



# 10 Ways YOU Can be Disaster Prepared

1. **Identify Your Risk** - What are the hazards where you live or work? Find out what natural or human caused disasters pose a risk for you. Do you live near a flood plain, an earthquake fault, or in a high fire danger area? Are you prepared for an unexpected human-made disaster that can strike any time? Does your neighborhood or community have a disaster plan?
2. **Create a Family Disaster Plan** - Your family needs a plan that tells everyone: where to meet if you have to evacuate; who you've identified as an out-of-state "family contact"; how to get emergency information in your community; and how to take care of your family pets.
3. **Practice Your Disaster Plan** - After you have sat down with your family and written your plan — practice it. Start by having family members meet at a designated spot outside your home — like you would after a fire or after the shaking stops. Know how to respond in the event of any disaster — whether to stay put indoors, or whether to evacuate your neighborhood by car. If your family needs to evacuate, know the proper evacuation procedures and routes as determined by your local OES office.
4. **Build a Disaster Supply Kit for Your Home** - If you are stranded in your car or have to be self-sufficient at home until help arrives, you need to have a disaster kit with you.
5. **Prepare Your Children** - Talk to your kids about what the risks are and what your family will do if disaster strikes.
6. **Don't Forget Those with Special Needs** - Infants, seniors and those with special needs must not be forgotten. Make sure that supplies for your infant are in your kit and that you have items such as medications, oxygen tank, or other medical supplies that seniors or those with special needs may require. Check out Cal EMA's tips for preparing the elderly.
7. **Learn CPR and First Aid** - Contact the Fire Department (510)528-5770 or the American Red Cross today and get trained on basic first aid and CPR. Your training could save the life of a loved one or neighbor following a disaster.
8. **Eliminate Hazards in Your Home and the Workplace** - You must secure the contents of your home or office to reduce hazards, especially during shaking from an earthquake or from an explosion.
9. **Understand Post - 9/11 Risks** - Disaster preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.
10. **Get Involved, Volunteer** - Donate blood, educate your neighbors, or volunteer with your local American Red Cross.

# EMERGENCY SUPPLIES CHECKLIST

The first 72 hours after a major emergency or disaster are critical. Electricity, gas, water and telephones may not be working. In addition, public safety services such as police and fire departments will be busy handling serious crisis. You should be prepared to be self-sufficient - able to live without running water, electricity and/or gas and telephones - for at least three days following a major emergency. To do so, keep the following on hand in a central location:

## ESSENTIALS

- |   |   |
|---|---|
| <input type="checkbox"/> Water - One gallon per person per day (a week's supply of water is preferable)           | <input type="checkbox"/> Water purification kit                         |
| <input type="checkbox"/> First Aid Kit, freshly stocked   | <input type="checkbox"/> First Aid Book                                 |
| <input type="checkbox"/> Food   | <input type="checkbox"/> Can opener (non-electric)                      |
| <input type="checkbox"/> Blankets or sleeping bags  | <input type="checkbox"/> Portable radio, flashlight and spare batteries |
| <input type="checkbox"/> Essential medications  | <input type="checkbox"/> Extra pair of eye glasses                      |
| <input type="checkbox"/> Extra set of house and car keys  | <input type="checkbox"/> Fire extinguisher A-B-C type                   |
| <input type="checkbox"/> Food, water and restraint (leash or carrier) for pets                                    | <input type="checkbox"/> Cash and change                                |
| <input type="checkbox"/> Baby supplies if needed: formula, bottle, clothing, wipes disposable diapers, food, etc. |   |

## SANATATION SUPPLIES

- |  |  |
|--|--|
| <input type="checkbox"/> Large plastic trash bags for waste; | <input type="checkbox"/> Large trash cans            |
| <input type="checkbox"/> Bar soap and liquid detergent       | <input type="checkbox"/> Toothpaste and toothbrushes |
| <input type="checkbox"/> Feminine hygiene supplies           | <input type="checkbox"/> Toilet Paper                |
| <input type="checkbox"/> Household bleach                    |  |

## SAFETY and COMFORT

- |   |   |
|---|---|
| <input type="checkbox"/> Sturdy shoes                               | <input type="checkbox"/> Heavy gloves for clearing debris |
| <input type="checkbox"/> Candles and matches                        | <input type="checkbox"/> Light Sticks                     |
| <input type="checkbox"/> Change of Clothing                         | <input type="checkbox"/> Knife or razor blades            |
| <input type="checkbox"/> Garden hose for siphoning and firefighting | <input type="checkbox"/> Tent                             |
| <input type="checkbox"/> Communication kit: paper, pens, stamps     |   |

## COOKING

- |   |   |
|---|---|
| <input type="checkbox"/> Plastic knives, forks, spoons  | <input type="checkbox"/> Paper plates and cups    |
| <input type="checkbox"/> Paper towels   | <input type="checkbox"/> Heavy duty aluminum foil |
| <input type="checkbox"/> Camping stove for outdoor cooking (caution: before using fire to cook, make sure there are no gas leaks; never use charcoal indoors) |   |

## TOOLS and SUPPLIES

- |  |  |
|--|--|
| <input type="checkbox"/> Axe, shovel, broom  | <input type="checkbox"/> Adjustable wrench for turning off gas |
| <input type="checkbox"/> Tool kit including screwdriver, pliers & hammer             | <input type="checkbox"/> Coil of 1/2" rope                     |
| <input type="checkbox"/> Plastic tape, staple gun, & sheeting for window replacement | <input type="checkbox"/> Bicycle                               |
| <input type="checkbox"/> Local map   |  |