

# YOUR EMERGENCY ACTION PLAN

Take the time with your household to fill in the information you will need in an emergency.

## PERSONAL INFORMATION

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Household Members, relationship, & phone number:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## WARNING AND INFORMATION

@PortlandBEM | PublicAlerts - [www.publicalerts.org](http://www.publicalerts.org)

On the attached map, find the closest Basic Earthquake Emergency Communication Node (BEECN) to your home and talk about it with your family. Make sure the location is known to everyone in your home:

## EMERGENCY CONTACTS

IN AN EMERGENCY everyone in our household will text:

1. Out-of-town \_\_\_\_\_ Phone \_\_\_\_\_

2. Local \_\_\_\_\_ Phone \_\_\_\_\_

## DEPENDENTS

We have talked to our school about plans in case of an emergency. ☐

We have provided the school with names of three people approved to pick up our children. ☐

## MEDICAL INFORMATION

Current Medical Conditions:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Allergies:

\_\_\_\_\_  
\_\_\_\_\_

Medications & Dosage:

1. Medication name \_\_\_\_\_ Dosage \_\_\_\_\_ How often \_\_\_\_\_

2. Medication name \_\_\_\_\_ Dosage \_\_\_\_\_ How often \_\_\_\_\_

3. Medication name \_\_\_\_\_ Dosage \_\_\_\_\_ How often \_\_\_\_\_

## IMPORTANT INFORMATION

Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Pediatrician \_\_\_\_\_ Phone \_\_\_\_\_

Medical Insurance \_\_\_\_\_ Policy # \_\_\_\_\_

Veterinarian \_\_\_\_\_ Phone \_\_\_\_\_

Power of Attorney \_\_\_\_\_ Phone \_\_\_\_\_

Other \_\_\_\_\_ Phone \_\_\_\_\_

# EMERGENCY SUPPLIES

A disaster kit shopping list can be downloaded from

**PublicAlerts.org**

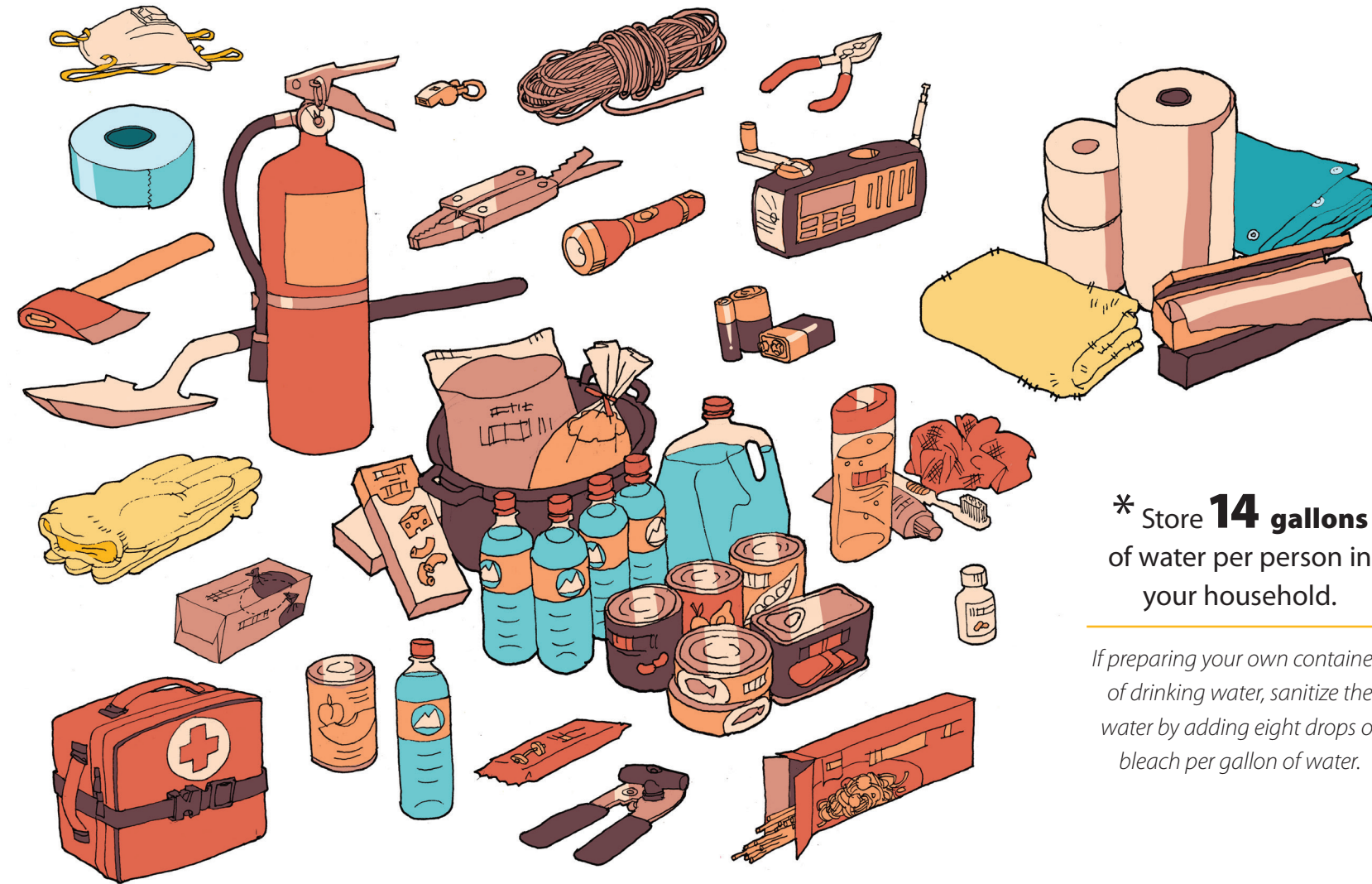


Make a plan for them too!

# POST-EARTHQUAKE SANITATION

## The twin-bucket system

Separating PEE makes bucket contents safer and easier to store and dispose.



\* Store **14 gallons** of water per person in your household.

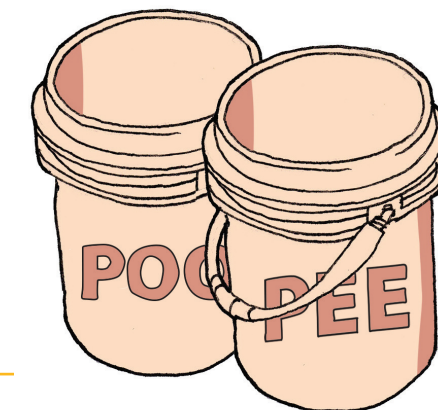
If preparing your own containers of drinking water, sanitize the water by adding eight drops of bleach per gallon of water.

## POO

1. Line bucket with heavy duty 13-gallon garbage bag.
2. Use POO bucket.
3. Cover each use with bark chips, sawdust, or shredded paper to help dry the waste.
4. Fill bucket no more than half full of waste.
5. Double-bag and store the waste separate from other garbage and away from food and water.
6. Secure waste from pets, flies, rats, etc.

## PEE

1. Use PEE bucket.
2. Place toilet paper in POO bucket.
3. Add water to contents if possible.
4. Pour on lawn, garden or ground.



To learn more, or to get instructional stickers for your twin bucket system: **EmergencyToilet.org**

Stay informed - watch for instructions from public agencies on how to get rid of waste

## POCKETPREP



Your emergency plan is waterproof!

Use a **BALLPOINT** PEN or **PENCIL** to complete your plan.





# AFTER AN EARTHQUAKE...

## Find your BEECN!

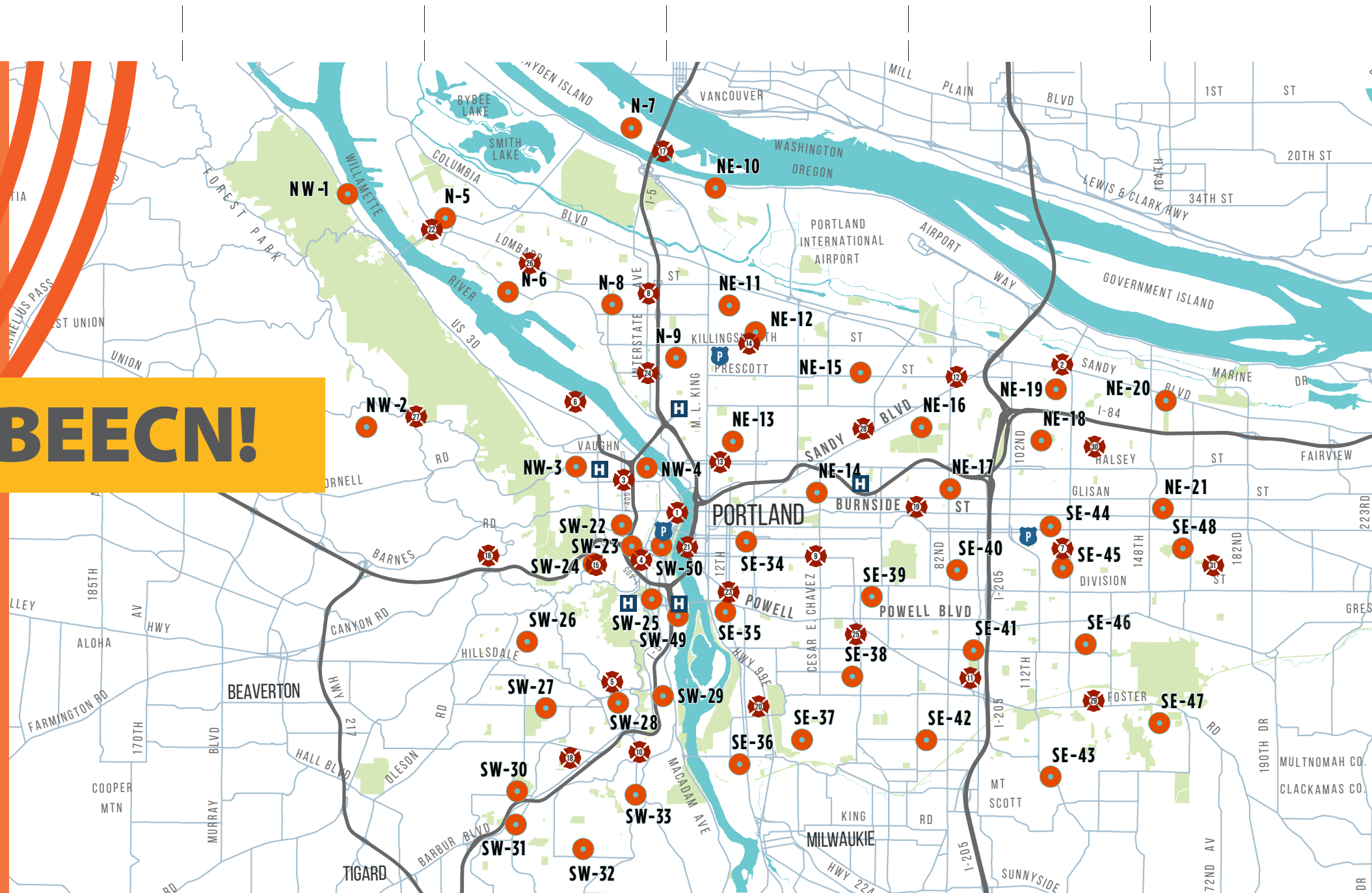
[www.portlandoregon.gov/beecn](http://www.portlandoregon.gov/beecn)

Each BEECN (Basic Earthquake Emergency Communication Node) site includes volunteers who can report severe damage or injuries, a first aid kit and emergency info. BEECN sites will activate 24 to 48 hours after a disaster that knocks out phone systems.

Check the map for BEECNs close to where you live or work, and practice walking or biking there at least once a year.

### BEECNs

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

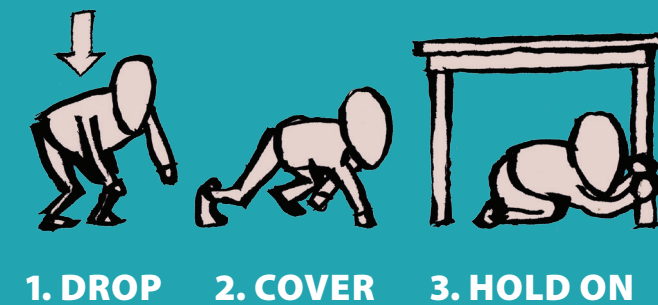


### FIRE, POLICE, & HOSPITALS

<b>1</b> 55 SW Ash Street	<b>14</b> 1905 NE Killingsworth Street	<b>27</b> 3130 NW Skyline Boulevard
<b>2</b> 4800 NE 122nd Avenue	<b>15</b> 1920 SW Spring Street	<b>28</b> 5540 NE Sandy Boulevard
<b>3</b> 1715 NW Johnson Street	<b>16</b> 1715 SW Skyline Boulevard	<b>29</b> 13310 SE Foster Road
<b>4</b> 511 SW College Street	<b>17</b> 848 N Tomahawk Island Drive	<b>30</b> 13313 NE San Rafael Street
<b>5</b> 1505 SW Dewitt Street	<b>18</b> 8720 SW 30th Avenue	<b>31</b> 1927 SE 174th Avenue
<b>6</b> 3660 NW Front Avenue	<b>19</b> 7301 E Burnside Street	<b>H</b> North: SW Stephenson St & SW 25th Ave
<b>7</b> 1500 SE 122nd Avenue	<b>20</b> 2235 SE Bybee Boulevard	<b>H</b> East: 9727 SW Terwilliger Blvd
<b>8</b> 7134 N Marylane Avenue	<b>21</b> 5 SE Madison Street	<b>H</b> Legacy Emanuel: 2801 N Gentanbein Ave
<b>9</b> 1706 SE Cesar E Chavez Boulevard	<b>22</b> 7205 N Alta Avenue	<b>H</b> Good Samaritan: 1015 NW 22nd Ave
<b>10</b> 451 SW Taylors Ferry Road	<b>23</b> 2915 SE 13th Place	<b>H</b> Providence Portland: 4805 NE Glisan St
<b>11</b> 5707 SE 92nd Avenue	<b>24</b> 4515 N Maryland Avenue	<b>H</b> OHSU: 3181 SW Sam Jackson Park Rd
<b>12</b> 8645 NE Sandy Boulevard	<b>25</b> 5211 SE Mall Street	<b>H</b> OHSU Waterfront: 3303 SW Bond Ave
<b>13</b> 926 NE Weilder Street	<b>26</b> 5247 N Lombard Street	

## DURING EARTHQUAKES,

take action to reduce injury and death...



## In case of hazardous materials emergency SHELTER IN PLACE

- 1** Move inside. Close and lock doors, windows, and fireplace dampers.
- 2** Turn off fans, heating, and air conditioning.
- 3** Seal doors, windows, and vents with plastic sheeting and duct tape or wet towels.
- 4** Listen to T.V. or radio for instructions from public safety officials.

## A resilient Portland is in your hands JOIN PORTLAND NET!

- Conduct search and rescue
- Perform medical triage
- Educate others to be prepared



[www.portlandoregon.gov/net](http://www.portlandoregon.gov/net)

## Sign up for PUBLIC ALERTS

PublicAlerts is for anyone who wants local emergency information. By signing up, you will receive warnings when an emergency happens and you need to take action to stay safe. Examples: stay inside, evacuate, or boil water.

[Register at PublicAlerts.org](http://Register at PublicAlerts.org)

