



South Parrett Mountain - Emergency Plan

A Ladd Hill Neighbor Association (LHNA) 501(c)3 initiative
 LHNA, PO Box 2556, Wilsonville OR 97070
 email: lhna2015@gmail.com www.spm-ep.org

Form WC-2019-02-01v1

Emergency Communication & Preparedness Wallet Card

When a disaster occurs, communication systems could be disrupted or overwhelmed almost immediately. Incoming phone calls to the affected area code might be shut down to give priority to emergency operations. To prepare for emergency communication, you can designate emergency contacts, create a family communication plan, and complete a Family Preparedness Wallet Card.

Emergency Contact: Arrange for an out-of-town relative or friend to be your emergency contact. Your contact should live outside of the affected area, preferably in another part of the country. Make sure to program the emergency contact in everyone's cell phone.

Family Communication Plan: Create a plan for all family members to check in with your emergency contact. The emergency contact can relay information about those who have checked in. This will provide peace of mind for your household and loved ones, and will help keep incoming local lines open for emergency personnel. If cell towers are still functional, send a text message instead of trying to call wherever possible. Texting takes less cellular signal to send than a voice call.

Please discuss with your family the importance of staying off of phones and internet other than a brief check in. It is critical that lines remain open for emergency personnel.

Family Preparedness Wallet Card: A Family Preparedness Wallet Card is a vital part of your family emergency communication plan. The wallet card contains important information at a glance, all in one place. Create a wallet card and then give a copy to each person in your household to carry with them at all times. Be sure to give a copy of the wallet card to your emergency contact person.

Fill out the blank wallet card below. Make as many copies as you need. Cut out along the solid line and fold on the dotted lines.

<p style="text-align: center;">Non-Emergency 9-1-1 (503) 629-0111</p> <p style="text-align: center;">Following a disaster, keep phone lines open for emergency responders. Use 9-1-1 to report life- or property-threatening emergencies.</p> <p style="text-align: center;">AFTER A POWER FAILURE</p> <ul style="list-style-type: none"> - Candles can be a safety hazard - use flashlights, lanterns, or light sticks. - Turn off appliances and computers to avoid damage when power is restored. - Check on neighbors. - Charcoal BBQs emit carbon monoxide - do not use indoors or in enclosed areas. <p style="text-align: center;">AFTER AN EARTHQUAKE</p> <ul style="list-style-type: none"> - Prepare for aftershocks - beware of flying objects and avoid damaged buildings. - Shut off your gas line only if it is damaged or leaking. - Listen to radio or TV for emergency information. - Check in with your out-of-state contact. 	<p style="text-align: center;">MEDICAL INFORMATION</p> <p>Doctor _____ Phone _____</p> <p>Pediatrician _____ Phone _____</p> <p style="text-align: center;">PRESCRIPTIONS</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;">Medicine/Dosage</th> <th style="width: 20%;">RX Number</th> <th style="width: 20%;">Phone</th> </tr> </thead> <tbody> <tr><td>_____</td><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td><td>_____</td></tr> </tbody> </table>	Medicine/Dosage	RX Number	Phone	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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<div style="display: flex; align-items: center;"> <div style="text-align: center;"> <p>FAMILY PREPAREDNESS WALLET CARD</p> <p>Tualatin Valley Fire & Rescue (503) 649-8577 www.tvfr.com</p> <p style="background-color: black; color: white; padding: 2px;">Non-Emergency 9-1-1 (503) 629-0111</p> </div> </div> <p>Out-of-State Contact _____ Phone _____</p> <p>Local Contact _____ Phone _____</p> <p>Childcare _____ Phone _____</p> <p>Neighbor _____ Phone _____</p> <p>Family Reunion Site _____</p>	<p style="text-align: center;">INSURANCE INFORMATION</p> <p>Home _____ Phone _____</p> <p>Auto _____ Phone _____</p> <p>Life _____ Phone _____</p> <p style="text-align: center;">UTILITY COMPANIES</p> <p>Gas _____ Phone _____</p> <p>Electric _____ Phone _____</p> <p>Telephone _____ Phone _____</p> <p>Water _____ Phone _____</p> <p>Oil _____ Phone _____</p>															