Crow bar**
Chain saw	**Walkie-talkie**	**Strong rope**
Generator	**NOAA weather radio**	

What to do during a disaster

People in Oregon should learn about and prepare for different types of disasters including: winter storms, earthquakes, wildfires, floods and heat waves. A tsunami on the Oregon coast would NOT reach Portland.

Earthquake

In Portland we don't get a *lot* of earthquakes, but a big earthquake can happen—someday it will. It will cause strong ground shaking lasting for up to five minutes. It is important to know what to do during an earthquake and how to keep your loved ones safe.

Indoors

In an earthquake, do the following:

DROP, COVER, and HOLD ON.

- Drop down to the floor and take cover under a sturdy desk, table, or other furniture
- Hold on to the table or desk. Hold on until the ground stops shaking.
- If there is no table or desk nearby, sit on the floor against an inside wall, away from windows and tall furniture.
- Protect your head and neck with your arms.
- Stay indoors until the shaking stops and it is safe to exit.

In bed:

- If you are in bed, stay there, curl up, and hold on. Cover your head with a pillow.

If you are in wheelchair:

- Stay in it. Move next to an interior wall if you can. Lock your wheels and cover your head with your arms.

In the kitchen:

- Move away from the refrigerator, stove, and overhead cupboards. Then drop, cover, and hold on.

In a multistory building:

- Drop, cover and hold on.
- **Do not use elevators.** Be aware that fire alarms and water sprinklers may go off even if there is no fire.

Theater or stadium:

- Get on the floor between the rows and cover your head with your arms.
- Do not try to leave until the shaking stops. Stay calm and exit the building when the shaking stops.

A big earthquake will always have aftershocks (small and medium earthquakes that follow it). So after the ground stops shaking, go outside. Stay away from old buildings, any building that seems damaged, or anything else that could fall on you in an aftershock.

Outdoors

If you live outdoors, be aware of your surroundings and objects or structures that can fall on you. For example, bridges, buildings, and other hazards.

If you are outside:

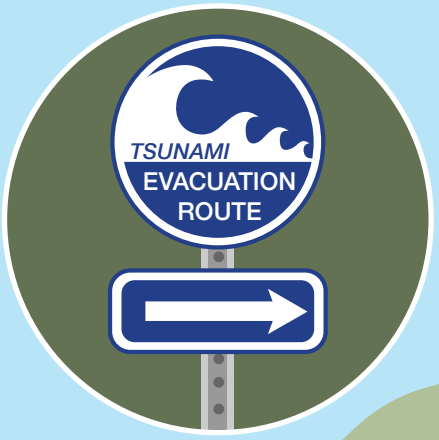
- Move to a clear area away from buildings, power lines, signs, trees, vehicles, and other hazards.

If you are at the beach:

- Move to higher ground immediately and follow tsunami evacuation signs.

If you are driving:

- Pull over to a clear location and stop.
- Avoid bridges, overpasses, and power lines.
- Stay in the car until the shaking stops.
- If a power line falls on your vehicle, do not get out. Wait for assistance.



In mountains or in the Columbia Gorge:

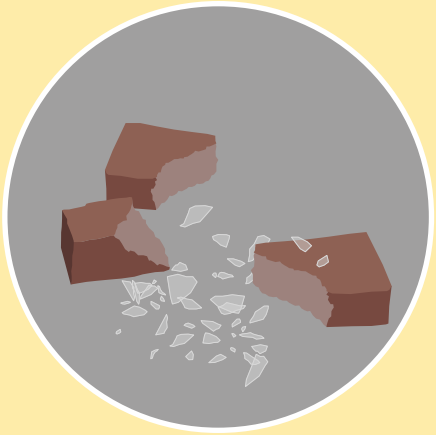
- Avoid unstable slopes or cliffs and watch for falling rock and debris.

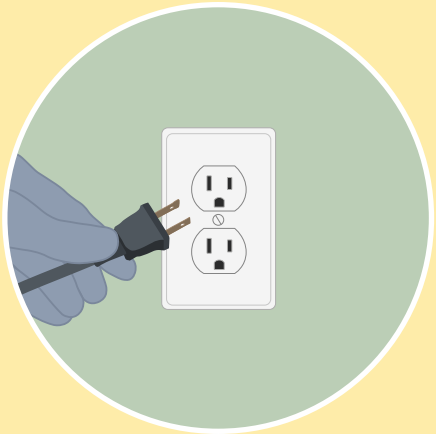
After the Earthquake:

- Expect aftershocks. Each time you feel an aftershock, drop, cover, and hold on.
- Check yourself for injuries and get first aid if necessary before helping others.
- There may be a lot of broken glass and debris. Protect your head, feet, and hands.
- Check the natural gas or propane at your house. Shut it off if smells like gas (rotten eggs).
- Shut off water at the curbside to trap the clean water that's in your pipes and keep pollutants out.
- Get everyone out of your home.
- Watch for fallen power lines or broken gas lines; stay out of damaged areas.
- Text your contacts to let them know you are safe.
- Check on your neighbors.
- If you are trapped in the house, use your whistle or bang something to call for help.

Other potential hazards:

- If you smell a gas leak, shut off the main gas valve if you can. Go outside and wait for the gas smell to go away. Call the utility company to turn gas back on.
- Shut off power at the breaker box if electrical wiring is damaged. Leave the power off until damage is repaired.
- Unplug broken lights and appliances. They can cause fires when power is turned back on.
- Stay away from chimneys and walls made of brick. They could topple during an aftershock.

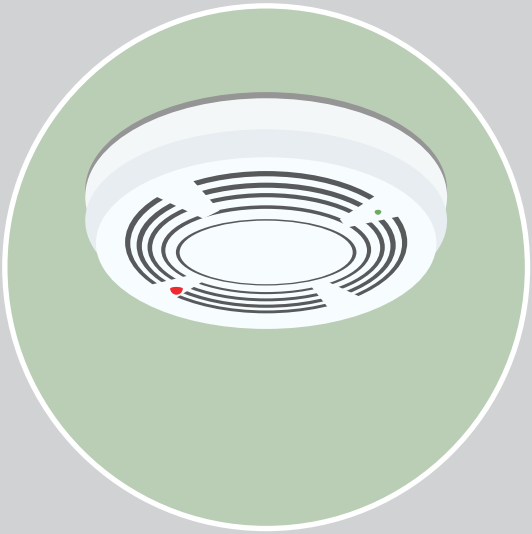




Residential fire

About 65 percent of house fire deaths occur in homes with no working fire alarms. Here is how you can prevent a house fire.

- Make sure your home has a working smoke detector in every sleeping room and one on every level of the home.
- Practice your fire escape routes with everyone in your family, including children.
- Change smoke alarm batteries every six months.
- Do not overload electrical outlets.
- Keep flammable items like cloth or paper away from heat sources.
- Make sure to turn off the stove before leaving the kitchen.



During a fire:

- If a fire starts in a pot or pan, cover the pot with a lid and remove the pot from the heat.
- Do not pour water on a stovetop fire. It could make it worse.
- To evacuate from a fire, stay low to avoid smoke. Get out as fast as you can.
- Call 911 for help.
- If you are unable to get out, close the door and cover vents and cracks around the door until help arrives.

After a fire:

- If you have injuries, get treated by medical professionals.
- Wash small wounds with soap and water.
- Stay calm so you can help other people who need help.
- Check with the fire department before entering your home to make sure it is safe.

Fire

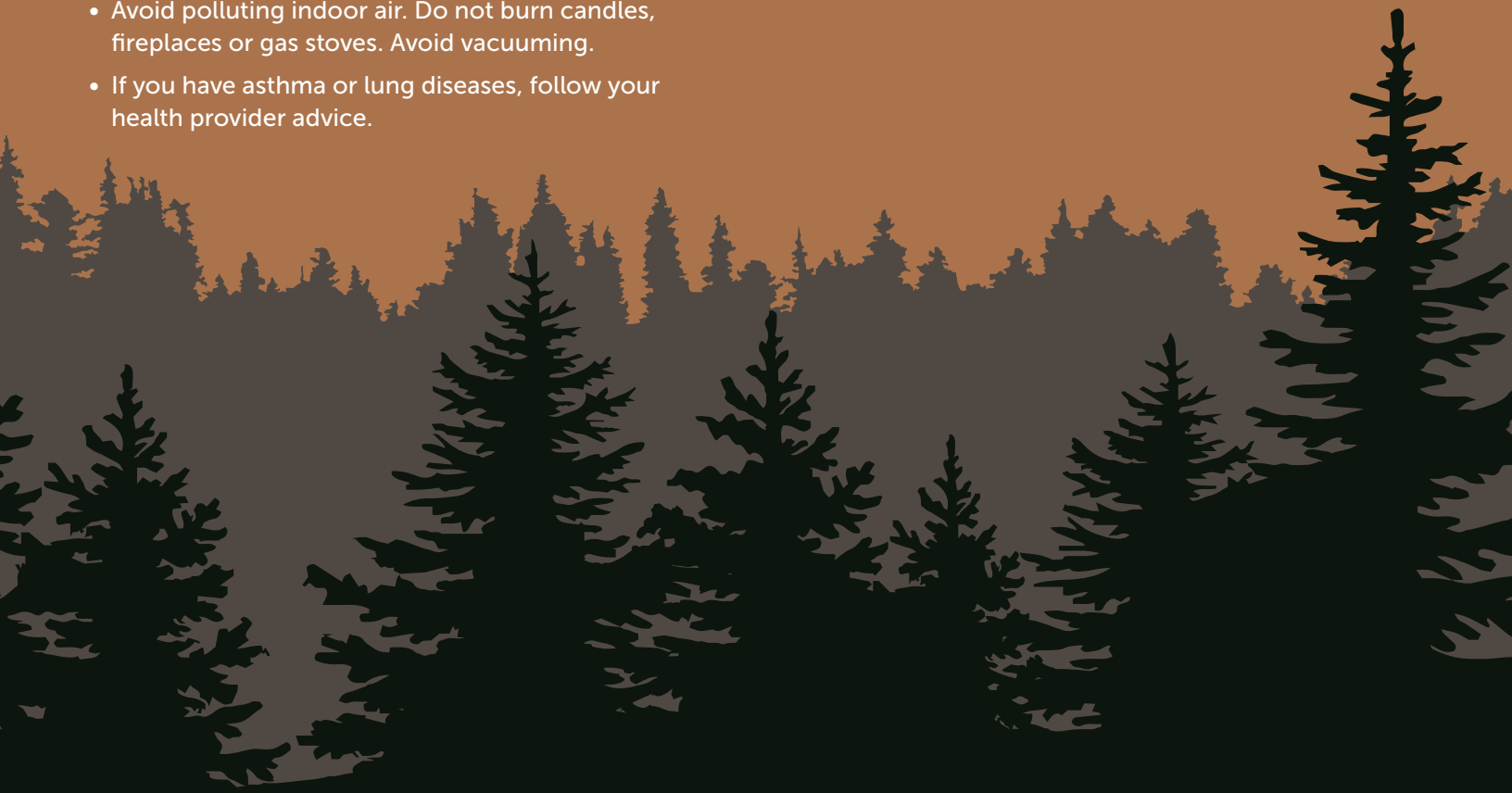
People who live near a natural area are at risk of wildfire. Wildfire risk is mostly in the summer when weather is dry for a long time. People who live near factories are at risk of a hazardous material leak or fire. This can happen anytime.

During a fire:

- Be ready to leave when authorities issue an evacuation notice.
- Listen to local radios and television stations for updated information.
- Listen and watch for air quality reports about health warnings.
- Close windows and doors to keep indoor air clean.
- Avoid polluting indoor air. Do not burn candles, fireplaces or gas stoves. Avoid vacuuming.
- If you have asthma or lung diseases, follow your health provider advice.

After a fire:

- Inform your family and friends that you are safe.
- Do not enter your home until officials say it's safe.
- Avoid damaged or fallen power lines, poles, and wires.



Winter storms

Doing the following will help you stay warm and safe:

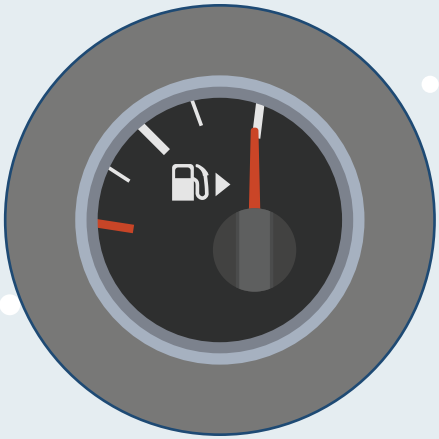
- Listen to weather reports on a local news station, so a storm does not surprise you.
- Keep your vehicle's gas tank at full. It will keep the fuel line from freezing.
- Cover your house windows with plastic from the inside to keep cold air out.
- If you plan to be away during cold weather, leave the heat on in your home set to no lower than 55 degrees F, or your pipes could freeze.
- If you don't have a home, go to shelters. Call 211 for open shelters in your area.

During winter storms:

- Keep warm! Stay inside if you do not have warm gear.
- Wear warm clothes, gloves, and hat when you go out.
- Go to a warming shelter if your home loses power during extreme cold weather. Call 211 for help.
- Do not drive if you do not have to! Take transit or stay home.
- Keep a disaster kit in your car if you must drive in a storm. Include a blanket and handwarmers in case you get stuck out on the road.

After winter storm:

- Let your family and friends know that you are safe.
- Clear your sidewalk, if you can. This keeps you safe from falls, and it helps your neighbors—especially people who are less mobile.
- Refill your supply kit if you use it during the storm.



Excessive heat

During hot weather, stay hydrated and in a cool environment. Children and elderly are more sensitive to heat and dehydration than adults. The Multnomah County website has information on cooling centers such as libraries, day centers, and places to play in the water. Also, you can call 211 to get information on open cooling centers in your neighborhood.

Tips to keep everyone cool:

- Drink lots of water, even if you are not thirsty.
- Stay in cool places when possible.
- Avoid using the oven and stove.
- Wear light, loose fitting clothing.
- Avoid being outside during the hottest part of the day, which is usually between 12–4pm.

Heat Exhaustion

Symptoms:

- Heavy sweating
- Extreme weakness
- Dizziness
- Nausea, vomiting
- Rapid heartbeat
- Shallow breathing

What to do:

- Remove excess clothing.
- Rest in a cool area.
- Take a cool shower, bath, or sponge bath.
- Drink plenty of water.

Heat Stroke

Symptoms:

- Confusion
- Rapid pulse
- Seizures
- Loss of consciousness
- Body temperature of 103° or higher
- Hot, dry skin or profuse sweating

What to do:

Call 911. Heat stroke is an emergency. While you wait for help, move to an air-conditioned space, and cool down with cold towels and ice.

Flood

Flood waters only a half foot deep can be strong enough to sweep a person off their feet.

- Check if you live in a floodplain. You can find out at ***www.portlandmaps.com***.
- If you live in flood-prone area, consider purchasing flood insurance.

During a flood:

- When a flood warning is issued in your area, go to higher ground.
- Stay away from floodwaters. Floodwater is essentially raw sewage which could be contaminated with harmful germs.
- If you are driving, turn around and go another way.
- Keep children away from floodwaters.

After a flood:

- Let friends and family know that you are safe.
- Do not enter your home until officials say it's safe to do so.

Community resources directory and contacts

The Portland Bureau of Emergency Management and community based organizations offer several free resources to the community.

Resources from the Portland Bureau of Emergency Management

Free emergency preparedness trainings: If you are interested in emergency preparedness trainings, please contact us at ***PBEMinfo@portlandoregon.gov*** or at (503) 823-4375.

Basic Earthquake Emergency Communication Node (BEECN) program:

- Within two days of a major earthquake, Portland plans to activate BEECNs at 50 locations around the city. Find the nearest BEECN on the BEECN map at the end of this workbook close to where you live and work, and practice walking or biking there.
- Each site includes volunteers with a red tent, a radio to report severe damage or injuries, a first aid kit, and emergency information.
- Visit this website to learn more: ***www.portlandoregon.gov/beecn***
- We offer free trainings for those interested to become BEECN volunteers in their neighborhoods. Please contact us at (503) 823-4375.

Z-Card (PocketPrep): PBEM also produces an additional emergency action plan you can fill out and take with you.

Resources from Community Based Organizations

Latino Network: Provides community resources including immigrant rights and workers' rights, financial safety resources and much more. Visit their website for more information: ***www.latnet.org/community-resources***

VOZ Workers' Rights Education Project: Voz is a worker-led organization that empowers diverse day laborers and immigrants to improve their working conditions and protect civil rights through leadership development, organizing, education and economic opportunity. Learn more about their work by visiting ***www.portlandvoz.org***, or calling (503) 233-6787.

APANO (Asian Pacific American Network of Oregon): APANO focuses on the key areas of community organizing, policy advocacy, civic engagement, leadership development, community development, and cultural work. Visit their website to learn more at ***www.apano.org***

Know Your Rights:

An informational workshop about immigrants rights living in the U.S. For more information, contact: (503) 806-3817 or visit *www.latnet.org/community-resources*

LISTOS:

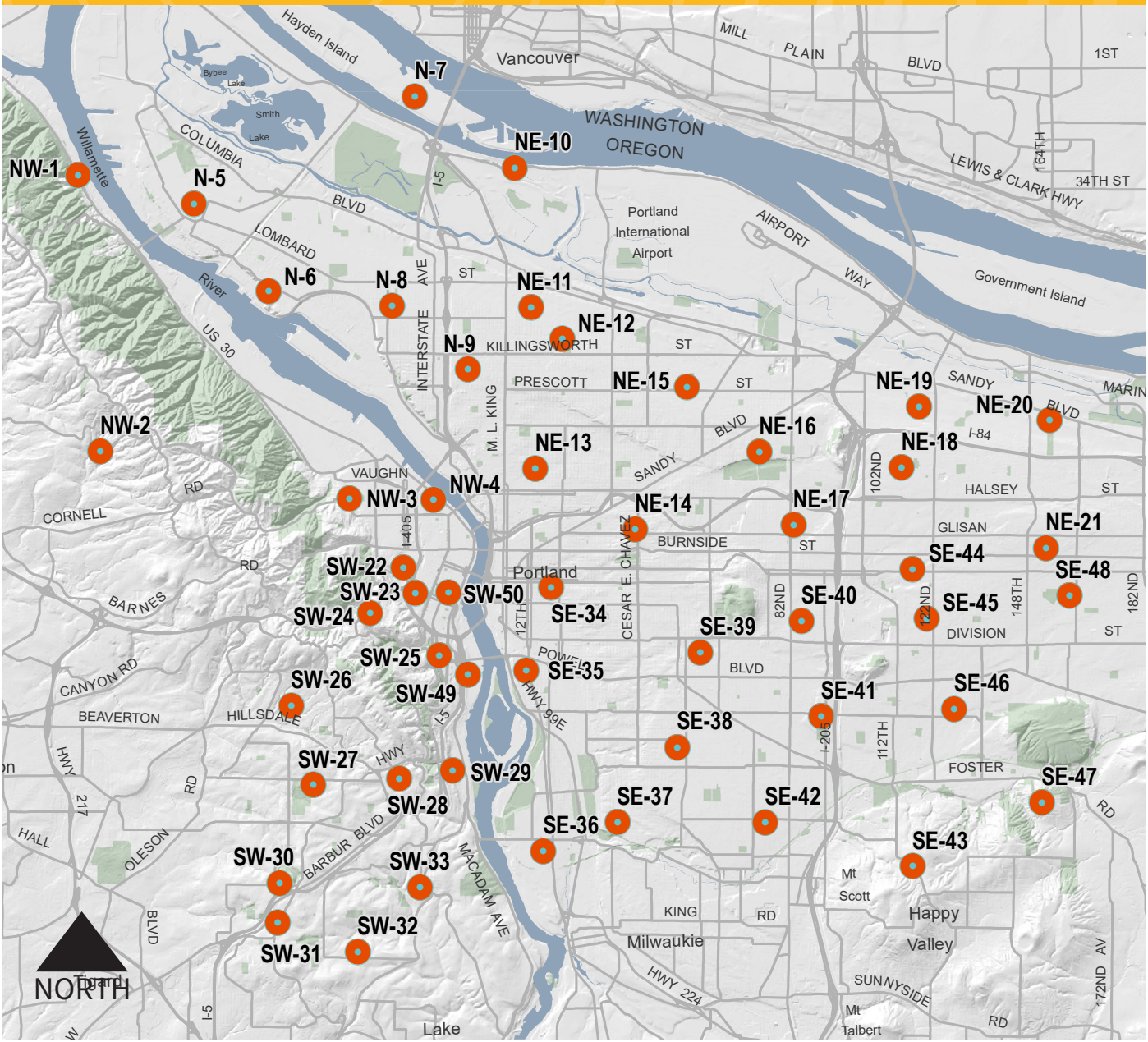
A culturally-specific emergency and disaster preparedness training offered in Spanish. The Portland Bureau of Emergency Management in collaboration with Washington County Public Health offer this training. If you are interested to bring Listos training in your community contact us at *PBEMinfo@portlandoregon.gov*

Mental Health First Aid:

Learning about mental health first aid can be an important tool for preparing to help yourself and others during an emergency that can cause or trigger a mental health crisis. Local mental health programs in Clackamas, Multnomah and Washington counties have joined together to create a one-stop gateway where community members can go to learn about and register for free mental health first aid trainings. Learn more at *www.gettrainedtohelp.com*

BASIC EARTHQUAKE EMERGENCY COMMUNICATION NODES

Locate the earthquake "beacon" closest to where you live and/or work at www.portlandoregon.gov/beecn



NW-1	**Old Plywood Mill Site** 10504 Northwest Saint Helens Road	**SW-26**	**Hamilton Park** SW Hamilton Street and SW 45th Avenue
NW-2	**Forest Park Elementary School Field** 9935 NW Durrett Street	**SW-27**	**Gabriel Park** SW Vermont Street and SW 37th Avenue
NW-3	**Chapman Elementary School Field** NW Quimby Street and NW 27th Avenue	**SW-28**	**Wilson High School Field** 1151 SW Vermont Street
NW-4	**The Fields Park** NW Overton Street and NW 11th Avenue	**SW-29**	**Sunstone Montessori School Field** 6318 SW Corbett Street
N-5	**St. Johns Park** 8427 N Central Street	**SW-30**	**West Portland United Methodist Church** 4729 SW Taylors Ferry Road
N-6	**University of Portland Public Safety** N Portsmouth Avenue and N Warren Street	**SW-31**	**Holly Farm Park** 10819 SW Capitol Highway
N-7	**BedMart** 1840 N Hayden Island Drive	**SW-32**	**Stephenson Elementary School Field** SW Stephenson Street and SW 25th Avenue
N-8	**Arbor Lodge Park** N Dekum Street and N Greeley Avenue	**SW-33**	**Riverdale High School Field** 9727 SW Terwilliger Boulevard
N-9	**Jefferson High School Field** N Alberta Street and N Kerby Avenue	**SE-34**	**Colonel Summers Park** SE Taylor Street and SE 17th Avenue
NE-10	**Columbia Site Field** 716 NE Marine Drive	**SE-35**	**Brooklyn Park** SE Haig Street and SE Milwaukie Street
NE-11	**Woodlawn Park** NE Dekum Street and NE Bellevue Avenue	**SE-36**	**Sellwood Middle School Field** SE Sherrett Street and SE 16th Avenue
NE-12	**Alberta Park** NE Ainsworth Street and NE 19th Avenue	**SE-37**	**Duniway Elementary School Field** SE Reed College Place and SE Lambert Street
NE-13	**Irvington Elementary School Field** 1320 NE Brazee Street	**SE-38**	**Woodstock Park** SE Harold Street and SE 50th Avenue
NE-14	**All Saints School Parking Lot** NE César E. Chávez Boulevard and NE Glisan Street	**SE-39**	**Clinton Park** SE Woodward Street and SE 57th Avenue
NE-15	**Rigler SUN Community School Field** NE Going Street and NE 55th Avenue	**SE-40**	**Harrison Park** SE Stephens Street and SE 87th Avenue
NE-16	**Roseway Heights Field** NE Alameda Street and NE 72nd Avenue	**SE-41**	**Lents Park** SE Holgate Boulevard and SE 92nd Avenue
NE-17	**Montavilla Park** NE Oregon Street and NE 82nd Avenue	**SE-42**	**Flavel Park** SE Flavel Street and SE 75th Avenue
NE-18	**Knott Park** NE Sacramento Street and NE 112th Avenue	**SE-43**	**Lincoln Memorial Cemetery Parking Lot** 11801 SE Mt. Scott Boulevard
NE-19	**Parkrose High School Field** 12003 NE Shaver Street	**SE-44**	**Ventura Park** SE Stark Street and SE 117th Avenue
NE-20	**Wilkes Park** NE Beech Street and 154th Avenue	**SE-45**	**Mill Park** SE Mill Court west of SE 122nd Avenue
NE-21	**Glenfair Park** NE Couch Court and NE 154th Avenue	**SE-46**	**Gilbert Heights Elementary School Field** SE Cora Street and SE 130th Avenue
SW-22	**Lincoln High School Field** 1600 SW Salmon Street	**SE-47**	**Clatsop Butte Park** SE Evergreen Drive and SE 152nd Avenue
SW-23	**Greenspace at SW 12th/SW Market** SW Market and SW 12th Avenue	**SE-48**	**Parklane Church** 16001 SE Main Street
SW-24	**Ainsworth Elementary School Field** SW Elm Street and SW 21st Avenue	**SW-49**	**Elizabeth Caruthers Park** 3599 SW Bond Avenue
SW-25	**Lair Hill Park** SW 2nd Avenue and SW Porter Street	**SW-50**	**Boulevard Median** At SW Montgomery & SW Harbor Streets

DISCLAIMER: Please do not attempt to go to a Basic Earthquake Emergency Communication Node if you feel that doing so would put you in danger. These sites will not have supplies or provisions immediately following an earthquake or other citywide disaster. The primary role of these sites is communication and information sharing: between neighborhoods, agencies and Portland's Emergency Coordination Center. It may take up to two days, or longer, for these sites to become operational. Locations may change over time, or be relocated after a disaster if the pre-designated site is not safe.

References

Living on Shaky Ground: How to survive earthquakes and tsunami in Oregon
Oregon Emergency Management (2009)
https://www.oregongeology.org/tsuclearinghouse/resources/pdfs/shakygroundmagazine_Oregon.pdf

Prepare! A resource guide
American Red Cross, Cascades Region, Oregon and Southwest Washington
www.redcross.org/cascades

City of Vancouver, Neighborhood Emergency Assistance Team Training manual

Building and Strengthening Disaster Readiness Among Neighbors
Oregon Emergency Management
http://surreydowns.cc/sd/wp-content/uploads/2016/03/mapYourNhood.pdf

Help for When it's Hot: Information for Older Adults
Multnomah County
https://multco.us/file/55459/download

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