

WHEN DISASTER STRIKES



PLANNING



California State Senate

SENATOR

SCOTT WILK

21ST SENATE DISTRICT

Knowing what to do if there's a natural or manmade disaster in or around your home can save your life and the lives of your family. By planning ahead and taking precautions, you can reduce the potential damage to your home and help your family cope until help arrives.

Disasters can take many forms – a winter storm, a flood or fire, an earthquake, a highway spill of hazardous materials, or an act of terrorism. They can hit suddenly, without warning, or build over days or weeks. Once disaster hits, you won't have time to shop or search for supplies. But if you've made a plan and gathered supplies in advance, your family can survive an evacuation or home confinement.

The California Legislature continues to address the needs in the state for disaster preparedness and recovery. The Governor's Office of Emergency Services, Emergency Digital Information Service (EDIS) delivers official information about emergencies and disasters to the public and the news media in California. Visit the website to learn more: caloes.ca.gov.

This brochure provides you with emergency planning recommendations and a basic checklist for creating a disaster supplies kit. Common sense safety tips and a list of important disaster service agencies are included for your convenience.

Don't wait until it's too late. Plan today so that you are prepared for tomorrow.

Create A Family Emergency/ Disaster Plan

Hold a family meeting and include the following in your discussion

- What are the hazards where you live or work?
- What are the emergency procedures at your child's school or daycare center and at each family member's place of employment?
- How do you prepare and respond to the possible disasters and emergencies that pose a risk for you or your family?
- How do you escape from your home in the event of a fire, flood or earthquake? Plan and practice the escape routes.
- What is the safest place in each room?
- What is the best escape route from each room?
- How will you care for your pets (pets are not allowed in public shelters)?
- Does everyone know where to find the Disaster Supply Kit?
- What do you do if you're told to evacuate?
- How will you stay in touch if your family is separated?
Decide on two meeting places:
 - A location a safe distance from your home in case of an immediate emergency, like a fire.
 - A location outside your neighborhood in case you can't return home.
- Decide on a "check-in contact" to call and be sure everyone has the phone number.
- Where are the emergency telephone numbers located? Keep them by each house phone and on each cell phone. Use the acronym ICE (In Case of Emergency).



Emergency Plan

- Conduct a home survey, inside and outside, looking for fire and earthquake hazards.
- Plan and practice safe evacuation routes from home, work, and school.
- Check and replace the batteries in smoke detectors and recharge your fire extinguishers.
- Learn first aid and CPR.

Make sure all family members know how to:

- call 911;
- use a fire extinguisher and where they are stored;
- stop, drop and roll - fire drill; and
- duck, cover and hold - earthquake drill.
- Make sure responsible family members know how and when to turn off the utilities (water, gas, and electricity) at the main switches.
- Consider where you live and the unique needs of your family and create an emergency supply kit to meet those needs. Include emergency supplies and a first aid kit.

Practice, Practice, Practice

- Conduct fire and emergency evacuation drills.
- Quiz your kids periodically so they remember what to do.
- Does everyone know where to meet in the event of an evacuation?
- Practice meeting at your designated spot outside your home.
- Replace stored water and food to keep it fresh and ready.
- Prepare to be self-sufficient for at least three days.

Emergency Supply Kit

How will you stay comfortable, clean, fed and healthy?

- **Water** – Stay Hydrated:
 - Store one gallon of water per person per day for a three-day supply (two quarts for drinking, two quarts for food preparation and sanitation).
 - Don't forget to include your pets.
 - Change your water supply every six months.
- **Food** – Your Disaster Supply Kit should contain a selection of non-perishable foods. Include:
 - Ready-to-eat canned meats, fruits and vegetables
 - Canned juices, milk, soup (if powdered, store extra water)
 - Staples: sugar, salt, pepper
 - High energy foods: peanut or other nut butter, jelly, crackers, granola bars, trail mix
 - Vitamins
 - Foods for infants, elderly persons or persons on special diets
 - Comfort/stress foods: cookies, hard candy, sweetened cereals, lollipops
 - Pet food
- **Miscellaneous** –
 - Eye glasses
 - Flashlight
 - Battery-powered or hand-crank radio
 - Extra batteries
 - Whistle to signal for help
 - Dust masks
 - Wrench or pliers to turn off utilities
 - Can opener
 - Local maps
 - Moist towelettes, personal hygiene items, garbage bags with plastic ties for personal sanitation
 - Matches in a waterproof container
 - Mess kits (paper plates, cups, utensils)
 - Books, games, puzzles
 - Extra charger for electronic devices

- **Vital Records** – Make copies of vital records and keep them in a safe deposit box. Make sure you have:
 - Important family documents, identification, bank account records, insurance policies
 - Any needed prescriptions readily available
 - A list of the locations of the nearest fire and police stations

First Aid Kit

- **Supplies** –
 - Two pairs of Latex or other sterile gloves if you are allergic to Latex
 - Sterile dressings to stop bleeding
 - Cleansing agent/soap and antibiotic towelettes
 - Antibiotic and burn ointment
 - Adhesive bandages in a variety of sizes
 - Eye wash solution to flush the eyes or as a general decontaminant
 - Thermometer
 - Prescription medications you take every day such as insulin, heart medicine and asthma inhalers – periodically rotate medicines to account for expiration dates
 - Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies
 - Scissors
 - Tweezers
 - Tube of petroleum jelly or other lubricant
- **Non-prescription drugs** –
 - Aspirin or non-aspirin pain reliever
 - Anti-diarrhea medication
 - Antacid
 - Laxative

Reduce Your Fire Risk

- **Kitchen Fires** –
 - Keep anything that can burn away from the stovetop.
 - When cooking, turn the handles of pots and pans away from the front of the stove.
 - Make sure electrical outlets are designed to handle your appliances.



- Never use water to extinguish a grease fire – slide a lid over the pan and turn off the burner.
- Keep a working fire extinguisher handy.
- **Bedroom/Bathroom Fires –**
 - Don't smoke in bed.
 - Turn off and unplug electric blankets and other electrical appliances when not in use, including curling irons and hair dryers.
 - Take extra care when using portable heaters.
- **Garage Fires –**
 - Replace frayed or cracked cords on electrical tools.
 - Store oily rags in tightly covered containers.
 - Disconnect electrical tools and appliances when not in use.
 - Keep a working fire extinguisher handy.
- **Outside Home Fires –**
 - Create a defensible space of 100 feet around your home by clearing dry brush.
 - Use fire-resistant plants in landscaping.
 - Avoid open burning.
 - Keep your roof clear of dead leaves and tree limbs.
 - Use landscaping equipment properly.
 - Create easy firefighter access to a water source.
 - Keep a working fire extinguisher handy.



- **Wildfires –**

- Call 911 if you see fire.
- Prepare your family, house and pets for evacuation if necessary.
- Evacuate early; don't wait to be told and stay out of the area until re-entry is allowed.

Reduce Your Earthquake Risk

- Eliminate hazards.
- Secure bookcases and other potentially hazardous furniture to the wall to prevent tipping.
- Make it as easy as possible to quickly get under a sturdy table or desk.
- Put a security light in each room.

Reduce Your Flood Risk

- Create a household inventory list of all major household items and valuables – include photos, serial numbers and receipts. Keep in a safety deposit box or other safe location.
- If you have a basement, make sure you have a working sump pump.
- Clear debris from gutters and downspouts.
- Anchor any fuel tanks.
- Elevate any appliances above projected flood level.
- Plan and practice a flood evacuation route with your family.

Resources

Federal Emergency Management Agency (FEMA)

fema.gov

- Build a Basic Disaster Supplies Kit, First Aid Kit, Additional Emergency Supplies, Supplies for Unique Needs:
ready.gov/kit

Governor's Office of Emergency Services (CalOES)

caloes.ca.gov

- Learn about natural hazards in your neighborhood:
myhazards.calema.ca.gov
- 10 Ways You Can Be Disaster Prepared:
caloes.ca.gov/individuals-families

CA Department of Forestry & Fire Protection (CalFire)

fire.ca.gov

readyforwildfire.org

- Provides varied emergency services and participates in disaster response.

CA Department of Insurance (CDI)

insurance.ca.gov

- Catastrophe Preparedness Series offering important information on fire, floods, earthquakes, and drought.
- Consumer Hotline: 1-800-927-4357
- TDD phone line: 1-800-482-4833

CA Department of Social Services (CDSS)

cdss.ca.gov

- Disaster Services Section (DSS) supports local emergency agencies in the event of a disaster, including mass care and shelter programs, state and federal grant recovery programs, and emergency repatriation.

CA Department of Transportation (CalTrans)

dot.ca.gov

- Provides up-to-date information on road conditions in California.
- Road Conditions: 1-800-427-7623

CA Department of Toxic Substances Control (DTSC)

dtsc.ca.gov

- Responsible for protecting Californians from exposure to hazardous waste.
- Phone line: 1-800-728-6942

California Department of Water Resources (DWR)
water.ca.gov

- Phone line: 1-800-952-5530

Community Emergency Response Team Program (CERT)
ready.gov/cert

Power Outage and Fire Resources
response.ca.gov

2-1-1 California
211.org

- A statewide network of local information and referral providers.
- Phone line: 211



Local Resources

Call 911 in an emergency.

Local Fire Department:

Local Hospitals:

Emergency Numbers:



Senator Scott Wilk

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