

**From:** [Phelan, Megan](#)  
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**Attachments:** [image001.png](#)  
[2022 LO EPC WEEK 1 CHALLENGE photo go kit.pdf](#)  
[image002.png](#)

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Hello everyone,

I am excited to kick off the first week of our **Emergency Preparedness Challenge!**

I will send out an email each Monday with a PDF document outlining some easy to do tasks for your to accomplish in the week. An easy way to keep track of what these tasks is to use a binder or other document holder, in order to keep these documents handy and to take notes on your progress along the way.

This week we're focused on a "Go-Kit" which is a kit of items you can take with you if you need to quickly evacuate. Many people store their go-kit in their car, and may have one in their house as well. The kit itself should be an easy-to-carry container such as plastic bin, duffle bag or backpack. You can also use a plastic garbage bag if needed. It doesn't have to be fancy - use whatever works for you!

With that, let's get going! Attached please find your initial tasks to complete this week. They include:

- **Task #1 – Photos:** Photos of your household family members and your pets is an important item for your kit.
- **Task #2 – Vehicular Materials, or "Go" Items:** Do you have extra clothes and hygiene supplies in your car?

More to come next week. . .

Megan

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# EMPLOYEE PREPAREDNESS CAMPAIGN

## WEEK 1 PREPAREDNESS CHALLENGE

A “Go-Kit” is a kit of items you can take with you if you need to quickly evacuate. Many people store a “Go-Kit” in their vehicle as well as in their house. The kit can come in useful if you are stuck somewhere with your vehicle.



### Task #1: YOUR PHOTO

- Take a photo and place it in your kit and binder**
  - Take a photo of you and your pets together. If you have a family, take a family photo including your pets. This photo can be used for reunification purposes should you be separated during a disaster.
  - If you live alone or do not own a pet, place a photo of yourself and note that you do not own a service animal or a pet.

### Task #2: “GO-KIT” ITEMS

- This week make sure you have the following items stored in your vehicle and/or Go-Kit bag:**
  - Extra change of clothing and shoes
  - Hygiene supplies, such as hairbrush, toothbrush, toothpaste, etc.
  - Other items/other kits:
    - ✓ If you already have these items, add some items to make you more comfortable. These may include entertainment (deck of cards, word/math puzzle books, etc.) or a pillow and blanket.
    - ✓ If you feel comfortable with your kit, consider helping your family members make a kit.
    - ✓ If you have children, check with their school, daycare provider or sitter, to see if they will store your child’s kit in case of emergencies.
    - ✓ Visit sites for inspiration:
      - <http://rdcrss.org/1PEaXyp>
      - <https://www.ready.gov/build-a-kit>
      - <http://bit.ly/2n4lgan>
      - <https://www.asecurelife.com/72-hour-kit/>
      - <https://www.wunderground.com/prepare/disaster-supply-kit>

# EMPLOYEE PREPAREDNESS CAMPAIGN

## WEEK 8 PREPAREDNESS CHALLENGE

### Task #10: MAKING PLANS FOR GETTING TO SAFETY

- **Make a Family Disaster Plan and place with your other important documents in your kit**
  - Create your family's disaster/emergency plan.
    - ✓ Visit this site for more helpful tips on how to build a family disaster plan  
<https://www.fema.gov/blog/have-emergency-plan-your-family>
    - ✓ Use a template. Check out these sites for examples:  
<http://bit.ly/2wCeG0e>  
<http://rdcrss.org/2tJPAMU>
  - Create a reunification of family and pets plan
    - ✓ Check out this resource for information on developing a plan  
<http://bit.ly/2BoWPbP>
  - Develop a sheltering in place plan
    - ✓ You can learn more about sheltering in place here:  
<https://www.fema.gov/emergency-managers/national-preparedness/plan/evacuation-shelter-in-place>



### “STAY-KIT” ITEMS

- **This week make sure you have the following items stored in your stay kit:**
  - Toiletries – toothbrush, toothpaste, other hygiene items you may require
    - ✓ Look at discount stores for inexpensive items
    - ✓ Stock up samples from the Wellness fair booths or Open Enrollment
    - ✓ Ask your dentist for samples
  - First aid kit
    - ✓ Check out sites like Groupon or Amazon for deals
    - ✓ Look on Pinterest or other sites for suggestions on how to build your own inexpensive kit

# EMPLOYEE PREPAREDNESS CAMPAIGN

## WEEK 12 PREPAREDNESS CHALLENGE

### “STAY-KIT” ITEMS

- **This week focus on wrapping up your Stay-Kit:**
  - Add familiar or new family activities if the electricity is out for an extended period of time
    - ✓ Include games, puzzles, or other items to make you and your family more comfortable
    - ✓ Pre-charge any power banks so you can power small electronic devices
  - Add any tools
    - ✓ Any tools you may need to turn off your water or gas. Don't know how? Check out this site <http://bit.ly/2gQKxk3>
    - ✓ Place them in an easily accessible location or in your kit
  - Any other items you or your family need



### Task #14 (final one!): DISASTER PLAN DRESS REHEARSAL

- **This week you will practice the plans you have created with your family.**
  - After you practice, revise your plan as needed
  - Provide your family copies of the revised plan
  - Try practicing the revised plan