

PERSONAL EMERGENCY PLAN



EMERGENCY MANAGEMENT

Emergency Plan For:

Review Annually On:

More at cowcreek-nsn.gov and click on Emergency Management

Provided by the Cow Creek Band of Umpqua Tribe of Indians

PERSONAL INFORMATION

Make it easy for first responders and shelter workers to understand important information about you in case you are unable to communicate for yourself. Put the relevant information on this sheet. If a first responder has to evacuate you, or if you arrive at an evacuation shelter, this sheet can provide important information to those trying to assist you.

Name: _____

Health insurance company: _____

Health insurance policy/group number: _____

Health/Medical Information:

My medications: _____

Inhaler Epi Pen Glasses/Contacts Hearing Aids Other _____

My doctor: _____

Phone Number: _____

My caregiver (if any): _____

Phone Number: _____

Allergies (if any): _____

Information about my disability (if any): _____

Special Requirements:

Diet: _____

Medical Equipment: _____

Other: _____

This document may contain privileged and confidential information that is protected by federal and state privacy laws. It is intended only for use in an emergency situation by a trusted friend, neighbor, family member, or a disaster-response person. If you are not the intended recipient, you are hereby notified that any review, dissemination, distribution, or duplication of this communication is strictly prohibited. If you are not the intended recipient, please return this document to the owner.



CONTACT INFORMATION

Your safety depends on being able to receive information and warnings about imminent threats. It is also critical to have emergency contact details easily accessible. Take a moment to identify how you will stay informed during a disaster and who you can call for assistance.

Stay Informed:

Sign up for local alerts with your county sheriff or police department

Identify what local radio station to tune to in an emergency:

Identify what local television station to use in an emergency:

Identify which trusted, verified websites will keep you informed:

Consider purchasing a NOAA weather radio to receive local emergency alerts

Who to Call for Assistance/Emergency Contacts (Name and Phone Number):

Neighbor: _____

Caregiver: _____

Family/friend (out of state): _____

Family/friend: _____

Family/friend: _____

Apartment/Property manager: _____

Other: _____

Community Resources:

Fire department (non-emergency): _____

Police department (non-emergency): _____

Utility company: _____

Gas company: _____

Other (water, cable, sewer): _____



SHELTERING IN PLACE

Sometimes in an emergency, the best action is to stay put. This is called “Shelter in Place” and this checklist helps you to build your home kit. As an example, after a large earthquake it is usually best to stay home and off the roads. Have enough supplies to last at least seven days and preferably for two weeks. Call the people on your Emergency Plan form to let them know where you are and that you are sheltering in place.

Your shelter-in-place kit should include:

- Water: One gallon of water per person per day for at least seven days
- Food: At least a seven-day supply of non-perishable food. If you live in an isolated area, a two-week supply is better
- Battery-powered, solar, or hand-crank radio
- NOAA weather radio with tone alert
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Manual can opener for food
- Warm clothes and extra blankets
- Food and extra water for your pets or assistance animal
- Important items for you (e.g. spare eyeglasses, medications):

Location of shelter-in-place kit:

Keep your kit where it is accessible and safe!

Remember to keep it where you can get it after an earthquake!

For more information, visit
FEMA.gov, **ready.gov** and **cowcreek-nsn.gov** and click on Emergency Management



COW CREEK BAND
OF UMPQUA TRIBE OF INDIANS

EMERGENCY MANAGEMENT

GRAB-AND-GO ITEMS

In some emergencies, the safest action may be to evacuate to a place of safety. Below are several lists of suggested items you may want to have for various emergencies. Include any medical supplies and medicine that you take every day. Keep a copy of your health information and/or insurance, and enough supplies to last at least three days.

Grab-and-Go Binder

A grab-n-go binder will help you recover in the event that you lose your home or are unable to safely enter it due to structural damage. Remember to video document the rooms in your home and any high-value items and store them on a thumb drive.

Medical Information

- Health insurance card
- Blood types of each family member
- Contact information for all medical providers
- Medical history of each family member
- Immunization records
- List of current prescriptions and dosage
- List of current medication allergies for all family members
- Pharmacy contact information

Personal Documents

- Passports, drivers licenses, Tribal I.D. cards
- Social security cards
- Birth certificates
- Address book
- List of firearms and serial numbers
- Rent/lease agreements
- Diplomas/education transcripts
- Military documents
- Pet vaccine records
- Recent photo of each family member and pet
- Receipts from expensive items

Go Kit

A go kit is a three-day supply of essential items for survival in most any emergency. Keep one per person traveling with you in your vehicle.

- Water (three-day supply per person)
- Food (lightweight, non preparation needed)
- First aid supplies and prescription medications
- Copies of critical documents, IDs, insurance policies, etc.
- Extra keys to your house, vehicle, storage shed, etc.
- Shelter-building supplies
- Flashlight or headlamp (with extra batteries)
- Fire-starting methods
- Money in small denominations
- Blanket or sleeping bag
- Season-appropriate clothing
- Extra cell phone charger
- Fixed-blade knife
- Comfortable, sturdy shoes
- Hand sanitizer
- Toilet paper
- Leather and non-latex gloves
- Poncho
- Whistle
- NOAA radio
- N95 mask
- Personal items: lip balm, hair ties/fasteners, etc.
- Other important items:

Financial Documents

- Front and back of debit/credit cards
- Property deeds/mortgage information
- Car titles and registration
- Bank account numbers and contact information
- Insurance policies
- Contact information for anyone you send a bill or payment to
- Stocks, bonds and savings bonds
- Statements and investments

Legal Documents

- Child custody/adoption papers
- Divorce agreements
- Marriage certificates
- Will, living/family trust
- Past/current binding contracts
- Attorney contact info

Go Kit for Pets/Service Animals

- Sturdy leashes and pet carriers
- Food, potable water and medicine for at least one week
- Non-spill bowls, manual can opener, and plastic lid
- Plastic bags, litter box and litter
- Recent photo of each pet
- Copy of pet's vaccination history and medical problems
- Names and phone numbers of your emergency contact, emergency veterinary hospitals and animal shelters

Bug-Out-Bag (BOB)

A bug-out-bag has larger quantities of supplies in case you cannot stay home for a long period of time. It should help you reach a predetermined safe destination. Keep in a pack you can comfortably carry over large distances.

- Food and water
- Hygiene supplies
- Trash bags
- Prescription medications
- Extra eyeglasses/sunglasses
- Duct tape
- Multi-tool/fixed blade knife
- Hair tie/fastener/covering and/or hat
- Seasonal clothing
- Fire-starting method(s)
- Extra cell phone charger
- Lip balm/chapstick
- First aid supplies
- Extra batteries
- Flashlight and/or headlamp
- Feminine hygiene items
- Maps of commonly traveled areas
- Mirror/reflective item
- Sheltering items (tent, tarp, rope, etc.)
- Hand crank, solar powered radio
- Contact cards
- Grab-and-go binder
- Communication info (written contact info in case of unavailable cell phone)



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EVACUATION

Some circumstances require you to evacuate for your safety. Your evacuation plan should cover: Where will you go? How will you get there? Who will move you (if necessary)? What will you take (Go Kit, Grab-and-Go Binder)? Have at least two rally point locations planned for reuniting with family.

Where Will You Go?

Although during a disaster evacuation shelters may be opened, ideally your first choice should be to go to a family or friend's home (or caregiver if appropriate). List places below in order of preference. Make sure they know you are relying on them in the event of an emergency before the disaster happens!

Name or Facility	Address	Phone Number
_____	_____	_____
_____	_____	_____
_____	_____	_____

Call before you go - the location may be unavailable!

How Will You Get There?

- What route will you take? Know the best route to get from where you are to your first, second, and third choice of evacuation location.
- Be aware that in a disaster, your normal of preferred route may be closed. Plan accordingly.
- Print out a map of primary and alternate routes (or mark clearly on an existing map) and attach to this document.

Who Will Get You There?

If you are able and can transport yourself, check with neighbors about their planning needs and assess if anyone will need your assistance. If you cannot drive yourself, who will drive you? This can be your caregiver, a family member, neighbor, or a public/commercial paratransit. Have multiple methods of transportation as the disaster may make it difficult or impossible for your first choice to get to you. Make sure they can accommodate your needs, such as wheelchair accessibility.

Transportation	Phone Number
_____	_____
_____	_____
_____	_____

If all else fails, call 911. Remember that first responders may be overwhelmed by the disaster (and poorly equipped to handle disabilities). Use them as a last resort.

