



### **Personal Preparedness: Is everyone okay?**

This week we will take a break from the operational elements of COOP to talk about how COOP and Personal/Family Preparedness go hand in hand.

It is important to note that the Mission and Vision of Multnomah County puts particular emphasis on community. The employees of Multnomah County are part of that community through their hard work and the services they provide. During a continuity situation that vision should not be lost and while it is important for essential employees to be available to focus on maintaining essential functions their individual needs and the needs of their family can not be overlooked.

Continuity of Operations depends on and benefits greatly from employees having a robust Family Emergency and Communication Plan. With the dropping temperatures and the chance of severe weather this is the perfect opportunity to develop your family plan. This process can be as simple as planning a family meeting that can take place after dinner or over breakfast.

Your key talking point should include:

- What types of disasters could affect where we live?
- How do we receive alerts and warnings?
- What is our plan if we are not home and in different locations?
- Does my school have an emergency action plan?
- Where is our family meeting place?
- What is our home shelter-in-place plan?
- What is our evacuation (from home) plan?
- How do we contact and communicate with each other during a disaster?

- What do we need in our individual go bag kits?
- Does our family have any special needs or require any special considerations?
- How do we practice our plan before a disaster occurs?

There are many resources available to help with family preparedness planning. The Multnomah County Emergency Management website has several links to information and outreach programs. Additional resources are listed at the end of this article.

Emergency response organizations such as FEMA and the American Red Cross, have websites that contain practical guidance and checklists for family preparedness and emergency response planning. You may also want to contact your local community centers, schools, social organizations, etc. and ask about preparedness planning within your area.

Knowing that your loved ones are safe during a disaster brings peace of mind and allows for an available team of essential employees to ensure the continuation of mission essential functions.

If you need more information you can contact Amy Rasmussen. Her information and more details regarding COOP can be found on the [Emergency Management website](#).

Remember - it's always better to be COOPed up together!

Additional resources:

[Multnomah County Emergency Management](#)

[Make a Plan](#) (Department of Homeland Security)

[FEMA Family Emergency Plan](#)

[American Red Cross Preparedness Programs](#)

[Centers for Disease Control and Prevention](#) - Emergency Preparedness Toolkit

Sign up for [Public Alerts Emergency Notifications](#)

[Portland Public Schools Emergency Management](#)

- Contact your local schools and daycares and discuss their emergency plans