

Be Aware and Prepare

BEFORE DISASTER STRIKES

HOW WOULD YOU SURVIVE FOR 72 HOURS?

In a major disaster, it might be 72 hours or longer until vital services are restored. Are you prepared for disaster? Find out by asking yourself the following questions:

- How will my family reunite following a major disaster?
- What should we do if the water supply is contaminated?
- If no medical professionals are available, who can give first aid to my family?
- Can we evacuate our home safely in five minutes? And if so, what should we take with us?

This publication answers these questions and more. It will guide you through the steps you and your family need to take to be self-sufficient for the first three days after a major disaster. By taking these steps, you'll be able to respond safely and with confidence in a variety of emergency situations.

TALK with your family about disasters that could happen such as home fires, wildfire, severe winter weather, flooding, earthquakes, terrorism and hazardous material accidents.

TRAIN all family members. Take first aid classes. Learn to use a fire extinguisher. Locate your utility shut off valves and know when and how to turn off your gas, electricity and water. Make sure all responsible people in the household have this knowledge or training. Pick two places to meet: 1) right outside of your home in case of a sudden emergency, like a fire; 2) outside of your neighborhood in case you can't return home or are asked to leave your neighborhood. Everyone must know the address and phone number of the meeting locations.

TAKE STOCK of supplies you may already have on hand that would be helpful in a disaster. Involve the whole family in collecting and assembling supplies of food, water and emergency tools.

TELL everyone in the household where emergency contact information will be kept. Post a copy on your refrigerator, keep another with your emergency supplies and in your purse, wallet or backpack. Complete the [Emergency Contact](#) information section on the back of this booklet, and make copies for each member of your family. Make sure you have included an out-of-state contact. You may be able to reach them when local phone lines are down.

TEST your readiness on a regular basis. Review your family disaster plan and go through supplies at least once a year. Commit to a day or weekend to update phone numbers, hold family fire and earthquake drills and check supplies.

DISASTER SUPPLY KIT CHECKLIST

What you have on hand when a disaster strikes can make a big difference for your comfort and safety in the hours and days following a disaster. Basic services, such as electricity, gas, water and telephones, may be cut off, or you may have to evacuate at a moment's notice. If you are confined at home, it may take some time for professional emergency responders to get to you, so plan on storing enough supplies for everyone in the family for at least three days. Your family will cope best by preparing for disaster before it strikes.

THE SIX BASICS

Water, food, first aid supplies, clothing and bedding, emergency supplies and special items such as medications

Keep these items in a rugged but easy to carry container such as a large covered trash can, overnight backpack or duffel bag. Keep a smaller version of the kit in the trunk of your car. If you become stranded or are not able to return home, having some items will help you to be more comfortable until help arrives. Store your kit in a structurally sound location.

DISASTER SUPPLIES

The following are the basic supplies you need to have on hand in case of an emergency:

- Water – two gallons per person per day, for drinking, cooking, and sanitary needs (include additional water for pets)
- Food – ready to eat, non-perishable, high-protein, high-calorie foods that you enjoy: peanut butter, canned meats, energy bars, canned fruits and vegetables, etc.
- First aid kit – see list of items below and first aid reference guide (available from your local American Red Cross)
- Portable battery-operated radio and spare batteries
- Flashlights and spare batteries and/or glow sticks
- List of emergency contacts (see back page)
- Blankets, extra clothing, sturdy shoes and gloves
- Can opener (non-electric)
- Fire extinguisher (A-B-C type)
- Three-day supply of critical medications, an extra pair of eyeglasses, copies of important documents and comfort items such as toys and books
- Food for pets
- Map of local area in case evacuation to shelters is necessary
- Crescent wrench for utility shut off
- Duct tape and plastic sheeting or large plastic garbage bags for sheltering-in-place
- Extra cash and coins for emergency purchases and pay phones
- Copies of insurance documents, photos of home and possessions, and documents of vital information
- Portable stove and fuel for cooking and boiled water as needed

EMERGENCY SUPPLIES FOR YOUR VEHICLE

Keep the following items in a plastic tub or other container that can be closed:

- Blanket(s) and/or sleeping bag
- Booster cables and tool kit
- Bottled water (use a heavy plastic bottle specifically made for water storage and fill with tap water)
- Canned fruits/nuts and manual can opener
- Critical prescriptions
- Emergency flares and distress flag/sign
- First aid kit and reference guide (available from your local American Red Cross)

IN CASE OF EVACUATION

Before Evacuating

- Lock your home. If instructed, turn off water, gas and electricity
- Post a message on the inside of your front door and provide a contact number on your answering machine
- Wear protective clothing and sturdy shoes and take your disaster supplies kit with you
- Use travel routes specified by local authorities
- Make arrangements for your pets. [Pets, other than service animals who assist people with disabilities, are not allowed in Red Cross shelters for health and safety reasons.](#) It is recommended that you pre-identify friends or relatives who agree to take your pets temporarily. Include contact information for these people and your animals' veterinarian in your Emergency Contact Information. Also, have a color photo and detailed description of your pets with you in case the animals are lost during a disaster.

FIRST AID KIT

Build or buy a first aid kit. Everyone over the age of 10 should have basic first aid training.

- Disposable gloves
- Thermometer
- Scissors and safety pins
- Tongue depressors
- Roll of gauze and elastic bandages
- Soap and clean cloth
- Nonstick, sterile pads (different sizes)
- Tweezers/needle
- Assorted adhesive bandages
- Eye dressing or pad
- Triangle bandage

- Paper tape
- Aspirin or substitute*
- Small plastic cup
- Antibiotic ointment*
- Pen and note paper
- Current prescription medicines*
- Emergency phone numbers
- Disinfectant (for cleaning wounds)*
- First Aid reference guide**
- Syrup of ipecac*

*Keep all medications in original containers. Check expiration dates and replace as needed.

**First Aid reference guides can be purchased from the American Red Cross.

Evacuation

In certain emergencies, you may need to evacuate your home or office. Listen to local radio (Emergency Alert System) or television and follow the instructions of local emergency officials. Evacuate immediately if told to do so. Authorities do not ask people to leave unless they truly feel lives may be in danger. Follow their advice.

If you have to evacuate your home for an extended period of time because of a disaster, Red Cross will open a shelter at a church, school, recreation center or other public building. Listen for shelter locations announced over the radio Emergency Alert System (EAS). In addition to your disaster supplies kit, you'll want to take the following items to the shelter (if possible, keep these items in an easily-accessible container by the door):

- Prescription drugs in childproof containers
- Clothing for 24 hours
- Pillows
- Eyeglasses/contact lenses
- Toys and games
- Money, credit cards, checks, I.D., copies of important papers and photos
- Phone numbers and addresses of people you'll want to contact while in the shelter

WATER STORAGE

You will need more water than you might think in an emergency. Store a minimum of three days worth of water per person: one gallon per person per day (and the same amount for each pet). **IF YOU ARE RUNNING LOW ON WATER IN AN EMERGENCY, DO NOT RATION. DRINK WHAT YOU NEED TODAY, TRY TO FIND MORE FOR TOMORROW.**

Other indoor water sources:

- Toilet tank (not the bowl) – do not use if you have added chemical treatments to the tank
- Ice cubes – melt and use

Proper water storage:

- Store bottled drinking water out of direct sunlight, away from chemicals which might permeate the container and in an area not likely to freeze
- If bottling tap water, buy empty jugs. Every six months, empty tap water from containers, wash containers and refill. Pouring water back and forth between two containers will add oxygen and make the water taste better.

TREATING WATER

If you are uncertain about the purity of any water source, treat it before you use it for drinking, food preparation or hygiene. In addition to having a bad odor and taste, water from questionable sources may be contaminated by a variety of non-visible microorganisms, including bacteria and parasites that cause diseases such as dysentery, cholera, typhoid and hepatitis.

To treat water, follow these steps in numerical order:

1. Filter the water using a piece of cloth or coffee filter to remove solid particles.
2. Bring it to a rolling boil for one full minute.
3. Let it cool at least 30 minutes. Water must be cool or the chlorine treatment described below will not work.

Alternatively, one can follow these steps in numerical order:

1. Add 16 drops of plain (non-scented) liquid chlorine bleach per gallon of water, or 8 drops per 2-liter bottle of water. Stir to mix. Sodium hypochlorite (concentration 5.25% to 6%) should be the only active ingredient in the bleach.
2. Let stand 30 minutes.
3. If the water smells of chlorine, you can use it. If it does not smell of chlorine, repeat steps 4 and 5 above. If after this second try the water smells of chlorine, you can use it. Otherwise, discard and find another source of water.

DISINFECTION: People with certain medical conditions may need distilled or sterile water. Your physician can tell you whether you fall in this category. If so, the Red Cross can provide you instructions on how to distill water.

If a disaster catches you without enough water, follow these steps to access the water in your hot water tank:

1. Find your incoming water valve. Shut it off to avoid possibly contaminating water coming into the tank.
2. Turn off the gas or electricity to the tank.
3. Open a hot water faucet in the house (no water should come out).
4. Collect water as needed from the faucet at the bottom of the hot water heater.
5. Treat the water using one of the treatment options listed above.

CPR AND AED AWARENESS UPDATE

Four years ago, in the month of March, representatives from the Fire Protection District, Police, San Ramon Regional Medical Center, the business sector and private citizens met to discuss a new program to improve Public Safety and the quality of life in our community. It was the first meeting of the San Ramon Valley Public Access Defibrillation Community Partnership, called the "PAD Committee" for short. The primary purpose of this committee has been to increase public awareness of Automated External Defibrillators (AEDs) and to increase public access to these lifesaving devices.

In the United States, there are at least 300,000 victims of sudden cardiac arrest every year. A staggering 95% of these Americans will die because not enough people are trained in CPR and even fewer have access to an AED. Four years ago there were fewer than a dozen AEDs in the San Ramon Valley. We now have more than 150 of them in many public places, police vehicles, churches, the school district and an increasing number of businesses. The first week of June has been designated "National CPR and AED Awareness Week" by the U.S. Congress. For more information on the Public Access Defibrillation Committee Partnership contact Andy Swartzell at the Fire District: (925) 838-6618 or email aswartzell@srvfire.ca.gov.

EMERGENCY CONTACT INFORMATION

In case of police, fire or medical emergency, call 911 from a landline phone or (925) 838-6691 on your cell phone. For non-emergency concerns refer to your phone book. Unnecessary calls to 911 can prevent others from getting the help they need. Fill in the names and numbers below and make copies for each family member.

Name: _____

School(s) / Work Site(s): _____

Day Care: _____

Phone: _____ Cell: _____ Email: _____

Out of State Contact: _____

Doctor(s): _____ Neighbor(s): _____

Insurance: _____

Other: _____

Family Meeting Places

Outside your home in case of fire: _____

Outside your neighborhood in case you can't return home: _____

Caretaker for Pets: _____

Veterinarian: _____

Utilities: _____

Water: _____

PG&E: _____

Fire: _____

Police: _____

Other: _____



www.srvfire.ca.gov
(925) 838-6618



www.ci.san-ramon.ca.us
(925) 973-2500



www.SanRamon.org
(925) 242-0600