



# Emergency Preparedness Newsletter January 2026



## ARE YOU PREPARED FOR THE NEXT DISASTER OR EMERGENCY?

Disasters are a matter of *when*, not *if*. Make sure you're prepared by practicing and preparing for emergency situations before they happen.

## How to Protect Yourself During a Power Outage

### Preparing for a Power Outage

Take an inventory of the items you need that rely on electricity. Plan for batteries and other alternative power sources to meet your needs when the power goes out, such as a portable charger or power bank. Have flashlights for every household member. Determine whether your home phone will work in a power outage and how long battery backup will last.



### Know Your Medical Needs

Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.

### Using Appliances During Power Outages

Install carbon monoxide detectors with battery backup in central locations on every level of your home. Avoid carbon monoxide poisoning. Generators, camp stoves or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home. Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary surges or spikes that can cause damage.



### Food Storage

Have enough nonperishable food and water. Keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary. Monitor temperatures with a thermometer. Throw out food if the temperature is 40 degrees or higher.

## Could you leave your house in a moment's notice?



Important items cannot be assembled in an instant! It is imperative to plan ahead before an emergency. Key items that will help ensure your survival include: wallet/purse, keys, glasses, cell phones, chargers, cash, credit cards, checkbooks, bills to pay, pets, carriers, leashes, pet food, vet information, seasonal clothing, shoes, coats, hats, gloves, hearing aids, extra batteries, medications, flashlights, documentation of your personal property, vehicles titles, deeds, insurance, income tax, and financial statements, medical information, and wills. This list continues on and on, and we haven't even talked about food, blankets, water, etc!



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## Winter Time Tune Up!



Do you have an emergency car kit? Now is the time to prepare! Items stocked in your car include jumper cables, flares or reflective triangles, ice scrapers, car cell phone charger, blanket, extra warm clothes, non-perishable food, water, map, cat litter or sand (for better tire traction). You will want to keep your gas tank full in case of evacuation or power outages. Install good winter tires. Do not drive through flooded areas. Six inches of water can cause a vehicle to lose control or possibly stall. A foot of water will float many cars. Do not use cruise control when driving on slippery, icy, snowy roads, or during heavy rainfalls. If a power line falls on your car, you are at risk of electrical shock. Stay inside until a trained person removes the wire. It is also very important to have water and non perishable food items on hand.

If driving in severe weather, remember to SLOW DOWN! Accelerate and decelerate slowly. Increase your following distance to five to six seconds. Apply steady pressure when braking. Don't stop if you can avoid it. There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. Don't power up hills. Applying extra gas on snow-covered roads will just make your wheels spin. There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill. The safest course is to stay home if you don't have to drive in bad conditions.

Winters can be tough in Oregon, but hopefully, following these tips and ideas will help things run smoothly until the warmer temperatures return. It probably doesn't feel like it, but Spring is just around the corner!

For more emergency preparedness tips, visit FEMA's website, [ready.gov](http://ready.gov).



The City of Brownsville has Emergency Preparedness Information on their website, [www.ci.brownsville.or.us](http://www.ci.brownsville.or.us). The website covers topics such as a 72 Hour kit, the Linn County Orange Book, electrical outages, etc. You can also access the Central Linn Community Emergency Preparedness Committee page at <http://clcepco.org/>. You will find lots of great information!