



**CONNECTION
IS PROTECTION.**

**GET READY.
NEIGHBORHOOD
READY.**

Get started. Make a map.

Say hello.

Stay close and friendly.

Connect in real time and online.

Make a neighborhood contact list.

Meet with your family.

Stock your house.

Make a go-kit.

Design against crime.

Do it now.

THE POWER OF MANY



SECURITY IS SOCIAL.

When people come together – meet their neighbors, volunteer, join an online forum – they can help each other. They can serve as watchdog, pet sitter, handyman, visiting nurse. Neighbors know each other's names – and their cell phone numbers.

There really is strength in numbers. Organized neighborhoods, research shows, are less vulnerable to crime and more resilient when disaster strikes.

The Emergency Management Offices throughout Washington County keep communities strong by connecting neighbors so they can work together to deter crime, prepare for and respond to major storms, earthquakes and other emergencies, clean up their neighborhood and socialize. Connected neighborhoods are not only safe, they're fun.

If you're ready to connect to protect, this workbook is your guide.



Get started.

Say hello. That's the first step in building a safe and resilient neighborhood.

To connect in real time and online:

- **Join** your local Community Emergency Response Team (CERT) or Medical Reserve Corps (MRC) and get trained to make a difference in your community.
- **Take** a first aid or CPR training class.
- **Organize** your neighborhood to meet two to three times a year. One good time to meet is the first Tuesday in August, which is National Night Out. This is a great time to host a barbeque or picnic or block party to bring everyone together. It's also a great way to welcome new neighbors, and meet with local law enforcement and fire staff.
- Other ways to stay close and friendly:**
 - **Host** a neighborhood or park clean up.
 - **Hold** a neighborhood yard sale.
 - **Organize** a house number project to ensure numbers are visible on all homes.

• **Follow** your city and county on social media to learn more about your community and meet your neighbors.



Facebook

Keep in touch daily with your city and county.



Twitter

Get local news in 280 characters or less.



YouTube

Watch and share city and county videos.



NextDoor

It's the free, private social network for neighborhoods.



PublicAlerts.org

Community notification system that sends you a text, call or email.



CodeRed

Community notification system to initiate emergency notifications.



Pulse Point

PulsePoint App provides life-saving assistance to victims of cardiac arrest.

Neighborhood Connections • Sign up for your local community newsletter.

Technology provides some of the best protection around. Here are a few tools and tips:



• **Buy** a device that charges your cell phone when the power is out. A charging case or spare external battery can extend your phone's battery life, but those devices eventually run out of power too.

• **Purchase** a hand-crank charger, or a device that charges with solar power or a disposable fuel cell.



What to do immediately after a disaster

Consider this equation when thinking about disasters:

Planning + Preparedness = Resilience

WHAT TO DO AT HOME IMMEDIATELY AFTER AN EARTHQUAKE...

Step 1. Protect your head feet and hands. A bicycle helmet or hard hat protects from falling debris. Sturdy shoes protect from broken glass. Leather gloves protect from sharp objects.

Step 2. Take care of your loved ones.

Step 3. Check the natural gas or propane at your home. Shut off **ONLY** if you can hear or smell a gas leak. Once you've turned it off, **DO NOT** turn it back on; a certified technician must do that.

Step 4. Shut off water at the house main to trap clean water in your home and to keep pollutants out of possible drinking water, like that in your water heater.

Step 5. Place the Help or OK sign (page 19-20) on your front door or windshield. Posting the signs helps your neighbors locate those who need help first.

Step 6. After Steps 1-5 are completed, go to your pre-arranged neighborhood gathering site.



"Coming together is a beginning. Keeping together is progress. Working together is success."

– Henry Ford

Check locks, lights and more

Criminals prefer low-risk situations and public visibility increases the chances a perpetrator will be caught. These measures are simple, inexpensive to implement and will have a much more positive effect on residents than gates and bars.

- **Good lighting** is one of the most effective crime deterrents. When used properly, light discourages criminal activity, enhances natural surveillance opportunities, and reduces fear.

- **The type and quantity of light** required will vary from application to application, but the goal remains the same in all cases. To the degree possible, a constant level of light providing reasonably good visibility should be maintained at night. The object is to light up the criminal without spotlighting the victim.

- **The street address** should be clearly visible from the street with numbers a minimum of five inches high and made of reflective material, or lit up at night.

- **The front door** should be at least partially visible from the street.

- **Sliding glass doors** should have one permanent door on the outside, the inside moving door should have a lock or other security device on the inside.

- **Interior doors** that connect a garage to a building should have a single cylinder deadbolt.

- **All windows** should have locks.

- **Windows** on all sides of the house should provide full visibility of the property.

- **All doorways** that open to the outside should be well lit.

- **Properly maintained landscaping** provides maximum viewing to and from the house.

- **Property lines** and private areas should be defined by planting, pavement treatments or fences.

- **Door locks** should be located a minimum of 40 inches from adjacent windows.

- **Front porches** or stoops create a transitional area between the street and the home.

- **Exterior doors** should be hinged on the inside and should have a single cylinder deadbolt lock with a minimum one-inch throw.

- **The driveway** should be visible from either the front door or at least one window.

- **Walkways and landscaping** direct visitors to the proper entrance and away from private areas.



Review your safety checklist

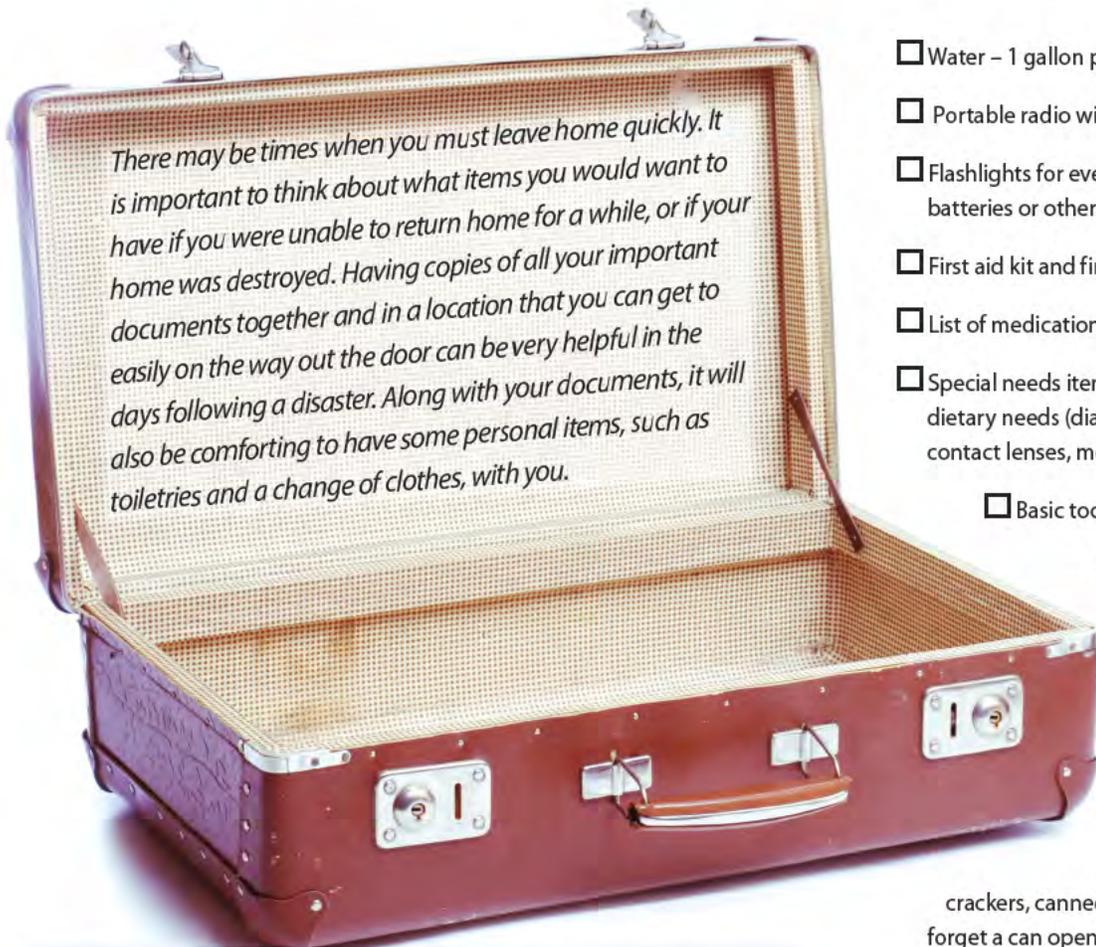
- Make sure your house number is well lit and clearly visible from the street at night.
- Place outdoor lights to illuminate the walls and entrance points of your house and not blind passersby.
- Leave your porch lights on at night.

- Prune shrubs away from doors and windows and up from the ground, to allow natural surveillance and prevent hiding places.
- Trim hedges and prune trees to keep sight lines clear into and out of your property. Do you have fences that allow others to keep an eye on your property?

- Equip all doors and windows with an additional lock. Are door frames reinforced with high security strike plates and three inch screws?
- Have you changed the locks since you moved in?
- If there are no windows near your doors, equip the doors with wide angle (180 degree) eye hole viewers.

- Secure your ladders so they can't be used to gain access to upper story windows.
- Make sure your drain pipes, trellises, garage roofs, trees or fences cannot be used to gain entrance to upper story windows.

Plan ahead: Create a Go-Kit



There may be times when you must leave home quickly. It is important to think about what items you would want to have if you were unable to return home for a while, or if your home was destroyed. Having copies of all your important documents together and in a location that you can get to easily on the way out the door can be very helpful in the days following a disaster. Along with your documents, it will also be comforting to have some personal items, such as toiletries and a change of clothes, with you.

Stocking up now on emergency supplies can add to your family's safety and comfort during and after a disaster. Store enough supplies for at least three days, preferably two weeks. Make note of items you need to buy. If you do not have the first four items on the list on the right, get them as soon as possible.

- Water – 1 gallon per person per day
- Portable radio with batteries (or crank for charging)
- Flashlights for every member of your household with batteries or other charging mechanism
- First aid kit and first aid manual
- List of medications and doctor info
- Special needs items – Baby items, foods for special dietary needs (diabetics), supplies for dentures and contact lenses, mobility devices.
- Basic tool kit
- Sanitation supplies – large plastic trash bags, household bleach, rubber gloves, and dust masks.
- Food – Choose foods your family will eat and that do not require refrigeration. Examples include protein and fruit bars, dried fruit, nuts, peanut butter, crackers, canned juices and canned food (don't forget a can opener).
- Documents that you should have copies of include: Insurance policies, driver's license or other photo ID, bank account information, credit card information, financial records, inventory of home possessions
- Cash in small denominations.

Preparing for your pets

If you have pets you need to make sure you have thought of what you will do if you need to evacuate. The following items are critical if you must evacuate with your pet:

- Carrier
- Collar, leash and ID
- Pet food/water
- Medicine
- Vaccination records
- Two pictures of your pet
- Microchip information



Stock your home

ESSENTIAL



USEFUL



PERSONAL



CERT

CERT stands for Community Emergency Response Team, which is a community-based group of volunteers who have completed training under a FEMA-registered program. CERT is dedicated to informing, training, and linking community volunteers and their neighborhoods to effectively respond to and recover from disasters and hazards affecting them. CERT training is offered free of charge throughout Washington County. Course topics include disaster preparedness, fire suppression, triage, search and rescue as well as disaster psychology.

See the Washington County Community Preparedness Contact Information on the next page to connect with a local CERT program.



Neighborhood Watch

The National Neighborhood Watch program empowers citizens to become active in community efforts through participation in Neighborhood Watch groups. Since 1972, the National Neighborhood Watch Program (housed within the National Sheriffs' Association) has worked to unite law enforcement agencies, private organizations, and individual community members in a nation-wide effort to reduce crime and improve local communities. In the aftermath of the September 11, 2001 terrorist attacks, strengthening and securing communities has become more critical than ever. Neighborhood Watch programs have responded to the challenge, expanding beyond their traditional crime prevention role to help neighborhoods focus on disaster preparedness, emergency response, and terrorism awareness.

See the Washington County Community Preparedness Contact Information on the next page to connect with the Washington County Neighborhood Watch program.

MRC

The Medical Reserve Corps (MRC) is a national network of volunteers, organized locally to improve the health and safety of their communities. The MRC network comprises 991 community-based units and almost 200,000 volunteers located throughout the United States and its territories.

MRC volunteers include medical and public health professionals, as well as other community members without healthcare backgrounds. MRC units engage these volunteers to strengthen public health, improve emergency response capabilities and build community resiliency. They prepare for and respond to natural disasters as well as other emergencies affecting public health, such as disease outbreaks. They frequently contribute to community health activities that promote healthy habits.

The Washington County MRC of Oregon unit was formed in 2006 and presently has over 350 active volunteers from various healthcare professions. Our MRC is governed by an elected Executive Board, which is comprised of volunteers. This unit is grateful for the dedicated service of its volunteers and proud to be one of the most active units in the Portland metropolitan area.

See the Washington County Community Preparedness Contact Information on the next page for more information.

Amateur Radio

Amateur Radio Emergency Service supplies volunteer communications services to its served agencies in support of their public-service responses to critical incidents.

Volunteer Communications Services

Volunteer communications services are those provided without compensation in the public service for a served agency by licensed Amateur Radio personnel who are registered in ARES, and intended to implement and sustain communications or related functions during a critical incident or during training for a critical incident.

Volunteer communications services are not limited to Amateur Radio and may include services related to or associated with communications.

Served Agencies

Served agencies of WC-ARES are entities that serve the public during critical incidents, that the ARRL or WC-ARES have agreed in writing to support with volunteer communications services at such times, and that may be government, non-government, for-profit, or not-for-profit.

Critical Incidents

Critical incidents include but are not limited to

- Emergencies:** known existing immediate threats to human life or property
- Disasters:** occasions of human hardship due to natural or human-caused events
- Communications failures**
- Anticipated emergencies,** disasters, or communications failures

See the Washington County Community Preparedness Contact Information on the next page and contact your local Emergency Management Office for more information.

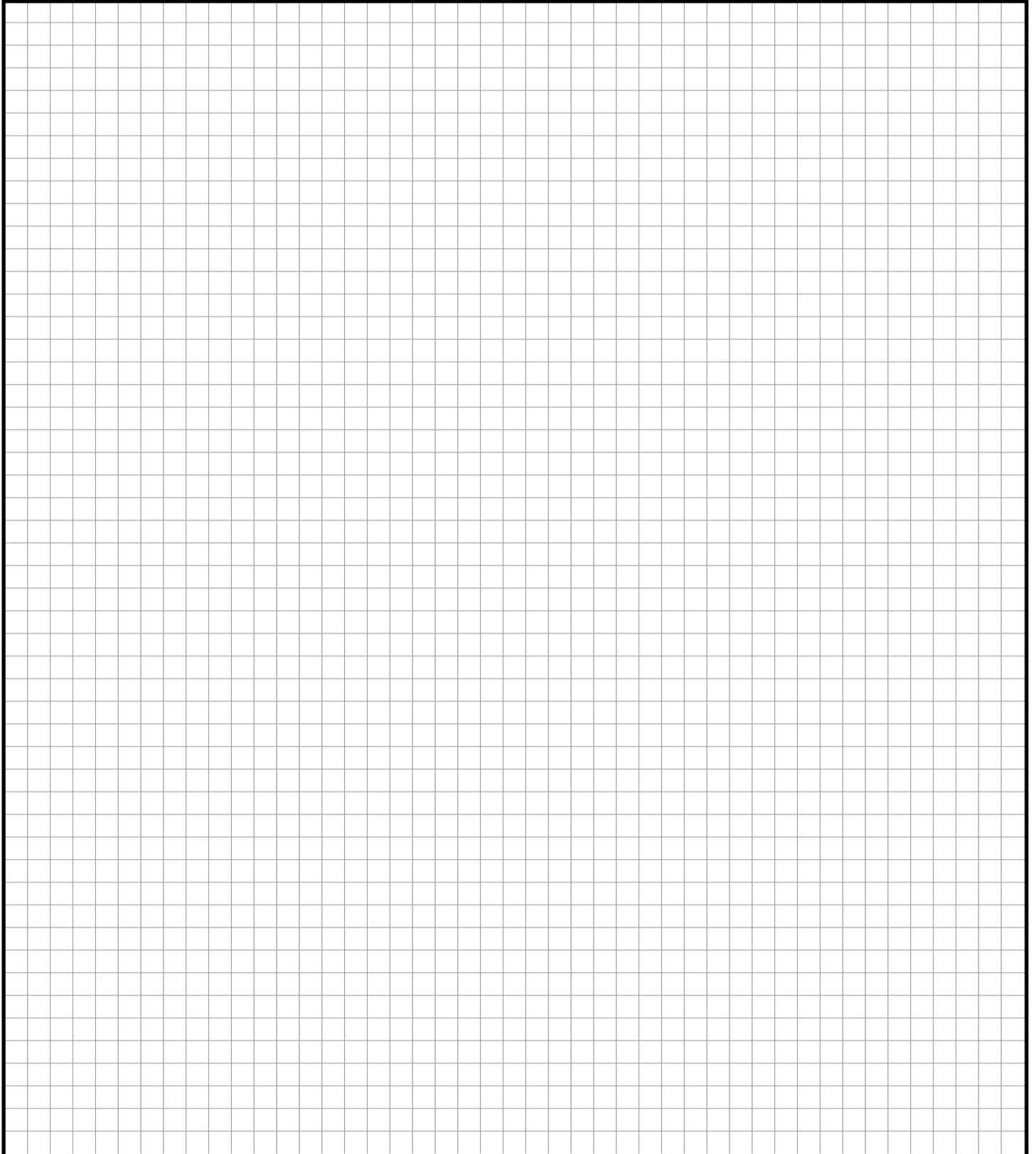
WASHINGTON COUNTY
CITIES AND COUNTY COMMUNITY PREPAREDNESS CONTACT INFORMATION

Agency Name	Telephone	Website	Other Information
EMERGENCY	9-1-1		Call preferred but TEXT if unable to speak aloud
9-1-1 Center – Non Emergency Number	503-629-0111	www.wccca.com	Not Urgent Calls
Community Services Information & Referral (M-F, 8am-6pm)	2-1-1	www.211info.org/search-resources	TEXT your zip code to 898211
Poison Control Center (24 hrs/7 days)	800-222-1222	www.222.ohsu.edu/poison	TEXT your zip code to 898211
CITY of BEAVERTON – Main Number	503-526-2222	www.BeavertonOregon.gov	
CERT–Community Emergency Response Team	503-629-6400	www.BeavertonOregon.gov/CERT	Preparedness Training
Emergency Management Office	503-629-6400	www.BeavertonOregon.gov/Emergency	
CITY of HILLSBORO – Non Emergency Number	503-681-6100	www.hillsboro-oregon.gov	
Crime Prevention / Community Outreach	503-615-6756	www.hillsboro-oregon.gov/Police	
Fire Emergency Management/CERT	503-682-6166	www.hillsboro-oregon.gov/Fire www.hillsboro-oregon.gov/EmergencyManagement	Preparedness Training
CITY of SHERWOOD – Non Emergency Number	503-629-0111		
Emergency Management Office	503-625-5523	www.sherwoodoregon.gov/emergencymanagement	
Police Records	503-625-5523	www.sherwoodoregon.gov/police	
CITY of TIGARD – City Offices	503-639-4171		
Main Number TDD	503-684-2772	www.tigard-or.gov	
Emergency Management / CERT	503-718-2593	www.tigard-or.gov / www.tigardcert.net	Email: mikel@tigard-or.gov
Neighborhood Watch	503-718-2561	www.tigard-or.gov/police/community_policing/neighborhood_watch.asp	
CITY of TUALATIN - Main Number	503-629-2000	www.tualatinoregon.gov	
Non-Emergency	503-629-0111		
Emergency Management	503-691-3093	www.tualatinoregon.gov/publicworks/emergency-preparedness	
WASHINGTON COUNTY – Main Number	503-846-8611	www.co.washington.or.us	
Animal Services	503-846-7041	www.co.washington.or.us/hhs/animalservices	
Emergency Management Cooperative	503-846-7575	www.co.washington.or.us/EmergencyManagement/contact.cfm	
Public Health – Emergency Preparedness	503-846-8292	www.co.washington.or.us/hhs/emergencypreparedness	
Public Health – Reporting PH Emergencies	503-846-3594	www.co.washington.or.us/HHS/CommunicableDiseases	24 hrs/7 days
Residential Seismic Strengthening Information		www.co.washington.or.us/lut/divisions/building/seismic-strengthening.cfm	
Sheriff's Office Neighborhood Watch	503-846-2579	www.co.washington.or.us/Sheriff/CrimePrevention/neighborhood-watch.cfm	
Other Resources:			
Metro West Ambulance – Non Emergency	503-648-6656	www.metrowest.fm/services/non-emergency.html	
Tualatin Valley Fire & Rescue – Non Emergency	503-649-8577	www.tvfr.com	
Enter your Oregon address for your seismic risks		www.opb.org/news/widget/aftershock-find-your-cascadia-earthquake-story/	

Make a map

Attach a map of the neighborhood to this grid. You can find a map of your neighborhood on Google Maps. If you live in an apartment, sketch a map of your floor.

Add house or apartment numbers if necessary, and any major landmarks. Number the houses or apartments so you can correlate them with the contact list on the next page.



YOUR NEIGHBORHOOD CONTACT LIST

HOUSE OR APARTMENT 1: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

HOUSE OR APARTMENT 2: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

HOUSE OR APARTMENT 3: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

HOUSE OR APARTMENT 4: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

YOUR NEIGHBORHOOD CONTACT LIST

HOUSE OR APARTMENT 5: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

HOUSE OR APARTMENT 6: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

HOUSE OR APARTMENT 7: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

HOUSE OR APARTMENT 8: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

YOUR NEIGHBORHOOD CONTACT LIST

HOUSE OR APARTMENT 9: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

HOUSE OR APARTMENT 10: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

HOUSE OR APARTMENT 11: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

HOUSE OR APARTMENT 12: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

YOUR NEIGHBORHOOD CONTACT LIST

HOUSE OR APARTMENT 13: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

HOUSE OR APARTMENT 14: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

HOUSE OR APARTMENT 15: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

HOUSE OR APARTMENT 16: ADDRESS

Adults: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Phone: _____	
Children: _____	Phone: _____	Email: _____
_____	Phone: _____	Email: _____
_____	Special skills: _____	Special skills: _____
Pets: _____		

Neighborhood Ready contact tree

Use this contact tree to communicate neighborhood activity to the group. During a disaster, use the contact tree as a neighborhood response plan. The Block/Floor Captain will act as the Team Leader and their home will be the designated meeting location for the teams.

BLOCK CAPTAIN

Name
Phone
House #

BLOCK/FLOOR CAPTAIN DISASTER ASSIGNMENTS

Initiate contact tree.
Listen to radio and relay information to teams.
Give new assignments as necessary.

TEAM 1

TEAM 2

TEAM 3

Name
Phone
House #

TEAM 1 ASSIGNMENTS

Check on neighbors who have specific needs and begin checking all neighbors.
Report status to Block Captain.

TEAM 2 ASSIGNMENTS

Size up the neighborhood and control any utility issues to prevent potential fires.
Report status to Block Captain.

TEAM 3 ASSIGNMENTS

Check all homes that have displayed the HELP card.
Administer first aid if needed.
Report status to Block Captain.

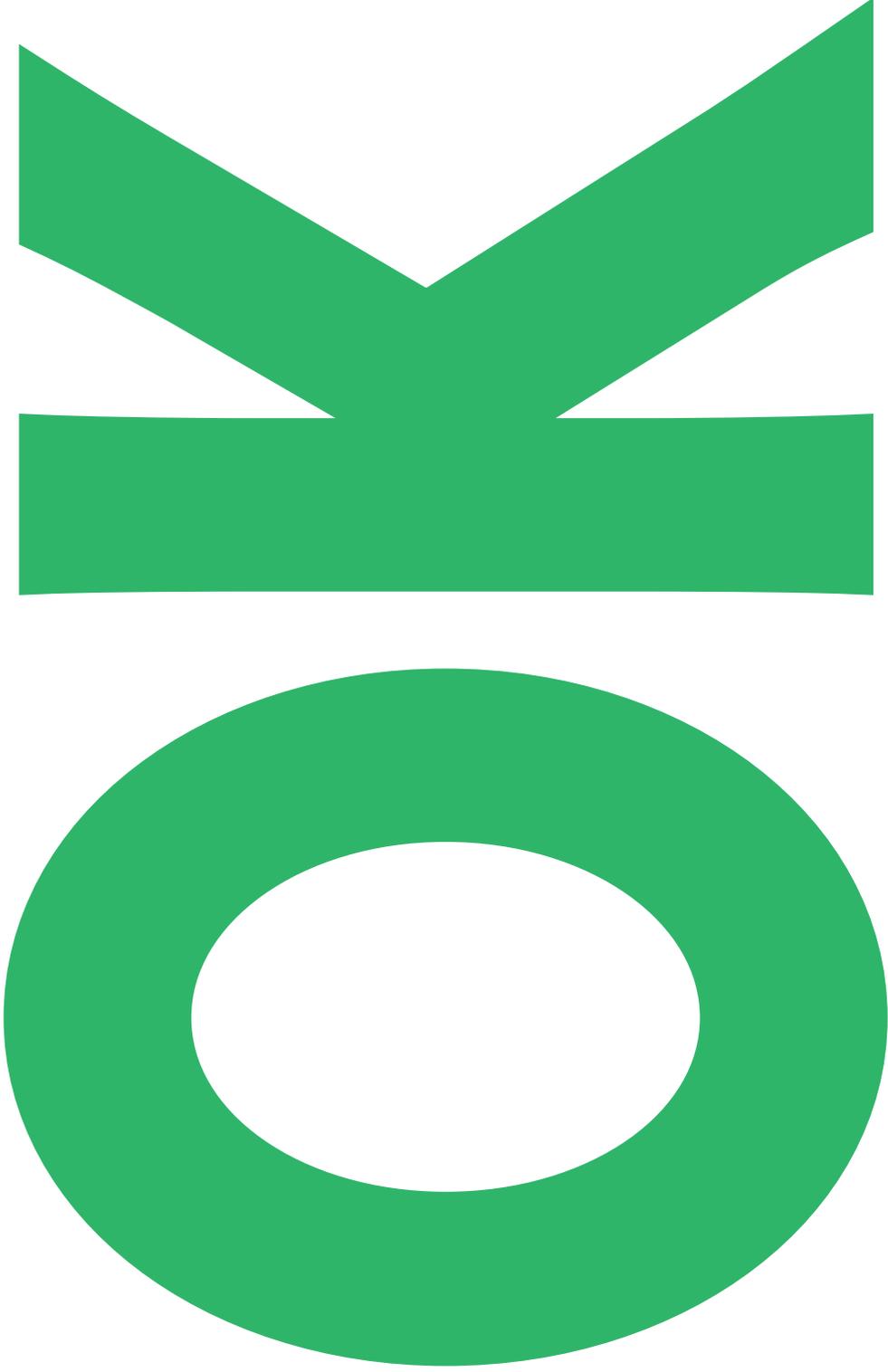
Search and Rescue Alert

HELP

Let your neighbors know if you need help or not. Place the appropriate side of this sign in your window. This will save valuable time during an emergency.

This sign alerts Neighborhood Search and Rescue Teams only. Displaying this sign does not imply Police or Fire Service will respond.

Search and Rescue Alert



Let your neighbors know if you need help or not. Place the appropriate side of this sign in your window. This will save valuable time during an emergency.

This sign alerts Neighborhood Search and Rescue Teams only. Displaying this sign does not imply Police or Fire Service will respond.

Emergency Toilet - Protect Your Family's Health

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.



PEE

Twin Bucket System

Separating PEE lessens volume and odor, making bucket contents safer and easier to store and dispose.

Liquid waste – PEE

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

Fecal waste – POO

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

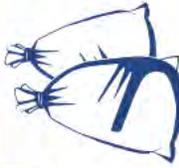


Stay informed – watch for instructions from public agencies on how to get rid of waste.

Three steps to stay healthy

- 

Clean drinking water
- 

Hand washing
- 

Safe storage of POO

Important Supplies

-  5-gallon buckets (2) and seats
-  Heavy duty 13-gallon plastic garbage bags (9 mil or thicker)
-  Bark chips or sawdust, leaves, grass clippings, shredded paper, etc.
-  Toilet tissue
-  Soap or alcohol-based hand sanitizer (60%+ concentration)

Emergency Toilet - Protect Your Family's Health

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.



Twin Bucket System

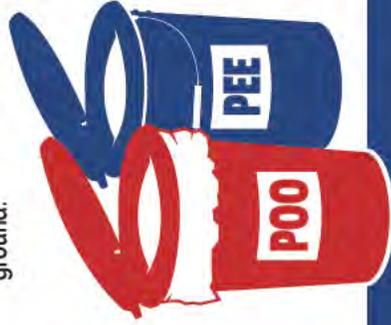
Separating **PEE** lessens volume and odor, making bucket contents safer and easier to store and dispose.

Fecal waste – POO

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

Liquid waste – PEE

- Use **PEE** bucket.
- Place toilet paper in **POO** bucket.
- Add water to contents if possible.
- Pour on lawn, garden or ground.



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

Three steps to stay healthy

- 

Clean drinking water
- 

Hand washing
- 

Safe storage of POO

Important Supplies

-  5-gallon buckets (2) and seats
-  Heavy duty 13-gallon plastic garbage bags (9 mil or thicker)
-  Bark chips or sawdust, leaves, grass clippings, shredded paper, etc.
-  Toilet tissue
-  Soap or alcohol-based hand sanitizer (60%+ concentration)

Do it now.