

BEDROOM EMERGENCY KITS



Imagine this...you're asleep and suddenly you hear a tree hitting the side of your house and your bedroom windows break, shattering glass across the floor. Or, an earthquake has happened and your bedroom now has broken glass and a jammed bedroom door. There you are in bed. What do you need immediately to start checking on everyone and everything?

What to put in your kit:

- 1** Plastic or metal box under or near your bed to store the following items
- 2** Hard sole shoes to protect your feet from glass shards you can't see
- 3** Sturdy gloves (leather or sharp resistant) to pick up glass shards
- 4** Glow sticks you snap for instant light and can toss anywhere
- 5** 12" crowbar to free that jammed door
- 6** Whistle to attract attention if you become trapped
- 7** Basic First Aid Kit

Consider also keeping nearby:

Flashlight or headlamp with good batteries, Hand crank battery for charging phones and devices, Multi-use tool, Battery powered emergency and weather channel radio, Helmet

Neighborhood Emergency Teams (NETs) are volunteers trained by Portland Bureau of Emergency Management to provide emergency disaster assistance within their own neighborhoods.

To find out how you can become a NET, email southwesthillsnet@gmail.com or visit www.portlandoregon.gov/pbem/31667