

Claremont Resident Guidelines During a Drill or Emergency

February 12, 2020


The Claremont Emergency Preparedness Committee **informs** residents with the knowledge and procedures to prepare themselves and their households for a natural disaster such as an earthquake. The Claremont Emergency Network is organized to assist the community should City, County, and State Emergency Resources be unavailable. The Network has three teams:

- ***The Emergency Operation Center (EOC) for communication & control***
- ***Regional Coordinators (RC) & Zone Leaders (ZL) for community oversight & organization***
- ***Medical Responders (MR) – provide initial evaluation and treatment for medical emergencies. They will coordinate with your RC and ZLs.***

When an emergency occurs, or a drill is scheduled, the Emergency Operation Center, with authorization from the Claremont Civic Association Board Executive Committee, will activate appropriate levels of the Network, potentially sending activation messages to RCs, ZLs, and MRs. The Network will direct resources and continually communicate updates to the EOC. **Your Zone Leader is your Emergency Network Contact and available to assist in every aspect of your preparation.**

Your resident guidelines are outlined below:

<p>BEFORE</p> <p><i>These Points of Contact are helpful in several situations!</i></p> <p>Providing this information is voluntary.</p>	<ul style="list-style-type: none"> • Know your Zone Leader’s Names, plans, and ZONE rally point. • Pick one of your neighbors to be YOUR EMERGENCY Neighbor Point of Contact and provide their name and phone number to your Zone Leader. This person should know how you can be reached should you be out of town. You should also consider providing them with the details on how to shut off all your utilities and potentially how to access your home in case of an emergency (example frozen pipe). • Secondly, provide your Zone Leader with YOUR EMERGENCY Family Point of Contact, relationship and phone number. With your permission, your Zone Leader will add this information to your ZONE Roster. Your Zone Roster is provided only to Residents within your Zone.
	<ul style="list-style-type: none"> • Don’t let your belongings become projectiles: fasten your furniture to the walls and your lamps and vases to the tables. (Hardware stores have supplies)
	<ul style="list-style-type: none"> • Prepare a Grab N Go bag to be stored under your bed.
	<ul style="list-style-type: none"> • Store supplies of water, food, meds, first aid kits and cash, in your home, and automobile in case you get caught away from home, and don’t forget your pets. Follow Emergency Preparedness Take 5 booklet recommendations
	<ul style="list-style-type: none"> • Learn how to turn off your gas, water, and electricity and how to manually open your garage door.

	<ul style="list-style-type: none"> Equip a survival storage container so you can live, sleep and barbeque meals outside your home.
	<ul style="list-style-type: none"> Make a plan for contact with family members if telephone and internet communications are not operating.
	<ul style="list-style-type: none"> Make sure your lot number is written in BOLD size on your OK/Help Banner; store it in an accessible location.
	<ul style="list-style-type: none"> Become a Claremont Emergency Preparedness Volunteer – Zone Leader, Regional Coordinators, Emergency Operation Center Staffing, Medical Team, and/or Search and Rescue Team.
START	<p>WHY DROP, COVER, AND HOLD ON?</p>  <p>Why is it important to do a Drop, Cover, and Hold On drill? To react quickly you must practice often. You may only have seconds to protect yourself in an earthquake, before strong shaking knocks you down--or drops something on you. Practicing helps you be ready to respond.</p> <ul style="list-style-type: none"> If you are inside a building, move no more than a few steps, then Drop, Cover and Hold On: <ul style="list-style-type: none"> DROP to the ground (before the earthquake drops you!), Take COVER by getting under a sturdy desk or table, and HOLD ON to it until the shaking stops. <p>Stay indoors until the shaking stops and you are sure it is safe to exit. In most buildings in Oregon you are safer if you stay where you are until the shaking stops.</p>
	<ul style="list-style-type: none"> Check your family, home, pets & friends first
	<ul style="list-style-type: none"> Move all vehicles from the garage & park them away from objects that might fall or collapse in an emergency
	<ul style="list-style-type: none"> Move your emergency supplies to a stable area
	<ul style="list-style-type: none"> Retrieve Grab-N-Go bag that is stocked with supplies listed in the Take 5 booklet
	<ul style="list-style-type: none"> Check all utilities and shut off as necessary
DURING	<ul style="list-style-type: none"> Place OK/HELP Banner in front window; obviously a HELP will bring immediate assistance.
	<ul style="list-style-type: none"> Meet at the Zone rally point to provide zone leader with your family's status and IMMEDIATE Needs. <ul style="list-style-type: none"> Medical Evacuation Shelter (home may be uninhabitable)
	<ul style="list-style-type: none"> Assist neighbors as able

	<ul style="list-style-type: none"> • Assist the Zone Leader as able
	<ul style="list-style-type: none"> • Continue to stabilize your home rendering assistance as needed.
FINISH	<ul style="list-style-type: none"> • Contact your Zone Leader regarding any of short-term needs
Residents Kits	<ul style="list-style-type: none"> • OK/Help Banner • Zone Roster • Regional / Zone Map • Emergency Preparedness Information – Take 5 booklet • Grab N Go Bag • Prepared Supplies – food, water, hygiene, shelter, lighting, heating, cash