



## Let's Talk Disaster Resilience

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### Article 3

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In the blink of an eye the world has a whole new meaning to the words “emergency preparedness.” Who knew that our “tsunami” would be a microbe undetectable to the naked eye?

Regardless of the disaster the basics of personal preparedness are the same. You must first care for yourself and your family. By doing so you are caring for your neighborhood and community.

1. Personal protective equipment is personal protective equipment. It has not changed: **gloves, masks, and eye coverings as needed**. Gloves are one time use only. Do not touch the shopping cart and your steering wheel with the same pair of gloves. Cloth masks are not meant to protect you. They are meant to protect the other person from you. Wash your cloth mask after each use. Soap and water/hand sanitizers are your friends. Use them often. Don't touch your face.

2. Assess the situation before acting. How many people are in the store? Is the store taking precautions?

3. Don't put yourself in harm's way. Stay home as much as possible. Stay 6 feet away from the next person.

Covid-19 is our new reality, our latest disaster. Be safe. Be resilient. And just like after any disaster, life will not be the same.

Sign up for updates from the Oregon Health Authority at <https://www.oregon.gov/oha>.

And now that you are spending most or all of your day at home, this is the perfect time to check your Go Bags. What do you still need? Anything expired? Make the list, go online and order what you need. If you have access to a printer, copy critical documents (or take smartphone pictures) and send them to someone out of state. Time to get a radio.

Stay home. Stay healthy. Stay safe.