

****The Oregon Health Authority recently issued a report saying that humans and pets should avoid all contact with water from the Willamette River between Ross Island and the south end of Sauvie Island. This includes the entire stretch running through downtown Portland, along Swan Island, and up past Cathedral Park. People who come into contact with algae in the river might experience symptoms of numbness, tingling, dizziness, difficulty breathing, or heart problems. Seek immediate medical attention. The water is especially toxic for dogs.**

****In early July, the City of Portland Parks Department sprayed several people's camping areas near Johnson Creek with an unknown substance, causing severe rashes and blistering. If you believe you have experienced a similar incident, please report it to Right 2 Survive at 503-839-9992. You can also report it to the Oregon Poison Center at 1-800-222-1222 (24 hrs/day). The OR Poison Center offers immediate medical advice related to poisoning and toxic exposure.**

****The Oregon Department of Environmental Quality (DEQ) spread gravel along the paths and other areas near Willamette Cove in order to minimize contact with dirt, which contains very toxic lead and dioxin. DEQ will do more extensive construction starting in October in the Willamette Cove area.**

****DEQ is also working to clean up the area under the Hawthorne Bridge, on the east side of the Willamette River. Stay tuned for news in the weeks to come.**

****Join Right 2 Survive and the Pdx Harbor Community Coalition to organize for your rights along the rivers. Pdx Harbor meetings are once a month on the fourth Monday, from 6:00-8:00pm at Groundwork Portland, 3802 NE MLK Blvd. Just show up, or call 503-662-2590 for details. Dinner served. || Right 2 Survive meetings are twice a month, on the 2nd and 4th Thursday, from 5:00-7:00pm at Sisters of the Road, 133 NW 6th Ave.**



RESOURCES

For emergencies, dial 9-1-1

Right 2 Survive / Right 2 Dream Too.....Corner of NW 4th and Burnside | 503-839-9992

Multnomah County Crisis Line.....503-988-4888 OR 1-800-716-9769

Portland Women's Crisis Line.....503-235-5333 OR 1-888-235-5333

Suicide Prevention.....1-800-273-8255

Outside In Clinic.....503-535-3800

Outside In Harm Reduction Line (syringe exchange, etc.).....503-280-1611

Sisters of the Road (meals).....503-222-5694

United Way Resource and Referral.....2-1-1

JOIN Medical Clinic.....503-232-2031

Old Town Clinic.....503-228-4533

Portland Copwatch Incident Report Line.....503-321-5120

Prear - Youth Education, Arts, Rec Center.....503-228-6677

Portland River Alert Hotline.....503-823-2479

Oregon Poison Center.....1-800-222-1222 (24 hrs/day)

Right 2 Survive is a direct action group that works for the rights of the houseless. Right 2 Survive is a member of the Portland Harbor Community Coalition, which aims to support the needs and desires of people that use Portland's rivers for subsistence fishing, camping, recreation, and spiritual gathering.

STAYING SAFE



HEALTHY ON THE RIVERS



Our rivers may be okay for swimming most of the time, but those relying on rivers and their shores for food, water, and shelter are exposed to a different set of risks. This guide offers some tips for staying safe and healthy along rivers in and around Portland. Brought to you by:

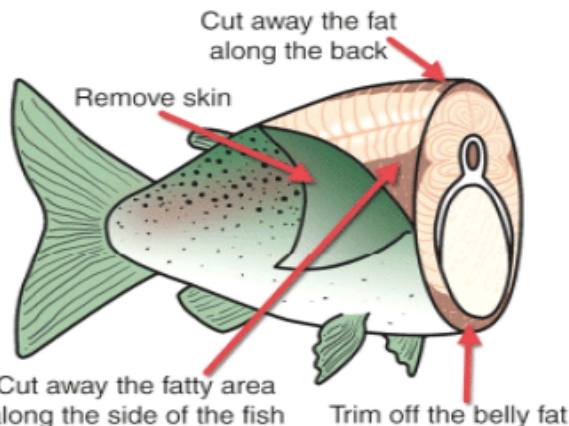


FISH

Resident fish that live in the Portland Harbor their whole lives (bass, catfish, carp) carry toxins that can cause cancer and other health problems.



Children, nursing and pregnant mothers, women of childbearing age (15-45), and those with weak immune systems should avoid eating resident fish. All others should minimize toxin exposure by doing the following:



Other important tips:

- *Grill rather than fry fish, so that fat drips off.
- *Avoid eating the head and skin.
- *Avoid eating raw fish.
- *Salmon, steelhead, and lamprey are safer to eat than resident fish because they spend much of their lives in the ocean.



WATER

The river water is not safe for drinking. Fill clean containers at stores, restaurants, outdoor faucets, or drinking fountains. Try to have one gallon of clean water on hand at all times for drinking, cooking, brushing teeth, and for your pets.

If you must drink/cook with water from the river, take water from an area where the water is running (not standing), and boil for 3 full minutes. Keep covered.

Air drying dishes and clothing is fine; the sun helps to sanitize.

If you use the river for other purposes, consider your impact on the river environment and other people using the river. Use biodegradable soap, keep your area clean, and use restroom facilities.

CAMPING

Police are required to post a sign with a date and time, giving at least 24 hour notice before removing campsites (ORS 203.077). They are also required to notify social services that campsites will be removed.

Watch for signs of recent pesticide applications and do not go near these areas. If you have been exposed to pesticides or other toxins, call the Oregon Poison Center at 1-800-222-1222 (24 hrs/day). They can give immediate medical advice.

Also, there may be contaminants in the dirt that should be avoided. Use a barrier between you and the dirt (cardboard or tarp), and only re-use this barrier for the ground. Keep dirt out of your tent by taking off shoes when entering. Wash hands before eating. This is particularly crucial at Willamette Cove, but is important in other areas as well.

Dispose of trash, and keep camping areas tidy.

Call Right 2 Survive at 503-839-9992 to report problems with pesticides, lack of 24 hour notice, etc. at your campsites.

KNOW YOUR RIGHTS!

If you are stopped by the police: Stay calm and keep hands visible. Whatever you say can be used against you, so consider staying quiet. If you are not driving, you do not have to carry an ID. You do not have to identify yourself, but if you refuse, police may bring you in. Key phrase to say: "Am I free to go?"

If you are driving, you must show your license, registration, and proof of insurance. If you are suspected of drinking and refuse to take a breath test, your license can be suspended.

If police want to search you, they may pat you down to check for weapons. It is your right to not be searched further unless the officer has a search warrant. Make it clear you do not consent to any further search by saying, "I do not consent to this search!" If they say they have a search warrant, ask to see it.

If you are arrested, you do not have to answer any questions, other than identifying yourself. Don't offer excuses or explanations. Anything you say can be used against you. Just say, "I want to talk to a lawyer." If you don't have a lawyer, ask the police how to contact one.

If you are the victim of police misconduct, get the name of all officers involved, supervisors' names, and any witnesses. If you are the victim of police misuse of force, document injuries immediately. Call CopWatch to find out options you may wish to pursue.

PORTLAND COPWATCH: 503-321-5120
Independent Police Review: 503-823-0146
Legal Aid: 503-224-4086
Metro Public Defenders: 503-225-9100