

Claremont *Resident* Guidelines During a Drill or Emergency

The Claremont Emergency Preparedness Committee provides information, procedures, and practice to prepare residents for a natural disaster such as an earthquake. The Claremont Emergency Network is organized to assist the community if City, County, and State emergency resources are unavailable.

The emergency network has three teams:

- **EOC** – Emergency operations and communications center
- **MR** – Medical responders will provide initial evaluation and treatment for medical emergencies
- **ZL & RC** – Zone leaders and regional coordinators for overwatch, information, and local radio reporting.

When an actual emergency (or the drill) occurs, the Emergency Operation Center will activate appropriate levels of the network. The EOC network will direct resources and continually communicate updates to the community via radios in all zones, regional and committee members.

Your Zone Leader is your **Emergency Network Contact** and available to assist in every aspect of your preparation.

And – we are always happy to have more **volunteers!**

<p style="text-align: center;">BEFORE</p> <p>An Emergency</p> <p><i>*Providing this information is voluntary but useful in many emergency scenarios.</i></p>	<ul style="list-style-type: none"> • Know your Zone Leader’s Names, Plans, and ZONE rally point. • Talk to one your neighbors about being your EMERGENCY NEIGHBOR POINT OF CONTACT. Provide their name and phone number to your Zone Leader. <ul style="list-style-type: none"> ○ This person should know how you can be contacted if 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 (for example -frozen pipe). • Provide your Zone Leader with your EMERGENCY FAMILY PONT OF CONTACT, relationship, and phone number. <i>* With your permission</i>, your Zone Leader will add this information to your zone roster. • Review the Claremont Civic Association web tab “Get Ready”. You will find great emergency preparation information. • Prepare a Grab and Go bag with contact and medical information, medications, and other emergency supplies. Store the bag in an easy-access location (closet, under the bed) or in car when you travel. • In addition to a Grab and Go kit, store water, food, 1st aide and pet supplies in your home in case of significant emergency (or prolonged power outage). • Download and familiarize yourself with QUAKEALERTUSA app for quake early warning in your location. Having 30-90 seconds notice provides you and your family time to DROP, COVER and HOLD. • Don’t let your belongings become projectiles. Fasten your furniture to walls, vases to tables, etc. Hardware stores have these supplies. • Learn how to turn off your gas, water, and electricity and how to manually open your garage door. Your zone leader also has a turn off tool to assist. • Plan for contact with family members if telephone and internet communications are not operating. Have printed contact numbers in case of cell phone outage.
--	--

During

Drill
Or
Actual
Emergency

Why Practice Drop, Cover, Hold On?



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.

1. If you are inside a building, move no more than a few steps, then Drop, Cover and Hold On:
 - a. **DROP** to the ground (before the earthquake drops you!)
 - b. Take **COVER** by getting under a sturdy desk or table, and
 - c. **HOLD ON** to it until the shaking stops.
2. 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.
3. Check your family, home, pets & friends.
4. Move all vehicles from the garage & park them away from objects that might fall or collapse in an emergency
5. Move your emergency supplies to a stable area
6. Retrieve Grab-N-Go bag
7. Check all utilities and shut them off as necessary
8. Place OK/HELP sign in the front window. Post the HELP sign if you need assistance including medical assistance. Your zone and regional leaders will visit you and report needs to EOC and medical response, as necessary.
9. Meet at the Zone rally point to provide zone leader with your family's status and IMMEDIATE needs (medical, evacuation or shelter if home in uninhabitable).
10. Continue to stabilize your home and render assistance (to neighbors and zone leaders as able).

What You Need During Drill or Emergency

- OK/Help Banner (with your lot number boldly written on the sign)
- Your zone roster
- Regional / Zone Map (also available on CCA website "Get Ready" page.)
- Claremont First Aid Guide (available in front office)
- Grab and Go Bag
- Emergency Supplies – food, water, medication, hygiene, lighting, heating, cash, and pet supplies.