

地震防災準備相關短視頻

地震：如何保護您的居住空間 Earthquake: Secure Your Space **必看!**

<https://www.youtube.com/watch?v=MGqfvhtbmOQ>

TED演講：CSZ西北區大地震背後的科學 The Science Behind Cascadia TED talk **值得看!**

<https://www.youtube.com/watch?v=ly5a2P3zXI4&app=desktop>

如何關閉瓦斯，水和電的總開關 Turning off Gas, Water, & Power

<https://www.youtube.com/watch?v=Xzk9V5Y1LAW>

如何儲存緊急供水 How to Store Your Own Emergency Supply of Water

<https://www.youtube.com/watch?v=UraNQ6E6V8A&feature=youtu.be>

如何準備55加侖緊急供水 How to store in 55-gallon water barrel

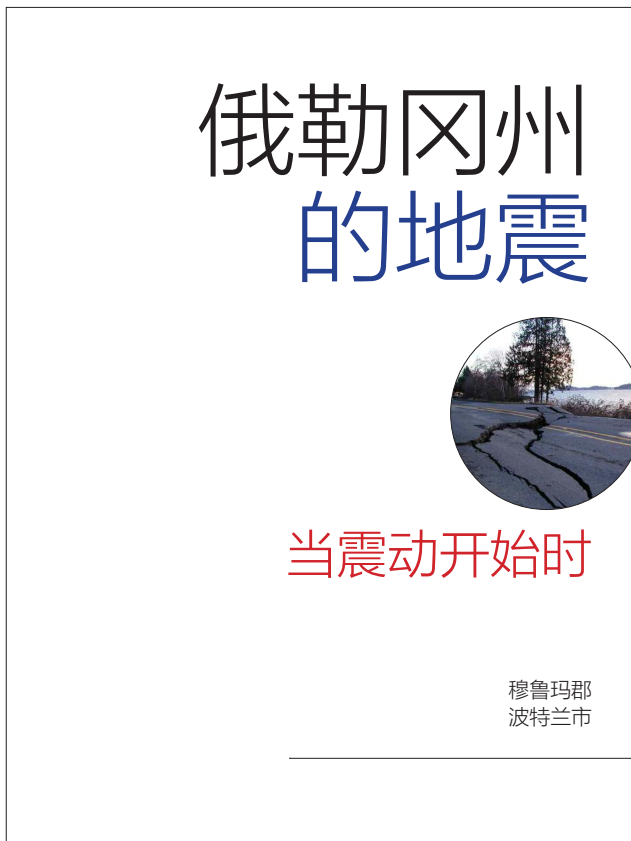
<https://www.youtube.com/watch?v=ZX5fUqKt47E&feature=youtu.be>

如何使用多人用淨水過濾系統 How to use LifeStraw Mission Water Purification System

<https://www.youtube.com/watch?v=-hTCzwsZc6A&feature=youtu.be>

介紹波特蘭市的 BEECN Introduction to BEECNs

<https://www.youtube.com/watch?v=TvN1KJloeB8>



這是各位回家後開始做準備時最重要的一份資料

由Multnomah County Emergency Management 提供

也可以從這裡下載:

<https://multco.us/file/54888/download>

請切記：我們需要有自力更生14天的準備！

如果情況許可，準備**30天**的量較為理想

**有一點嚇人
看看隨你!**



https://www.youtube.com/watch?time_continue=278&v=sn98JkN5HXc

這是官方製作 Burnside Bridge 在CSZ大地震來襲時崩塌的電腦模擬視頻，讓我們大家了解到其對基礎設施造成損害的嚴重性，因此我們每一位居民都要做好準備！

回去後如果還有疑問可與兩位主講聯絡:

黃明姿 Emily Cooper 503-505-8891 email: ecooper503@gmail.com

張啟聖 Stephen Chang 917-957-9323 email: air333@gmail.com

以下是一些緊急用品的購買資訊，不是推薦購買名單。您可以依照家庭的狀況，考量購買任何品牌、價位與數量。還有一點非常重要，就是買來以後要清楚了解如何使用。



Emergency Food 可長時間儲存(20到30年)的緊急食品

https://www.amazon.com/gp/product/B071KPLBK/ref=ppx_yo_dt_b_asin_title_o04__o00_s00?ie=UTF8&psc=1
https://www.amazon.com/Mountain-House-14-Day-Emergency-Supply/dp/B01B130V3I/ref=pd_day0_hl_468_1/147-6323895-0571130?_encoding=UTF8&pd_rd_i=B01B130V3I&pd_rd_r=54ba51b1-540f-11e9-abc6-4338a415e6c6&pd_rd_w=tmrnQ&pd_rd_wg=KGrqL&pf_rd_p=ad07871c-e646-4161-82c7-5ed0d4c85b07&pf_rd_r=HWNWF8KW7D7C18HB2KA1&psc=1&refRID=HWNWF8KW7D7C18HB2KA1



Drinking Water, 14~30 day supply per person 飲用水儲備容器

https://www.amazon.com/s?k=water+container+5+gallon&i=sporting&crd=3JEV35P4XGS0&srefix=water+container%2Csporting%2C203&ref=nb_sb_ss_i_4_15
https://www.amazon.com/Augason-Farms-Storage-Barrel-55-Gallon/dp/B06Y2H5GVX/ref=sr_1_4?crd=1C59LM7BK0S8Q&keywords=50+gallon+water+tank&qid=1554076693&s=sporting-goods&srefix=50+gal%2Csporting%2C188&sr=1-4



LifeStraw Personal Water Filter 個人淨水過濾吸管

https://www.amazon.com/gp/product/B006QF3TW4/ref=ppx_yo_dt_b_asin_title_o05__o00_s02?ie=UTF8&th=1

LifeStraw Mission Water Purification System 多人用淨水過濾系統

https://www.amazon.com/LifeStraw-Purification-Gravity-Fed-Emergency-Preparedness/dp/B00XWAP2SU/ref=sr_1_fknull_3?keywords=Lifestraw%2BMission%2B12L&qid=1554075400&s=gateway&sr=8-3-fknull&th=1



Water Purification Tablets 淨水片

https://www.amazon.com/gp/product/B07DTSRB6S/ref=ppx_yo_dt_b_asin_title_o07__o00_s00?ie=UTF8&psc=1



Emergency Toilet Seat (fits 5 Gallon Bucket, no included) 緊急馬桶座

https://www.amazon.com/Emergency-Zone-Bucket-Available-Multi-Packs/dp/B004KLY5CE/ref=sr_1_17?crd=200A9GMOOS5SK&keywords=portable+toilet&qid=1552259470&s=sporting-goods&srefix=port%2Csporting%2C207&sr=1-17



Emergency Thermal Waterproof Bivy Sack 輕便防水保體溫袋

https://www.amazon.com/gp/product/B07G12LWTW/ref=ppx_yo_dt_b_asin_title_o08__o00_s00?ie=UTF8&psc=1



First Aid / Survival Kit 急救/生存工具包

https://www.amazon.com/gp/product/B071Z8F1S3/ref=ppx_yo_dt_b_asin_title_o08__o00_s00?ie=UTF8&psc=1



Cut Resistant Work Gloves 抗切割手套 (清理各種玻璃、碎片時用)

https://www.amazon.com/Breathable-Protection-Construction-Woodworking-Multipurpose/dp/B07DYKK6X1/ref=sr_1_8?crd=1D8K9Z10MIPWJ&keywords=cut+resistant+gloves&qid=1552265646&s=gateway&srefix=cur+re%2Caps%2C215&sr=8-8



Furniture and TV Anti-Tip Straps 防止家具翻倒安全扣

https://www.amazon.com/dp/B06VY8HBPH/?coliid=112LPD04TZRIFB&colid=32WL9APT6X1RI&psc=0&ref=lv_ov_lig_dp_it

https://www.amazon.com/dp/B06XC8P2GZ/?coliid=13JGKE682WRL2K&colid=32WL9APT6X1RI&psc=0&ref=lv_ov_lig_dp_it



NOAA Weather Radio - All Hazards 可手搖發電災難資訊收音機 \$20

https://www.amazon.com/dp/B01LYYUJAT/?coliid=I342HPF84JRVVU&colid=32WL9APT6X1RI&ref_=lv_ov_lig_dp_it&th=1

NOAA Weather Radio info: <https://www.nws.noaa.gov/nwr/>

許多緊急用品其實也是戶外露營用品.....



LuminAID Solar Inflatable Lantern 太陽能燈籠

https://www.amazon.com/LuminAID-Inflatable-Lanterns-Camping-Emergency/dp/B01N784XR4/ref=sr_1_2?keywords=luminade&qid=1552261981&s=wireless&sr=8-2&th=1



Portable Lightweight Wood Burning Stove 輕便燒木材火爐

https://www.amazon.com/VINIDA-Camping-Stove-Backpacking-Survival/dp/B07F8PFQ53/ref=sr_1_11_sspa?keywords=camping+stove&qid=1547848680&sr=8-11-spons&psc=1



Waterproof Fire Starter Matches 防水火柴

https://www.amazon.com/UCO-Stormproof-Waterproof-Starter-Matches/dp/B009136LL4/ref=sr_1_18?crd=1DDDOBL2F4FWK&keywords=waterproof+fire+starter+match&qid=1552260829&s=sporting-goods&sprefix=waterproof+fire+%2C&sr=1-18



Machete w/ Saw Back (chop wood) 劈柴刀

https://www.amazon.com/gp/product/B0015T1N0E/ref=ppx_yo_dt_b_asin_title_o08__o00_s01?ie=UTF8&psc=1



Waypoint Spotlight 強力多功能可充電手電筒

https://www.amazon.com/gp/product/B003GXFBH0/ref=ppx_yo_dt_b_asin_title_o06__o00_s00?ie=UTF8&th=1



Portable Solar Panel 手提式輕便太陽能板

https://www.amazon.com/gp/product/B018TY8ZYQ/ref=ppx_yo_dt_b_asin_title_o09__o00_s00?ie=UTF8&psc=1



Portable Rechargeable Power Bank 手提式可充電移動電源

https://www.amazon.com/gp/product/B073J61T3Y/ref=ppx_yo_dt_b_asin_title_o09__o00_s00?ie=UTF8&psc=1

以上大部分是存放在家中的緊急用品，另外還有兩種可能的情況因人而異，請自行準備：

Car kit / Go bag in car while away from home: walking shoes, map, compass, bottle water, LifeStraw, flash light, whistle, energy bars, bivy sack, warm cloth, gloves, rain gear...

Bug out bag, when home cannot stay, need to evacuate out.