

CONNECTION  
IS PROTECTION

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TUALATIN  
NEIGHBORHOOD  
READY

Get Started.

Make Plan A.

Who depends on you?

Say hello.

**Stay close and friendly.**

Connect in real time and online.

Stock your home.

Make a home, car and work go-kit.

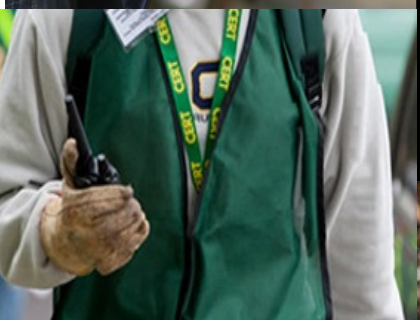
And Plan B?

Make a neighborhood contact/supply/skills list.

**Support Each Other.**

Do it now.





## SECURITY IS STRENGTH IN NUMBERS

When people come together to meet their neighbors, volunteer, or join an on-line forum, they can help each other and look out for one another. Neighbors know each other's names and how to contact each other.

There really is strength in numbers. Organized neighborhoods are less vulnerable to crime and more resilient when disaster strikes.

Emergency management resources exist across Washington and Clackamas Counties. Tualatin has its Community Emergency Response Team (CERT) and Community Involvement Organizations (CIOs) along with Tualatin Neighborhood Ready. These all-volunteer programs are supported by the City of Tualatin. We'll keep our community strong by connecting neighbors, and by preparing for and responding to major storms, earthquakes and other emergencies.

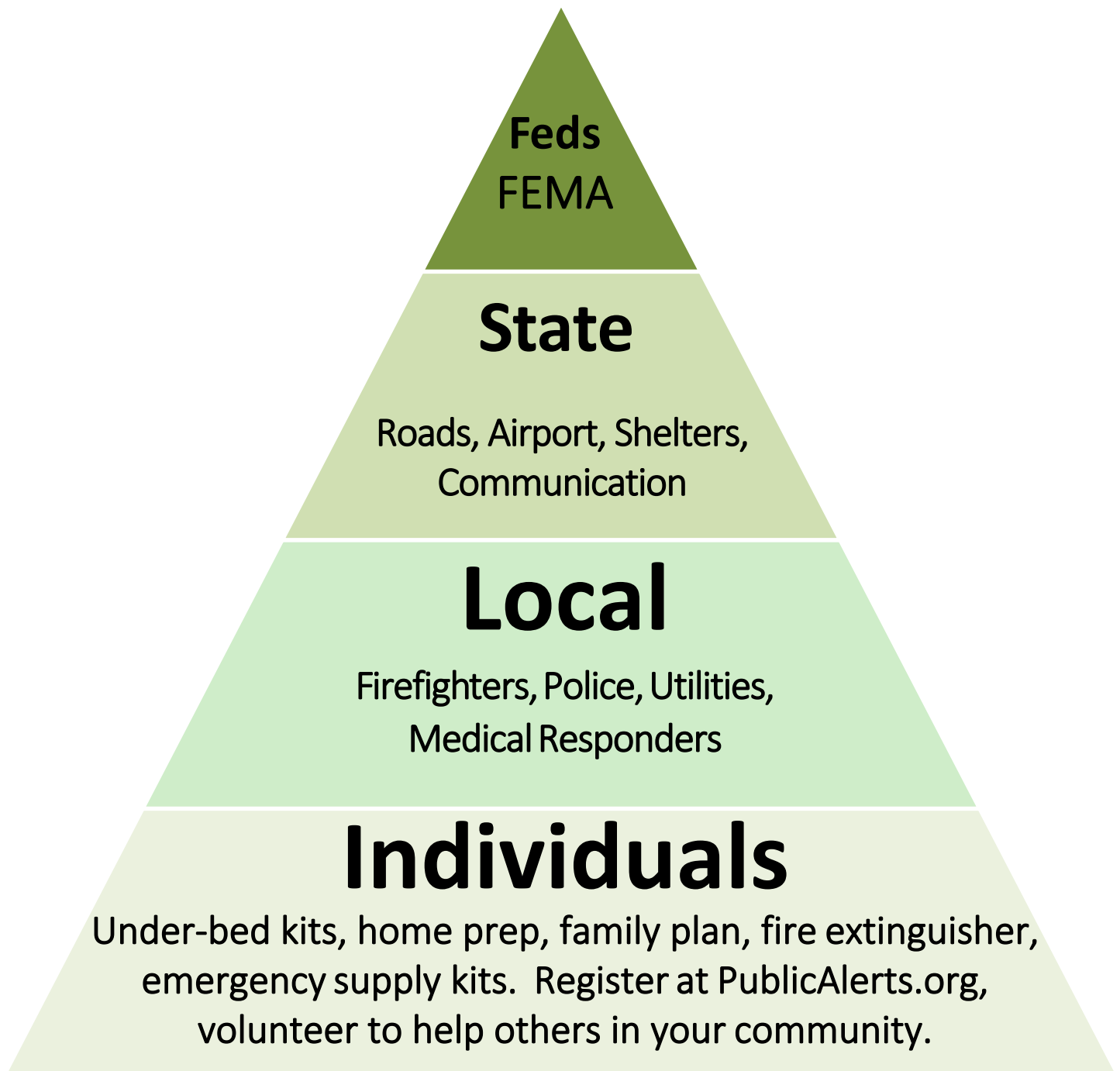
Connected neighborhoods are not only safer, they're more resilient and fun! If you are ready to connect to protect yourself, your family, and your neighbors, this Tualatin Neighborhood Ready workbook is your guide. It includes: Home Preparedness, Family Emergency Plan, Emergency Supply Kits, Preparedness Calendar, 9 Steps to Follow after a Disaster, Ways to Get Involved, and additional resources.



# Responsibility Pyramid

## Tualatin Neighborhood Ready

Remember, when disaster strikes, Federal & State agencies take time to put resources into place. Local emergency responders will likely be overwhelmed with major issues. It is the individuals around you that will help each other first.





# Reduce the Risk of Injuries and Damage to Your Home and Family

Most injuries during an earthquake are caused by falling objects. By securing contents in our homes and offices now, damages will be far less and many injuries will be prevented.

**Are there heavy and/or tall items (cabinets, file cabinets, bookcases, etc.) in your home that may move or fall over during an earthquake? Would they block exits out of a room or home? Can these be secured to structural support (i.e., studs)?**

- Bolt heavy, tall furniture to the wall studs.

**Are hanging plants, light fixtures, ceiling fans secured?**

- Install guy wires to secure swinging items. Use closed hooks.

**Where could flying glass be unsafe?**

- Move beds away from windows.
- Replace glass bottles in bathrooms.

**Are gas appliances securely fastened in place to not pull connections apart?**

- Strap all gas appliances to wall studs; ensure flexible gas connections.

**Are wall-mounted objects (clocks, pictures, mirrors, etc.) secured against falling?**

- Secure to the wall with closed hooks.

**Are items on shelves & display cabinets secured from falling out?**

- Use Velcro, putty, low shelf barrier and restraining devices. Place heavy items on low shelves.

**Are TV's, computers, microwaves, and other electronics secured in place?**

- Strap electronics securely to the walls.

**Are incompatible chemicals stored together that should be moved to prevent mixing?**

- Never store these chemicals in the home. Store away from heat sources.

**Is your home securely fastened to its foundation?**

- Have home professionally bolted to the foundation. Check for cracks and repair.

**Is the chimney safe and no loose bricks?**

- Brace or replace masonry.

**Learn and practice Drop, Cover, Hold On.**

- If inside, get under a sturdy table, bench, or against an inside wall.
- If in bed, stay in bed and cover your head with a pillow.
- If outside, move away from buildings, trees, streetlights, and utility wires.
- If in moving car, pull to side of road and stay in car. Avoid stopping under trees, buildings, overpasses and utility wires.

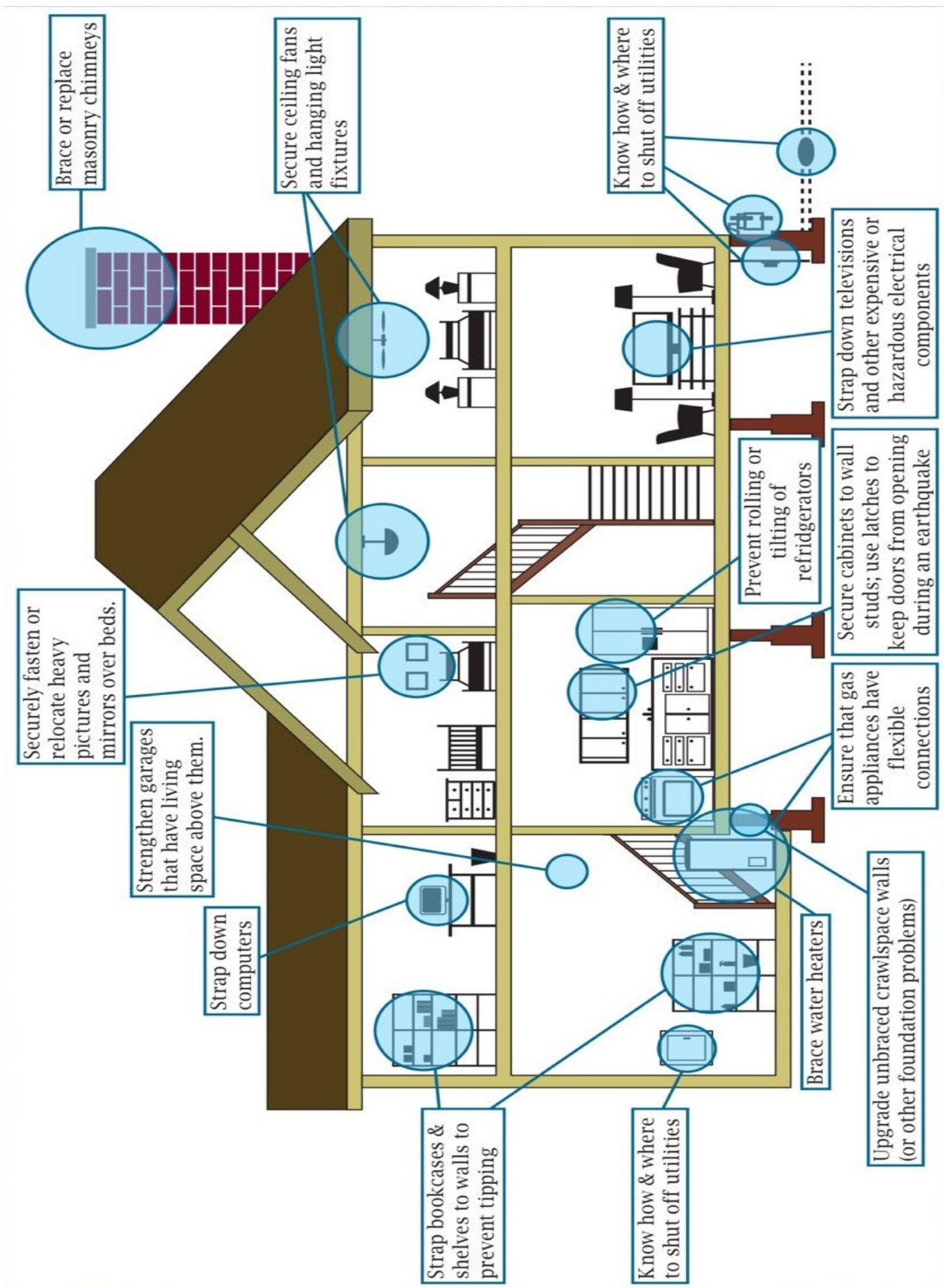
**Make an underbed kit (with protection for head, hands and feet) for every family member. Include a whistle, flashlight, protective eyewear and N95 mask.**

**Store water: 1 gallon per person per day. Mark the date and replace water every six months.**

**Teach every responsible family member:**

- How to shut off gas, water, electricity.
- How to use a fire extinguisher (1 for every level of the home).
- Remember "PASS": Pull pin, Aim, Squeeze, Sweep

**Make your plans: family, meet-up, out of state contact, evacuation, communication.  
Register at [PublicAlerts.org](https://PublicAlerts.org) for emergency warnings and updates.**



# Make Your Family Emergency Plan

Whether your family is 1 or 15, make a plan with family, Friends and co-workers who depend on you.

## Meet with your Family

Discuss why you need to prepare for a disaster, or Emergency. Explain the dangers of fire, severe weather & earthquakes to children; they will be better prepared to know what to expect if something happens

## Plan ahead for communicating

Select an out of state friend or relative to be your "Family Contact". They will become a relay to share Information with all household members.  
Note: If your cell phone is able to connect to a network, It is likely you'll be able to send a text even if you can't Make a voice call. Make sure contact information is Programmed into each family member's cell phone.

## Plan where to meet

Following a disaster, you are likely to be separated from at least one family member. If you are not able to meet at your home, select a meeting place outside of your neighborhood. Ensure everyone knows this location, including your "Family Contact".

## Fire escape routes from each room

Each year fire kills more Americans than all natural disasters combined. Discuss and practice fire escape routes from each room and identify a permanent meeting location (i.e., mailbox, streetlight) where everyone gathers.

## Identify your Neighborhood Gathering Site Location

After your Tualatin Neighborhood Ready meeting, note and locate your Neighborhood Gathering Site. Introduce children to your neighbors. Identify any "special needs" neighbors that may need assistance.

Get Prepared! Encourage other to do the same.  
To Schedule a Tualatin Neighborhood Ready meeting  
For your neighborhood cluster, send an email to:

**TualatinReady MYN@gmail.com**

Website: [www.tualatincert.org](http://www.tualatincert.org)

Follow Us Facebook: <https://facebook.com/tualatincert/>

Before an emergency, use resource-planning material such as Red Cross Prepare & Take 5 to survive.

After an emergency, if you can, register yourself and your family at [www.redcross.org/safeandwell](http://www.redcross.org/safeandwell).

Use the sections below to record key planning information.

Select out of state contact name & phone numbers:

\_\_\_\_\_  
\_\_\_\_\_

## Family Locator Plan

Choose for each family member at least two different routes to get home (if needed):

Route 1: \_\_\_\_\_

Route 2: \_\_\_\_\_

Meeting place outside your home:

\_\_\_\_\_  
\_\_\_\_\_

Our Neighborhood Gathering Site Care Center:

\_\_\_\_\_  
\_\_\_\_\_

Out of Neighborhood Meeting Place: 1<sup>st</sup> choice

\_\_\_\_\_  
\_\_\_\_\_

2<sup>nd</sup> choice

\_\_\_\_\_  
\_\_\_\_\_

List who needs to know this information:

\_\_\_\_\_  
\_\_\_\_\_

Make extra copies and share this page of information  
Keep a copy at home, near phone, in care, at work, in  
Wallet & Go Bags. Share with babysitters and off-site  
family. Update annually.



# Build Your Kits

Use your Red Cross or other resource guides. Take your time. Start by finding supplies you already have at home. Recommended minimum is 21 day supply. Spread out purchases over time. **Check your kits annually and replace expired items.**

## Home Emergency Supplies

If you keep any of these supplies in portable containers or back-packs, then they can be included as part of your "GO Kit".

- ( ) 1 gal water per person per day
- ( ) Water filter, life straw, purification devices
- ( ) 2 or 5 gallon empty water containers (for alternative water collection if needed)
- ( ) Non-perishable food
- ( ) Manual can opener, pan to heat
- ( ) Mess kit – utensils, paper towels
- ( ) Baby supplies, feminine supplies
- ( ) Basic first-aid kit, disinfectant, pain meds, bandages, first-aid manual
- ( ) Prescription meds
- ( ) Extra eyeglasses, safety glasses
- ( ) N95 dust mask per person
- ( ) Disposable gloves
- ( ) Personal hygiene supplies (bar soap, shampoo, toothpaste, toothbrush)
- ( ) Liquid detergent
- ( ) Liquid bleach
- ( ) Scissors, tweezers, camping knife
- ( ) Flashlights (battery, solar, or hand-crank)
- ( ) Matches, candles, fire starter
- ( ) Portable radio (battery, solar, hand-crank)
- ( ) Lantern (camping, battery, solar, hand-crank)
- ( ) Cell phone & charger (power-bank, solar, car)
- ( ) Whistle
- ( ) Tarp, rope, plastic sheeting
- ( ) Wrench/tool to turn off gas, water



- ( ) Camp saw, shovel, pry bar, ax, chainsaw
- ( ) Fire extinguishers (1 per floor)
- ( ) Pee Pot, Poo Pot, toilet paper & hand sanitizer
- ( ) Cash (small bills)
- ( ) Copy of important documents
- ( ) **Family Locator Plan** & printed contact list
- ( ) Cards, books, games
- ( ) Pet supplies & meds

### OPTIONAL

- ( ) Generator & fuel (gas, propane, or natural gas)
- ( ) Ladder
- ( ) HAM radio, extra batteries, solar charger





# Build Your Kits (continued)



## Ready to “GO Kit”

Store in sturdy backpacks, garbage containers on wheels which fit in your car, or storage containers / suitcases with handles or wheels.

**Remember, you may have less time than you think if you have to evacuate.**

- ( ) Packed Home Emergency Supplies stored in portable containers
- ( ) Local map/State map/Regional map, compass
- ( ) Copy of important documents
- ( ) **Family Locator Plan**
- ( ) Contact info
- ( ) Extra house key
- ( ) Irreplaceable items
- ( ) Current photograph of family members & pets
- ( ) Pet leash, pet records, list of pet-ok shelters



## Work/Car “GO Kit”

Store in sturdy backpacks or suitcase with wheels.

**Remember, you can breakdown anywhere or a disaster can happen while you are at work.**

- ( ) 1 gal water per person for 3 days
- ( ) 3 days non-perishable food per person
- ( ) Basic first-aid kit
- ( ) Prescription drugs
- ( ) Extra eyeglasses, safety glasses
- ( ) N95 dust mask
- ( ) Emergency/Space blankets
- ( ) Non-latex disposable gloves
- ( ) Flashlight & extra batteries
- ( ) Radio (battery, solar, or hand-crank)
- ( ) Cell phone & charger (power bank, solar, car)
- ( ) Whistle
- ( ) Tarp, rope, flares, car tool kit
- ( ) Personal records/contact lists
- ( ) **Family Locator Plan** & hard copy address book
- ( ) Sturdy shoes/boots, leather gloves
- ( ) Change of clothes
- ( ) Rain gear or poncho
- ( ) Warm blanket per person
- ( ) Cash (small bills)
- ( ) Local map/State map/Regional map

# Get Ready! Prepare with this Calendar of Family Disaster Supplies & Activities



- This calendar helps you collect supplies and plan for disasters before they happen. Experts recommend you spread out the effort over a year. We recommend a minimum 21-day supply of food and water. If you are unable to gather enough supplies to last 21-days, gather what is possible and then continue adding to your supply over time.
- Check the box next to an item or activity after you collect, purchase, or complete an activity. Don't let the calendar limit you; if you find something ahead of time, it's okay to check it off early.

Month 1	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li>( ) Water – 1 gallon per person, per day plus pets</li> <li>( ) Hand-operated can opener</li> <li>( ) A-B-C fire extinguisher</li> <li>( ) 2 flashlights with extra batteries</li> <li>( ) Large and small storage containers(s) for preparedness supplies</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li>( ) Complete your <b>Family Locator Plan</b>.</li> <li>( ) Review supply list, collect those on hand, especially camping gear.</li> <li>( ) Date water/food containers, if they are not dated.</li> <li>( ) Conduct a home fire drill.</li> <li>( ) Begin a stash of cash (small bills).</li> </ul>
Month 2	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li>( ) Canned meat, stew, or pasta meal</li> <li>( ) Feminine hygiene supplies</li> <li>( ) USB drives to store your information</li> <li>( ) Family-size first-aid kit</li> <li>( ) Any food for special dietary needs</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li>( ) Change batteries and test smoke alarms (purchase &amp; install if you don't have an alarm on every level of your home).</li> <li>( ) Take video or still pictures of home, including contents, for insurance purposes. Store on flash drives; keep 1 in safe deposit box and the other with your important documents in your GO Kit.</li> </ul>
Month 3	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li>( ) Canned fruit</li> <li>( ) Toilet paper</li> <li>( ) Crescent wrench(es) (or utility shutoff tools)</li> <li>( ) 2 five-gallon buckets with toilet seats</li> <li>( ) Kitchen-sized garage bags</li> <li>( ) Hand sanitizer</li> <li>( ) Sanitary wipes</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li>( ) Store PEE and POO instructions with 5-gallon buckets.</li> <li>( ) Check with all off-site care facilities (school, child care, adult care, etc.) to find out about their disaster plans.</li> <li>( ) Locate and mark utility shut off points (electricity, gas, water) and attach/store wrench or shutoff tool near them.</li> <li>( ) If you haven't already done so, establish an out-of-state contact to call in case of emergency.</li> </ul>
<p><b>Supplies may be stored together in large containers, such as a garbage can on wheels, or several small ones. Anything kept in portable containers can be included as part of your GO Kit. Food items may also be kept on a specific shelf in the pantry with a portable container nearby. Remember to use supplies and rotate in new items.</b></p>		
Month 4	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li>( ) Canned vegetables</li> <li>( ) Extra baby bottles, formula, and diapers, if needed</li> <li>( ) Extra pet supplies: food, collar, leash</li> <li>( ) Supplies for under the bed kit</li> <li>( ) Cell phone car charger, power bank, or solar charger</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li>( ) If you haven't already done so, under every bed in your home, place a sturdy pair of shoes, hard hat (or bike helmet), sturdy gloves, flashlight and a whistle.</li> <li>( ) Date and store supply of necessary medicine(s). Remember to use and rotate new supply to avoid expiration.</li> <li>( ) Start putting supplies in storage container(s) and include blankets or sleeping bags for each family member.</li> </ul>
Month 5	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li>( ) Canned ready to eat soup</li> <li>( ) Liquid dish soap</li> <li>( ) Plain liquid bleach</li> <li>( ) Portable AM/FM radio with extra batteries</li> <li>( ) Anti-bacterial liquid hand soap or waterless hand sanitizer</li> <li>( ) Disposable hand wipes</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li>( ) Take pictures, scan, or photocopy important papers. Store images on a flash drive. Keep originals in your safe deposit box and the flash drive in your GO Kit.</li> <li>( ) Sign up for a free HAM radio licensing class.</li> <li>( ) Review Neighborhood Ready contact information. Ask for any updates from your Neighborhood Cluster Coordinator.</li> <li>( ) Practice "camping inside your home" - no electricity, no cooking, no outside communications.</li> </ul>



Month 6	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li>( ) Quick-energy snacks (granola bars, raisins, peanut butter)</li> <li>( ) Paper towels</li> <li>( ) Boxes of facial tissue</li> <li>( ) Sunscreen</li> <li>( ) Anti-diarrhea medicine</li> <li>( ) Non-latex disposable gloves (store with first-aid kit)</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li>( ) Check to see if your stored water has expired and needs to be replaced. (Replace water every 6 months if you filled your own containers.)</li> <li>( ) Add an extra pair of eyeglasses in the supply container.</li> <li>( ) Ask about your workplace disaster plan. Share with your family.</li> <li>( ) Recharge portable power banks.</li> </ul>
Month 7	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li>( ) Whistle</li> <li>( ) Instant drinks (coffee, tea, powdered milk, powdered fruit drinks)</li> <li>( ) Ready to drink juice</li> <li>( ) Adult and children vitamins &amp; supplements</li> <li>( ) A pair of pliers and/or vise grips</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li>( ) Take a First Aid/CPR class.</li> <li>( ) Volunteer for a neighborhood community event.</li> <li>( ) If you haven't already, show all family members where, when, and how to shut off the utilities.</li> <li>( ) If you haven't already, complete your Family Emergency Plan and keep a copy with your emergency supplies under your bed.</li> </ul>
Month 8	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li>( ) Box(es) of crackers or graham crackers</li> <li>( ) Dry cereal</li> <li>( ) "Child-proof" latches or other fasteners for cabinet doors and drawers</li> <li>( ) Box(es) of large, heavy-duty garbage bags</li> <li>( ) Camping or utility knife</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li>( ) Secure shelves, cabinets, and drawers with "child-proof" latches to prevent them from falling and/or opening during earthquakes.</li> <li>( ) Secure your water heater (if it not already strapped to the wall).</li> <li>( ) Learn how to flush out your water heater and how to use its tank water as emergency supply of drinking water.</li> <li>( ) Flush your water heater annually.</li> </ul>
Month 9	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li>( ) Extra batteries for flashlights, radio, and hearing aides, if needed</li> <li>( ) Heavy rope</li> <li>( ) Duct tape</li> <li>( ) Crowbar</li> <li>( ) Auto emergency supplies (flares, triangle, tools)</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li>( ) If you haven't already done so, make a preparedness kit for your car. Include small amounts of cash, food, water, and other supplies listed in the Work/Car Go Kit.</li> <li>( ) Know and practice your fire escapes</li> <li>( ) Conduct an earthquake drill at home.</li> </ul>
Month 10	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li>( ) Hammer and assorted nails</li> <li>( ) Screwdrivers and assorted wood screws</li> <li>( ) Heavy duty plastic tarps or plastic sheeting</li> <li>( ) Extra toothbrush per person and toothpaste</li> <li>( ) Extra bath soap, hygiene products</li> <li>( ) Kitchen-size garbage bags</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li>( ) If you haven't already done so as part of Tualatin Neighborhood Ready, make arrangements to have someone help your children if you're at work when an emergency occurs..</li> <li>( ) Replace necessary medicines as required by expiration dates.</li> <li>( ) Review your emergency plans and update with Cluster Coordinator if necessary.</li> </ul>
Month 11	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li>( ) Paper plates</li> <li>( ) Paper napkins</li> <li>( ) Disposable eating utensils</li> <li>( ) Paper cups</li> <li>( ) Masking tape</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li>( ) If you haven't already done so as part of Tualatin Neighborhood Ready, make arrangements to have someone take care of your pets, if you're at work when an emergency occurs.</li> <li>( ) Train to become a Tualatin Ready or CERT volunteer and help other neighborhoods get ready.</li> </ul>
Month 12	<b>Collect or Purchase:</b> <ul style="list-style-type: none"> <li>( ) Heavy work gloves</li> <li>( ) Box of disposable dust masks</li> <li>( ) Safety goggles</li> <li>( ) Antiseptic</li> <li>( ) Sewing kit</li> </ul>	<b>Activities:</b> <ul style="list-style-type: none"> <li>( ) Meet with your Neighborhood Cluster. Together, review current neighborhood plans and update as needed.</li> <li>( ) Check the dates on stored food and water. Replace as needed.</li> <li>( ) Test your equipment /supplies for 1-2 days; pretend there is an emergency and you rely on your kits. Adjust kits if necessary.</li> <li>( ) Recharge portable power banks.</li> </ul>

# Learn the "9 Steps to Take Right After a Disaster"

## Planning + Preparedness = Resilience

At your Neighborhood Ready Meeting, a CERT volunteer facilitator will talk with you about how to become a Resilient Neighborhood.

You will learn the 9 steps to take immediately following a disaster to secure your family and home, and protect your neighborhood.

### Step 1. Take care of your loved ones.

Use underbed kits for each member of your family. Protect head, hands and feet: a hardhat or bike helmet, leather gloves, sturdy shoes, flashlight and whistle.

### Step 2. Check on the natural gas or propane at your home.

Shut off ONLY if you have a fire, smell rotten eggs, hear hissing sound or the dials are turning unusually fast. DO NOT turn the meter back on - this requires a certified technician.

### Step 3. Shut off water to the house at your home's shut off - not at the street.

Protect against pollutants: Trap drinkable water in your home (water heater).

### Step 4. Shut off electrical panel if sparking at the panel, strong electric odor, or electrical issues in house.

Shut off individual breakers first, then the main.

### Step 5. Place OK or HELP sign (provided in this workbook) on your front door or window.

Posting helps neighbors quickly locate those in need first.

### Step 6. Put your fire extinguisher in front of home if not needed, for easy neighborhood access

### Step 7. Go to Neighborhood Gathering Site.

### Step 8. Divide into 4 teams:

Team 1 - Listen to 91.5 FM or 1190 AM, HAM or NOAA Radio

Team 2 - Check on special needs neighbors: elderly, disabled, children home alone. Move to Care Center if necessary.

Team 3 - Check on all natural gas meters and propane tanks, shut off if necessary.

Team 4 - Check on all homes with OK & Help signs displayed. Be prepared to give First Aid.

### Step 9. Return to Gathering Site

Review neighbors' status, regroup, reassess and decide next actions.





# Get Involved!

## Tualatin CERT Team

### Preparing for Disasters



In February 2016, Tualatin's Citizen Involvement Organizations (CIOs) presented a proposal to the Tualatin City Council to work together to help prepare the Tualatin community and its' neighborhoods for disasters. The City Council approved a budget to fund the Community Emergency Response Team (CERT), Tualatin Neighborhood Ready and Red Cross Prepare Training.

Tualatin CERT volunteers support Tualatin Neighborhood Ready program. CERT is a community-based group of volunteers who have completed training under a FEMA-registered program. CERT is dedicated to informing, training, and linking community volunteers and their neighborhoods to effectively respond to and recover from disasters and hazards affecting them. Course topics include disaster preparedness, fire suppression, triage, and search & rescue as well as disaster psychology.

The BASIC CERT 7-week class is offered twice a year (March and September). Space is limited. After completing the BASIC course, Tualatin CERT volunteers continue training and provide the following support to the City: Personal Preparedness, Tualatin Neighborhood Ready, Business Preparedness, Emergency HAM Network, and Emergency Response when regular emergency personnel are overwhelmed, and logistical support for community events.

Join the Tualatin CERT Team and  
Help Protect our Community

More Info email: [info@tualatincert.org](mailto:info@tualatincert.org)



# Tualatin: Get Started, Be Ready

The steps to protect you and your family,  
also help prepare your neighbors

## PERSONAL PREPAREDNESS

1 Hour per Week

**Resources:**  
Red Cross Prepare!  
Take 5 To Survive

**Contact:**  
TualatinReadyMYN@gmail.com

## TUALATIN NEIGHBORHOOD READY

4 Hours per Year

**Resources:**

**Contact:**  
TualatinReadyMYN@gmail.com

## CERT TEAM

40 Hours per Year

**Resources:**

Join Tualatin CERT  
**Contact:**  
info@tualatincert.org

**Keep in Touch: Tune to emergency radio FM 91.5 OPB, AM 1190 KEX, NOAA Weather Channel #7**

### EMERGENCY COMMUNICATION NETWORK PLAN—GET READY. CELL PHONES MAY BE DOWN!

Do you have a HAM radio license or own a 2-way FRS (walkie-talkie) radio? You could be part of Tualatin's amateur radio communication emergency network. Being able to effectively communicate in a disaster is key to our family and community safety. On those rare occasions when our normal communication methods aren't working, Tualatin's Emergency Communication Network Plan uses amateur radio frequencies. You can join this network, practice with us, and be prepared.

#### #1 FRS/GMRS radio

The Plan allows FRS radio communications (no license required). These radios are inexpensive, easy to use walkie-talkies you can pick up at many stores. Consider a radio (& extra batteries) for each family member, test them out in your yard and around the neighborhood. Tualatin has set aside Channel #8 as the general neighborhood monitoring frequency throughout Tualatin and Durham (467.5625 MHz)

#### #2 Amateur radio---"HAM" radio

Amateur Radio requires a FCC "Technician Class" License. CERT volunteers offer the class and exam for free several times each year; no age limit. Amateur Radios can cost as little as \$25 each and they go much farther than FRS radios. The Tualatin Amateur Radio Emergency Services (T.A.R.E.S.) is our local Amateur Radio Club (HAM). They meet monthly and are dedicated to licensing, training, and helping local Amateur Radio Operators to be ready.

Tualatin CERT Radio Operation Plan includes selected HAM radio simplex and repeater frequencies to be used during an emergency to support CERT response and communication. Since it will be unknown whether the repeaters will be down for a while or survive an event, we monitor both Simplex and Repeater frequencies listed below.

Primary Simplex "SNET1" 446.075 MHz  
Primary Repeater - Tualatin CERT/ARES 444.5250 MHz +136.5 PL Tone

All local HAMS are encouraged to join the Sunday night Emergency Net. For more information about the Emergency Net, HAM license classes, or joining T.A.R.E.S., please visit <https://www.tualatincert.org/amateur-radio> and use the "Click to sign up here" link.



Facebook.com



American  
Red Cross

Red Cross.org



Twitter.com



Youtube.com



Nextdoor.com

PublicAlerts

PublicAlerts.org



## TUALATIN-DURHAM COMMUNITY RESOURCE CONTACT INFORMATION

Agency Name	Telephone	Website	Other Information
<b>EMERGENCY</b>	<b>9-1-1</b>		Call preferred but TEXT If unable to speak aloud
9-1-1 Center – Non Emergency	503-629-0111	www.wccca.com	Not Urgent Calls
Community Services Information & Referral M-F 8-6pm	2-1-1	www.211info.org/search-resources	TEXT your zip code to 898211
Poison Control Center (24 hrs/7 days)	800-222-1222	www.222.ohsu.edu/poison	TEXT your zip code to 898211
<b>* CITY of TUALATIN</b> - Main Number	503-629-2000		
Non-Emergency	503-629-0111	www.tualatinoregon.gov	
Emergency Management	503-691-3093	www.tualatinoregon.gov/publicworks/emergency-preparedness	
CERT-Community Emergency Response Team	503-691-3093	www.tualatincert.org/tualatin-cert	Email: info@tualatincert.org
Tualatin Neighborhood Ready		www.tualatincert.org/tualatin-ready	Email: TualatinReadyMYN@gmail.com
Amateur Radio (HAM) Emergency Net	503-691-3093	www.tualatincert.org/amateur-cert	Email: TualatinHam@gmail.com
<b>* Tualatin Valley Fire &amp; Rescue-</b> Non Emergency	503-649-8577	www.tvfr.com	
<b>*Tualatin Police-Business</b>	503-691-4800	www.tualatinoregon.gov/police	
<b>CITY of DURHAM</b> - Main Number	503-639-6851	www.durham-oregon.us	Email: cityofdurham@comcast.net
<b>CITY of SHERWOOD</b> - Main Number	503-625-5522	www.sherwoodoregon.gov/	
Police Department	503-625-5523	www.sherwoodoregon.gov/emergencymanagement	
<b>CITY of TIGARD</b> –Main Number	503-639-4171	www.tigard-or.gov	
k o	503-684-2772		
Emergency Management / CERT	503-718-2593	www.tigard-or.gov/www.tigardcert.net	Email: mikel@tigard-or.gov
<b>WASHINGTON COUNTY</b> – Main Number	503-846-8611	www.co.washington.or.us	
Emergency Management Cooperative	503-846-7575	www.co.washington.or.us/EmergencyManagement/contact.cfm	
Public Health – Emergency Preparedness	503-846-8292	www.co.washington.or.us/hhs/emergencypreparedness	
Public Health – Reporting PH Emergencies 24/7	503-846-3594	www.co.washington.or.us/HHS/CommunicableDiseases	
Residential Seismic Strengthening		www.co.washington.or.us/lut/divisions/building/seismic-strengthening.cfm	
<b>OTHER RESOURCES</b>			
MetroWest Ambulance Non-Emerg	503-648-6656	www.metrowest.fm/services/non-emergency.html	
Enter OR address for your seismic risks		www.opb.org/news/widget/aftershock-find-your-cascadia-earthquake-story/	
Red Cross Cascades Region	503-284-1234	http://www.redcross.org/local/oregon/preparedness	
Take Five to Survive	503-846-7575	http://www.take5tosurvive.com/	

**\*TUALATIN residents living in Clackamas County receive emergency preparedness services from Washington County**

**Tualatin Neighborhood Ready / CERT Team would like to thank the following partners for their outstanding support and commitment to Local Community Emergency Planning:**

FEMA

American Red Cross Cascades Region

Oregon Military Department Office of Emergency Management

Oregon Department of Geology and Mineral Industries

Oregon Emergency Management (OEM)

Tualatin Valley Fire & Rescue

Washington County Emergency Management Cooperative (EMC)

Washington County Consolidated Communications Agency (9-1-1 WCCCA)

Washington County Department of Health and Human Services

Washington County Citizen Corp

Tigard CERT

City of Tualatin

Tualatin Police Department

Tualatin Operations Department

Tualatin Citizens Involvement Organizations

**Planning + Preparedness = Resilience**