

# 12-Month Checklist

Get your family ready for a disaster, one step at a time. ✓ Check off tasks as you go and at the end of a year, you will Be 2 Weeks Ready.

<p><b>Month 1</b></p> <p><b>Collect:</b> ( ) Plastic tote or duffle bag; ( ) Hand operated can opener; ( ) 2 flashlights with batteries; ( ) 3 days of food, water &amp; cash</p>	<p><b>Month 2</b></p> <p><b>Collect:</b> ( ) Propane or alternative food prep or heat source; ( ) Unscented chlorine bleach ( ) + 1 day of food, water &amp; cash. <b>Task:</b> ( ) Make a family emergency plan</p>	<p><b>Month 3</b></p> <p><b>Collect:</b> ( ) Emergency radio with batteries; ( ) Back-up phone power bank; ( ) Personal hygiene items; ( ) + 1 day of food, water &amp; cash</p>
<p><b>Month 4</b></p> <p><b>Collect:</b> ( ) Emergency sanitation; ( ) + 1 day of food, water &amp; cash <b>Tasks:</b> ( ) Inventory your home; ( ) Secure important documents</p>	<p><b>Month 5</b></p> <p><b>Collect:</b> ( ) Fire extinguisher; ( ) More propane; ( ) + 1 day of food, water &amp; cash <b>Tasks:</b> ( ) Practice fire/earthquake drill; ( ) Learn how to shut off your utilities</p>	<p><b>Month 6</b></p> <p><b>Collect:</b> ( ) Paper plates &amp; utensils; ( ) Face masks, goggles, hard hats; ( ) + 1 day of food, water &amp; cash <b>Tasks:</b> ( ) Secure your water heater &amp; furniture</p>
<p><b>Month 7</b></p> <p><b>Collect:</b> ( ) More propane; ( ) + 1 day of food, water &amp; cash <b>Tasks:</b> ( ) Talk to your neighbors; ( ) Make an OK/Help card</p>	<p><b>Month 8</b></p> <p><b>Collect:</b> ( ) Basic tools; ( ) Rope; ( ) Work gloves; ( ) Tarps; ( ) Duct Tape; ( ) + 1 day of food, water &amp; cash</p>	<p><b>Month 9</b></p> <p><b>Collect:</b> ( ) + 1 day of food, water &amp; cash <b>Tasks:</b> ( ) Make a go-bag for each family member</p>
<p><b>Month 10</b></p> <p><b>Collect:</b> ( ) Blankets/warm clothes ( ) + 1 day of food, water &amp; cash <b>Tasks:</b> ( ) Insulate water lines/prevent frozen pipes ( ) Inspect trees for potential hazards</p>	<p><b>Month 11</b></p> <p><b>Collect:</b> ( ) Candles &amp; Matches; ( ) Water filter; ( ) More propane; ( ) + 1 day of food, water &amp; cash</p>	<p><b>Month 12</b></p> <p><b>Collect:</b> ( ) Games/Entertainment; ( ) + 1 day of food, water &amp; cash <b>Tasks:</b> ( ) Give the gift of preparedness supplies</p>



Sign up to receive email reminders in your inbox each month

[eweb.org/P2P](http://eweb.org/P2P)





# Pledge to Prepare

eweb.org/P2P

## January

### Supplies:

- ☐ 3 days of food, water, and cash
- ☐ Plastic bins or duffel bag
- ☐ Manual can-opener
- ☐ 2 flashlights, additional batteries (unopened), and/or camping light

### Tasks:

- ☐ Review resources to develop an emergency plan at [ready.gov/plan](https://www.ready.gov/plan)



Send a photo of your progress to [follow.us@eweb.org](mailto:follow.us@eweb.org) to be entered in the monthly raffle.

### Food & Water Goal

14 Days

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Keep building on your water, food and cash. Continue to prioritize non-perishable, high protein, easy-to-prepare items like canned foods, nuts and dried fruits. Remember, one day of water = 1 gallon per person.

## Where to store your supplies

FEMA recommends putting your disaster supplies in one or two easy-to-carry containers such as plastic bins or duffel bags. Once you have bins or bags, you'll need a place to store your supplies. One of the best solutions is to keep supplies in multiple areas so that they are always within reach in the event of a disaster.

## Cleaning and preparing water storage containers

### Cleaning Before Use:

Wash the storage container and rinse with water. Sanitize the container with a solution made by mixing one teaspoon of unscented liquid household chlorine bleach in one quart of water. Cover the container tightly and shake it well. Make sure the sanitizing bleach solution touches all inside surfaces. Wait at least 30 seconds and then pour the solution out of the container. Let the empty container air-dry before use OR rinse the empty container with clean, safe water.

### Storing Safe Water in a Container:

Label container as "drinking water" and include storage date. Keep stored water in a place with a fairly constant cool temperature (50-70° F). Do not store water containers in direct sunlight. Do not store water containers in areas where toxic substances, such as gasoline or pesticides, are present.

### Replacing Emergency Water Supply:

Follow "best by" dates on store-bought water and switch out water in your containers every six months. Unlike food, water does not go bad. So, if you need to access your emergency water after that, it will be safe to drink as long as it is treated first. The most common treatment options are: **Boiling** - bring water to a rolling boil for one full minute. **Chlorination** - add 1/8 teaspoon of unscented liquid chlorine bleach per gallon of water, shake and let stand for 30 minutes.

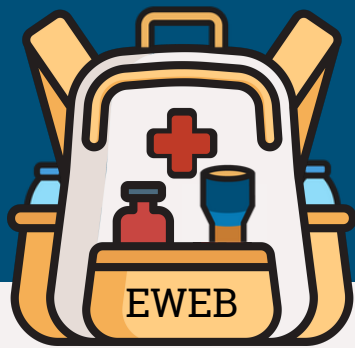
### Examples of non-perishable food items:

- Canned meats, beans, fruits, veggies, soups, chili and juices
- Granola bars
- Nut butters (peanut, almond)
- Dried fruits and nuts
- Freeze-dried meals
- Baby formula
- Canned pet food

**Review food stocks annually. Eat food prior to expiration date and replace it.**

Store cash in case ATMs do not function in an emergency or banks are closed.





# Pledge to Prepare

[eweb.org/P2P](http://eweb.org/P2P)

## February

### Supplies:

- ☐ +1 day of food, water, and cash
- ☐ Medicine and First Aid Kit
- ☐ Propane or other outdoor cooking fuel
- ☐ Single-burner camp stove
- ☐ Unscented chlorine bleach

### Tasks:

- ☐ Make a [family emergency plan](#)



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## In a long-term emergency, it will be helpful to have fuel for boiling water and cooking.

Propane works well to power camp stoves or barbecue grills, but there are other options such as charcoal, wood, and butane. Never store liquid fuel indoors or in an attached garage. It should be stored in a location that gets little to no direct sunlight and has ventilation.

## Three Steps to a Family Emergency Plan:

### Step 1: Discuss these questions with your family.

*How will we communicate with each other?* In many cases, text messages will go through when your call may not. Designate someone outside the area as a central contact and ensure all family members know who to contact if they become separated. Agree on a meeting place ahead of time in case you are unable to communicate. Make sure each family member has a printed list of phone numbers.

*If you need to leave home, where would you go?* To a family member's or friend's home, or a hotel? A shelter? Where is the closest public shelter located? Consider your options and discuss with your loved ones in advance.

*What is our evacuation route?* In the event of a natural disaster, some roads and bridges may become impassable. It is smart to plan for a few different route options to your shelter location. Keep a map in your car in case your mobile navigation is unavailable.

### Step 2: Document your emergency plan

Write down your plan and make sure everyone has a copy. You can use the [EWEB Emergency Plan Template here](#).

### Step 3: Practice your plan

Review and practice your plan a couple of times a year so that everyone will remember what to do in an emergency.

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### Storing bleach for water treatment:

Generally, bleach stored at room temperature has a shelf life of one year. After that, it should be replaced.

**Pro tip:** 16 oz bottles of bleach are just the right size for a kit.

### Build a "medication go bag"

with at least 1 week of medications you take on a regular basis. Label the containers clearly. Think about other needs such as hearing aid batteries, EpiPens, syringes, etc.





# Pledge to Prepare

[eweb.org/P2P](http://eweb.org/P2P)

## March

### Supplies:

- ☐ +1 day of food, water and cash
- ☐ Back-up phone power banks
- ☐ NOAA Weather Radio
- ☐ Personal hygiene items

### Tasks:

- ☐ Inventory your home



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## Inventory your home for emergencies.

Creating a comprehensive home inventory can help you recover more quickly and ensure you receive proper compensation for your losses.

Follow these steps:

**Create a detailed inventory:** Document every item in your home, including descriptions, values, and supporting documentation like receipts or photographs.

**Start room by room:** Walk through your home and list all major possessions, including furniture, electronics, jewelry, keepsakes, and personal items.

**Take photos and videos:** Capture clear images of each item and consider recording a video walkthrough for high-value items.

**Store securely:** Keep your inventory list in multiple secure locations, such as a safe or digital backup, to protect against loss.

**Regularly update your inventory:** Update your list when you purchase new items, sell or donate existing ones, or change the value of certain items. You can also use a [Home Inventory App recommended by the Oregon Department of Financial Readiness](#).

## Emergency Radios:

Many emergency radios offer solar charging, flashlights, and the ability to charge a cell phone. Some feature a hand crank as a power supply.

**NOAA Weather Radio All Hazards (NWR)** is a nationwide network of radio stations broadcasting continuous weather information directly from the nearest National Weather Service office. NWR broadcasts official Weather Service warnings, watches, forecasts, and other hazard information 24 hours a day, 7 days a week.

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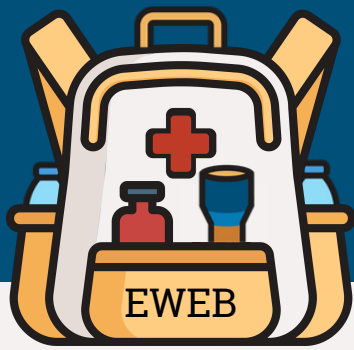
### Prep for Pets & Babies

As you add to your supplies each month, remember the special needs of pet and babies.

Food	Baby Food
Extra water	Extra Water
Leash	Diapers & Wipes
Carrier	Carrier
Medicine	Familiar items
Photo of pet	Teething needs

Personal hygiene items:  
Toilet paper, wet wipes, hand sanitizer, soap, toothbrush, toothpaste, towel, wash cloth, feminine products, lotion and sunscreen.





# Pledge to Prepare

[eweb.org/P2P](http://eweb.org/P2P)

April

## Supplies:

- ☐ +1 day of food, water and cash
- ☐ Emergency sanitation items

## Tasks:

- ☐ Compile Financial First Aid Kit



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## Your emergency Financial First Aid Kit.

Once the immediate threat of harm has passed, having your important documents and household records in order will be very important to the recovery process. The [Emergency Financial First Aid Kit \(EFFAK\)](#) can help you develop a centralized record of essential household and financial information.

### Step 1: Compile

Download the EFFAK for a checklist of recommended documents you may need following an emergency. These include, but are not limited to: Photocopies or identification documents (driver's license, birth certificates, marriage license, etc.), Mortgage documents or lease/rental agreements, Account statements (banks, credit cards, investments, loans), Insurance Policies, Tax Returns, and Photographs or video of home and valuable belongings.

### Step 2: Review

Ensure your insurance policies are adequate and that your financial paperwork is up to date. The EFFAK will help you to identify any important documents that you don't currently have.

### Step 3: Safeguard

Store paper and electronic copies of all files in a secure location, such as a fireproof or waterproof safe, a bank safe deposit box, with a trusted friend or relative, a secure off-site storage service, or with a lawyer or financial advisor. For electronic files, ensure that you use a password-protected format. You can also use a [Home Inventory App recommended by the Oregon Department of Financial Readiness](#).

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## Emergency Sanitation

In an emergency, water and sewer lines may be disrupted, and you may need to improvise emergency sanitation facilities. You'll need:

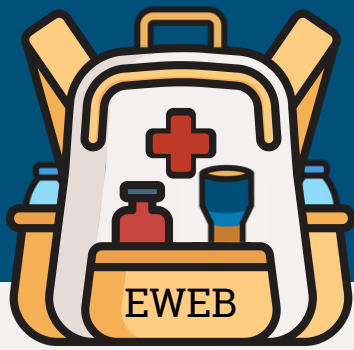
- 2 Five-gallon buckets with lids that close tightly
- Toilet seat that can fit on a bucket
- Heavy duty plastic garbage bags & ties
- Toilet paper, disposable gloves & soap

Line the poo bucket with a garbage bag and then cover each use with carbon material. Examples of carbon material: Finely shredded paper, sawdust, wood chips, dried leaves, forest litter.

Try not to mix pee and poo.







# Pledge to Prepare

[eweb.org/P2P](http://eweb.org/P2P)

May

## Supplies:

- ☐ +1 day of food, water and cash
- ☐ ABC Fire Extinguisher
- ☐ More propane or other outdoor cooking fuel

## Tasks:

- ☐ Learn how to shut off your utilities

## Turning off utilities after a disaster.

In some disasters, it may be necessary to turn off utilities to avoid damage to your home.

### Gas

According to FEMA, natural gas leaks and explosions are responsible for a significant number of fires following disasters. If you have gas appliances, you need to know how to keep your home safe before and after an earthquake or other disaster. Visit [www.nwnatural.com](http://www.nwnatural.com) for more information.

### Electricity

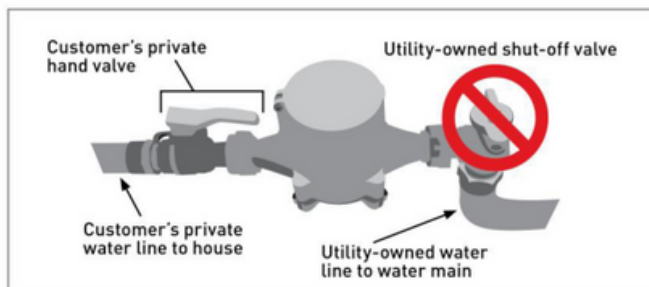
Unlike gas, turning off electricity doesn't require any tools. If your lights are flickering or you suspect any damage, locate the electrical box and switch off all the individual circuits. Then turn off the main circuit.

### Water

It's important to know where your water meter is located before an emergency occurs. Your water meter should be located in a meter box in the ground in front of your house near the street. If your house is on a corner lot, your water meter could be either on the front or side street. Contact EWEB Water Operations at 541-685-7595 if you are unable to locate your water meter.

Often there are two valves that shut off the water: the curb stop (EWEB valve) and the customer hand valve. The curb stop is the valve that shuts the water off to the water meter. The customer hand valve is located directly after the water meter. Check your water meter to find the customer hand valve before an emergency occurs. If you do not have a hand valve, we can help you with a rebate to install a replacement valve.

**After an earthquake, don't turn utilities back on until you've been notified by EWEB that it is safe to do so.**



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### Fire Extinguishers

For the home, select a multi-purpose extinguisher (ABC rating) that is large enough to put out a small fire, but not so heavy as to be difficult to handle. Fire extinguishers should be replaced or recharged every few years.

Learn how to use your fire extinguisher before disaster strikes, watch a helpful [video](#).



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# Pledge to Prepare

[eweb.org/P2P](http://eweb.org/P2P)

June

## Supplies:

- ☐ +1 day of food, water and cash
- ☐ Paper Goods (plates, napkins, etc.)
- ☐ Face masks, goggles, hard hats

## Tasks:

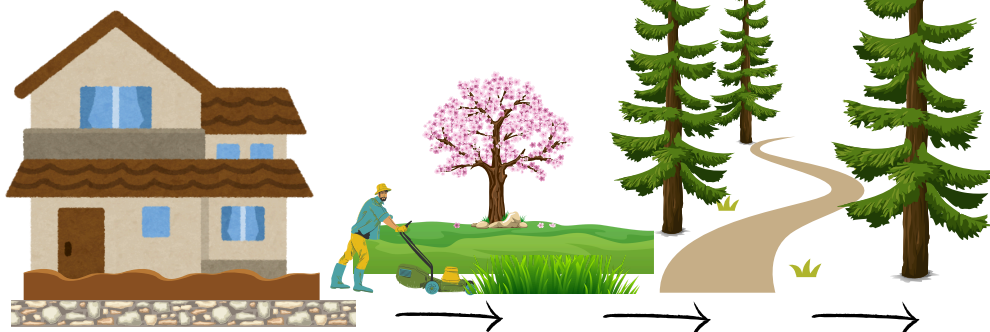
- ☐ Practice a fire drill
- ☐ Build Defensible Space around your home and property

## Practice a fire drill in your home.

Follow the steps below to make sure everyone in your home is prepared and knows what to do in case of a home fire. Learn more at [ready.gov](http://ready.gov).

- Make a written home fire escape plan and practice getting out in under 2 minutes.
- Make sure you have smoke alarms on every level of your home and in each bedroom. Test them twice a year.
- Learn the best practices for [home fire safety](http://homefiresafety.org) and fire safety with children.

## Wildfire Preparedness: Building Defensible Space



### ZONE 1 (0-5 feet)

Remove plants touching your house or outbuildings, remove debris that could lead to ignition from embers, do not stack wood in Zone 1. Choose gravel over wood chips for landscaping.

### ZONE 2 (5-30 feet)

Trees should be spaced 10 feet away from buildings and other trees. Keep grass mowed under four inches. Incorporate fire resistant plants in landscaping. Store propane tanks 30 feet away from buildings.

### ZONE 3 (30-100 feet)

Remove tree needles, leaves and mulch from undergrowth. Trees should be spaced 10 feet from power lines. For trees over 18 feet tall, remove branches six feet from the ground.

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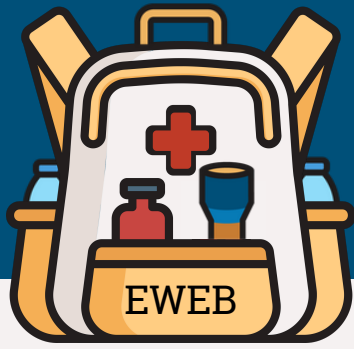
In an earthquake, you could encounter falling debris, dust and piles of rubble. Include some basic safety gear in your kit such as:

- Hard hat
- Eye protection
- Dust/Respirator mask
- Gloves



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# Pledge to Prepare

eweb.org/P2P

July

## Supplies:

- ☐ +1 day of food, water and cash
- ☐ More propane or outdoor cooking fuel
- ☐ Whistle or noise alerting device

## Tasks:

- ☐ Talk to your neighbors
- ☐ Make a go-bag for each household member

## What to include in a Go-Bag:

A go-bag is a small, portable bag, packed with a few essential supplies that you can quickly grab and go in case you ever need to evacuate. Each member of your household should have his or her own go-bag. Here are some suggested items to include:

- A secure flash drive with photos of all the rooms in your home, including valuables and scanned copies of important documents (see May list)
- Bottle of water and some food (granola bars are a good option)
- Change of clothes (aim for lightweight, layerable items)
- Flashlight or headlamp
- Basic first aid and medications
- Phone charger & battery pack
- Special needs items (for babies, seniors, pets, etc.)
- Small blanket
- Some cash in small bills



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## When neighbors become first responders

In a disaster, professional emergency response may be delayed for hours or even days. In many cases, your most immediate source of help is the neighbors living around you. At a minimum, it will be helpful to know in advance of an emergency:

- Do any of your neighbors have special needs, such as elderly folks living alone?
- Do any of your neighbors possess specialized skills or equipment?
- Many Eugene Neighborhood Associations have emergency preparedness resources and/or plans. Connect with your [Neighborhood Association](#) to learn more.

## Map Your Neighborhood Program

Map Your Neighborhood is a step-by-step resource for organizing your neighbors to prepare for an emergency. The program walks you through the first nine steps to take immediately following a disaster, identifying community skills and equipment, creating a neighborhood map, creating a contact list, and learning how to work together following an emergency. [Click here for more information and to download materials.](#)

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### Pro Tip:

Following a disaster, place a sign in your window to let your neighbors know if you are **OK** or in need of **HELP**. This will allow first responders to move quickly from house to house.

In a long-term emergency, it will be helpful to have fuel for cooking and boiling water. Propane works well to fuel camp stoves or barbecue grills, but there are other options such as charcoal, wood and butane.







# Pledge to Prepare

[eweb.org/P2P](http://eweb.org/P2P)

## August

### Supplies:

- ☐ +1 day of food, water and cash
- ☐ Duct tape, rope, and work gloves
- ☐ Tarp(s) and poncho
- ☐ Basic tools and/or a multi-tool

### Tasks:

- ☐ Secure your water heater and furniture



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### Securing your water heater

Water heaters can move or tip over if not securely anchored to the wall or floor. For a small investment of time and money, you can prevent damage and spilling water that could be useful in an emergency. Purchase and install a strap or bracing kit from your local hardware store, or have a licensed plumber secure your water heater.

### Accessing water from your water heater in an emergency

#### Step 1: Turn off your home's water supply

Taking this step, especially after a major earthquake, can help ensure that the water remains in your tank and isn't compromised. In most homes, emergency water shut-off valves are found in the basement, crawlspace, garage, or outside the home's foundation. Locate your shut-off valve before an emergency, so you'll know how to access it quickly.

#### Step 2: Turn off your water heater's power source

This is an important safety step. For electric water heaters, shut off the power by flipping the correct switch on your electrical panel. For natural gas water heaters, visit [www.nwnatural.com](http://www.nwnatural.com) for information on earthquake preparedness and safety measures.

#### Step 3: Turn off the water supply to your water heater

Locate the water shut-off valve and turn it clockwise until it is fully closed. This valve is typically located on the top of the unit.

#### Step 4: Let air into your water heater

You can do this by opening the relief valve located on the side of the tank (flip the handle so that it sticks straight up or out), or by turning on hot water spigots in the main area or upstairs in your home. This will help release water from your water heater.

#### Step 5: Locate the drain valve at the bottom of the tank and release water

Place a clean container under the drain valve spigot to capture water and turn the spigot or screw of your tanks' drain valve to the left. Wear gloves and eye protection, and be careful as the water may be very hot.

#### Step 6: Treat or filter any water that you are using for drinking, cooking, or hygiene

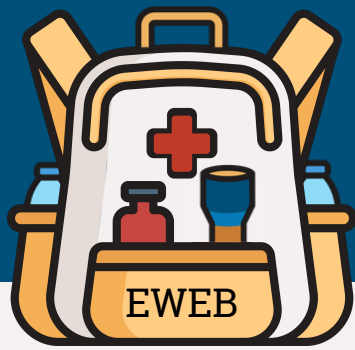
Boil water for at least one minute, or put water in a sanitized container and treat with unscented chlorine bleach (1/8 teaspoon or bleach per gallon of water).

**Pro Tip:** A good tarp can be one of your most useful and versatile supplies in an emergency. Uses include shelter, covering a broken window or damaged roof, rainwater catchment, emergency blanket, carrying/dragging heavy material, protecting supplies from weather, creating a privy space, and much more!

#### Other examples of must-have tools for outdoor survival:

Pry bar      Compact Shovel  
Zip ties      Hatchet  
Gas shut-off wrench





# Pledge to Prepare

[eweb.org/P2P](http://eweb.org/P2P)

## September

### Supplies:

- ☐ +1 day of food, water and cash

### Tasks:

- ☐ Make an emergency kit for your car
- ☐ Inspect trees for potential hazards

### Have an emergency kit in your car

Here are some items to include in your car kit:

- Portable cell phone charger/cable
- Water and snacks
- Warm clothes, extra shoes and blankets
- Flashlight or headlamp
- First aid kit
- Tarp and poncho
- Roadside/break-down kit
- Tire chains
- Sand or cat litter



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### Need to request tree trimming?

Fall is the perfect time to inspect trees for potential hazards.

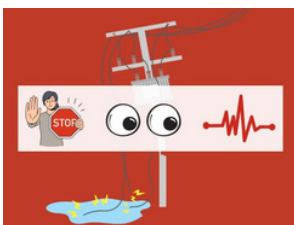
EWEB operates an extensive tree trimming program to enhance reliability and protect public safety by keeping trees and branches a safe distance from overhead electric lines. If you know of a location where trees are interfering with our power system, please let us know. Call 541-685-7148 or request online at [eweb.org/trees](http://eweb.org/trees)

### If you see a downed power line...

**STOP.** There's no way to know if a downed line is energized, so play it safe—assume it is live. Stay at least 50 feet away (about the length of a school bus).

**OBSERVE.** Carefully observe the area. Downed lines can energize the ground and nearby objects, and electricity can travel through water puddles. **Stay at least 50 feet away** from anything that could be energized, and instruct others to do the same.

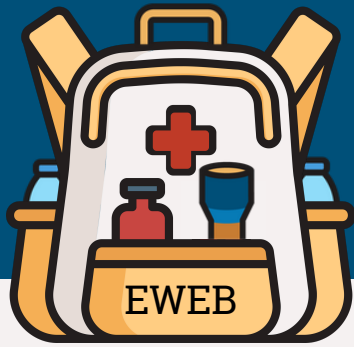
**SURVIVE.** Call 911 to report a downed power line, then call EWEB to report the downed line. NEVER approach or attempt to move a line under any circumstances.



### Pro Tip:

- Check your go-bag or emergency car kit every six months and rotate supplies as necessary.
- Create an evacuation to-do list, including last minute items you want to pack, steps to secure your house, etc.
- Make a plan in advance for where you will go and what route(s) to take





# Pledge to Prepare

[eweb.org/P2P](http://eweb.org/P2P)

## October

### Supplies:

- ☐ +1 day of food, water and cash
- ☐ Extra blankets and warm clothing

### Tasks:

- ☐ Insulate water lines to prevent frozen pipes
- ☐ Practice an earthquake drill in your home



Send a photo of your progress to [follow.us@eweb.org](mailto:follow.us@eweb.org) to be entered in the monthly raffle.

### Food & Water Goal

14 Days

13  
12  
11  
10  
9  
8  
7  
6  
5  
4  
3  
2  
1

Keep building on your water, food and cash. Continue to prioritize non-perishable, high protein, easy-to-prepare items like canned foods, nuts and dried fruits. Remember, one day of water = 1 gallon per person.

### Preventing frozen pipes

Save yourself the hassle and cost of emergency repairs by locating pipes in areas that have higher risk for freeze damage. Then take a few simple steps to reduce the risk of burst pipes. See below for tips for preparing for winter and what to do before you leave for, or return from, a winter vacation. A few preventative measures could save you from expensive repairs.

#### Prepare for winter:

- Wrap pipes located in unheated areas - such as an attic, crawl space or garage - with foam pipe insulation.
- Drain water from underground sprinkler piping and backflow prevention assembly. Wrap the assembly with foam insulation.
- Disconnect and drain garden hoses. If you don't have frost-proof outdoor faucets, install an insulated cover.
- Locate your water meter and make sure your customer-side hand valve shuts your water off completely. Call or email EWEB if you have questions about your customer-side valve: **541-685-7088** or email at [ems.answers@eweb.org](mailto:ems.answers@eweb.org)

#### During a cold snap:

We suggest that you take a few extra steps when temperatures are predicted to be 20 degrees or less:

- Cover crawl space vents. Remember to uncover the vents as the weather warms.
- Open cabinet doors below sinks located against outside walls. Insulation in the walls may not be thick enough to keep pipes from freezing.
- Turn on a small but steady stream of water at the inside faucet farthest away from where your water supply enters your home. Flowing water does not freeze as quickly as still water

#### If your pipes freeze:

You will know that your pipes have frozen if you turn on the tap and no water flows.

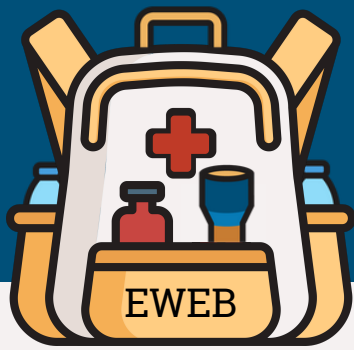
- Never use a flame or electric appliance, such as a hair dryer or heating pad, to thaw a frozen pipe.
- You can thaw a frozen pipe by warming towels or blankets in the clothes dryer and then wrapping them around the frozen pipe. Repeat this process until water flows from the tap.
- If your pipe breaks, shut off your water using your whole-house valve or customer-side hand valve at the water meter.
- If you cannot shut the water off, call us at **541-685-7595**.

### The Great Oregon ShakeOut!

An annual opportunity at 10:16 a.m. on 10/16, to join thousands of Oregonians practicing **earthquake safety**.

Of course, you can practice your earthquake safety drill on any day of the year.





# Pledge to Prepare

[eweb.org/P2P](http://eweb.org/P2P)

## November

### Supplies:

- ☐ +1 day of food, water and cash
- ☐ Battery camping lanterns
- ☐ Water filter

### Tasks:

- ☐ Sign up for emergency alerts



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If a natural disaster disrupts the public water supply, your stored water will be your go-to source for drinking and cooking. But if your stored water supply runs out, you may need a way to purify other sources of water.

## CDC guidance for making water safe in an emergency

In an emergency, water contaminated with germs can often be made safe to drink by boiling, adding unscented household bleach, or filtering. **Note: Water contaminated with fuel or toxic chemicals will not be made safe by boiling or disinfection.**

Many portable water filters can remove disease-causing parasites such as *Cryptosporidium* and *Giardia* from drinking water. If you are choosing a portable water filter, **try to pick one that has a filter pore size small enough to remove parasites.** Most portable water filters do not remove bacteria or viruses.

Carefully read and follow the manufacturer's instructions for the water filter you intend to use. After filtering, add a disinfectant such as iodine, chlorine, or chloride dioxide to the filtered water to kill any viruses and remaining bacteria.

For more information about disinfecting water and water filters that can remove parasites, visit the Centers for Disease Control website: [cdc.gov/healthywater/emergencydrinking/making-water-safe.html](http://cdc.gov/healthywater/emergencydrinking/making-water-safe.html).

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### Lane Alerts

Lane Alerts allows fire, police, and other emergency response agencies to issue alerts to residents in the event of severe weather, fire, flooding, hazardous materials, need for immediate evacuation, civil danger, local area emergencies, and missing persons.

In the event of an emergency, alerts will be delivered to you at the contact information you provided, including telephone, text messages and email.

Sign up at:  
[lanecountyor.gov/sign\\_up\\_for\\_notifications](http://lanecountyor.gov/sign_up_for_notifications)





# Pledge to Prepare

[eweb.org/P2P](http://eweb.org/P2P)

## December

### Supplies:

- ☐ +1 day of food, water and cash
- ☐ Comfort/entertainment items

### Tasks:

- ☐ Give the gift of preparedness



Send a photo of your  
**COMPLETED KIT!**  
[follow.us@eweb.org](mailto:follow.us@eweb.org) to  
be entered in the  
monthly raffle.

## Giving the gift of preparedness

Jewelry, clothes and electronics are nice, but if you really want to show someone you care, consider giving them the gift of safety and peace of mind. The holiday season is the perfect opportunity to help your friends or family prepare for an emergency or disaster. Here are a few gift ideas for the special people in your life:

### Stocking Stuffers

- Flashlight
- Backup phone battery
- Freeze-dried food
- Candles
- Emergency poncho
- Heat reflective blanket
- Hand/foot warmers

### Gifts under \$100

- First Aid kit
- NOAA Emergency Radio
- Multi-tool
- Personal water filter
- Emergency water container
- Camp stove
- Walkie Talkies
- Portable solar power station

### Gifts over \$100

- Pre-made 72-hour kit
- Family water filtration system
- 30-day emergency food supply
- Back-up Generator

These are just a few ideas, and it's possible to get really creative with homemade gifts, gifts for kids, pet-owners and more. The holidays are a great time to introduce preparedness into the lives of your friends and family, and perhaps cross some items off your own wish-list as well!

### The importance of comfort and entertainment items

In an emergency, it's important for everyone to stay as calm as possible and having a few comfort items and activities can help sooth frayed nerves and lift morale. Cards and activity books are great options that don't take up a lot of space. You may also want to add some "luxury" items to your kit, such as coffee, candy or a portable/camp shower. If you have small children, think about including some toys or stuffed animals that can add a sense of security.

### Food & Water Goal

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**You did it!**  
After this month you'll have the minimum 14 days worth of food, water and cash! If you can, keep building on your supplies over time.

