

# FIVE EASY STEPS TO PREPAREDNESS

## 1. IDENTIFY A SCHOOL-AREA CONTACT

Live or work across a river or a bridge from your child's school? List a school-area person on your child's current emergency contacts. Include this person's contact information in your family communication plan (see below).

## 2. MAKE A FAMILY COMMUNICATION PLAN

Know how to reunite with your family in case of an emergency, identify an out-of-state contact, etc. For more information on how to develop a family communication plan please see these worksheets from Multnomah County <http://goo.gl/cQ3pjr> (available in 11 languages) and FEMA <http://goo.gl/OZkhec>

**NEXT STEPS:** Make a Go-Kit Passport of emergency information <http://bit.ly/2duhZw7>  
Locate your nearest BEECN (emergency communication) location <http://goo.gl/BjVuru>

## 3. STAGE AN EARTHQUAKE DRILL AT HOME

October is the Great Shakeout Month. Let your kids teach YOU what they learned at school. Ask them:

- What do you do during an earthquake?
- Where is your outside meeting point?



**NEXT STEPS:** Do a Home Hazard Hunt  
<http://goo.gl/AolMbl>

Learn how to locate and shut off your home's utilities <http://goo.gl/K8kEkp>

## 4. PLAN A BASIC EMERGENCY KIT TOGETHER AS A FAMILY

Involving the whole family in preparedness is one way to make the idea of an emergency like an earthquake less scary. Work together to pack up some basic items your household may need in the event of an emergency: non-perishable food, water, flashlight, radio, first-aid kit, etc.

**NEXT STEPS:** Add to your kit every time you go shopping using the Weekly Steps planner <http://bit.ly/2dSSpzL>  
Talk to your neighbors about emergency preparedness <http://goo.gl/d51nXj>

## 5. REGISTER AT PUBLICALERTS.ORG

To receive messages from the joint Portland and Multnomah County PublicAlerts system by email, text, mobile phone, etc. residents can register their contact information at <http://www.publicalerts.org/signup> Sign up to receive information about hazards at or near your highest use addresses. For example: home, school, aftercare, church, grandparents, etc.