

## 8. Eliminate Hazards In Your Home and Workplace

Secure the contents of your home or office to reduce hazards, such as shaking from an earthquake or an explosion. Strap down large electronics, secure cabinet doors, anchor tall furniture, and secure overhead objects such as ceiling fans and pictures.

If you live in a high fire danger area be sure to take the necessary steps to protect your home against wildfires. Find out how you can make your home fire safe by contacting your local fire department or CAL FIRE.

## 9. Understand Terrorism Risks

In the event of chemical or toxic exposure, bombs or explosives — do not panic.

- If you hear an explosion, take cover under a sturdy table or desk, away from falling items. Exit as quickly and safely as possible.
- If there is a fire, stay low, cover your nose and mouth with a wet cloth, and seek a safe escape route, away from heat or flames.
- If you are trapped in debris, cover your mouth with clothing to avoid breathing dust. Whistle to alert rescuers or tap on a pipe or wall. Don't shout to conserve your energy.
- If you think you have been exposed to any chemical or biological substance, contact a physician or medical clinic as soon as possible.

## 10. Get Involved, Volunteer, Assume Responsibility

Donate blood, join a local Community Emergency Response Team (CERT), educate your neighbor, volunteer with your local American Red Cross or Fire Safe Council and other volunteer organizations in your area. Whatever you do to take part, get involved and assume responsibility for our state.



Each Family Member Should Carry The Following Card

### Family Disaster Plan

Local Office of Emergency Services Phone Number

Emergency Meeting Place (outside your home)

Meeting Place (outside your neighborhood)

Phone Number

Address

Family Contact (name)

Phone Number (day)

Phone Number (evening)



10

ways

you can be

# DISASTER PREPARED



[www.CalOES.ca.gov](http://www.CalOES.ca.gov)



**Cal OES**

GOVERNOR'S OFFICE  
OF EMERGENCY SERVICES

## 1. Identify Your Risk

What are the hazards where you live and work? Find out which natural or human caused disasters pose a risk to you. Do you live or work in a flood plain, near a major earthquake fault or in a high fire danger area? Are you prepared for an unexpected human-made disaster that can strike at any time? Does your neighborhood or community have a disaster plan?

- Get the number of your local Office of Emergency Services (OES) or contact your local chapter of the American Red Cross and get informed.
- Check with your insurance company to see if your home is in a high risk area for fire, flood or earthquakes. Make sure your insurance coverage is updated annually.

## 2. Create a Family Disaster Plan

**Your family needs a plan that tells everyone:**

### **Where to meet if you have to evacuate**

Designate a meeting place outside your home where family members can go. Have a backup meeting place in your neighborhood in case your first meeting point is inaccessible. Make sure your children's schools and day-care providers or caregivers have a disaster plan and that they schedule annual disaster drills with parents to ensure your children's safety. Call your local OES office for suggested meeting places in your community.

**Who you have identified as the out-of-state family contact** for everyone to check-in with — it is often easier to call long-distance following a disaster.

**How to get important information in your community** and how to talk to family members should you become separated. To enhance preparedness:

- Know your area's emergency alerting radio station. Make sure to have a portable radio with extra batteries so your family has access to important information about the emergency in your community.
- Keep a touch-tone phone that does not require

plugging into an electric outlet. Include the proper cord that can plug the phone into a home phone jack. After a disaster, cell phones and wireless phones may not be working. If you are able, use your touch-tone phone to call your out-of-town family contact. Try to be brief and to the point when contacting family members or your out-of-state contact. Phone lines are valuable communications channels for emergency response personnel.

- If you are in your car, find a safe place to pull over and stay in your car. Turn on the car radio for important information about the emergency.

### **How to take care of your family pets.**

Store food and water for them in your disaster supply kit, keep their tags up-to-date, and call your local OES office for animal sheltering information.

## 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 the 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 by car. If your family needs to evacuate, know the proper evacuation procedures and routes as determined by your local OES office.

## 4. Disaster Kit for Home and Car

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. Your home disaster supply kit should have basic recommended items (listed below) and be kept in containers that can be easily carried or moved such as backpacks, plastic totes or wheeled trash cans. Carry a smaller kit in your car.

- Have at least a 3-day supply of non-perishable and canned food, and water for all family members. Replace water every six months. Don't forget to restock food items
- First Aid Kit.
- Battery-powered flashlight and portable radio with extra batteries. Replace batteries on a regular basis.

- Change of clothing and footwear, and a blanket or sleeping bag for each family member.
- Extra set of car keys, a credit card and cash.
- Extra medications.
- Sanitation supplies (such as soap, cleaning supplies, shampoo, toilet tissue, etc.)
- An extra set of prescription glasses.
- Keep important family documents in a waterproof container.
- Don't forget pet supplies and medications.

## 5. Prepare Your Children

Talk to your kids about what the risks are and what your family will do if disaster strikes. Practice your family disaster plan every six months. Empower your children to help write the family plan, build the disaster kit, and lead the drills. The more involved children are in disaster planning, the more prepared they will be.

## 6. Don't Forget Those with Special Needs

Infants, seniors and those with special needs must not be forgotten. Make sure that supplies are in your kit and that you have items such as medications, oxygen tank or other medical supplies that infants, seniors or persons with disabilities may need. Be sure that the assisted living facility where a family member resides has a disaster plan and that you know what it is.

## 7. Learn CPR and First Aid

Contact your local chapter of the American Red Cross and get trained on basic first aid and CPR. Your training could save a life.