

Dr. Sheila Sund's February 6 Talk: Prepare for the Big One

In the middle of a deep, dark night, Stoneybrook villagers are snug in their beds. Suddenly, shake, rattle, and roll! **Shake, rattle, and roll!?** Who let Bill Haley & His Comets in the bedroom?! Whaaaa? No, it's the Big One! Whadda I do?

First, warned Dr. Sheila Sund, a medical doctor with years of preparedness experience for a Cascadia subduction zone quake, don't run like a bat out of hell out of the house. In her February 6 Zoom presentation to SVOA and South Sunset Neighborhood Association members, Dr. Sund advised us to pull our pillow and covers over our heads to protect ourselves from falling debris (like that artwork above the bed) and wait for the shaking to subside. Call to others in the house to be sure they are okay. Then get your flashlight from your go-bag (firmly attached to your bed frame). Put on your shoes (ditto, they're in the bag). Take a really deep breath.

Whether or not you smell gas, carefully make your way outside through the debris and turn off the gas using the wrench you've attached to the shut-off valve with a breakable tie. (Fire can be the number one danger after an earthquake.) Back indoors, make your home as safe as you can, moving debris out of the way, cleaning up broken glass, etc. You'll quickly discover you have no electricity, no water, and no internet or cell service. Be prepared to wait days or weeks for utilities to be restored. In the worst case scenario, such as an 8 or 9 level quake, roads will be rubble, bridges will be down everywhere, cell towers will be toast. Forget crossing the Willamette or Marys River. You are stuck in Corvallis.

Get your act together before disaster strikes. Dr. Sund recommends you do the following.

Within the next **week**:

- Every shopping trip, buy two gallons of drinking water to stash under the sink
- Create a written family emergency plan; give a copy to everyone in the household
- Establish meeting place(s) in case you are away from your home
- Create lists of phone numbers and addresses—on paper!
- Have a single out-of-area contact for the household
- In a secure place, store paper copies of essential documents such as medication lists, medical histories, insurance and home ownership documents
- Bring essential medications with you everywhere (minimum 7–10 day supply)
- Stash some cash
- Load ShakeAlert® on your cell phone ([USGS ShakeAlert® Earthquake Early Warning System](#))

Within the next **month**:

- Set up emergency lights throughout your house; have lots of batteries on hand!
- Bolt fire extinguishers to the wall; show family members where they are and how to use them
- Teach yourself and family members how to turn off gas, electricity, and water heater
- Fill go bags with essentials for every member of the household—pets included

- Stock food, water, medications, and pet supplies (minimum 14 days)
- Earthquake proof your home (such as bolting bookshelves to the wall)
- Get earthquake insurance (and sell your beach house!)

If you are away from home when the Cascadia quake hits, your car may be your base of operations. Do not neglect your car in your Big One preparations! Your gas tank should always be at least half-full. Stow an emergency bag in you car that contains:

- Flashlight (headlamp) and batteries
- Work clothes, gloves, shoes
- First aid kit and maps
- Blanket and poncho
- Calorie dense durable food for people and pets, fresh water, and a water purification kit
- Cash and copies of essential documents

What if you are on the coast when you get an earthquake warning or the ground starts shaking? Drop, cover, and hold on to whatever you can find! After the shaking stops, that is the time to run like a bat out of hell for the highest ground you can reach. More likely than not, a tsunami is 10 minutes from the shore. This wave could be 100 feet high! Think ahead!

Use these links to see the video and slides of Dr. Sund's highly informative presentation.

Video: <https://www.youtube.com/watch?v=EevINGCioYg>

Slides: https://drive.google.com/drive/folders/13T7H_gBUZmPNYquXkkd5nD6mKY0pQG5y