



**American Red Cross**  
Cascades Region



# Prepare Out Loud

## Learn the facts. Take action. Talk about it.

Together we can rise to the challenge  
of a Cascadia Earthquake.

The American Red Cross Prepare Out Loud presentation will empower you to be ready for disasters of all kinds (including a Cascadia earthquake) by taking practical steps to start preparing, being vocal about your preparedness and encouraging others to start preparing.

### Learn more about:

- The science and history of the Cascadia Subduction Zone
- Human behavior during disasters
- What to expect during and after a Cascadia earthquake
- How to prepare to quickly locate your loved ones following a disaster
- How much food, water, and supplies you will need to take care of yourself and others

— *Free to attend* —

**WHEN:** WEDNESDAY · JUNE 1, 2016  
6:00 – 7:30 PM

**WHERE:** Red Cross Cascades  
Region Headquarters  
3131 N. VANCOUVER AVE.  
PORTLAND, OREGON

### Bring your kids

Preparedness Pals and Pillowcase  
Presentation sessions are available to  
youth ages 5–11 during the presentation.

Register at: [redcross.org/PrepareOutLoud](http://redcross.org/PrepareOutLoud)

or call Suzanne McBride at: **503-528-5648**

# What others are saying about

# Prepare Out Loud



“Prepare Out Loud offers informative, practical and easy-to-implement steps to help people take immediate action. Those who attend will feel inspired and empowered to prepare.”

– Karen Kervin  
U.S. Bank Vice President and  
Community Relations Manager



“The Prepare Out Loud presentation is an absolute eye opener! You will learn about different types of earthquakes and understand their potential impact. You will learn the steps you must take to plan ahead and what to do when an earthquake occurs. It motivated me to complete my own personal planning and preparation. Be ‘prepared’ for an engaging and informative session. Don’t miss it!”

– Louisa Awbery  
Fred Meyer General Merchandise Manager



**NW Natural**

“We know we need to prepare for a disaster and Prepare Out Loud helps people and organizations know where to start. I came to the presentation knowing I would learn more about the hazards we face in the Pacific Northwest, such as the Cascadia Subduction Zone. What I didn’t realize is how motivating the topic could be. Prepare Out Loud is inspiring thought-provoking conversations and stimulating preparedness.”

– Von Summers  
NW Natural Community Affairs Manager



“My family is prepared, but before Prepare Out Loud, I had not given a lot of thought to my employees, friends and neighbors personal preparedness. It should be all of our jobs to make sure our employees (and friends, and neighbors) are prepared. Prepare Out Loud was an informative and engaging presentation. I encourage everyone to attend.”

– Susan Steward  
BOMA Oregon Executive Director



**American Red Cross**  
Cascades Region

[redcross.org/PrepareOutLoud](http://redcross.org/PrepareOutLoud)