



Earthquake Response Core Plan

How to Prepare



What to do



How Rose Villa will Prepare



How Ready Force will Prepare



Why an Earthquake Plan?

The Cascadia Subduction Zone describes the area where three tectonic plates - the Explorer, Juan de Fuca, and Gorda plates - move to the east and slide below the much larger mostly continental North American Plate. That subduction does not go smoothly. Every 400 to 600 years, the Cascadia Subduction Zone creates a massive earthquake that affects the entire Pacific Northwest. The last time we had such an earthquake was in 1700 - over 300 years ago. We will have another one - the only question is when. It could happen tomorrow. It might not happen for 100 years.

Because we know that a massive earthquake will happen eventually, and because it is a much greater threat to Rose Villa residents than flooding, tornadoes, or other natural disasters, the Ready Force decided to begin its disaster planning with a focus on a large earthquake. By preparing for a major earthquake, we also are improving our preparedness for a broad range of other potential disaster scenarios.

Remember the mantra for disaster preparation: be prepared, not scared!

What is the Ready Force?

ReadyForce is a resident team of volunteers who are an important part of the Rose Villa Emergency Response Plan. Ready Force's function is to:

- To be ready to respond to resident aid and help deploy and direct resources in the case of a catastrophic earthquake or crisis event.
- To serve as pocket neighborhood emergency response liaisons by identifying residents who may need special assistance, or who can provide assistance in the case of an emergency or disaster.
- To serve as a resource to residents by promoting emergency preparedness information and community events.

Ready Force's goals are to:

- Become mobilized, equipped and prepared to respond in a crisis at Rose Villa.
- Stay current with state and local recommendations on Emergency Preparedness
- Attend community meetings and training events (like C.E.R.T)
- Create and maintain neighborhood resource maps.

What will Happen in a Major Earthquake?

When the next Cascadia Subduction Zone earthquake happens, it will likely be an 8.0 or greater earthquake. Depending on how much of the subduction zone is affected, it could potentially cause major damage in western Washington, Oregon, and Northwest California. With an earthquake that large, the likely impact will be:

Communication: cell phones, land lines, and the internet will likely not be operating.

Water and sewer lines will likely be damaged, so Rose Villa residents will not have running water nor functioning toilets, and that could go on for weeks.

Electricity will not be available, very possibly for weeks. This will create a particularly challenging problem for people who need assistive devices such as CPAP machines, electric wheelchairs, etc. that require electricity. It will also mean no lighting. Both electric stoves and refrigerators will not work.

Transportation: there will be major damage to roadways as well as to the Portland International airport. This will create a huge challenge for getting relief supplies into the area.

Fuel such as gasoline, natural gas and diesel will not be available other than the fuel Rose Villa has stored. This is because of the roadway disruption (it will be difficult to

transport gasoline), because pipelines will likely be damaged, and because our major storage facilities in the area for gasoline and natural gas are located along the Columbia river on unstable ground that will liquify in a major earthquake, resulting in the loss of that stored fuel.

Food will not be available from local stores because of the transportation difficulties.

Shelter: Wood construction, which is used at Rose Villa, tends to fair well in an earthquake, so most of our residences will not sustain major damage. However, you can expect window breakage (so lots of broken glass) and during the earthquake, items that are not bolted down (televisions, bookshelves, etc.) will likely be thrown around - creating a real danger to residents, unless those items are bolted or tethered to the floor or a wall.

Rose Villa staff may take 72 hours to come to Rose Villa if the earthquake strikes at night or on a weekend (and that is the likely scenario since there are more night-time and weekend hours in the week than work-day hours). Some staff (if they are located across the Willamette, or across the Columbia, or if they have substantial damages and issues to deal with in their own neighborhood)will not be able to get to Rose Villa at all.

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How Rose Villa is Preparing

Communication: Provide 2-way radios & battery powered bull-horns to Ready Force team leaders so so they can communicate with Rose Villa staff during a disaster response.

Water: Rose Villa will store 780 gallons of water, is partnering to obtain water from Willamette View's well, and has a Hurricane Water Filter capable of filtering 160 gallons per hour.

Sanitation: Rose Villa will store 12,000 waste bags to provide to residents. These are inserted in the toilet to collect the waste. The waste-filled bag are then sealed and placed on the front porch for pick-up by Rose Villa staff.

Electricity: Within 72 hours of an earthquake, Rose Villa generators will provide residents with the ability to recharge their electronic devices.

Food: Within 72 hours of an earthquake, Rose Villa will provide 1 hot meal a day for 3 weeks.

First aid/Medical: Rose Villa will provide first aid kits for each neighborhood, and will provide a medical treatment area for injured residents, and transportation of the injured and sick to the treatment area. They will also provide refrigeration for medications.

Shelter: Rose Villa will store 10 rolls of 3 mil plastic sheeting, staple guns, 10 rolls of duct tape, and will provide debris clean-up services.

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How Ready Force is Preparing

Communication: Each Rose Villa neighborhood has a Ready Force leader who is equipped with a 2-way radio and a battery-powered bull-horn, as well as volunteer "runners" for communication.

Water: Each Ready Force neighborhood leader will be have a cache of bottled water, paper cups, and a 20 foot garden hose but you'll still need your 72 hours water supply!

Sanitation: Ready Force will facilitate distribution of waste bags to residents

First aid/Medical: The Ready Force neighborhood leaders will have access to neighborhood caches of first aid supplies and medical supplies. Most Ready Force team members are CERT trained and will be ready to help with triaging residents, providing emergency First Aid, and providing short-term care for wounded and sick residents in each neighborhood.

Shelter: Ready Force neighborhood leaders will have a kit for each neighborhood that includes:

- Box of construction bags
- Box of plastic sheeting
- Roll of duct tape
- Staple gun
- Box cutter

Neighbors Helping Neighbors: Ready Force will facilitate neighborhood meetings to help people get to know their neighbors and learn what to do if an earthquake happens (see pages 6-7).

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How You can Prepare

The more prepared you are for a disaster, the safer you will be. Remember that it may take Rose Villa staff up to 72 hours to arrive at Rose Villa, so for the first 3 days after an earthquake, we all need to rely on ourselves and our neighbors. We strongly urge all Rose Villa residents to make the following preparation:

Communication: Have a cell phone, and a battery-powered (or hand-crank powered) radio to listen to emergency announcements from KOPB at 91.5 FM, our local Primary Entry Point broadcast station for Federal emergency announcements.

Food: Store a 3 day supply - plus food for pets plus food to supplement the 1 hot meal a day Rose Villa will provide for 3 weeks.

Water: Store water for at least 3 days - 1 gallon per person per day - plus water for pets, and obtain a container for transporting water from water dispensing areas Rose Villa will set up.

First aid: Put together a basic first aid kit (see page 8). And if you can, we urge you to obtain First Aid training so you can better take care of yourself and others if a disaster strikes.

Under-the-bed box: Cuts from broken glass are one of the most common injuries in an earthquake, so you want to protect yourself! Store protective equipment in an “under the bed box” so you know exactly where to find it. See the “under the bed box” recommended contents list on page 8.

Medications: Maintain an emergency supply of personal and pet medications

Backup plan for battery devices: Rose Villa has generators that can charge rechargeable batteries. Residents are responsible for having **rechargeable batteries** that can power their CPAP machines, wheelchairs and other electrically-powered devices.

File of Life: Be sure your File of Life is up to date and on your refrigerator!

Shelter: Work with Rose Villa to attach heavy furniture (bookshelves, china hutches, etc.) to the wall so they will not become an injury threat during an earthquake. Obtain a roll of **plastic sheeting** and a roll of **duct tap** to cover broken windows, and identify a central room in your residence that will be your primary shelter (a room where you will remove broken glass, and use your roll of plastic and duct tape to eliminate water leakage and drafts). And we suggest you have at least one **fire extinguisher!** (See the list of “Other” items on page 8.)

Know your neighbors! In the first 72 hours after an earthquake, there may be little assistance from Rose Villa staff. For 3 days, neighbors will be helping each other! So meet your neighbors. **Ready Force will organize neighborhood meetings** where you’ll learn about your neighbors’ skills and the disaster-relevant materials & equipment they have. And at that meeting you’ll identify a post-earthquake neighborhood gathering place for your neighborhood.

What to Do if an Earthquake Happens

Before an earthquake happens, we strongly encourage you to get to know your neighbors! Ready Force members will organize a meetup with your neighbors so you can learn what skills, materials and equipment each neighbor has that might be helpful in an emergency, and note which neighbors may need special assistance after a disaster. In that meeting, identify a Neighborhood Gathering Site where everyone can gather after an earthquake happens.

When an earthquake does happen, **the first 60 minutes are critical** - that's when many lives can be saved. So when an earthquake happens, here is what to do:

During the Earthquake:



After the Earthquake:

1. Take care of your loved ones:

Your first priority is to take care of yourself and your loved ones. As mentioned above, we encourage residents to create a First Aid kit and to obtain First Aid training. Even fairly minor injuries can lead to shock, so treat injuries promptly!



2. Protect your hands, feet and head

Protect yourself from broken glass. Put on leather gloves, sturdy shoes and a hard hat.

3. Place a “Help” or an “OK” sign

Help you neighbors quickly determine whether you are OK or you need help by placing a “Help” or “OK” sign in a window where neighbors can see it.



4. Put your fire extinguisher in front of your residence

After an earthquake, fire fighters will likely not be available for quite some time. Being aggressive about extinguishing fires **when they are small** is critical. To facilitate that, put your fire extinguisher out in front of your residence where it is visible, so if a fire starts, the extinguisher is easily available to you and your neighbors.



5. Go to your neighborhood gathering site

Identify a gathering site with your neighbors before the earthquake happens. At the site, you'll form teams.



6. Form three teams at the gathering site

- Team 1 will listen to KOPB at 99.5, or the a NOA Weather Radio channel and keep neighbors informed of what they learn. Ready Force leaders will monitor their 2-way radio for communications from Rose Villa staff.
- Team 2 will check on neighbors who may need assistance.
- Team 3 will check on all residences with the “Help” card displayed, or with no card displayed.



7. Return to the gathering site

After your Team has completed its work, go back to the Neighborhood Gathering Site and share what you have done and what you learned with your neighbors, and find out what updates are available from Rose Villa staff.

Preparation Lists

We strongly encourage all residents to make the following preparations so far as your time and resources allow. For many more ideas on how to prepare, see the Red Cross publication: *Prepare! A Resource Guide*.

Under the Bed Box	Basic First Aid Kit	Food/Water/Other
Sturdy shoes	Nitrile gloves	Food for the first 3 days..
Leather gloves	Scissors; safety pins	.. and food to supplement the 1 meal per day for 3 weeks that Rose Villa will provide
Hard hat	Gauze rolls	Water for at least 3 days
Flashlight	Sterile pads	Basic first aid training
Pants/shirt	Assorted bandaids	Consider CERT training
	Antibiotic ointment	Medication backup supply
	Cotton balls	Other:
	Disinfectant (wound cleaning)	Duct tape
	Thermometer	Fire extinguisher
	Tweezers	Food/water/meds for pets
	Sanitary wipes	Have Rose Villa attach earthquake straps to heavy bookshelves and china hutches
		Roll of 3 mil sheet plastic (to cover broken windows)



Get involved with Ready Force, and help us with Rose Villa disaster preparedness! We meet on the second Tuesday of each month in the Training Room at 2pm. All Rose Villa residents are welcome!

Neighborhood Gathering Place and Care Center

Neighborhood Gathering Place

During your neighborhood meeting, identify a gathering place that is easily visible to neighbors. This is the place neighbors will gather after an earthquake happens (and after everyone takes care of themselves and their loved ones).

In CERT terms, this is your neighborhood staging area.

Gathering place location:

Neighborhood Care Center

During your neighborhood meeting, identify a neighborhood care center. This is where neighbors who would like some support after a disaster can go. Note that this is different from a CERT Medical Treatment Area. After an earthquake, it often makes sense to keep injured people in-place in their home as long as the home is safe - until a central Medical Treatment Area is established. The care center would be a place for relatively simple first-aid assistance, and for emotional support.

Care Center Location: