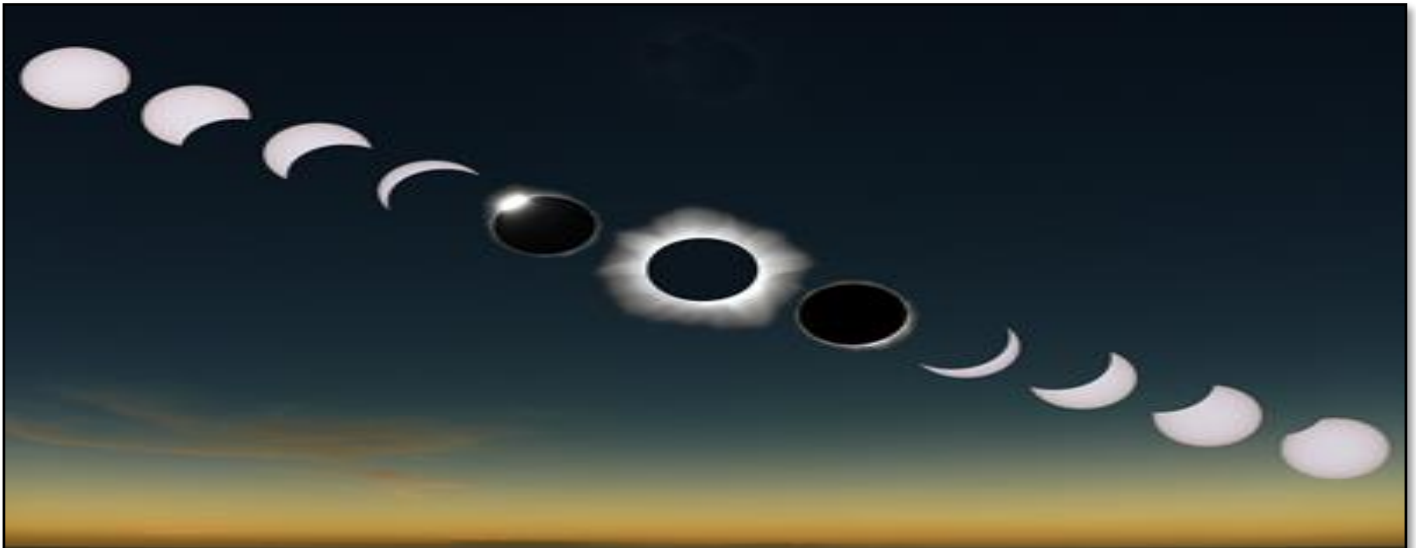




Eclipse Information Guide

Polk County, Oregon



- **Total Solar Eclipse:**
Monday, August 21, 2017
 - **Anticipated Community Impact Days:**
Thursday, 08/17 – Tuesday, 08/22
 - **Eclipse Begins:**
9:05 am
 - **Total Eclipse Occurs:**
10:16 am
 - **Total Darkness:**
1 minute 56 seconds
- Next Eclipse – Year 2169

Be Ready, Be Patient, Be Safe...Enjoy!!!

Issue Date: June 19, 2017

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For additional information or questions contact City, Tribal agencies or

Polk County Sheriff's Office

Emergency Management

(503) 932-6071

Bender.Dean@co.polk.or.us

www.co.polk.or.us/sheriff/emergencymanagement/

A. A Message from Emergency Management

If you were to stay in one place all your life, the chances of seeing a total solar eclipse would be quite slim. This fact is one aspect of why August 21st, 2017, will be a very special day in the history of Polk County. First contact will happen on the coast and then here in our county. The eclipse chasers are coming and they want to be the first people to experience totality in the continental U.S.

As residents, we are fortunate to know why visitors from all walks of life are drawn to our beautiful community, especially in the summer. Polk County is a spectacular place. In all probability, if the weather cooperates, we will all be in for a special treat when sun's shadow crosses our state.

Increased tourism is part of our seasonal experience. It is our opportunity every year to experience a much needed boost in the economy. Locals are well aware that during peak summer months, going to our favorite restaurants, wineries; and traveling throughout our county simply takes more time.

We encourage everyone to take a few moments to review the various Eclipse Information Guides. You will discover best practices that should be familiar. These tips for health and safety, we hope, have become more commonplace in our dialogue with friends and family. The principles that apply to emergency preparation are much the same as they apply to mass gatherings and other natural hazards.

The eclipse represents both increased opportunity and challenges. As thousands of additional individuals and families arrive for a once in a lifetime celestial event, we encourage residents & visitors alike to be ready; to be patient; to be safe; and most of all, to enjoy this unique experience here in the valley!

During the days leading up to and during the eclipse event, we encourage you to read our local newspapers and listen to our local public radio stations as they, too, are committed to bringing you preparedness information and current information during the eclipse event.

Respectfully submitted,

Polk County Emergency Management

B. Eclipse Facts

On Monday, August 21, 2017, all of North America will be treated to an eclipse of the sun. Anyone within the path of totality can see one of nature's most awe-inspiring sights - a total solar eclipse. This path, where the moon will completely cover the sun and the sun's tenuous atmosphere - the corona - can be seen, will stretch from Lincoln Beach, Oregon to Charleston, South Carolina. Observers outside this path will still see a partial solar eclipse where the moon covers part of the sun's disk.

Who Can See It?

Lots of people! Everyone in the contiguous United States, in fact, everyone in North America plus parts of South America, Africa, and Europe will see at least a partial solar eclipse, while the thin path of totality will pass through portions of 14 states.

What Is It?

This celestial event is a solar eclipse in which the moon passes between the sun and Earth and blocks all or part of the sun for up to about three hours, from beginning to end, as viewed from a given location. For this eclipse, the longest period when the moon completely blocks the sun from any given location along the path will be about two minutes and 40 seconds. The last time the contiguous U.S. saw a total eclipse was in 1979.

How Can You See It?

You never want to look directly at the sun without appropriate protection except during totality. That could severely hurt your eyes. However, there are many ways to safely view an eclipse of the sun including direct viewing – which requires some type of filtering device and indirect viewing where you project an image of the sun onto a screen. Both methods should produce clear images of the partial phase of an eclipse. [Click here](#) for eclipse viewing techniques and safety.

Source: NASA <https://eclipse2017.nasa.gov/>

To see the eclipse path, view NASA's video at <https://www.youtube.com/watch?v=XX7AxZhPrqU>.



C. Tips for Residents

Eclipse Begins Monday, August 21, 2017, at 9:04am (on the Coast)

Anticipated Community Impact Days: Thursday, 08/17 – Tuesday, 08/22

- Traffic will be heavy and lines for local services such as restaurants, gas stations, grocery and retail stores may be longer than usual; do what you can ahead of time before the anticipated impact days and allow for extra time to get where you need to go.
- Things to consider doing in advance to make life a little easier during the heaviest congestion periods:
 - **Errands & Appointments:** Schedule your errands and appointments early, before Thursday the 17th if possible. Check ahead if you have plans for Monday the 21st; some services may be closed or have limited hours during this time. By scheduling your errands early, you will beat the crowds and give our local stores and businesses time to restock before the eclipse visitors arrive; this includes grocery shopping, doctor/dentist/veterinary appointments, prescriptions, etc.
 - **Supplies:** Overall, supplies may be limited due to the high demand; which may mean the items you want are not available during the impact days. If there is something important you want, get it early.
 - **Gas:** If you normally fill up your gas tank Friday – Monday, be sure to do that task early, before Thursday, August 17th.
 - **Cash:** If you regularly use cash or want some on hand, consider visiting your local bank or ATM before Thursday, August 17th.
- **911:** Know when it is appropriate to call 911 (true emergencies) and have the non-emergency phone number for your local Dispatch Center programmed into your phone ahead of time. [\[See section F – Safety – 911 Services\]](#)
- **Cellular Service:** With the increased number of visitors, local public safety officials anticipate cellular service may become overwhelmed (primarily Monday the 21st) or have limited access during the impact days. Consider these ideas to assist with communications during this time:
 - Develop a communication plan with family and friends if you lose or have limited service.
 - If you only have a mobile phone at home find out which of your neighbors have a land-line number in case you need to call 911 for an emergency.
- **Public Water Systems:** Consider postponing watering your lawn or using “extra” water during the anticipated impact days to take a little pressure off of the public water systems during that time.
- **Reminder from Public Health:** A food preparation license is required if you plan to prepare and sell perishable food items from your home or business to others; contact Polk County Community Development – Environmental Health Department
- **Individual/Family Emergency Plans:** Consider the eclipse event a drill to check your emergency kits and emergency plans. If you do not have a kit or have not talked about your emergency plans, now is a great time to do so. Polk County Sheriff’s Office website has information to help in your planning efforts; make sure family members and friends know your plans.

D. Tips for Visitors

Eclipse Begins Monday, August 21, 2017, at 9:04am

Anticipated Community Impact Days: Thursday, 08/17 – Tuesday, 08/22

Polk County's population of approximately 80,000 is expected to swell to 105,000+ during the impact period. It is best to arrive early, come prepared, and *have reasonable expectations, given the situation*. Once the eclipse begins, you will forget all about the crowds and any small inconveniences it took for you to experience this wondrous event!

The Willamette Valley is beautiful, but keep local hazards in mind and always know your surroundings.

While Visiting During The Eclipse Impact Days:

- Do not think, "We'll just pick up what we need when we get there." Supplies, cash, fuel, and restaurant meals may be limited or have long lines due to high demand.
- Think about your personal safety and security:
 - Have a good communication plan with your family members. Cell service may be limited due to the increased volume. Have an out of area friend or family member you can check in with if you get separated. Pick a landmark where you can reunite if you get separated in a crowd.
 - Do not leave valuables in your vehicles. Think through your security plan and how to keep important items secure, i.e., cell phones, telescopes, binoculars, wallets, etc.
- Make sure your vehicle/RV has been serviced and you are all fueled up and ready to go (gas, propane, etc.)
- Help us keep our communities and public areas clean and safe; follow the rule "Pack it in, Pack it out!"

What to Bring With You:

- | | |
|---|---|
| <ul style="list-style-type: none">• Eclipse Viewing Glasses• Water (plenty of it)• First Aid Kit• Necessary medications for you and your pets• Cash (ATMs may be limited during this time)• Sunscreen• Sunglasses• Hat/visor• Comfortable walking shoes• Folding chair | <ul style="list-style-type: none">• Jacket or sweatshirt (for the evening hours)• Snacks/food for the hours, days you plan to be with us• Prepaid phone card – if you need to call long distance and cellular service is not available• Maps of area if you need directions (print your directions and bring them with you); your cellular service may be limited during heaviest impact times |
|---|---|

E. Tips for Businesses

Eclipse Begins Monday, August 21, 2017, at 9:04am

Anticipated Community Impact Days: Thursday, 08/17 – Tuesday, 08/22

Polk County expects as much as a 25% increase in visitors over a normal summer holiday weekend. This could be a great opportunity for business, but you will need to be prepared. Grocery stores, gas stations, hotels, restaurants, transportation services, coffee shops, retail stores, urgent care/walk-in clinics and many other establishments will experience a jump in business.

What You Can Do To Prepare Your Business:

- **Back-up Plans:** Prepare for an increase in customers; have needed supplies on hand and early; consider extending hours of operation to meet customer needs and have back-up plans if staff is delayed due to traffic.
- **Employee Preparedness:** Encourage employees to have a full tank of gas; have their own resources ready at home; day care needs are met, etc. by Thursday, the 17th. Gas stations may be very busy or may be waiting on resupply. Make sure your staff can get to work, so give them reminders to plan ahead and share the “Tips for Residents” in this guide.
- **Cash/Financial Transactions:**
 - Be prepared for more cash transactions; consider having extra tills set up to accommodate more cash transactions. You may have larger than normal deposits over the weekend. Check ahead of time if your bank will be open on Monday, the 21st.
 - *How does your credit/debit card machine access the internet?* If you use cell service/cell wireless service for your transactions, be prepared with a back-up plan. We anticipate a high demand for cellular service during the impact period, especially Monday, the 21st. You may find you are not able to make transactions; have a backup plan to meet your customers’ needs.
- **Communications:** Anticipate possible cellular service disruptions due to the increased demand. Visitors may have urgent requests to use your landline business phone if cell service is limited; decide how you want to handle these requests and make sure employees know what to do. *If it is a 911 emergency and you have a landline...be ready to help!!*
- **Regularly Scheduled Deliveries:** Evaluate when you receive your regular deliveries; deliveries scheduled for Monday, August 21st may be significantly delayed due to the overwhelming amount of vehicles trying to come in and leave Polk County. Consider rescheduling for Tuesday or order extra the week before.
- **Restrooms:** Be aware many visitors will be camping in authorized and potentially unauthorized locations; expect customers who may be primarily interested in using business restrooms. Public restrooms will be in short supply and port-a-potties in limited locations may be at capacity until service providers can empty them.
- **Weather and Your Business:** If conditions are foggy, visitors with hotel reservations will most likely not change their plans, but the “day trippers” may move further inland; there is no way to predict this, but monitoring the weather the week to 10 days prior to 08/21/17 could be very useful for your business.

F. Safety – 911, When and How to Call for Emergency Response



Call 911 when life or property is in danger or you could become endangered if the situation continues. An emergency is any situation that requires immediate assistance from police, fire, or ambulance.

	Emergency Call 911 (Dispatch)	Non-Emergency Call Non-Emergency #	Other Agency Resources
Examples	Any immediate danger to life, limb or property <ul style="list-style-type: none"> House or building fires Medical emergencies, i.e., chest pains, trauma injuries Someone is threatening or attacking you Crime in progress Aggressive dog attack You have heard gun shots in your area Vehicle accidents Impaired/unsafe driver 	Non-Emergency Events <ul style="list-style-type: none"> Concerns or to report: <ul style="list-style-type: none"> Unpermitted neighborhood burning – yard debris, etc. Lost or loose animals in your neighborhood Noise disturbances Vehicle break ins 	No Crime or Emergency Involved <ul style="list-style-type: none"> Non-emergency ambulance transfers Copies of police/fire reports Power outages Driving directions or road closures (tripcheck.com)
When calling... from landline or cell phone	<ul style="list-style-type: none"> Speak clearly, be calm – when a caller is upset, it is hard to understand what they are saying or to get vital information quickly State which emergency service is needed and why (e.g. Fire, Police, Ambulance) State your exact <i>physical</i> address (where you are at the time of the emergency) <ul style="list-style-type: none"> <i>Mobile (cell) Phone Calls:</i> If you do not know the exact address look for landmarks, i.e., mile markers, addresses on mailboxes, street signs, highway signs, nearby parks, businesses, etc. Stay on the line until your Call Taker tells you to disconnect <p><i>If calling from mobile (cell) phone and you are driving, pull to the side of the road and stop before calling</i></p>		
If you can't speak or hear when calling 911	<ul style="list-style-type: none"> After dialing, leave the phone off the hook and make noise to let the Call Taker (Dispatcher) know you have an emergency Calling from a landline (hard wired phone): Your address will appear on the call taker's screen Calling from a mobile (cell) phone: The Call Taker may get latitude/longitude <i>close</i> to your location Text-to- 911: Give clear identifiers to where you are located and what your emergency is 		
Public Safety Tips...	<ul style="list-style-type: none"> Make sure your address is: <ul style="list-style-type: none"> Visible on the outside of your house or at roadway, especially at night Posted in your home for guests or babysitters to use if they are calling from a mobile phone Teach children when to call 911, when not to and their home address; be sure a phone is within reach and they know where to find it Keep mobile phones secure so they don't accidentally call 911; but if that happens do not hang up, stay on the line and explain the situation to the Call Taker 		
Other Information:	<p>Disclaimer: This list is not all inclusive and should be seen as only as a representation of call types/circumstances.</p> <p>Non-Emergency Dispatch Center Phone Numbers (Polk County)</p> <ul style="list-style-type: none"> Polk County – 503-623-9251 (outside the city limits) City of Dallas – 503-831-3156 City of Monmouth 503-838-1109 City of Independence 503-838-1214 <p>State Highway Information - ODOT: www.tripcheck.com or "511" on your mobile or landline phone</p>		

Source: Willamette Valley Communication Center

G. Safety - Beach and Water Safety

When visiting the scenic Oregon coast and participating in recreational activities, your safety is a priority. Tragic water accidents happen quickly. The most common reason for aquatic mishaps is a lack of safety knowledge. The following beach safety tips, when adhered to, will ensure a great time at the coast!

Safe Swimming:

- [Don't depend on floating / air-filled toys](#)
- [Don't take chances; swim with a buddy](#)
- [Don't dive in open water, lakes or rivers](#)
- [Learn to swim well and practice floating](#)
- [Obey all signs and buoys](#)

Click here to read "[Drowning Doesn't Look Like Drowning](#)" by [Mario Vittone](#).

Four Signs of Drowning: About 60 percent of all drownings are not recognized because people cannot identify the four signs:

- head back (bobs up and down above/below the surface)
- mouth open
- no sound
- arms outstretched, moving simultaneously in an above-the-water, up-and-down stroke that appears as if the victim is slapping or playing in the water

Coastal Jetty Safety:

- [Your safety, our concern](#)
- [Understanding coastal jetties](#)
- [Hidden dangers](#)
- [Look for dangerous waves / rip currents](#)



Life Jackets:

Boaters enjoy the feel of sun and spray. So it is tempting to boat without wearing a life jacket, especially on nice days. Modern life jackets are available in a wide variety of shapes, colors, and sizes. Many are thin and flexible. Some are built right into fishing vests or hunting coats. Others are inflatable; as compact as a scarf or fanny pack until they hit water, when they automatically fill with air. There is no excuse not to wear a life jacket on the water!



- [How to Choose the Right Life Jacket Brochure - PDF](#)

Boating Safety:

You are responsible for any damage that your vessel or your wake causes. Be cautious and aware of your surroundings at all times. Obey all signs and posted restrictions. Irresponsible actions of boat operators usually lead to accidents, so boat responsibly.

- [Boating courses offer valuable training](#)
- [Carbon monoxide poisoning: beware!](#)
- [Don't rock your boat](#)
- [Inspect your equipment](#)
- [Intoxication and water: a deadly mix](#)
- [Properly rescue a person in the water](#)
- [Steer clear of commercial vessels](#)
- [Watch your children](#)

H. Safety – Eye Protection (Eclipse Viewing)

Looking directly at the Sun is unsafe except during the brief total phase of a solar eclipse (“totality”), when the Moon entirely blocks the Sun’s bright face, which will happen only within the narrow path of totality.

What You Can Do:

The only safe way to look directly at the uneclipsed or partially eclipsed Sun is through special-purpose solar filters, such as “eclipse glasses” or hand-held solar viewers. Homemade filters or ordinary sunglasses, even very dark ones, are not safe for looking at the Sun. To date four manufacturers have certified that their eclipse glasses and handheld solar viewers meet the ISO 12312-2 international standard for such products.

- Rainbow Symphony
- American Paper Optics,
- Thousand Oaks Optical
- TSE 17.

An alternative method for safe viewing of the partially eclipsed Sun is pinhole projection. For example, cross the outstretched, slightly open fingers of one hand over the outstretched, slightly open fingers of the other. With your back to the Sun, look at your hands’ shadow on the ground. The little spaces between your fingers will project a grid of small images on the ground, showing the Sun as a crescent during the partial phases of the eclipse. (More details: NASA/Safety, <https://eclipse2017.nasa.gov/>)

Do Not:

- Look at the uneclipsed or partially eclipsed Sun through an unfiltered camera, telescope, binoculars, or other optical device.
- Look at the Sun through a camera, a telescope, binoculars, or any other optical device while using your eclipse glasses or hand-held solar viewer — the concentrated solar rays will damage the filter and enter your eye(s), causing serious injury.
- If you are within the path of totality remove your solar filter only when the Moon completely covers the Sun’s bright face and it suddenly gets quite dark. Experience totality, then, as soon as the bright Sun begins to reappear, replace your solar viewer to glance at the remaining partial phases.

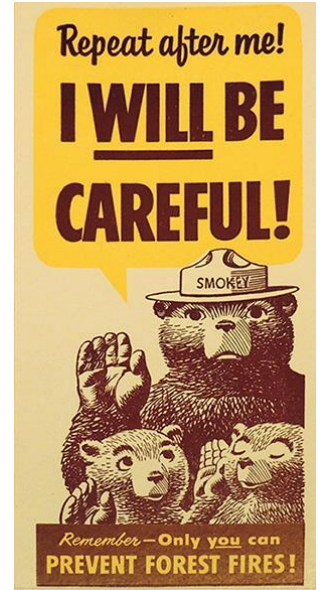


I. Safety – Fire Prevention

The total solar eclipse will take place at the peak of our local wildfire season; a real threat to homes, businesses and wildlife for Polk County. Keep fire safety and prevention as a top priority as you head out to enjoy what Oregon has to offer.

Wildfire Prevention and Fire Response:

- Know fire risks and respect fire restrictions, such as campfire bans.
- Avoid parking or driving on dry grass as your vehicle can start a wildfire.
- Vehicles are required to have a shovel and fire extinguisher or at least a gallon of water in many areas.
- Do not use candles, fireworks, tiki torches, or other open flames outdoors.
 - Sky lanterns are illegal in Oregon airspace.
- Smoking materials:
 - Dispose of smoking materials in deep, sturdy ashtrays.
 - Make sure butts and ashes are extinguished by using water or sand.
 - Never discard butts on the ground or in vegetation.
 - Identify approved smoking areas in advance of your trip.
- During a wildfire, there are three levels of evacuation:
 - Level 1 – Ready: Pack your valuables.
 - Level 2 – Set: Monitor the news reports.
 - Level 3 – Go: An official notice from the sheriff's office or fire agency to evacuate.



Campfire Safety:

- Check to ensure if campfires are allowed where you plan to stay.
- Keep a shovel and water nearby to extinguish any escaped embers.
- Select a site away from grasses, shrubs, overhanging branches, and stacked firewood.
- Existing fire pits in established campgrounds are best.
- Scrape away leaves and litter to bare soil, at least 10 feet on all sides of the fire pit.
- Circle your campfire pit with rocks. Keep your campfire small and add wood in small amounts. Start your campfire with paper, cardboard, or manufactured fire starters. Don't use gasoline.
- Never leave the campfire unattended.
- Before going to bed or leaving the campsite, drown the fire with water, stir the coals, and drown again. Repeat until the fire is out and it is cool to the touch.

Limit Your Exposure To Smoke:

- Pay attention to local air quality reports
- If you are advised to stay indoors, keep indoor air as clean as possible
- Do not add to indoor pollution
- Do not rely on dust masks for protection



Source: Oregon State Fire Marshall's Office <http://www.oregon.gov/osp/sfm/Pages/eclipse.aspx>

J. Safety - Food

According to the Centers for Disease Control (CDC), there are 15 pathogens that account for over 95 percent of the illnesses and deaths from foodborne illnesses acquired in the United States.

Tips To Prevent Illness:

- Pack foods in tight, waterproof bags or containers. Keep them in an insulated cooler.
- Separate raw foods from cooked foods.
- Always wash your hands before and after handling food, and don't use the same platter and utensils for raw and cooked meat and poultry.
- Have thermometers in your refrigerator and freezer. Freezers need to be at or below 0 °F, and the refrigerator is at or below 40 °F.
- Cook foods to proper temperatures.
- If you are not going to consume a perishable product within 2 hours of opening, put it in the cooler to prevent bacteria from growing and making others ill

Source: Centers for Disease and Prevention Food Safety - <https://www.cdc.gov/foodsafety/index.html>



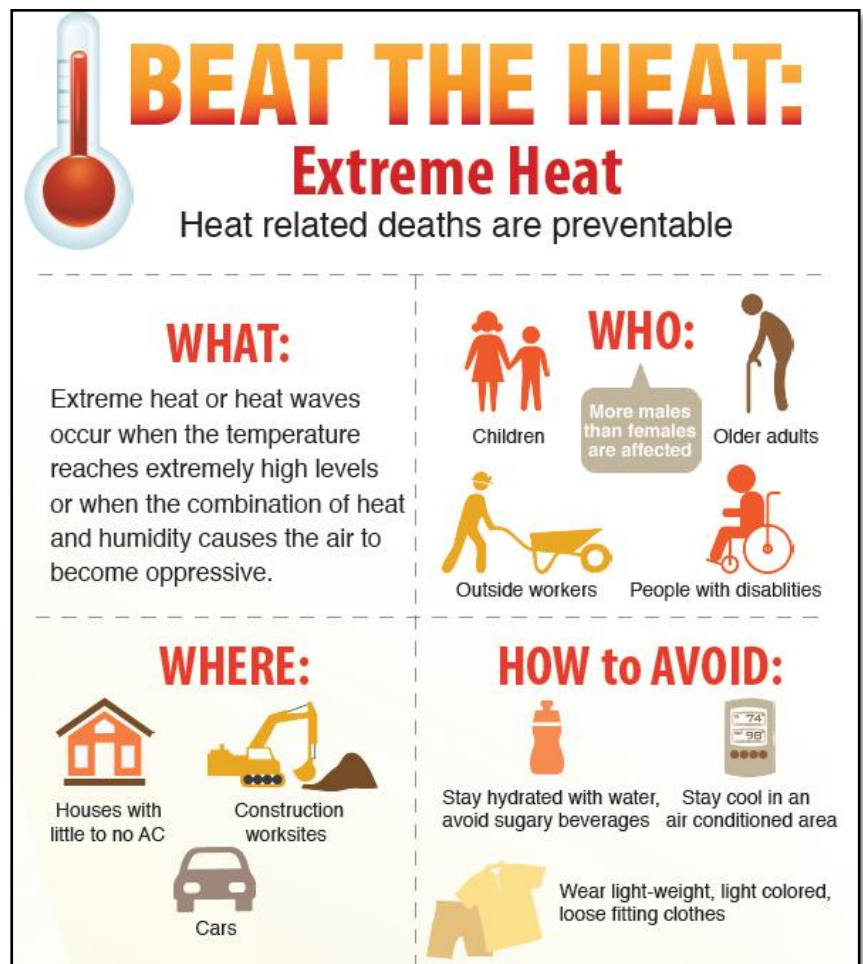
K. Safety – Heat, Extreme

Heat is the number one weather-related killer in the United States resulting in hundreds of fatalities each year and claiming more lives each year than floods, lightning, tornadoes, and hurricanes combined. The most vulnerable individuals are those who work or exercise outdoors, adults over 65, infants and children under 4, the homeless or poor, and people with a chronic medical condition.

Reducing Heat-Related Illnesses During Extreme Heat:

- Stay cool, stay hydrated, and stay informed.
- Extremely high temperatures can affect your health, and heat-related illness is preventable.
- Those most at risk for heat-related illness include adults over 65, people who work outdoors, children under 4, and those with chronic illness.
- Drink plenty of fluids regardless of your level of activity even if you are not thirsty. Drink between 2-4 cups per hour while working outside. Avoid sugary, caffeinated, and alcoholic drinks.
- Limit sun exposure from 11 a.m.-5 p.m., and try to schedule outdoor activities in the early morning or later evening.
- Dress yourself and your children in loose, light-weight, light-colored clothing that covers the skin. Wear sunglasses and wide-brimmed hat.
- Apply sunscreen with SPF 15 or more 10 minutes before going out; re-apply every two hours.
- Never leave infants, children, or pets in a parked car.
- Check at least once a day on neighbors, family, and friends over 65 or living with chronic illness.
- Learn the symptoms of heat-related illness, and call 911 when there are signs of heat stroke

Source: Center for Disease Control,
www.cdc.gov



L. Safety – Transportation, Travel and Parking

The eclipse event will take place during the height of the county's peak tourism months. While the number of eclipse visitors is hard to approximate, both residents and visitors should expect increased activity on roadways, neighborhoods, public facilities, restaurant parks and beaches. Hotels, vacation rental dwellings, campgrounds and group facilities will all be at peak capacity.

Oregon Department of Transportation is planning ahead to keep Oregon moving, and we encourage you to do the same. An estimated 1 million visitors are coming to Oregon to view this celestial spectacle. That many people—about a quarter of the state's entire population—will have a huge impact on highways, gasoline supplies and other basic needs. What you do to plan ahead will make or break your eclipse-viewing experience.

What You Can Do:

- **Expect delays.** Traffic backups are inevitable. Preparation ensures a good time for visitors and residents alike.
- **Expect traffic changes.** Normal travel paths may be disrupted. Communities may close streets to through traffic or ban left or right turns to keep traffic moving, especially around venues with many visitors.
- **Be prepared.** If traveling, plan for your basic needs such as food, water, gas for the car and bathroom breaks in case you're stuck in traffic. If friends or family are coming to visit, warn them to #DriveHealthy: Arrive early, stay put during the eclipse, and leave late afterwards, in case everyone else jumps on our highways all at once. Remember, all travelers have a shared responsibility to stay safe.
- **Do what you can to help.** Can you work from home or flex your work schedule when your local roads are full? Avoid roads being used to get people in or out of a local event. Ride your bicycle when possible, to avoid congestion!
- **Look out for each other.** This is a rare opportunity but it brings potential hazards. We all must do our part to be prepared. You may see travelers unfamiliar with the area. Be friendly, helpful and patient!
- **Be mindful of Oregon's "move over" law.** Oregon drivers are required to move to the next lane if approaching an emergency vehicle from the rear. If there is not another lane to go to or if it is not safe to change lanes, motorists must slow down to 5 miles per hour below the speed limit.
- **Motor Vehicle Accidents:** If you have a fender bender, don't call 911 unless there are injuries, dangers or leaking fluid. Then, move your vehicles safely to the side of the road and exchange insurance information.

ODOT: Know Before You Go! www.tripcheck.com or "511"

Incident Maps
Road Cameras
Road Conditions 

M. Info – Garbage, Solid Waste and Sanitation

The community comes together to enjoy events, but in the process a tremendous amount of waste is generated, much of it recyclable. The single most effective tool in reducing waste at special events is planning ahead.

- **Leave No Trace:** When traveling around Oregon, it is important to practice “Leave No Trace” ethics, which includes leaving sites as you found them, disposing of waste responsibly, respecting wildlife and being considerate of other visitors.
- **Avoid Excessive Waste:** Consider packing large water containers and refilling them with tap water.
- **Be Prepared:** Due to the increased number of visitors and anticipated traffic congestions it is a good idea to keep public restroom locations in mind, identify where port-a-potties are stationed, how long it will take you to reach them and/or bring an emergency sanitation kit with you.



N. Info – Medical Services and First Aid

First Aid:

Knowing how to treat minor injuries can make a difference in an emergency or helping yourself, family or friends. You may consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination. Having a basic first aid kit that includes some of the following items will better prepare you to help yourself or others if they are hurt.

- At least two pairs of patient care gloves (latex or sterile gloves)
- Sterile dressings to stop bleeding
- Cleansing agent/soap
- Antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Adhesive bandages in a variety of sizes
- Thermometer
- Scissors
- Tweezers
- Eye wash solution to flush the eyes or as general decontaminant
- Tube of petroleum jelly or other lubricant
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies
- Non-prescription drugs - aspirin or non-aspirin pain reliever, anti-diarrhea medication, antacid, and/or laxatives



Source: www.ready.gov

Medical Services in Polk County:

Hospitals: West Valley Hospital

51225 SE Washington, St., Dallas, OR 97338

<http://www.salemhealth.org/services/salem-health-west-valley>

Salem Health Medical Clinic – Monmouth

512 Main Street E, Monmouth, OR. Open Sat/Sun 10:00~6:00pm – Walk in Patients

Urgent Care/Walk-in Care Clinics:

- Emurgent Care, LLC – Dallas Open Mon to Sat 9:00 ~7:00pm, (Aug 21st 11:00 to 9:00pm)
109B East Ellendale Ave. Dallas, OR 97338, 503-623-3199
<http://www.emurgentcaremedical.com>
- WVP Clinics – Flaming - Dallas
- WVP Clinics – White – Independence

O. Info - Public Health

Reduce your chances of illness by following these prevention guidelines from the Oregon Health Authority.

Water-Related Illness:

- Practice good hand hygiene by washing your hands after using the toilet or changing diapers
- Do not go in the water when ill (or recently ill) with diarrheal illness
- Shower with soap before and after you enter recreational waters
- Do not swallow the water
- Take bathroom breaks at least every 60 minutes

Foodborne Illness: Follow the guidelines in the food safety section to prevent foodborne illnesses

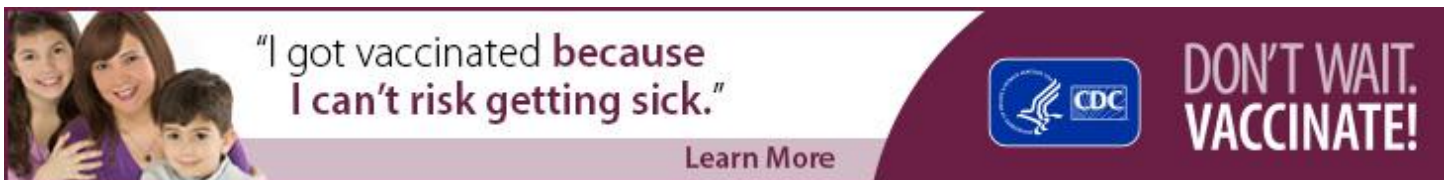
Airborne Illness:

- Cover your cough with your elbow (not your hands)
- Wash your hands after coughing
- If you are sick, stay home. If you must go out, wear a mask



Get Vaccinated:

There will be visitors here from all over the world. Many areas of the world still have a higher incidence of Measles, Mumps, and Pertussis. Get your vaccines now – it can take 4-6 weeks for vaccines to take effect.



P. Info - Rules and Etiquette

With so many people gathering to witness this event, here are some tips to make sure the eclipse event is fun and safe for everyone.

Trespassing:

- Do not trespass on private land.
- Do not trespass on public lands that are closed to the event. Sensitive habitat areas and other public locations that could be damaged by visitors will be closed.

Alcohol, Tobacco and Marijuana Use:

- Do not drive under the influence of alcohol or marijuana.
- Smoking and vaping are not allowed on any Polk County property, and in restricted areas at county parks. Smoke only in approved locations and properly dispose of cigarettes and matches.
- Although recreational use of marijuana is legal in Oregon, using marijuana in public is prohibited.
- Citizens and visitors are encouraged to research local ordinances pertaining to open alcohol container laws where they are recreating.

Parking and Transportation:

- Parking will be very limited; determine if there is public transportation where you plan to visit or be ready for long walks to where you are headed.
- When parking, do so legally. Do not park in bike lanes, do not block driveways, roadways or beach access points; doing so could hamper public safety from reaching those who need help.

Other:

- Do not litter. This includes leaving trash or debris on either public or private property as well as throwing any garbage from a vehicle. Offensive littering is a Class C misdemeanor.
- Dogs in Polk County must be licensed and vaccinated for rabies. Do not leave an animal locked in a car. In most cases, dogs will need to be restrained with a leash. Report any animal bite immediately!
- Do not ask to look through someone's telescope. If you want to look through a specially-equipped telescope, consider arranging this in advance; those who have set up their telescopes will be very focused and may not wish to share their telescopes with others.
- Avoid external lighting, flashlights, camera flashes, sparklers or other fireworks; any light that would detract from the phenomena.

Q. Quick Reference – Community Information and Links

Website Links

- NOAA Tsunami Warning Center: <http://www.tsunami.gov/>
- NWS Current Conditions – Portland: <http://www.wrh.noaa.gov/pqr/>
- NWS Current Conditions – Mobile version: mobile.weather.gov
- ODOT: www.tripcheck.com
- Ready.Gov: www.ready.gov
- Tidal Information: <http://www.wrh.noaa.gov/pqr/tides.php>

Mobile Phone Quick Dial ##'s/Mobile Apps
<ul style="list-style-type: none">▪ 511 – Know before you go, State/Federal road conditions▪ 911 – Emergency Help▪ 211 – Community Resources▪ FEMA Preparedness (includes NWS weather alerts): http://www.fema.gov/mobile-app▪ NWS Mobile: mobile.weather.gov

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