Neighborhood Emergency Preparedness

Have you talked to your neighbors about emergency preparedness? The recent earthquake makes it a timely topic. If a major earthquake were to occur, medical, fire and police services could be overwhelmed, and you and your neighbors may need to be self-sufficient for a few days, taking care of emergency response, first aid and rescue needs. Here are a few neighborhood preparedness ideas:

1) Use the attached “Neighbors helping Neighbors” brochure & meeting flyer to help your neighborhood prepare.

2) If you don’t think a neighborhood meeting would be appropriate for your neighborhood, print out emergency info you feel they might be interested in, and distribute it to your neighbors. A sample earthquake preparedness tips flyer and supplies resource list are attached, and links to additional emergency information resources are pasted below. The link to the Governor’s Office of Emergency Services has some great “Earthquake Preparedness Tip Sheets” you may want to take a look at.

3) Discuss with your neighbors emergency plans for meeting places, communication, and ways to work together in the event of a disaster. Share resource ideas for food storage items, water, first aid kits, and 72-Hour portable emergency kits. If your neighbors are willing to share personal information, collect and distribute a list with your names, addresses, phone numbers and any special needs. If possible, inventory and include on this list the skills and equipment of neighbors that could be useful in an emergency (e.g. those with medical training, fire fighting experience, ham radios, ATVs, and those who own chain saws, axes, crow bars, ropes, water purifiers etc.).

4) Encourage your neighbors to join you in obtaining emergency training such as CPR, First Aid or Community Emergency Response Team (CERT) training. CPR courses are offered through cities, the Red Cross, community classes and homeowner associations. Sample Red Cross CPR & First Aid classes: http://arc-orangecounty.axxiomportal.com/Education/catalog.aspx?c=508 CERT Training is provided through cities, free of charge, to help community members develop emergency skills to help their family and neighbors in the event of a major disaster. Sample CERT classes: City of Newport Beach http://nbcert.org/CERTClassSchedule.htm CERT classes City of Irvine: contact Dawna Finley for registration information DFINLEY@ci.irvine.ca.us

Here are some links you and your neighbors may find useful.

Emergency Information Websites

Earthquake Country: http://www.earthquakecountry.info/
USGS Earthquakes Hazard Center: http://earthquake.usgs.gov/
Governor’s Office of Emergency Services: http://www.oes.ca.gov/ (use nav bar to access “Preparedness” then “Earthquake Program”)
Direct link below to OES Earthquake Program (scroll down to OES Earthquake Preparedness Tip Sheets): http://www.oes.ca.gov/WebPage/oeswebsite.nsf/Content/A1F2F25F0947AF848825741F006015EF
Ready OC: http://www.readyoc.org/
Red Cross: http://www.redcross.org/
Orange County Fire Authority: http://www.ocfa.org/
FEMA: http://www.fema.gov/
Provident Living: http://www.providentliving.org/

Additional government earthquake sites:
California Geological Survey: http://www.consrv.ca.gov/cgs/earthquakes/Pages/Index.aspx
California Integrated Seismic Network: http://www.cisn.org/
Southern California Earthquake Center: http://www.scec.org/
AND BRINGS PEACE OF MIND

BEING PREPARED SAVES LIVES

Step 2

Are you Prepared?

Checklist:

1. Have a plan for your family.
2. Know your local emergency contacts.
3. Prepare an emergency kit.
4. Stay informed.
5. Be prepared for natural disasters.

Resources:

Emergency Preparedness

EMERGENCY PREPAREDNESS

FEMA.gov

Resources

Food, water, and basic needs

Crisis communication

In case of evacuation

A PORTABLE 72-HOUR KIT

St. Joseph Hospital

San Francisco Bay Area

San Mateo County

Peninsula

San Mateo County

Peninsula

San Mateo County

Peninsula

San Mateo County

Peninsula

San Mateo County

Peninsula
FOR 5 DAYS
GOOD SUPPLY
A home water heater is another source.

For 5 days:

Step.1星PRESER^VATION COMMUNICATION

Step.2星PREPARENESS PLAN

FOR 5 DAYS
WATER SUPPLY

Step.3星PREPARENESS PLAN

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For 5 days:
Preparing Your Family For An Earthquake

The Plan

- Stock up on at least a three-day supply of food, water, clothes, medical supplies and other necessary equipment for everyone in your family. Make sure everyone knows where to find them. (See the information sheet on emergency supplies in this packet.)

- Decide where and when to reunite your family should you be apart when an earthquake happens.

- Choose a person outside the immediate area to contact if family members are separated. Long distance phone service will probably be restored sooner than local service. Do not use the phone immediately after an earthquake.

- Know the policies of the school or daycare center your children attend. Make plans to have someone pick them up if you are unable to get to them.

- If you have a family member who does not speak English, prepare an emergency card written in English indicating that person’s identification, address and any special needs such as medication or allergies. Tell that person to keep the card with him/her at all times.

- Conduct Earthquake: Duck, Cover & Hold drills every six months with your family.

- Know the safest place in each room because it will be difficult to move from one room to another during a quake.

- Locate the shutoff valves for water, gas and electricity. Learn how to shut off the valves before a quake. If you have any questions, call your utility company.

- Make copies of vital records and keep them in a safe deposit box in another city or state. Make sure your originals are stored safely.

When preparing for an earthquake, plan on having enough supplies to get you and your family through at least the first 72 hours. After a major earthquake, there’s a good chance that traditional emergency response teams will be too busy to take care of you and your family. You need to prepare your home and neighborhood.

- Before a quake occurs, call your local Red Cross chapter and Office of Emergency Services to find out about their plans for emergency shelters and temporary medical centers in case of such a disaster.

- Establish all the possible ways to exit your house. Keep those areas clear.

- Know the locations of the nearest fire and police stations.

- Take photos and/or videos of your valuables. Make copies and keep them in another city or state.

- Include your babysitter and other household help in your plans.

- Keep an extra pair of eyeglasses and house and car keys on hand.

- Keep extra cash and change. If electricity is out, you will not be able to use an ATM.

General Tips

- Stay away from heavy furniture, appliances, large glass panes, shelves holding objects, and large decorative masonry, brick or plaster such as fireplaces.

- Keep your hallway clear. It is usually one of the safest places to be during an earthquake.

- Stay away from kitchens and garages, which tend to be the most dangerous places because of the many items kept there.
## Emergency Supplies List

The following resources are provided for informational purposes, and no vendor or product is recommended or endorsed. Numerous additional sources may be found through Internet and yellow pages searches.

<table>
<thead>
<tr>
<th>Name</th>
<th>Address/Website</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Aquacheck</td>
<td><a href="http://www.southwest.net/aquacheck/">http://www.southwest.net/aquacheck/</a></td>
<td>Reverse osmosis water filtration systems</td>
</tr>
<tr>
<td></td>
<td>1300 W. Pioneer Street, Suite C · Brea, California 92821 (714) 739-7755; (800) 504-5580</td>
<td></td>
</tr>
<tr>
<td>Army-Navy Store</td>
<td>131 S Glassell St, Orange, CA 92866 (714) 639-7910</td>
<td>Camping equipment, freeze dried food, emergency supplies</td>
</tr>
<tr>
<td></td>
<td>810 Route 17 North · Paramus, New Jersey 07652 1-800-525-4784</td>
<td></td>
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<tr>
<td>Costco</td>
<td><a href="http://www.costco.com">http://www.costco.com</a></td>
<td>Bulk food items; first aid kits; emergency supplies (self-charging flashlights; car emergency kits, emergency backpacks, year supply of food in a bucket - online)</td>
</tr>
<tr>
<td></td>
<td>846 E. 110 N., Heber, UT 84032</td>
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<tr>
<td>Emergency Essentials</td>
<td><a href="http://beprepared.com/">http://beprepared.com/</a></td>
<td>Emergency supplies (including a wide selection of 72 hr. kits); food storage, freeze dried foods, water containers, water filters, grain mills, camping supplies</td>
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<tr>
<td></td>
<td>653 North 1500 West · Orem, Utah 84057 Toll free: (800) 999-1863</td>
<td></td>
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<tr>
<td></td>
<td>1509 North Technology Way Orem, UT 84097 801-765-4663 or 435-232-9962</td>
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<tr>
<td>Frontier Survival.net</td>
<td><a href="http://www.frontiersurvival.net/">http://www.frontiersurvival.net/</a></td>
<td>Food storage, emergency kits</td>
</tr>
<tr>
<td></td>
<td>4175 East 460 North · Rigby, Idaho 83442 (208) 745-8145</td>
<td></td>
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<tr>
<td>Ham Radio Outlet</td>
<td><a href="http://www.hamradio.com/">http://www.hamradio.com/</a></td>
<td>Ham radio equipment &amp; ham radio test preparation materials(in an emergency, phones are often down &amp; ham radio operators are a critical source of emergency communications)</td>
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<tr>
<td></td>
<td>933 N. Euclid, Anaheim 800-854-6046</td>
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<td></td>
<td>Toll free: (888) 810-3212 ext.107</td>
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<tr>
<td>Store Name</td>
<td>URL</td>
<td>Location/Contact Information</td>
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<tr>
<td>Major Surplus &amp; Survival</td>
<td><a href="http://www.major_surplusnsurvival.com/">http://www.major_surplusnsurvival.com/</a></td>
<td>8000 sq. ft. retail store with survival gear, emergency supplies, water storage &amp; purification, MREs and more. 35 miles from NB Stake Center (online orders too).</td>
</tr>
<tr>
<td>Quake Pro</td>
<td><a href="http://www.quakepro.com/">http://www.quakepro.com/</a></td>
<td>PO Box 1236 Marcola, OR 97454 (541) 285-0795; Toll free: (877) 261-3897</td>
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<tr>
<td>Readymade Resources</td>
<td><a href="http://www.readymaderesources.com/">http://www.readymaderesources.com/</a></td>
<td>8000 sq. ft. retail store with survival gear, emergency supplies, water storage &amp; purification, MREs and more. 35 miles from NB Stake Center (online orders too).</td>
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<tr>
<td>Red Cross</td>
<td><a href="http://www.redcross.org">http://www.redcross.org</a></td>
<td>Orange County: 714-481-5300 601 N. Golden Circle Drive Santa Ana, CA 92705</td>
</tr>
<tr>
<td>Reddy or Not.com</td>
<td><a href="http://www.reddyornot.com/">http://www.reddyornot.com/</a></td>
<td>P.O. Box 526 Springville, UT 84663-0526 (801) 367-3925</td>
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<tr>
<td>REI</td>
<td><a href="http://www.rei.com/">http://www.rei.com/</a></td>
<td>numerous locations</td>
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<tr>
<td>Safety Store</td>
<td><a href="http://www.safetystore.com/">http://www.safetystore.com/</a></td>
<td>P.O. Box 7227, Charlottesville, VA 22906 (434) 973-8030; Toll free: (888) 723-3897</td>
</tr>
<tr>
<td>Sam Andy</td>
<td><a href="http://www.karinya.com/sandy.htm">http://www.karinya.com/sandy.htm</a></td>
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