



QUAKEUP!
Get Ready!
No tiembre. ¡Prepárese!!



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[20 Sec]

Hi everyone! Thank you so much for asking us to speak today. I'm Karen Ronning-Hall and this is my husband and partner, Bill Hall, from Cedar Hill Ready!

Today, we will be talking about "How Neighborhood Ready! Saved Our Home & Our Lives," and our top Tips on how you can get prepared – no fuss, no muss.

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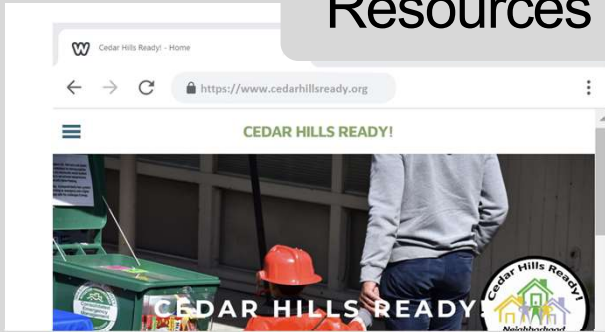
[0:53]

Portland is such a beautiful city, and the Urban Tour Group's mission of providing historical context and walking tours to connect the community and bring young people into their heritage is wonderful.

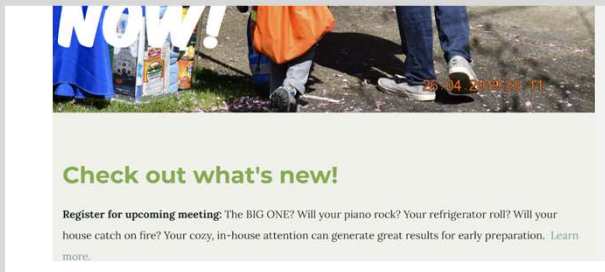
A little bit about our group. Our mission is also oriented to building community, and it has more of a focus on being prepared for the unexpected. We are a grassroots group of volunteers, with a mission to create caring, connected and resilient neighborhoods. We are committed to making sure that every neighbor is prepared and has the best chance of survival in the event of disaster. We focus on connecting neighborhoods to make this happen.

The group of volunteers we picture here are all from the West side of town, and are from several different locations in Washington County. We are all working together to help others get prepared, regardless of your zip code.

Resources & References



www.CedarHillsReady.org



[0:11]

We have resources available on the Cedar Hills Ready website, www.cedarhillsready.org.

All of our information is freely available to download.



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AGENDA

- Introduction
- Our Vulnerabilities
- How preparedness saved our lives & home
- Six steps for getting prepared
- Question & Answer

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[32 secs]

Today, we want to share with you an abbreviated version of the kinds of things we have done in our community, and we think it's completely relevant to you as well. It's a lot of information, but we have references to on-line detail that's available on our website in each topic area.

Our agenda is to describe our vulnerabilities in the Pacific Northwest and why it is important to get prepared. We'll tell you a personal story about how preparedness saved our lives and home, and then, we'll talk about six steps for getting prepared. Finally, we'll answer your questions. **Bill?**



Our Vulnerabilities

DISASTERS & INFRASTRUCTURE DAMAGE

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[20-30 seconds]

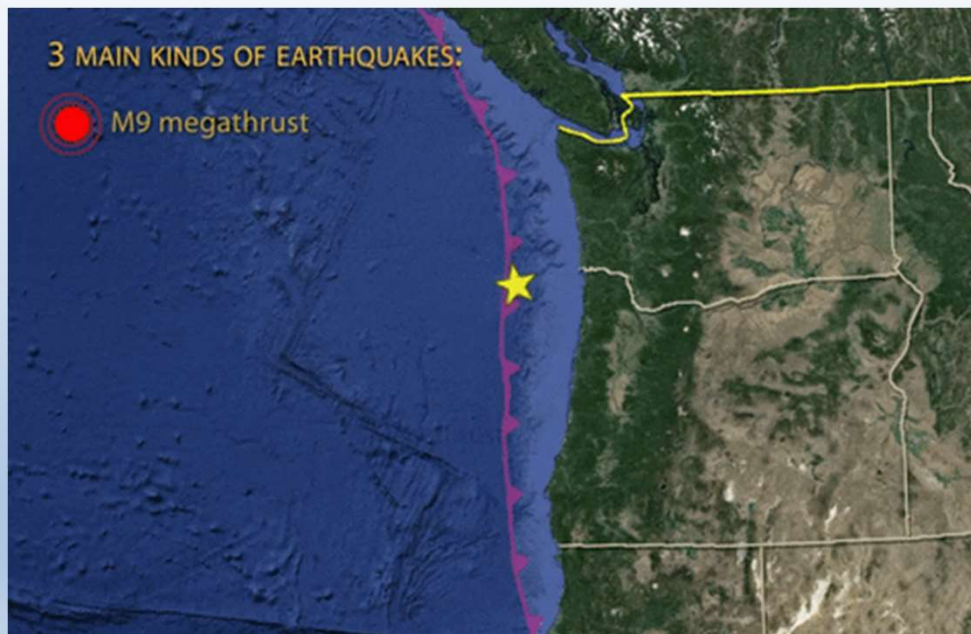
Okay, we love our community and we don't want to seem negative . . . So, why this focus on disaster preparedness? Why do we think this is such a priority for our community – and yours?

Let's talk a little about vulnerabilities. Does anybody have a guess as to how many disaster declarations were made in Oregon in the last 5 years? ANSWER: 31, according to FEMA's database.



[26 seconds]

Since 1953, FEMA's data shows that we've had 141 disasters declared in Oregon. That's an average of 2 per year for the last 70 years, but actually, the number of disasters by year has been increasing significantly. Doing the math, our average rate of disasters has been 6 per year in the last five years! We are a disaster-prone state and it's getting worse!



[22 sec]

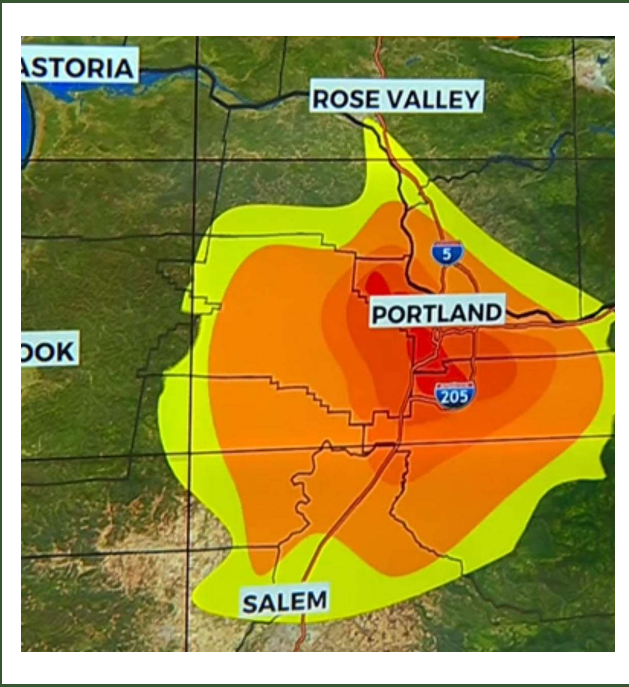
One of the topics we spend a lot of time on is one that most of you have heard about -- the big one, the Cascadia subduction quake, with magnitude 9.0, that could hit tomorrow or sometime in the next 10-20 years.

This quake will likely last 5-7 minutes and destroy 70-80% of key bridges in Western Oregon. It'll shut down power, water and emergency services for an extended period.



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[22 sec]

Portland also faces additional earthquake hazards because we have geological faults throughout the Portland Metro area could generate a lot of damage. It's a good idea to be prepared for it, right?

Image sources: <https://www.koin.com/news/a-major-earthquake-could-impact-portland-at-any-time-heres-how-you-can-prepare/>

PSU research Source: <https://www.opb.org/article/2020/11/27/portland-earthquake-gales-creek-fault-activity/>



[20 secs]

Here's a vulnerability that Portland in particular faces, and while we celebrate our historical architecture, studies show that when one of these earthquakes happen, our downtown and residential areas have over 1,600 Unreinforced Masonry Buildings, which will crumble and collapse during an earthquake. Imagine, as you are walking around Portland, with a group of 3rd graders, a major earthquake happens.

Source: <https://www.portland.gov/bds/unreinforced-masonry-urm-buildings/unreinforced-masonry-buildings-list>

You can request a list of these buildings, if you want to know exact locations.



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[20 secs]

Are you near a brick building? How do you protect yourself and the kids?
Perhaps this is a topic you can add to your tours, to instill situational awareness
and readiness with the kids. 😊

Source of images:

Boy near Seattle Chocolate Factory, 2001 Nisqually Earthquake
<https://www.gettyimages.ae/photos/us-quake-seattle-damage>

Nisqually Earthquake bricks on car:

<https://www.kuow.org/stories/when-the-big-earthquake-hits-648-brick-buildings-in-seattle-won-t-be-ready>

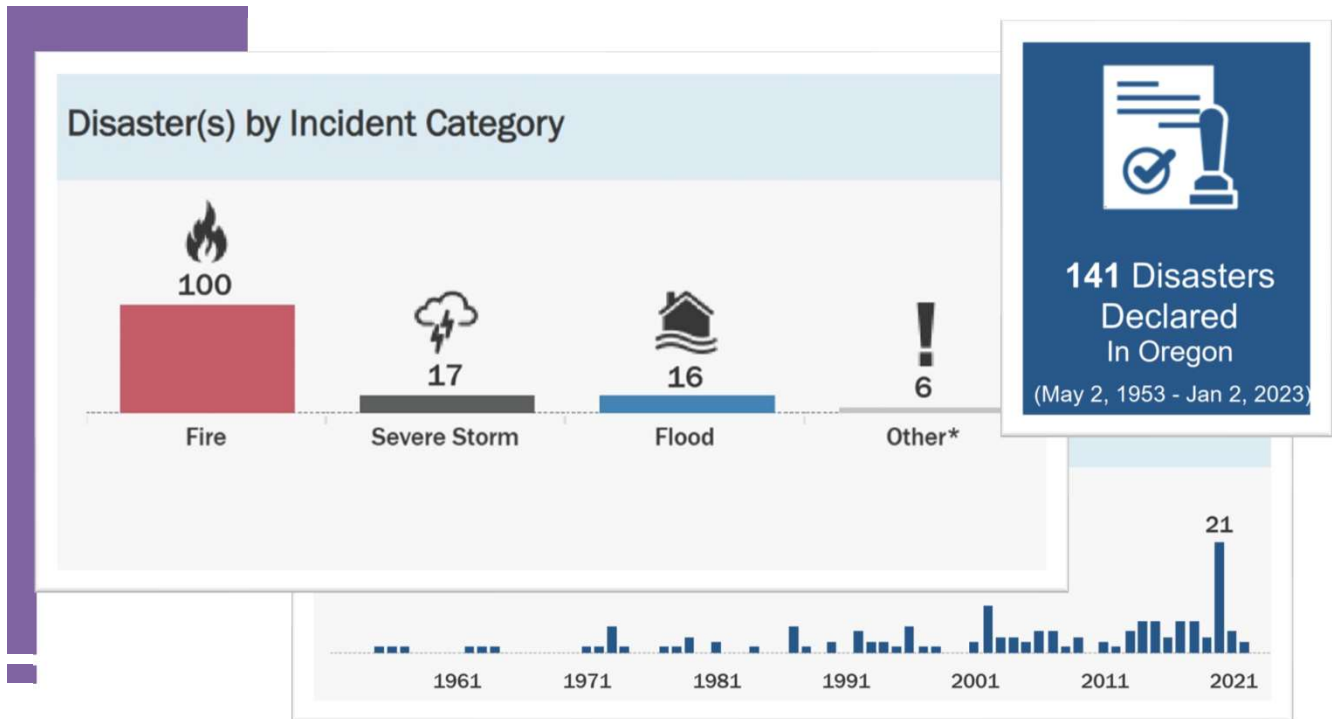
When will essential services be restored?

Oregon/Washington Recovery Estimates (2015 Review)		
Critical Service	Zone	Estimated Time to Restore Service
Electricity	Valley	1 – 3 months
	Coast	3 – 6 months
Drinking water & sewer	Valley	1 month – 1 year
	Coast	1 – 3 years
Top priority highways (partial restoration)	Valley	6 – 12 months
Police & Fire Stations	Valley	2 – 4 months
Healthcare facilities	Valley	18 months
	Coast	3 years

[44 seconds]

Oregon Emergency Management and FEMA developed this picture of how long they believe before services could be restored after a major disaster like the Cascadia earthquake. Electricity, police and fire, healthcare and utilities could be disrupted for months, even here in Portland. Calling 911 may not bring help for this period and it's important to realize that your first responders are going to be your neighbors, not the government or utilities. . . . So, it's really important to get to know them – your neighbors – and talk about preparedness. Who among your neighbors has special skills, such as medical training, project management, tools? What will you do to help each other?

Image source: <https://www.govtech.com/em/preparedness/will-we-be-ready-for-the-next-cascadia-earthquake>



[32 secs]

There are other risks, of course. FEMA data shows that our greatest disaster risks are fires, severe storms, and floods. But this data doesn't take into account everyday emergency situations that occur due to hazards in our homes, such as a home fire or a flooded basement. When it happens to you, it can feel like a major disaster for your family. I speak from recent experience. The same basic steps for getting prepared for a disaster can help you in smaller emergencies. Let's let Karen talk about this in more detail: **Karen?**

Sources, FEMA risk index:

<https://www.fema.gov/data-visualization/disaster-declarations-states-and-counties>

Big or
small,
prepare for
them all



[13 secs]

We have a saying, big or small, prepare for them all. Don't be scared, be prepared. Whether you experience a large-scale disaster or a home emergency, preparedness and community connections can make a difference.

Image source: <https://in.pinterest.com/pin/604889793684458738/>



How Neighborhood Ready! Helped Us

[15 secs]

Case in point – A very personal example: Bill and I live Cedar Hills, which is near Beaverton, with our daughter, Geneva, our dog, Bean, her cat, a turtle, and a bearded dragon lizard.



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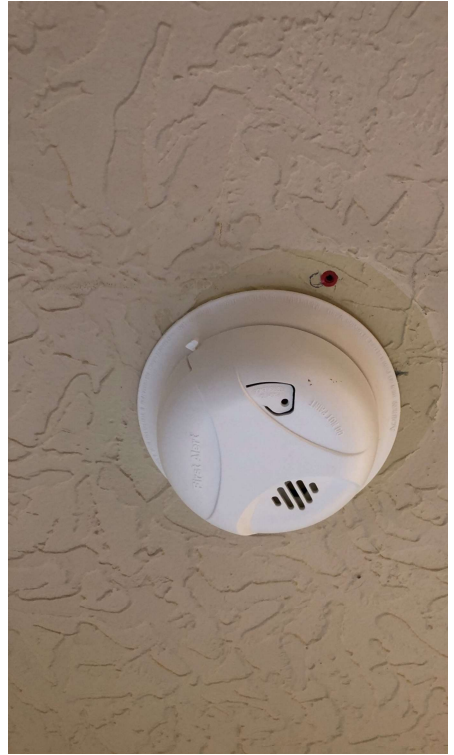
[30 secs]

These photos show our house on January 4th. Mid-afternoon, we heard a loud boom, our lights flickered, and then the lights dimmed. The house filled with the stench of burnt plastic and electronics. If you are interested in how that smells, I have an exhibit to show you. Initially, we thought we were having a power outage, but it was the start of a crazy and scary day where preparedness skills helped us survive and save our home.



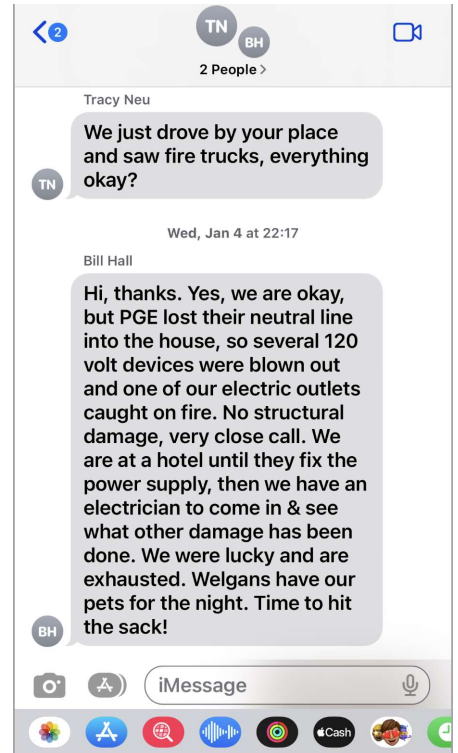
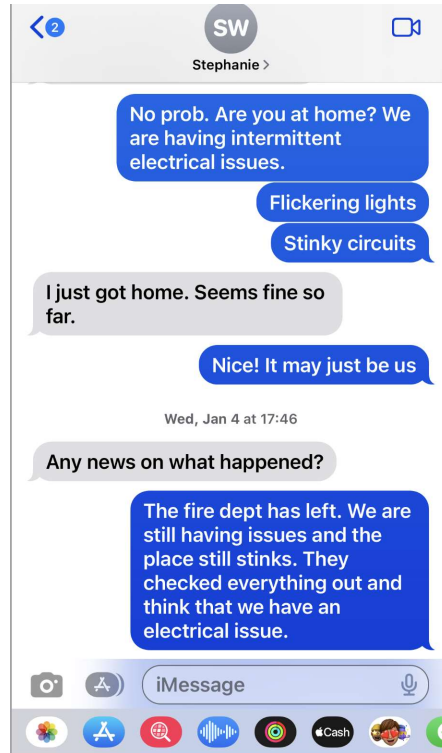
[25 secs]

We didn't really know what was happening, so we teamed up to investigate. We initially unplugged all of our sensitive electronics, as we normally do in a power outage. Then, searched the house for the source of the burnt smell, which was challenging because the whole house smelled like burnt electronics. The smell was so awful, I put on an N95 mask.



[30 sec]

We noticed a light haze of smoke in the basement, but it was unclear where the smoke was coming from. We could not find a source, and the smoke detectors were silent. Out of an abundance of caution, we moved our fire extinguishers to the top and bottom of our stairway – for easy access. We also closed the basement door to contain the smoke, as we had learned to do from Tualatin Valley Fire and Rescue, who had presented one of our programs last year.



[30 secs]

Then we texted our neighbors, to find out if they were experiencing similar problems. We learned that the power problems were limited to our house.

The electricity was acting very strangely – sometimes getting bright and dimming. When we turned on the toaster oven, our overhead lights dimmed. It was unsettling. We knew something was wrong, but what? We called PGE to ask for somebody to come check out the problem. They said they wouldn't be able to send anybody out for days.



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[55 sec]

Geneva, our daughter, then mentioned that when the loud boom had occurred, she had seen through our skylight, a fireball fly off the powerline connected to our house, like a shooting star, landing and extinguishing on our backyard deck. Of course, we checked the backyard and the perimeter, but we found no evidence of a fire.

What we didn't know then, but now know is that one of the supply lines going into the house from the power pole had broken, creating what is called an open neutral. What that meant was that 240 Volts of electricity was surging through our house, overloading all of our 120 Volt outlets and appliances. A very dangerous situation that can burn out appliances and lead to a fire.



[55 secs]

The smoke in the basement got worse, so we called 911 and evacuated. We were able to evacuate within 4 minutes because we had prepared for any type of disaster. We had our go bags, fire-proof document bag (with cash), and our pets and pet go bags.

Our neighbors heard the sirens and came out to help. One took both of our pets so that we could stand by to answer the fire fighter's questions. The fire fighters blew out all of the smoke with fans, checked with their infrared devices, but they also could not find the source of smoke after an hour of investigation. So, they left us on our own, advising us to call PGE again: insist on them coming out sooner. (Just letting PGE know that the fire chief said they should be there got their attention.) He also recommended that we call our electrician.



[35 secs]

We were tired and hungry. We ordered Thai food delivered, figuring we probably shouldn't leave the house. Then, we called our electrician, and from our description, he diagnosed that we had an open neutral. He said that he could do nothing until PGE fixed the problem outside the house. He strongly suggested that we unplug all of our appliances to reduce the risk fire.

Following his instructions, we made our way down to the basement to unplug everything we could. It was dark, and when we opened the basement door, we could see the room was again filled with smoke.

Our daughter asked if we had an outlet behind a couch next to a built-in bookcase. Bill and I responded "yes!"



[45 seconds]

We shoved the couch out of the way and found the source – a small flame emerging from an outlet extender, starting up the bookcase. Because of our training, we knew we could put out the fire; it was smaller than a wastebasket. We worked together as a team. Bill called 911 as I unloaded two fire extinguishers on the outlet. We knew what to do because we had trained for this.

The firetrucks came a second time, tore into the wall to make sure everything was out, and then congratulated us on a job well done. A PGE technician came and cut power to the house. And thankfully, our Thai food also arrived. Just what we needed.



Our neighbors & training helped us get through this!

[55 secs]

It had been one of the scariest days of our lives, and we had a big job recovering from it.

- We had to evacuate our home and spent about 3 weeks away from our house while managing the cleanup and repair.
- All of our preparedness training for the big quake and other types of disasters made a huge difference in our ability to survive during this emergency and our ability to cope afterwards and recover quickly.
- We had our go bags ready, which made it easy to evacuate in less than 5 minutes.
- We knew how to operate the fire extinguishers which helped us put out the fire before the fire trucks arrived.
- By preparing with our neighbors--hosting a neighborhood ready meeting--they were there for us when we needed help, taking care of our pets during the emergency, helping with some of the cleanup, and even providing a home to stay in while our house was uninhabitable for three weeks!
- These photos show some of the neighbors who helped us. We are so grateful for their support.
- **This was a demonstration of the importance of community. Know your neighbors before something happens. Because that's what helped us.**

Big or
small,
prepare for
them all



[15 secs]

Well, this wasn't a big Cascadia quake. The point we want to make and emphasize is that much of what you do to prepare for one type of disaster can help you out in other types of disasters or home emergencies. **Bill?**

Image source: <https://in.pinterest.com/pin/604889793684458738/>



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[45 secs]

Most people are not this prepared. Why is that? Why don't we get prepared, even though we know there is a danger? According to Steven Eberlein, resilience manager for Ethos Preparedness Corporation in Oregon, there are two main reasons.

- First, people think they don't know what to do. However, the truth is, you actually do know what to do, if you've ever been camping.

Source: See the TedEx video at: https://www.youtube.com/watch?v=NJoAF4oj_oM



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[15 secs]

Here, in the beautiful pacific northwest, which has been sculpted by earthquakes and volcanos, we willingly go out to remote places for extended periods of time without any services. **We know how to get ready to go camping, but we just don't feel ready--for camping to come to us.**



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[15 secs]

Being prepared means being ready to spontaneously camp in any of the places you find yourself – home, work, car. It also means:

- Having a heck of a lot more water than you would normally have on hand
- Being ready to find your family if the bridges are down and the phones are out.

So, if you've been camping, you know what to do, in general, and you probably have most of the gear you need at home already.



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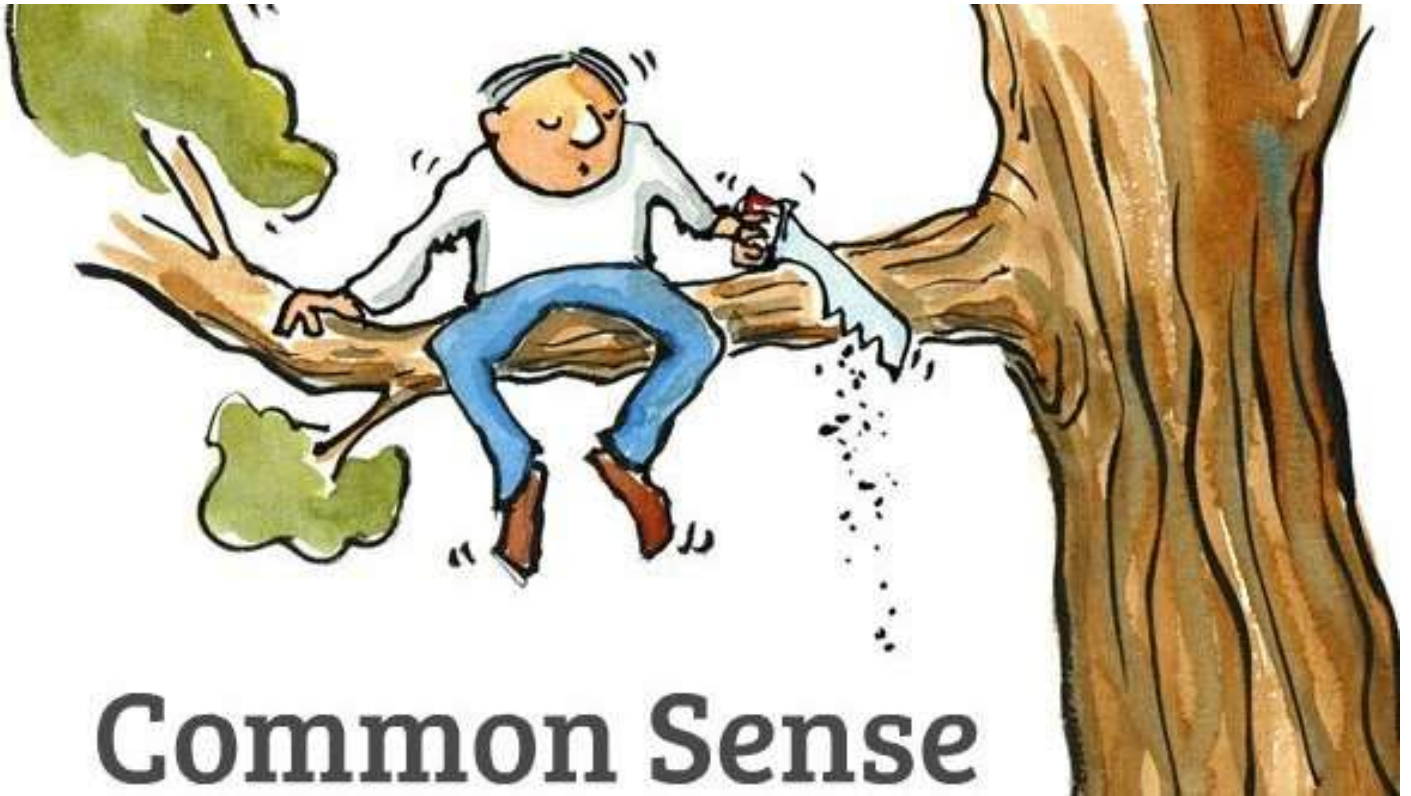
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[16 secs]

Okay, not everybody is a camper. Let me see a show of hands, how many of you feel that people living in the Pacific Northwest should be ready and prepared for disasters? ... OK. How many of you **EXPECT** people in the Pacific Northwest to get ready for a disaster?

Awe... that makes no sense! This is what's called the **common sense gap**.



[55 secs]

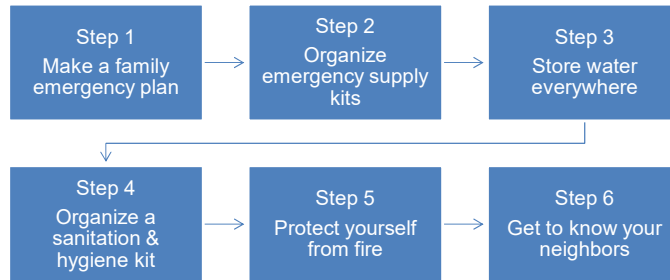
The common sense gap is when, as a culture, we know what the smart thing to do is, but we don't expect each other to do it. We've been here before. People used to smoke on airplanes, or drive without wearing a seat belt.

How do we bridge the common sense gap? Not necessarily a government regulation. Actually, you build a permission structure for people to do the thing you want them to do. For example, how many of you wait until the first person at a potluck starts eating? Everyone waits and looks around . . . As soon as the first person eats, everyone follows. And, you can be that first person in your circle of family and friends, and share what you are doing. Prepare just a little bit... build a kit, and then share the information with others. And as you do, you normalize preparedness, you build a culture of preparedness. That's what we're trying to do at Cedar Hills Ready.

And you make everyone safer, including yourself. This should be easy for tour guides. You are natural leaders.



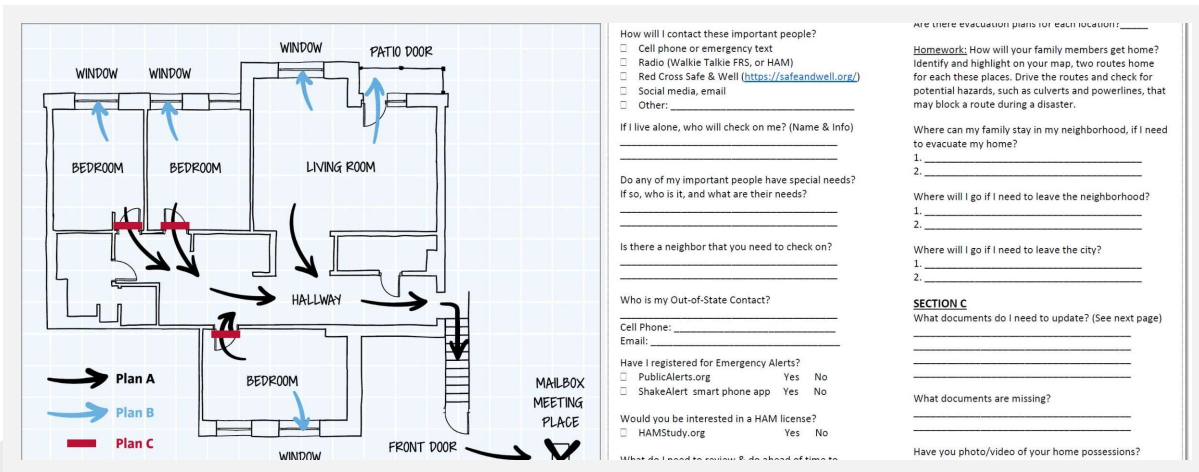
Get Prepared Now!



Plan + Prepare + Practice = Resilience

[0:15]

What are some simple things you can do to get prepared for any type of disaster or emergency? Here are 6 simple steps you can take, right now, to increase your chances of survival when the bad stuff happens. I'll briefly go over each step. I can come back to this summary list after we drill down on each one.



Step 1 – Make an emergency plan

Get the worksheet: <https://www.cedarhillsready.org/emergency-plan.html>



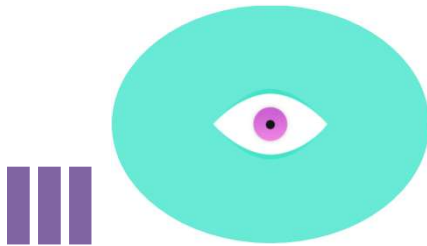
[1:28]

One thing that raises fear and stress enormously during an extended emergency is not knowing what to do, where to go, or how to connect with your important people. Communication is very important at times of crisis like this.

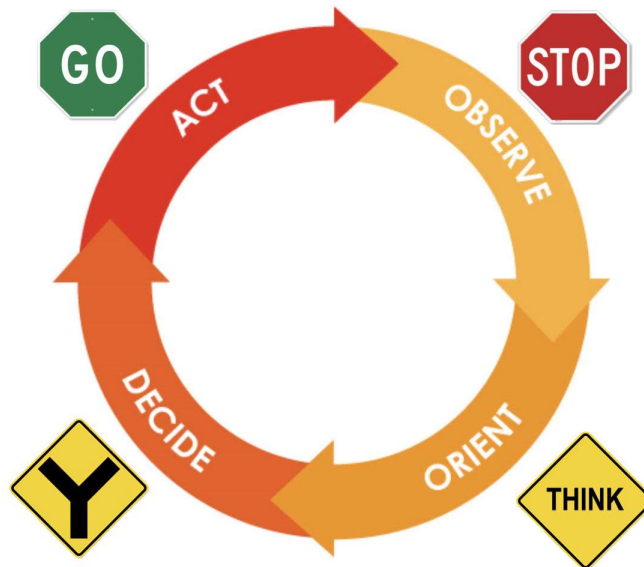
Step 1 is creating an emergency plan: prepare this with your family *ahead* of time. We've created a short form (and a video) to make this easy get started (see the URL on this slide). Get a plan down on paper and share the information with everyone that will matter in an emergency. And store copies of the plan in your go bags and in your cars. This should include:

- Best evacuation routes inside your house. Map it out!
- Pre-arranged meeting point outside the house for everyone to check in, if the condition of your house is questionable.
- A plan of two different routes for getting home if one of you is at school or work – remember that roads might be blocked, with dangerous hazards in the way.
- Communication: how will you contact your important people if the systems we take for granted are down in a major fire, or earthquake, or flood – phones, internet . . . Have a plan!

Practice Situational Awareness



LOOK UP
LOOK ALL
AROUND
LOOK DOWN



[30 secs]

It's natural to panic in a crisis. You can't make decisions in this state. Having a plan in place is super important, but remember that disaster situations change conditions unexpectedly, and you have to adjust while keeping your priorities at the top. So, we recommend that you practice **situational awareness** everywhere you go... at home, work, on an airplane, or in a hotel. Where are the emergency exits? What are the existing natural hazards in your environment? Be aware of them. In a theatre or hotel, notice where the escape routes are located. Practice awareness of your situation right now. Where are the emergency exits if a sudden fire happens. You might have to find them in the dark!

Research shows that people that make this a regular practice are much more likely to survive emergency situations.

Okay, let's move to some concrete steps to preparation. **Karen?**



Step 2 – Organize your supply kits



Get the list on our “Go Bag” webpage at: <https://www.cedarhillsready.org/go-bags.html>

[15 secs]

Step 2 is to organize your kits and supplies. These supplies are not just for earthquake preparedness; also for fire, storms, etc. Supply kits serve different purposes, depending where they are located and their contents.

Under-Bed Kit Basics



[1:40 secs]

We'll talk about three types of kits, starting with the easiest to assemble, the under-the-bed kit. You spend a third of your life in bed. An under-the-bed kit helps you get from your bed to out of your house safely during an emergency. This kit will literally take you less than 30 minutes to assemble. It's likely that you already own most of the items.

Imagine that an earthquake or a fire happens in the middle of the night. You need to escape quickly, in minutes. What do you need to include?

- Include a flashlight and eye protection so you can see, if the electricity goes out.
- Include a sturdy pair of shoes and gloves to protect your feet and hands. The vast majority of injuries that happen in earthquakes don't come directly from the earthquake itself, but from fire and broken glass after the shaking stops.
- Include a hard hat to protect your head from falling debris, and an N95 mask to protect your lungs from dust or smoke.
- You'll probably also want to include some clothes in your kit, in case you sleep in the nude, like I do. Include a coverup and a light jacket.
- Include a whistle, in case you need to call for help, if you are trapped or injured. Like in a fire, you want to make sure people can find you in the dark and in heavy smoke conditions.
- Include a copy of your emergency contacts, also.
- If your pets sleep in the same room as you do, you may also want to include some items for them, such as a harness and a leash.
- Simple, right? Not much to it.

A checklist of what goes into this safety kit is on our "Go Bag" webpage at: <https://www.cedarhillsready.org/go-bags.html>. The QR code is on the screen.

Secure the kit to the bed



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[35 secs]

- Be sure to secure your supplies to the bed, so that if shaking occurs due to an earthquake and your bed moves, your kit will travel with you. Mine is attached with a bungee cord.
- I also have a bed caddy, like the one on this slide, where I store things I use everyday, like my eye glasses, a flashlight and my cell phone, so that these items don't fall off the nightstand in an earthquake.
- When we had to evacuate in the fire in January, we grabbed our bed caddies as part of our evacuation supplies.

Assemble a Go Bag (Supplies for 1-3 days)



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[50 secs]

In addition to an under-bed-kit, organize a go bag for each member in your household, including children and pets. A go bag provides 1 to 3 days of supplies that you will need in an emergency. Your go bag kit should be available for you wherever you spend a lot of time – at work, school, and at home, and should reflect your needs. Bill and I store a go bag in each of our cars, so we always have supplies with us, no matter where we are.

- Everyone in your household needs a go bag suited for them. For example, seniors & people who have special needs may want roller bags, for easy transport.
- For households with 3 or more family members, consider organizing by Person. Label each bag with the name and store all of their needs in it including medications and personal items.



Organize Your Supplies



[40 secs]

We won't go into the details of everything you should pack in your go bag due to time constraints, but we have lists available on our website that you can personalize for your own needs.

- Water and food are at the top the list, of course.
- A few things to remember for seniors, be sure to include your important medication, personal medical equipment, aids, canes, doctors contact information, and so on.
- Also, make sure you can use everything in the go bag, and don't forget to include personal hygiene items, such as hand sanitizer and toilet paper.
- To keep things light, include multipurpose items. For example, a sturdy trash bag can serve many purposes; for trash, or as a poncho, or as a ground cloth. 😊

Do an Inventory & Inspect Supplies



[30 secs]

I had a friend who checked her go bag 5 years after she had packed it; her breakfast bars had turned to hardtack! You should go through your go bags about every six months. I check my go bags when the time changes in the spring and fall. You'll want to rotate food and water and change clothes to match the season. If you label your items with expiration dates, it makes it easy to identify expired items.



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[60 secs]

Oregon Office of Emergency Services recommends that you store at least 2 weeks of supplies for sheltering in place. This is easier than you think. It boils down to having enough shelf-stable food in your pantry to get you through two weeks.

- In a disaster, the first foods you'll want to use are foods that you have on hand that will spoil, such as those in the refrigerator.
- In your pantry, make sure your supplies include foods that you would normally eat, comfort foods.
- Include plenty of canned and dried foods, and foods that don't require cooking, like peanut butter or breakfast bars.
- Invest in a BBQ or a camp stove with extra fuel for outdoor cooking.
- If you are cycling through your inventory that you normally eat and replacing the old stuff regularly, there is no need to buy expensive freeze-dried food that requires extra water to cook.

Step 3 – Store Water



[18 secs]

WATER: How long can you survive without water? About 3 days. Clean water is essential for your preparedness, and it is an easy peasy step to take. Always have clean water with you in your car, go bags, and at home for sheltering in place.



8 cups drinking



4 cups washing



4 cups cooking

How much water

Do you need to survive?

1 gallon



per person & pet every day



For more information: <https://www.cedarhillsready.org/water-supplies.html>

[0:40]

Be sure you have stored enough emergency water for at least two weeks or longer at home. At minimum, store 1 gallon per person and pet for every day. Doing the math for a family of 4, that would be around 56 gallons of potable water. Store the water wherever you can find space, including your car. If you don't already have enough stored water, then please do this one thing right now. Add bottled water to your grocery list or fill up a clean, food-grade container with water after this meeting.

For more information about storing water, see our website. The link is on the bottom of the slide.

Storing Tap Water

Family of 4 (~60 gallons)

**Don't store H₂O
in old milk jugs!**



For more information: <https://www.cedarhillsready.org/water-supplies.html>

[1:40]

- You can store water from your tap at home in a variety of food-safe containers. It's not particularly safe to use jugs and bottles that previously had milk or juice in them, because the lids are not robust, and bacteria can grow pretty quickly in these, even if you clean them.
- You can buy food-grade storage containers at the grocery store or places like REI, or on-line, or get them recycled. The 3.5-gallon bricks are ideal for small spaces, such as apartments. They are easier to pick up (weigh about 25 to 30 lbs) and can be stored under beds and other tight locations.
- You can store water in food-grade 55-gallon barrels, ideal for larger families, if you have the space. You can store them outside in a cool shaded area or in a garage. Our 55-gallon barrels are recycled pizza sauce containers. Be sure to use food-grade hoses when filling them up.
- Never store plastic water containers on concrete or the ground. Store the containers on a shelf or a wooden pallet to reduce the possibility of contamination.
- Finally, stored tap water should be recycled once or twice a year just in case there has been bacterial growth. So date them, and then re-disinfect and re-fill your containers.
- Even if you don't refresh your water on a regular schedule, this water will be easier to treat and make drinkable than water in the outside environment.



Personal Water Filter Systems

Immediate emergency use for one person

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[40 secs]

Have a backup method for purifying water in case you run out of water.

A Personal Water Filter System is great to have in your Go Bag.

In a dire emergency, you can usually stick it into a stream and get a fairly quick drink. But, we want to caution you on this. This way of consuming water is risky, and your personal supply of clean water will always be safer than filter or treating water you collect. We recommend having a water treatment pill in addition to filtering. The last thing you want is to be sick in a disaster. So... it's a good idea to always travel with a couple of gallons in your car.

-
- These personal water filters are great additions to your go-bag or for camping.
 - The drawback is that these have very limited capacity and cannot supply a family's drinking water needs conveniently.

Purifier of Water (PUR)*

Removes 99.9% common bacteria, protozoa, viruses



[45 secs]

Another method for treating water quickly is the Proctor & Gamble, Purifier of Water packet, which was developed in collaboration with the CDC and the World Health Organization and is used widely in developing countries as a way to produce clean water. This is a really amazing product that produces 2.5 gallons of clean water in 30 minutes. We tested this product using raw water from a local stream and sent it off to a professional lab. The results were great. This is better than filtration alone.

Bill, take it from here.

More detailed info:

This packet includes powdered ferric sulfate, which causes inorganic solids and dissolved chemicals to clump and settle, which means we did not filter the water before using the packet in a bucket of raw water. After the clumping and settling, Calcium Hypochlorite disinfects the clear water. The World Health Organization classifies P&G Purifier of Water as providing comprehensive protection in that it: reduces kills bacteria, viruses and protozoa and removes metals and chemicals.

Following the Proctor and Gamble steps on the backside of the package, our process involved the steps shown on this slide. It took us about 30 minutes to get purified water. This was by far the simplest process we tried.

Step 4 – Organize a sanitation & hygiene kit



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[30 secs]

Even if your community water and toilet systems aren't working, your body is!

Step 4 is organizing a sanitation and hygiene kit. Sanitation is critical to preventing disease during a disaster. Many earthquake and storm events around the world have been followed by outbreaks of dysentery and cholera. We want to avoid that as a community.

- You can purchase single-use toilet bags for camping—called wag bags; these are great to include in your go bag.
- But in an extended disaster, or a long camping period, you're going to need something to take care of the volume of waste.
- The experts recommend a two-bucket pee and poo station, like the one shown on this screen.

Why 2 buckets? Separating Pee & Poo



POO in the plastic bag-lined
POO bucket.



Pee in the PEE bucket,
but always put toilet paper
in the POO bucket

- Volume
- Pee is not toxic, but stinks with poo
- Poo is low volume, high toxicity, needs to be treated.

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[55 secs]

Whoa! Why separate PEE and POO?

- Most of the volume of your waste is in urine, and urine is not toxic, at least right away.
- Most of the odor from portapotties and public toilets comes from urine mixed with poo . Yuck! Keeping them separate provides a much less unpleasant environment.
- You can dilute pee one-to-one with water and pour it on the ground, in your garden, or on your compost, or somewhere not far away from your living area. It won't breed bacteria there, and it won't smell a lot. Treating pee separately takes care of most of your waste volume.

On the other hand, poo contains microorganisms that can cause dysentery, cholera and a whole host of dangerous diseases. For that reason, you need to keep poo separate and dispose of it carefully.



What You Need

<https://www.cedarhillsready.org/sanitation-and-hygiene.html>



[35 secs]

So, what do you need for a 2-bucket sanitation system? How do you use it? It's actually pretty easy and inexpensive. We have a kit already assembled and on display after our talk.

- You'll need two buckets, a toilet seat like the luggable loo for comfort – you can get these at REI or any camping store;
- trash bags to line the poop bucket,
- and a carbon material, like saw dust or shredded newspaper, to cover the poo each time you go.

One of our volunteers had a sewage backup that lasted a long time last winter, and while she was waiting for the sanitation department to fix it, she used one of these systems. It worked very well!

Even better: When New Zealand experienced a damaging earthquake that shut down their water and sewer systems for 2 years, these 2-bucket sanitation stations worked like a charm, and they refined the system to this design. This is why it's recommended by FEMA for shelter-in-place extended disasters.



A final note on hygiene: If you need to store the bags of poo you produce for a long time, before the City can pick it all up, it's important to store them in a safe, secure way. Don't bury them – animals will dig them up and spread disease. Use a large garbage bin that has a tight lid. If you organize your neighborhood, there can sometimes be a neighborhood storage solution for extended storage.

Okay, enough potty talk. **KAREN: next step?**



Step 5 – Protect yourself from fires

[0:40]

Step 5 – Protect yourself from fires. Fires are one of highest risks in the Pacific Northwest.

When an earthquake happens, the fire risk goes way up due to broken utility wires and ruptured gas lines. Fire safety is an entire program in our repertoire, because it's so important. We'll just cover some highlights today.



[15 secs]

If a fire breaks out in your house during a big disaster, 9-1-1 likely won't bring any help in time. The fire department is going to be very busy, and you are probably not their first priority on their list. You are on your own. Have those go bags ready to go and evacuate early.

You may only have

2 minutes

to escape a home fire.



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[40 sec]

For **any** fires in your house, escape must happen quickly: **On average people only have two or three minutes to escape a house fire today**, as compared to 17 minutes for similar fires 40 years ago. The use of synthetic materials has been shown to accelerate the spread of fires and toxic smoke. Most of the time it's the smoke that kills you.

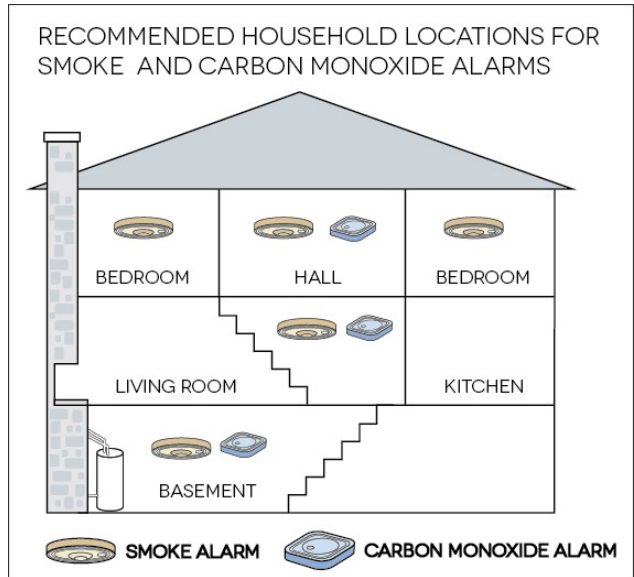
CL  **ISE**
BEFORE YOU **DOZE**



[40]

One practice can save your life during a house fire: close your bedroom doors. A closed door provides a barrier and reduces oxygen to the fire, slowing down the spread of fire and deadly smoke. This gives you more time to escape. Always sleep with the bedroom doors closed, "[Close before your Dose!](#)"

Closing doors might seem counter-intuitive, especially if you have young children, but it is probably one of the most important safety practices you can adopt. And if you are escaping a burning or smoking room, after everyone is out, close the door behind you to contain the smoke. We shut the door to our basement during our house fire, and it really made a difference, limiting most of the smoke damage to one or two rooms.



[0:20]

Smoke alarms and CO detectors are a key part of a home fire escape plan. Roughly 3 out of 5 fire deaths happen in homes with no working smoke alarms or no carbon monoxide detectors. Be sure to have them installed properly, and check the batteries regularly.



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[40 secs]

Fire Extinguishers: You could prevent a complete loss of the house by knowing how to put out a small fire. It made the difference in our house fire.

- The rule of thumb is if the fire is smaller than a waste basket, a fire extinguisher could do the job, ***IF*** you're quick, *you know where it is, and you know how to use it.*
- Any fire that's bigger, you need to evacuate quickly. A fire can grow within seconds to a size you can't control with an extinguisher; it's better to save lives than trying to fight any fire bigger than a wastebasket.

Fire Escape Ladders

Will it fit the windowsill?

Will it reach the ground?

Can it be used more than once?

Do you have one for each upstairs bedroom?

For Fire Escape Ladders, see:

<https://www.safewise.com/blog/top-window-escape-ladders/>



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[0:40]

- One thing about fires is that if they get big enough, they can cut off your path of escape to the outdoors.
- Every room should have two escape routes.
- If you live in a multiple story house or apartment, you should consider a Fire Escape Ladder, to use in the event that your escape through the house is cut off.
- Remember that if a child is old enough to stay at home alone, he/she should be trained in how to use this equipment.
- There are many different kinds of ladders, including escape baskets for your pets. Don't forget your pets!
- Most of these are used by hooking on to a window sill and extending down the side of the house.

If your clothes catch fire – Stop, Drop, Roll!



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[0:30]

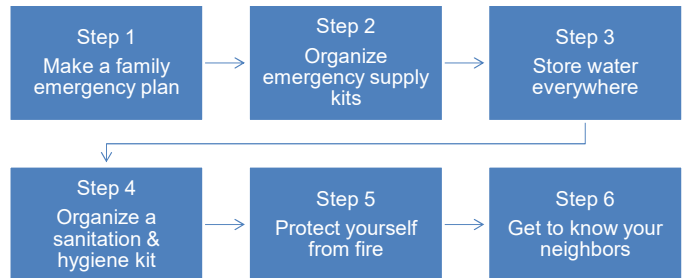
If you are in a fire, just remember that smoke and heat rise. **Crawl on the floor to avoid high heat and toxic fumes.** Cover your mouth with a damp cloth if possible. Our daughter practiced this during the fire experience we had in January, and it saved her lungs.

If you or your loved one's clothing catches on fire, remember to stop, drop, and roll to put out the fire. You'll want to exhaust the oxygen.

Bill?



Get Prepared Steps



Plan + Prepare + Practice = Resilience

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[40 seconds]

So, we've talked about basic steps for getting prepared for any type of emergency or disaster. These included making a family emergency plan, organizing supply kits and go bags, storing water, organizing a sanitation and hygiene kit, and protecting yourself from fire.

Plan plus prepare plus practice equals resilience. That's what we at Cedar Hills Ready focus on in our community education and practice programs.

This information and more is available on our websites and in our Get Prepared Now booklet, which is available for free download on the website.

But what about that last step, getting to know your neighbors? We haven't talked about that yet, and it's very important.



[30 secs]

When a large-scale disaster event happens, your neighbors will be your first responders, so it's a good idea to get prepared together. As Karen mentioned earlier, during and after our house fire, our neighbors stepped up to help us out.

Resiliency can be fun! Plan social events with your neighbors, share what you are learning in neighborhood preparedness, put kits together. Create a culture of preparedness.

Neighborhood Ready?

Be a host & get your block ready today



For more info: www.cedarhillsready.org

[10 secs]

Consider organizing a Neighborhood Ready event on your block. We have all of the the information on how to do it on our website.

Q&A



Okay, we're done. We're happy to take questions, and we also have some items on display for demonstration, and information about Cedar Hills Ready! Questions?