

# Cascadia Action Steps

It's time to get ready

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OREGON STATE UNIVERSITY EXTENSION SERVICE

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By practicing a positive outlook, you can prepare to remain calm and resilient in the aftermath of an earthquake or tsunami.

## Introduction

*Cascadia Actions Steps* explains how Oregon residents and guests can prepare to survive and rebuild after the expected Cascadia earthquake and resulting tsunami.

This checklist is a companion piece for Oregon State University Extension Service's free online training, *Preparing for the Cascadia Subduction Zone Event*. The sessions (<https://beav.es/Cascadia>) are open to everyone. They include videos, narrated presentations, virtual reality simulations, interactive maps, articles and other resources exploring what the megaquake and tsunami will be like and how those affected can manage the subsequent recovery.

Scientists say there is a 37 percent chance that a major earthquake will occur along the Oregon Coast sometime within the next 50 years. The earthquake is expected to come from a rupture of the 600-mile fault called the Cascadia Subduction Zone, which sits from 70 to 100 miles off the Pacific Coast.

The fault is building up pressure and has the potential to produce a magnitude 8.0 to 9.0 earthquake with five to seven minutes of shaking and a tsunami.

Save this publication and use it as a checklist as you take the online training and make preparations. Additional tips are available in the publication *No Power? No Problem: Tips to Help You Thrive in the Face of Disaster* (EM 9278) at <https://catalog.extension.oregonstate.edu/em9278>.

## Take the sessions

**Preparing for the Cascadia Subduction Zone Event** sessions are free at <https://beav.es/Cascadia>.

- *Module 1: The Evidence* features scientific and cultural evidence that one of the world's largest naturally recurring disasters occurs about every 250 to 500 years. The last one was Jan. 26, 1700.
- *Module 2: The Experience* shows what to do during and after the Cascadia earthquake and tsunami. The Cascadia Simulator provides a virtual reality experience that will help condition your brain for 5–7 minutes of shaking.
- *Module 3: It's Time to Get Ready!* provides information, tips and outlines steps to take to plan, prepare, recover and rebuild.
- *Module 4: Professional Level Basics* provides additional information for neighborhood leaders or agency and organization staff and volunteers who hold emergency or preparedness assignments.

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# Cascadia Action Steps

Directions:	Who is responsible? (initials of family member)	When should this be completed? (note date, i.e., 10/20/20)	Completed? (When it's done, check it off!)
<b>PLANNING</b>			
Practice Drop, Cover and Hold On now and every 6 months ( <i>See Module 2</i> ).			
Get a fire extinguisher and learn how to use it.			
Prepare a written <b>Emergency Financial Plan</b> using a free kit from experts. ( <i>See Module 3, session 3.1</i> )			
<ul style="list-style-type: none"> <li>▪ Explore earthquake insurance.</li> <li>▪ Make copies of important papers for my Emergency Kit.</li> </ul>			
Keep at least a half-tank of fuel in my vehicle at all times.			
Make written copies of my <b>Family Communications Plan</b> for each family member ( <i>See Module 3</i> ).			
<ul style="list-style-type: none"> <li>▪ Establish a meeting place in my neighborhood.</li> <li>▪ Establish a meeting place outside my neighborhood.</li> <li>▪ Secure an out-of-area contact person.</li> <li>▪ Write down emergency numbers and make a copy for each family member.</li> <li>▪ Find an alternative place to stay.</li> <li>▪ Explore school or day care emergency plans.</li> </ul>			
Review, update and practice my plan every 6 months.			
Regularly scout and walk tsunami evacuation routes when at the coast ( <i>See Modules 1 and 2</i> ).			
Other:			
<b>EMERGENCY KITS</b>			
Store 1 gallon of water per person per day needed for 2–4 weeks.			
Prepare a system to purify water.			
Assemble a first aid kit.			
Arrange with doctor for extra medication for 1–3 months.			
Stock up on food for 2–4 weeks.			
Prepare a sanitation system for managing human waste.			
Assemble basic tools.			
Get a NOAA weather radio.			
Consider maintaining a landline phone.			
Keep cell phone charged.			
Explore solar power or portable chargers.			
Duplicate keys.			
Store cash (small bills).			

<b>Directions:</b> <ul style="list-style-type: none"> <li>▪ Select action steps you plan to take.</li> <li>▪ Planning with others can be beneficial.</li> <li>▪ Use a calendar to help organize your steps.</li> </ul>	<b>Who is responsible?</b> (initials of family member)	<b>When should this be completed?</b> (note date, i.e., 10/20/20)	<b>Completed?</b> (When it's done, check it off!)
Prepare "2 to 4 Weeks Ready" Home Emergency Kit.			
Prepare Grab-N-Go Emergency Kit.			
Prepare Car or 72-hour Emergency Kit.			
Prepare Work/School Emergency Kit.			
Prepare Child's Comfort Emergency Kit(s).			
Prepare Pet Emergency Kit(s).			
Check and update kits every 6 months.			
Other:			
<b>IDENTIFY HAZARDS AND REDUCE RISK</b>			
Secure heavy furniture to wall to prevent tipping.			
Secure heavy decorations to wall.			
Secure water heater to prevent tipping.			
Secure wood stove to prevent tipping.			
Secure propane tank to prevent tipping.			
Secure house to foundation.			
Add reinforcement to the cripple wall under the house.			
Reinforce the chimney.			
Other:			
<b>EMOTIONAL RESPONSE</b>			
Prepare to be calm and resilient by practicing a positive outlook.			
Find ways that help me manage stress.			
Establish healthy routines (sleep, exercise, healthy eating).			
Increase patience with myself and others.			
Connect with others for strength and hope.			
Practice living off my disaster supplies over a weekend and identify any gaps in my preparations.			
Other:			
<b>SUPPORT YOUR NEIGHBORHOOD OR COMMUNITY</b>			
Connect with neighbors to share skills and resources.			
Take a mental health first-aid class.			
Take a wilderness first-aid class.			
Take a CPR class.			
Join a Community Emergency Response Team (CERT).			
Participate in the Great Oregon Shakeout in October.			
Other:			

## For more information

2 Weeks Ready, Oregon Office of Emergency Management: <https://www.oregon.gov/OEM/hazardsprep/Pages/2-Weeks-Ready.aspx> and <https://www.oregon.gov/oem/hazardsprep/Pages/Preparedness-Publications.aspx>

*CERT Basic Training Participant Manual*. 2019. Federal Emergency Management Agency: [https://www.ready.gov/sites/default/files/2019.CERT\\_.Basic\\_.PM\\_FINAL\\_508c.pdf](https://www.ready.gov/sites/default/files/2019.CERT_.Basic_.PM_FINAL_508c.pdf)

Disaster Preparedness, Response, and Recovery, Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/disaster-preparedness>

*Recovery after Disaster: The Family Financial Toolkit*, University of Minnesota Extension: <https://extension.umn.edu/financial-recovery/recovery-after-disaster-family-financial-toolkit>

Financial Recovery After Disaster video series, University of Minnesota Extension <https://extension.umn.edu/financial-recovery/financial-recovery-after-disaster-video-series>

Mental Health First Aid USA, National Council for Behavioral Health (course and manual): <https://www.mentalhealthfirstaid.org/>

*Prepare! A Resource Guide*. American Red Cross Cascades Region. 2020: <https://www.redcross.org/content/dam/redcross/uncategorized/11/redcrossprepareguide.pdf>

Local American Red Cross office or [www.redcross.org/cascades](http://www.redcross.org/cascades)

Ready.gov, Federal Emergency Management Agency (FEMA): <https://www.ready.gov/>

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