

# Emergency Preparedness

Now is the time to plan ahead for what you may need to stay safe, healthy, informed, mobile and independent during a disaster. Remember that a disaster may require sheltering at home or evacuating to an emergency shelter or other form of temporary housing.

## Overview

Many natural disasters and other emergencies can strike without warning. In addition, after a major incident, there's a good chance that public safety services will be busy handling emergencies. Your best defense is to be prepared at all times. [Bottom line, the better prepared you are, the better the chance of you surviving a catastrophic event](#)

## Before an emergency

- Because the system uses 9-1-1 telephone databases, only land line numbers are in the system. If you have a Voice over IP (VoIP) or cellular telephone and would like to be notified through that device, or if you would like an email notification, you must self-register those telephone numbers and/or email address with the system.
- Cellular or Voice over IP (VoIP) phone numbers may not currently be in the Reverse 911 system database, and TTY/TDD numbers for the hearing impaired are not automatically identified by Reverse 911. If you would like to be contacted on your cell phone, VoIP phone, or TTY/TDD system, you must register those phone numbers. Contact Dan Wilson Community Risk Manager @ 951-461-6158
- [The phone number that you register will be called only if the address you register is affected by an emergency situation.](#)
- Check the back-up battery for phone your system located in your garage if you have Verizon Service. If you have a cordless phone, always have a phone that can be plugged in to your wall phone jack. Contact Verizon regarding location and battery replacement. Be aware of a beeping sound coming from your phone system. This is a warning the battery is low.

## **Planning ahead for your medications means one less thing to worry about in an emergency.**

- Access to prescription medicine maybe limited because most pharmacies are very automated for logging and dispensing prescriptions. Those who have chronic conditions that require regular refilling of prescriptions should work with their doctor to obtain a 3-month supply of medicine if possible. Order your medication five days early and within 6 months you will have a 30-day supply

### **Pharmacy**

You should also arrange for a supply of your medication that you can pick up at a retail pharmacy. If your usual pharmacy is not able to provide your prescriptions after a disaster, find a different nearby pharmacy out of your area, fill out a card and keep it with your prescription drug ID card in your wallet. That way, you'll have the information you need to get your medications during an emergency. List the drug name, strength (for example, 500 mg), dosage form (tablet, capsule or liquid) and directions for use for each medication you take.

- If other members of your household take medications on a regular basis, make copies of their information as well. Don't forget your pet's medications.

**By developing an emergency plan, you'll be one step ahead in a disaster situation. Here are a few other things you can prepare for ahead of time.**

### **When medication requires refrigeration**

- Keep a cooler on hand that you can fill with ice so you can keep your medication at the proper temperature if you need to be away from your home.

### **When medication requires electronic equipment for administration**

Be prepared to take action. If the power goes out, you'll need to take at least three days' worth of medication and supplies with you (more if local authorities advise) to the closest hospital or shelter.

### **When you must leave your home for a few days**

- Stock a disaster supply kit with any nonprescription medications you may need (for example, aspirin or other pain relievers, cold medicine and antacids). You may also want to keep a copy of your medication information card in this kit.

## INDIVIDUALS WITH ACCESS & FUNCTIONAL NEEDS

Each person's needs and abilities are unique, but every individual can take important steps to prepare for all kinds of emergencies and put plans in place. By evaluating your own personal needs and making an emergency plan, you can be better prepared for any situation.

Consider how a disaster might affect your individual needs.

- Plan to make it on your own, at least for a period of time. It's possible that you will not have access to a medical facility.
- Identify what kind of resources you use on a daily basis and what you might do if they are limited or not available.
- With your unique consideration in mind. What do you need to maintain your health, safety and independence?

If you or someone close to you has a disability or other access or functional need, you may need to take additional steps to protect yourself and your family.

Find out about individual assistance programs that may be available in your community. Register in advance with the office of emergency services, the local fire department, and other government agencies. Tell them of your individual needs or those of a family member and find out what assistance, help or services can be provided. For assistance email me at [Alertjonathan@gmail.com](mailto:Alertjonathan@gmail.com) or for information and tools related to emergency preparedness for people with disabilities visit the [FEMA Office of Disability Integration and Coordination](#)

## Who are Individuals with Access & Functional Needs?

- Those who are deaf or hard of hearing may need to make special arrangements to receive emergency warnings.
- Single working parents and those with limited English proficiency may need help planning for disasters and emergencies. Community, faith-based and cultural groups may be able to help keep people informed.
- People without vehicles may need to make arrangements for transportation.

- People with special dietary needs should take precautions to have an adequate emergency food supply.

## Seniors

- The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.
- Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment. If appropriate.
- Seniors should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need. Keep a list of the type and model numbers of the medical devices you require. Be sure to make provisions for medications that require refrigeration. Make arrangements for any assistance to get to a shelter.
- Seniors who receive federal benefit should consider receiving payments electronically. Keep in mind a disaster can disrupt mail service for days or even weeks. For those who depend on the mail for their Social Security benefits, a difficult situation can become worse if they are evacuated or lose their mail service – as 85,000 check recipients learned after Hurricane Katrina. Switching to electronic payments is one simple, significant way people can protect themselves financially before disaster strikes. It also eliminates the risk of stolen checks.
- Include copies of important documents in your emergency supply kits such as family records, medical records, wills, deeds, social security number, charge and bank accounts information and tax records.
- Have copies of your medical insurance and Medicare cards readily available.
- Keep a list of the style and serial number of medical devices or other life-sustaining devices. Include operating information and instructions.
- Make sure that a friend or family member has copies of these documents.
- Include the names and contact information of your support network, as well as your medical providers.
- If you have a communication disability, make sure your emergency information notes the best way to communicate with you.

- Keep these documents in a fire and waterproof container for quick and easy access and consider a safety deposit box at your local bank for an additional set of copies. Banks may be closed during an emergency, so it is best to keep multiple sets of documents in safe, accessible places.

## Garage Door

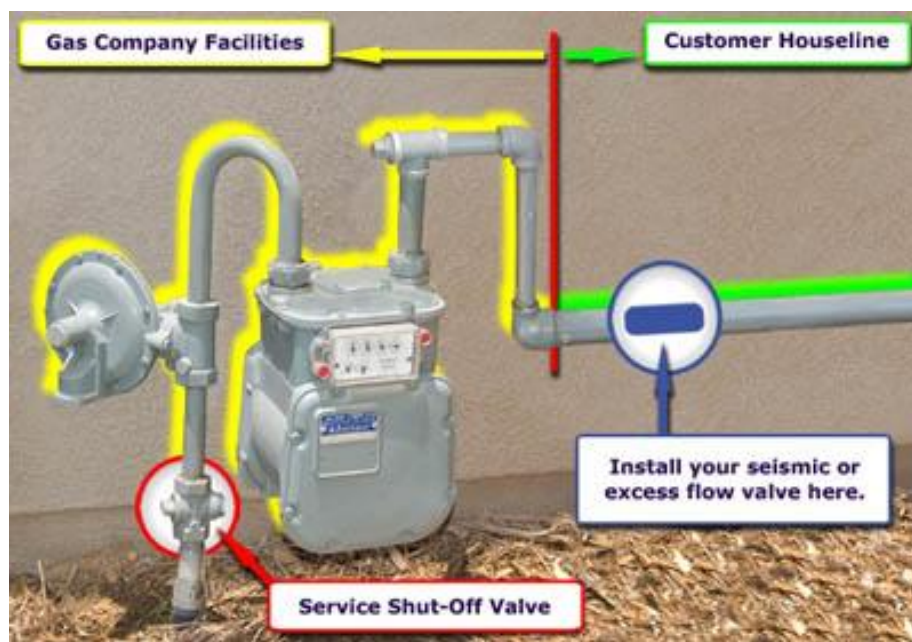
- During a disaster, your electric garage door will no longer work. Know how to manually disengage the garage door opener. Hunt down the owner's manual if you need to or ask a neighbor for help. If you use the garage door as the main point of entry into your home, make sure you carry keys to your front door or have a hidden key.

## Your Vehicles

- When possible make sure that you maintain a half tank of fuel at all times if you need to evacuate the area you will need enough fuel to get you to safety.

## Know where your gas and water meters are located

- Keep an emergency meter wrench with your emergency supplies, outside building exit or next to your gas meter shut-off valve. Do not store the wrench on the gas meter or other gas piping. Even in the case of an earthquake or other emergency, turn off your gas meter if you smell gas, hear gas leaking or see other signs of a leak--and **ONLY** if it is safe to do so.



- Consider installing an emergency automatic earthquake gas shut off valve.



The products above can be purchase online or at Home Depot.

If you need help, please email me at [Alertjonathan@gmail.com](mailto:Alertjonathan@gmail.com) The specific products above are for reference purposes only. There are many different manufacturers that offer these products to the public.

## Before an emergency, Continued

- Help prevent your water heater from moving or toppling in an earthquake, strap it firmly to the wall studs in two places Kits are often available at your local hardware store and we recommend having a licensed professional to install it for you. This is important you may need the stored water in the tank most tanks hold 60 to 100 gallons of water.
- Check safety devices, such as smoke and carbon monoxide detectors, to ensure that they are functioning properly.
- Contact a licensed, qualified professional to inspect your furnace and other gas appliances for safe operation and to make any needed repairs. Make sure

flexible connectors are not subject to damage or passing through floors, walls or ceilings.

## Developing an Emergency Plan

Most of us have at one time or another thought about what we would do in the event of an emergency. Unfortunately, too many of us never go beyond just thinking about it. Even worse, some people believe having stored food supplies and a few thoughts about what they would do in an emergency is being prepared. Without formalizing your thoughts on how you want to approach various emergencies, you are not prepared. In other words, being prepared means more than just having a store of supplies available; it also means having a written plan that includes training and practice. Developing a written plan not only organizes your thoughts, it also provides a systematic and repeatable approach to emergencies. It's also an excellent tool for training and practicing.

Your plan should be tailored to meet your specific situation and the particular actions required to meet specific types of emergencies. For example, what action should be taken in the event of a fire versus an earthquake or flood? Here are a few examples of emergencies for you to consider:

- House or wild fire
- Flooding
- Earthquake
- Intruder
- School or work emergency
- Large chemical spills near your neighborhood
- Nuclear accident
- Terrorist strike (bomb, chemical or biological incident)

Create an **emergency plan** for your family, identifying two places for the family to meet:

1) A place outside your home

2) A spot away from your neighborhood in case you can't return home

- Practice the plan with your family, including your children.
- Make sure your children are aware of the routes away from home.
- Develop a plan for family pets and livestock, as disaster shelters may not allow animals.



- Plan safe routes away from your home and business to high, safe ground.
- Designate a friend outside the area who family members can call if separated.
- Review the emergency plans at your workplace, your children's school or daycare center and other places where members of your family regularly spend time away from home.
- Review and update your plan, as needed -- at least once annually.
- Keep current important documents in a safe-deposit box or fire proof safe.
- Know if your home is in an area that is at risk of fire, flooding or landslide.
- Clean debris from drains around your home or yard. Don't store wood against the wall of your home. Keep all storage a safe distance.
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## Emergency supplies checklist

Now is the time to stock up on at least **7 days** worth of emergency supplies that add to your safety and comfort during and after an earthquake or other emergency.

Below are some essential items to include in your emergency preparedness kit:

- Bottled water – 7 day supply of bottled water (one gallon per person, per day)
- First-aid kit, handbook, and essential medications
- Packaged, dried or canned food and any special diet items
- Special provisions for babies, elderly, disabled family members, and pets.
- Non-electric can opener
- Blankets or sleeping bags
- A portable radio, flashlight, **extra** batteries and light sticks
- Extra eyeglasses and sets of house and car keys
- Fire extinguisher -- A-B-C type
- Rubber boots, rain poncho (or other weather appropriate attire)
- Plastic trash bags
- Sturdy pair of shoes, warm clothing and personal hygiene items
- Important phone numbers and addresses



- Cash

## After An Emergency

- **DO NOT** turn off gas to the meter unless you smell gas, hear the sound of gas escaping or see other [signs of a leak](#)--*and ONLY if it is safe to do so*. If you turn off gas to the meter, leave it off. Do not turn it back on yourself. Interior gas piping and appliances must be inspected for possible damage before service can be safely restored. Call SoCalGas to turn the gas back on, to relight the pilots and service your appliances. Note that certain repairs may have to be performed by your plumber or heating contractor. However, only SoCalGas field employees are allowed to turn on the gas to the meter.
- For safety, a shut-off valve should be installed at every gas appliance, and may be required by state and/or local codes. If a leak occurs at a specific appliance, the valve will permit you to turn off the gas at the appliance rather than shutting off all gas service at the meter. Some valves require a wrench to turn them.
- Check your water heater and furnace vents. If the venting system becomes separated during an earthquake or other event, it could leak [hazardous fumes](#) into your home. Do not operate your appliance unless it is properly vented. Signs of an improperly vented appliance may include moisture on the inside of windows or an unusual odor when the appliance is in operation.
- **DO NOT** Ignite a flame or use any electrical appliances, light switches or other devices that can cause a spark until you're sure there are no gas leaks.
- Keep informed of the situation through local radio and television. A battery operated emergency radio is a must in case of electrical outage.
- If evacuation is necessary, prepare an evacuation kit, including personal hygiene items, change of clothes, bedding and medication, if possible. Food, shelter and first aid are available at shelters.
- If it is safe to do so, check on your neighbors, especially elderly and disabled persons.
- Use the telephone only for family emergency needs or to report unsafe or dangerous conditions.
- Do not use 911 unless you have a life-threatening emergency.

- Avoid unnecessary trips. If you must travel during an emergency, dress in warm, loose layers of clothing and sturdy shoes. Advise others of your destination.
- Use flashlights -- **NOT** lanterns, matches or candles -- to examine buildings, as flammable gases may be inside.
- Follow instructions of local authorities regarding the safety of drinking water. If in doubt, boil or purify water before drinking or call public health officials.
- Avoid "sightseeing" in disaster areas. You may hamper rescue efforts or place yourself in danger.

## Preparing for an Earthquake Do a Home "Hazard Hunt"

Walk through your rooms and look for things that could fall when shaken. Identify good places to "duck, cover and hold". Even though you may not be able to secure every item you believe could fall, at least you will have identified the safe and unsafe areas of your home. This is especially important in the bedrooms. Look at what could fall on your bed. There is no warning prior to an earthquake and injuries can easily happen when one occurs while sleeping. Heavy entertainment centers, light fixtures, bookcases and mirrors hanging above the head of your bed must be extra secure. Look at everything from a hazard viewpoint.

## During an Earthquake

Duck or drop to the floor, take cover under a sturdy desk or table, and hold onto it so that it doesn't move away from you. Wait there until the shaking stops.

## Other Helpful Emergency Links

For other emergency preparedness or related information, visit any of these helpful websites:

- [California's Office of Emergency Services](#) \*
- [The American Red Cross](#) \*
- [Federal Emergency Management Agency](#) \*
- [U.S. Geological Survey](#) \*
- [USGS Earthquake Information](#) \*
- [Fire Information](#)\*