Preparing Your Family

For Emergencies & Disasters

Hood River County Health

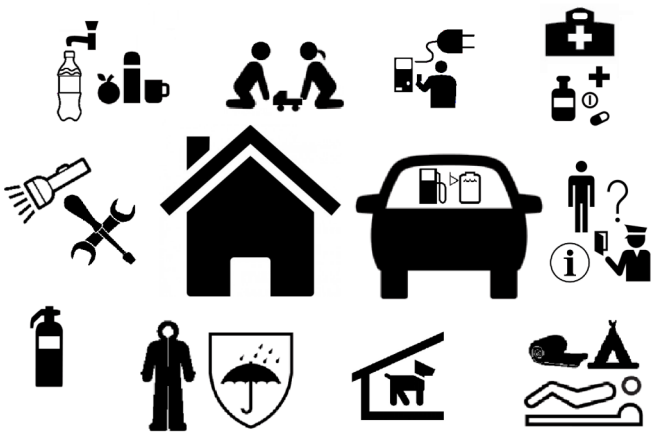
What does your family need every day? What would you take camping?

Make a Meet-Up Plan

If phones don't work, how will you meet-up?

Practice with your family

Stay Safe and Warm



Stay Healthy

Drink Safe Water Only

Refrigerator/freezer food will spoil after 4-hours of warming *(above 41ºF)*

Take Prescribed Medications

Vaccinate your ENTIRE Family *(before the emergency)*

Know What Is Happening

Reverse 911 — You have to Opt-In:
- Go to: www.co.hood-river.or.us
- Create a profile in the Everbridge® system

Listen to local radio broadcasts

Get to know your neighbors *(ahead of time)*

Let your family know your plans

Our Mission:

Is to protect the health of all Hood River County residents by preventing disease, injury, premature death, and disability; promoting healthy lifestyles, behaviors and environment; and responding to disasters, disease outbreaks and epidemics through organized community efforts.

For more information, contact:

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Web: www.co.hood-river.or.us, ***Go to:*** *'Health Department' → 'Emergency Preparedness'*

Recommended Home Emergency Supplies

- **Food**, At least a three day supply of non-perishable food;
- **Water**, one gallon of water per person and pet per day for at least three days for drinking and sanitation;
- **Radio**, battery-powered or hand crank with NOAA weather and tone alert;
- **Flashlight**, headlamp, extra batteries for radio and lights;
- **First aid kit;**
- **Whistle**, to signal for help;
- **Dust mask** or cotton t-shirt to filter air;
- **Moist towelettes**, garbage bags, plastic ties for personal sanitation;
- **Wrench** or pliers to turn off utilities. Know where and how to shut off valves;
- Manual **can** and bottle **opener**s, plates, utensils, paper towels;
- **Maps and documents** - insurance information, contact information, family emergency plan, etc;
- Coats, shoes, **clothing**; and
- Unique **family needs** - prescription medicines, glasses, infant formula, diapers, pet supplies including crates.

Recommended Car / 'Go' Kit Supplies

- Cell Phone Charger;
- First Aid Kit
- Jumper Cables
- Flares
- Water & Snacks
- Flashlight
- Boots, Gloves, Warm Cloths;
- Blanket;
- Shovel Ice Scraper, Snow Brush;
- Bag of Sand or Cat Litter;
- Tire Chains, or snow tires;
- Tow Rope; and
- Full Tank of Gas.

Why: Because you and your family may need to evacuate. Also, emergencies can happen anytime.