



YOUR FAMILY EMERGENCY PLAN

PAST DISASTERS

SUMMARY OF DISASTERS

SF BAY AREA (1950-2000)

Floods	81
Weather/Storm	37
Drought	16
Wildfires	12
Energy Shortage	11
Earthquakes	10
Agricultural Emergency	6
Civil Disturbance	3
Landslide	2

NAPA EARTHQUAKE September 2000

EL NIÑO September 2000

JANUARY FLOODS January 1997

EAST BAY HILLS FIRE October 1991

LOMA PRIETA QUAKE October 1989

Each year, we face situations that could change our lives forever.

Why Create an Emergency Plan?

You, your family and friends will be best prepared to cope with disasters by preparing in advance, practicing what to do and working together as a team. Everyone should have a copy of their emergency plan and supply kits for work, school and home. Follow the steps listed in this booklet to create your and your family's emergency plan.

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services—water, gas, electricity or telephones—were cut off? Emergency responders and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

Your best protection is knowing and practicing what to do. Be able to take care of yourself and your family until help arrives. Don't be caught off-guard!



THE 5 STEPS TO BE READY

- Step 1: Get Informed (Pgs 2-4)**
- Step 2: Develop a Plan (Pgs 5-7)**
- Step 3: Plan Ahead (Pgs 8-11)**
- Step 4: Complete Your Checklist (Pg 12)**
- Step 5: Explain, Maintain and Practice (Pg 12)**

THINGS TO KNOW

FIRE EXTINGUISHERS

Fires in homes are most often caused by cooking accidents, smoking and unsafe use of woodstoves or space heaters.

Buy A-B-C type fire extinguishers for your home. Put them in plain view. Make sure you and your family know how and when to use them. NOTE: Extinguishers must be recharged after each use.

SMOKE AND CARBON MONOXIDE ALARMS

Install smoke and carbon monoxide alarms inside and outside of all sleeping areas and on each level of your home.

NOTE: For those with visual or hearing impairments, consider installing alarms with strobe lights and vibrating pads.

UTILITY SHUT-OFFS

Contact your local utility company for information on how and when to turn off your gas, electricity and water in an emergency.

CPR & FIRST-AID

Take classes at your local American Red Cross.

Practice **DROP, COVER, AND HOLD ON** during an earthquake.

1 GET INFORMED

Knowing your risks will help you better plan for them. Here are some hazards you may have experienced.

NATURAL

- Flash floods
- Weather/Storms (heat wave, rain or snow storms, hail and lightning)
- Earthquakes
- Fires
- Mudslides, landslides and avalanches
- Tsunamis and storm surges
- Tornadoes, hurricanes and blizzards

TECHNOLOGICAL OR INTENTIONAL

- Power outages
- Spills or fumes from hazardous materials
- Terrorism
- Biological, chemical, radiological or nuclear incidents
- Unusual, widespread disease outbreaks (e.g. pandemic influenza)

Contact your local emergency preparedness program, like, Community Emergency Response Team (CERT), Citizens of Oakland Response Agencies (CORE), and the American Red Cross (see page 21).

- ❑ Learn about your community’s warning signals: what they sound like and what you should do when you hear them.
- ❑ Ask about animal care after disaster. Animals may not be allowed inside emergency shelters due to health regulations.
- ❑ Find out how to help elderly or disabled persons, if needed.
- ❑ Next, find out about the disaster plans at your workplace, your children’s school or daycare center, and other places where your family spends time.

WHAT TO DO

SHELTER-IN-PLACE

With a hazardous materials or chemical agent release, authorities may instruct you to immediately 'shelter in place' for your safety. If you have symptoms of exposure, call 9-1-1 immediately and follow their instructions.

If not, follow these steps:

1. Stay inside.
2. Close all windows and doors.
3. Turn off heating and air-conditioning.
4. Close fireplace dampers.
5. Take your emergency supply kit, radio and phone.
6. Go into a room with the fewest doors and windows and seal the room.
 - . Dampen towels and place over crack under the door.
 - . Cut plastic sheeting to fit over windows and vents.
 - . Secure the plastic sheets over these with duct tape.
 - . Tape around door.
7. Turn on the radio **KCBS 740 AM**.
8. Stay in the room until told by the authorities that it is safe to come out or 'all clear.'

EVACUATION

If instructed to evacuate, leave the area immediately. Follow instructions carefully. Take supply kit. DO NOT wander about or hesitate: know where to go and how to get there.

TIPS

CHILDREN

Make plans for childcare in case you cannot get home.

- Will the school or daycare keep your child until an *authorized* adult to get them in case of an emergency?
- What kind of authorization is required to release your child to your representative if you cannot get there yourself?
- Update your contact information and that of people authorized to pick-up your child for you.
- Have you made arrangements to have a neighbor or family member provide childcare during an emergency?

PURIFYING WATER

If you suspect bacteria have contaminated your drinking water:

1. Boil water for 10 minutes, OR
2. Add 5 drops of 5-6% chlorine bleach to ½ gallon of *clear* water and let stand for 15 minutes, OR
3. Add 10 drops of 5-6% chlorine bleach to ½ gallon of *cloudy* water and let stand for 30 minutes.

NOTE: *Cloudy* water should be filtered using coffee, paper towels, cheesecloth or a cotton plug in a clean funnel before boiling or adding bleach.

MORE TIPS...

IF AN EMERGENCY OCCURS...

- Make sure you are SAFE.
- **DO NOT** turn on any electrical switches or use electrical appliances if you smell gas or suspect damages.
- LISTEN to a *battery-powered* radio **KCBS 740 AM** for news and instructions.
- If you are instructed to take shelter immediately, do so at once.
- If you are instructed to evacuate, follow instructions, wear sturdy shoes and protective clothing. (Turn off all utilities at main shut-off only if it is safe and you have time to do so before evacuating.)
- When it is safe, check on your FAMILY and BUDDY.
- CHECK for injuries, give first aid and get help for serious injuries.
- HELP trapped persons and your neighbors requiring special assistance – people with disabilities, infants, and elderly people.
- FOLLOW your emergency PLAN.
- STAY at home or at work, unless instructed otherwise.
- CALL YOUR FAMILY CONTACT – do not use the phone again unless there is a life-threatening emergency or as per instructions.
- CHECK IN as previously instructed if you are a disaster service worker or a member of an emergency response team.
- BE PATIENT.
- WHEN IT IS SAFE to travel, try to keep it to a minimum.
- ENTER ALL BUILDINGS WITH CAUTION.

MORE THINGS TO KNOW...

INSURANCE

Does your insurance policy cover all the risks you have identified? Call your agent if you have doubts.

PRACTICE

In case you have to leave your home quickly, each family member should know what to do, step-by-step, without hesitation. Practice your plan at least once a year, especially if you have young children.

GAS FOR YOUR CAR

Always keep your gas tank at least half full. In an emergency, there may not be time to get gas.

PRESCRIPTIONS

Make copies of all your prescriptions and keep a minimum one-week supply of medications in your emergency kit.

BUDDY SYSTEM

Have a neighbor, friend or relative be your "buddy". A buddy alerts you to a possible danger and checks on or helps you in an emergency. Keep their phone number handy.

OUT-OF-AREA CONTACT

Pick someone who is unlikely to be affected the same event as you – such as a person who lives out of state - to be a point of contact for information if you and your family are separated.

2 DEVELOP A PLAN

More than likely, family members will be separate from one another when a disaster occurs, a real possibility during the day when adults are at work and children are at school.

How will you and your family communicate during an emergency?
How will you plan for getting back together?

- ❑ Decide on where to meet after an emergency – 1) a place outside of your home and 2) a location out of your neighborhood.
- ❑ Ask an out-of-area relative or friend to serve as an out-of-area "family contact." After a disaster, it's often easier to call long distance.
- ❑ Make sure everyone knows the name, address, and phone number of this contact person.
- ❑ Teach children how **and** when to call 9-1-1, police or fire department.
- ❑ Make sure everyone knows to tune to **KCBS 740 AM** for emergency information.

Everyone in your family, especially kids, should know what each person will do in an emergency. Your child must understand the reasons for your not calling or immediately going to their school.

During an emergency, turn to **KCBS 740 AM** for situation and damage reports. Phone lines must be kept open, especially at schools, for emergency communications. Roads must be kept clear for emergency vehicles, disaster service workers, and emergency volunteers to get around.

Be part of a phone tree at your work and with your child's school as a way to relay messages and information to others. Arrange pick-up permission for your elementary or middle school child.

EMERGENCY CONTACT INFORMATION (continued)

Once the cards are completed, a copy should be given to each family member to carry with them at all times. Fold each card into three. It can be stored in your wallet, purse, or child's backpack.

✂ Cut along this line. And fold into three.

EMERGENCY CONTACT INFORMATION	
Out-of-Area Contact:	
Address:	
Telephone:	Telephone:
Temporary Place To Stay:	
Address:	
Telephone:	Telephone:
EMERGENCY MEETING LOCATIONS	
<i>Always try to meet at home. If unable, go to next location.</i>	
1. Outside of Home Meeting Place:	
Location:	
Telephone:	Email:
2. Out of Neighborhood Meeting Place:	
Address/Corner:	
Telephone:	Email:
IMPORTANT PHONE NUMBERS	
<i>Always call 9-1-1 for Emergencies!</i>	
Police:	
Fire:	
Doctor:	
Insurance:	
's Work:	
's Work:	
's School:	

✂ Cut along this line. And fold into three.

EMERGENCY CONTACT INFORMATION	
Out-of-Area Contact:	
Address:	
Telephone:	Telephone:
Temporary Place To Stay:	
Address:	
Telephone:	Telephone:
EMERGENCY MEETING LOCATIONS	
<i>Always try to meet at home. If unable, go to next location.</i>	
1. Outside of Home Meeting Place:	
Location:	
Telephone:	Email:
2. Out of Neighborhood Meeting Place:	
Address/Corner:	
Telephone:	Email:
IMPORTANT PHONE NUMBERS	
<i>Always call 9-1-1 for Emergencies!</i>	
Police:	
Fire:	
Doctor:	
Insurance:	
's Work:	
's Work:	
's School:	

3 PLAN AHEAD

Having essential items at hand will be a great comfort in an emergency. Think about what you and family members will need. Store these supplies in a container, hard or soft, with a lid, e.g., a trashcan with wheels or backpack. Keep your kits in convenient places known to all family members. Store enough supplies to survive for at least 7 days at home and 3 days at work or in your car. Storing enough supplies to survive for one to two months is best. Everyone should, at a minimum, have a simple emergency kit. And don't forget putting together a kit for your pets. Here are some recommended items to put in your kits:

SIMPLE EMERGENCY KIT* (Keep near you in a sealed plastic bag.)

- Whistle
- Flashlight and extra batteries
- Water-proof marker (to write your name in large letters on your clothing)
- List of things you want to remember in an emergency

*Recommended by Ana-Marie Jones, Collaborating Agencies Responding to Disasters (CARD).

Water

Remember to store: one gallon of water per person (or pet) per day; in plastic containers, such as soft drink bottles; avoid using containers that may break, such as glass bottles; write the storage date on each bottle; and replace water every six months.

Food

Remember to choose: ready-to-eat canned meats, fruits, and vegetables; canned juices, milk, soup; high energy foods, such as peanut butter, jelly, crackers, granola bars, trail mix; special food for infants, elderly persons, or persons on special diets; and comfort food, such as cookies, candy, etc.

First Aid Kit

You can either buy or create first aid kits for your home, car and office. Suggested items include:

- Adhesive bandages in assorted sizes
- Safety pins, needles in assorted sizes
- Sterile dressings to stop bleeding
- Moistened towelettes, wet wipes
- Cleansing agent/soap and antibiotic
- 2 pairs of disposable gloves
- Antibiotic ointment to prevent infection
- Thermometer
- Burn ointment
- Sunscreen
- Eye wash solution to flush out the eyes
- Tweezers
- Scissors
- Face masks/dust masks
- Prescribed medical supplies, i.e.: glucose monitoring equipment or blood pressure monitors
- Over-the-counter medicines: aspirin or other pain reliever, laxative, anti-acid, anti-diarrhea medication
- Prescription medications taken every day

Emergency Supply Kit

Store enough supplies for at least 7 days. Essential supplies should be stored in an easy to carry or move container such as a backpack, duffle bag, or trashcan with wheels.

For Your Home

- Water purification kit
- Food (see Food Section above)
- Non-electric can opener and knife
- A whistle
- Battery powered radio or television
- Flashlight and extra batteries
- Blankets or sleeping bags for each household member
- Extra clothing for each household member including sturdy shoes and jacket
- Extra pair of glasses
- Cash (\$20-100 small bills)
- Extra set of car keys and house keys
- Fire extinguisher
- List of contact names and phone numbers
- Copies of important documents (birth certificates, licenses, insurance policies)
- Special items for infants, elderly or disabled family members (infant formula, disposable diapers, medications, etc.).
- Food, water and leash or carrier for pets
- Personal hygiene items
- Telephone card or quarters for the phone
- All purpose knife/disposable eating utensils/paper plates/cups/etc.
- Other useful items: string, plastic tape, hand sanitizer, paper, pens, playing cards, good book, entertainment materials for children.

For Your Car

- Extra pair of glasses
- Food (See Food Section above)
- Non-electric can opener and knife
- Flares
- Flashlight and extra batteries
- Portable radio and extra batteries
- Blanket or sleeping bag
- Extra clothing including sturdy shoes and jacket
- Gloves – sturdy and warm, preferably vinyl or leather
- Ziplock bags, toilet tissue, paper towels
- Trash bags for sanitation and garbage purposes

For Your Office

- Flashlight and extra batteries
- Portable radio and extra batteries
- Heavy gloves (such as gardening gloves)
- Food (see Food Section above)
- Non-electric can opener and knife
- Personal Hygiene
- Hand sanitizer
- Toilet tissue and towelettes
- Toothbrush, toothpaste and dental floss
- Extra pair of eyeglasses
- Trash bags for sanitation and garbage purposes

Pet Supplies Kit

- Food
- Water
- Medications
- Leash
- Tags
- Litter Box
- Vaccination information
- Toys

4 Things You Can Do for a Senior/Elderly

1. Create a Buddy List and Communication Tree
2. Give a First Aid Kit
3. Give an Emergency Supply Kit
4. Review Do's and Don'ts during a disaster

Important Family Documents

Keep these records in a waterproof, portable container

- √ Wills, insurance policies, contracts, deeds, stocks and bonds
- √ Passports, immunizations records
- √ Bank account numbers
- √ Credit card account numbers and companies
- √ Inventory of valuable household goods, important telephone numbers
- √ Family records (birth, marriage, death certificates)

WHERE TO GET YOUR DISASTER SUPPLIES

Disaster Specialty Stores:

Nonperishable Food
Water
Mylar blankets
Flashlights
Light Sticks
Emergency Radios
Whistles
First Aid Kits
Rain gear

Hardware Stores:

Dust/Face Masks
Flashlights
Batteries
Pocketknives
Duct Tape
Garbage Bags
First Aid Kits
Emergency Radios
Light Sticks
Bandanas

Sporting/ Camping Stores:

Nonperishable Food
Whistles
Mylar blankets
Batteries
Flashlights
Light Sticks
Bandanas
Emergency Radios
Rain gear

Groceries/ Pharmacies/General:

Food
Plastic-bottled Water
Batteries
Flashlights
Toilet Paper/ Tissue
Garbage Bags
Sealable Sandwich Bags
Extra Medication
First Aid Kits
Bandanas

From Ana-Marie Jones, Executive Director, CARD (Collaborating Agencies Responding to Disasters).

4 CHECKLIST

Your plan is almost done. Complete this checklist.

- | | |
|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Post emergency phone numbers by phones (fire, police, ambulance, etc.) <input type="checkbox"/> Teach children how and when to call 911 or your local Emergency Medical Services number for emergency help. <input type="checkbox"/> Show each family member how and tell them when to turn off the water, gas, and electricity at the main switches. <input type="checkbox"/> Determine the best <u>escape routes</u> from your home. Find two ways out of each room. <input type="checkbox"/> Check if you have adequate insurance coverage. | <ul style="list-style-type: none"> <input type="checkbox"/> Post your family emergency contact information sheet in your home. <input type="checkbox"/> Install smoke detectors on each level of your home, especially near bedrooms. <input type="checkbox"/> Conduct a home hazard hunt. <input type="checkbox"/> Stock emergency supplies and assemble Disaster Supply Kits. <input type="checkbox"/> Take a Red Cross first aid and CPR class. <input type="checkbox"/> Teach each family member how to use the fire extinguisher (ABC type), and show them where it's kept. <input type="checkbox"/> Find the <u>safe spots</u> in your home for each type of disaster. |
|---|---|

5 EXPLAIN, MAINTAIN & PRACTICE

<p><u>Every month</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Test smoke & carbon monoxide alarms 	<p><u>Date to Check</u></p> <p>_____</p>
<p><u>Every 3 months</u> (Can be every 6 months)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Replace water supply 	<p><u>Date to Check</u></p> <p>_____</p>
<p><u>Every 6 months</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Check and replace batteries (flashlights, smoke detectors, radio, etc.) <input type="checkbox"/> Review family communication plan <input type="checkbox"/> Quiz your kids so that know what to do <input type="checkbox"/> Conduct a drill on your plan <input type="checkbox"/> Rotate food supply 	<p><u>Date to Check</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p><u>Every 12 months</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Update contact information in your plan <input type="checkbox"/> Replace essential medicines in your kit 	<p><u>Date to Check</u></p> <p>_____</p> <p>_____</p>

LOCAL RESOURCES

(This is not intended to be a complete list.)

American Red Cross:

www.prepare.org or www.redcross.org

Information on all kinds of disasters, first aid training, and disaster preparedness classes in eight languages.

Collaborating Agencies Responding to Disasters (CARD):

<http://www.firstvictims.org/resources.html>

This is an emergency preparedness and disaster response resource for nonprofits and community agencies serving people with special needs - people who are often the First Victims in any disaster.

Community Emergency Response Teams:

Community Emergency Response Team (CERT) Program:

<http://www.ci.alameda.ca.us/fire/cert.html>

Community Emergency Response Team (CERT) programs provide training to local residents and employees of local businesses to increase self-sufficiency in a disaster.

NOTE: The City of Alameda Fire Department's CERT program website is provided as an example. Check with your local fire department for the CERT program nearest you.

Citizens of Oakland Response Agencies (CORE):

http://www.oaklandnet.com/fire/core/fire_fund_pr.html

The CORE program provides free, community-based training to Oakland residents on disaster prevention, preparedness and response training.

Neighborhood Emergency Response Team (NERT) Program:

http://www.sfgov.org/site/sfnert_index.asp

The San Francisco Fire Department provides free training in disaster and emergency response, teaching San Francisco residents to be self sufficient in a major disaster. You'll learn hands-on disaster skills that will you as a member of an emergency response team.

Office of Emergency Services, City of Berkeley: <http://www.ci.berkeley.ca.us/fire/oes.html>

The Office offers free training in emergency preparedness to anyone who lives or works in Berkeley.

San Francisco Office of Emergency Services: www.72hours.org

Information on all kind of disasters, first aid training, and disaster preparedness classes in three languages.

Quakeinfo.org: <http://www.quakeinfo.org/>

Tips and solutions on conducting a home hazard hunt and on making your home safe.

APPENDIX: COMMON TYPES OF HAZARDS/EMERGENCIES

Type of Hazards/ Emergencies	What Is It?	What Can Happen?	What Can I Do To Be Ready? ¹
Earthquake	A sudden, rapid shaking of the earth caused by the breaking and shifting of rock beneath the earth's surface.	Collapsing walls, falling objects, flying glass, getting trapped, exits blocked, landslides, tsunamis	<p>Prepare Your Home</p> <ul style="list-style-type: none"> • Choose a safe place in every room to cover. • Use your out-of-town family contact emergency card. • Take a first aid class. • Learn how to use a fire extinguisher. • Tell your babysitters, caregivers, and schools of your plan. <p>Eliminate Hazards</p> <ul style="list-style-type: none"> • Bolt bookcase, cabinets and other tall furniture to wall studs. • Put latches (child-proof) on cabinet doors and cupboards. • Strap water heater to wall studs. • Learn how to turn off utilities. <p>Assemble a Disaster Supply Kit for Home, Car and Office</p> <ul style="list-style-type: none"> • Put together a first aid kit and essential medications. • Pack a 5-day supply of canned and non-perishable food for family members, pets and elderly. Don't forget a manual can opener. • Store 3 gallons of water per person per day for 5 days. • Include comfortable clothing, raincoats, sturdy shoes, and sleeping bags. • Have extra batteries on hand for flashlight and radio. <p>Practice DROP, COVER, AND HOLD ON</p> <p>Know What To Do When Shaking Begins</p> <p>Know What To Do When Shaking Stops</p>

¹ Go to <http://www.fema.gov/areyouready/> for more information on protective measures for each type of hazard.

Type of Hazards/ Emergencies	What Is It?	What Can Happen?	What Can I Do To Be Ready? ¹
Extreme Heat	Any condition in which a person is overexposed to heat or over-exercised for his or her age and physical condition causing heat related illnesses.	Dehydration Heat Cramps (muscle pains and spasms) Heat Exhaustion (heavy sweating, fatigue, dizziness, fainting, headaches) Heat or Sun Stroke (life threatening, rapid heartbeat, shallow breathing)	<p>Tips to Stay Cool</p> <ul style="list-style-type: none"> • Stay out of the sun. • Use sunscreen (at least SPF 15) when in the sun. • Drink plenty of water. • Do not drink alcoholic or caffeinated beverages. • Wear loose-fitting, lightweight and light-colored clothes that cover as much skin as possible. • Cover windows receiving morning or afternoon sun with drapes, shades, awnings, sheets or aluminum foil-covered cardboard. • Use fans or air-conditioning if possible. If not, consider spending the warmest part of the day in public buildings such as libraries or other community facilities. • Never leave children or pets alone in closed vehicles.
Floods	Overflow of water onto land that is normally dry.	Drowning	<p>Before the Floods</p> <ul style="list-style-type: none"> • Stock plywood, plastic sheeting, shovels and sandbags to build barriers to prevent flowing water from entering your home. • Buy a flood insurance policy; normally it takes 30 days before a new policy becomes effective. • Have battery-powered radio and extra batteries handy. <p>During the Floods</p> <ul style="list-style-type: none"> • Turn on KCBS 740 AM radio and follow emergency instructions. • Evacuate if instructed. • If unable to evacuate, get to a higher level. Take dry clothes, a flashlight, and your radio with you. • DO NOT try to swim to safety; wait for rescuers to come. • DO NOT walk or drive through flooded areas.

¹ Go to <http://www.fema.gov/areyouready/> for more information on protective measures for each type of hazard.

Type of Hazards/ Emergencies	What Is It?	What Can Happen?	What Can I Do To Be Ready? ¹
Household Fires	Small and large fires that break out in your home	Explosions Difficulty breathing	<p>Before the Fires</p> <ul style="list-style-type: none"> • Install smoke detectors in every room and replace the batteries every 6 months. • Keep a fire extinguisher in the house, within reach. • Learn to use a fire extinguisher to put out fires. • Learn and practice STOP, DROP and ROLL. • Know your escaping routes. <p>During the Fires</p> <p>If your smoke detector goes off or if you see a fire, remain calm. DO NOT try to fight a major fire.</p> <ul style="list-style-type: none"> • Call 911 • If your clothes catch on fire, STOP, DROP and ROLL. • DO NOT stop to get anything. • If you are unable to get out: Stay near a window and close to the floor; close doors behind you; stay as close to the floor as possible; and signal for help.
Landslides and Debris Flow	Masses of rock, mud or debris moving down a slope.	Quickly getting trapped	Keep an eye on changes in sloping landscape, such as leaning trees, new bulges at the bottom of a slope, new or widening cracks in plaster, tile, brick or foundations and fallen rocks.

¹Go to <http://www.fema.gov/areyouready/> for more information on protective measures for each type of hazard.

Type of Hazards/ Emergencies	What Is It?	What Can Happen?	What Can I Do To Be Ready? ¹
Thunderstorms and Lightning	<p>Thunderstorm - a violent storm of thunder and lightning often accompanied by heavy rain and sometimes hail.</p> <p>Lightning – a buildup and release of electrical energy from a cloud toward the ground.</p>	<p>Fires (lightning)</p> <p>Flash floods</p> <p>Getting struck by lightning</p> <p>Hailstorms</p> <p>Strong winds</p> <p>Falling trees and power lines</p> <p>Flying objects</p> <p>Tornadoes</p>	<p>Before the Storm</p> <ul style="list-style-type: none"> • Remove dead or rotting trees and branches that could fall and cause injury or damage. <p>In A Thunderstorm</p> <ul style="list-style-type: none"> • Remember the 30/30 lightning safety rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder. • AVOID trees. • AVOID handling metal, electrical equipment, television, telephones, bathtubs, water faucets and sinks • Use cordless and cellular phones only for emergencies. These telephones are safe to use.
Tsunamis	A series of enormous, fast moving waves.	<p>Strong winds</p> <p>Falling trees and power lines</p> <p>Flying objects</p> <p>Severe floods</p>	<ul style="list-style-type: none"> • Be familiar with the tsunami warning signs: <ul style="list-style-type: none"> - A strong earthquake lasting 20 seconds or more near the coast may generate a tsunami. - A noticeable rapid rise or fall in waters is a sign that tsunami is approaching. • Know how to get quickly inland to higher ground. • Evacuate if instructed.
Wildfires	A raging, rapidly spreading fire, commonly occurring in areas with dry vegetation.	<p>Poor air quality</p> <p>Landslides</p> <p>Mudslides</p> <p>Floods</p>	<ul style="list-style-type: none"> • Learn how to put out fires quickly and completely. • Install smoke detectors inside and outside of every bedroom and on every level of your home. • Check for fire hazards around your home. • Thin trees and brush, stack firewood and store flammable materials, liquids and solvents in metal containers at least 30 feet away from your home.

¹Go to <http://www.fema.gov/areyouready/> for more information on protective measures for each type of hazard.

Type of Hazards/ Emergencies	What Is It?	What Can Happen?	What Can I Do To Be Ready? ¹
Winter Storms and Extreme Cold		Business and school closures Freezing temperatures Frozen water pipes	Things You Can Do Yourself <ul style="list-style-type: none"> • Caulk and weather-strip doors and windows. • Use fireplaces and heaters. • Close off all unused rooms to conserve heat and fuel. • If outdoors, wear layers, cover your mouth, avoid overexertion and keep dry. • Make sure small children and elderly stay warm.

¹ Go to <http://www.fema.gov/areyouready/> for more information on protective measures for each type of hazard.

Type of Hazards/ Emergencies	What Is It?	What Can Happen?	What Can I Do To Be Ready? ¹
Biological Incidents	Bacteria or viruses, or toxins that can kill or incapacitate people, animals, plants/crops or the environment.	Immediate or delayed illness Water, food supplies, crops, animals, and the environment will be contaminated Shelter-in-place	<ul style="list-style-type: none"> • Be sure all your required immunizations are up to date. • Practice good hygiene, e.g., wash your hands often with soap and water. • If an incident occurs, follow instructions carefully. • Seek medical attention if needed.
Hazardous Materials Incidents (spills or fumes)	A release or misuse of chemical substances that causes a threat to the environment or human health.	Serious injury Long-lasting health effects Contamination or destruction of water supplies, food crops, animals, and the environment Road closures Shelter-In-Place	Hazardous materials are transported on our roads, railways and highways, and by plane. They can also be found in our cities and in your home – cleaning agents and disinfectants, bleach, sprays, polishes, bug sprays, lighter fluid, oil, gas, etc. <ul style="list-style-type: none"> • Many hazardous materials are odorless and tasteless. • Some cause physical reactions such as watery eyes, nausea and vomiting. • Keep poisonous materials in their original containers and away from children and pets. • Know what to do if you are asked to Shelter-In-Place.

¹ Go to <http://www.fema.gov/areyouready/> for more information on protective measures for each type of hazard.

Type of Hazards/ Emergencies	What Is It?	What Can Happen?	What Can I Do To Be Ready? ¹
Nuclear/ Radiation Incidents	Energy released from light, heat, sound, and charged particles can cause direct or indirect damage to the body.	Nausea, vomiting, headache, diarrhea, loss of hair and teeth, anemia Long –lasting health effects Infertility Cancer Death Water, food supplies, crops, animals, and the environment will be contaminated Shelter-in-place	Steps to Reduce Your Exposure <ul style="list-style-type: none"> • Move away from the source of radiation immediately. • If you are outside: Go inside; close and seal your windows and doors; turn off any ventilation. • If the event is indoors, get out of the building or follow instructions for Shelter-In-Place. • If exposed to radiation: Remove clothes and shoes; put exposed clothing in a plastic bag; seal the bag and place it out of the way; take a thorough shower. • Seek medical attention as soon as possible. • Turn on KCBS 740 AM radio to get evacuation instructions.

¹ Go to <http://www.fema.gov/areyouready/> for more information on protective measures for each type of hazard.

Type of Hazards/ Emergencies	What Is It?	What Can Happen?	What Can I Do To Be Ready? ¹
Terrorism	Use of force, violence and intimidation to create fear and destruction against people or property.	Fear Disruption of normal daily activities Shelter-in-place	<p>Know the Facts and Be Responsible</p> <ul style="list-style-type: none"> • Do not spread rumors. • Stay calm and informed. • Turn on KCBS 740 AM radio to get updated information and instructions for Shelter-In-Place. • Be aware of your surroundings. • Notify police if you see or hear something suspicious or see unattended packages in public areas. • Know where emergency exits are located in your buildings. • If an incident occurs, follow evacuation instructions carefully.

¹ Go to <http://www.fema.gov/areyouready/> for more information on protective measures for each type of hazard.