



Little Whale Cove Emergency Guide

Updated: August 1, 2022

Attention

First Responders!

**The back pages of this
Guide may provide
important **medical
information** about the
occupant(s) of this home.**

About This Guide: The mission of the LWC Safety Committee is to help residents prepare for, and respond to **declared** (i.e., by agencies) and **discovered** (by you) **emergencies**, and to care for one another when disaster strikes. This guide is for quick reference only. A detailed ***Emergency Plan*** is updated and posted on www.lwcha.org, and permits public access.

Hint: After you receive your copy of this guide, place a **RED** dot at your home's location on the maps in this guide.

Communications & Information

(If your phones &/or Internet are working)

All Emergencies 911

Depoe Bay Fire Department (non-emergency).....	541-764-2202
Little Whale Cove Office.....	541-765-2489
Little Whale Cove (after hours).....	541-270-2889
NW Natural (24/7 gas leak).....	800-882-3377
Central Lincoln PUD (power outage).....	877-265-3211
or	www.clpud.org
Depoe Bay Public Works (water/sewer)	541-765-2361
Red Cross (Duty Officer, 24/7)	888-680-1455
Lincoln County Emergency Management.....	541-265-4199
or	www.co.lincoln.or.us/emergencymanagement
Sheriff's Office (non-emergency).....	541-265-4277
Depoe Bay Coast Guard	541-765-2124
Lincoln County Animal Shelter	541-265-6610

For more preparation information refer to pages near the back of this Guide or the LWC Emergency Information at

<https://www.lwcha.org/info.php?pnum=6>

Declared Emergency Alerts

(Internet, phone [landline or cellular], radio, or siren)

Lincoln County Emergency Notifications –

www.co.lincoln.or.us/alerts to register any local or distant land or cell numbers to receive emergency notifications calls and texts.

Depoe Bay – www.cityofdepoebay.org has some emergency information and a **warning siren**.

Federal – NOAA Nation Weather Service www.weather.gov and **FEMA Alerts** (iOS [Apple] or Android phone apps).

If You Discover an Emergency

Call 911 first, then the Gatehouse Office (refer to phone numbers provided above). Emergency responders (Fire Dept., Sheriff's Office, etc.) will direct what action needs to take place. Residents should respond to emergencies in this order:

- 1) **Self** – Secure your own safety first.
- 2) **Family** – Check on the welfare of your household.
- 3) **Neighbors** – If safe, check on your neighbors.

LWC Staff will immediately make the personnel listed below aware of an incident in the following order:

- 1) LWC Board Chair/Member (Incident Commander or **IC**),
- 2) Safety Committee Chair, and
- 3) Safety Captain for their Safety Area (map).

The **IC** will determine the level of emergency response and initiate the Incident Command System. The **IC** leads the emergency response team; coordinates and communicates with other EMS (via HAM radio); and communicates with Safety Captains via emergency radios operating on FRS/GMRS **Channel 7** (alternatively **Channel 10**) via LWC Net Control.

In the event phone and internet communications are down, your Safety Captains are your source of information. They will report injuries and dangers they may be aware of to the LWC Safety Operations Center via emergency radios. If you do not hear from your Safety Captain, information/updates during ongoing emergencies will be posted in the **Safety Kiosk** located near the mailboxes. Only visit this kiosk when it is safe to do so.

LWC Emergency Response

LWC Homeowners Association (LWCHA) follows a modified FEMA National Incident Management System (NIMS) Incident Command System (ICS) developed especially for LWC Emergency Services.

Please follow the chain of communication presented below so that IC is not overwhelmed with incoming communications from all residents. Please know and communicate with the Safety Captain for your Safety Area.

***Incident Commander (IC), LWC Staff,
Information, Medical, and Logistical Support***

- Communicates with federal, state, and local authorities
- Coordinates information dissemination (via radios and Safety Information Board), medical, and logistical support
- Directs the Safety Committee and Area Captains



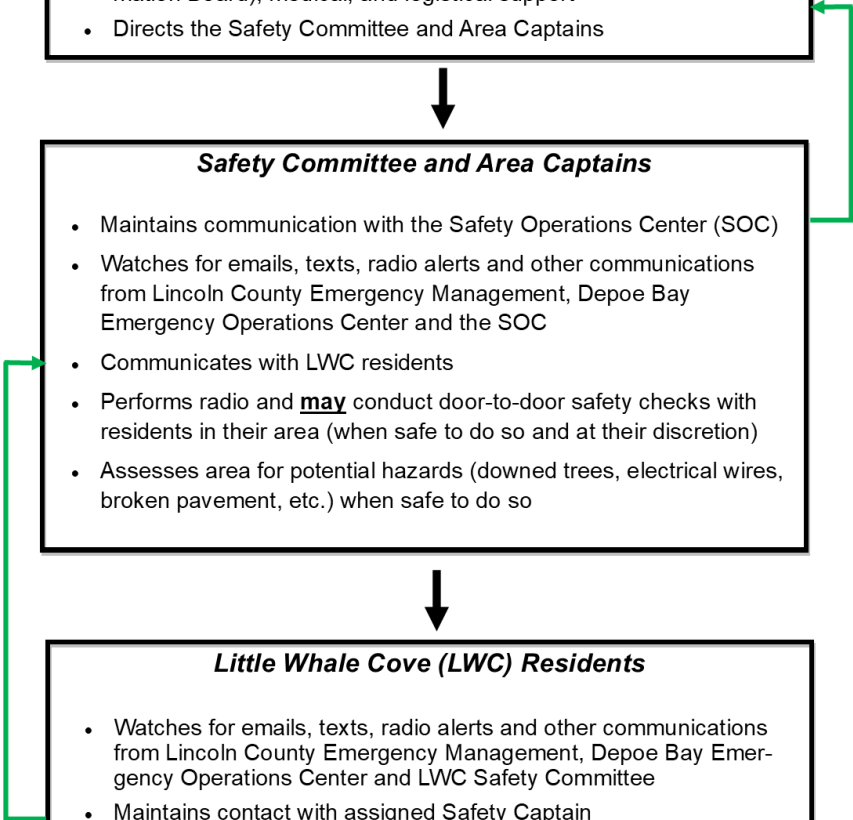
Safety Committee and Area Captains

- Maintains communication with the Safety Operations Center (SOC)
- Watches for emails, texts, radio alerts and other communications from Lincoln County Emergency Management, Depoe Bay Emergency Operations Center and the SOC
- Communicates with LWC residents
- Performs radio and may conduct door-to-door safety checks with residents in their area (when safe to do so and at their discretion)
- Assesses area for potential hazards (downed trees, electrical wires, broken pavement, etc.) when safe to do so



Little Whale Cove (LWC) Residents

- Watches for emails, texts, radio alerts and other communications from Lincoln County Emergency Management, Depoe Bay Emergency Operations Center and LWC Safety Committee
- Maintains contact with assigned Safety Captain
- Assesses home and property for potential hazards (when safe to do so)
- Communicates with Safety Captains
- Prepares for possible evacuation, if directed



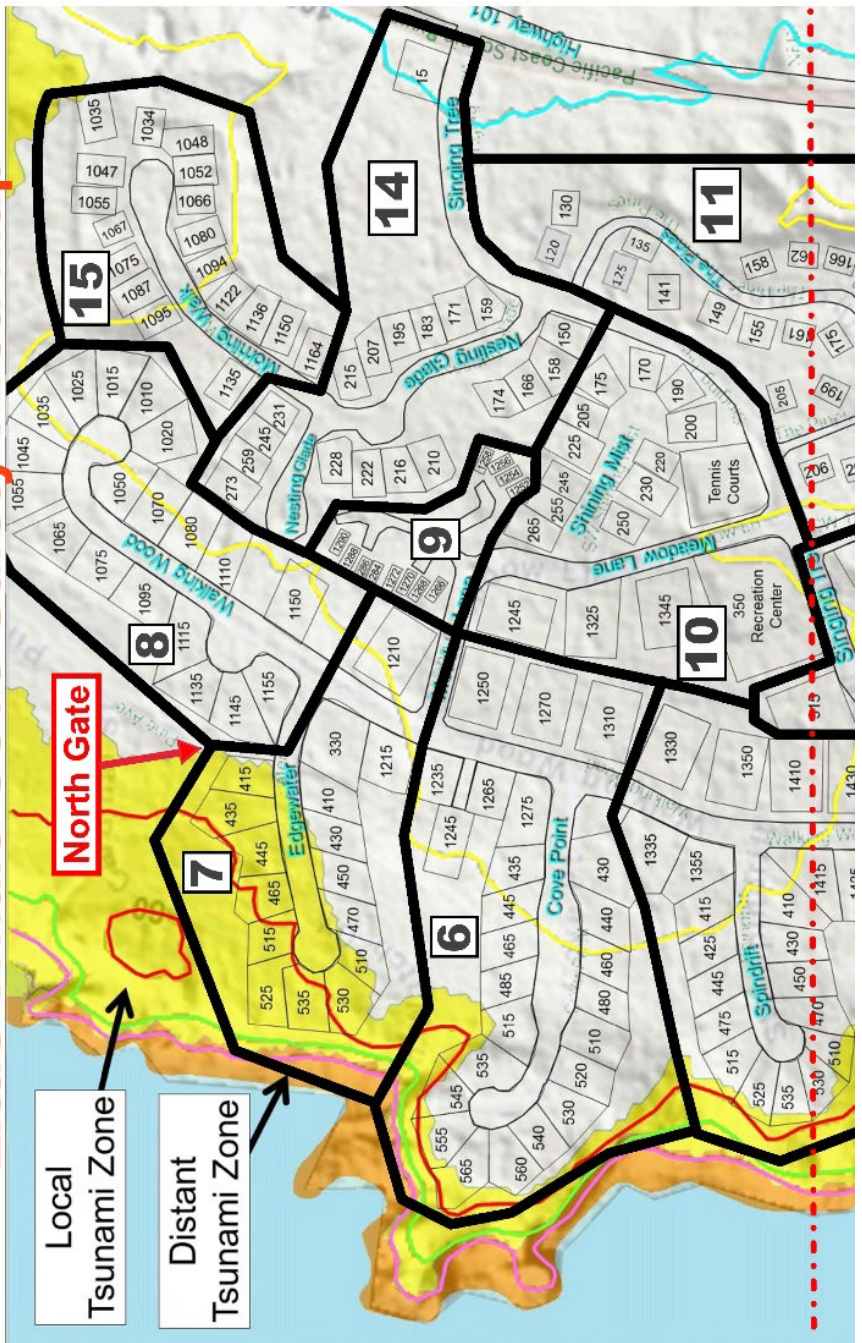
Safety Operations Center & Safety Areas

LWC Safety Operations Center – LWC has set up the Safety Operations Center (**SOC**), located near the Meadow Houses, to manage emergencies. The specific protocol for activation depends on the nature of the emergency and direction given by authorities.

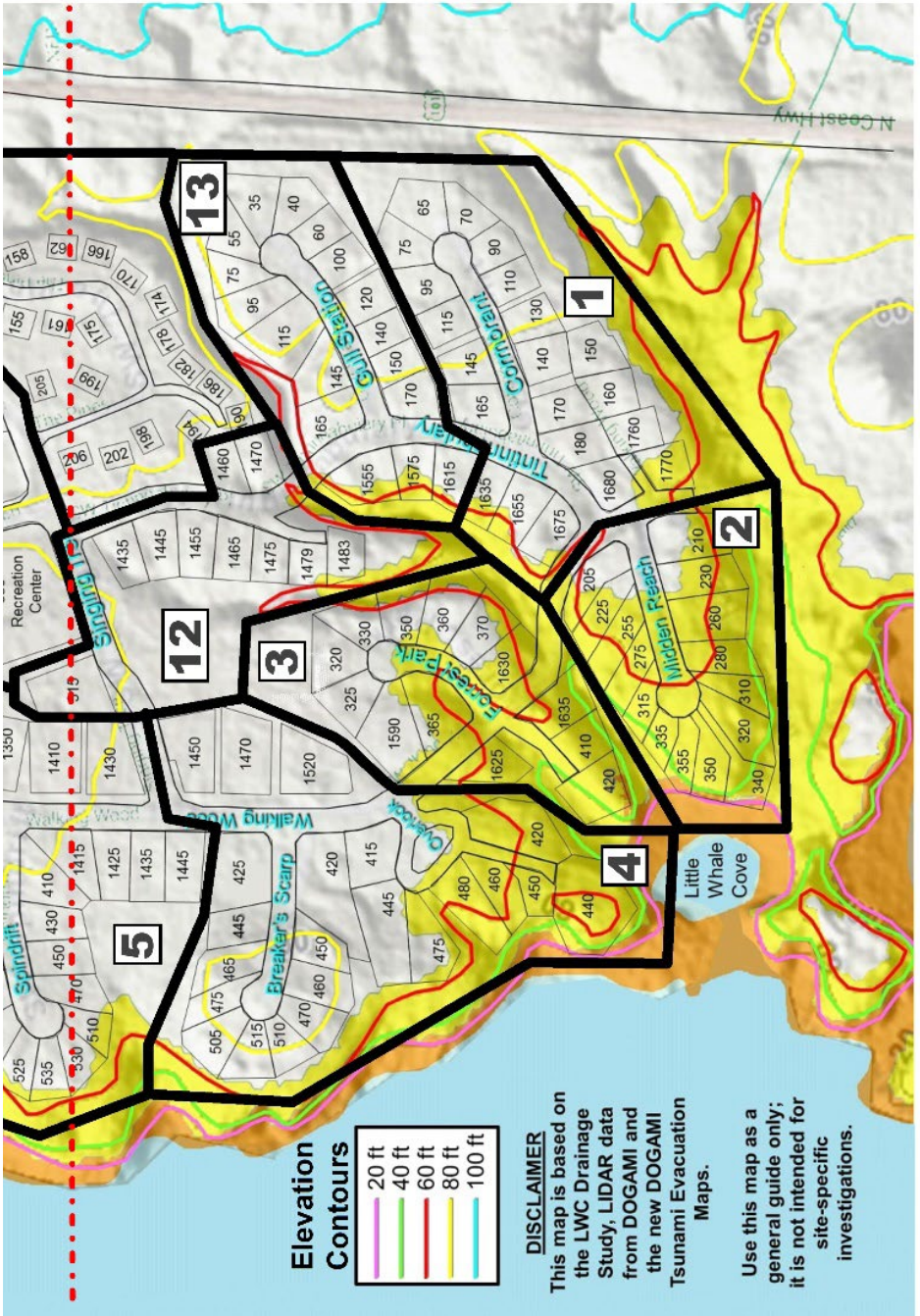
Note: There are **minimal** supplies for emergency use stored in the LWC SOC. LWC residents and guests are **expected** to maintain their own emergency supplies of water, food, and medications for weeks to possibly a month or more for in-place sheltering and a “Go Bag” in each home, offsite office, and vehicle for possible evacuation.

Safety Areas – LWC is divided into 15 Safety Areas (refer to following map), ideally each with a designated Safety Captain. Their duties are detailed in a separate Safety Area Captain’s Manual. Safety Captains will facilitate communications during emergencies by radio and/or house visits (visits are **not** required). Residents are encouraged to know and communicate with their Safety Captains and to possess and know how to use an emergency communications radio. **If your Safety Area does not have a Safety Captain, please consider volunteering for this duty.**

Little Whale Cove Safety Area Map



LWC Safety Areas – North (red dash-dot match line)



LWC Safety Areas – South (red dash-dot match line)

Medical Emergencies

There are two area hospitals – Lincoln City and Newport, with a small clinic in Depoe Bay. **Always call 911 for medical emergencies**, which dispatches the closest available emergency responder. Depoe Bay Fire Dept. can provide medical response, but until help arrives, you can do several things to improve chances of survival. If you come upon a victim with a medical emergency:

- **CHECK** – for danger to victim/self, e.g., falling objects, fire, ice, downed power lines, etc.
- **CALL** – for help. **First 911 (cell phone on speaker)** or ask bystanders to summon help.
- **CARE** – If the victim is an **adult or teen**, with no pulse, and **you are not trained**, begin hands-only **CPR** (**C**ardio **P**ulmonary **R**esuscitation) as shown in the diagram on the following page. Do **not** use hands-only CPR on a child or infant. A hands-only CPR American Heart Association video is available on youtube via QR code or URL: <https://www.youtube.com/watch?v=M4ACYp75mjU&t=6s>
- If **you have full CPR training**, administer **CPR** using the **CAB** protocol:
 - **C**ompressions – 2 compressions/second for 30 compressions (i.e., about 15 seconds);
 - **A**irway – clear airway; and
 - **B**reathing – 2 short breaths, repeat **CAB**.

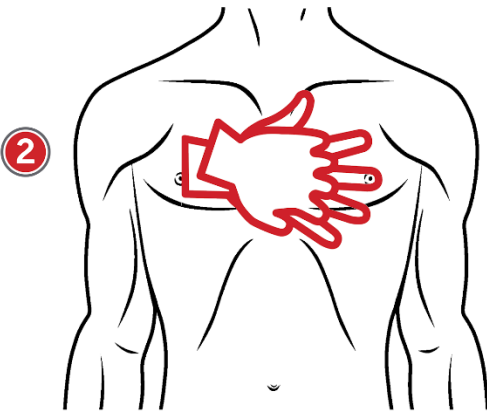


AED – Call 911 first. An **A**utomatic **E**xternal **D**efibrillator (**AED**) for cardiac arrhythmia is located in the LWC Rec Center (kitchen) and another AED is situated near the tennis courts. These AEDs will walk you through the process and will not deliver a shock if not warranted. Do **not** use in the pool area.

Hands-Only CPR



If you see a **teen** or **adult** suddenly collapse, call **911** or have someone else call 911.



Push hard & fast in the center of the chest to the beat of a familiar song that has **100 to 120 beats per minute**.

NOTE: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.

(Modified from AHA, 2021)

Potential Hazards

Emergencies that are likely to activate a LWC Emergency Response are: **Extended Power Outages**, **Storms/Floods** (with subsequent falling trees or debris); **Fires** (home fires or wildfires), **Gas Leaks**, **Hazardous Materials Spills**, **Earthquakes**, **Tsunamis** (following a local or distant earthquake), and **Active Crime**.

Incidents. Turn on your emergency radio to Channel 7 (OUTSIDE IF SUSPECTED GAS LEAK).

In most situations, **Sheltering in Place** in home or with a friend/neighbor will be the best option. The only exception would be an **Evacuation Order** issued by a county or higher entity, such as in the case of a hazardous materials spill or wildfire, or you find yourself in immediate peril following an earthquake.

There is the possibility that Little Whale Cove could be shut off from access to roads, stores, medical treatment. Being prepared with extra water, food, medicine is imperative. Remember the “**Rule of Threes**” – **you can survive...**

...3 hours without warmth or shelter

...3 days without water

...3 weeks without food

Hazardous Materials

Accidents can happen on Highway 101. Shelter in place, keep doors and windows closed, listen for alerts and updates, and follow emergency responder directions. Grab your Go-Bag and prepare for an evacuation. Do not return to your home until it is safe. If sheltering in place, seal in your home’s windows and doors with plastic sheeting and tape. If you experience symptoms of exposure, seek medical attention.

Gas Leaks

Before – Place a non-sparking shut off device at the gas line entering your house.

During – Do not use matches, any ignition source, phones, radios, or other electronic devices near the gas leak site.

1. **Shut off your home’s gas line**, if you smell gas (rotten egg smell),
2. **Evacuate the area**,

3. **Call 911.**

After – Do not return to the gas leak area until emergency responders give the OK. Do **not** attempt to turn the gas back on. This requires the utility company. Call NW Natural Customer Service at **800-882-3377.**

Power Outages

LWC is a “Dark Skies” Community, with minimal exterior lights and lights out at 10 pm. Always carry a flashlight at night and keep them in several locations in your house. LWC power lines are underground but above-ground transmission lines are vulnerable. If the power goes out:

- Check your home’s circuit breakers and ask neighbors if their power is also out.
- Notify Central Lincoln PUD **877-265-3211.**
- Unplug electronics if they are not on surge protectors.
- Do not burn candles or fuel-type lanterns.
- If using an emergency generator, make sure it is operating in a well-ventilated area.
- Turn on outdoor light so electric company will see that power was restored to your house.

Landslides, Debris Flows, & Fallen Trees

Most landslides and debris flows are caused by excessive rainfall, wildfire, earthquake or human activities such as logging, earthmoving, etc. Landslides or fallen trees on Hwy 101 may prevent access to Newport or Lincoln City. Possible alternative route is from Hwy 229 through Siletz to Hwy 20 near Toledo. Keep a Go-Bag in your car. **If a tree falls on your home, call 911;** if it falls on your property or road, you can contact the LWC office.

Fires

Prepare

- Install smoke detectors and carbon monoxide detectors and change batteries annually.
- Keep a fire extinguisher in the kitchen (**do NOT use water on grease fire**) and near fireplaces, and maintain clear hallways.
- Plan secondary escape routes, including upper floors, and designate a meeting spot.
- If evacuating a house fire, stay low, do not open hot doors, and close doors behind you.

House Fires – **Call 911** once evacuated, and inform dispatchers of possible trapped people or animals.

Wildfires – During a Wildfire your local law enforcement agency may order evacuations. If you feel threatened by a wildfire, do not wait for an official evacuation order. There are three levels of evacuation:

- **Level 1** - **Be Ready**: Prepare and monitor. Pack your valuables.
- **Level 2** - **Be Set**: Be set to evacuate at a moment's notice.
- **Level 3** - **Go**: Leave immediately!

If you are advised to evacuate, **do so immediately**. Take your emergency supply kit, lock your home and choose a route away from the fire hazard. Watch for changes in the speed and direction of the fire and smoke. Tell someone when you left and where you are going.

Remember the **eight Ps** in case evacuation is required:

- | | |
|------------------------------|--|
| 1. P eople | 5. P aperwork (documents) |
| 2. P ets | 6. P ictures |
| 3. P ersonal Computer | 7. P hone (mobile) |
| 4. P rescriptions | 8. P lastic (credit/bank cards) |

Keep an extra Go-Bag in your car.

Storms

Windstorms – High winds are common on the coast, with gusts that typically reach 50-60 mph, and occasionally 80-90 mph. Before a storm approaches:

- Stow or anchor outdoor objects and furniture.
- Stay off paths and roadways.
- Unplug or protect (e.g., with surge protectors, uninterrupted power supplies [UPS], etc.) electronics and electrical appliances.
- Avoid windows.
- Do not drive unless an emergency.

After the storm, look for fallen or leaning trees. Report these to the LWC office.

Freezing Weather – Winter temperatures can dip below freezing, and result in ice patches on the coastal paths. Fog also turns to black ice on the roads, and Hwy 101 can be treacherous around Cape Foulweather, Boiler Bay and other coastal areas. Winterize your home by draining outdoor hoses, covering faucets and exposed pipes, and shutting exterior vents leading to crawl spaces. During long periods of freezing weather, keep kitchen and cabinet doors open – especially those on outside walls.

Lightning – Thunder and lightning are not as common on the coast, but we do get such storms. During a lightning storm, do not touch landline phones, electrical equipment, or shower. Do not walk outside, especially on exposed coastal paths.

Earthquakes & Tsunamis

If you have a smartphone with the app **MyShake** you may receive a few seconds notice of an earthquake. This is because sensors detect the arrival of the faster, less damaging P (primary) waves before the more damaging S (secondary) waves which will probably knock out all communications except battery-operated radios. These are earthquake ground waves, **not** to be confused with tsunamis.

During an earthquake you should:

- **DROP, COVER, and HOLD ON** under sturdy furniture or doorways, away from windows or objects that might fall.
- If on the coast, go to higher ground. Otherwise, stay inside unless unsafe.
- If driving, stay inside your car, away from power lines, overpasses, bridges, leaning trees. Watch for landslides and falling rocks/trees.
- When safe, evacuate to higher ground outside of the tsunami hazard zone.

Local Tsunamis could be immediately triggered by a local earthquake causing run-up of seawater to elevations of 60-80 feet above sea level in 10-14 minutes. Run-up is dependent on earthquake extent and magnitude and local topography. If there is a local earthquake, evacuate to higher ground immediately. The LWC Rec Center is about 90 feet above sea level, and is an assembly area for Safety Captains. The 100-foot elevation contour is mostly located across Highway 101 but does include the LWC Gate House.

Distant Tsunamis are caused by large earthquakes at a distant location, and trip warning signals that use data from DART (Deep-ocean Assessment and Reporting of Tsunamis) buoys. Subsequent tsunamis are not likely to be as high, and may come much later, giving coastal communities more time to prepare to evacuate. Little Whale Cove is at an elevation high enough that a Distant Tsunami may not necessitate an evacuation, but you should stay away from low-lying areas, beaches, rivers. However, it is best to take precautions, listen to NOAA weather alerts, visit the US Tsunami Warning Center (www.tsunami.gov), watch for Lincoln County Emergency Notifications, and listen for Depoe Bay Sirens.

The **LWC Tsunami Evacuation Map** is on the following page. The yellow area in this map represents tsunami inundation for a XXL (M9.1, "full-rip") Cascadia earthquake with associated tsunami.



TSUNAMI EVACUATION MAP



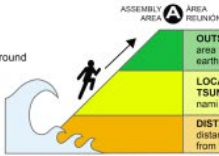
Little Whale Cove

IF YOU FEEL AN EARTHQUAKE:

- Drop, cover, and hold
- Move immediately inland to higher ground
- Do not wait for an official warning

SI USTED SIENTE EL TEMBLOR:

- Tírese al suelo, cúbrase, y espere
- Diríjase de inmediato a un lugar más alto que el nivel del mar
- No espere por un aviso oficial



OUTSIDE HAZARD AREA: Evacuate to this area for all tsunami warnings or if you feel an earthquake.

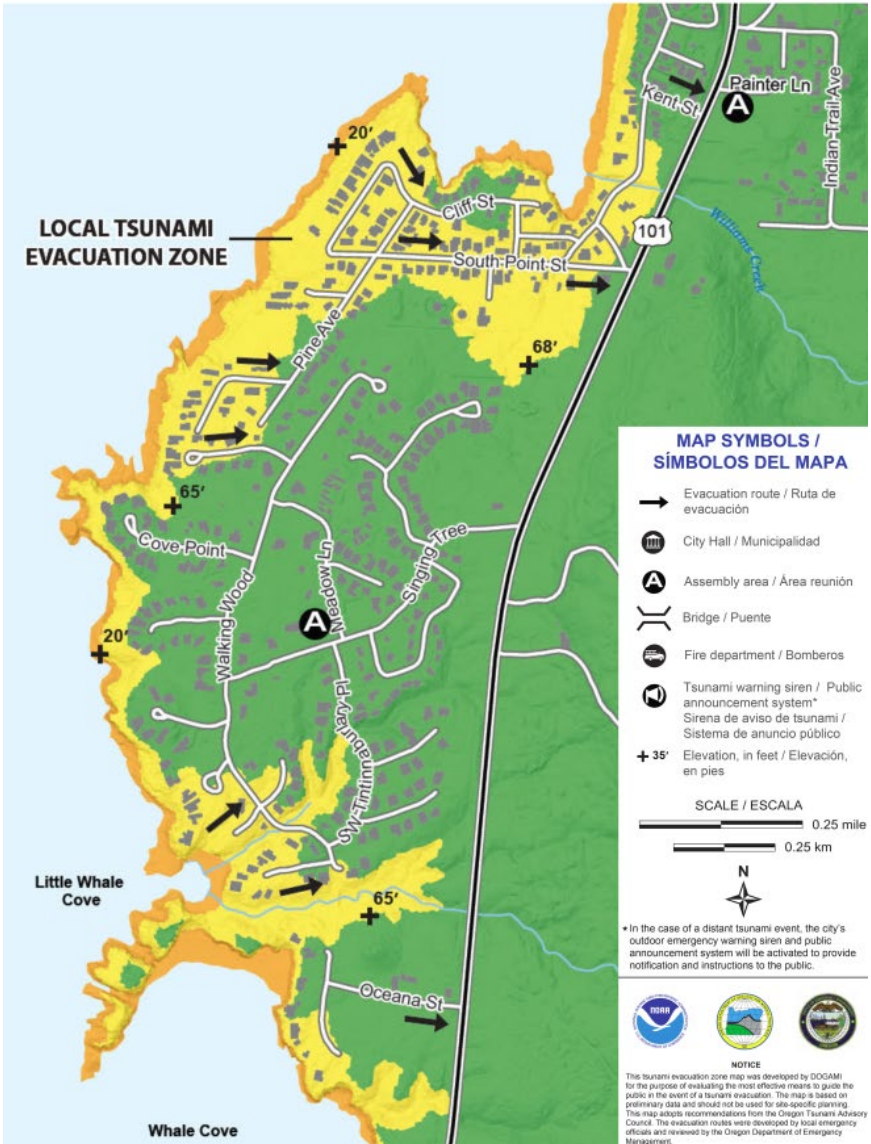
LOCAL CASCADIA EARTHQUAKE AND TSUNAMI: Evacuation zone for a local tsunami from an earthquake at the Oregon coast.

DISTANT TSUNAMI: Evacuation zone for a distant tsunami from an earthquake far away from the Oregon coast.

ZONA DE PELIGRO EXTERIOR: Evacue a esta área para todas las advertencias del maremoto o si usted siente un temblor.

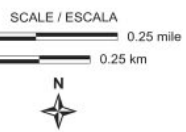
MAREMOTO LOCAL (terremoto de Cascadia): Zona de evacuación para un tsunami local de un temblor cerca de la costa de Oregon.

MAREMOTO DISTANTE: Zona de evacuación para un tsunami distante de un temblor lejos de la costa de Oregon.



MAP SYMBOLS / SIMBOLOS DEL MAPA

- Evacuation route / Ruta de evacuación
- City Hall / Municipalidad
- Assembly area / Área reunión
- Bridge / Puente
- Fire department / Bomberos
- Tsunami warning siren / Public announcement system*
Sirena de aviso de tsunami / Sistema de anuncio público
- + 35' Elevation, in feet / Elevación, en pies



* In the case of a distant tsunami event, the city's outdoor emergency warning siren and public announcement system will be activated to provide notification and instructions to the public.



NOTICE
This tsunami evacuation zone map was developed by DOGAMI for the purpose of evaluating the most effective means to guide the public in the event of a tsunami evacuation. The map is based on preliminary data and should not be used for site-specific planning. This map adopts recommendations from the Oregon Tsunami Advisory Council. The evacuation routes were developed for local emergency officials and reviewed by the Oregon Department of Emergency Management.

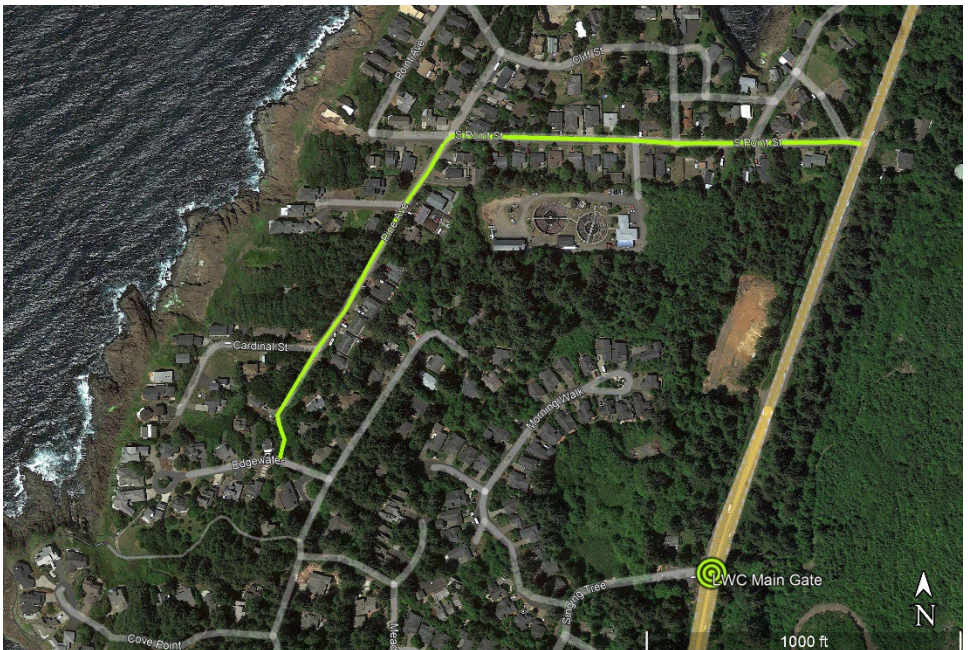
LWC Tsunami Evacuation Map

Vehicular Evacuation

Vehicular evacuation is **not** recommended during a major Cascadia earthquake. Roads quickly become impassable and they can be clogged with motorists attempting to evacuate by car. As can be seen in the preceding map, most of the homes in LWC are in the green (safe) zone even during an XXL earthquake with associated tsunami.

If the hazard requires evacuation by car (e.g., wildfire), there are two vehicular evacuation routes in Little Whale Cove (refer to map):

1. Main gate and
2. North vehicular evacuation route.



Prepare for Emergencies

The contact info below has hyperlinks to preparedness resources but please remember – **these are only available when you have electric power, Internet, and/or cellular service**. The most current links, updated annually, will be on the LWC website (www.lwcha.org) under **Emergency Info**.

- Learn about potential hazards, alerts, current conditions, & how you can prepare – www.co.lincoln.or.us/emergencymanagement
- Learn about All Hazards Alerts via NOAA Weather Radio (NWR) – www.weather.gov/nwr & consider purchasing NWR with battery backup; FEMA Alerts are frequently the fastest issued
- **Remember**, if power & Internet are out and cellular & landline phones are down, NOAA Weather Radio, emergency radios, & the LWC Emergency Bulletin Board (located at the LWC Rec Center) may be your only source of information
- Make a Plan using resources available from Lincoln County, FEMA (www.FEMA.gov), & the LWCHA website
- Identify your **Safety Area** & meet your **Safety Captain**
- Make Go-Bags for your home, car, & place of work (refer to www.ready.gov/build-a-kit)
- Stock you home with water, food, & other supplies to last at least 2-3 weeks (several months' supply may be necessary). **Note:** There are some emergency supplies stored in the LWC SOC, **but residents and guests are expected to maintain their own emergency supply**
- Report intruders, campers, dangers to LWC Gatehouse Office
- **Prepare! - A Resource Guide, Cascades Region (American Red Cross, 2019)** is available as a paper copy or as a PDF file from www.redcross.org/content/dam/redcross/delta/20630101_cascade_s_region_prepare_guide_final_jan8.pdf

Medical Information for Occupant #1

First Name: _____

Last Name: _____

Birthdate: _____ Gender: _____

Blood Type: _____

Medical Conditions &/or Drugs: _____

Allergies: _____

Primary Physician: _____

Physician Phone #: _____

Emergency Contact: _____

Relationship: _____

Contact Phone #: _____

Medical Information for Occupant #2

First Name: _____

Last Name: _____

Birthdate: _____ Gender: _____

Blood Type: _____

Medical Conditions &/or Drugs: _____

Allergies: _____

Primary Physician: _____

Physician Phone #: _____

Emergency Contact: _____

Relationship: _____

Contact Phone #: _____

Additional Information: _____
