

Department of Human Services

Safety, Oversight, and Quality

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TO: Nursing Facilities

FROM: Safety, Oversight, and Quality



RE: Tsunami safety/Emergency Preparedness



The Oregon Office of Emergency Management reminds us that tsunamis are a real hazard for coastal communities in Oregon. Long Term Care facilities must prepare in advance to know exactly what to do in such an event.

Early this week a 7.9 earthquake occurred southeast of Kodiak Island, Alaska. (It was originally reported as having a magnitude of 8.2.) This event prompted tsunami warnings all along the Canadian, Washington, Oregon and California coastline.

Fortunately, the tsunami warnings for those coastal areas were later cancelled, but this type of event serves as a reminder about the importance of being prepared for the unexpected. **Now is a good time to re-evaluate your facility's emergency preparedness plan and the emergency provisions and supplies as required by OAR 411-086-0320.**

All licensed long term care facilities providers must prepare and maintain a written emergency preparedness plan in accordance with the OFC.

Many resources to help you in developing and re-evaluating your emergency preparedness are available online.

1. Oregon Office of Emergency Management:

<http://www.oregon.gov/OEM/hazardsprep/Pages/Preparedness-Publications.aspx>

2. www.Ready.gov:

- Build a Kit: <https://www.ready.gov/build-a-kit>

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find, and any one of them could save your life. Headed to the store? [Download a printable version](#) to take with you. Once you take a look at the basic items, consider what [unique needs](#) your family might have, such as supplies for [pets](#), or [seniors](#).

After an emergency, you may need to survive on your own for several days. Being prepared means having your own [food](#), [water](#) and other [supplies](#) to last for at least 72 hours. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

- Make a Plan: <https://www.ready.gov/make-a-plan>

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

- Be Informed: <https://www.ready.gov/be-informed>

Know what disasters could affect your area, how to get [emergency alerts](#), and where you would go if you and your family need to evacuate. Check out the related links to learn what to do before, during and after each type of emergency.

3. American Red Cross: <http://www.redcross.org/>