

DON'T LET ZOMBIES EAT YOUR FOOD: AN EXTENSION AGENT'S GUIDE TO RESILIENCE IN TIMES OF DISASTER

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Resiliency

A commonly used definition of resilience is “the ability of groups or communities to cope with external stresses and disturbances as a result of social, political and environmental change” (Adger 2000).



Today's Objectives:

- What types of disasters to expect in Oregon
- What to do *during* disasters
- What to do *after* disasters
- How to get more prepared
- How to help your communities get more prepared
- Your Questions
- Handouts & Samples



You don't do
what you can do
because you're
demotivated by
what you can't
do...

-Paul Slovic,
PhD



Introductions-Think-Pair-Share

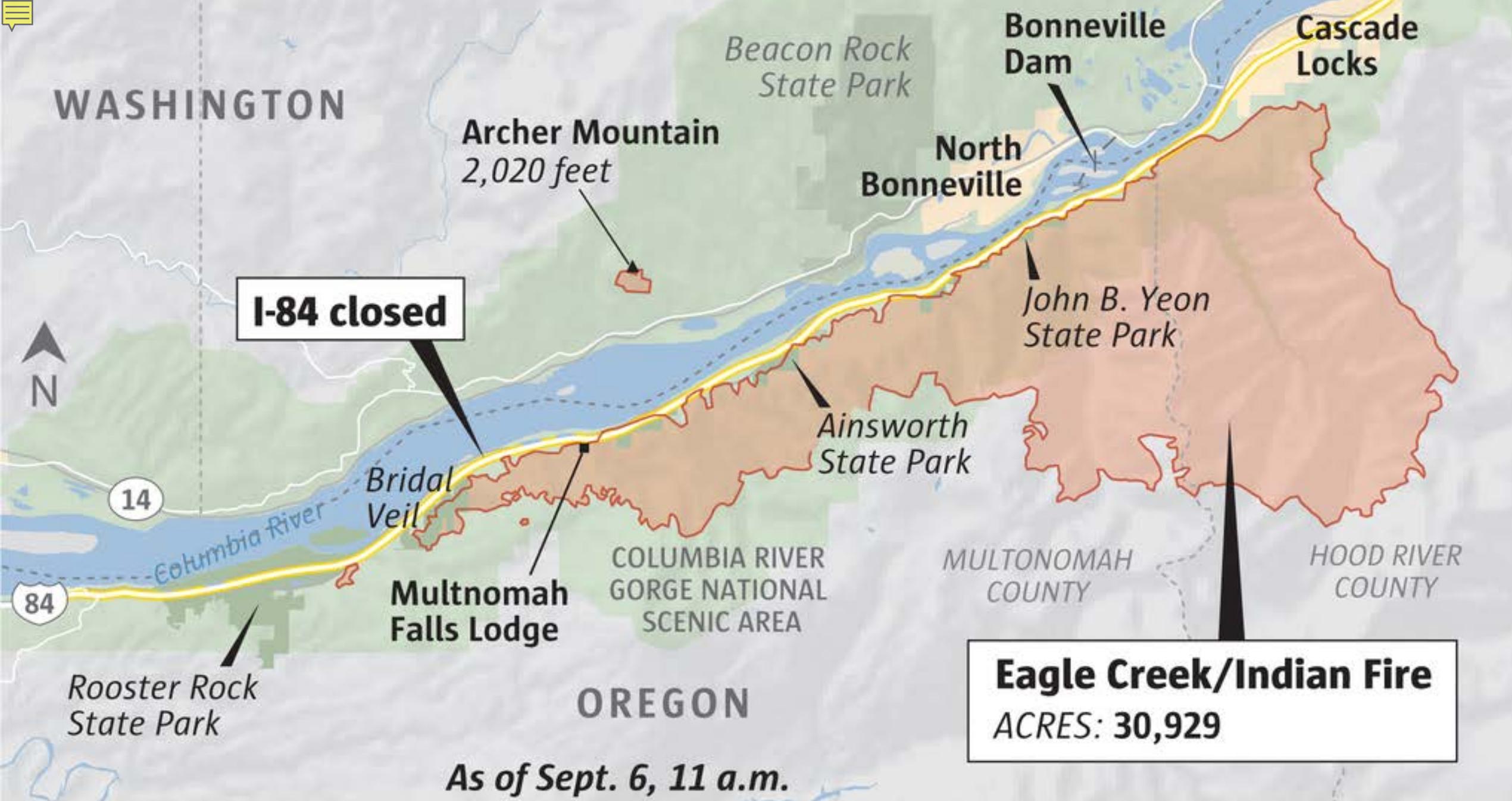
- On a scale of 1-10 (1=least, 10= most) how prepared do you feel for disaster?
- What is one thing you are hoping to learn today?
- What do you see your role as a RARE in helping your community in disaster preparedness?



What types of
disasters can we
expect in Oregon?



Mosier Train Derailment
Image by KGW News







WEATHER ALERT

Icy Conditions in the Gorge

➤ HOOD RIVER

KOIN 6

4:06 36°

Winter Ice Storms in the Gorge
Image by KOIN News

Portland
Marine Dr. →

WEST

INTERSTATE
84

30

→

DO NOT
ENTER

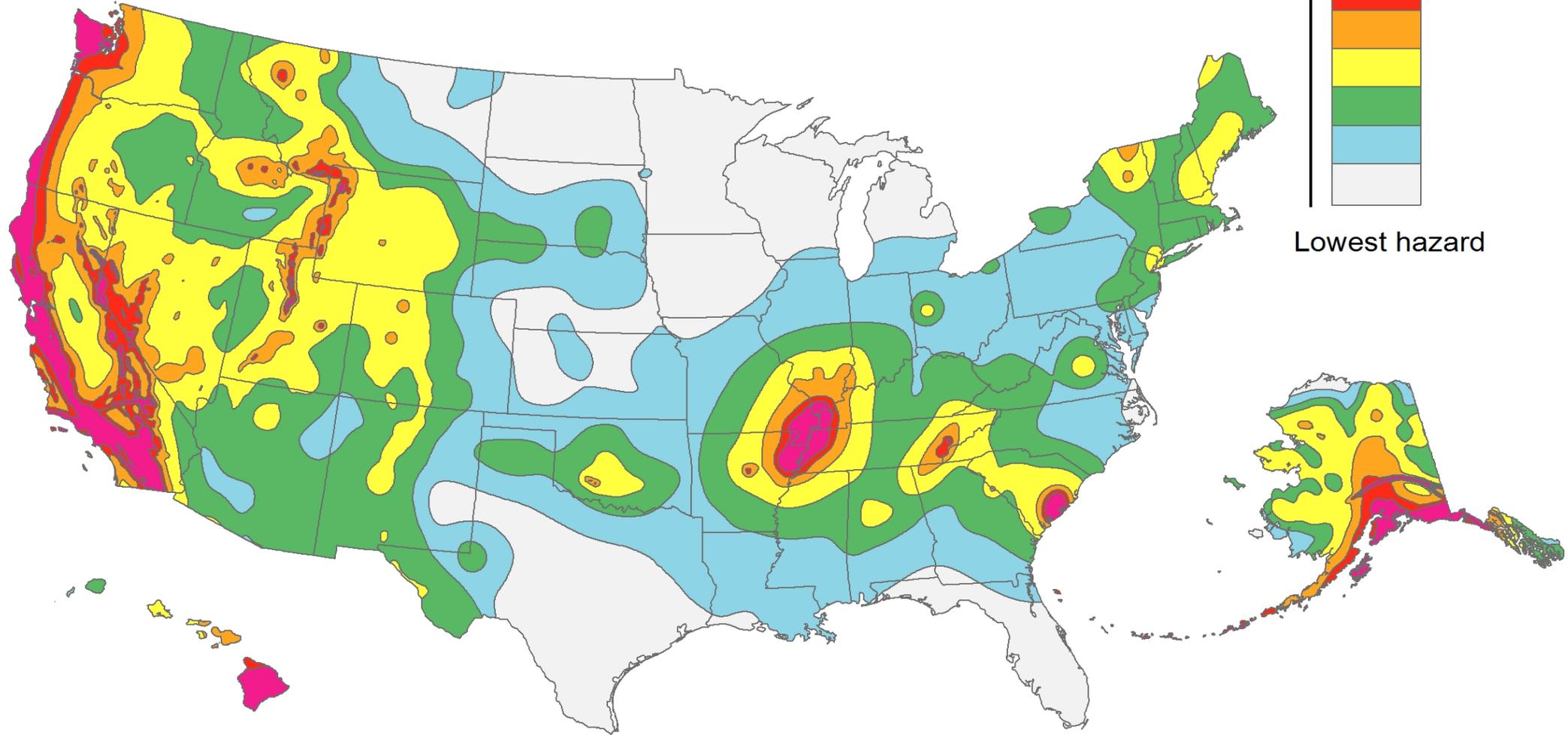
DO NOT
ENTER



Highest hazard



Lowest hazard







TSUNAMI EVACUATION MAP

CANNON BEACH AND ARCH CAPE AREAS, OREGON

IF YOU FEEL AN EARTHQUAKE:

- Drop, cover, and hold
- Move immediately inland to higher ground
- Do not wait for an official warning

SI USTED SIENTE EL TEMBLOR:

- Tírese al suelo, cúbrase, y espere
- Diríjase de inmediato a un lugar más alto que el nivel del mar
- No espere por un aviso oficial

ASSEMBLY AREA A

OUTSIDE HAZARD AREA: Evacuate to this area for all tsunami warnings or if you feel an earthquake.

LOCAL CASCADIA EARTHQUAKE AND TSUNAMI: Evacuation zone for a local tsunami from an earthquake at the Oregon coast.

DISTANT TSUNAMI: Evacuation zone for a distant tsunami from an earthquake far away from the Oregon coast.

ZONA DE PELIGRO EXTERIOR: Evacue a esta área para todos los alertamientos del maremoto o si usted siente un temblor.

MAREMOTO LOCAL (terremoto de Cascadia): Zona de evacuación para un tsunami local de un temblor cerca de la costa de Oregon.

MAREMOTO DISTANTE: Zona de evacuación para un tsunami distante de un temblor lejos de la costa de Oregon.

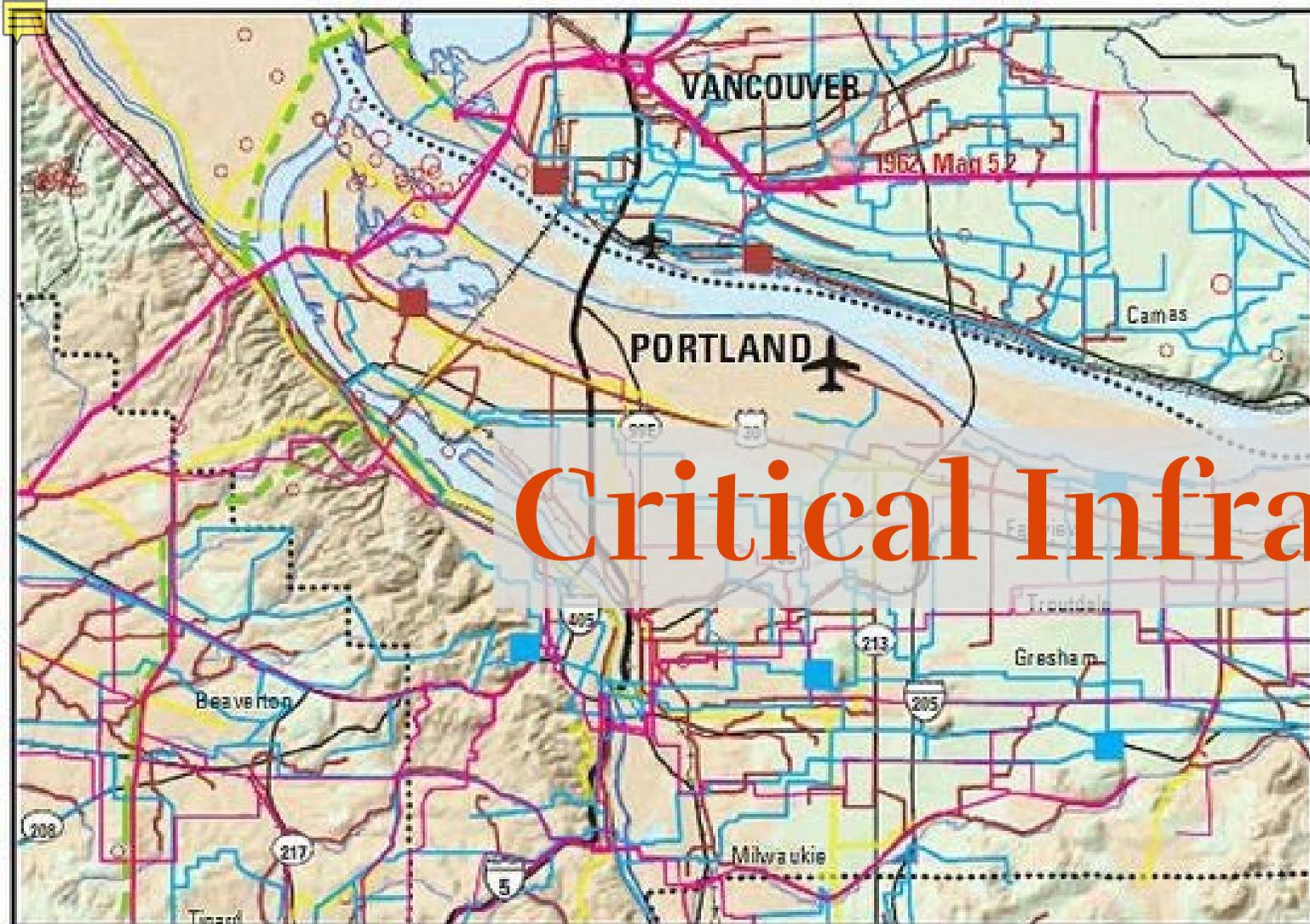
MAP SYMBOLS / SÍMBOLOS DEL MAPA

- Evacuation route / Ruta de evacuación
- ⊙ Assembly area / Área reunión
- ☀️ Tsunami warning siren / Sirena de aviso de tsunami
- 🎓 School / Escuela
- 🏛️ City Hall / Municipalidad
- 🚪 Bridge / Puente
- 🚒 Fire Department / Bomberos
- 👮 Police / Policía

SCALE / ESCALA

0 0.5 mile / 0 0.5 km

ARCH CAPE AREA

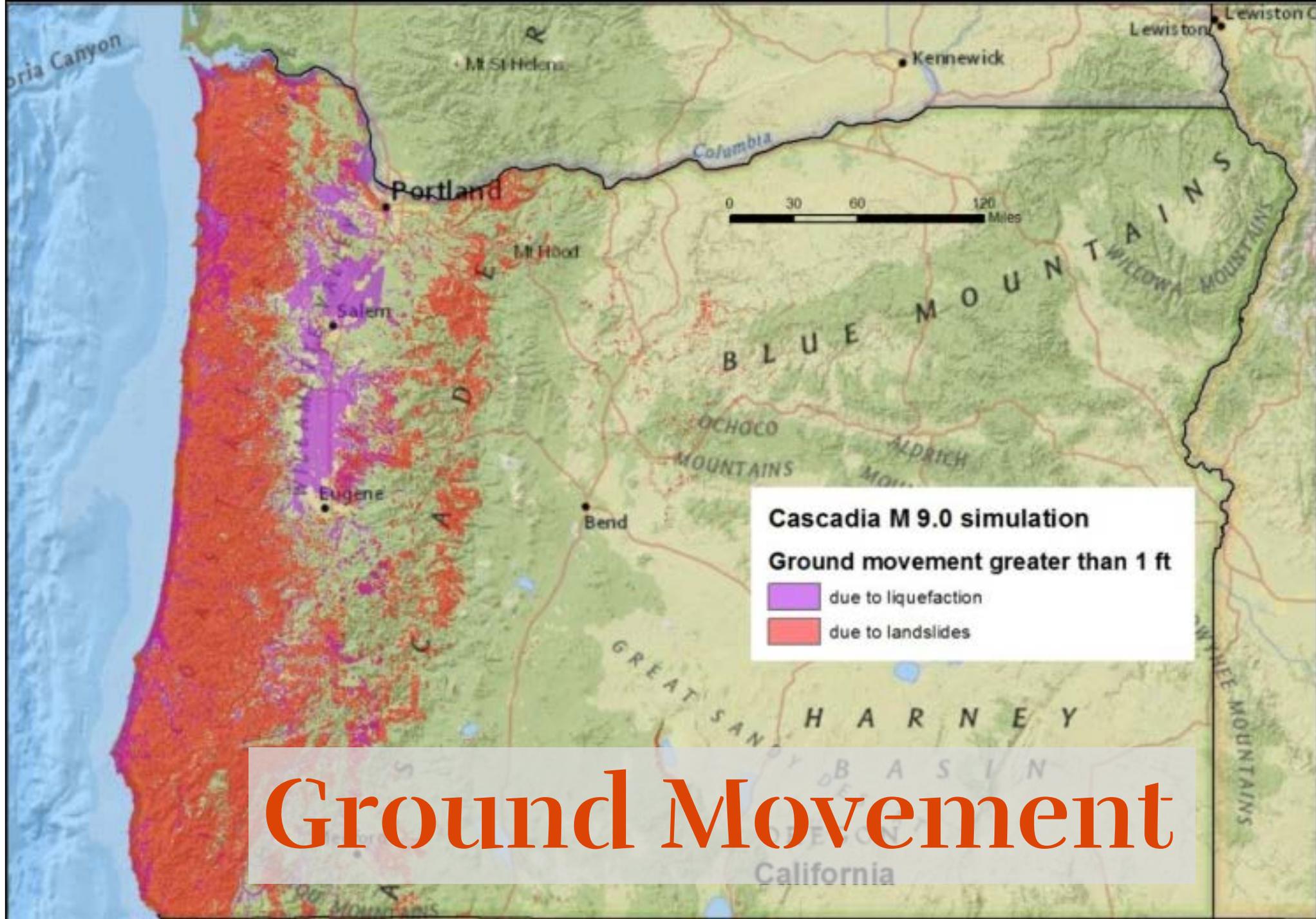


Critical Infrastructure

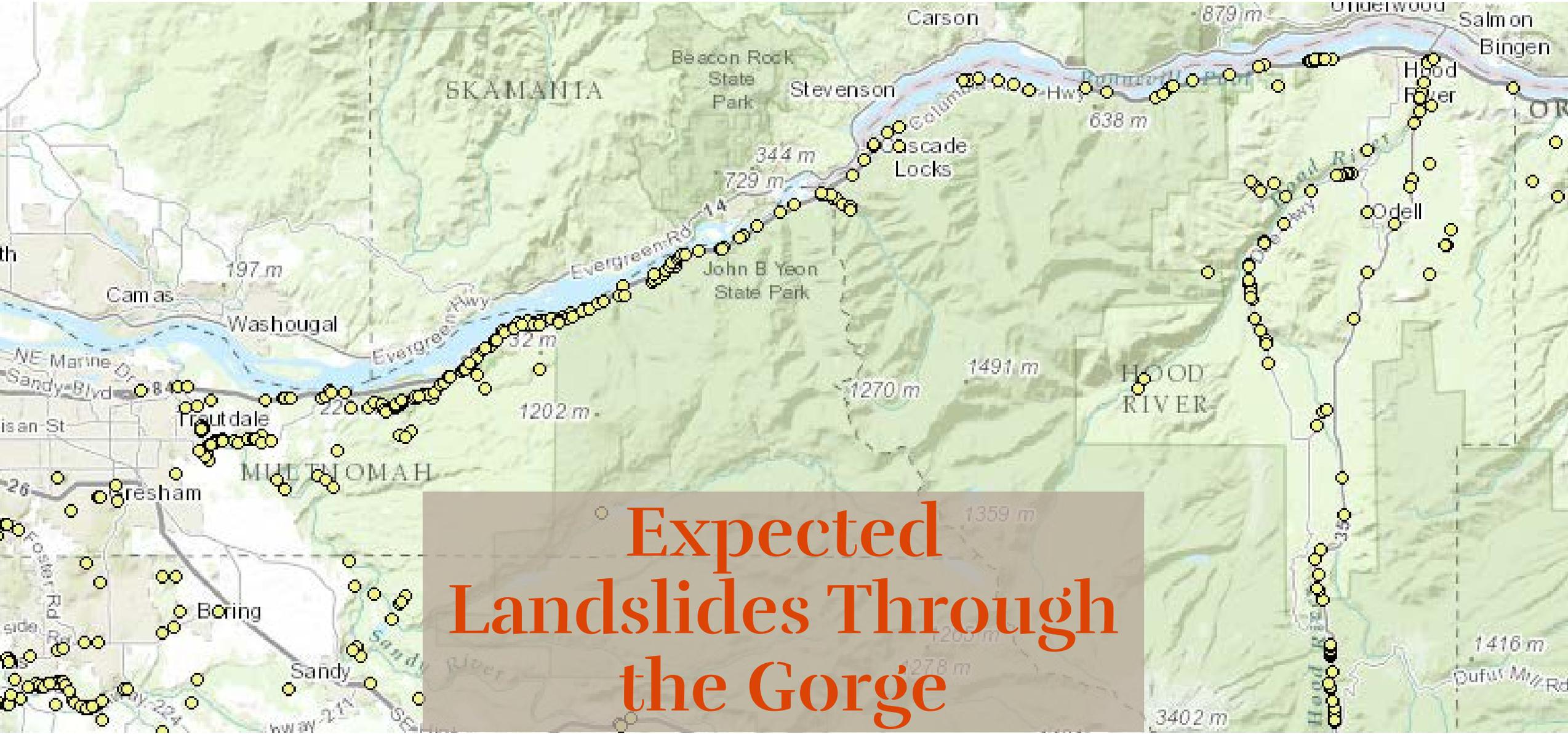


Lifeline Systems

- | | | | |
|--|--|--|---------------------------------------|
| | Major water supply line, water treatment plant | | Interstate highway |
| | Major sewer pipeline, treatment plant | | State highways, and other major roads |
| | Electric transmission line, 115kV, 230kV, 500kV
(map lines with thicker width are adjacent pipelines) | | Railroad |
| | Natural gas pipeline | | Major airport |
| | Liquid fuel pipeline | | Minor airport |



Ground Movement

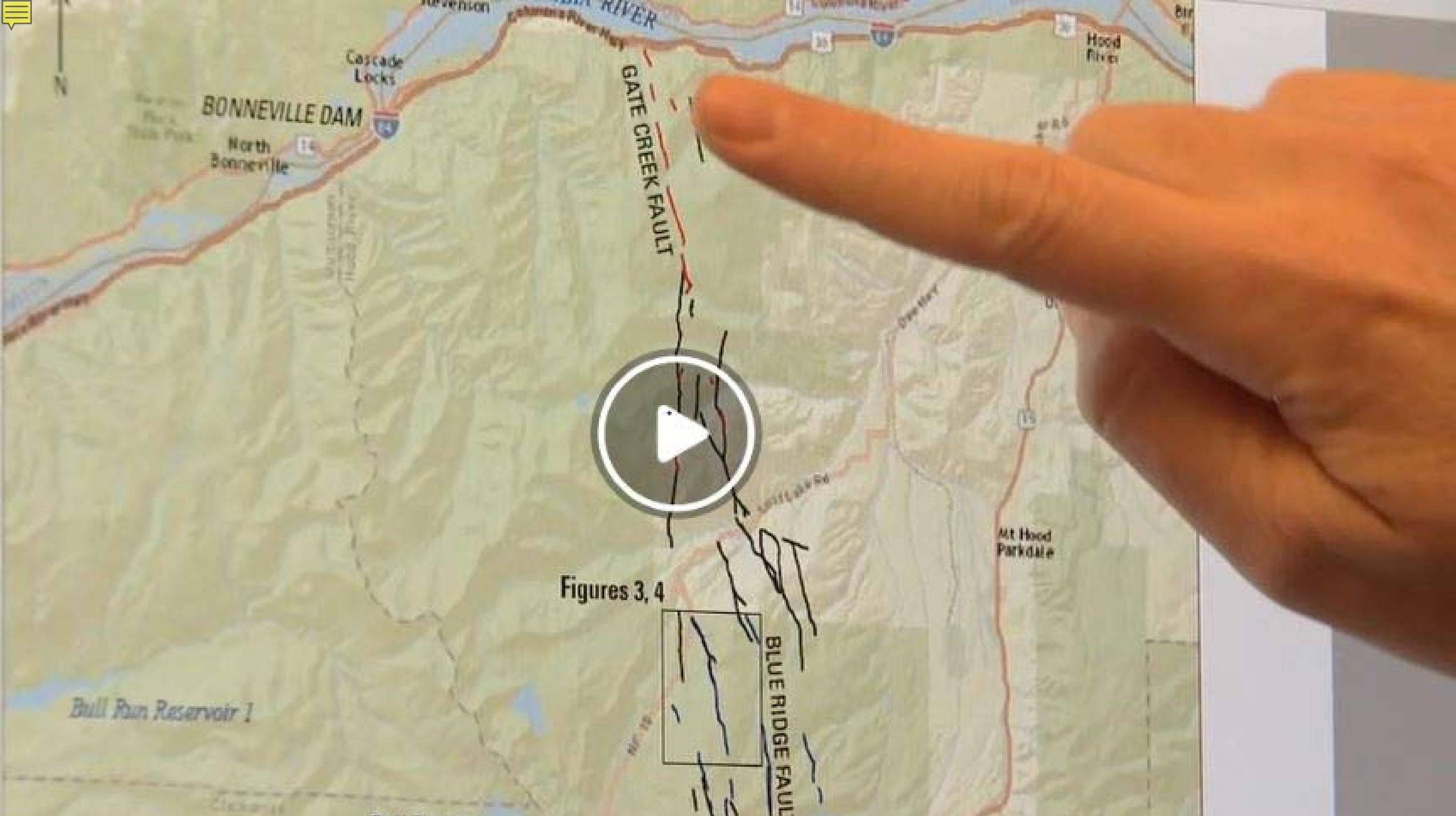


Expected Landslides Through the Gorge



FEMA Projections for Cascadia Earthquake & Tsunami

- 13,000 people will die
- 27,000 people will be injured
- 1 million people will need shelter
- 2.5 million people will need food
and water



BONNEVILLE DAM

North Bonneville

Cascade Locks

GATE CREEK FAULT



Figures 3, 4



BLUE RIDGE FAULT

Bull Run Reservoir 1

At Hood Parkdale

Hood River

N





Tyr·an·ny
is cruel,
unreasonable.

BLM
Another Intrusive
Tyranical Government Entity
Doing What They Do Best

Nearly every year our region has been hit with some type of disaster or emergency that closes I-84 for several days and limits our ability to get food and water to our most vulnerable populations. These serve as “mini-drills” for much larger disasters.

- **Consider the rule of 2's:**
- What will you do & where will you go in the first 2 minutes?
- What will you do & where will you go in the first 2 hours?
- What will you do & where will you go in the first 2 days?
- What will you do & where will you go in the first 2 weeks?



Follow us on Facebook
<https://www.facebook.com/2WeeksReady>

Step 1: Get a Kit

Food, Water, & Waste:

- 1,500-2,000 calories/person/day
 - 1 gallon water/person/day
 - Waste management
-
- Where do you have some of these items already?





30 years ago, most Grocery Stores had enough food on hand to serve customers for a week with no resupply. Today's modern just-in-time food system has limited that time to just two days.





Grocery store shelves before a winter storm hit the east coast.
Image by Matt Cundill



#14gallons challenge

Waste Management: Avoiding secondary outbreaks following natural disaster





Step 2: Make a plan

Discuss and plan with family



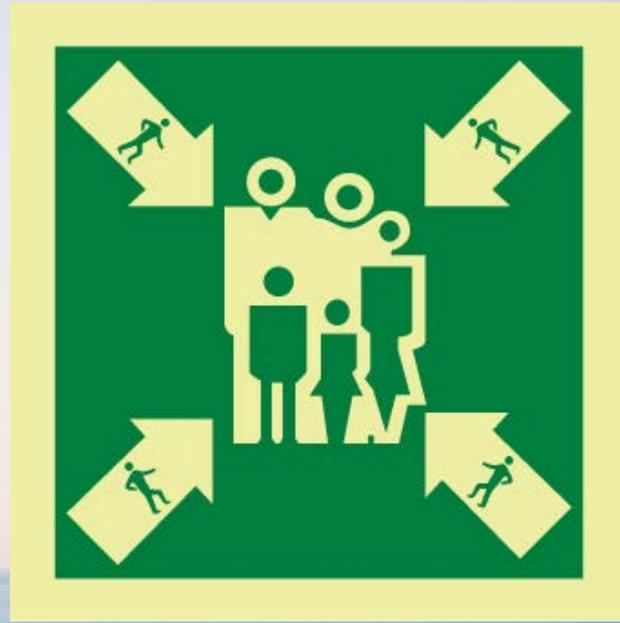


Know how to communicate:
1) Have an out-of-state contact
2) Use simple messages: IMOK





**Know escape & evacuation routes
based on your abilities**



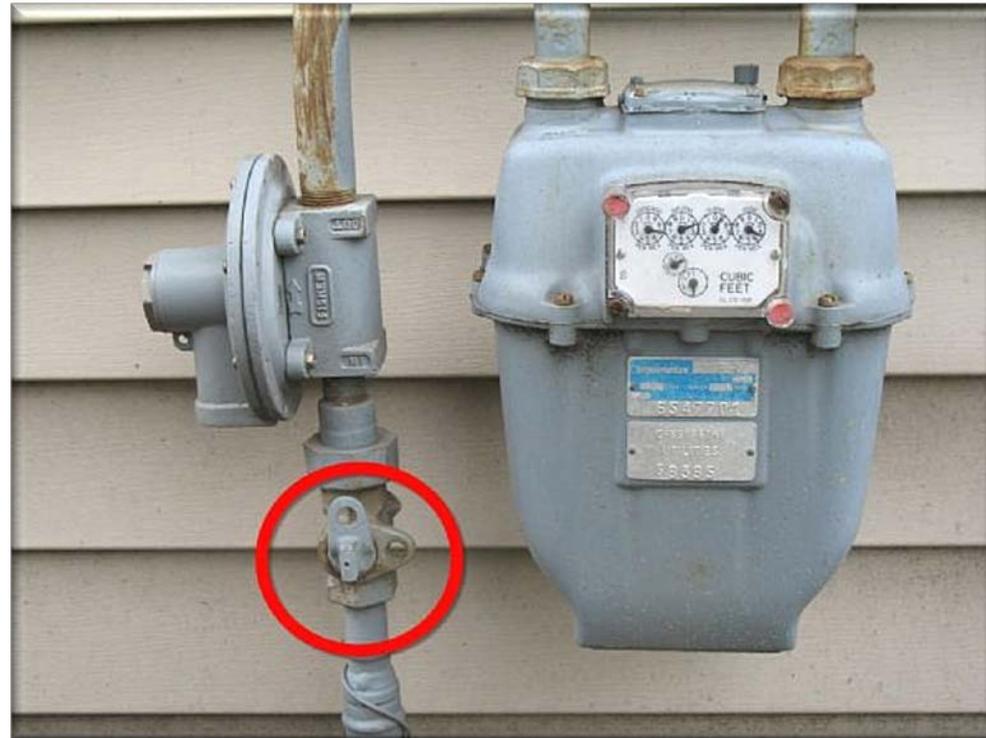
MENTAL MUSTER:

The purpose of a **muster** drill is to prepare passengers for safe evacuation in the event of an emergency while on board the ship and to familiarize crew and passengers with escape routes.





Steps to Being More Prepared



Steps to Being More Prepared

Learn first-aid & safety skills;
Develop a “deeper bench” of
skills in our community





Step 3: Be informed

Steps to Being More Prepared

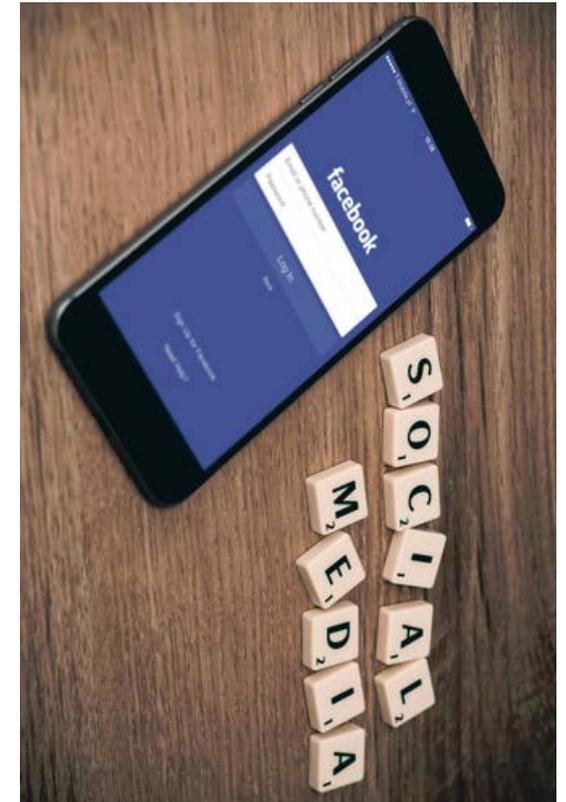
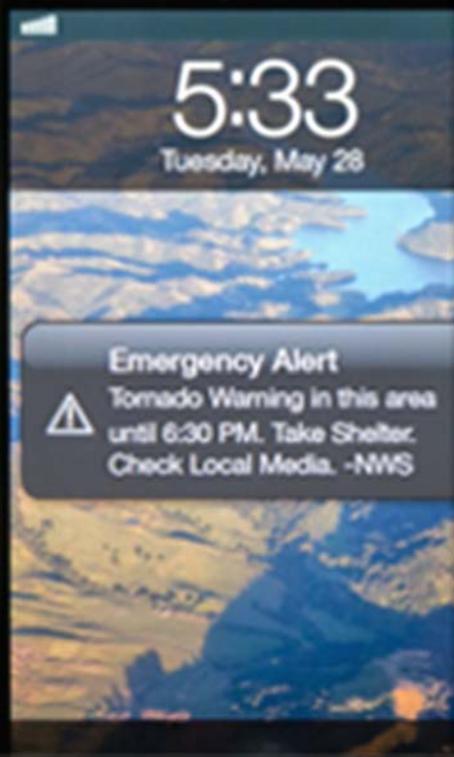
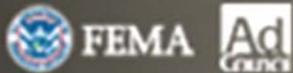
Hood River County Citizen Alert System

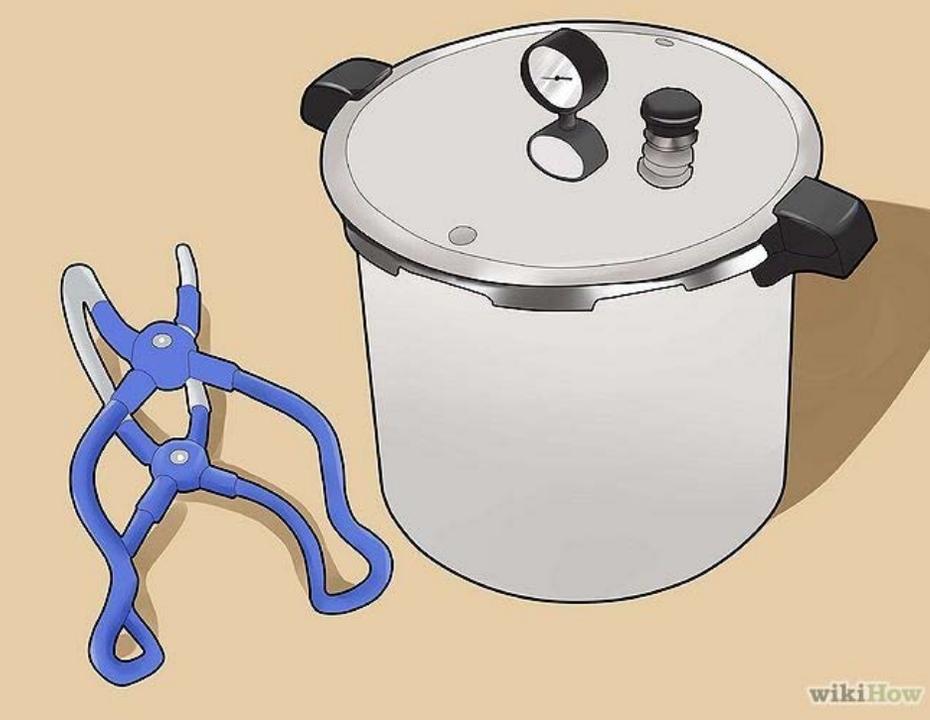
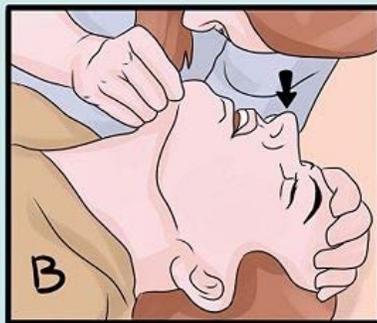
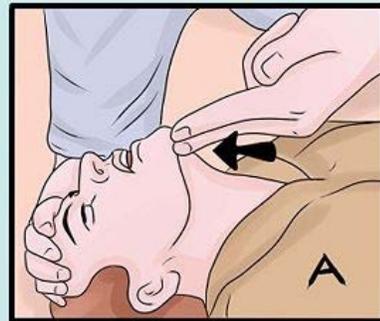
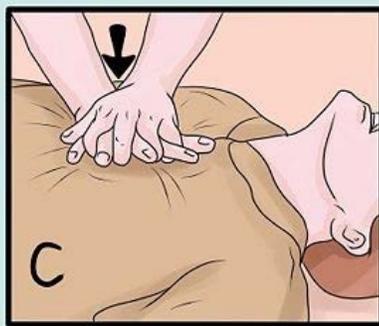
If we can't reach you, we can't alert you



**WIRELESS
EMERGENCY
ALERTS**
FROM
SOURCES
YOU TRUST
[Learn More >](#)

Ready

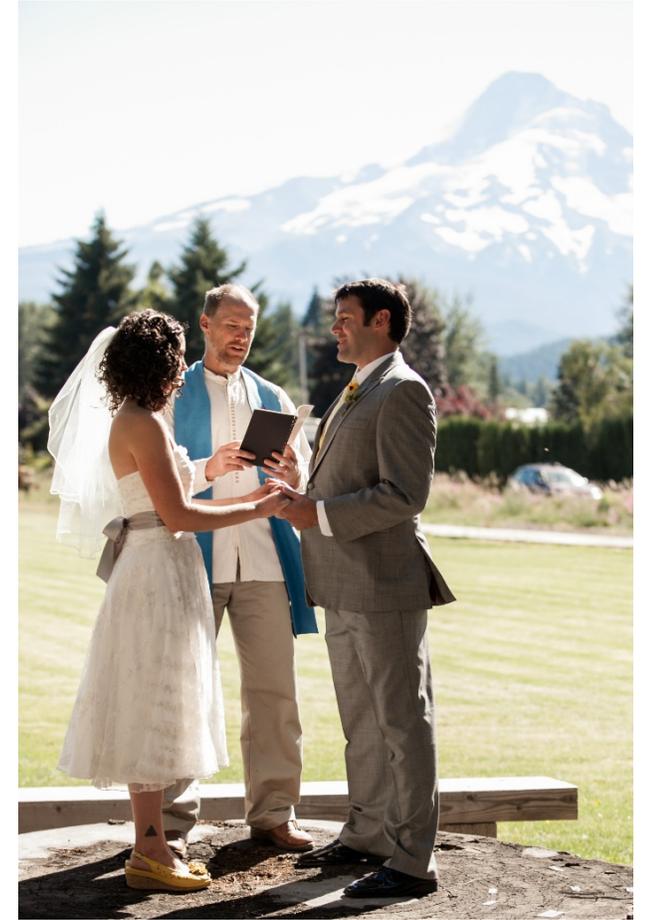




A top-down view of a group of people sitting on a green lawn. Their hands are placed flat on the grass, forming a large circle. The people are wearing various casual clothing and accessories like bracelets and watches. The scene is brightly lit, suggesting an outdoor setting during the day.

What are Benefits of Being More Prepared?

We are used to spending lots of time preparing for life's big events—make this one of them.



“This is an event you set everything to and scale back down if you don't need it.” -FEMA

Consider preparedness a gift to the next generation...





Questions?