

2010 年应急预备日历



如遇紧急情况, 请拨 9-1-1

非应急号码: _____
毒物控制: 1-800-222-1222

医疗

主要保险提供商: _____
保险机构编号: _____
家庭医生的姓名或健康诊所的名称:

电话: _____
儿科医生: _____
电话: _____
首选医院名称: _____

药物及过敏症

药物名称/类型: _____

名称/过敏症类型: _____

牙科

主要保险提供商: _____
保险机构编号: _____
牙医姓名或诊所名称: _____

俄勒冈州法律根据收入水平免费向所有俄勒冈州儿童提供不同级别的医疗、牙科及视力保险。俄勒冈州健康计划申请热线: 1-800-359-9517

兽医

医生姓名或诊所名称:

电话号码: _____

紧急联系人

个人
姓名: _____
关系: _____
电话: _____

工作
姓名: _____
关系: _____
电话: _____

家庭成员
母亲 (手机) : _____
(工作) : _____
父亲 (手机) : _____
(工作) : _____

第二监护人
姓名: _____
关系: _____
电话 (住宅) : _____
(手机) : _____
(工作) : _____

家庭其他联系人
姓名: _____
关系: _____
电话 (住宅) : _____
(手机) : _____
(工作) : _____

该联系人是否在本地? 是/否

朋友
姓名: _____
关系: _____
电话: _____
该联系人是否在本地? 是/否

邻居
姓名: _____
地址: _____
电话 (住宅) : _____
(手机) : _____

电

公司: _____
电话: _____
应急电话: _____
断路开关位置: _____

天然气/供暖

公司: _____
电话: _____
应急电话: _____
内部关闭位置: _____
外部关闭位置: _____
关闭工具位置: _____

警告

如果您必须关闭天然气, 请勿将其再次打开!
只有天然气公司可以再次打开。

下水道

公司: _____
电话: _____
应急电话: _____

电话

电话公司: _____
电话: _____
应急电话: _____

学校

家庭成员: _____
学校: _____
地址: _____
电话: _____
疏散位置: _____

家庭成员: _____
学校: _____
地址: _____
电话: _____
疏散位置: _____

应急准备工作

突发事件可能随时发生，且没有任何先兆——此类事件可能就潜伏在您的家中或社区，也可能潜伏在您所在的县，甚至全国。本日历介绍了您可以用来做好应急准备的宝贵信息、灾难发生时您可以采取的保护措施，以及您为了将灾难对自己和社区的影响降至最低所能采取的行动。

如何准备？

1. 制定一份应急计划

- 检查可能会威胁到您或家人的潜在危险
- 就紧急情况下如何行事进行讨论
- 了解如何找到就地临时避难所
- 准备好撤离计划
- 知道如何关闭水、天然气及电源
- 在家附近的区域指定一个安全距离以内的位置，你们可以在此会面，以确定每个人是否都安然无恙。
- 找到一个所在州以外的电话或电子邮件联系人，如果全家人不在一起，您及您的家人可以通过该联系方式汇报自己的状况（在当地电话线路出故障时，长途电话通常能正常工作）
- 如需了解更多有关准备工作的建议，请浏览 www.ready.gov
- 每年审查一次您的计划

2. 组装一套灾难应急用品

无论您采取撤离还是就地临时避难的方式，手边都需要有一些基本用品，以便在没有水、电的情况下自己能够支撑至少 72 小时。应急套装的内容应因人而异，总体而言包括：

- 水 - 每人每天一加仑
- 食品 - 可即食的、不易变质的高蛋白、高热量食品，如：花生酱、肉罐头、能量饼干、罐装水果、蔬菜等
- 急救包和急救参考指南
- 便携式电池供电型收音机及备用电池
- 手电筒和备用电池及/或荧光棒
- 紧急联系人电话号码表
- 毛毯、额外衣物、结实的鞋和手套
- 非电动开罐器
- 小型灭火器（ABC 型）
- 三天的药量、额外的眼镜、助听器等
- 重要文件的副本（出生证明、保险文件）
- 个人化妆品及安抚用品，如玩具和书籍
- 当地图，以便有必要撤离至避难场所时使用
- 可调扳手或多功能工具，用于关闭水、电、天然气等设施
- 现金及硬币，以供紧急采购和使用投币电话
- 宠物应急用品

3. 接受应急技能培训

在大型灾难中，9-1-1 应答人员通常会很快接到超大量的服务请求。因此，您应该了解如何有效应对危险情况，并具备提供紧急医疗救助的能力，以便帮助家人、朋友及邻居脱险。请联系您当地的应急主管（Emergency Manager）、红十字会（Red Cross）或消防部门，询问具体的培训机会。

当灾难降临时…

- 保持镇定…保持耐心…
- 弄清楚所发生的事情…
- 采取合理行动

地震

- 躲在桌子或床下面
- 护住头部/颈部
- 坚持到地震结束

就地临时避难所

- 立刻进入屋内
- 关闭并锁上所有的门窗
- 关闭取暖、制冷及通风系统
- 转移到靠里面的房间内
- 收听广播或电视上的指示
- 一直待在屋内，直至官方“解除警报”

撤离

- 立刻离开
- 随身带上灾难应急包和宠物
- 锁好房门
- 仅走指定的撤离路线

还需要做些什么？

- 检查邻居状况，尤其是需要帮助的人
- 向受害者提供急救
- 尽量不使用电话，除非遇到危及生命的紧急情况
- 收听广播或电视上的指示
- 始终遵循当地官员的建议
- 考虑在您的车内放置一套应急用品
- 了解您孩子所在学校的应急流程

对日历的反馈意见：若您有兴趣成为应急预备日历（Emergency Preparedness Calendar）的合作者，希望向我们提供 2011 年的日历照片，或有任何意见或建议，请发送电子邮件给 Clackamas 县应急管理中心，信箱地址：norayot@co.clackamas.or.us

一月

洪水及山体滑坡



洪水准备工作

- 确保下水管道、排水沟及车道内没有树叶及其他碎屑，以防本地发生堵塞而被水淹没
- 备好防汛用品，如：塑料挡板、木材及沙袋
- 将炉子、热水器及配电板放在高于洪水表面的位置

洪水响应

- 仔细收听广播（突发事件警报系统）
- 如果您的房屋有可能被水淹，请关闭水、电、天然气等设施
- 若您位于化粪池上方，且其处于水下，则请勿冲水
- 若您所在区域已受影响，请立即撤离
- 切勿开车或步行穿过被水淹没的道路

泥石流

泥石流可造成房屋损毁甚至人员伤亡。

若已达到或接近降雨量阈值，政府会发布警告。

- 收听广播或电视上的警告，建议撤离时立即撤离
- 注意听树木断裂和石头撞击的声音
- 公路上并不安全
- 土地所有人及道路主管应检查道路上的排水系统并在必要时进行维护

洪水及山体滑坡保险

房屋所有人政策通常不提供洪水及山体滑坡类的保险。国家洪水保险计划（NFIP）提供洪水保险，但山体滑坡类的保险很少。详情请浏览 www.fema.gov/business/nfip/ 或联系您当地的保险机构。



照片：Marvin Mauman/FEMA 及 Clackamas County Roads

日

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十二月

二月



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新年

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主显节

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马丁•路德•金诞辰
(公共节假日)

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二月

针对弱势群体的灾难应急建议



有关灾难计划工作的建议

- 建立一个家庭/友人互助圈，以便遇到紧急情况时相互帮助
- 在一名互助圈成员那里放一把您住所的备用钥匙
- 购买一个医疗警示标签或腕带，方便他人判断您的健康状况/过敏症
- 准备两份药品清单以及当前所需剂量的药物；紧急联系人信息；助走工具/助步车、拐杖等
- 若您平时依靠透析或其他维持生命的治疗方式，要了解多处此类设施的位置及可用性

行动障碍

- 识别建筑物中哪些出口最适合有行动障碍的人士
- 告诉他人如何操作您的轮椅
- 了解您轮椅的尺寸及重量，以及它是否可以折叠

其他灾难用品

- 宠物伴侣/导盲犬所需的食物和水
- 一个用于携带您的猫或小狗的袋子
- 额外的眼镜和助听设备电池
- 额外的轮椅电池和充电器
- 使用氧气的人士应当额外备一个氧气罐
- 辅助装置的型号和序列号清单
- 医疗保险和 Medicare 保险卡
- 了解您健康状况的主治医生/专家列表
- 水、毛毯、垃圾袋和卫生用品

详情请浏览 www.ready.gov



照片：Guide Dogs For The Blind、Safe Communities 以及 June Isaacson Kailes

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**1****2****3****4****5****6**

土拨鼠日

7**8****9****10****11****12****13**

林肯诞辰

14**15****16****17****18****19****20**情人节
春节

总统日

忏悔星期二
(忏悔节狂欢)

圣灰星期三

21**22****23****24****25****26****27**

华盛顿诞辰

圣纪

28

一月

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三月

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28	29	30	31		

三月

准备 - 组织 - 培训 - 做志愿者



做好个人应急准备只是解决方案的一小部分。如果您的邻居和社区没有准备好，您的准备将徒劳无功。如需找到您当地的计划协调员，或深入了解下述计划，请浏览：www.citizencorps.gov 或联系您当地的应急主管（Emergency Manager）。（联系方式见本日历封底。）

社区应急反应小组 (CERT) 是经过基本的应急反应技能培训的社区成员小组。

警察局义工 (VIPS) 的职责是实施公众教育/外援及管理任务，以使正式的警员能够在紧急情况下做出反应。

Medical Reserve Corps (MRC) 机构的义工均为医疗保健专家，他们致力于在大型灾难发生时提供关键性的医疗救助服务。详情请浏览 www.medicalreservecorps.gov 或（在俄勒冈州）浏览 <https://SERV-OR.org>。

Fire Corps 机构的成员在非紧急情况下向其当地的消防/紧急医疗服务（EMS）部门提供帮助。

Voluntary Organizations Active in Disaster (VOAD)

是由怀着坚定信念的市民/人道主义组织共同建立的联盟机构，他们于灾难发生后进行组织协调工作，并向人们提供服务。
Washington: www.wavoad.org, Oregon: www.orvoad.org,
全国: www.nvoad.org

美国红十字会 (American Red Cross) 向社区免费提供有关应急准备的教育，并协助培训义工以便针对当地和全国的灾难做出反应，并向灾难的受害者提供避难所、食品、危机咨询和康复计划。请浏览 www.redcross.org

Map Your Neighborhood (MYN) 或 Know Your Neighborhood (KYN) 计划的宗旨是宣传并讲授应急准备知识、减灾知识，以及在紧急情况或灾难情形下应当优先采取的行动。详情请联系您当地的消防部门或浏览：www.emd.wa.gov/myn/



照片：LifeFlight/Safe Communities、Red Cross 以及 Tigard CERT

四月

地震及海啸



公立学校减震计划

Douglas 县 / Roseburg

- 该 2006 年减震计划是对俄勒冈州 Roseburg 市 Roseburg 中学公用楼体进行抗震结构升级的生命安全计划。
- 此楼是一栋使用人数很高的建筑物，集教室、图书馆和多媒体中心为一体。
- 这是一栋建于 1965 年的预制混凝土建筑，存在重大的抗震缺陷，因而对使用者的人身安全构成了极大的威胁。
- 项目资金来源于 FEMA 灾前减震津贴

1. 原有预制栏杆有坠落的危险。
2. 安装了桁架，以改善抗断裂强度。
3. 巩固连接不充分的结构，加固剪力墙。
4. 使用了符合《美国残疾人法案》(ADA) 的新电梯，以改善相邻楼梯井的抗震强度。采用了连接性能强的新钢架栏杆，最大程度地降低坠落风险。

地震准备工作

- 将上重下轻的物件固定到墙面立柱上，如：书架、瓷器橱及电脑设备
- 将照片/玻璃移至远离床的位置
- 在床下放置硬底鞋/拖鞋以及一个手电筒

地震期间：

- 地面开始震动时最好“躲、护、坚持”
- 若在室内，请待在原地；若在床上，不要下床，用枕头护好头部
- 地震期间，若您在户外，请躲在头顶没有危险的地方，直到地震结束
- 若您在车内，把车停在空旷的地方，熄火，待在车内，直至地震结束
- 若闻到煤气味，请关闭气表上的气闸

海啸准备工作

- 若您是沿海居民或到访沿海地区，请寻找您所在地区的海啸疏散资讯
- 一旦地震带来的震动已经结束，立即向内陆方向跑，并按照海啸疏散标志跑到地势较高的位置
- 待在地势较高的地方，注意听广播里的指示；在应急指挥官发布“返回通知”(“Re-entry Notification”)前不要返回

www.oregongeology.com

<http://earthquake.usgs.gov>

<http://tsunami.gov>

<http://wcatwc.arh.noaa.gov>

www.oregonredcross.org

新动态—俄勒冈州震后修复津贴计划

选民投票通过的，由州政府债券资助的计划，旨在加固易受地震破坏的学校和应急/关键设施。

参与地震安全行动

参加俄勒冈州地震安全政策顾问委员会(OSSPAC)的会议，或联系您当地的应急指挥官。

详情请联系俄勒冈州应急管理(Oregon Emergency Management) www.oregon.gov/OMD/OEM/

照片：Roseburg 市的公立学校

日

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三月

五月

汇合地点④

外部危险区域: 接到一切有关海啸的警告时, 或当您感觉到地震时, 请撤离至该区域。

CASCADIA 局部地震及海啸: 因俄勒冈州海岸地区地震引发海啸而采取撤离。

远距离海啸: 距离俄勒冈州海岸地区较远的地震所引发的远距离海啸专用撤离区。

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愚人节

耶稣受难日

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复活节(西方)

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五月 火山及雪崩



火山

卡斯克德山脉 (Cascade Mountain Range) 有诸多活性各异的火山，如：近期活动的圣海伦火山 (Mount St. Helens)，以及长期处于休眠状态的杰佛逊山 (Mt Jefferson)。卡斯克德山脉的 13 座火山被美国地质调查局 (US Geological Survey) 列为高危或极高危火山。

虽然胡德山 (Mt. Hood, 如图) 在我们有生之年没有喷发的可能，但只要其火山内的活动仍在继续，火山坡上的居民和游客就需要清楚附近区域存在的危险，并为有序的撤离做好计划。潜在危险包括：熔岩穹丘处 (Crater Rock) 发生崩塌，俗称火山灰流的雪崩式火山活动，以及奔腾在山谷与河道中的俗称火山泥流的水和岩石碎块。

喷发期间

- 若当局有发布疏散令，则根据疏散令行事
- 避开火山顺风区域
- 若有可能，请待在室内 关闭所有的门窗和挡板
- 将所有机械设备放入车库，将所有动物和家禽赶入牲口棚
- 如遇落石/岩崩，将身体蜷缩起来以保护头部
- 避开地势低的地方，因为这里最容易受到气体和山洪的威胁
- 若被困在河流附近，则向上坡方向走

喷发后

- 收听电池供电型收音机中的应急信息
- 捂住口鼻；戴上护目镜保护眼睛；盖住皮肤，以免被刺激或烧伤
- 避免接触火山灰；待在室内，直至卫生官员发出“已安全”的通知
- 避免在落灰中开车
- 清除屋顶的火山灰 火山灰很重，仅两英尺厚的火山灰即可压垮屋顶

详情请浏览：<http://volcanoes.usgs.gov>

雪崩

干燥的板状雪崩通常以每小时 60-80 英里的速度前行，因此非常危险。几乎所有的雪崩都是发生在开阔地段的 35 至 45 度之间的陡坡上，这里也刚好是滑雪及雪地摩托爱好者的最佳活动地点。雪崩是新的积雪或吹雪使薄弱雪层负荷过重而导致的，亦或是温度快速变暖的结果。

1. 火山口位置 (峰名: Crater Rock)
2. 火山灰流沉积物残骸区
3. 树带界限处的房屋

照片：USGS

日

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四月

六月



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国际劳动节

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耶稣升天节
五五节

恶劣天气知识普及周

www.wrh.noaa.gov/pqr/severeawareweek.php

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母亲节

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五旬节第一天

23 圣灵降临节

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阵亡将士
纪念日

31

六月

炎热天气突发事件



中暑性痉挛通常是身体过热及/或脱水的第一个表现。

中暑衰竭症状包括头痛、恶心、眩晕、虚弱，以及脸色苍白或肤色泛红，皮肤凉而略潮。

中暑症状包括皮肤红热、无正常出汗、体温极高、烦躁不安、神志不清或痉挛。

若发生上述任一情况，请立即做降温处理并饮水。中暑属于急诊范畴，应立即就医！

切勿将人或动物留在空气不流通的车内或其他封闭的环境中。车内温度可快速升高至致命水平。

雷电安全

看到第一道闪电或听到第一声雷响时，就应提前做准备。若听到雷声，您可能就位于雷击范围内。立即采取行动：

- 若在户外，请避开水、高地、高树、开阔空地及金属物体。
- 若有可能，可躲在坚固的建筑物或全封闭式金属载体内，并关紧所有窗口。
- 若闪电就在不远处，而您又在户外，请蹲下，双脚并拢，用手捂住耳朵，将雷声损坏听觉的可能性降至最低。切勿平躺在地面上！ 避免接近他人（至少保持在 15 英尺以外的距离）。
- 被雷击过的人身上不带电荷，可安全处理。

水安全

- 告诉某人您的去向，预计返回的时间，以及不按时返回的情况下可以电话联系的人
- 知道自己的游泳能力极限。每年的这个季节，河水都非常冰冷且湍急
- 留心河水中的碎片
- 在合理的情况下穿上合身的个人漂浮装置（PFD）
- 了解中暑和低体温的危险以及应对方法
- 涂好防晒霜！
- 避免接触酒精
- 儿童在任何有水的地方玩耍时，须时刻留意。瞬间即可发生灾难
- 了解您所在州有关划船的法律规定

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国旗纪念日

建军节

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夏季开始（东部夏令时）

父亲节

雷电安全周（6月 21-27 日）

www.lightningsafety.noaa.gov

27

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七月 灾难中的动物



若您不得不撤离，请计划好应将宠物带到什么地方。紧急避难所内可能不会容留宠物。

鞭炮和雷电声会使动物感到极度痛苦。请保护好宠物，尤其是在燃放鞭炮时以及雷电多发期。

宠物应急用品套件

- 将宠物放在宠物袋中，并放入其熟悉的物品作为安抚
- 水及食物 - 准备至少一周的用量
- 药物、病历和急救包
- 带 ID 的项圈及一个挽具或拴狗带
- 考虑在您的狗身上放置微型芯片
- 一张宠物照片
- 卫生用品

若您不得不抛下宠物后自行撤离

- 请将其留在房屋内较安全的地方
- 给其留下至少 10 天的干粮和多份用塑料容器装的水
- 在门窗上留下字条，说明房屋内的动物类型及数量，以及您的联系方式

蚊媒病（包括西尼罗病毒）

- 经常清空小型容器内的水
- 检查雨水排水沟和下水管道是否有被堵塞
- 联系当地控制部门获取食蚊鱼或请其对水池进行处理
- 给马注射病毒疫苗

保护自己不被蚊虫叮咬

- 穿长袖衬衫及长裤
- 穿浅色衣物
- 勿涂抹香体液或香水
- 使用驱虫剂并遵循指示
- 在婴儿背袋或玩床上放置蚊帐
- 在蚊虫高峰期时待在室内（高峰期为黎明、黄昏、傍晚）
- 安装或修理纱窗

注：维他命 B 和“超声波”装置在预防蚊虫叮咬方面并没有效果

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八月



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独立日

独立日
(公共节假日)

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八月 防火



焚烧垃圾是人类引发火灾的头号原因。未获得许可的情况下不要焚烧，也切勿在有风的天气里焚烧。如需了解对使用篝火的限制规定，请联系您当地的俄勒冈林业部、Washington 县自然资源部或消防部。切勿让篝火在无人照看的情况下自行燃烧，用完后一定要将其完全熄灭。用水浇灭，搅动，再浇水。

保护房屋不被野火侵害

- 用不燃材料在您的房屋周围修一条 30 英尺的防火带，将木柴堆在远离房屋的地方
- 安全处理庭院垃圾；考虑用其他方法来替代燃烧处理的方式，比如切成碎片或再循环
- 修剪车道边的树枝，树枝的高度和宽度均不能超过 14 英尺，距离房顶和电线至少要 10 英尺
- 使用不燃物作房顶材料，排雨槽内不能有垃圾，通风口要设在屋檐及顶板下方
- 将您的地址帖在四周至少 150 英尺以外都能看到的某个位置
- 每两年检查一次您的烟囱，每年清洁一次，并在开口处安装挡板
- 浇灌庭院，并将草减短
- 在房屋附近种植较不易燃烧的矮生植物

预防房屋火灾并做好逃离计划

- 将火柴和打火机放在儿童无法触及的地方
- 在房屋的每一层安装烟雾警报器（装在每间卧室内靠近睡眠区的地方）。每月检查一次烟雾警报器，每年更换一次电池（长寿命锂电池除外）。每 10 年彻底更换烟雾警报器。
- 在靠近出口处安装灭火器，但灭火器仅用于熄灭小火。
- 制定一份家庭逃生计划，每个房间至少需要两条逃生路线，并指定一个汇合地点；演习计划。

www.firewise.org 以及 www.nfpa.org



照片：Jesse Batson/ODF, FEMA, TVF&R

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1**2****3****4****5****6****7**

海岸警卫队建立日

8**9****10****11****12****13****14**

斋月开始

15**16****17****18****19****20****21****22****23****24****25****26****27****28****29****30****31**

七月

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九月

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九月

家庭准备工作



制定一份应急计划

- 与家人就紧急情况下如何行动进行讨论
- 制定一份撤离计划并进行演练
- 知道如何关闭水、天然气及电源
- 在房屋以外的地方指定一个地点，以便撤离后在此处会面
- 指定一个本州以外的联系人

组装一套灾难应急用品

详情见本日历第二页，或浏览：www.redcross.org

返校准备工作

若孩子放学回家的时间早于大人回家的时间，请考虑以下事项：

- 您孩子的年龄及成熟程度
- 如果这是第一次发生，请考虑“演练”，即：让孩子独自在家待较短的时间
- 留下一个您以及能够联系到某个受托人的电话号码。与孩子约好打电话报平安的时间
- 将您的具体期望告诉孩子，并告知您希望他/她如何安排自己的时间（哪些事情可以做，哪些不能做）
- 确保您的家中没有会对孩子的安全造成威胁的因素。（是否有孩子能够触及到的药物或武器，此类物品均可构成危险）
- 演练应急处理流程。确保您的孩子知道如何反应。
- 询问孩子，他/她是否已经做好独自待在家中的思想准备。如果孩子有所犹豫，请雇临时保姆，六个月后再考虑这个问题。

儿童在巴士和交通方面的安全

- 您和您的孩子都要熟悉校巴的接送地点。
- 在学校周围勿使用手机、掌上电脑或任何其他可能分散您注意力的东西。
- 找好一个安全的位置来等候巴士，要远离车流和街道。
- 让孩子与巴士保持距离，待巴士完全停下且司机已经示意上车时再上车。

如需更多安全建议，请浏览：www.nsc.org



与孩子一起做饭

- 在我国，无人看管的厨房用火是造成房屋火灾的第一大原因
- 切勿让孩子在无人看管的情况下待在厨房内
- 切勿抱着孩子做饭
- 勿将热食和热汤放在餐台、桌子及炉子的边缘
- 将所有锅的把手朝向炉子的内侧
- 若锅中起火，盖上锅盖将火熄灭

中毒

- 中毒事件片刻内即可发生，且儿童最容易发生中毒
- 每次都与照顾者沟通，避免重复喂药，并将所有药品锁起来
- 最好用孩子无法打开的盖子，但此类盖子也不是绝对安全
- 将过期药物作为垃圾丢弃
- 详情见 www.poison.org

万圣节前夕

- 互见！ 在包、服装、鞋等物品上帖上反光条，面部化装要用油彩而不要戴面具
- 陪伴“不给糖果就捣蛋”的孩子外出
- 走，切勿跑
- 成人应始终留意孩子收到的礼品中是否有蓄意破坏的迹象
- 看着孩子雕刻南瓜，孩子所用的工具对儿童必须是安全的
- 考虑在家举办万圣节聚会，而不要让孩子外出要糖果或捣蛋

行车安全

秋季和冬季是车祸的多发季节。昏暗而寒冷的条件下需要驾驶者用到各种驾驶方法。给自己留出额外的时间，以安全抵达目的地。开启车辆前灯行驶。

- 仔细留意骑自行车和摩托车的人，他们的体积较小，不易被看到
- 视情况而开车。不要太信赖四轮驱动。需要急刹车时，它不会有任何帮助
- 在恶劣的天气条件下，要慢行，与其他车辆之间要保持更长的车距
- 靠近路口、出口匝道、桥梁或阴影时减慢车速。这些地方都可能结有薄冰
- 在掌握方向盘、刹车或加速时避免动作过急，以减少丧失轮胎摩擦力及车辆失控的可能性
- 注意看车流中更远的地方。其他驾驶人员的动作会对您起到警示作用，使您有额外的时间来做出反应
- 卡车需要更长的时间才能停下来。所以，不要赶超到他们前面

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九月

十一月



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哥伦布纪念日
(公共节假日)

海军建军日

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冬季天气知识普及周

www.wrh.noaa.gov/pqr/winterawareweek.php

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万圣节前夕 31

INFLUENZA

FREQUENTLY COMPLICATED WITH
PNEUMONIA
PRESENT AT THIS TIME THROUGHOUT AMERICA.

THE THEATRE IS COOPERATING WITH THE DEPARTMENT OF HEALTH.

YOU MUST DO THE SAME

IF YOU HAVE A COLD AND ARE COUGHING AND SNEEZING, DO NOT ENTER THIS THEATRE

GO HOME AND GO TO BED UNTIL YOU ARE WELL.

Coughing, Sneezing or Spitting Will Not Be Permitted In The Theatre. In case you must cough or sneeze, do so in your own hand-kerchief, and if the Coughing or Sneezing Persists, Leave The Theatre At Once.

This Theatre has agreed to cooperate with the Department Of Health in disseminating the truth about Influenza, and thus serve a great educational purpose.

HELP US TO KEEP CHICAGO THE



Spanish Influenza
has endangered the prosecution
of the WAR in Europe.
There are 30 cases in the Navy Yard
30 deaths have already resulted
SPITTING SPREADS SPANISH
INFLUENZA DONT SPIT



防止流感传播

- 注射季节性流感及甲型 (H1N1) 流感疫苗
- 咳嗽时用干净的纸巾或衣袖遮住口鼻
- 勤用温水及香皂洗手，并使用含酒精的消毒杀菌剂
- 生病时待在家中

流感症状

- 发烧
- 咳嗽
- 咽喉痛
- 流鼻涕或鼻塞
- 身体疼痛
- 头痛、发冷和疲劳

照顾流感患者

多数流感患者可在家中接受护理。下面是照顾流感患者（包括自己）的方法。

- 摄入大量水份 - 水、肉汤、果汁、运动型饮料、婴儿用电解质饮料。
- 充分休息。
- 服用布洛芬或扑热息痛缓解发烧和疼痛症状（若对此类药物不过敏）。
- 不要给儿童服用阿司匹林。
- 用海绵蘸微温的水（不能用酒精）擦拭降温。
- 身边放好纸巾和垃圾袋。
- 自己和所有家人务必勤洗手。
- 勿让其他家人及来访者接触患者。
- 如果患者为孕妇，或患有糖尿病、心脏病、哮喘或肺气肿等疾病，请咨询患者的医疗保健提供者。
- 退烧后（已无需服用退烧药）至少在家中待足 24 小时，除非需要外出就医。
- 流感患者在靠近他人时应戴医用口罩，这样可以避免病毒传播。

若患者出现下列情况，应立即就医...

- 呼吸困难或胸痛
- 嘴唇发紫或发青
- 呕吐，无法喝进流食
- 有脱水迹象，如：站立时有眩晕感、尿量少，或是儿童哭闹时眼泪很少
- 反应迟钝或神智不清，或出现痉挛

Before September 14th

Between September and September 26th
Between September 28 and October 5th

After October 5th

照片: Washington County Public Health 以及 Clackamas County Emergency Management

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万圣节

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选举日

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排灯节

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夏时制结束

8**9****10****11****12****13**

海军陆战队建军日

老兵纪念日

14**15****16****17****18****19****20**

宰牲节

21**22****23****24****25****26****27**

感恩节

28**29****30**

十月

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十二月

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降临节第一主日



十二月

恶劣天气



冬季天气

- 给您的每一辆车准备一套应急用品
- 确保您有足够的加热燃料
- 避免用力过猛。寒冷天气条件下进行重体力劳动容易导致心脏病
- 查看其他人是否在御寒方面有困难

冬季旅行

- 在每辆车内放置一套应急用品
- 若您不必开车，请待在家中
- 油箱要满
- 减速行驶，轻踩刹车，用低速档前行以保持摩擦力
- 让某人知道您的去向及路线

若被困车内

- 待在车内
- 每小时让发动机运行 10 分钟进行加热
- 略微打开一个车窗让空气流通，避免一氧化碳中毒
- 确保排气管没有堵塞
- 让营救者看到自己：晚间运行发动机时打开座舱顶灯
- 在天线或车门上系一块颜色鲜艳的布

若被困户外

- 尽量保持干燥，盖住所有外露的身体部位
- 寻找或搭建一个掩体来躲避恶劣的天气
- 点一堆火取暖并吸引注意力
- 在篝火周围摆上岩石来吸收和反射热量
- 融化积雪供饮用

若被困户内

- 用壁炉、柴炉、空间加热器等交替取暖时，要备好防火器材，并让房间合理通风以避免一氧化碳中毒。有关一氧化碳中毒的更多详情，请浏览 www.usa.safekids.org
- 将不用的房间门关好，晚间将窗户遮好
- 进食进水，保持体能和身体所需水分

圣诞树

- 确保新鲜树的潮湿度
- 直切树干，使其能够“饮水”
- 将树放置在远离热源的地方
- 将树放在盛有冷水的坚固托架中

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十一月

一月



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光明节第一天

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穆哈兰节第一天

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冬季开始 (东部时间)

圣诞节

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29

30

31

宽扎文化节第一天



Benton County Emergency Services Phone Numbers

EMERGENCY:

Law Enforcement, Non-Emergency

Albany Police Department
Benton County Sheriff's Office
Corvallis Police Department
Linn County Sheriff's Office
Oregon State Police, Albany
Oregon State Police, OSU Security
Philomath Police Department

9-1-1

(541) 917-7680
(541) 766-6858
(541) 766-6924
(541) 967-3911
(541) 967-2026
(541) 737-3010
(541) 929-6911

www.ci.albany.or.us/police
www.co.benton.or.us/sheriff
www.ci.corvallis.or.us/police
www.linnsheriff.org
www.oregon.gov/OSP
www.oregonstate.edu/dept/security
www.ci.philomath.or.us/police/police.htm

Fire, EMS Services, Non-Emergency

Adair Fire Department
Albany Fire Department
Alsea
Blodgett/Summit
Corvallis Fire Department
Hoskins/Kings Valley Rural Fire Department
Monroe Fire Department
Philomath Fire Department
Oregon Department of Forestry, West OR Dist.
Siuslaw National Forest

(541) 745-7212
(541) 917-7700
(541) 487-8701
(541) 453-4841
(541) 766-6961
(541) 929-2356
(541) 847-5170
(541) 929-3002
(541) 929-3266
(541) 750-7000

www.cityofadairvillage.org
www.ci.albany.or.us/fire

www.ci.corvallis.or.us/fire
www.monroefire.us

<http://egov.oregon.gov/ODF/FIELD/PHIL/aboutus.shtml>
www.fs.fed.us/r6/siuslaw

Emergency Management

Benton County Emergency Management
Linn County Emergency Management
Oregon Emergency Management

(541) 766-6864
(541) 967-3950
(503) 378-2911

www.co.benton.or.us/sheriff/ems
www.oregon.gov/OMD/OEM

Search & Rescue, Non-Emergency

Benton County Search and Rescue
Linn County Search and Rescue

(541) 766-6864
(541) 967-3911

www.co.benton.or.us/sheriff/ems/sar.php
www.linnsheriff.org/SAR/LCSOsar.BaseCamp.htm

Road and Weather Conditions

Oregon Department of Transportation
National Weather Service/Portland Office
National Weather Service/Medford Office
Albany Public Works
Benton County Public Works
Corvallis Public Works
Linn County Public Works
Philomath Public Works

5-1-1
(503) 261-9246
(541) 776-4303
(541) 917-7676
(541) 766-6821
(541) 766-6916
(541) 967-3919
(541) 929-3579

www.tripcheck.com
www.weather.gov/portland
www.weather.gov/medford
www.cityofalbany.net/publicworks
www.co.benton.or.us/pw
www.ci.corvallis.or.us/pw
www.co.linn.or.us/roads
www.ci.philomath.or.us/publicworks/pubworks.htm



Together we're building a more disaster resilient community!

Columbia County Emergency Service Phone Numbers



EMERGENCIES:

9-1-1

Law Enforcement, Non-Emergency:

Columbia County Sheriffs Office	(503) 366-4611	
St. Helens Police Department	(503) 397-3333	www.sthelenspolice.org
Scappoose Police Department	(503) 543-3114	www.scappoosepolice.com
Vernonia Police Department	(503) 429-7335	www.vpd.vernonia-or.gov
Rainier Police Department	(503) 556-3645	
Clatskanie Police Department	(503) 728-2145	
Columbia City Police Department	(503) 397-4010	
Oregon State Police	(503) 397-3131	www.oregon.gov/OSP /

Fire, Emergency Medical Services, Non-Emergency:

Columbia River Fire and Rescue	(503) 397-2990	www.crfr.com
Scappoose Fire Department	(503) 543-5026	www.srfd.us
Clatskanie Fire Department	(503) 728-2025	
Vernonia Fire Department	(503) 429-8252	www.vernoniafire.us
Metro West Ambulance (Vernonia Ambulance Service)	(503) 693-6658	
Oregon State Forestry (Columbia City)	(503) 397-2636	
Columbia County Office of Emergency Management	(503) 366-3905	www.co.columbia.or.us/emgt /

Road and Weather Conditions:

Oregon Department of Transportation	5-1-1	www.tripcheck.com
National Weather Service (Portland)	(503) 261-9246	www.nws.noaa.gov

Marion County Emergency Lines
Santiam Canyon Communications
Willamette Valley Communications
NORCOM (Woodburn)

9 – 1 – 1
503-769-3886
503-588-6123
503-982-2340

Marion County Departments

Assessors Office
Board of Commissioners
Building Inspection
Clerks Office
Business Services/Human Resources
Children and Family
Corrections Department
Courts
District Attorney
Dog Control
Emergency Management, Marion County
Environmental Services
Facilities Management
Fair, Marion County
Health Department
Housing Authority
Juvenile Department
Legal Counsel
Planning
Public Works / Parks
Risk Management
Sheriff's Office
Treasurer/Tax Office

www.co.marion.or.us
503-588-5144
503-588-5212
503-588-5147
503-588-5225
503-589-3295
503-588-7975
503-581-1183
503-588-5368
503-588-5222
503-566-6966
503-588-5108
503-588-5169
503-588-5154
503-585-9998
503-588-5357
503-373-4448
503-588-5291
503-588-5220
503-588-5038
503-588-5036
503-373-4426
503-588-5094
503-588-5215

Marion County Fire Districts

Aumsville Fire
Aurora Fire
Drakes Crossing
Gates Fire
Hubbard Fire
Idanha / Detroit Fire
Jefferson Fire
Keizer Fire
Marion County Fire District #1
Mill City Fire
Monitor Fire
Mt. Angel Fire
St. Paul Fire
Salem Fire
Silverton Fire
Stayton Fire

503-749-2894
503-678-5966
503-873-6868
503-897-2929
503-981-9454
503-854-3494
541-327-2822
503-390-9111
503-588-6529
503-897-2390
503-634-2570
503-845-2438
503-633-4602
503-588-6245
503-873-5328
503-769-2601

Marion County Fire Districts Cont.
Sublimity Fire
Turner Fire
Woodburn Fire

503-769-3282
503-743-2190
503-982-2360

Marion County Police Departments

Aumsville PD
Aurora PD
Gervais PD
Hubbard PD
Keizer PD
Marion County Sheriff's Office
MCSO Central District Office
MCSO North District Office
MCSO South District Office
Jail Administration
Parole & Probation Office
Drug Activity Tip Line
Graffiti Hotline
Mt. Angel PD
Oregon State Police, General Headquarters
Salem PD
Silverton PD
Stayton PD
Turner PD
Woodburn PD

503-749-2189
503-678-1284
503-792-4575
503-981-8738
503-390-3713
503-588-5094
503-566-6991
503-792-5560
503-769-3465
503-581-1183
503-588-8492
503-588-5112
503-566-6955
503-845-9294
800-452-7888
503-588-6100
503-873-5326
503-769-3421
503-743-2588
503-982-2345

Misc./Volunteer Agencies

American Red Cross
City of Salem Emergency Management
City of Salem Public Works
Drug Activity Tip Line
East Salem Water District
Habitat for Humanity
Humane Society
ODOT Dispatch
ODOT Hazard Complaint
Oregon Gardens
Oregon Road Conditions
Oregon State Fire Marshal
Oregon State Parks
Polk County Fire District #1
Rumor Control During Emergencies
Salem Parks
Salvation Army
Time of Day and Temperature
United Way

503-585-5414
503-763-3331
503-588-6333
503-588-5112
503-364-1620
503-364-6642
503-585-5900
503-362-0457
888-275-6368
877-674-2733
800-977-6368
503-373-1540
800-551-6949
503-838-1510
503-391-7294
503-588-6336
503-399-0206
503-266-8463
503-363-1651

Clackamas County

Emergencies

Public Safety Non-Emergency
During a Disaster Call Clackamas County Public Inquiry Center
Non-Emergency Information and Referral

9-1-1
(503) 655-8211
(503) 655-8224
2-1-1

Clackamas County www.clackamas.us

Clackamas County Dog Services
Clackamas County Building Services
Clackamas County Citizen Involvement
Clackamas County Community Development
Clackamas County Community Environment
Clackamas County Community Health
Clackamas County Emergency Management
Clackamas County Land Use Planning/Zoning
Clackamas County Mental Health (24 hr)
Clackamas County Road Maintenance
Clackamas County Sheriff's Office
Clackamas County Social Services (CCSS)
 CCSS Volunteer Recruitment for Social Services
 CCSS Clackamas County Energy Assistance
 CCSS Information and Referral
Clackamas County Transfer Station (in Sandy)
Clackamas County Vector Control
Clackamas County Victim Assistance
Clackamas County Water Environment Services
Clackamas County Weatherization
Clackamas Women's Services (24 hr)

(503) 655-8629
(503) 742-4400
(503) 655-8552
(503) 655-8591
(503) 742-4452
(503) 655-8430
(503) 655-8378
(503) 742-4500
(503) 655-8401
(503) 557-6391
(503) 655-8218
(503) 655-8640
(503) 650-5779
(503) 650-5640
(503) 655-8861
(503) 668-8885
(503) 655-8394
(503) 655-8616
(503) 742-4567
(503) 650-3338
(503) 654-2288

Helpful Contacts

Abandoned Vehicles
Adult Protective Services Hotline
Air Quality Program
AMR - American Medical Response (24 hr dispatch)
Child Abuse Hotline (24 hr)
Crime Stoppers (Portland)
Crisis Line Women's Domestic Violence & Sexual Assault Info
Domestic Violence Enhanced Response Team (DVERT)
Dump Stoppers Tip Line
Household Hazardous Waste Collection
Kaiser Sunnyside Medical Center
Legacy Meridian Park Hospital
Major Crimes Tip Line
Metro South Transfer Station (in Oregon City)
Missing Persons
National Runaway Switchboard
Natural Resource Conservation Service USDA Service Center

(503) 655-8218
(971) 673-6655
(503) 326-6363
(503) 231-6300
(503) 731-3100
(503) 823-4357
(503) 235-5333
(503) 655-8300
(503) 650-3333
(503) 234-3000
(503) 652-2880
(503) 692-1212
(503) 723-4949
(503) 234-3000
(503) 655-8218
(800) RUNAWAY
(503) 655-3144

Northwest Natural

PGE Tree Removal or Trimming
PGE Electric Power Outages and Emergencies

(800) 882-3377

(503) 736-5460

(503) 464-7777

(800) 544-1795

(800) 222-1222

(503) 650-3262

(503) 513-8300

(503) 655-3144

(503) 655-8401

(503) 656-1631

Poison Control Center (24 hr)

Pothole Hotline

Providence Milwaukie Hospital

Soil and Water Conservation District

Suicide Hotline (24 hr)

Willamette Falls Hospital

Fire Districts

Aurora Fire District	www.aurorafire.org	(503) 678-5966
Boring Fire District	www.boringfire.com	(503) 663-4638
Canby Fire District	www.canbyfire.org	(503) 266-5851
Clackamas Fire District #1	www.ccfld1.com	(503) 742-2600
Colton Fire District		(503) 824-2545
Estacada Fire District	www.estacadafire.org	(503) 630-7712
Gladstone Fire Department	www.ci.gladstone.or.us/fire.html	(503) 557-2775
Hoodland Fire District	www.hoodlandfire.com	(503) 622-3256
Lake Oswego Fire Department	www.lofire.org	(503) 635-0275
Molalla Fire District	www.molallafire.org	(503) 829-2200
Monitor Rural Fire District	www.monitorfire.com	(503) 634-2570
Oregon Department of Forestry	www.odf.state.or.us	(503) 829-2216
Sandy Fire District	www.sandyfire.com	(503) 668-8093
Tualatin Valley Fire & Rescue	www.tvfr.com	(503) 649-8577

Helpful Websites

American Red Cross	www.redcross.org
Center for Disease Control & Prevention	www.cdc.gov
Citizen Corps	www.citizencorps.gov
Clackamas County Emergency Management	www.clackamas.us/emergency
Department of Environmental Quality	www.oregon.gov/DEQ
Federal Emergency Management Agency	www.fema.gov
Flood Safety/Flood Education	www.floodsafety.com
FIREWISE	www.firewise.org
Flu Information	www.flu.gov
METRO	www.metro-region.org
National Flood Insurance Program	www.fema.gov/business/nfip
National Voluntary Organization Active in Disaster	www.nvoad.org
National Weather Service	www.nws.noaa.gov
Oregon Dept. of Fish and Wildlife	www.dfw.state.or.us
Oregon Dept. of Geology and Mineral Industries	www.oregongeology.com
Oregon Dept. of Transportation	www.oregon.gov/ODOT/
Portland Community College	www.pcc.edu/programs/emergency-mgmt
SOLV	www.solv.org
United States Department of Homeland Security	www.dhs.gov
United States Geological Survey	www.usgs.gov

Clark County Community Resource Phone Numbers

EMERGENCY

Law Enforcement – Non-Emergency

Clark County Non-Emergency Sheriff's Office
Vancouver Police Department Non-Emergency
Battle Ground Police Non-Emergency
Camas Police Non-Emergency
La Center Police Non-Emergency
Ridgefield Police Non-Emergency
Washougal Police Non-Emergency
Woodland Police Non-Emergency

9-1-1

(360) 397-2211
(360) 487-7400
(360) 342-5100
(360) 834-4151
(360) 263-2745
(360) 887-3556
(360) 835-8701
(360) 225-6965

Emergency Management

Clark Regional Emergency Services Agency

(360) 737-1911

Fire Resources

County

Clark County Fire and Rescue Battle Ground, La Center and Ridgefield
East County Fire & Rescue (Districts 1 & 9)
Fire District #2 Woodland
Fire District #3 Brush Prairie, Hockinson
Fire District #5 Services provided by Vancouver Fire Department
Fire District #6 Hazel Dell, Lakeshore, Felida, Salmon Creek, Mt. Vista, Fairgrounds
Fire District #10 Amboy, Chelatchie, Fargher Lake, Highland, View
Fire District #13 Yacolt

(360) 887-4609
(360) 835-5511
(360) 225-7076
(360) 892-2331
(360) 892-4323
(360) 576-1195
(360) 247-5233
(360) 687-2171

City

Vancouver Fire Department
Camas Fire Department
Washougal Fire and Rescue

(360) 892-4323
(360) 834-2262
(360) 835-2211

Government Offices

Clark County Government Information
Clark County Public Health
City of Vancouver Information
City of Battle Ground Information
City of Camas Information
City of La Center Information
City of Ridgefield Information
City of Washougal Information
City of Woodland Information
City of Yacolt Information

(360) 397-2000
(360) 397-8000
(360) 696-8200
(360) 342-5000
(360) 834-6864
(360) 263-2782
(360) 887-3557
(360) 835-8501
(360) 225-8281
(360) 686-3922



Websites

City and County Government

www.clark.wa.gov – Clark County
www.ci.vancouver.wa.us - City of Vancouver
www.cityfbg.org – City of Battle Ground
www.ci.camas.wa.us - City of Camas
www.ci.ridgefield.wa.us – City of Ridgefield
www.ci.lacenter.wa.us – City of La Center
www.ci.washougal.wa.us – City of Washougal
www.ci.woodland.wa.us – City of Woodland
www.townofyacolt.org – Town of Yacolt

Disaster Preparedness

www.citizencorps.gov - Citizen Corps
www.ready.gov - Department of Homeland Security
www.flu.gov - Know what to do about the Flu
www.vanfire.org - Vancouver Fire Department
www.ccf6.org - Clark County Fire District 6
www.eastcofire-rescue.org - East County Fire & Rescue
www.clarkcofd3.org - Clark County Fire District #3
www.clark.wa.gov/health/emergency/ - Clark County Public Health
www.cresa911.org - Clark Regional Emergency Services Agency
www.emd.wa.gov - Washington State Emergency Management

211 Information Referral Service Dial 2-1-1 or (360) 694-8899

Linn County Emergency Service Phone Numbers

Emergencies: **9-1-1**

Law Enforcement, Non-Emergency:

Albany Police Department	(541) 917-7680
Lebanon Police Department	(541) 451-1751
Linn County Sheriff's Office	(541) 967-3911
Oregon State Police, Albany	(541) 967-2026
Sweet Home Police Department	(541) 367-5181

www.ci.albany.or.us/police
www.ci.lebanon.or.us
www.linnsheriff.org
www.oregon.gov/osp
www.ci.sweet-home.or.us



Fire, Emergency Medical Services, Non-Emergency:

Albany Fire Department	(541) 917-7700
Brownsville Fire Department	(541) 466-5227
Harrisburg Fire Department	(541) 995-6412
Lebanon Fire Department	(541) 451-1901
Linn County Search and Rescue	(541) 967-3911
Sweet Home Fire and Ambulance District	(541) 367-5882
US Forest Service - Sweet Home Forest Ranger Station	(541) 367-5168

www.ci.albany.or.us/fire
www.harrisburgfire.org
www.linnsheriff.org/SAR/LCSOsar.BaseCamp.htm
www.sweethomefire.org

Road and Weather Conditions:

Oregon Department of Transportation	5-1-1
National Weather Service	
Portland	(503) 261-9246
Medford	(541) 776-4303
Albany Public Works	(541) 917-7676
Brownsville Public Works	(541) 466-3381
Lebanon Public Works	(541) 258-4918
Linn County Public Works	(541) 967-3919
Sweet Home Public Works	(541) 367-6977

www.nws.noaa.gov
www.cityofalbany.net/publicworks
www.ci.lebanon.or.us
www.co.linn.or.us/roads
www.ci.sweet-home.or.us

Community Assistance Contact Information

For additional, non-emergency services, call **211**.

If you're experiencing an emergency, call **911**.

For buried power lines, before digging call **811**.

Mental Health Services <p>NW Human Services 1.800.560.5535 TTY - 503.588.5833 Mental health crisis line. http://www.northwesthumanservices.org/index.php MCMH Crisis Line 503.988.4888 24/7 call center for immediate assistance to those suffering from acute mental distress involving danger to one's self or others. http://www.nami.org/MSTemplate.cfm?MicrositeID=58 Trauma Intervention 503.940.7997 Offering 24/7 intervention in the aftermath of trauma. http://www.tjprw.org/ Lifeworks Mental Health 503.234.3400 http://www.lifeworksnw.org/</p>	Family Services <p>Oregon Food Bank 503.282.0655 http://www.oregonfoodbank.org/ Parents Anonymous 503.258.4557 For parents in need of information, resources or counseling. http://www.morrisonkids.org/programs/parents_anonymous.aspx Sunshine Division 503.823.2102 Part of Portland Police; source for food & meals to those in need.</p>	Health and Medical Issues <p>Ptld Women's Crisis Line 503.235.5333 A 24 hour crisis line for women, especially for domestic violence. http://pwcl.org/ Rape Victims Assistance 503.988.3222 DA's office line specifically for victims of rape. http://www.co.multnomah.or.us/da/ra/index.php Statewide Domestic Crisis Number 1.888.235.5333 Hotline number for Oregon Coalition Against Domestic & Sexual Violence (OCADSV) http://www.ocadsv.com/ OCADSV_WhatWeDo_SystemsAdvocacy.asp</p>	Utilities <p>Ptld Police Information Line 503.823.4636 Non-emergency 503.823.3333 http://www.portlandonline.com/police/index.cfm?c=29708 Oregon Liquor Control Commission 503.872.6070 For liquor law violations or crimes involving alcohol abuse. http://www.oregon.gov/OLCC/index.shtml Portland Fire & Rescue 503.872.6070 Non-emergency information number. http://www.portlandonline.com/fire/</p>	Transportation <p>Northwest Natural 503.226.4211 https://www.nwnatural.com/index.asp Ptld General Electric 503.228.6322 http://www.portlandgeneral.com/default.aspx Pacific Power Customer Svc 1.888.221.7070 Power Outages 1.877.548.3768 http://www.pacificpower.net/Homepage/Homepage35750.html</p>	Animal Care <p>ODOT Dispatch 503.731.4574 Provides FREE roadside assistance for stranded motorists. http://www.oregon.gov/ODOT ODOT's Tripcheck 511 If 511 unavailable 1.800.977.6368 Road conditions, roadcams and trip planning info. http://www.tripcheck.com/Pages/RCmap.aspx?curRegion=0&mainNav=RoadConditions Reporting Road Hazards 503.988.5050 Non-Emergency 503.823.3333 http://www2.co.multnomah.or.us/Public/EntryPoint?ch=e5b1e85136845110VgnVCM1000003bc614acCRD River Patrol 503.988.6788 For problems on local navigable waterways in Multnomah County.</p>					
Police <p>Ptld Police Information Line 503.823.4636 Non-emergency 503.823.3333 http://www.portlandonline.com/police/index.cfm?c=29708 Oregon Liquor Control Commission 503.872.6070 For liquor law violations or crimes involving alcohol abuse. http://www.oregon.gov/OLCC/index.shtml Portland Fire & Rescue 503.872.6070 Non-emergency information number. http://www.portlandonline.com/fire/</p>										
Legal Resources <p>Family Court Services 503.988.3189 Provides conciliation, mediation & custody evaluation services. http://www.co.multnomah.or.us/dcjcfcourt.shtml</p> <p>Legal Aid 503.241.4111 Provides 30 minute free legal consultation for low income residents. http://www.ojd.state.or.us/osca/cped/courtimprovement/familylaw/legalaid.htm</p> <p>Multnomah County Circuit Court 503.988.3022 http://www.ojd.state.or.us/mul/index.htm</p> <p>Restraining Orders 503.988.3943 http://www.co.multnomah.or.us/da/ra/index.php</p> <p>Sex Offender Registry 503.378.3725 Resource for tracking locations of various sex offenders. http://www.oregon.gov/OSP/SOR/faqs.shtml</p>	Youth Services <p>Child Abuse Hotline 503.731.3100 State number for reporting suspected child abuse, 24/7. Harry's Mother-Janus 503.233.8111 Local 24/7 crisis number to assist runaways. http://www.janusyouth.org/what-we-do/runaway-youth-services.php</p> <p>MC Juvenile Detention 503.988.3475 24/7 assistance for instances involving juvenile criminals or crime victims. http://www.co.multnomah.or.us/dcjcj.shtml</p> <p>EI Programa Hispano 503.236.9670 Culturally specific assistance for youth & families; part of Catholic Charities. http://www.catholiccharitiesoregon.org/services_latino_services.asp</p> <p>Police Activities League 503.256.3479 Provides recreational activities for kids during non-school hours. http://www.palkids.org/</p>									
Environmental <p>Chemical Risk Info Svc 503.494.8616 First aid & other information on chemical exposure (MSDS). http://www.ohsu.edu/cris/</p> <p>METRO Recycling 503.234.3000 Information on disposal methods for specific chemicals. http://www.oregonmetro.gov</p>	Senior Services <p>Safe Return 1.888.572.8566 Provides bracelets & assistance in returning wandering patients. http://www.alz.org/we_can_help_medicalert_safereturn.asp</p> <p>Gate Keeper's Program 503.988.3846 County program that helps provide food & other services to elders.</p>									

Department of Homeland Security	www.dhs.gov/dhspublic
Federal Emergency Management Agency	www.fema.gov
Get Ready!	www.ready.gov
National Weather Service	www.nws.noaa.gov
PCC Emergency Mgmt	www.pcc.edu/programs/emergency-mgmt

Emergency Preparedness Connections

Flood Safety/Flood Education	www.floodsafety.com
FIREWISE	www.firesafe.org
National Flood Insurance Program	www.fema.gov/nfip
Department of Environmental Quality	www.deq.state.or.us
Oregon Dept of Geology & Mineral Studies	www.oregongeology.com

Emergencies

Clackamas County Non-Emergency
 Multnomah County Non-Emergency
 Assistance, general
 Road conditions by phone

9-1-1

(503) 655-8211
 (503) 823-3333
 2-1-1
 5-1-1

County Government

Clackamas County Dog Services
 Clackamas County Emergency Management
 Clackamas County Mental Health/24-hr
 Clackamas County Pothole Hotline
 Clackamas County Public Health
 Clackamas County Social Services
 Clackamas County Transfer and Recycling Center
 Clackamas County Vector Control
 Clackamas County Victim Assistance
 Clackamas Women's Services/24-hr
 Multnomah County Animal Control
 Multnomah County Civil Court (small claims)
 Multnomah County D.A., Victims Assistance
 Multnomah County Emergency Management
 Multnomah County Mental Health/24-hr
 Multnomah County Public Health Officer
 Multnomah County Restraining Orders
 Multnomah County Vector Control

(503) 655-8629
 (503) 655-8378
 (503) 655-8401
 (503) 650-3262
 (503) 655-8430
 (503) 655-8640
 (503) 234-3000
 (503) 655-8394
 (503) 655-8616
 (503) 654-2288
 (503) 988-7387
 (503) 988-3022
 (503) 988-3222
 (503) 988-4233
 (503) 988-4888
 (503) 988-3674
 (503) 988-3943
 (503) 988-3464

Fire Districts

Boring Fire District
 Canby Fire District
 Clackamas Fire District #1
 Colton Fire District
 Estacada Fire District
 Fire District #10
 Gladstone Fire Department
 Gresham Fire Department
 Hoodland Fire District
 Lake Oswego Fire Department
 Molalla Fire District
 Monitor Rural Fire District
 Portland Fire Bureau
 Sandy Fire District
 Tualatin Valley Fire & Rescue

(503) 663-4638
 (503) 266-5851
 (503) 742-2600
 (503) 824-2545
 (503) 630-7712
 (503) 666-6704
 (503) 557-2775
 (503) 618-2355
 (503) 622-3256
 (503) 635-0275
 (503) 829-2200
 (503) 634-2570
 (503) 823-3700
 (503) 668-8093
 (503) 649-8577

Private and Public Information

Adult Abuse Hotline
 Adventist Medical Center, ER
 AIDS Hotline
 Aging Disability Services
 American Red Cross (Oregon Trail Chapter)
 ATT language line
 Bradley Angle House (Domestic Violence assistance)
 Centennial School District
 Child Abuse Hotline
 Child Abuse Hotline/24 hr
 COMET (freeway motorist assistance)
 Dig Safely—Call Before You Dig
 Dove Lewis Emergency Animal Hospital
 Dump Stoppers (Clackamas County)
 El Programo Hispano
 Emanuel Hospital Legacy

(503) 655-8640
 (503) 251-6155
 (800) 777-2437
 (503) 988-3646
 (503) 284-1234
 (800) 643-2255
 (503) 281-2442
 (503) 760-7990
 (503) 731-3100
 (503) 657-6802
 (503) 283-5859
 (800) 332-2344
 (503) 262-7194
 (503) 650-3333
 (503) 669-8350
 (503) 413-2200

Fairview City Hall

Family Court Services (free counseling for families)

Gresham-Barlow School District

Gresham Police Department

Gresham City Hall

Harry's Mother, teen crisis and support

Hazardous Waste (METRO)

Household Hazardous Waste Collection

Kaiser Permanente

Legacy - Mt. Hood Medical Center

Legal Aid, public benefits hotline

Mt. Hood Community College

National Missing Children Locate Center / 24 hr

National Runaway Switchboard

Northwest Natural (Emergencies/Odor calls)

Northwest Natural main office

OLCC Complaints

Oregon Fish & Wildlife

Oregon Health & Sciences University

Oregon Health Plan

PGE/Power Outages and Emergencies

Poison Control Center/24 hr

Portland Adventist Hospital

Portland Police Bureau

Portland Public Schools

Portland VA Medical Center

Providence Portland Medical Center

Reynolds School District

Sex offender registry (Oregon State Police) Salem

Snow-Cap (community charities)

Street lighting, maintenance of existing lights (PGE)

Suicide Hot Line Multco

Suicide Hotline Clackco

Sunshine Division (Portland Police Bureau charity)

Trauma Intervention Program (TIP) Hotline

Tri-Met (mass transit conditions)

Troutdale City Hall

Women's Crisis Line Domestic Violence

Wood Village City Hall

Youth Gang Outreach

Don't know who to call or need additional contact information?

Clackamas County Information & Referral

Portland/Multnomah County Information & Referral

(503) 665-7929

(503) 988-3189

(503) 618-2450

(503) 823-3333

(503) 618-3000

(503) 233-8111

(503) 234-3400

(503) 234-3000

(503) 813-2000

(503) 674-1122

(503) 241-4111

(503) 491-6422

(503) 257-1308

(800) RUNAWAY

(800) 422-4012

(503) 226-4211

(503) 872-5070

(503) 947-6000

(503) 494-8311

(800) 359-9517

(800) 544-1795

(800) 222-1222

(503) 257-2500

(503) 823-4636

(503) 916-2000

(503) 220-8262

(503) 215-1111

(503) 661-7200

(503) 378-3720

(503) 674-8785

(503) 228-6322

(503) 988-4888

(503) 655-8401

(503) 823-2102

(503) 940-7997

(503) 238-7433

(503) 665-5175

(503) 235-5333

(503) 667-6211

(503) 823-4112

Websites

Clackamas County

Clackamas County Emergency Mgmt.

Department of Environmental Quality

Federal Emergency Management Agency

FIREWISE

Flood Safety/Flood Education

METRO

Multnomah County

National Weather Service

Northwest Natural

Oregon Dept. of Fish and Wildlife

Oregon Dept. of Forestry

United States Geological Survey

US Department of Homeland Security

www.clackamas.uswww.clackamas.us/emergencywww.deq.state.or.uswww.fema.govwww.firewise.orgwww.floodsafety.comwww.metro-region.orgwww.co.multnomah.or.uswww.nws.noaa.govwww.nwnatural.comwww.dfw.state.or.uswww.odf.state.or.uswww.usgs.govwww.dhs.gov

(503) 655-8861

(503) 823-4000

WASHINGTON COUNTY

Community Preparedness Telephone Numbers

Agency	Telephone	Website Address
EMERGENCY	9-1-1	www.wccca.com
9-1-1 Center – Non-Emergency Number	(503) 629-0111	
Community Services Information and Referral	2-1-1	www.211info.org
Poison Control Center (24 hours)	1-800-222-1222	www.ohsu.edu/poison/
CITY OF BEAVERTON – Switchboard	(503) 526-2222	www.BeavertonOregon.gov
Community Emergency Response Team Program	(503) 350-4085	www.BeavertonOregon.gov/departments/emergency/CERT
City Hall	(503) 526-2497	
Municipal Court	(503) 526-2290	
Police– Non-Emergency Number	(503) 526-2260	
CITY OF HILLSBORO – Switchboard	(503) 681-6100	www.ci.Hillsboro.or.us
Switchboard TDD	(503) 681-6284	
Community Emergency Response Team Program	(503) 681-5266	www.HillsboroCERT.org
Emergency Management (Disaster Preparedness)	(503) 681-6412	www.ci.Hillsboro.or.us/EmergencyInfo
Fire – General Information, Fire Prevention Education	(503) 681-6166	www.ci.Hillsboro.or.us/Fire
Fire – Backyard Burn Line (recorded information)	(503) 681-6204	www.ci.Hillsboro.or.us/Fire/burning.aspx
Police– Crime Prevention, Mediation, Peer Court	(503) 681-6474	www.ci.Hillsboro.or.us/Police
Police– Code Enforcement	(503) 615-6645	www.ci.Hillsboro.or.us/Police
CITY OF SHERWOOD – City Hall	(503) 625-5522	www.ci.sherwood.or.us
Emergency Management	(503) 925-7110	
Police Department – General Information	(503) 625-5523	
Police / Fire – Non-Emergency Dispatch	(503) 629-0111	
Public Works/Water – 24 Hours	(503) 625-5722	
CITY OF TIGARD – City Offices	(503) 639-4171	www.Tigard-or.gov
Switchboard TDD	(503) 684-2772	
Community Emergency Response Team Program	(503) 718-2593	www.tigardcert.org/
Tualatin Valley Fire & Rescue – Non-Emergency	(503) 649-8577	www.tvfr.com
Municipal Court	(503) 639-4171	
Police – Records Unit	(503) 639-6168	
Tigard Code Enforcement	(503) 718-2441	
Tigard Emergency Management	(503) 718-2593	
Tigard Neighborhood Watch	(503) 718-2561	
Washington County Amateur Radio Emergency Service		www.WashCoARES.org
Washington County Animal Services	(503) 846-7041	www.co.washington.or.us/HHS/AnimalServices
Washington County Emergency Management	(503) 649-8577	www.OCEM.org
Washington County Medical Reserve Corps	(503) 846-3594	www.MRCVolunteers.org

Emergencies	9-1-1	Oregon Health & Sciences University	503.494.8311
Public Safety Non-Emergency Number	503.823.3333	Oregon Health Plan	1.800.359.9517
AAA road conditions	503.222.6721	PAL (Police Activities League)	503.256.3479
Abandoned vehicle hotline (Gresham)	503.618.3081	Parents Anonymous Help Line	1.800.345.5044
Adventist Medical Center, ER	503.251.6155	Parks & Recreation (Gresham maintenance)	503.618.2626
Aging/Disability Hotline	503.988.3646	Passport information (Gresham)	503.618.2619
AIDS hotline	1.800.777.2437	Poison Control Center	1.800.222.1222
American Red Cross (Oregon Trail Chapter)	503.284.1234	Police Records (Gresham)	503.618.2318
Animal Control (Multnomah County)	503.988.7387	Portland General Electric (PGE)	503.228.6322
ATT language line	1.800.643.2255	Providence Portland Medical Center	503.215.1111
Bradley Angle House (Domestic Violence assistance)	503.281.2442	Public Health (Multnomah County)	503.988.3674
Building permits, Gresham	503.618.2832	Rape Victims Advocate	503.988.3222
Burn Hotline (Gresham)	503.618.3083	Restraining orders (Multnomah County)	503.988.3943
Business Assistance (Gresham)	503.618.2821	Reynolds School District	503.661.7200
Business Licenses (Gresham)	503.618.2370	Risk Management (Gresham)	503.618.2451
Centennial School District	503.760.7990	River patrol (Multnomah County)	503.288.6788
CERT (Community Emergency Response Team-Gresham)	503.618.2567	Safe Return (bracelets for Alzheimer's patients)	1.888.572.8566
Chemical exposure/spills	503.494.8618	Salvation Army (Gresham)	503.661.2704
Child Abuse Hotline	503.731.3100	Senior Help Line	503.988.3646
Children's Services (DSF)	1.800.275.8777	Sex offender registry (Oregon State Police)	503.378.3720
Circuit Court (Multnomah County)	503.988.3659	Sidewalks, driveways and curbs (Gresham)	503.618.2630
Citizen Corps (Gresham)	503.618.2567	Snow-Cap	503.674.8785
Citizen Involvement (Gresham)	503.618.2482	Solid Waste/recycling (Gresham)	503.618.2623
Civil Court (Multnomah County small claims)	503.988.3022	Sunshine Division	503.823.2102
Code Enforcement (Gresham)	503.618.2463	Street closure & parade permits (Gresham)	503.618.2518
COMET (freeway motorist assistance)	503.283.5859	Street lighting, maintenance of existing lights (PGE)	503.228.6322
Crisis Hotline	503.235.5333	Street maintenance (Gresham)	503.618.2626
Domestic Violence	503.618.2521	Street signals (Multnomah County)	503.988.5161
Dove Lewis Emergency Animal Hospital	503.262.7194	Street signals (Gresham)	503.618.2626
Eastwind Center (services for children)	503.491.3300	Suicide Hot Line	503.988.4888
El Programo Hispano	503.669.8350	Traffic signs (Gresham)	503.618.2626
Emanuel Hospital	503.413.2200	Trauma Intervention Program (TIP) Hotline	503.940.7997
Emergency Management (Gresham)	503.618.2482	Troutdale City Hall	503.665.5175
Fairview City Hall	503.665.7929	Utility bill issues (Gresham)	503.618.6373
Family Court Services (free counseling for families)	503.988.3189	Vector control (Multnomah County)	503.988.3464
Fire Corps	503.618.2567	Victims Assistance, Multnomah County D.A.	503.988.3222
Fire District #10	503.666.6704	Water and Wastewater (Gresham)	503.618.2626
Gang/graffiti tip line	503.666.1844	Holidays/weekends	503.661.3906
Gate Keeper's Program (services to elders, etc.)	503.988.3646	Women's Crisis Line	503.236.5333
Gresham-Barlow School District	503.618.2450	Wood Village City Hall	503.667.6211
Gresham Chamber of Commerce	503.665.1131	Youth Gang Outreach	503.823.4112
Gresham City Hall Information	503.618.3000	 Websites	
Gresham Fire & Emergency Services	503.618.2355	City of Gresham	www.greshamoregon.gov
Gresham Fire Marshal	503.618.2572	Gresham Emergency Management	www.greshamoregon.gov/city/city-departments
Gresham Police Department	503.618.2320	Department of Homeland Security	www.dhs.gov/dhspublic
Harry's Mother, teen crisis and support	503.233.8111	Federal Emergency Management Agency	www.fema.gov
Hazardous Waste (METRO)	503.234.3400	Get Ready!	www.ready.gov
Human Solutions (Gresham)	503.988.4631	City of Fairview	www.ci.fairview.or.us
Juvenile Detention Home	503.988.3475	City of Troutdale	www.ci.troutdale.or.us
Legal Aid, public benefits hotline	503.241.4111	City of Wood Village	www.ci.wood-village.or.us
Legacy - Mt. Hood Medical Center	503.674.1122	Multnomah County	www.co.multnomah.or.us/
Mediation services, Gresham	503.618.3247	METRO	www.metro-region.org
Mental Health hotline (Multnomah County)	503.988.4888	American Red Cross -- Oregon Trail Chapter	www.oregonredcross.org
Mt. Hood Community College	503.491.6422	National Weather Service	www.nws.noaa.gov
Multnomah County Crisis Line	503.988.4888	Flood Safety/Flood Education	www.floodsafety.com
Neighborhood Watch (Gresham)	503.618.2567	FIREWISE	www.firewise.org/
Northwest Natural Gas	503.226.4211	National Flood Insurance Program	www.fema.gov/nfip
OLCC Complaints	503.872.5070	Department of Environmental Quality	www.deq.state.or.us
Oregon Fish & Wildlife	503.872.5268	Oregon Dept. of Geology and Mineral Industries	www.oregongeology.com

有用资源 (适用于讲汉语的人群)

健康资源

流感信息:

www.flu.gov
www.flu.oregon.gov
www.echominnesota.org/

Clackamas 县社区卫生局 (Clackamas County Community Health)

地址: 2051 Kaen Rd.
Oregon City, OR 97045
电话: 503-742-5300
www.clackamas.us/community_health/ph

Multnomah 县社区卫生局 (Multnomah County Health Department)

地址: 426 SW Stark Street
Portland, OR 97204
电话: 503-988-3674
www.mchealth.org

Washington 县卫生与公共服务部 (Washington County Health and Human Services)

地址: 155 N. First Ave.
Hillsboro, OR 97124
电话: 503-846-8881
www.co.washington.or.us/HHS/

社会服务

移民与难民社区组织 (IRCO)

地址: 10301 NE Glisan Street
Portland, OR 97220
电话: 503-234-1541
www.irco.org

西北路德教会社区服务中心 (Lutheran Community Services NW)

**多元文化社区服务中心
(Multicultural Community Services)**
地址: 605 SE 39th Ave.
Portland, OR 97214
电话: 503- 231-7480
www.lcsnw.org/portland

地址: 3600 Main St, Suite 200
Vancouver, WA 98663
电话: 360-694-5624
msf@lcsnw.org

211/信息、转介或援助

请拨 211 或 503-222-5555
全国 1-800-723-3638
www.211info.org
contact@211info.org

Impact Northwest

电话: 503-988-4996
www.impactnw.org
info@impactnw.org

俄勒冈州食品库 (Oregon Food Bank)

电话: 503-282-0555
www.oregonfoodbank.org/

犯罪与家庭暴力

南亚女权及资源联盟 (South Asian Women's Empowerment and Resource Alliance)

通信地址: PO Box 91242
Portland 97291-0242
电话: 503-778-7386

受害者援助计划

Clackamas 县: 503-655-8616
Multnomah 县: 503-988-3222
Washington 县: 503-846-3437

全国家庭危机专线

1-888-235-5333

ПОЛЕЗНЫЕ РЕСУРСЫ ДЛЯ ТЕХ, КТО ГОВОРИТ ПО-РУССКИ

РЕСУРСЫ ЗДРАВООХРАНЕНИЯ

Информация о гриппе:
www.flu.gov
www.flu.oregon.gov
www.echominnesota.org/

Отдел общественного здравоохранения округа
Клакамас
2051 Kaen Rd., Oregon City, OR 97045
503-742-5300
www.clackamas.us/community_health/ph

Отдел здравоохранения округа Малтнома
426 SW Stark Street, Portland, OR 97204
503-988-3674
www.mchealth.org

Отдел здравоохранения и социального
обслуживания округа Вашингтон
155 N. First Ave., Hillsboro, OR 97124
503-846-8881
www.co.washington.or.us/HHS/

СОЦИАЛЬНОЕ ОБСЛУЖИВАНИЕ

Организация общины иммигрантов и беженцев
(IRCO)
10301 NE Glisan Street, Portland, OR 97220
503-234-1541
www.irco.org

Лютеранская общественная служба Северо-
Запада
605 SE 39th Ave., Portland, OR 97214
503- 231-7480
www.lcsnw.org/portland

Общественные услуги для представителей
различных культур
3600 Main St, Suite 200, Vancouver, WA 98663
360-694-5624
msf@lcsnw.org

211/Информация и направления или помочь
211 или 503-222-5555
Statewide 1-800-723-3638
www.211info.org
contact@211info.org

Impact Northwest
503-988-4996
www.impactnw.org
info@impactnw.org

Орегонский пищевой банк
503-282-0555
www.oregonfoodbank.org

Социальное обслуживание русских в Орегоне
(ROSS)
4033 SE Woodstock Blvd., Portland, OR 97202
Тел.: 503-777-3437
<http://www.emoregon.org/ross.php>

Обслуживание еврейских семей и детей
1130 SW Morrison
Portland, OR 97205
Тел.: 503-226-7079
www.jfcs-portland.org

ПРЕСТУПНОСТЬ И НАСИЛИЕ В БЫТУ

Программы помощи жертвам
Округ Клакамас: 503-655-8616
Округ Малтнома: 503-988-3222
Округ Вашингтон: 503-846-3437

Линия для сообщений о бытовых кризисных
ситуациях (на всей территории штата)
1-888-235-5333

RECURSOS IMPORTANTES PARA HISPANOHABLANTES

RECURSOS RELATIVOS A LA SALUD

Información sobre la gripe:

www.flu.gov
www.flu.oregon.gov
www.echominnesota.org

Clackamas County Community Health
(Servicio de salud pública del Condado de Clackamas)
2051 Kaen Rd., Oregon City, OR 97045
503-742-5300
www.clackamas.us/community_health/ph

Departamento de Salud del Condado de Multnomah
426 SW Stark Street, Portland, OR 97204
503-988-3674
www.mchealth.org/

Washington County Health and Human Services
(Servicios de salud y servicios humanos del Condado de Washington)
155 N. First Ave., Hillsboro, OR 97124
503-846-8881
www.co.washington.or.us/HHS/

MCHD-La Clínica de Buena Salud
6736 NE Killingsworth Street, Portland, OR 97208
503-988-3991 Clínica

Latino Cancer Coalition
(Coalición latina contra el cáncer)
1200 SE Morrison Street, Portland, OR 97214
503-233-0721

SERVICIOS SOCIALES

Immigrant and Refugee Community Organization (IRCO; Organización comunitaria de inmigrantes y refugiados)
10301 NE Glisan Street, Portland, OR 97220
503-234-1541
www.irco.org

Lutheran Community Services NW
(Servicios comunitarios de la iglesia luterana NO)
Multicultural Community Services (Servicios comunitarios para personas de todas las culturas)
605 SE 39th Ave., Portland, OR 97214
503- 231-7480
www.lcsnw.org/portland

3600 Main St, Suite 200, Vancouver, WA 98663
360-694-5624
msf@lcsnw.org

211/Información y derivaciones o asistencia
Marque el 211 ó 503-222-5555
Desde cualquier parte del estado: 1-800-723-3638
www.211info.org
contact@211info.org

Impact Northwest
503-988-4996
www.impactnw.org
info@impactnw.org

Oregon Food Bank
(Banco de alimentos de Oregon)
503-282-0555
www.oregonfoodbank.org

El Programo Hispano
GRESHAM
138 NE 3rd Street, Suite 140, Gresham OR 97030
503-669-8350
Fax: 503-666-7487
PORTLAND
901 SE Oak Street, Portland, Oregon 97214
503-236-9670
Fax: 503-234-9074

EDUCACIÓN Y REFERENCIAS

Office of Consolidated Emergency Management Preparedness
Información disponible en español
www.ocem.org/families_and_individuals.cfm

Educate Ya, Inc.

200 NE 20th Avenue, Suite 10, Portland, OR 97232
503-238-5790

Adelante

2600 SE 170th, Portland, OR 97236
503-810-4287

Puentes

901 SE Oak Street, Suite 101, Portland, OR 97214
503-546-9975

VIOLENCIA Y CONSUMO DE DROGAS

Project UNICA-Portland
901 SE Oak Street, Suite 106
Portland, OR 97214
503-236-9670
Línea para situaciones de crisis (24 horas): 503-232-4448

Sexual Assault Latina Services-SARC
(Servicios para mujeres latinas víctimas de la agresión sexual)
4900 SW Griffith Dr, Suite 100, Beaverton, OR 97005
503-232-4448 (línea para situaciones de crisis, atención en español)
503-640-5311 (línea para situaciones de crisis, atención en inglés)

Programas de ayuda para víctimas
Condado de Clackamas 503-655-8616
Condado de Multnomah 503-988-3222
Condado de Washington 503-846-3437

Línea para crisis domésticas (desde cualquier parte del estado)
1-888-235-5333