



TO: Members of First Unitarian Church of Portland
DATE: November 19, 2020
FROM: Your First U Emergency Planning Team
RE: BE PREPARED

Emergencies by their very nature take us by surprise. COVID made us all conscious of how important it is to plan for contingencies. **Now is a perfect time to pull items together in case you need to leave home in a moment's notice. It is easy to procrastinate, but please don't! If needed, you will be grateful.**

According to a recent Oregonian article by Jamie Hale titled "Oregonians revisit emergency kits at home" it was noted that there are seven major hazards we should prepare for: **wildfires, earthquakes, tsunamis, volcanoes, floods, winter storms and extreme heat.** To be prepared, you should stay informed about upcoming disasters, build emergency kits to store at home, have a "grab and go" bag and an additional one in your vehicle(s). Many can be purchased as referenced below, however, they should be individualized for your family wants.

Following is a basic list from the American Red Cross:

1. Water: one gallon per person, per day. Have a three-day supply for evacuation and a two-week supply for home.
2. Food: nonperishable items that are easy to prepare. Have a three-day supply for evacuation and a two-week supply for home.
3. Flashlight
4. Battery-powered or hand-crank radio.
5. Extra batteries
6. First aid kit. Get bigger kits for larger households, regularly refresh expired items.
7. Medications and medical items. Keep at least a seven-day supply on hand.
8. Multi-purpose tool, like a Leatherman or Swiss Army Knife.
9. Sanitation and personal hygiene items. Those include toilet paper, hand sanitizer, extra toiletries, feminine hygiene products.
10. Copies of personal documents: medical information, proof of address, passport, birth certificate, insurance information, etc.
11. Cell phone with charger.
12. Family and emergency contact info
13. Extra cash
14. Emergency blanket
15. Maps of the area

A more extensive list can be found on www.publicalerts.org and www.stealthangelsurvival.com has complete kits for sale.