Last Name Family Emergency Plan

# PURPOSE:

The purpose of this plan is to give our family the best chance of survival in a wide variety of emergencies where we have to either evacuate or shelter in place without any outside services.

# METHOD:

* We will leverage the planning, information and documentation available from various federal, state and county Emergency Plans.
* We will download Red Cross Apps and any other mobile technology that can help us survive but we will also have hard copy information available in our kit.
* We will augment those source documents’ provided content with location and family specific information.
* We will appoint a family member to be our Emergency Plan and Kit Captain to oversee the creation and maintenance of our family’s emergency kit and plan.
* We will assemble a kit that will enable us to survive without outside assistance or services for up to 5 days.
* We will educate ourselves on first aid, damage and danger assessment (CERT).
* We practice what we have learned and conduct drills to determine if we can assemble our survival kit and be ready for evacuation in one hour.
* We will live with knowing what to do in an emergency and how to do it.

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## HOUSEHOLD CONTACT INFORMATION:

| Contact | Mobile Phone | eMail |
| --- | --- | --- |
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|  |  |  |
|  |  |  |
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## OUT OF HOUSE CONTACT INFORMATION:

These contacts are local to track down family members at school or their office or to contact a local person for help.

| Contact | Mobile Phone | eMail | Contact info |
| --- | --- | --- | --- |
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## OUT OF TOWN CONTACT INFORMATION:

If separated and unable to contact household, all will check in with:

| Contact | Mobile Phone | eMail |
| --- | --- | --- |
|  |  |  |
|  |  |  |
|  |  |  |

## CERT TEAM CONTACT FOR OUR TOWN:

This is our Community Emergency Response Team contact information:

| Contact | Mobile Phone | eMail |
| --- | --- | --- |
|  |  |  |

## EVACUATIONS

### An Evacuation Warning

An Evacuation Warning or Voluntary Evacuation means that it is time to prepare to leave your home and the area. Gather your family, pets, basic needs and important paperwork and listen for instructions from emergency responders. If you have special medical needs or have limited mobility, you should prepare to leave the area when an Evacuation Warning is issued. Those with horses or large animals should also begin to evacuate.

### FLASH FLOODS

A flash flood **WATCH** means flash flooding is possible in your area.

A flash flood **WARNING** means a flash flood is occurring or will occur very soon.

### An Evacuation Order

An Evacuation Order or Mandatory Evacuation is a directive from  
the Departments of Sheriff or Fire to leave your home or business immediately. Failure to follow an Evacuation Order may result in endangerment to the lives of others, personal injury, or death. Once you have left the area you will not be able to return until the Order has been lifted.

### An Evacuation Shelter

The Red Cross at the request of the County may set up an Evacuation Shelter if an area must be evacuated for an extended amount of time. Local officials will announce the location for an evacuation shelter, once a safety assessment is complete and the shelter is ready to accept those affected by the evacuation.

### Shelter-in-Place

Shelter in Place means the best place to be safe is indoors. If authorities advise you to shelter-in-place you should turn off air-conditioner and fan units, seal the gaps around windows and doors and listen to the radio for authorities to announce the threat has passed. Do not venture out of your shelter area until you are instructed that it is safe to do so.

TIP - If you evacuate, remember to leave information inside your home so others know where you are planning to go. Be sure to include your out-of-area contact information. (See appendix A)

## EVACUATION CHECKLIST

* + - Emergency Supply Kit
    - Note for House stating where the family is evacuating
    - Cash and Credit Cards
    - In Use - Important Documents
      * Social Security card
      * Drivers License
      * Passport
      * Medical card and records • Insurance information
      * Vial of Life information for each family member
    - Special Needs Items
      * Wheelchair, Canes & Walkers
      * Medications
      * Hearing Aids (& extra batteries)
    - Pet Care Items
      * Identification & Immunization Records
      * Carrier or Cage
      * Muzzle and Leash
    - Family Photos

## SCHOOL DISASTER PLANNING

## 

If you have children attending school, it is important for you to obtain a copy of the school’s disaster plan and include it in your Family Emergency Plan. The school’s disaster

plan should answer the following questions:

* + - Will my child be sheltered in place during a wildland fire or other emergency?
    - If so, do I know what precautions my school has taken to ensure my child’s safety?
    - Does the school maintain a parent- provided disaster supply kit for my child?
    - If so, have I recently updated its contents?
    - Does the school have adequate emergency supplies on hand to care for my child?
    - Will I be able to pick up my child, or send someone else to pick up my child?
    - Will my child be evacuated?
    - If so, do I know to what location my child might be evacuated?
    - If my child needs special medications, can a short-term supply of these medications be kept at the school nurse’s office for use during any emergency?
    - Is your child’s emergency contact school information up-to-date?

### PUBLIC SCHOOL CLOSURES

Before School Has Begun for the Day

If one or all schools cannot open due to unsafe road conditions or other reasons, district superintendents will declare a school closure and the school will notify local radio stations to announce planned closures. If conditions allow, district personnel including custodians, maintenance, and office staff will report to work as usual.

Once School Has Begun

Once school has started for the day, students will remain until the regular dismissal hour or until students are checked-out by an adult listed on their emergency card. During bad weather, principals or other school representatives will remain on campus until all students have been picked up from school.

Transport coordinators for the school will notify the principal and superintendent if road conditions in the area mean that students cannot safely leave. If an earthquake or other disaster prevents parents or guardians from picking up students when school is over, students will be sheltered at the school. Schools plan for extended stays by keeping food and other supplies for students and staff onsite.

School Evacuation

If an individual school must be evacuated due to flooding, fire, or destruction of facilities, students will be evacuated by school bus or other means to another district school site. Parents and guardians will be notified through local radio station announcements about evacuations and transfer sites where they can pick up students.

TIP - In an emergency, do not call the school directly.  
School lines are used by staff to call for emergency help

and coordinate evacuations. Note where to call from your review of the School’s Disaster plan and include it in the Family Disaster plan.

## DISASTER SUPPLY KITS

A Disaster Supply Kit is any pre-assembled group of items that will improve the health and safety of your family during a disaster. Kits can be purchased or be homemade in a variety of styles and sizes. They can be as small as a shaving kit for your glove compartment or as big as a 50-gallon drum for your business. In general, kits should be easy to carry and as lightweight as possible. You can have many kits, each suited to a different purpose. As a minimum, you should have a kit for home and one for each car of the family. It is also a good idea to find out what the status of survival kits are for locations where your family spends a lot of time - such as their workplace, schools or places of worship. Even if the answer is that these places do not have kits, your survival is improved by not trying to find a nonexistent kit after disaster has struck. You will know the nearest kit is probably in your car.

### 10 ESSENTIAL Emergency Supplies

At a minimum, your emergency supplies should include these 10 essential items.

* + 1. Water for 3-10 days (1 gallon per person per day) and Clorox for purifying water
    2. Food for 3-10 days (including pet food)
    3. First Aid Kit and Instructions
    4. Flashlights (and extra batteries)
    5. Radio (and extra batteries)
    6. Medications (prescription and non-prescription)
    7. A hard copy of this plan, cash and important documents(small bills and coins, birth certificates, tax returns, deeds, titles, insurance papers, medical cards)
    8. Clothing and sturdy shoes
    9. Tools (wrench, duct tape, fire extinguisher, sturdy gloves, whistle)
    10. Sanitation and hygiene supplies

TIP - When purchasing a fire extinguisher the best type is ABC, which covers combustible, liquids and electrical fires. Be sure to check the expiration date on your extinguisher.

### COMFORT and SUSTAINMENT

Include items in your disaster kit that will help your family be comfortable and self-sufficient after a disaster, consider adding:

* + - * Camping stove, fuel, pots and pans, aluminum foil,   
        paper cups, plates & plastic utensils
      * Emergency blankets or sleeping bags
      * Pet carriers, leashes and supplies
      * Extra set of car, home, and safe deposit box keys
      * List of emergency telephone numbers
      * Charger Cords for Mobile devices
      * Portable toilet, toilet paper and plastic bags for human waste
      * Compass
      * Pens, pencils, paper tablet
      * Toys, crayons, playing cards and books to keep children busy

### FOOD AND PREPARATION SUPPLIES

Select foods that require no refrigeration and can be prepared with little or  
no water. Select food items that are compact and lightweight including a selection of the following foods:

* + - * Ready-to-eat canned meats, fruits and vegetables
      * Canned juices, milk, soup (if powdered, store extra water)
      * Staples-sugar, salt, pepper, hot sauce
      * High-energy foods such as peanut butter, jelly, crackers, granola bars, trail mix
      * Food for infants, elderly persons, or persons on special diets
      * Comfort/stress foods in small amounts such as cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags
      * Manual can opener
      * All-purpose knife and spoon
      * Household liquid bleach to treat drinking water
      * Plastic wrap
      * Re-sealing plastic bags

### PERSONAL AND HYGIENE ITEMS

Each person in the household should have a “TOGO” bag or backpack that the keep within arms reach of where they sleep. This pack should include and the extent possible limited to the following items:

* + - Change of Clothing - including socks and underwear
    - Medications (prescription and non-prescription)
    - Photographs
    - Oral Hygiene - Brush, Paste & Floss
    - Shampoo & Soap
    - Lotion
    - Deodorant
    - Kleenex and Toilet Tissue
    - Feminine Hygiene items

### BASIC FIRST AID KIT

Be sure to include personal items that you rely on daily. A basic first aid kit should include:

* + - Disposable/sterile burn blankets
    - Adhesive tapes
    - Hydrogen peroxide, Betadine
    - 4x4 gauze pads (sterile and   
      non sterile), roller gauze
    - Band-Aids (assortment)
    - Ice packs
    - Triangular bandages, ace bandages
    - Eye pads
    - Scissors
    - Cotton balls/Q-tips/cotton applicators (12 count)
    - Tweezers
    - Penlight
    - Thermometer
    - Safety pins and sewing needles/thread
    - Optional: over-the-counter pain medication and digestive aid
    - Anti-bacterial towelettes
    - Blood-stopper compresses
    - Burn ointment
    - CPR shield
    - Tri-biotic ointment
    - Earplugs
    - Over the counter medications

### SOURCES OF DRINKING WATER\*

In an emergency you can use water already in your water heater tank, plumbing, and in ice cubes. Do not use water from the reservoir tank of your toilet.

* + - Access reserves in the water heater by opening the spigot at the bottom of the tank, attach a garden hose and strain the water through a coffee filter or clean cloth.
    - Before you access the water in your plumbing, locate the water inlet/shutoff valve for house, condominium or apartment and turn off the water.
    - Pools, spas, waterbeds and similar sources of water can be used for sanitary purposes only. Do not drink the water from these sources

### RATIOS FOR PURIFYING WATER WITH BLEACH\*

|  |  |  |  |
| --- | --- | --- | --- |
| WATER QUANTITY | 1 Quart | 1 Gallon | 5 Gallons |
| BLEACH ADDED | 4 Drops | 16 Drops | 1 Teaspoon |

After adding bleach, shake or stir the water container. Let Stand for 30 minutes before drinking.

Most utilities are only responsible for repairs to their meters. They will not be able to repair damages to your pipes or electrical wiring. However, repairs may be required before utility connection can be restored. Be patient and wait for the proper clearances from utility companies and health officials.

\*See appendix C for more clarification on emergency water treatment.

### PET DISASTER SUPPLY KIT CHECKLIST

* + - Name tags and phone numbers for collars and harnesses
    - Leashes, harnesses, gloves and carriers to transport pets safely and securely
    - Water and food for 3-10 days
    - Supplies like bowls, cat litter and pans, manual can opener, foil or plastic lids for cans
    - 3-10 day supply of medications. Medical records stored in a waterproof container
    - Current photos of your pets in case they get lost
    - Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to board your pets. Don’t forget pet beds and toys!
    - First Aid kit (including large/small bandages with elastic tape, scissors, tweezers, Q-tips, antibiotic ointment, saline eyewash, & hydrogen peroxide)

Don’t forget to include identification tags on

carriers, harnesses and leashes

TIP - When you get an Evacuation Warning the carrier with a light cloth, which will gather up small animals and confine them so they can be crated quickly. Transport cats in a plastic or wire carrier only; do not carry in your arms. Cover help keep cats quiet.

## HOUSE FIRES

In case of a house fire, don’t stop for anything – just get out. Call 911 from a neighbor’s telephone after you are out of the house.

### During the Fire

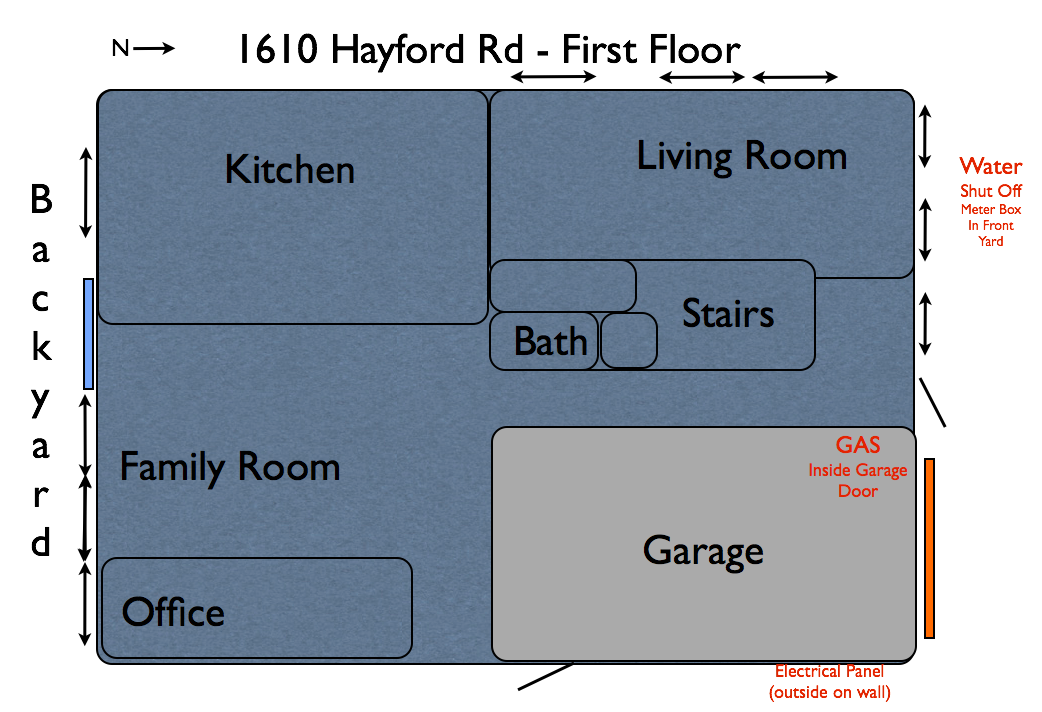
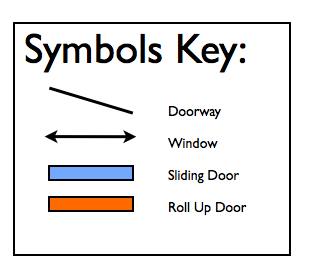
* + - Follow your evacuation plan instructions and the directions from Sheriff and Fire Department personnel.   
      Gather your family, pets and disaster supply kit and immediately leave your home or business.
    - Drive carefully at a normal speed with your headlights on.
    - Never park your vehicle in a traffic lane or safety area.
    - Keep pets in carriers or on leashes.

### After the Fire

* + - Don’t return to your home before the area is declared to be safe by local officials. Returning home can be both physically and mentally challenging.
    - Assess damage; check that your home is safe to occupy.   
      Before returning home, be sure that utilities are operational.   
      Check with the Department of Public Works to find out what roads are damaged.
    - Remember, burned hillsides may have trouble absorbing water after a fire.
    - Monitor burn areas and be prepared to evacuate if necessary.

### In Case Of Fire at 1610 Hayford Rd:

SHUT OFF O2 Concentrator! On the second floor in the Master bedroom is an O2 concentrator that must be turned off whenever a there is a chance of an open flame.

In the event of fire all family and pets must be accounted for. To do that, there must be designated locations for evacuating the house where we can quickly determine if every one is out safely. The following diagram identifies the meeting point (X1)at the SE corner of the house outside of the garage.

### Evacuation Routes from the House:

Anyone on the first floor would exit by opening the nearest door or if need be a window and pushing the screen out to proceed to the home meeting point. If it is not safe to meet at that corner of the house meeting will be as close to that point that you can safely get to.

If fire prevents the use of the stairs, those on the second floor can proceed to exit through their their windows and either climb down from the mid roof or balcony in the front or on to the arbor in the backyard. The center front bedroom will have to exit via a rope ladder from their closet as will anyone in the master bedroom. The unique aspect of the evacuation is dealing with the O2.

### Special Evacuation Considerations:

* *The master bedroom has an O2 concentrator that is in use any time the room is occupied.* ***THIS DEVICE MUST BE SHUT DOWN AS SOON AS FIRE IS DETECTED IN THE HOUSE.*** *There is a portable O2 Concentrator that should be deployed as soon as the evacuation is complete.*
* *The person who needs the O2 will not be able to evacuate from the windows without assistance. She will need to be lifted from the window to the arbor in the backyard and from the arbor to the ground. All family members must be prepared to assist her. There is a portable O2 concentrator that must be taken in evacuation. It is typically stationed down stairs next to the office on the charger.*
* *There are two dogs and a cat on the premises. The cat stays primarily upstairs in the front bedroom. One dog prefers to be in the back yard but sometimes stays on the first floor. The other dog could be anywhere in the house. All family members must be prepared to assist finding and evacuating the pets.*

TIP - Have your *Vial Of Life* Information printed out and kept with the hard copy emergency plan in the kit. This will aid any first responders in understanding the medical conditions of anyone in the family needing treatment but unable to speak for themselves.

## WHEN DISASTER STRIKES

### ASSESS

Locate and notify family members of your circumstances.

### FIND SHELTER

Find a safe haven in your home, with family or at a shelter.

### BE SAFE

Proceed cautiously and follow local safety instructions.

### GET HELP

Get local service availability information or call 2-1-1 for services.

### BEGIN RECOVERY

Contact insurance providers, FEMA and secure documentation.

Try to resume your normal activities as soon as practical.

When disaster strikes you and your family may be affected in several ways. This may range from injuries, physical or emotional, to damage or the loss of property. Remember not to panic and help those who need extra assistance.

TIP - Program your local Sheriff Station and Fire Station numbers into your cellular phone so you are able to call numbers directly when necessary.

### ASSESS

* + - Immediately after a disaster, listen to local media for advisories and instructions from local officials. Instructions will vary according to the type of disaster.
    - After an earthquake, check for injuries then assess your building for obvious hazards and dangerous situations. Once you and your family are safe, activate your telephone calling tree to locate and notify family members about your circumstances. Limit your phone calls to emergencies and necessary notifications to reduce the strain on the telephone system.
    - First responder agencies will be working to assess damages throughout the County and determine which areas are most severely impacted. They will begin to clear disaster routes so emergency vehicles can get through to help where they are most needed. Utilities and transportation routes will be restored more slowly as they perform assessments and prepare to serve the needs of residents and emergency responders.

### FIND SHELTER

* + - Find a safe haven in your home, with family or at a shelter. When an Evacuation Order has been issued for your area:
    - Gather your family, pets, and disaster supply kit into your car and prepare to leave your home or business immediately.
    - Follow instructions and directions from Sheriff and Fire personnel.
    - Drive carefully and at a normal speed with your headlights on.
    - Keep your car windows rolled up and turn on air vents to re-circulate.

### Evacuating Your Pets

Choose evacuation locations ahead of time; you should have at least two options:

* + - Prepare a list of boarding facilities and veterinarians who can shelter your pets in an emergency(include 24-hour numbers).
    - Contact hotels and motels outside your immediate area to check policies on accepting pets and restrictions on number, size, and species.
    - Ask friends, relatives and others outside the affected area if they can shelter your animals.  
      The Red Cross does not house pets inside shelters.
    - If you have more than one pet they may be more comfortable if kept together, but be prepared to house them separately.

TIP - Everyone who needs unique assistance should interpret an Evacuation Warning as an Evacuation Order and make arrangements to leave their residence or place of business immediately.

## INSPECTING THE HOME AFTER AN EVENT

### Natural gas

If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call the gas company from a neighbor’s residence. If you shut off the gas supply at the main valve, you will need a professional to turn it back on. Do not smoke or use oil, gas lanterns, candles, or torches for lighting inside a damaged home until you are sure there is no leaking gas or other flammable materials present.

### Sparks, broken or frayed wires

Check the electrical system, do not check it if you are wet, standing in water, or unsure of your safety. If possible, turn off the electricity at the main fuse box or circuit breaker. If the situation is unsafe, leave the building and call for help. Do not turn on the lights until you are sure they’re safe to use. You may want to have an electrician inspect your wiring.

TIP - After an earthquake, be prepared for aftershocks.

### Roof, foundation, and chimney cracks

If it looks like the building may collapse, leave immediately.

### Your Basement

If your basement has flooded, pump it out gradually (about one third of the water per day) to avoid damage. The walls may collapse and the floor may buckle if the basement is pumped out while the surrounding ground is still waterlogged.

### Appliances

If appliances are wet, turn off the electricity at the main fuse box or circuit breaker. Then, unplug appliances and let them dry out. Have appliances checked by a professional before using them again. Also, have the electrical system checked by an electrician before turning the power back on.

### Water and Sewage Systems

If pipes are damaged, turn off the main water valve. Check with local authorities before using any water; the water could be contaminated. Pump out wells and have the water tested by authorities before drinking. Do not flush toilets until you know that sewage lines are intact.

### Food and Other Supplies

Throw out all food and other supplies that you suspect may have become contaminated or come in to contact with floodwater.

### Open Cabinets

Be alert for objects that may fall.

### Clean up Household Chemical Spills

Disinfect items that may have been contaminated by raw sewage, bacteria, or chemicals. Also clean salvageable items.

### Call Your Insurance Agent

Take pictures of damages. Keep good records of repair and cleaning costs.

## PLANNING FOR WATER

To prepare the safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it. Be sure to notice the expiration or “use by” date.

* + - A normally active person needs to drink at least two quarts of water each day. Children, nursing mothers, and others may need more.
    - Very hot temperatures can double the amount of water needed.
    - Store at least one gallon per person per day, for drinking and cooking.
    - Store water in thoroughly washed plastic, glass, or enamel-lined metal containers.
    - Recycle self-stored water every six months.
    - Recycle commercially bottled water every 12 months.

TIP - Your hot water heater can be a source of water.

When you want water, place a container underneath and open the drain valve on the bottom of the tank. WARNING - The water stored in water heaters is VERY HOT. Take precautions to avoid injury! Turn off the power that heats the tank and let it cool.

## UTILITIES

### Think SAFETY and do not take risks.

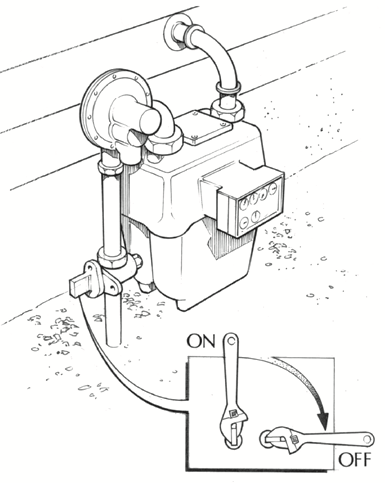
Walk carefully around your property; look for downed power wires, water and gas leaks and damage to the structure(s). Do not operate switches or breakers if you smell gas. Do not enter severely damaged buildings, especially alone. Wait for help and use safety gear.

### Utilities Shut off at 1610 Hayford Road

### GAS SHUT OFF

Learn the location of your gas meter and how to shut off the supply valve. Do not shut off the gas supply valve unless you smell or hear gas leaking. If you have “Natural Gas” (a line from the street) the main shut-off valve is located next to your meter on the inlet pipe. Use a wrench and carefully give it a quarter turn in either direction so that the bar runs crosswise on the pipe. The line is now closed. Shut off valves covered with paint should be tapped gently to break the seal; forcing the valve can break it. If you have propane (gas in a tank), turn off the main gas supply valve if it is safe to do so. To close the valve turn it to the right (clockwise).

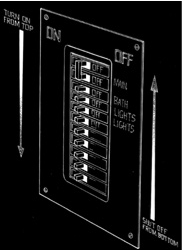




### ELECTRICITY SHUT OFF

Every responsible member of your household should know where your electrical switch box is and which switch controls power to your home. This switch may be found on the circuit breaker panel or it may be separately located near the meter.

Remember - do not operate any electrical switches if a gas leak is suspected. To shut off the electricity to your home, turn off individual breakers first, then the main switch. To turn back on, turn on the main switch first, then individual breakers.



### WATER SHUT OFF

The water shut off valve is found where the water supply enters the house. To shut of our home’s water, you will need a large screw driver to open the cover on the meter box in the front yard and a Crescent Wrench to turn the shut off value at the meter the same way the Gas is turned off at the meter. Water is essential for survival but in an emergency, may be limited or unavailable. Properly stored water is the most important part of your emergency plan.

## COMMON REACTIONS TO DISASTERS

* + - Irritability and anger
    - Fatigue
    - Loss of appetite
    - Inability to sleep
    - Nightmares
    - Sadness
    - Headaches
    - Nausea
    - Hyperactivity
    - Lack of concentration
    - Hyper-alertness
    - Increase in alcohol or drug consumption

## COPING WITH DISASTER-RELATED STRESS

* + - Talk with someone about your feelings - anger, sorrow, and other emotions - even though it may be difficult.
    - Seek help from professional counselors who deal with post-disaster stress.
    - Do not hold yourself responsible for the disastrous event or be frustrated because you feel you cannot help directly in the rescue work.
    - Take steps to promote your own physical and emotional healing by healthy eating, rest, exercise, relaxation, and meditation.
    - Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family.
      * Spend time with family and friends.
      * Use existing support groups of family, friends, and religious institutions.
    - Ensure you are ready for future events by restocking your disaster supplies kits and updating your family disaster plan. Doing these positive actions can be comforting.

## GETTING HELP

|  | ISSUES | Public Agencies Responsibilities | Residents & Businesses |
| --- | --- | --- | --- |
| Immediate Life & Safety | Food and Shelter  People and pet reunifications  Physical Safety | Ensure transportation routes are operational Implement public safety measures | Dial 9-1-1 for emergencies Use CERT skills |
| Short Term Care & Shelter | Restoration of Utilities Crisis counseling Temporary housing Rebuilding infrastructure  Loose or wild animals | Issue information on available resources and service locations Issue health alerts & warnings  Mitigate secondary damages and effects Coordinate provision of basic services | Finding safe shelter Re-opening businesses  Coping with limited communications Finding alternate transportation routes Learning what services may be available from organizations like the Red, Cross, Salvation Army, etc. |
| Long Term Restore & Rebuild | Job losses and unemployment  Displaced households  Loss of housing stock Transportation issues Long-term economic impacts  Community identity Coping with physical and emotional loss | Issue permits for rebuilding  Provide information on available emotional, financial, and physical assistance Streamline permit and licensing processes to accommodate high volume requests Convene public forums and task forces targeting specific areas of need | Re-establishing with suppliers and customer base Restoration of pre-disaster employment numbers Rebuilding homes and businesses  Potential assistance from government agencies including Small Business Administration and the Federal Emergency Management Agency (FEMA) |

## AGENCY SCOPE AND CONTACT INFORMATION:

Here are some of the agencies that can make a difference in your emergency plans and preparedness in Los Angeles County. Please take the time to add information for organizations that serve in your neighborhood and community.

|  |  |  |
| --- | --- | --- |
| Where can I find information about... | Agency | Contact Information |
| Emergency planning and preparedness information for our County? | Office of Emergency Services for Our County |  |
| Community Emergency Response Team (CERT) training? | Our Town CERT contact |  |
| Fire Department requirements for damaged structures? | Our County Planning & Development Services |  |
| Community and personal protection issues? | Our Town Police Dept. | 911 or |
| Road closures and conditions in my County? | Our Country Dept of Public Works |  |
| Clearing and repairs to County maintained roads and bridges? | Our Country Dept of Public Works |  |
| Building inspections and permits? | Our County Planning and Development Services |  |
| Flood control and drainage issues? | Our County Public Works |  |
| Road closures and conditions for State Highways? | Our Trans |  |
| County-provided emergency social services | Our County Health and Human Services Agency |  |
| Mental Health services for disaster victims? | Our County Health and Human Services Agency |  |
| Communicable disease control, preventive health measures, contamination control and health inspections | Our County Health and Human Services Agency |  |
| Assistance with injured animals and information on animals displaced by a disaster | 211 Our Town |  |
| Schools and school districts in the County | NA | NA |
| Organizations that provide response and recovery assistance in the event of a disaster |  |  |
| Questions or reports about (power & gas) outages? | Power Company |  |
| Information on exposure to toxic substances? | Poison Control Center | 800-222-1222 www.aapcc.org/DNN |
| Emergency Financial First Aid Kit? | Operation Hope | www.operationhope.org |
| Disaster loan and grant information? | U.S. Small Business Administration | 800-659-2955 www.sba.gov |
| Preparing and planning for disasters? | U.S. Department of Homeland Security | www.ready.gov |
| Information and services for individuals, families and businesses needing disaster recovery assistance? | U.S. Department of Homeland Security | www.disasterhelp.gov |
| Latest earthquake information? | U.S. Geological Survey | www.quake.usgs.gov/recent |
| Latest weather information? | National Oceanic Atmospheric Administration | www.noaa.gov |
| Information on environmental disasters? | U.S. Environmental Protection Agency | www.epa.gov/ebtpages/emergencies.html |

# BEGIN RECOVERY

The emotional toll of a disaster from loss of a business, home, school, job, personal property or loved ones can be devastating. You may need help from one of the many human service agencies such as the Department of Public Social Services and the Department of Mental Health.

### 211 Our Town

In Our County you can dial **2-1-1** or visit the website www.211Our County.orgfor information and referrals to over 28,000 agencies and organizations that provide assistance such as food, water and shelter after disasters. This service is available 24 hours a day, 7 days a week and is TTY accessible.

### American Red Cross



Website: http://www.redcross.org/local/california/san-diego

Phone: (800) Red-Cross

Twitter: @redcrossla

Facebook: [www.facebook.com/](http://www.facebook.com/)SDredcross

## RED CROSS MOBILE APPS:

The Red Cross has number of very valuable mobile apps not all of which are directly relevant to disaster planning. I have indicated which ones I think should be default apps for all my friends and loved ones by a red Asterisk ( \* ). These apps are all free to download but donations, blood and volunteering are always helpful and requested. Some of them just provide information(First Aid or Pet First Aid). Some allow you to monitor your own areas and the locations of your loved ones for emergencies (Emergency, Quake, Flood, Nado, Cane).

| APPLICATION | Description | TEXT 90999  For APP | Apple Store | Google Play |
| --- | --- | --- | --- | --- |
| Blood | Schedule blood donation appointments, track total donations and earn rewards as you help us meet the constant need for blood. | GETBLOOD | X | X |
| First Aid \* | Get instant access to information on handling the most common first aid emergencies | GETFIRST | X | X |
| Pet First Aid \* | Be prepared to help your furry friends with veterinary advice for everyday emergencies. | GETPET | X | X |
| Emergency \* | This all-inclusive app lets you monitor more than 35 different severe weather and emergency alerts, to help keep you and your loved ones safe. | GETEMERGENCY | X | X |
| Hurricane | Monitor hurricane conditions in your local area, throughout the storm track, and let others know you are safe even if the power is out. | GETCANE | X | X |
| Tornado | Receive weather alerts whenever the NOAA issues a tornado watch or warning for your community – or any location where you have loved ones. | GETNADO | X | X |
| Flood | Learn and prepare your family and friends for flooding, evacuation and a safe return home. | GETFLOOD | X | X |
| Earthquake | Receive notification when an earthquake occurs, find help and let others know you’re safe even if the power is out. | GETQUAKE | X | X |

## DISASTER ASSISTANCE INFORMATION

### What is FEMA Disaster Assistance?

Disaster assistance is money or direct assistance to individuals, families and businesses in an area where property has been damaged or destroyed and when losses are not covered by insurance. It is meant to help with critical expenses that cannot be covered in other ways. Assistance is not intended to restore your damaged property to the same condition as before the disaster. While some housing assistance funds may be available through the FEMA Individuals and Households Program, most disaster assistance from the Federal government is in the form of loans administered by the United States Small Business Administration (SBA). FEMA Disaster Assistance is only available if the President signs a declaration of disaster.

### How do I apply for Disaster Assistance?

There are various services and special programs that may be available when the President signs a Disaster Declaration. The phone number to apply for assistance will be advertised widely following the disaster; notices will be listed on County websites, posted at County Libraries and reported by the news media. Special one-stop centers may also be set up to help residents nd the assistance they need.

### How can I get in touch with my family?

The American Red Cross Safe and Well website is a central location for people in disaster areas to register their current status, and for their loved ones to access that information. It helps provide displaced families with relief and comfort during a stressful time. The Safe and Well website is easy to use: If you are currently affected by a disaster somewhere in the U.S., click List Myself as Safe and Well, enter your pre-disaster address and phone number, and select any of the standard message options. **Safe and Well is available 24 hours a day, 365 days a year and is accessible in both English and Spanish.**

### What if my home is destroyed?

* + - For immediate housing needs, the American Red Cross and other volunteer agencies set up shelters for people who cannot return to their homes. Listen to your radio or watch local media for the location of the nearest volunteer agency facility.
    - For health and space reasons pets are not permitted in public emergency shelters. Contact your local emergency management of office, animal shelter or humane society for more information on sheltering pets during and after a disaster.
    - For those who have longer-term housing needs, FEMA may offer several types of assistance including services and grants to help people repair their homes and nd replacement housing.
    - For long-term assistance after a Presidentially Declared Disaster, call the FEMA registration number and apply for FEMA and Small Business Administration (SBA) assistance programs.
    - FEMA assistance does not make you whole again, but it can give you a helping hand while you recover.

### Where can I get food and water following a disaster?

After a disaster, the American Red Cross and other volunteer agencies will provide food, water and clothing to the best of their ability. Listen to your radio or watch local media for distribution locations.

### What if I lost my job or can’t work because of a disaster?

People who lose their jobs because of a disaster may apply for Disaster Unemployment Assistance (DUA). DUA provides weekly benefits to individuals who are unemployed and not eligible for regular unemployment insurance compensation. Apply by registering with FEMA or contacting your local unemployment office.

### What if I think I need legal help?

Local non-pro t organizations often provide legal assistance to individuals who have been impacted by disasters. Also, local members of the American Bar Association offer free legal counseling to low-income individuals. You can get more information at a Local Assistance Center or Disaster Recovery Center that is set up after the President declares a major disaster.

# WILDLAND FIRE

### Before the Fire

Red Flag weather conditions mean that humidity is very low (usually below 15%) and winds exceed 25 mph. When a Red Flag Warning or Alert has been issued there is a greater possibility for brush fires to spread rapidly. If you live in an urban-interface area subject to Red Flag Alerts here are a few tips:

* + Park your car heading out and keep your car keys handy
  + Disconnect automatic garage door openers in case of power failure
  + Place your important records and documents inside your car
  + Keep pet carriers handy
  + When you leave your home:
  + Keep drapes and window coverings open
  + Close all interior doors in your home
  + Close all windows
  + Keep interior lights on
  + Move combustible furniture away from windows and towards the center of the room

TIP - Pre-wetting your home and surrounding areas will not improve the

safety of your home–and it wastes valuable time and water resources.

### FIRE HAZARD REDUCTION CHECKLIST

* + Remove needles, leaves, or other vegetative material from the roof of any structure.
  + Remove or trim all vegetation a minimum of ten feet from chimneys or stovepipes.
  + Keep landscape clean, remove litter under trees and shrubs, prune out all dead wood.
  + Remove dead and dried portions of ground covers and succulents.
  + Leave space between shrubs and trees to prevent re spread. Avoid continuous tree or brush canopies.
  + Separate native shrubs by removing adjacent plants.
  + Limit the number of specimen trees and shrubs within 30 feet of any structure.
  + Tree crowns should not overhang the roof and should be pruned high enough to avoid ignition by a ground fire.
  + Within 200 feet of structures consider removing common garden plants that have proven particularly flammable due to high brush buildup and foliage oils such as Cypress, Fountain Grass, large Juniper, Eucalyptus, Pines, and other Conifers.
  + Give special consideration to problem trees such as Eucalyptus, Palms and Pines. Remove dead limbs, litter, dead fronds and loose bark from the ground as well as from the trunk of these trees.

### IF YOU LIVE NEAR A RECENTLY BURNED AREA...

Flash floods and debris flows may now be a danger. Once the smoke clears from a wild re, the danger is not over! Other hazards, such as ash floods and debris flows, now become the focus. Steep mountainsides and hillsides recently burned by wild res are particularly susceptible to ash floods and debris flows during rainstorms. Just a short period of moderate rainfall on a burn scar can lead to flash floods and debris flows. Rainfall that is normally absorbed by vegetation can run off almost instantly. This causes creeks and drainage areas to flood much sooner during a storm, and with more water than normal.

Additionally, the soils in a burn scar are highly erodible so flood waters can contain significant amounts of mud, boulders, and vegetation. The powerful force of rushing water, soil, and rock, both within the burned area and downstream, can destroy culverts, bridges, roadways, and structures, and can cause injury or death if care is not taken.

## MUDSLIDES

In 1914, when the population of the Los Angeles Basin was about 700,000, a four-day  
storm produced more than 19 inches of rain in the San Gabriel Mountains, resulting in oods causing $10 million in damage. Floods in 1938 caused $70 million in damage in Southern California, and in 1969, floods caused $400 million in damage and 60 deaths.

### Before the Flood

* + - Assess the safety of your house and belongings in case of a flood or mudslide.
      * Are you near a creek?
      * Do you live above or below a steep hillside?
      * Do you have to drive over a creek or bridge to get to a main road?
    - Clean drains and gutters around the house in the fall before the winter rains come. Check drains on nearby streets. If blocked, notify the Department of Public Works
    - If diversion of water or mud is necessary, plan to ll sandbags well before the rain starts; sandbags are available at your local re stations. Take time now to nd out what re station serves your area and learn proper placement of sandbags.
    - If you live in a hilly area, maintain all slopes in a safe manner. Use appropriate plantings, slope coverage, and drainage channels.
    - Have a plan in place before an evacuation is ordered.
    - The safest plan is to stay with friends or family during all rainstorms  
      in which a flash flood watch or warning has been declared for your area.
    - Teach your children to stay away from all rivers, creeks, arroyos, drainage control channels and washes. Teach all family members about the watch and warning system.
    - Determine in advance how you will stay informed about the latest flood and flash flood watches, warnings, and weather advisories. Stay Informed for information on the Emergency Alert System and other ways to get updated storm information.
    - Attend community meetings.
    - Talk to your neighbors about their plans, and encourage them to plan to get out early.

### During the Flood

* + - Do not cross rapidly owing streams. Stay on one side until the water recedes. Most streams will go down in a couple of hours, once it stops raining.
    - During a storm, check drainage systems at your home and driveways to maintain a safe situation and limit damage.
    - Watch for mudslides and adjust drainage to reduce mudslides.
    - If you notice a major mud slippage either above or below your house, move your family to a safe location, notify your neighbors and call the Department of Public Works

### WHEN IT’S RAINING...

Plan to arrive at your location in a safe neighborhood before it starts raining and remain there until well after the storm. Burned logs, boulders, mud and other debris can create temporary dams which burst days after the rain has stopped. This could be hours or sometimes even days after the rain has stopped. Be particularly alert when driving. Watch the road for collapsed pavement, mud, fallen rocks, and other hazards. Bridges may be washed out, and culverts overtopped. When you see water across a roadway, there is no way to see whether the road under the water has been washed away. The water may be much more deep and powerful than you expect.

### After the Flood

* + - Don’t return to your flood-damaged home before the area is declared to be safe by law enforcement and health officials.
    - Assess damage; check hillsides, houses, etc. for slope movement, settling, and water damage.
    - Following a storm, drive slowly and carefully as many roads may have mud, debris, holes, and washed-out areas.
    - Check with the Department of Public Works to find out what roads are damaged.
    - Remember, many mudslides occur as the soil dries after an extended wet period, so a mudslide may take place several days after the rain stops.
    - Winter is often the best time to plant slopes, so make plans and x any problems areas before the rainy season begins.
    - Sandbags and other barriers can help divert small mud flows. Remember, however, that these small measures may be meaningless to a huge debris ow. The hillsides will gradually stabilize during the next three to seven years.

### If You are Asked to Evacuate:

* + - Do so immediately.
    - Stay tuned to a radio or television for information on evacuation routes, temporary shelters, and procedures.
    - Follow the routes recommended by the authorities–shortcuts may not be safe.
    - Leave at once.
    - If you have time, minimize contamination in the house by closing all windows, shutting all vents, and turning off attic fans. \
    - Take pre-assembled disaster supplies.
    - Remember to help your neighbors who may require special assistance–infants, elderly people and people with disabilities.

### If You are Caught Outside

* + - Stay upstream, uphill, and upwind! In general, try to go at least one- half mile (usually 8-10 city blocks) from the danger area.
    - Move away from the accident scene and help keep others away.
    - Do not walk into or touch any spilled liquids, airborne mists, or condensed solid chemical deposits. Try not to inhale gases, fumes and smoke.
    - If possible, cover mouth with a cloth while leaving the area.   
      Stay away from accident victims until the hazardous material has been identified.

## HAZARDOUS & CHEMICAL MATERIALS

Chemicals are found everywhere. They purify drinking water, increase crop production, and simplify household chores. But chemicals also can be hazardous to humans or the environment, if used or released improperly. Hazards can occur during production, storage, transportation, use, or disposal. You and your community are at risk if a chemical is used unsafely or released in harmful amounts into the environment where you live, work, or play.

Hazardous materials come in the form of explosives, flammable and combustible substances, poisons, and radioactive materials. These substances are most often released as a result of transportation accidents or because of chemical accidents in plants.

### If You Are in a Motor Vehicle

* Stop and seek shelter in a permanent building. If you must remain in your car, keep car windows and vents closed and shut off the air conditioner and heater.

### If You are Requested to stay indoors

* + - Bring pets inside.
    - Close and lock all exterior doors and windows. Close vents, replace dampers, and as many interior doors as possible.
    - Turn off air conditioners and ventilation systems. In large buildings, set ventilation systems to 100 percent recirculation so that no outside air is drawn into the building. If this is not possible, ventilation systems should be turned off.
    - Go into the pre-selected shelter room. This room should be above ground and have the fewest openings to the outside.
    - Seal gaps under doorways and windows with wet towels or plastic sheeting and duct tape.
    - Seal gaps around window and air conditioning units, bathroom and kitchen exhaust fans, and stove and dryer vents with duct tape and plastic sheeting, wax paper or aluminum wrap.
    - Use material to fill cracks and holes in the room, such as those around pipes.
    - If gas or vapors may have entered the building, take shallow breaths through a cloth or a towel. Avoid eating or drinking any food or water that may be contaminated.

### Hazardous Materials

* + - Smoke from fires includes small particles and gases that can have adverse health effects, particularly for sensitive individuals. Exercise caution and avoid unnecessary outdoor activities, prolonged exertion in smoke impacted areas.
    - The elderly are more susceptible to the effects of smoke and dust. Individuals with asthma should keep their "as needed" inhalers with them at all times.
    - Staying indoors can somewhat reduce exposure to smoke and dust, keep doors and windows closed and run the air conditioner. Indoor air filtration devices with HEPA filters can reduce the level of particles that circulate indoors.

For more detailed information about air quality, visit www.aqmd.gov or call 1-800-CUT-SMOG (288-7664).

TIP - If you suspect a problem with hazardous materials follow these important steps and remember RAIN:

**R**ecognize the danger.

**A**void the area.

**I**solate the area and keep others away.

**N**otify authorities...Call 911.

Remember to stay **uphill**, **upwind**, and **upstream** from suspected hazardous materials.

### What is a safe distance?

There is no one answer to this question. Follow the “rule of thumb”: look toward the incident, hold your thumb out in front of you at arm’s length and close one eye. If you can still see the incident (such as an overturned tanker truck) on either side of your thumb, then you are too close. Back away from the incident until your thumb covers the entire scene.

## EARTHQUAKES

The time to prepare for an earthquake is NOW... not next week or after the shock. Protect your family by taking the actions on the **BEFORE Checklist** as soon as you can. It’s a good idea to make copies of the **DURING Checklist** and post them by your house and garage exits and in all your family cars.

### Before the Earthquake

* + - Identify safe spots in each room of your home. Note sturdy tables, desks, and interior walls. Know your danger spots: windows, mirrors, hanging objects, replaces, and tall, unsecured furniture.
    - Conduct practice drills with your family and know the safest locations in your home.
    - Decide how and where your family will reunite, if separated during an earthquake.
    - Choose an out-of-state friend or relative to contact so family and friends know your status.
    - Learn First Aid and CPR and put together a First Aid Kit.
    - Learn how to shut off gas, water and electricity; it may be necessary during an earthquake.
    - Check chimneys, roofs, walls, and foundations for stability – make sure your house is bolted to its foundation.
    - Secure your water heater and major appliances as well as tall, heavy furniture, hanging plants, mirrors, and picture frames. Visit **www.daretoprepare.org** online for ways to secure your home.
    - Keep breakables, heavy objects, and flammable or hazardous liquids such as paints, pest sprays, and cleaning products in secured cabinets or on lower shelves.
    - Participate in organizing your neighborhood to be self-sufficient after an earthquake.

### During the Earthquake

* + - If indoors, stay there. Get under a desk or table or stand in a corner. Stay away from windows, bookcases, le cabinets, heavy mirrors, hanging plants and other heavy objects that could fall. Watch out for falling plaster and ceiling tiles. Stay under cover until the shaking stops. Hold on to your cover – if it moves, move with it.
    - If outdoors, get into an open area away from trees, buildings, walls, and power lines.
    - If driving, pull over to the side of the road and stop. Avoid areas around power lines. Stay in your car until the shaking is over.
    - If in a crowded public place, do not rush for the doors. Crouch and cover your head and neck with your hands and arms.

### After the Earthquake

* + - Do not attempt to use the telephone unless there is an immediate, life-threatening emergency.
    - If it is safe, check for gas and water leaks, and broken electrical wiring or sewage lines. If there is damage, turn the utility off at the source and immediately report gas leaks to your utility company.
    - Stay away from downed power lines and warn others to stay away.
    - Do not attempt to re-light the gas pilot unless your gas line has been thoroughly inspected.
    - Call the Gas Company for assistance.
    - If you are able to safely do so, check your building for cracks and damages, including the roof, chimney, and foundation.
    - Turn on your portable radio for instructions and news reports.
    - Cooperate fully with public safety officials and follow instructions; they are trained to ensure safety.
    - Do not use your vehicle unless there is an emergency.
    - Be prepared for aftershocks – Stay calm and help others.
    - If you evacuate, leave a message at your home telling family members and others where you can be found (see Appendix A).

## DISEASE OUTBREAK

An outbreak can happen when a disease is new to a community, been absent for a long time, or has a population uniquely vulnerable to infection. The most serious outbreaks occur when people have little or no immunity, and there is no vaccine to prevent or medication to treat the illness. A large outbreak that sweeps across the nation and world is called a “pandemic.” The disease may spread, cause serious illness and potentially impact daily community life. Wherever and whenever a disease outbreak occurs, neighbors can help neighbors through planning, preparedness and concern for their community’s health.

Things to remember:

* + An outbreak may come and go, or appear repeatedly in waves over many weeks.
  + An especially severe disease outbreak could lead to high levels of illness, hospitalization, death, social disruption, and economic loss.
  + Everyday life can be disrupted as many people in many places become seriously ill at the same time.
  + Impacts can range from school and business closings to the interruption of basic services such as public transportation and food delivery.
  + Families, neighborhoods and communities alike may need to adjust their behavior and social patterns in order to prevent the spread of disease in their homes, schools, places of work and neighborhoods.
  + Neighbors may need wellness checks so that help can be given or requested for those in need.

### PANDEMIC FLU

You can prepare for an influenza pandemic now

* + - Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies such as power outages.
    - Periodically check your regular prescription drugs to ensure a continuous supply  
      in your home.
    - Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
    - Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
    - Volunteer with local groups to prepare and assist with emergency response.   
      Get involved in your community as it works to prepare for an influenza pandemic.

To limit the spread of germs and prevent infection:

* + - Teach your children to wash hands frequently with soap and water.
    - Teach your children to cover coughs and sneezes with tissues.
    - Teach your children to stay away from others as much as possible, if they are sick.
    - Stay home from work and school if you are sick.

| EXAMPLES OF FOOD AND NON-PERISHABLES | EXAMPLES OF MEDICAL, HEALTH, AND EMERGENCY SUPPLIES |
| --- | --- |
| Ready-to-eat canned meats, sh, fruits, vegetables, beans, and soups | Prescribed medical supplies such as glucose and blood-pressure monitoring equipment |
| Protein or fruit bars Dry cereal or granola Peanut butter or nuts Dried fruit | Soap and water, or alcohol-based (60-95%) hand wash |
| Crackers | Medicines for fever, such as acetaminophen or ibuprofen |
| Canned juices | Thermometer Anti-diarrhea medication Vitamins |
| Bottled water | Fluids with electrolytes Cleansing agent/soap Flashlight |
| Canned or jarred baby food and formula Pet food | Batteries |
| Other non-perishable items | Portable radio |
|  | Manual can opener |
|  | Garbage bags |
|  | Tissues, toilet paper, disposable diapers |

## ACTIVE SHOOTER

* The United States has the most well armed population on the planet. None of us should be very surprised whenever one or more of these people become mentally ill or inspired to become an active shooter. Given the law of averages, we need to prepare for this kind of emergency too and prepare your family for an active shooter situation. Watch the video together and talk about different situations that your family members might find themselves in their normal lives. Review the steps and hope you never need to use them.
  + Be Informed:
    - * Sign up for an active shooter training.
      * If you see something, say something to an authority right away.
      * Sign up to receive local emergency alerts and register your work and personal contact information with any work sponsored alert system.
      * Be aware of your environment and any possible dangers.
  + Make a Plan
    - * Make a plan with your family, and ensure everyone knows what they would do, if confronted with an active shooter
      * Look for the two nearest exits anywhere you go, and have an escape path in mind & identify places you could hide.
      * Understand the plans for individuals with disabilities or other access and functional needs.
  + During:
    - * RUN and escape, if possible.
      * Get away from the shooter or shooters is the top priority.
      * Leave your belongings behind and get away.
      * Help others escape, if possible, but evacuate regardless of whether others agree to follow.
      * Warn and prevent individuals from entering an area where the active shooter may be.
      * Call 911 when you are safe, and describe shooter, location, and weapons.
  + HIDE, if escape is not possible.
    - * Get out of the shooter’s view and stay very quiet.
      * Silence all electronic devices and make sure they won’t vibrate
      * Lock and block doors, close blinds, and turn off lights.
      * Don’t hide in groups- spread out along walls or hide separately to make it more difficult for the shooter.
      * Try to communicate with police silently through text message or social media- so they know geo-tagged location, or by putting a sign in a window.
      * Stay in place until law enforcement gives you the all clear.\
      * Your hiding place should be out of the shooter's view and provide protection if shots are fired in your direction
  + FIGHT as an absolute last resort.
    - * Commit to your actions and act as aggressively as possible against him/her
      * Recruit others to ambush the shooter with makeshift weapons like chairs, fire extinguishers, scissors, books, etc. to distract and disarm the shooter.
      * Be prepared to cause severe or lethal injury to the shooter
      * Throw items and improvise weapons.
  + After:
    - * Keep hands visible and empty
      * Know that law enforcement’s first task is to end the incident, and they may have to pass injured along the way.
      * Follow law enforcement instructions and evacuate in the direction they come from
      * Officers may be armed with rifles, shotguns, and/or handguns and may use pepper spray or tear gas to control the situation
      * Officers will shout commands and may push individuals to the ground for their safety
      * Consider seeking professional help for you and your family to cope with the long-term effects of the trauma.Helping the Wounded
      * Take care of yourself first, and then you may be able to help the wounded before first responders arrive:
      * If the injured are in immediate danger, help get them to safety
      * While you wait for first responder to arrive, provide first aid- apply direct pressure to wounded and use tourniquets if you have been trained to do so;
      * Turn wounded people onto their sides if they are unconscious and keep them warm.

Homeland Security ([ready.gov](http://ready.gov)) offers this [video](https://www.youtube.com/watch?v=5VcSwejU2D0&feature=player_embedded) as training for citizens

## TERRORISM

Devastating acts of terrorism have left many concerned about the possibility of future incidents in the United States and their potential impact. They have raised uncertainty about what might happen next, increasing stress levels. There are things you can do to prepare for the unexpected and reduce the stress should another emergency arise. Taking preparatory action can reassure you and your children that you can exert a measure of control even in the face of such events.

### What You Can Do

Preparedness includes many of the same steps you will take to prepare for earthquakes, flooding, fires and other disasters.

* + - Create an emergency communications plan.
    - Establish a meeting place
    - Assemble a disaster supplies kit.

### What Could Happen

* + - There can be significant numbers of casualties and/ or damage to buildings and infrastructures.
    - Heavy law enforcement involvement at local, state and federal levels follows a terrorist attack due to the event's criminal nature.
    - Health and mental health resources  
      in the affected communities may be strained to their limits, even overwhelmed.
    - Extensive media coverage, strong public fear and international implications and consequences can continue for a prolonged period.
    - Workplaces and schools may be closed, and there may be restrictions on domestic and international travel.
    - You and your family or household may have to evacuate an area, avoiding roads blocked for your safety.
    - Clean-up may take many months.

### Additional Positive Steps You Can Take

* + - Remember that young children watching televised reports do not realize that it is repeated video footage, and think the event is happening again and again. Adults may also need to give themselves a break from watching disturbing footage. You may want to make some arrangements to take turns listening to the news with other adult members of your household.
    - People who may have come into contact with a biological or chemical agent may need to go through a decontamination procedure and receive medical attention. Listen to the advice of local officials on the radio or television to determine what steps you will need to take to protect yourself and your family. As emergency services will likely be overwhelmed, only call **9-1-1** about life-threatening emergencies.

### Listen to local authorities

If local authorities ask you to leave your home, they have a good reason to make this request, and you should heed the advice immediately. Listen to your radio or television and follow the instructions of local emergency officials and keep these simple tips in mind.

• Your local authorities will provide you with the most accurate information specific to an event in your area. Staying tuned to local radio and television, and following their instructions is your safest choice.

• If you are advised by local officials to "shelter in place"

• Remain inside your home or office and protect yourself there.

• Close and lock all windows and exterior doors.

• Turn off all fans, heating and air conditioning systems.

• Close the replace damper. Get your disaster supplies kit, and make sure the radio is working.

• Go to an interior room without windows that's above ground level.

• In the case of a chemical threat, an above- ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed.

• Using duct tape, seal all cracks around the door and any vents into the room.

• Keep listening to your radio or television until you are told all is safe or you are told to evacuate.

• Local officials may call for evacuation in specific areas at greatest risk in your community.

## EXTREME WEATHER

### Cold

* + - Every year there are carbon monoxide poisonings from a barbecue, stove, or oven used as a source of warmth. Using central heating, electric heaters, well-ventilated natural gas heaters or ventilated replaces are safer ways to stay warm.
    - When heating your home:
    - Never use a barbecue, stove, or oven to heat your home.
    - Check to make sure heating appliances are in good working condition before using them.
    - Furnaces and replaces should be checked to ensure that chimneys or flues are not blocked to allow for proper ventilation.
    - Install a carbon monoxide detector in your home to reduce the risk of poisoning.
    - If you use an outdoor generator, place it as far away from the home as possible.   
      A winter shelter program is available for seniors and those looking for a place to beat cold weather. Call Our Town Information line at **2-1-1** from any landline or cell phone.

### Heat

* + - When temperatures are high, prolonged sun exposure may cause dehydration, heat cramps, heat exhaustion, and heat stroke. Never leave children, elderly people, or pets unattended in closed vehicles, even with the windows cracked open.
    - Wear light, loose- fitting clothing.
    - Drink water or sports drinks often and avoid drinking alcohol.
    - Offer help to those in your neighborhood with limited access to air conditioning and transportation, such as seniors or those who are ill.
    - During peak heat hours stay in an air-conditioned area. Visit public facilities such as shopping malls, parks, and libraries to stay cool.
    - Avoid unnecessary exertion, such as vigorous exercise during peak sun hours.
    - Stay out of the sun if you do not need to be in it. When in the sun, wear a hat, preferably with a wide brim.

## TSUNAMIS

* + - A tsunami (seismic sea wave) is a series of extremely long ocean waves generated by earthquakes, volcanic eruptions, or massive undersea landslide that displaces a large mass of water. From the area of the disturbance, the waves travel outward in all directions, much like the ripples caused by throwing a rock into a pond.
    - As the waves approach shallow coastal waters, they appear normal and the speed decreases.
    - Then as the tsunami nears the coastline, it may grow to great height and smash into the shore, causing great destruction and loss of life.
    - The time between wave crests may be from 5 to 90 minutes, and the wave speed in the open ocean may be more than 450 miles per hour. Tsunamis have reached heights of more than 100 feet.
    - People who are near the seashore during a strong earthquake should listen to a radio for a tsunami warning and be ready to evacuate at once to higher ground.
    - Tsunamis arrive as a series of successive “crests” (high water levels) and “troughs” (low water levels).
    - Rapid changes in the water level may be an indication of an approaching tsunami.
    - Tsunamis from both local and distant earthquakes threaten Southern California coastal communities. Although our oceans are monitored for developing tsunamis, when a large earthquake occurs nearby, the first tsunami wave may reach coastal communities within a few minutes of the event.
    - Stay away from coastal or low-lying areas. Waves might continue for several hours  
      and travel several times faster than you can walk, run or drive.
    - Local populations at risk must be able to recognize the signs of impending tsunami hazards and seek higher ground immediately.
    - While distant-source tsunamis give residents more time to evacuate threatened coastal areas, they increase the need for timely and accurate assessment of the tsunami hazard to avoid costly false alarms.
    - Communities need to be aware of what areas are likely to be flooded. Residents need to understand the multi-hazard rami cations of very large local and distant earthquakes and their disruption to the community.
    - If you are near the coastline, an earthquake may be your only warning of an approaching tsunami, so it is very important to act quickly.
    - If you are at the beach and you notice the water has pulled back or run out, creating a vast expanse of exposed beach, this is a warning that a tsunami may be imminent.
    - Never go to the beach to watch for or to surf a tsunami wave!
    - More Tsunami preparedness is available free at **www.espfocus.org** or **www. tsunami.noaa.gov/prepare.html**

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## HURRICANES

* Hurricanes are massive storm systems that form over the water and move toward land. Threats from hurricanes include high winds, heavy rainfall, storm surge, coastal and inland flooding, rip currents, and tornadoes. These large storms are called typhoons in the North Pacific Ocean and cyclones in other parts of the world.
* Each year, many parts of the United States experience heavy rains, strong winds, floods, and coastal storm surges from tropical storms and hurricanes. Affected areas include all Atlantic and Gulf of Mexico coastal areas and areas over 100 miles inland, Puerto Rico, the U.S. Virgin Islands, Hawaii, parts of the Southwest, the Pacific Coast, and the U.S. territories in the Pacific. A significant per cent of fatalities occur outside of landfall counties with causes due to inland flooding.
* The Atlantic hurricane season runs from June 1 to November 30, with the peak occurring between mid-August and late October. The Eastern Pacific hurricane season begins May 15 and ends November 30.
* Hurricanes are identified, qualified, tracked and communicated quite effectively to areas vulnerable to impact. That is not to say, they cannot change direction or stall or speed up so the key safety elements of being prepared will increase your families ability to survive.
* Know where to go. If you are ordered to evacuate, know the local hurricane evacuation route(s) to take and have a plan for where you can stay. Contact your local emergency management agency for more information.
* Many communities have text or email alerting systems for emergency notifications. To find out what alerts are available in your area, search the Internet with your town, city, or county name and the word “alerts”. Follow evacuation guidance carefully. If a significant storm surge is predicted for your area, be conservative, evacuate at the earliest moment.
* If you live in an area prone to Hurricanes, your emergency preparedness should include storm shutters, as well as precut plastic sheeting for all windows and doors with access to your safe room. Designate a room in your house with the fewest windows and doors and the best structural support.
* Bookmark your city or county website for quick access to storm updates and emergency instructions.
* Bring loose, lightweight objects inside that could become projectiles in high winds (e.g., patio furniture, garbage cans); anchor objects that would be unsafe to bring inside (e.g., propane tanks); and trim or remove trees close enough to fall on the building.
* Fill Bathtubs with water, make sure all vehicles have full takes of fuel and move your family’s emergency kit into your safe room. Each family member should also have their Go Bag in the safe room.
* Purchase a portable generator or install a generator for use during power outages. Remember to keep generators and other alternate power/heat sources outside, at least 20 feet away from windows and doors and protected from moisture; and NEVER try to power the house wiring by plugging a generator into a wall outlet.
* If you are sheltering in place and the hurricane is 6 hours out:
  + Close storm shutters, and stay away from windows. Flying glass from broken windows could injure you.
  + Turn your refrigerator or freezer to the coldest setting and open only when necessary. If you lose power, food will last longer. Keep a thermometer in the refrigerator to be able to check the food temperature when the power is restored.
  + Turn on your TV/radio, or check your city/county website every 30 minutes in order to get the latest weather updates and emergency instructions.
  + Make sure all cell phones are fully charged
* Hurricanes have a quiet center. Do not go outside while the eye is passing your location. The hurricane force winds will be strongest nearest to the eye. Hurricanes can speed up or slow down and change direction. Do not leave the safe room until your emergency communications systems announces that it is safe to do so.
* Avoid walking in water. Be very careful of broken glass, fallen electrical wires and hidden object under water that can injure you. Wash your hands after handling debris.
* Listen and smell when you leave the safe room. Smell for gas fumes. If you smell gas, leave the home immediately. Call the Gas Utility as soon as possible and do not return to the house until they tell you it is safe.
* Electricity can spark and you may hear arching and avoid shock hazards.
* Monitor emergency services and identify the nearest shelter if your location is unsafe. Transportation to shelter may not be possible due to loss or damage to vehicles and if the roads are impassable. You can expect most traffic controls to be out of service. Treat all intersections as four way stops.
* Check-in with family and friends by texting or using social media
* Use water from bathtubs to flush toilets if your home has no water pressure.
* Photograph the damage to your property in order to assist in filing an insurance claim.
* Do what you can to prevent further damage to your property, (e.g., putting a tarp on a damaged roof), as insurance may not cover additional damage that occurs after the storm.

## TORNADOS

* A tornado is a violently rotating column of air that extends from a thunderstorm to the ground and is often—although not always—visible as a funnel cloud. Lightening and hail are common in thunderstorms that produce tornadoes. Tornadoes cause extensive damage to structures and disrupt transportation, power, water, gas, communications, and other services in its direct path and in neighboring areas. Related thunderstorms can cause heavy rains, flash flooding, and hail.
* About 1,200 tornadoes hit the United States every year and every state is at risk. Most tornadoes in the United States occur east of the Rocky Mountains with concentrations in the central and southern plains, the Gulf Coast and Florida.
* The extent of destruction caused by tornadoes depends on the tornado’s intensity, size, path, time of day, and amount of time it is on the ground. Wind from tornadoes can reach more than 300 miles per hour, and damage paths can be more than 1 mile wide and 50 miles long. Wind from tornadoes can destroy buildings and trees, transform debris into deadly projectiles, and roll vehicles.
  + They may strike quickly, with little or no warning
  + They may appear nearly transparent until dust and debris are picked up or a cloud forms in the funnel.
  + The average tornado moves Southwest to Northeast, but tornadoes have been known to move in any directions
  + Tornadoes can accompany tropical storms and hurricanes as they move onto land.
  + Waterspouts are tornadoes that form over water.
* Identify safe rooms built to FEMA criteria or ICC500 storm shelters or other potential protective locations in sturdy buildings near your home, work, and other locations you frequent so you have a plan for where you will go quickly for safety when there is a Warning of an approaching tornado.
* For schools, malls, and other buildings with long-span roofs or open space plans, or many occupants, ask the building manager to identify the best available refuge.
  + Build an emergency kit and make a family communications plan.
  + Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.
  + Be alert to changing weather conditions. Look for approaching storms.
  + Look for the following danger signs:
    - Dark, often greenish sky
    - Large hail
    - A large, dark, low-lying cloud (particularly if rotating
    - Loud roar, similar to a freight train.
    - If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.
  + Familiarize yourself with these terms to help identify a tornado hazard
    - Tornado Watch - Tornadoes are possible. When there is a Watch, move to be near enough to a shelter or sturdy building to be able to get there quickly in a few minutes if there is a Warning or if you see signs of a tornado approaching. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio or television for information
    - Tornado Warning - A tornado has been sighted or indicated by weather radar. Take shelter immediately.
* If you are under a tornado warning, seek shelter immediately! Most injuries associated with high winds are from flying debris, so remember to protect your head.
* If you are in school, nursing home, hospital, factory, shopping center, high-rise building pre-identified best available refuge then:
  + - Go to a pre-designated area such as a safe room built to FEMA criteria, or a small interior windowless room on the lowest level, below ground in a basement, or storm cellar, is best. (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside.
    - Get under a sturdy table and cover your head and neck with your arms and cover your body as best you can e.g., with a heavy coat or blankets, pillows. .
    - In a high-rise building, go to a small interior room or hallway on the lowest floor possible.
    - Do not open windows
    - A sturdy structure (e.g. residence, small building) , school, nursing home, hospital, factory, shopping center, high-rise building)
* A manufactured home or office then:
  + Get out immediately and go to a pre-identified location such as the lowest floor of a sturdy, nearby building or a storm shelter.
  + Mobile homes, even if tied down, do not offer protection from tornadoes.
* The outside with no shelter then:
  + If you are not in a sturdy building, there is no single research-based recommendation for what last-resort action to take because many factors can affect your decision. Possible actions include:
    - * Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter. If your vehicle is hit by flying debris while you are driving, pull over and park
      * Take cover in a stationary vehicle. Put the seat belt on and cover your head with your arms and a blanket, coat or other cushion if possible
* In all situations:
  + Do not get under an overpass or bridge. You are safer in a low, flat location.
  + Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for protection in a sturdy building.
  + Outdoor areas are not protected from flying debris. Flying debris from tornadoes causes most fatalities and injuries
  + If you are trapped, do not move about or kick up dust. Tap on a pipe or wall or use a whistle, if you have one, so that rescuers can locate you.
    - Listen to local officials for updates and instructions.
    - Check-in with family and friends by texting or using social media.
    - Watch out for debris and downed power lines.
    - Stay out of damaged buildings and homes until local authorities indicate it is safe.
    - Use extreme caution during post-disaster clean-up of buildings and around debris. Do not attempt to remove heavy debris by yourself. Wear protective clothing, including a long-sleeved shirt, long pants, work gloves, and sturdy, thick-soled shoes during clean-up.
    - Photograph the damage to your property in order to assist in filing an insurance claim.
    - Do what you can to prevent further damage to your property, (e.g., putting a tarp on a damaged roof), as insurance may not cover additional damage that occurs after the storm.
    - If your home is without power, use flashlights or battery-powered lanterns rather than candles to prevent accidental fires.

# BASIC FIRST AID

Your first concern after a disaster is your family’s health and safety. You need to consider possible safety issues and monitor family health and well-being. The following information should be used as a reminder – sign up for First Aid and CPR training through your local Red Cross Chapter. Find your local chapter online at [www.redcross.org](http://www.redcross.org) .

### AIDING THE INJURED

* + - * Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.
      * If the victim is not breathing, carefully position  
        the victim for artificial respiration, clear the airway, and commence mouth-to-mouth resuscitation.
      * Maintain body temperature with blankets. Be sure the victim does not become overheated.
      * Never try to feed liquids to an unconscious person.

### HEALTH

* + - * Be aware of exhaustion. Don’t try to do too much at once. Set priorities and pace yourself.
      * Get enough rest.
      * Drink plenty of clean water and eat well. Wear sturdy work boots and gloves.
      * Wash your hands thoroughly with soap and clean water often when working in debris.

### SAFETY ISSUES

* + - Be aware of new safety issues created by the disaster.
    - Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring, and slippery floors.
    - Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation, and dead animals

### CHOKING

If the person is unable to speak, cough, or breathe, call 911. If the problem is resolved, you can call back and cancel.

* + - Identify yourself and ask if you can help the victim. They can nod “yes” or shake their head “no”.
    - Stand behind the person.
    - Place the thumb side of your fist against the middle of the abdomen just above the navel.
    - Grasp your fist with your other hand.
    - Give quick upward thrusts.
    - Repeat until the object is coughed up. Stop if the person becomes unconscious.

### HEAD, BACK AND/OR NECK INJURIES

For Severe Pain or Pressure in the Head, Neck, or Back

* + - Check the scene first to ensure your safety, and then check the victim.
    - Identify yourself and ask the victim if you can help.
    - Apply basic precautions to prevent disease transmission.
    - If you think the victim has a head, neck, or back injury call, or have someone else call, 911.
    - Minimize movement of the head, neck, and back.
    - Place your hands on both sides of the victim’s head and support and maintain the victim’s head in the position you found it.
    - If the head is sharply turned to one side, do not try to align it.
    - Remember – support the victim’s head as you find it.

### SHOCK

* + - Check the scene first to ensure your safety, and then check the victim.
    - Cover the victim and keep her/him lying down. Cover only enough to keep her/him from losing body heat.
    - Do not give food or water.
    - Raise feet.
    - Obtain medical help as soon as possible.

### CONTROLLING BLEEDING

* + - For an Open Wound:   
      Check the scene first and then check the victim.
    - Identify yourself and ask the victim if you can help. Apply basic precautions to prevent disease transmission.
    - Cover wound with dressing.
    - Press firmly against the wound (direct pressure).
    - Cover the dressing with a roller bandage. • Tie the knot directly over the wound.
    - Elevate the injured area.
    - Keep the wound above the level of the heart (only when you suspect that a bone  
      is not broken).
    - If bleeding does not stop:

• Apply additional dressing and bandages

• Use a pressure point to squeeze the artery against the bone.

• Call or have someone else call 911.

### APPLYING A SLING TO AN ARM OR SHOULDER

* + - Check the scene first and then check the victim.
    - Ask the victim if you can help.
    - Apply basic precautions to prevent disease transmission.
    - If the victim is unable to move or use an injured arm, call or have some else call 911.
    - Support the injured arm above and below the site of injury.
    - Check for feeling, warmth and color below the injured area.
    - Place the sling:
      * Leave the arm in the position you find it.
      * Place a triangular bandage under the injured arm and over the injured shoulder to form a sling.
    - Tie the ends of the sling at the side of the neck.
    - Place pads of gauze under the knots to make it more comfortable for the victim.
    - Secure the injured area.
    - Secure the arm to the chest with a folded triangular bandage
    - Recheck for feeling, warmth, and color below the injured area.

# GLOSSARY

### Amateur Radio (HAM) Operator

Amateur radio operator. HAMS are affiliated with the Sheriff’s Disaster Communications Service and are part of the emergency communications network in your county.

### AWARE

Alert, Well-prepared And Ready for Emergencies, a guide for creating community and neighborhood emergency plans. Available free online at [www.espfocus.org](http://www.espfocus.org) .

### Brush Clearance

Best practice for creating “defensible space” for effective re protection of property, life and the environment. Check with your country for local codes and guidance.

### Community Based Organization (CBO)

Community organizations that provide assistance to individuals, families, and special needs populations, before, during and often after an emergency or disaster.

### Community Emergency Response Team (CERT)

An all-risk, all-hazard training available to residents and designed to help you protect yourself, your family, your neighbors and your neighborhood in an emergency situation. Training commitment ranges between 17-24 hours for the nationally-approved course of instruction.

### Cardio Pulmonary Resuscitation (CPR)

Cardiopulmonary resuscitation (CPR) is a procedure used when a patient’s heart stops beating and breathing stops. It can involve compressions of the chest or electrical shocks along with rescue breathing. For more information on training opportunities, visit your local Red Cross Chapter www.redcross.org.

### Catastrophic Disaster

A disaster that has extraordinary levels of mass casualties, damages or disruption which severely affects population, infrastructure, environment, the economy or government functions

and which requires extraordinary and sustained levels of resources and skills for recovery.

### Communications Plan

A plan that describes how you will communicate with others after a disaster. Contact information for members of your household and your out-of-state contacts.

### Contact List

A list of family members, staff and out-of-state key partners in a crisis. The list should include home phone numbers, pager numbers, cell phone numbers, etc.

### Critical Records

Records or documents that, if damaged, destroyed, or lost, would cause considerable inconvenience and/or would require replacement or recreation at considerable expense to the organization.

### Disaster Kit

A Disaster Supply Kit is a pre-assembled group of items that will improve the health and safety of your family during a disaster.

### Disaster Communications Service (DCS)

Los Angeles County ham operators group that works to provide reliable emergency communications throughout the County. For more information about DCS, contact your local Sheriff Station. Check with your county Sheriff about your locations DCS.

### Damage Assessment

The process used to appraise or determine the number of injuries and human loss, damage  
to public and private property, and the status of key facilities and services resulting from a natural or human-caused disaster or emergency.

### Disaster

An unanticipated incident or event, including natural catastrophes, technological accidents, or human-caused events, causing widespread destruction, loss, or distress to an organization that may result in significant property damage, multiple injuries, or deaths.

### Disaster Recovery

Steps taking during and after an emergency or disaster intended to restore normalcy. Recovery typically begins immediately once the emergency stabilizes. Full recovery from a major disaster usually takes years.

### Disaster Response

Immediately following a disaster, priorities are protecting life and property, and meeting human needs such as water, food, shelter, and medical assistance.

### Drop, Cover and Hold On

Protocol that when performed correctly with an awareness of your surroundings, remains the most effective single piece of advice that you can follow when an earthquake occurs. For more information on Drop, Cover and Hold On, visit [www.earthquakecountry.info](http://www.earthquakecountry.info) .

### EarthquakeCountry.info

This website contains information, videos and animations to help residents prepare for earthquakes. The handbook Putting Down Roots in Earthquake Country is available at [www.earthquakecountry.info](http://www.earthquakecountry.info) ;a Spanish-language version can be found at [www.terremotos.org](http://www.terremotos.org) .

### Emergency

An unforeseen incident or event that happens unexpectedly and demands immediate action and intervention to minimize potential losses to people, property, or profitability.

### Emergency Alert System

The Emergency Alert System (EAS) can address the entire nation on very short notice in case of a grave threat or national emergency.

### Emergency Preparedness

Governments, organizations, and individuals develop plans to save lives, minimize disaster damage, and enhance disaster response.

### Emergency Survival Program (ESP)

Emergency preparedness information available free of charge at [www.espfocus.org](http://www.espfocus.org) or by calling (213) 974-1166.

### Evacuation

Organized, phased, and supervised dispersal of people from dangerous or potentially dangerous areas.

### Evacuation Routes

Roads and highways identified by law enforcement to evacuate individuals out of harm’s way to a safe area or shelter. Evacuation Routes may be identified verbally during an Evacuation Order or pre-designated in a written plan.

### Evacuation Order

A directive from the Sheriff or Fire departments to leave your home or business immediately. Failure to follow an Evacuation Order may result in endangerment to the lives of others, personal injury, or death. Once you have left the area you will not be able to return until the Order has been lifted.

### Evacuation Warning

Voluntary Evacuation means that it is time to prepare to leave your home and the area. Gather your family, pets, basic necessities and important paper work and listen for instructions from emergency responders. If you have special medical needs or have limited mobility, you should prepare to leave the area when an Evacuation Warning is issued.

### Evacuation Shelter

May be set up by the Red Cross at the request of the County if an area must be evacuated for an extended amount of time. The location for an evacuation shelter will be announced by local officials once a safety assessment is complete and the shelter is ready to accept those affected by the evacuation.

### Federal Emergency Management Agency

Agency of the US government tasked with Disaster Mitigation, Preparedness, Response and Recovery planning. Also administers various grant programs after a disaster.

### Fire Escape Plan

A step-by-step plan of your residence that shows at least two ways to escape in case of fire.

### First Aid Kit

A well-stocked first-aid kit, kept within easy reach, is a necessity in every home. Having supplies

gathered ahead of time will help you handle an emergency at a moment’s notice. Keep one first-aid kit in your home and one in each car. Also be sure to bring a first-aid kit on family vacations.

### Flash Flood Watch

A flash flood is possible in your area.

### Flash Flood Warning

A flash flood is occurring or will occur very soon in your area.

### Family Emergency Plan

A plan that ensures that each member of your household is well-informed on potential hazards and knows what to do in case of an emergency. Family plans should include: escape routes, evacuation plans, family communications, utility shut-offs, safety precautions, pet care and insurance and vital records information.

### FRS Radio

Family Radio Service radios are a relatively inexpensive means of communicating in the event of a major disaster when phone service will likely be interrupted. Using FRS radios, you can communicate with your immediate neighborhood to assess damage and injuries and determine where resources are needed.

### Hazard Mitigation

Any action taken to reduce or eliminate the long-term risk to human life and property from natural hazards.

### Meals Ready to Eat (MRE)

Meals ready to eat are foods that are already available for consumption. These are packaged food designed to have a long shelf life. They are also designed to require very little preparation work. Therefore, these meals are perfect for emergency survival preparation such as earthquakes, floods, hurricanes, tornadoes and other natural disasters. These rations will be able to sustain individuals for a period of time until long-term relief aid comes.

### Neighborhood Watch

A neighborhood watch (also called a crime watch or neighborhood crime watch) is an organized group of citizens devoted to crime and vandalism prevention within a neighborhood.

### Neighborhood Networks

Neighbors coming together before a disaster  
to learn about each other and plan for neighborhood response and recovery after a disaster.

### NOAA Weather Radio (MWR) All Hazards

A nationwide network of radio stations broadcasting continuous weather information directly from the nearest National Weather Service of office NWR broadcasts official Weather Service warnings, watches, forecasts and other hazard information 24 hours a day, 7 days a week.

### Pandemic Flu

A pandemic is a global disease outbreak. A u pandemic occurs when a new influenza virus emerges for which people have little or no immunity and for which there is no vaccine. The disease spreads easily person-to-person, causes serious illness, and can sweep across the country and around the world in a very short time.

### Phone Tree

A list of phone numbers provided to a group; notification by phone is started by the first person and continued until everyone has been notified.

### RAIN

If you suspect a problem with hazardous materials; **R**ecognize the danger, **A**void the area, **I**solate the area and keep others away, **N**otify authorities – then call 911. Remember to stay uphill, upwind and upstream.

### Red Flag

A Red Flag Warning is a forecast warning issued by the United States National Weather Service to inform area fire fighting and land management agencies that conditions are ideal for wildland fire ignition and propagation. Red Flag Warning means high fire danger with increased probability of a quickly spreading vegetation fire in the area within 24 hours.

### Shelter-in-Place

Securing and protecting people and assets in the general area in which a crisis occurs. If authorities advise you to shelter-in-place you should turn off air conditioner and fan units, seal the gaps around windows and doors and listen to the radio for authorities to announce that the threat has passed. Do not venture out of your shelter area until you have been instructed that it is safe to do so.

### Small Business Administration (SBA)

SBA provides low interest disaster loans to homeowners, renters, businesses of all sizes and private, non-pro t organizations to repair or replace real estate, personal property, machinery & equipment, inventory and business assets that have been damaged or destroyed  
in a declared disaster. Additionally, SBA provides economic injury loans (operating capital)  
to businesses impacted by a disaster.

### Survival Area

An area designated for individuals to nd refuge during a large wildland fire. Survival Areas should be used only if residents cannot evacuate to a safe area; they are usually safer than sheltering in a home in highly vegetated areas and are safer than sheltering in a vehicle.

### Unincorporated Area

Communities and areas that are outside the jurisdictional boundaries of incorporated cities. As such, they are not serviced by an incorporated city. County government serves as the “city” for these areas by providing basic municipal services such as law enforcement, zoning, building permits, libraries, parks, recreational programs, street maintenance, and traffic signals and stop signs.

### Vital Records

Records of life events including birth certificates, marriage licenses, and death. Can also include contracts or agreements that prove ownership of property, equipment, vehicles, products, etc.

### Wildland Fire

A wild re is any uncontrolled, non-structure re that occurs in the wilderness, wildland, or bush. Wild fires differ from other fires by its extensive size; the speed at which it spreads out from its original source; its ability to change direction unexpectedly; and to jump gaps, such as roads, rivers and fire breaks. Wild fires generally do not involve properties; however, with extensive urbanization of wilderness, they can cause extensive destruction of homes and other property located in the wildland-urban interface, a zone of transition between developed areas and undeveloped wilderness.

## APPENDIX A - EVACUATION NOTE

Complete these data elements and leave inside your house when you evacuate.

THESE MEMBERS OF THE Last Name FAMILY (INDICATED BY CHECK MARK) HAVE EVACUATED TOGETHER:

\_\_ Family Member Name

\_\_ Family Member Name

\_\_ Family Member Name

\_\_ Family Member Name

\_\_ Family Member Name

\_\_ Family Member Name(dog)

\_\_ Family Member Name(dog)

\_\_ Family Member Name(cat)

\_\_ VISITOR (NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

\_\_ VISITOR (NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

WE HAVE EVACUATED TO (INSERT EVACUATION LOCATION PLANNED)

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SPECIAL INSTRUCTIONS: (ADD ANY SITUATIONAL INSTRUCTIONS)

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## APPENDIX B - INSTRUCTIONS FOR OPERATING THE GENERATOR

INSERT INSTRUCTIONS.

## Appendix C - EMERGENCY WATER DISINFECTION

This is a copy of the EPA Guidelines.

In an emergency situation where regular water service has been interrupted – like a hurricane, flood, or water pipe breakage – local authorities may recommend using only bottled water, boiled water, or disinfected water until regular water service is restored. The instructions below show you how to boil and disinfect water to kill most disease-causing microorganisms that may be present in the water. However, boiling or disinfection will not destroy other contaminants, such as heavy metals, salts, and most other chemicals.

ONLY USE WATER THAT HAS BEEN PROPERLY DISINFECTED FOR DRINKING, COOKING, MAKING ANY PREPARED DRINK, WASHING DISHES, AND FOR BRUSHING TEETH.

* Use bottled water or water you have properly prepared and stored as an emergency water supply.
* Boil water, if you do not have bottled water. Boiling is sufficient to kill pathogenic bacteria, viruses and protozoa (WHO, 2015).

− If water is cloudy, let it settle and filter it through a clean cloth, paper towel, or coffee filter.

− Bring water to a rolling boil for at least one minute. At altitudes above 5,000 feet (1,000 meters), boil water for three minutes.

− Let water cool naturally and store it in clean containers with covers.

− To improve the flat taste of boiled water, add one pinch of salt to each

quart or liter of water, or pour the water from one clean container to another several times.

* Disinfect water using household bleach, if you can’t boil water. Only use regular, unscented chlorine bleach products that are suitable for disinfection and sanitization as indicated on the label. The label may say that the active ingredient contains 6 or 8.25% of sodium hypochlorite. Do not use scented, color safe, or bleaches with added cleaners.

− If water is cloudy, let it settle and filter it through a clean cloth, paper towel, or coffee filter.

− Locate a clean dropper from your medicine cabinet or emergency supply kit. − Locate a fresh liquid chlorine bleach or liquid chlorine bleach that is stored

at room temperatures for less than one year.

− Use the table on the next page as a guide to decide how much bleach you

should add to the water, for example, add 8 drops of 6 % bleach or 6 drops of 8.25% bleach to each gallon of water. Double the amount of bleach if the water is cloudy, colored, or very cold.

− Stir and let stand for 30 minutes. The water should have a slight chlorine odor. If it doesn’t, repeat the dosage and let stand for another 15 minutes before use.

− If the chlorine taste is too strong, pour the water from one clean container to another and let it stand for a few hours before use.

|  |  |  |
| --- | --- | --- |
| ***Volume of Water*** | ***Amount of 6% Bleach to Add†*** | ***Amount of 8.25% Bleach to Add†*** |
| 1 quart/liter | 2 drops | 2 drops |
| 1 Gallon | 8 drops | 6 drops |
| 2 Gallons | 16 drops (1/4 tsp) | 12 drops (1/8 tsp) |
| 4 Gallons | 1/3 tsp | 1/4 tsp |
| 8 Gallons | 2/3 tsp | 1/2 tsp |

† Bleach may contain 6 or 8.25% sodium hypochlorite check the label.

ADDITIONAL WATER GUIDANCE FOR EMERGENCIES

* Prepare and store an emergency water supply. Visit the Federal Emergency Management Agency (FEMA) website www.ready.gov/managing-water for additional guidance on preparing and storing an emergency water supply.
* Look for other sources of water in and around your home. Although bottled water is your best choice, you may be able to find other sources of water by melting ice cubes or draining your hot water tank or pipes.
* You can also use river or lake water. It is generally better to use flowing water than still, stagnant water. However, do not use water with floating material in it or water that has a dark color or questionable odor.
* Regardless of the source, treat the water by following the instructions on the previous page.
* If you have a well on your property that has been flooded, make sure to disinfect and test the well water after the flood. Contact your state or local health department for advice or go to water.epa.gov/drink/info/well/whatdo.cfm.
* Consider how the water looks and how to filter it if needed. Disinfection does not work as well when water is cloudy or colored. If water is cloudy, let it settle. Then filter the water through a clean cloth, paper towel, or coffee filter. Store the settled and filtered water in clean containers with covers.

OTHER DISINFECTION METHODS

If you don’t have liquid bleach, you can use one of the other disinfection methods described below.

* Granular calcium hypochlorite. The first step is to make a chlorine solution that you will use to disinfect your water. For your safety, do it in a ventilated area and wear eye protection. Add one heaping teaspoon (approximately 1⁄4 ounce) of high-test granular calcium hypochlorite (HTH) to two gallons of water and stir until the particles have dissolved. The mixture will produce a chlorine solution of approximately 500 milligrams per liter. To disinfect water, add one part of the chlorine solution to each 100 parts of water you are treating. This is about the same as adding 1 pint (16 ounces) of the chlorine solution to 12.5 gallons of water. If the chlorine taste is too strong, pour the water from one clean container to another and let it stand for a few hours before use. CAUTION: HTH is a very powerful oxidant. Follow the instructions on the label for safe handling and storage of this chemical.
* Common household iodine (or “tincture of iodine”). You may have iodine in your medicine cabinet or first aid kit. Add five drops of 2% tincture of iodine to each quart or liter of water that you are disinfecting. If the water is cloudy or colored, add 10 drops of iodine. Stir and let the water stand for at least 30 minutes before use.
* Water disinfection tablets. You can disinfect water with tablets that contain chlorine, iodine, chlorine dioxide, or other disinfecting agents. These tablets are available online or at pharmacies and sporting goods stores. Follow the instructions on the product label as each product may have a different strength.

MORE INFORMATION

World Health Organization (WHO), 2015. Technical Briefing on Boil Water.

Safe Drinking Water Hotline 1-800-426-4791 [water.epa.gov/drink/hotline](http://water.epa.gov/drink/hotline)

OFFICE OF WATER 4606-M EPA 816-F-15-003 SEPTEMBER 2017

## References

### Overall Approach

The vast majority of this document was developed using the County of Los Angeles Emergency Survival Guide. <http://www.espfocus.org/esg.htm>. This comprehensive approach was the basis for this document. I have edited and adjusted to make the information more location neutral in hopes of making it more useful. If you find something that doesn’t make sense go back to this source for clarification.

### Water Specific

World Health Organization (WHO), 2015. Technical Briefing on Boil Water.

Safe Drinking Water Hotline 1-800-426-4791 [water.epa.gov/drink/hotline](http://water.epa.gov/drink/hotline)

### EarthQuake Specific

The handbook Putting Down Roots in Earthquake Country is available at [www.earthquakecountry.info](http://www.earthquakecountry.info) ; a Spanish-language version can be found at [www.terremotos.org](http://www.terremotos.org) .

Visit **www.daretoprepare.org** online for ways to secure your home for earthquakes.

### Red Cross

The Red Cross is a tremendous source of information, training and opportunities to serve your community. Become familiar with your area office. Take a first aid or CPR class. Learn what you can do to help. Find your local chapter online at [www.redcross.org](http://www.redcross.org) .