

2010

Emergency Preparedness Calendar



IN CASE OF EMERGENCY CALL 9-1-1

Non-Emergency Number: _____
Poison Control: 1-800-222-1222

MEDICAL

Primary Insurance Provider: _____
Insurance Group #: _____
Name of Family Doctor or Health Clinic: _____
Phone: _____
Pediatrician: _____
Phone: _____
Name of Preferred Hospital: _____

MEDICATIONS & ALLERGIES

Name/type of medication(s): _____

Name/allergy type: _____

DENTAL

Primary Insurance Provider: _____
Insurance Group #: _____
Name of Dentist or Clinic: _____

OREGON LAW NOW PROVIDES DIFFERENT LEVELS OF
MEDICAL, DENTAL AND VISION COVERAGE FOR ALL
OREGON CHILDREN AT NO COST BASED ON INCOME
LEVELS. OREGON HEALTH PLAN APPLICATION HOTLINE
1-800-359-9517

VETERINARIAN

Name of Doctor/Clinic: _____

Phone number: _____

EMERGENCY CONTACTS

Personal

Name: _____
Relationship: _____
Phone: _____

Work

Name: _____
Relationship: _____
Phone: _____

Family Members

Mom (Cell): _____
(Work): _____
Dad (Cell): _____
(Work): _____

Secondary Guardian

Name: _____
Relationship: _____
Phone (home): _____
(cell): _____
(work): _____

Other family contacts

Name: _____
Relationship: _____
Phone (home): _____
(cell): _____
(work): _____

Is this contact local? Yes/No

Friends

Name: _____
Relationship: _____
Phone: _____
Is this contact local? Yes/No

Neighbors

Name: _____
Address: _____
Phone (home): _____
(cell): _____

ELECTRICITY

Company: _____
Phone: _____
Emergency phone: _____
Circuit breaker location: _____

GAS/HEATING

Company: _____
Phone: _____
Emergency phone: _____
Internal shut off location: _____
External shut off location: _____
Shut off tool location: _____

WARNING

If you must turn off the gas DO NOT TURN IT BACK ON!
Only the gas company can turn it back on.

SEWER

Company: _____
Phone: _____
Emergency phone: _____

TELEPHONE

Telephone company: _____
Phone: _____
Emergency phone: _____

SCHOOLS

Family member: _____
School: _____
Address: _____
Telephone: _____
Evacuation location: _____

Family member: _____
School: _____
Address: _____
Telephone: _____
Evacuation location: _____

Preparing For Emergencies

Emergencies can occur at any time and without warning—they may be localized in your home or neighborhood or they may be county or region-wide. This calendar contains valuable information that you can use to prepare for an emergency, protective actions you can take when disaster strikes, and steps you can take to minimize the impact of a disaster on yourself and your community.

What Can I Do To Prepare?

1. Develop an Emergency Plan

- ☐ Review hazards that potentially threaten you or your family
- ☐ Discuss what you will do in an emergency
- ☐ Know how to Shelter-in-Place
- ☐ Have an Evacuation Plan
- ☐ Know how to turn off water, gas and electricity
- ☐ Designate a location nearby but a safe distance from your home where you will meet to make sure everyone is OK
- ☐ Identify an out-of-state phone or e-mail contact where you and your family can check-in with their status if you are not all together when disaster strikes (long distance often works when local phone lines do not)
- ☐ Visit www.ready.gov for more valuable preparedness tips
- ☐ Review your plan every year

2. Assemble a Disaster Supplies Kit

Whether you evacuate or shelter-in-place, you need essential supplies on hand that enable you to be self-sufficient (no electricity, no water, etc.) for at least 72 hours. Kit contents should be tailored to each person's needs and include the following:

- ☐ Water—one gallon per person per day
- ☐ Food—ready to eat, non-perishable, high protein, high calorie foods such as peanut butter, canned meats, energy bars, canned fruits, vegetables, etc.
- ☐ First Aid Kit and First Aid Reference Guide
- ☐ Portable battery-operated radio and spare batteries
- ☐ Flashlights and spare batteries and/or glow sticks
- ☐ List of emergency contact phone numbers
- ☐ Blankets, extra clothing, sturdy shoes and gloves
- ☐ Non-electric can opener
- ☐ Small fire extinguisher (ABC type)
- ☐ Three-day supply of medications, extra eyeglasses, hearing aids, etc.
- ☐ Copies of important documents (birth certificates, insurance papers)
- ☐ Personal toiletries and comfort items such as toys and books
- ☐ Map of local area in case evacuation to shelters is necessary
- ☐ Crescent wrench or multi-purpose tool for utility shut-off
- ☐ Cash and coins for emergency purchases and pay phones
- ☐ Emergency supplies for your pets

3. Get Trained in Emergency Skills

In a major disaster, normal 9-1-1 responders will be quickly overwhelmed by demand for their services. You should know how to effectively respond to hazardous situations and be able to provide emergency medical assistance in order to help family, friends and neighbors survive. Contact your local Emergency Manager, Red Cross, or fire department and ask about specific training opportunities.

When Disaster Strikes...

- STAY CALM... BE PATIENT...
- FIGURE OUT WHAT'S HAPPENING...
- TAKE APPROPRIATE ACTION

Earthquake

- DROP under a desk or table
- COVER your head/neck
- HOLD ON until shaking stops

Shelter-in-Place

- MOVE INSIDE IMMEDIATELY
- CLOSE AND LOCK all windows and doors
- TURN OFF heating, cooling and ventilation systems
- MOVE TO AN INTERIOR ROOM
- LISTEN to the radio or TV for instructions
- REMAIN INSIDE until officials issue an "All Clear"

Evacuate

- LEAVE IMMEDIATELY
- TAKE DISASTER KITS AND PETS with you
- LOCK your home
- USE DESIGNATED EVACUATION ROUTES only

What Else Can I Do?

- Check on neighbors, especially those who may need assistance
- Give emergency first aid to victims
- Limit telephone use unless there is a life-threatening emergency
- Listen to radio or TV for instructions
- Always follow advice of local officials
- Consider putting an emergency supplies kit in your vehicle
- Know your child's school emergency procedures

Calendar Feedback: If you are interested in becoming an Emergency Preparedness Calendar partner, wish to provide photos for our 2011 calendar, or have any comments or suggestions, email Clackamas County Emergency Management at norayot@co.clackamas.or.us.

January

Flooding and Landslides



Flood Preparation

- Keep drains, culverts, streets and driveways clear of leaf and other debris to prevent localized flooding
- Store flood-fighting supplies like plastic sheeting, lumber and sandbags
- Elevate the furnace, water heater, and electric panel above flooding level

Flood Response

- Listen carefully to the radio (Emergency Alert System)
- Turn off utilities if your home is likely to be flooded
- If you are on a septic tank and it is under water, do not flush
- If your area is affected, evacuate immediately
- Never drive or walk across a flooded roadway

Landslides and Debris Flows

Landslide and debris flows can result in property destruction, injuries and even death.

Warnings are issued when a rainfall threshold is reached or nearly reached.

- Listen to the radio and TV for warnings, and evacuate immediately when advised
- Listen for trees cracking or boulders knocking
- Assume highways are not safe
- Landowners and road managers should check road drainage systems and conduct needed maintenance

Flood and Landslide Insurance

Homeowner policies normally do not provide coverage for flood and landslide hazards. The National Flood Insurance Program (NFIP) provides coverage for flooding, but landslide coverage is minimal. For more information, visit www.fema.gov/business/nfip/ or contact your local insurance agent.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																			
<div>DECEMBER</div> <table><tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr><tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr><tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr><tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31										<div>FEBRUARY</div> <table><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td></td><td></td><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28																<div>1</div> <div>New Year's Day</div>	<div>2</div>
		1	2	3	4	5																																																																																			
6	7	8	9	10	11	12																																																																																			
13	14	15	16	17	18	19																																																																																			
20	21	22	23	24	25	26																																																																																			
27	28	29	30	31																																																																																					
	1	2	3	4	5	6																																																																																			
7	8	9	10	11	12	13																																																																																			
14	15	16	17	18	19	20																																																																																			
21	22	23	24	25	26	27																																																																																			
28																																																																																									
<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div> <div>Epiphany</div>	<div>7</div>	<div>8</div>	<div>9</div>																																																																																			
<div>10</div>	<div>11</div>	<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>																																																																																			
<div>17</div>	<div>18</div> <div>Martin Luther King, Jr. Birthday (observed)</div>	<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div>																																																																																			
<div>24</div> <div>31</div>	<div>25</div>	<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>																																																																																			

February

Emergency Disaster Tips for Vulnerable Populations



Disaster Planning Tips

- Design a support network of family/friends to assist in an emergency
- Give one member of your support network a spare key to your residence
- Purchase a medical alert tag or bracelet to help identify your medical condition/allergies
- Prepare duplicate lists of medications w/ current dosage, emergency contacts and mobility devices/walkers, canes etc.
- If you are dependent on dialysis or other life sustaining treatment, know the location and availability of more than one facility

Mobility Restrictions

- Identify which exit routes from a building are best for individuals with mobility restrictions
- Show others how to operate your wheelchair
- Know the size and weight of your wheelchair, in addition to whether or not it is collapsible

Additional Disaster Supplies

- Food and water supply for companion pets/guide dogs
- A carrier device for your cat or small dog
- Extra eyeglasses and hearing-aid batteries
- Extra wheelchair batteries and charger
- Individuals who use oxygen should have an extra tank available
- A list of the style and serial number of assistance devices
- Medical insurance and Medicare cards
- List of primary doctors/specialists who know your conditions
- Water, blankets, garbage bags and sanitary supplies

For more information, visit www.ready.gov



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																										
	1	2 Groundhog Day	3	4	5	6																																										
7	8	9	10	11	12 Lincoln's Birthday	13																																										
14 Valentine's Day Chinese New Year	15 Presidents' Day	16 Shrove Tuesday (Mardi Gras)	17 Ash Wednesday	18	19	20																																										
21	22 Washington's Birthday	23	24	25	26 Mawlid al-Nabi	27																																										
28					<div>JANUARY</div> <table><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr><tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
					1	2																																										
3	4	5	6	7	8	9																																										
10	11	12	13	14	15	16																																										
17	18	19	20	21	22	23																																										
24	25	26	27	28	29	30																																										
31																																																
					<div>MARCH</div> <table><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31										
	1	2	3	4	5	6																																										
7	8	9	10	11	12	13																																										
14	15	16	17	18	19	20																																										
21	22	23	24	25	26	27																																										
28	29	30	31																																													

March

Prepare - Organize - Train - Volunteer



Being personally prepared for an emergency is only part of the solution. If your neighbors and community are not prepared, neither are you. To locate your local program coordinator, or to obtain more information regarding any of the programs below, visit: www.citizencorps.gov or your local Emergency Manager. (For contact information check the back cover of this calendar.)

Community Emergency Response Teams (CERT) are community members that have been trained in basic emergency response skills.

Volunteers in Police Service (VIPS) perform public education/ outreach and administrative tasks, allowing sworn officers to respond to emergencies.

Medical Reserve Corps (MRC) volunteers are health professionals committed to providing critical medical skills during a major emergency. www.medicalreservecorps.gov or in Oregon visit <https://SERV-OR.org>

Fire Corps members offer their time and talents to their local fire/EMS department in a non-emergency capacity providing public education and response support.

Voluntary Organizations Active in Disaster (VOAD) are coalitions of faith-based and civic/humanitarian organizations that coordinate and provide services to people after disaster strikes. Washington www.wavoad.org, Oregon www.orvoad.org and National www.nvoad.org

American Red Cross provides free emergency preparedness education to the community, trains volunteers to respond to local and national disasters and provides victims of disaster with shelter, food, crisis counseling and recovery planning. Visit www.redcross.org

Map Your Neighborhood (MYN) or **Know Your Neighborhood (KYN)** are programs that encourage and teach emergency preparedness, hazard mitigation and priority actions in an emergency or disaster situation. Contact your local fire department for more information or visit: www.emd.wa.gov/myn/



Photos: LifeFlight/Safe Communities, Red Cross, Tigard CERT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
	1	2	3	4	5	6																																																																																				
7	8	9	10	11	12	13																																																																																				
14	15	16	17	18	19	20																																																																																				
Daylight Savings Time begins	The Ides of March		St. Patrick's Day			Spring begins (EDT)																																																																																				
21	22	23	24	25	26	27																																																																																				
28	29	30	31		<div>FEBRUARY</div> <table> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28														<div>APRIL</div> <table> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								
	1	2	3	4	5	6																																																																																				
7	8	9	10	11	12	13																																																																																				
14	15	16	17	18	19	20																																																																																				
21	22	23	24	25	26	27																																																																																				
28																																																																																										
				1	2	3																																																																																				
4	5	6	7	8	9	10																																																																																				
11	12	13	14	15	16	17																																																																																				
18	19	20	21	22	23	24																																																																																				
25	26	27	28	29	30																																																																																					
Palm Sunday Purim																																																																																										

April

Earthquakes and Tsunamis



Public School Seismic Mitigation Project

Douglas County/Roseburg

- This 2006 mitigation project is a life-safety structural seismic up-grade of the Roseburg High School Commons Building in Roseburg, Oregon.
- This building is a high occupancy classroom and library/media center building.
- This 1965 pre-cast concrete building had major seismic deficiencies and posed a significant life safety risk to occupants.
- Funded through a FEMA Pre-disaster Mitigation Grant



1. Original pre-cast hand rails are falling hazards.
2. Installed trusses to improve shear strength.



3. Strengthen inadequate structural connections and reinforce shear walls.
4. New elevator for ADA compliance improves seismic strength for adjacent stairwell. New steel frame hand rails with positive connections minimize falling hazards.



Earthquake Preparation

- Secure top-heavy items such as bookcases, china cabinets and computer equipment to wall studs
- Move pictures/glass away from beds
- Keep hard-soled shoes/slippers and a flashlight under bed

During an Earthquake:

- When the ground begins to shake, “DROP, COVER, AND HOLD ON”
- If inside, stay there; if in bed, stay there and protect your head with a pillow
- If outdoors during an earthquake, find an area clear of overhead hazards and stay there until the shaking stops
- If you are in a vehicle, pull over to a clear location, stop and stay there until shaking stops
- If you smell gas, turn it off at the gas meter

Tsunami Preparedness

- As a coastal resident or visitor, seek out tsunami evacuation information for your area
- Once the shaking from the earthquake has stopped, head inland and to higher ground, following tsunami evacuation signs
- Remain on higher ground and listen to the radio for directions; do not return until emergency officials have issued a “Re-entry Notification”

www.oregongeology.com

<http://earthquake.usgs.gov>

<http://tsunami.gov>

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

www.oregonredcross.org

NEW—State of Oregon Seismic Rehabilitation Grant Program

Voter approved and State Bond measure- funded program to strengthen seismically vulnerable schools and emergency/critical facilities.

Get Involved In Seismic Safety

Attend a meeting of the Oregon Seismic Safety Policy Advisory Commission (OSSPAC) or contact your local emergency official.

For more information contact Oregon Emergency Management

www.oregon.gov/OMD/OEM/

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
<div>MARCH</div> <table> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31											<div>MAY</div> <table> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						 <div> <p>OUTSIDE HAZARD AREA: Evacuate to this area for all tsunami warnings or if you feel an earthquake.</p> <p>LOCAL CASCADIA EARTHQUAKE AND TSUNAMI: Evacuation zone for a local tsunami from an earthquake at the Oregon coast.</p> <p>DISTANT TSUNAMI: Evacuation zone for a distant tsunami from an earthquake far away from the Oregon coast.</p> </div>		<div>1</div> <div>April Fool's Day</div>	<div>2</div> <div>Good Friday</div>	<div>3</div>
	1	2	3	4	5	6																																																																																				
7	8	9	10	11	12	13																																																																																				
14	15	16	17	18	19	20																																																																																				
21	22	23	24	25	26	27																																																																																				
28	29	30	31																																																																																							
						1																																																																																				
2	3	4	5	6	7	8																																																																																				
9	10	11	12	13	14	15																																																																																				
16	17	18	19	20	21	22																																																																																				
23	24	25	26	27	28	29																																																																																				
30	31																																																																																									
<div>4</div> <div>Easter Sunday (Western)</div> <div>11</div>	<div>5</div> <div>12</div>	<div>6</div> <div>13</div>	<div>7</div> <div>14</div>	<div>8</div> <div>15</div>	<div>9</div> <div>16</div>	<div>10</div> <div>17</div>																																																																																				
<div>18</div>	<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div>	<div>24</div>																																																																																				
<div>25</div>	<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>																																																																																					

May

Volcanoes and Avalanches



Volcanoes

The Cascade Mountain Range harbors many volcanoes in varying degrees of activity; from recently active Mount St. Helens, to long-dormant Mt Jefferson. 13 Cascade volcanoes are identified by the US Geological Survey as a high or very-high threat.

While an eruption of Mt. Hood (pictured) is unlikely in our lifetime, should volcanic unrest develop, residents and visitors on the volcano's slopes need to be aware of the near-field hazards and plan for orderly evacuation. Potential hazards include the collapse of the lava dome (Crater Rock), incendiary avalanches called pyroclastic flows, and surges of water and rock fragments called lahars in valleys and stream channels.

During the Eruption

- Follow the evacuation order if issued by authorities
- Avoid areas downwind of the volcano
- Stay indoors if possible. Close all windows, doors and dampers
- Put all machinery, animals, and livestock inside a garage or barn
- If caught in a rockfall, roll into a ball to protect your head
- Avoid low-lying areas where poisonous gases and flash floods are most dangerous
- If caught near a stream, move upslope

After the Eruption

- Listen to a battery-powered radio for emergency information
- Cover your mouth and nose; wear goggles to protect your eyes; keep skin covered to avoid irritation or burns
- Avoid contact with volcanic ash; stay indoors until health officials advise it is safe
- Avoid driving in ashfall
- Remove ash load from rooftops. Ash is very heavy—only 2 inches of ash can cause roofs to collapse

For more information, visit: <http://volcanoes.usgs.gov>

Avalanches

Dry slab avalanches typically travel 60-80 miles per hour and are the most dangerous. Almost all avalanches occur on steep slopes between 35 and 45 degrees and in open areas, which are prime spots for skiers and snowmobilers. Avalanches occur because new or windblown snow overloads weak-layers or because of rapid warming.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
<div>APRIL</div> <table> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30									<div>JUNE</div> <table> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30															<div>1</div> <div>May Day Ascension Day</div>
				1	2	3																																																																																				
4	5	6	7	8	9	10																																																																																				
11	12	13	14	15	16	17																																																																																				
18	19	20	21	22	23	24																																																																																				
25	26	27	28	29	30																																																																																					
		1	2	3	4	5																																																																																				
6	7	8	9	10	11	12																																																																																				
13	14	15	16	17	18	19																																																																																				
20	21	22	23	24	25	26																																																																																				
27	28	29	30																																																																																							
2	3	4	5 <div>Cinco de Mayo</div>	6	7	8																																																																																				
<div>Severe Weather Awareness Week</div> <div>www.wrh.noaa.gov/pqr/severeawareweek.php</div>																																																																																										
9 <div>Mother's Day</div>	10	11	12	13	14	15																																																																																				
16	17	18 <div>1st Day of Shavuot</div>	19	20	21	22																																																																																				
23 Pentecost	24	25	26	27	28	29																																																																																				
30	31 Memorial Day																																																																																									

June

Hot Weather Emergencies



Heat Cramps are often the first sign you are overheated and/or your body is dehydrated.

Heat Exhaustion symptoms include headache, nausea, dizziness, weakness and ashen or flushed skin tone, cool and moist skin.

Heat Stroke symptoms included warm, flushed skin, absence of normal sweating, very high temperature, delirium, unconsciousness or seizures. In all three cases, take immediate steps to cool down, drink water. Heat stroke is a medical emergency, seek immediate medical attention!

NEVER leave people or animals in cars or other enclosed spaces with no air circulation. Car temperatures can rise to deadly levels quickly.

Lightning Safety

Plan in advance when you first see lightning or hear thunder. If you hear thunder, you may be within range of a lightning strike. Act immediately:

- If outdoors, avoid water, high ground, tall trees, open spaces and metal objects.
- When possible, find shelter in a substantial building or fully enclosed metal vehicle with the windows complete closed.
- If lightning is striking nearby while you're outside, you should crouch down, with your feet together and place your hands over ears to minimize hearing damage from thunder. Do not lay flat on the ground! Avoid proximity (minimum of 15 ft.) to other people.
- Someone who has been struck by lightning does not carry an electrical charge and can be handled safely.

Water Safety

- Tell someone where you are going, when you expect to return, and where to call if you don't return on time
- Know your limits as far as swimming abilities. The rivers run cold and swift this time of the year
- Watch out for debris in the river
- Wear a properly fitted Personal Flotation Device (PFD) when appropriate
- Know about the dangers of heat stroke and hypothermia and how to deal with it
- Wear sunscreen!
- Avoid alcohol
- Keep an eye on children playing near any water at all times. It only takes a minute for a disaster to happen
- Know your State's boating laws

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>MAY</div> <div> <div></div><div></div><div></div><div></div><div></div><div></div><div>1</div> </div> <div> <div>2</div><div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div> </div> <div> <div>9</div><div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div> </div> <div> <div>16</div><div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div> </div> <div> <div>23</div><div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div> </div> <div> <div>30</div><div>31</div><div></div><div></div><div></div><div></div><div></div> </div>	<div>JULY</div> <div> <div></div><div></div><div></div><div></div><div>1</div><div>2</div><div>3</div> </div> <div> <div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div><div>10</div> </div> <div> <div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div><div>17</div> </div> <div> <div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div><div>24</div> </div> <div> <div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div><div>31</div> </div> <div> <div></div><div></div><div></div><div></div><div></div><div></div><div></div> </div>	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	<div>Flag Day</div>	<div>Army Birthday</div>				
21	22	23	24	25	26	26
<div>Father's Day</div>	<div>Summer begins (EDT)</div>					
27	28	29	30	<div>Lightning Safety Week (June 21-27) www.lightningsafety.noaa.gov</div>		
						

July

Animals in Disaster



Plan where to take your pet if you have to evacuate. Emergency shelters may not allow pets.

Fireworks and thunderstorms cause animals great distress. Keep your pets secure and safe especially during fireworks and storm season.

Pet Emergency Supply Kit

- ☐ A pet carrier with familiar items inside to comfort your pet
- ☐ Water and food - at least a weeks supply
- ☐ Medicines, medical records and a first aid kit
- ☐ Collar with ID tag and a harness or leash
- ☐ Consider microchipping your animal
- ☐ A picture of your pet
- ☐ Sanitation items

If You Must Evacuate and Have to Leave Your Animal Behind

- Leave them in a secure area inside your home
- Leave them at least a 10 days supply of dry food and multiple plastic containers of water
- Use signs on doors and windows to indicate types and numbers of animals inside and your contact information


Mosquito-borne disease Prevention (including West Nile Virus)

- Empty water from all small containers frequently
- Check for clogged rain gutters and drains
- Call local vector control for mosquito fish/pond control
- Vaccinate horses

Protect yourself against mosquito bites

- Wear long-sleeved shirts and long pants
- Wear light colored clothing
- Avoid wearing fragrant lotions or perfumes
- Use insect repellent and follow directions
- Place mosquito netting over infant carriers or playpens
- Stay indoors during peak mosquito times (dawn, dusk, and in the early evening)
- Install or repair screens

Note: Vitamin B and “ultrasonic” devices are NOT effective in preventing mosquito bites

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
<div>JUNE</div> <table> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30											<div>AUGUST</div> <table> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31														1	2	3
		1	2	3	4	5																																																																																				
6	7	8	9	10	11	12																																																																																				
13	14	15	16	17	18	19																																																																																				
20	21	22	23	24	25	26																																																																																				
27	28	29	30																																																																																							
1	2	3	4	5	6	7																																																																																				
8	9	10	11	12	13	14																																																																																				
15	16	17	18	19	20	21																																																																																				
22	23	24	25	26	27	28																																																																																				
29	30	31																																																																																								
4	5	6	7	8	9	10																																																																																				
Independence Day	Independence Day (Observed)																																																																																									
11	12	13	14	15	16	17																																																																																				
18	19	20	21	22	23	24																																																																																				
25	26	27	28	29	30	31																																																																																				

August

Fire Prevention

Debris burning is the number one cause of fires started by people. Don't burn without a permit and NEVER burn on windy days. Check with your local Oregon Department of Forestry, Washington Department of Natural Resources office or Fire Dept. for current restrictions on campfire use. Never leave a campfire unattended and always be sure it is DEAD OUT. Drown it with water, stir and drown again.

Protect Your Home from Wildfire

- Create a 30 ft. non-combustible fire break around your home, stack firewood away from your home
- Dispose of yard debris safely; consider alternatives to burning, such as chipping or recycling
- Trim branches along driveway at least 14 ft. high and 14 ft. wide and 10 ft. from roof and power lines
- Use non-combustible roofing materials, keep gutters free from debris, and screen the vents under eaves and decks
- Post your address in a location that is visible from all directions for at least 150 ft.
- Inspect your chimney at least twice a year, clean it once a year and install screens at the opening
- Keep your yard well-watered and mowed short
- Plant low growing, less flammable plants near your home

Prevent House Fires and Plan for Escape

- Keep matches and lighters out of the reach of children.
- Install smoke alarms on every level of your home, near each sleeping area, and in each bedroom. Test smoke alarms monthly and replace batteries annually (except long-life lithium batteries). Replace entire smoke alarm every 10 years.
- Install fire extinguishers close to an exit and only use on small fires.
- Create a Home Escape Plan including at least two escape routes from each room and a safe meeting place; practice your plan.

www.firewise.org and www.nfpa.org



Photos: Jesse Batson/ODF, FEMA, TVF&R

September

Family Preparedness



Develop an Emergency Plan

- Discuss with your family what you will do in an emergency
- Have an evacuation plan and practice it
- Know how to turn off water, gas and electricity
- Designate a location away from your home to meet after evacuation
- Designate an out-of-state contact

Assemble a Disaster Supplies Kit

For information see second page of this calendar or visit:
www.redcross.org

Back To School Preparedness

If your child arrives home from school before adults, consider the following:

- Your child's age and maturity level
- If this is the first experience, consider "dry runs" where you leave your child home alone for short periods of time
- Leave a phone number where you and a trusted alternate can be reached. Schedule check in calls with your child
- Be specific in discussing your expectations and how you would like your child to use his or her time (what is an acceptable activity and what is not)
- Make sure your home is childproof. (Are there any accessible medications or firearms that could pose a danger?)
- Practice handling emergencies. Make sure your child knows how to respond.
- Ask your child if he or she feels confident and ready to stay home alone. If he or she is hesitant, hire a babysitter and reconsider this issue in six months.

Bus and Traffic Safety for Children

- Familiarize yourself and your child with school bus drop-off and pick-up locations.
- Refrain from using your cell phone, palm, or any other distraction while around school zones.
- Have a safe place to wait for your bus, away from traffic and the street.
- Have children stay away from the bus until it comes to a complete stop and the driver signals them to enter.

For more safety tips: www.nsc.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
			1	2	3	4																																																																																				
5	6 Labor Day	7	8 First day of Rosh Hashanah	9	10 Ramadan ends (Eid al-Fitr)	11																																																																																				
12	13	14	15	16	17	18 Yom Kippur																																																																																				
19	20	21	22 Autumn begins (EDT)	23 First day of Sukkot	24	25																																																																																				
26	27	28	29	30 Shemini Atzeret	<div> <div>AUGUST</div> <table> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div> <div> <div>OCTOBER</div> <table> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div>		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
1	2	3	4	5	6	7																																																																																				
8	9	10	11	12	13	14																																																																																				
15	16	17	18	19	20	21																																																																																				
22	23	24	25	26	27	28																																																																																				
29	30	31																																																																																								
					1	2																																																																																				
3	4	5	6	7	8	9																																																																																				
10	11	12	13	14	15	16																																																																																				
17	18	19	20	21	22	23																																																																																				
24	25	26	27	28	29	30																																																																																				
31																																																																																										

October

Holiday Safety

Cooking with Kids

- Unattended cooking fires are the number one cause of house fires in this country
- Never leave a child unattended in the kitchen
- Never hold a child while cooking
- Place hot foods and liquids away from the edges of counters, tables, and stoves
- Turn all pot handles toward the back of the stove
- If a fire should occur in a pan, slide a lid over it to extinguish the fire

Poisonings

- Poisonings take only an instant and children are most at risk
- Always check with caregivers to prevent double-dosing and keep all medicines in a locked place
- Child-resistant caps are preferred but are not fool-proof
- Discard expired medications in garbage
- For more information www.poison.org


Halloween

- See & Be Seen! Use reflective tape on bags, costumes, shoes, etc., and use face paint instead of masks
- Accompany children who are trick-or-treating
- Walk—never run
- Adults should always check treats for signs of tampering
- Supervise pumpkin carving and use a child-safe kit
- Consider a Halloween party in lieu of trick or treating outside

Driving Safety

More crashes occur in fall and winter than other seasons. Darker, colder conditions call for different driving tactics. Give yourself extra time to reach your destination safely. Drive with your headlights on.

- Look carefully for bikes and motorcyclists—they are small and hard to see
- Drive for conditions. Don't get overconfident with four-wheel drive. It won't help you stop any faster
- Slow down in inclement weather and maintain extra distance between you and other vehicles
- Slow down when approaching intersections, off-ramps, bridges or shady spots. These all have potential to develop black ice.
- Avoid abrupt actions while steering, braking or accelerating to lessen the chances of losing traction and control of the vehicle
- Look farther ahead in traffic. Actions by other drivers will alert you to problems and give you extra time to react
- Trucks take longer to stop. Don't cut in front of them

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																			
<div>SEPTEMBER</div> <table><tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr><tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30										<div>NOVEMBER</div> <table><tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr><tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr><tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr><tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr><tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30														1	2
			1	2	3	4																																																																																			
5	6	7	8	9	10	11																																																																																			
12	13	14	15	16	17	18																																																																																			
19	20	21	22	23	24	25																																																																																			
26	27	28	29	30																																																																																					
	1	2	3	4	5	6																																																																																			
7	8	9	10	11	12	13																																																																																			
14	15	16	17	18	19	20																																																																																			
21	22	23	24	25	26	27																																																																																			
28	29	30																																																																																							
3	4	5	6	7	8	9																																																																																			
10	11	12	13	14	15	16																																																																																			
17	18	19	20	21	22	23																																																																																			
<div>Winter Weather Awareness Week</div> <div>www.wrh.noaa.gov/pqr/winterawareweek.php</div>																																																																																									
24	25	26	27	28	29	30																																																																																			
<div>Halloween</div> 31																																																																																									

INFLUENZA

November Influenza

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 1500 cases in the Navy Yard
 30 deaths have already resulted
**SPITTING SPREADS SPANISH
 INFLUENZA DONT SPIT**



Before September 14th
 Between September 14 and September 21st
 Between September 21 and September 28th
 Between September 28 and October 5
 After October 5

Stop The Flu

- Get vaccinated against both the seasonal and H1N1 Flu
- Cover your cough with a clean tissue or your sleeve
- Wash your hands OFTEN with warm water and soap, or use an alcohol-based sanitizer
- Stay home when you're sick

Signs And Symptoms Of The Flu

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache, chills and fatigue

Caring For Someone With The Flu

Most people with flu can be cared for at home. Here's how to take care of yourself or someone else.

- Drink lots of fluids - water, broth, juice, sports drinks, and electrolyte beverages for infants.
- Get plenty of rest.
- Use ibuprofen or acetaminophen for fever and pain if not allergic to these medications.
- Do not give aspirin to children.
- Sponge with luke-warm water—do not sponge with alcohol.
- Keep tissues and a trash bag within reach.
- Make sure you and all household members wash their hands frequently.
- Keep other family members and visitors away from the patient.
- Check with the patient's health care provider if they are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema.
- Stay home for at least 24 hours after fever is gone (without the use of a fever-reducing medicine), except for medical visits.
- A person with flu should wear a medical mask when around other people—this helps prevent spreading the virus.

Get Medical Care Right Away If The Sick Person...

- Has difficulty breathing or chest pain
- Has purple or blue discoloration of the lips
- Is vomiting and unable to keep liquids down
- Has signs of dehydration such as dizziness when standing, decreased urination, or in infants, a lack of tears when crying
- Is less responsive than normal or becomes confused, or has seizures

Photos: Washington County Public Health
 and Clackamas County Emergency Management

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																			
	1 All Saints Day	2 Election Day	3	4	5 Diwali	6																																																																																			
7 Daylight Savings Time ends	8	9	10 Marine Corps birthday	11 Veterans' Day	12	13																																																																																			
14	15 Eid al-Adha	16	17	18	19	20																																																																																			
21	22	23	24	25 Thanksgiving	26	27																																																																																			
28 First Sunday of Advent	29	30	<div>OCTOBER</div> <table><tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td></tr><tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr><tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr><tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr><tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr><tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<div>DECEMBER</div> <table><tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr><tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr><tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr><tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr><tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31									<div><div>MOVE OVER</div><div></div><div>FOR STOPPED EMERGENCY VEHICLES.</div></div> <div><div>Slow Down. The Way to Go.</div><div>Transportation Safety — ODOT</div><div></div></div>
					1	2																																																																																			
3	4	5	6	7	8	9																																																																																			
10	11	12	13	14	15	16																																																																																			
17	18	19	20	21	22	23																																																																																			
24	25	26	27	28	29	30																																																																																			
31																																																																																									
			1	2	3	4																																																																																			
5	6	7	8	9	10	11																																																																																			
12	13	14	15	16	17	18																																																																																			
19	20	21	22	23	24	25																																																																																			
26	27	28	29	30	31																																																																																				

December

Severe Weather



Winter Weather

- Assemble an Emergency Supplies Kit for each of your vehicles
- Ensure you have enough heating fuel
- Avoid overexerting yourself. The strain from the cold and hard labor may cause a heart attack
- Check on others who may have more difficulty in coping with severe weather

Winter Travel

- Keep an Emergency Supplies Kit in every car
- If you don't have to drive, stay home
- Keep your gas tank full
- Slow down, brake gently and use low gears to keep traction
- Let someone know where you are going and the route you will take

If Stranded In a Vehicle

- Stay in the vehicle
- Run the motor about 10 minutes each hour for heat
- Open a window a little for fresh air and to avoid carbon monoxide poisoning
- Make sure the exhaust pipe is not blocked
- Be visible to rescuers: turn on the dome light at night when running the engine
- Tie a brightly colored cloth to your antenna or door

If Caught Outside

- Try to stay dry—cover all exposed body parts
- Find or build a shelter for protection from the elements
- Build a fire for heat and to attract attention
- Place rocks around the fire to absorb and reflect heat
- Melt snow for drinking water

If Stranded Indoors

- When using alternate heat from a fireplace, wood stove, space heater, etc., use fire safeguards and properly ventilate to avoid carbon monoxide poisoning. For more information about carbon monoxide poisoning, visit www.usa.safekids.org
- Close off unneeded rooms, cover windows at night
- Eat and drink to keep your energy up and your body hydrated

Christmas Trees

- Ensure fresh trees are moist
- Cut the trunk straight to help it “drink”
- Place trees away from heat sources
- Place the tree in a sturdy stand with cold water

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
<div>NOVEMBER</div> <table> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30												<div>JANUARY</div> <table> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							<div>1</div> <div>First day of Hanukkah</div>	<div>2</div>	<div>3</div>	<div>4</div>
	1	2	3	4	5	6																																																																																				
7	8	9	10	11	12	13																																																																																				
14	15	16	17	18	19	20																																																																																				
21	22	23	24	25	26	27																																																																																				
28	29	30																																																																																								
						1																																																																																				
2	3	4	5	6	7	8																																																																																				
9	10	11	12	13	14	15																																																																																				
16	17	18	19	20	21	22																																																																																				
23	24	25	26	27	28	29																																																																																				
30	31																																																																																									
<div>5</div>	<div>6</div>	<div>7</div> <div>First day of Muharram</div>	<div>8</div>	<div>9</div>	<div>10</div>	<div>11</div>																																																																																				
<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>	<div>17</div>	<div>18</div>																																																																																				
<div>19</div>	<div>20</div>	<div>21</div> <div>Winter begins (EST)</div>	<div>22</div>	<div>23</div>	<div>24</div>	<div>25</div> <div>Christmas</div>																																																																																				
<div>26</div> <div>First day of Kwanzaa</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>31</div> 																																																																																					

Benton County Emergency Services Phone Numbers

EMERGENCY:

Law Enforcement, Non-Emergency

Albany Police Department	(541) 917-7680
Benton County Sheriff's Office	(541) 766-6858
Corvallis Police Department	(541) 766-6924
Linn County Sheriff's Office	(541) 967-3911
Oregon State Police, Albany	(541) 967-2026
Oregon State Police, OSU Security	(541) 737-3010
Philomath Police Department	(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



Together we're building a
more disaster resilient community!

Fire, EMS Services, Non-Emergency

Adair Fire Department	(541) 745-7212
Albany Fire Department	(541) 917-7700
Alsea	(541) 487-8701
Blodgett/Summit	(541) 453-4841
Corvallis Fire Department	(541) 766-6961
Hoskins/Kings Valley Rural Fire Department	(541) 929-2356
Monroe Fire Department	(541) 847-5170
Philomath Fire Department	(541) 929-3002
Oregon Department of Forestry, West OR Dist.	(541) 929-3266
Siuslaw National Forest	(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	(541) 766-6864
Linn County Emergency Management	(541) 967-3950
Oregon Emergency Management	(503) 378-2911

www.co.benton.or.us/sheriff/ems

www.oregon.gov/OMD/OEM

Search & Rescue, Non-Emergency

Benton County Search and Rescue	(541) 766-6864
Linn County Search and Rescue	(541) 967-3911

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

Road and Weather Conditions

Oregon Department of Transportation	5-1-1
National Weather Service/Portland Office	(503) 261-9246
National Weather Service/Medford Office	(541) 776-4303
Albany Public Works	(541) 917-7676
Benton County Public Works	(541) 766-6821
Corvallis Public Works	(541) 766-6916
Linn County Public Works	(541) 967-3919
Philomath Public Works	(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

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
Scappoose Police Department	(503) 543-3114
Vernonia Police Department	(503) 429-7335
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.sthelenspolice.org
www.scappoosepolice.com
www.vpd.vernonia-or.gov

www.oregon.gov/OSP/

Fire, Emergency Medical Services, Non-Emergency:

Columbia River Fire and Rescue	(503) 397-2990
Scappoose Fire Department	(503) 543-5026
Clatskanie Fire Department	(503) 728-2025
Vernonia Fire Department	(503) 429-8252
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.crfr.com
www.srfd.us

www.vernoniafire.us

www.co.columbia.or.us/emgt/

Road and Weather Conditions:

Oregon Department of Transportation	5-1-1
National Weather Service (Portland)	(503) 261-9246

www.tripcheck.com
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	9-1-1 (503) 655-8211
During a Disaster Call Clackamas County Public Inquiry Center	(503) 655-8224
Non-Emergency Information and Referral	2-1-1

Clackamas County www.clackamas.us

Clackamas County Dog Services	(503) 655-8629
Clackamas County Building Services	(503) 742-4400
Clackamas County Citizen Involvement	(503) 655-8552
Clackamas County Community Development	(503) 655-8591
Clackamas County Community Environment	(503) 742-4452
Clackamas County Community Health	(503) 655-8430
Clackamas County Emergency Management	(503) 655-8378
Clackamas County Land Use Planning/Zoning	(503) 742-4500
Clackamas County Mental Health (24 hr)	(503) 655-8401
Clackamas County Road Maintenance	(503) 557-6391
Clackamas County Sheriff's Office	(503) 655-8218
Clackamas County Social Services (CCSS)	(503) 655-8640
CCSS Volunteer Recruitment for Social Services	(503) 650-5779
CCSS Clackamas County Energy Assistance	(503) 650-5640
CCSS Information and Referral	(503) 655-8861
Clackamas County Transfer Station (in Sandy)	(503) 668-8885
Clackamas County Vector Control	(503) 655-8394
Clackamas County Victim Assistance	(503) 655-8616
Clackamas County Water Environment Services	(503) 742-4567
Clackamas County Weatherization	(503) 650-3338
Clackamas Women's Services (24 hr)	(503) 654-2288

Helpful Contacts

Abandoned Vehicles	(503) 655-8218
Adult Protective Services Hotline	(971) 673-6655
Air Quality Program	(503) 326-6363
AMR - American Medical Response (24 hr dispatch)	(503) 231-6300
Child Abuse Hotline (24 hr)	(503) 731-3100
Crime Stoppers (Portland)	(503) 823-4357
Crisis Line Women's Domestic Violence & Sexual Assault Info	(503) 235-5333
Domestic Violence Enhanced Response Team (DVERT)	(503) 655-8300
Dump Stoppers Tip Line	(503) 650-3333
Household Hazardous Waste Collection	(503) 234-3000
Kaiser Sunnyside Medical Center	(503) 652-2880
Legacy Meridian Park Hospital	(503) 692-1212
Major Crimes Tip Line	(503) 723-4949
Metro South Transfer Station (in Oregon City)	(503) 234-3000
Missing Persons	(503) 655-8218
National Runaway Switchboard	(800) RUNAWAY
Natural Resource Conservation Service USDA Service Center	(503) 655-3144

Northwest Natural	(800) 882-3377
PGE Tree Removal or Trimming	(503) 736-5460
PGE Electric Power Outages and Emergencies	(503) 464-7777
	(800) 544-1795
Poison Control Center (24 hr)	(800) 222-1222
Pothole Hotline	(503) 650-3262
Providence Milwaukie Hospital	(503) 513-8300
Soil and Water Conservation District	(503) 655-3144
Suicide Hotline (24 hr)	(503) 655-8401
Willamette Falls Hospital	(503) 656-1631

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.ccf1.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.citizen corps.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.cityofbg.org – City of Battle Ground
www.ci.camass.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.ccfcd6.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/LCSOar.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	NW Human Services TTY - 503.588.5833 Mental health crisis line. http://www.northwesthumanservices.org/index.php MCMH Crisis Line 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 Offering 24/7 intervention in the aftermath of trauma. http://www.tipnw.org/ Lifeworks Mental Health http://www.lifeworksnw.org/	1.800.560.5535 503.988.4888 503.940.7997 503.234.3400	Family Services	Oregon Food Bank http://www.oregonfoodbank.org/ Parents Anonymous For parents in need of information, resources or counseling. http://www.morrisonkids.org/programs/parents_anonymous.aspx Sunshine Division Part of Portland Police; source for food & meals to those in need.	503.282.0555 503.258.4557 503.823.2102	Health and Medical Issues	Poison Control Center Local http://www.ohsu.edu/poison/ Vector Control Reporting the appearance of vermin in various forms that represent a potential health hazard to the population; for example, rats or mosquitoes. http://www.mchealth.org/vector/ Multnomah Co Public Health Admin http://www.co.multnomah.or.us/health/ State of Oregon AIDS Hotline http://www.oregonaidshotline.com/ American Red Cross For training and Emergency preparedness. www.oregonredcross.org	1.800.222.1222 503.494.8968 503.988.3464 503.988.3674 1.800.777.2437 503.284.1234
	Police	Ptld Police Information Line Non-emergency http://www.portlandonline.com/police/index.cfm?c=29708 Oregon Liquor Control Commission For liquor law violations or crimes involving alcohol abuse. http://www.oregon.gov/OLCC/index.shtml Portland Fire & Rescue Non-emergency information number. http://www.portlandonline.com/fire/		503.823.4636 503.823.3333 503.872.5070 503.872.5070	Women's Services		Ptld Women's Crisis Line A 24 hour crisis line for women, especially for domestic violence. http://pwcl.org/ Rape Victims Assistance DA's office line specifically for victims of rape. http://www.co.multnomah.or.us/da/va/index.php Statewide Domestic Crisis Number Hotline number for Oregon Coalition Against Domestic & Sexual Violence (OCADSV) http://www.ocadsv.com/ OCADSV_WhatWeDo_SystemsAdvocacy.asp	503.235.5333 503.988.3222 1.888.235.5333
Legal Resources	Family Court Services Provides conciliation, mediation & custody evaluation services. http://www.co.multnomah.or.us/dcj/fcourt.shtml Legal Aid Provides 30 minute free legal consultation for low income residents. http://www.ojd.state.or.us/osca/cpsd/courtimprovement/familylaw/legalaid.htm Multnomah County Circuit Court http://www.ojd.state.or.us/mul/index.htm Restraining Orders http://www.co.multnomah.or.us/da/va/index.php Sex Offender Registry Resource for tracking locations of various sex offenders. http://www.oregon.gov/OSP/SOR/faqs.shtml	503.988.3189 503.241.4111 503.988.3022 503.988.3943 503.378.3725	Youth Services	Child Abuse Hotline State number for reporting suspected child abuse, 24/7. Harry's Mother-Janus Local 24/7 crisis number to assist runaways. http://www.janusyouth.org/what-we-do/runaway-youth-services.php MC Juvenile Detention 24/7 assistance for instances involving juvenile criminals or crime victims. http://www.co.multnomah.or.us/dcj/jcj.shtml EI Programa Hispano Culturally specific assistance for youth & families; part of Catholic Charities. http://www.catholiccharitiesoregon.org/services_latino_services.asp Police Activities League Provides recreational activities for kids during non-school hours. http://www.palkids.org/		503.731.3100 503.233.8111 503.988.3475 503.236.9670 503.256.3479	Transportation	ODOT Dispatch Provides FREE roadside assistance for stranded motorists. http://www.oregon.gov/ODOT ODOT's Tripcheck If 511 unavailable Road conditions, roadcams and trip planning info. http://www.tripcheck.com/Pages/RCmap.aspx?Region=0&mainNav=RoadConditions Reporting Road Hazards Non-Emergency http://www2.co.multnomah.or.us/Public/EntryPoint?ch=e5b1e85136845110VgnVCM1000003bc614acRCRD River Patrol For problems on local navigable waterways in Multnomah County.
	Environmental	Chemical Risk Info Svc First aid & other information on chemical exposure (MSDS). http://www.ohsu.edu/cris/ METRO Recycling Information on disposal methods for specific chemicals. http://www.oregonmetro.gov		503.494.8616 503.234.3000	Senior Services	Safe Return Provides bracelets & assistance in returning wandering patients. http://www.alz.org/we_can_help_medicalert_safereturn.asp Gate Keeper's Program County program that helps provide food & other services to elders.		1.888.572.8566 503.988.3646

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.floodsafety.com
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

	9-1-1
Clackamas County Non-Emergency	(503) 655-8211
Multnomah County Non-Emergency	(503) 823-3333
Assistance, general	2-1-1
Road conditions by phone	5-1-1

County Government

Clackamas County Dog Services	(503) 655-8629
Clackamas County Emergency Management	(503) 655-8378
Clackamas County Mental Health/24-hr	(503) 655-8401
Clackamas County Pothole Hotline	(503) 650-3262
Clackamas County Public Health	(503) 655-8430
Clackamas County Social Services	(503) 655-8640
Clackamas County Transfer and Recycling Center	(503) 234-3000
Clackamas County Vector Control	(503) 655-8394
Clackamas County Victim Assistance	(503) 655-8616
Clackamas Women's Services/24-hr	(503) 654-2288
Multnomah County Animal Control	(503) 988-7387
Multnomah County Civil Court (small claims)	(503) 988-3022
Multnomah County D.A., Victims Assistance	(503) 988-3222
Multnomah County Emergency Management	(503) 988-4233
Multnomah County Mental Health/24-hr	(503) 988-4888
Multnomah County Public Health Officer	(503) 988-3674
Multnomah County Restraining Orders	(503) 988-3943
Multnomah County Vector Control	(503) 988-3464

Fire Districts

Boring Fire District	(503) 663-4638
Canby Fire District	(503) 266-5851
Clackamas Fire District #1	(503) 742-2600
Colton Fire District	(503) 824-2545
Estacada Fire District	(503) 630-7712
Fire District #10	(503) 666-6704
Gladstone Fire Department	(503) 557-2775
Gresham Fire Department	(503) 618-2355
Hoodland Fire District	(503) 622-3256
Lake Oswego Fire Department	(503) 635-0275
Molalla Fire District	(503) 829-2200
Monitor Rural Fire District	(503) 634-2570
Portland Fire Bureau	(503) 823-3700
Sandy Fire District	(503) 668-8093
Tualatin Valley Fire & Rescue	(503) 649-8577

Private and Public Information

Adult Abuse Hotline	(503) 655-8640
Adventist Medical Center, ER	(503) 251-6155
AIDS Hotline	(800) 777-2437
Aging Disability Services	(503) 988-3646
American Red Cross (Oregon Trail Chapter)	(503) 284-1234
ATT language line	(800) 643-2255
Bradley Angle House (Domestic Violence assistance)	(503) 281-2442
Centennial School District	(503) 760-7990
Child Abuse Hotline	(503) 731-3100
Child Abuse Hotline/24 hr	(503) 657-6802
COMET (freeway motorist assistance)	(503) 283-5859
Dig Safely—Call Before You Dig	(800) 332-2344
Dove Lewis Emergency Animal Hospital	(503) 262-7194
Dump Stoppers (Clackamas County)	(503) 650-3333
El Programa Hispano	(503) 669-8350
Emanuel Hospital Legacy	(503) 413-2200

Fairview City Hall	(503) 665-7929
Family Court Services (free counseling for families)	(503) 988-3189
Gresham-Barlow School District	(503) 618-2450
Gresham Police Department	(503) 823-3333
Gresham City Hall	(503) 618-3000
Harry's Mother, teen crisis and support	(503) 233-8111
Hazardous Waste (METRO)	(503) 234-3400
Household Hazardous Waste Collection	(503) 234-3000
Kaiser Permanente	(503) 813-2000
Legacy - Mt. Hood Medical Center	(503) 674-1122
Legal Aid, public benefits hotline	(503) 241-4111
Mt. Hood Community College	(503) 491-6422
National Missing Children Locate Center / 24 hr	(503) 257-1308
National Runaway Switchboard	(800) RUNAWAY
Northwest Natural (Emergencies/Odor calls)	(800) 422-4012
Northwest Natural main office	(503) 226-4211
OLCC Complaints	(503) 872-5070
Oregon Fish & Wildlife	(503) 947-6000
Oregon Health & Sciences University	(503) 494-8311
Oregon Health Plan	(800) 359-9517
PGE/Power Outages and Emergencies	(800) 544-1795
Poison Control Center/24 hr	(800) 222-1222
Portland Adventist Hospital	(503) 257-2500
Portland Police Bureau	(503) 823-4636
Portland Public Schools	(503) 916-2000
Portland VA Medical Center	(503) 220-8262
Providence Portland Medical Center	(503) 215-1111
Reynolds School District	(503) 661-7200
Sex offender registry (Oregon State Police) Salem	(503) 378-3720
Snow-Cap (community charities)	(503) 674-8785
Street lighting, maintenance of existing lights (PGE)	(503) 228-6322
Suicide Hot Line Multco	(503) 988-4888
Suicide Hotline Clackco	(503) 655-8401
Sunshine Division (Portland Police Bureau charity)	(503) 823-2102
Trauma Intervention Program (TIP) Hotline	(503) 940-7997
Tri-Met (mass transit conditions)	(503) 238-7433
Troutdale City Hall	(503) 665-5175
Women's Crisis Line Domestic Violence	(503) 235-5333
Wood Village City Hall	(503) 667-6211
Youth Gang Outreach	(503) 823-4112

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

Clackamas County Information & Referral	(503) 655-8861
Portland/Multnomah County Information & Referral	(503) 823-4000

Websites

Clackamas County	www.clackamas.us
Clackamas County Emergency Mgmt.	www.clackamas.us/emergency
Department of Environmental Quality	www.deq.state.or.us
Federal Emergency Management Agency	www.fema.gov
FIREWISE	www.firewise.org
Flood Safety/Flood Education	www.floodsafety.com
METRO	www.metro-region.org
Multnomah County	www.co.multnomah.or.us
National Weather Service	www.nws.noaa.gov
Northwest Natural	www.nwnatural.com
Oregon Dept. of Fish and Wildlife	www.dfw.state.or.us
Oregon Dept. of Forestry	www.odf.state.or.us
United States Geological Survey	www.usgs.gov
US Department of Homeland Security	www.dhs.gov

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	503.494.8616	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 Programa 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	503.235.5333
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)	503.988.4531	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

USEFUL RESOURCES FOR CHINESE SPEAKERS

HEALTH RESOURCES

Flu information:

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

Clackamas County Community Health

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

Multnomah County Health Department

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

Washington County Health and Human Services

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

SOCIAL SERVICES

Immigrant and Refugee Community Organization (IRCO)

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

Lutheran Community Services NW Multicultural Community Services

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/Information & Referral or Assistance

Dial 211 or 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

Oregon Food Bank

503-282-0555
www.oregonfoodbank.org/

CRIME AND DOMESTIC VIOLENCE

South Asian Women's Empowerment and Resource Alliance

PO Box 91242
Portland 97291-0242
503-778-7386

Victims Assistance Programs

Clackamas County 503-655-8616
Multnomah County 503-988-3222
Washington County 503-846-3437

Statewide Domestic Crisis Line

1-888-235-5333

USEFUL RESOURCES FOR RUSSIAN SPEAKERS

HEALTH RESOURCES

Flu information:

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

Clackamas County Community Health

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

Multnomah County Health Department

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

Washington County Health and Human Services

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

SOCIAL SERVICES

Immigrant and Refugee Community Organization (IRCO)

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

Lutheran Community Services NW

Multicultural Community Services
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/Information & Referral or Assistance

Dial 211 or 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

Oregon Food Bank

503-282-0555
www.oregonfoodbank.org

Russian Oregon Social Services (ROSS)

4033 SE Woodstock Blvd., Portland, OR 97202
phone: 503-777-3437
<http://www.emoregon.org/ross.php>

Jewish Family & Child Service

1130 SW Morrison
Portland, OR 97205
phone: 503-226-7079
www.jfcs-portland.org

CRIME AND DOMESTIC VIOLENCE

Victims Assistance Programs

Clackamas County 503-655-8616
Multnomah County 503-988-3222
Washington County 503-846-3437

Statewide Domestic Crisis Line

1-888-235-5333

USEFUL RESOURCES FOR SPANISH SPEAKERS

HEALTH RESOURCES

Flu information:

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

Clackamas County Community Health

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

Multnomah County Health Department

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

Washington County Health and Human Services

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

MCHD-La Clinica de Buena Salud

6736 NE Killingsworth Street, Portland, OR 97208
503-988-3991 Clinic

Latino Cancer Coalition

1200 SE Morrison Street, Portland, OR 97214
503-233-0721

SOCIAL SERVICES

Immigrant and Refugee Community Organization (IRCO)

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

Lutheran Community Services NW

Multicultural Community Services
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/Information & Referral or Assistance

Dial 211 or 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

Oregon Food Bank

503-282-0555
www.oregonfoodbank.org

El Programa 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

EDUCATION AND REFERENCE

Office of Consolidated Emergency Management Preparedness

information available in Spanish
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

VIOLENCE AND DRUG ABUSE

Project UNICA-Portland

901 SE Oak Street, Suite 106
Portland, OR 97214
503-236-9670
24/7 Crisis Line: 503-232-4448

Sexual Assault Latina Services-SARC

4900 SW Griffith Dr, Suite 100, Beaverton, OR 97005
503-232-4448 (Spanish crisis line)
503-640-5311 (English crisis line)

Victims Assistance Programs

Clackamas County 503-655-8616
Multnomah County 503-988-3222
Washington County 503-846-3437

Statewide Domestic Crisis Line

1-888-235-5333