

WELLNESS TOOLKIT

Wildfire Resources & Preparedness



Things to Consider Before a Wildfire:

Personal Preparedness

- Know your neighbor. In rural areas, your neighbor can be at your home faster than any emergency response. Establish lines of communication to notify each other in the event of a wildfire.
- Have a family evacuation plan.
 - Make sure everyone in your family knows your meeting place ahead of time.
 - Keep your car fueled, in good condition, and keep an emergency supply bag in it. Back into your parking space if possible.
- Sign up for critical emergency alerts [here](#).
- Check your insurance policy.
 - Questions about insurance? Speak to a consumer advocate.
 - 503-947-7984, 1-888-877-4894 (toll-free)
- Consider your mental wellness and emotional safety during stressful times. How do you feel safe? Who can you lean on? Plan now and see our mental wellness resources on the final page of this toolkit.



6 P's of Evacuation Go-Bag Preparedness:

1. People and pets (have a plan for each individual's needs!)
2. Papers, phone numbers and documents (Photo ID, social security cards, title/deed, insurance info, account numbers)
3. Prescriptions, vitamins and eyeglasses
4. Pictures and irreplaceable memorabilia
5. Personal computers, hard drives, cellphones, chargers, batteries, etc.
6. Plastic (credit cards, ATM cards) and cash

More in depth info for go-bags [here](#).

PREPARE NOW YOU ARE NOT ALONE

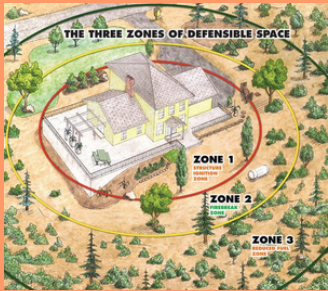
There are many local and state-level resources for wildfire preparedness, prevention, recovery, and relief. Planning for disaster now is important and much easier than waiting until wildfire strikes. This toolkit will address various factors to consider before, during, and after a wildfire.



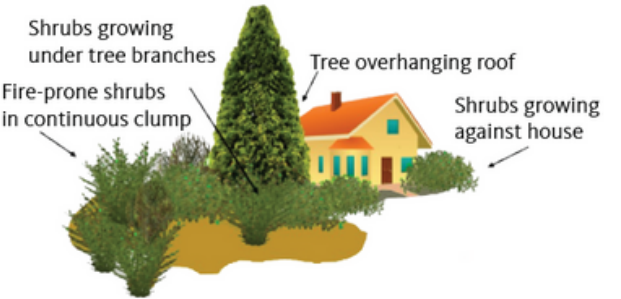
Before a Wildfire

The Home Ignition Zone (HIZ) is the home and everything around it out to 100 feet. The condition of your HIZ is the primary factor that determines whether your home will survive a wildfire. The good news is that there is much you can do to reduce your risk! The HIZ has three zones:

- 1.The immediate zone, which includes the home and extends outward for 5 feet.
 - 2.The intermediate zone, which extends from 5 to 30 feet.
 - 3.The extended zone, which extends from 30 to 100 feet (more on steeper slopes).
- Review [this checklist](#) from OSU Extension Service to see how you can prepare your home and add defensible space (area around a structure that has been maintained and designed to reduce fire danger).
- Take photos & videos of your home and property, inventory of your valuable items.



FIRE-PRONE LANDSCAPE



FIRE-RESISTANT LANDSCAPE

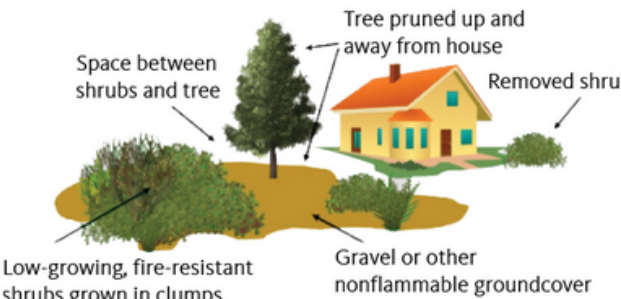


Illustration: Cat Kizer, © Oregon State University

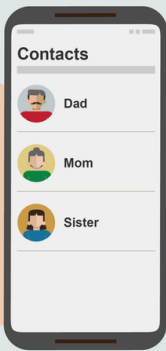
Things to Consider During a Wildfire

If a wildfire is near your community, be alert and ready! If you feel afraid, don't wait. Evacuate while there is still time and go to a place that officials say is safe and open. Always follow evacuation instructions from emergency officials.

OREGON HAS THREE LEVELS OF EVACUATION

- Level 1: Evacuation means “BE READY” for potential evacuation.**
 - Be ready to leave and be aware of the danger that exists in your area.
 - Stay up to date on where wildfires are located.
 - Consider unique evacuation needs of family members living with disabilities or animals/livestock safety, and whether you need to relocate now.
 - Emergency alerts may notify you if conditions worsen.
- Level 2: Evacuation means “BE SET” to evacuate.**
 - Be prepared to leave at a moment's notice and have your “to-go” bag ready.
 - Consider moving to a shelter or stay with family and friends.
 - Continue to monitor conditions and listen to officials.
- Level 3: Evacuation means “GO” evacuate NOW – leave immediately!**
 - You are in danger. Evacuate immediately.
 - If you choose to ignore this alert, you must understand that emergency services may not be available to assist you further.
 - DO NOT delay leaving to gather any belongings or make efforts to protect your home.

Emergency Plan



Call Contact



Things to Consider After a Wildfire

Returning Home After a Wildfire:

- Only return home when officials say it is safe.
- Photograph property damage and inventory your property, contact your insurance company for help.
- Be mindful of the environment! Avoid hot ash, charred trees, smoldering debris, and live embers. Hot debris can burn you, children, pets, and livestock.

Resources for Survivors

Wildfire Recovery and Response

- Oregon Office of Emergency Management (OEM) can assist with obtaining hazardous tree material, damage assessment, sheltering/housing, and federal assistance.

- Wildfire Debris Cleanup Hotline: 503-934-1700

Health and Social Services

- The Community Action Network can provide great support in many areas during or after a disaster, including but not limited to advocacy, childcare, domestic violence assistance, transitional housing, shelters, rent assistance, food, and transportation. Each Community Action Agency (CCA) is local and offers a wide variety of programs. Scroll to the bottom of [this page](#) to find your local CCA and direct contact information.
- 211 connects Oregonians with health and social services, including but not limited to food, housing, rent and utility assistance, childcare, emotional support, and health services. <https://www.211info.org/>

Food Assistance

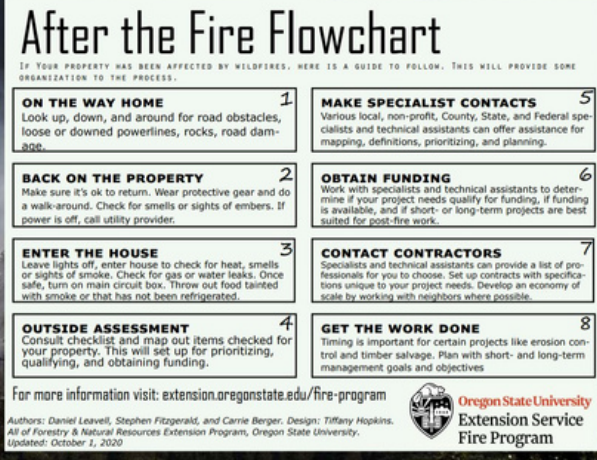
- Oregon Food Bank. Find food nearby. foodfinder.oregonfoodbank.org

Legal Assistance

- Legal Aid Services of Oregon's Disaster Relief Program provides free civic legal services to low-income Oregonians on many wildfire-related legal issues, including denials of FEMA assistance. To find out if you qualify for services, please call the Wildfire Disaster Relief Hotline: (844) 944-2428. Hours of operation are Monday through Thursday (9AM to 4PM) and Friday (9AM to 11:30AM). Spanish speaking staff are available.

Mental Wellness

- The Lifeline (1-800-273-8255) is 24/7, free, and confidential support if you are in distress or crisis and require mental health support.
- COWOP offers emotional support and resource navigation for people in Oregon impacted by the pandemic and wildfires. Call us: (971) 420-1028 (English) and (971) 420-1018 (Spanish).
- SAMHSA's Disaster Distress Helpline provides 24/7 crisis counseling and support to people experiencing emotional distress related to disasters. Call or text 1-800-985-5990 to speak with a trained professional.



**AN EMERGENCY CAN BE STRESSFUL.
CHECK IN WITH YOURSELF TO SEE IF
YOU MAY NEED ADDITIONAL SUPPORT.**

Here are some common responses to disaster:

- Excessive fear and worry
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, and/or alcohol and other substances
- Sensitivity to environmental factors
- Strained interpersonal relationships

Call your healthcare provider if stress gets in the way of your daily activities.

- Recognizing and understanding your thoughts, feelings, and behaviors can help you cope while you are on your path to recovery.
- Be patient and give yourself grace, it takes time to adjust. Allow yourself to mourn your losses and feel your grief. Give yourself permission to feel positive emotions as well. They are all valid.
- Ask for support from the people who care about you!
- Communicate your experience; talking, journaling, creating art, or attending a support group.
- Lean on your healthy behaviors; eat healthy, move your body, go outside, get regular sleep.
- Help others and connect with your community.



If you notice that your distressing feelings aren't lessening or they are getting in the way of your daily life, seek support from a trained professional. Find a therapist who meets your needs on [Psychology Today](#)!