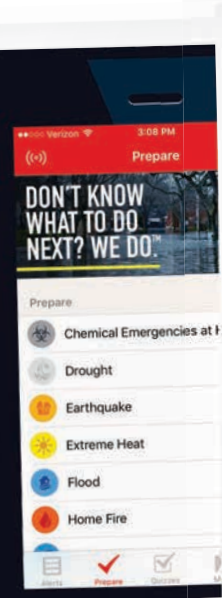

Be Red Cross Ready

Be Prepared. Get Connected. Take Action.



American Red Cross
Northern California
Coastal Region

Be Red Cross Ready



Be Prepared.

Get Connected.

Take Action.

It's important to prepare for possible emergencies because they can strike suddenly and violently at any time and any place. There are three steps everyone can take that can help make a difference: be prepared, get connected, and take action.

Sponsored by:



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Know what supplies should go into an emergency kit and how much to store in case of an emergency.

5 Make a Plan

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6 Be Informed

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7 Preparing for Emergencies

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Get Connected

19 Get Connected

Organize your community and networks in-person and on-line. Agree to stay in touch.



Take Action

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Emergency Kit Check List

Food and Water

- Water: three-day supply, one gallon per person per day
- Food: Choose foods that don't need to be refrigerated or cooked; high-protein such as energy bars, ready-to-eat soups, and peanut butter
- Tools: utensils, can opener, napkins, multi-purpose tool, work gloves

Emergency Gear

- Flashlight and extra batteries
- First-aid kit
- Radio or mobile device (battery or alternative-powered)

Personal Items

- Medications: prescription and over-the-counter medications
- Clothing, shoes, and blanket
- Sanitary supplies: toilet paper, diapers, feminine supplies, and personal-hygiene items.
- Copies of important documents
- Cash and coins: ATMs/credit cards may not work if the power is out
- Family contact information
- Pet supplies
- Multi-purpose tool, such as a Leatherman, and work gloves
- Comfort items, such as toys, games, family photos

Mini-Kit: car example

- Emergency gear: flashlight and extra batteries, first aid kit, car cell phone charger
- Food: bottled water and dried food such as granola bars
- Car gear: maps, tire repair kit, pump, booster/jumper cables, flares, and white distress flag
- Supplies for different seasons. Winter months: shovel, scraper, blanket; Summer months: sunscreen, shade items, etc.

Water

After a major disaster you may not have access to clean water. It is important to store plenty of extra water, and know how to access alternative sources of water.

Alternative sources of water include:

- Melted ice cubes
- Liquid in canned vegetables
- Water stored in your water heater—to drain, first shut off the gas or electricity supply, and turn off the water intake valve. Next open the drain at the bottom of the tank and turn on a hot water faucet in your house, to let air into the system.
- Water stored in your pipes—to drain, first shut off the main water valve for your home. Next, open a faucet at the highest level in your home to let the air into the plumbing and then take water from the lowest faucet in the house.
- Water can be purified by boiling for three to five minutes.

Review your supplies every six months. Replace any items nearing expiration dates. Assemble your kit or shop at [redcrossstore.org](https://www.redcrossstore.org).

Make a Plan

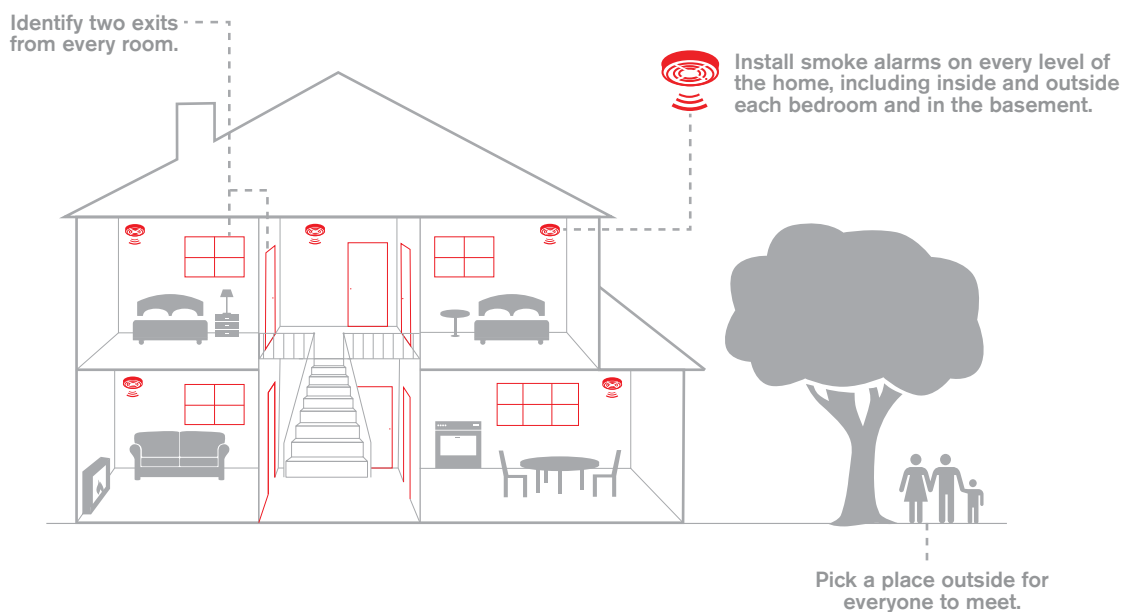
After a disaster, basic services may be unavailable. Plan for power outages, limited communication, road closures, lack of clean water, and a delay in help from emergency responders. While the Red Cross and your community partners are committed to lending a helping hand to those in need, assistance may be delayed in times of emergencies.

Talk

- Talk with your family, friends, and co-workers about how to prepare for and respond to emergencies.
- Learn each person's needs and abilities. Identify your risks and vulnerabilities.
- Identify each person's role and plan to work together as a team.

Plan

- Identify two exit routes from every room in your home. In a disaster, your primary route may be blocked.
- Choose two different types of places to meet up after a disaster:
 - One should be near your home, in the case of a local emergency like a fire.
 - One should be outside your neighborhood, in case your entire area is affected by a larger disaster.
- Choose an out-of-area contact: Since local phone lines tend to be overloaded after an emergency, having an out-of-area contact helps you more easily reconnect with your family. Choose someone who lives far enough away that he or she would be unaffected by the same emergency. Everyone in the household should keep a copy of his or her contact information in their emergency kit.



- After a disaster, use email or texting—phone lines get overwhelmed.

Practice

- Practice earthquake and fire drills twice a year. One way to remember is to practice the drills when you change your clocks.
- Make it fun for kids by having a picnic with your emergency supplies.
- Practice your home escape plan using both of your exit routes.

Checklist

- Call your out-of-area contact.
- Use your two evacuation routes.
- Bring your emergency kit.
- Go to your designated meetings places.
- Use the mobile apps, so you know how they work.



Be Informed

Know your risks

We're all at risk for earthquakes and home fires. If you live near the coast, you may also be at risk for tsunamis.

Know how you'll be notified

The Emergency Alert System will broadcast. Many county officials also use a "reverse 911" system, where available, to call you if your area is at risk. To register cell phones and email, go to your county's website.

Know your nearest resources

Call 211 to find your nearest fire station, police station and hospital. Keep their non-emergency phone numbers on your fridge and stored in your cell phone.



Install Red Cross Apps before

Install Red Cross "Emergency" App on your phone before a disaster. Make sure that at least one member of your household is trained in CPR and first aid.



Be CPR Certified

Learn how to prepare for and respond to different emergency situations.

Preparing for Emergencies



Home Fire Safety

Get out, stay out, and call 9-1-1.

Before

- Install smoke alarms on every level of your home, in every bedroom and sleeping area. Test smoke alarms every six months.
- Keep at least one fire extinguisher in your home.
- Keep flammable items at least three feet away from the stove, space heaters, and fireplaces.
- Turn off the stove if you are going to leave the kitchen, even if you are leaving for a short period.
- Never smoke in bed.
- Unplug kitchen appliances, such as toasters and blenders, if they are not in use.

Home Fire Safety Checklist



Cooking Safety

- “Keep an eye on what you fry.” Stay in the kitchen when frying, grilling or using an open flame.



Fireplaces, Space Heaters, Baseboards, etc.

- “3 feet from the heat.” Furniture, curtains, dish towels and anything that could catch fire are at least 3 feet from any type of heat source.



Smoking Safety

- Never smoke in bed.



Electrical and Appliance Safety

- Large and small appliances are plugged directly into wall outlets.



Children Playing

- Matches and lighters are locked away.



Smoke Alarms

- Make sure you have working smoke alarms. Different types of smoke alarms, ionization and photoelectric, detect fire in different ways. Experts recommend having both types in your home.
- Change smoke alarm batteries every year unless it has a long-life battery.
- Replace smoke alarms every ten years.

- Keep matches and lighters out of the reach of children.
- Know how to shut off your water, power, and gas. Do not turn off the gas unless you know a gas line has ruptured or you smell gas. Your local utility will have to turn it back on.
- Do a “hazard hunt” in your home. Find items that might fall during an earthquake and secure them. Look for fire hazards, like frayed wires and overloaded outlets, and make them safe.
- Don’t overload electrical outlets.
- If you have bars on doors or windows, make sure they have internal quick-release devices.

During

- Get low to the ground and crawl to an exit, whether it be a door or a window.
- Check door handles with the back of your hand before opening a door. If the handle is hot, look for an alternate escape route, as there may be a fire on the other side of the door.
- If smoke, heat, or flames block your exit route, hang a sheet or towel outside your window to let the fire departments know where you are.
- Once you are out, stay out, and go to your designated meeting place. Call 9-1-1.
- Never go back inside for possessions, pets, or even other people.

After

- Stay out of fire-damaged homes until local fire authorities say it is safe to re-enter.
- Check yourself for injuries and get first aid if necessary.
- People and animals that are severely injured or burned should be seen by professional medical or veterinary help immediately.
- Let friends and family know that you’re safe.
- Check ceilings and floors for signs of sagging, as water from fire hoses may make ceilings and floors easily collapsible.
- Do not drink water that you think may be contaminated.
- Discard food that has been exposed to smoke or dust.

You can keep your family safe with 2 simple steps.

Step 1



Practice your 2-minute drill.

Step 2



Test your smoke alarms monthly.





Wildfire Safety

Don't wait. Evacuate.

Before

- Keep a “safe zone” of 30 feet around your home, with no dry vegetation or flammable items like propane or firewood.
- Select building materials and plants that resist fire.
- Keep your roof and gutters clean.

During

- Listen to local radio and TV stations or access the Red Cross Emergency App for wildfire information.
- Evacuate immediately if evacuation is instructed or if you think the wildfire is close.
- Close all home openings to limit exposure to smoke and dust.
- Move outside furniture and plants indoors.

After

- Do not return until officials declare the area safe.
- Use caution when entering burned areas, as hot spots may still exist and can flare up without warning.
- Wet debris down to minimize breathing in dust.
- Do not drink water that you think may be contaminated.
- Discard food that has been exposed to smoke or dust.





Earthquake Safety

Drop, cover, and hold on.

Before

- Be aware of evacuation plans for all buildings you regularly occupy.
- Identify safe places in each room of your home, workplace, or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases, or tall furniture that could fall on you.
- Practice drop, cover, and hold on in each safe place.
- Keep a flashlight and pair of sturdy shoes by each person's bed.
- Keep an emergency supplies kit in an easy-to-access location.
- Bolt and brace bookcases, cabinets, and overhead light fixtures.
- Avoid hanging heavy items above beds and couches (pictures/mirrors).



During

- Drop, cover and hold on. Drop to the floor, take cover under a piece of heavy furniture, and protect your head with one arm while holding on to furniture with the other arm.
- If there is no sturdy furniture to get under, crouch with your back against an interior wall and cover your head and neck.
- If you are in bed, stay in bed and cover your head and neck with your pillow.
- If you are outdoors, move into an open area away from buildings and trees.
- If you're driving, calmly pull over to a clear area away from bridges and overpasses, and put the car in park.

After

- After an earthquake, prepare for potential aftershocks, landslides, or tsunamis.
- Each time you feel an aftershock, drop, cover, and hold on.
- Check yourself for injuries and get first aid if necessary before helping others.
- Get updated emergency information and instructions by listening to local radio or TV stations, or by accessing the Red Cross Emergency App.
- If there is no electricity, use your mobile devices, car radio, or listen to your portable, battery-operated or hand-crank radio.
- Open closet and cabinet doors carefully, as contents may have shifted.



Flood Safety

Turn around. Don't drown.

Before

- Become aware of evacuation plans for all of the buildings you occupy regularly. Pick areas of high elevation as your evacuation meeting place.
- Keep and maintain an emergency supplies kit in an easy-to-access location.
- Talk with everyone in your household about what to do if a flood watch or warning is issued.
- Know the difference: a flood watch means a flood is possible; a flood warning means a flood is occurring or will occur, meaning that you should take immediate precautions.



During

- Listen to local radio or TV stations or access the Red Cross Emergency App for flood warnings.
- Evacuate immediately when a flash flood warning is issued or if you think it has already started.
- Move to higher ground away from rivers, streams, creeks, and storm drains.
- Do not drive onto flooded roads or through rising water. If your car stalls in rapidly rising waters, abandon it and climb to higher ground.

After

- Do not return until officials have declared the area safe.
- Parts of your home may be collapsed or damaged. Approach buildings carefully.
- During cleanup, wear protective clothing, including rubber gloves and rubber boots.
- Contact your local public health department for recommendations for boiling or treating, as water may be contaminated.

Tsunami Safety

Know your zone.

Before

- Become aware of evacuation plans for all buildings you occupy regularly. Pick areas of high elevation as your evacuation meeting place.
- Store emergency supplies kit in an easy-to-access location.

During

- Know your zone. If you are within a tsunami inundation zone, evacuate immediately to higher ground. If not, stay where you are.
- Listen to local radio or TV stations or access the Red Cross Emergency App for tsunami warnings.
- If a strong earthquake has just occurred while you are in a coastal area, evacuate immediately. Do not wait for an official tsunami warning.

After

- Do not return to coastal areas until officials say it is safe.
- Check yourself for injuries and get first aid if necessary before helping injured or trapped persons.
- Get updated emergency information and instructions by listening to local radio or TV stations, or by accessing the Red Cross Emergency App.
- If there is no electricity, use your mobile devices, car radio, or listen to your portable, battery-operated or hand-crank radio.
- Parts of your home may be collapsed or damaged. Approach buildings carefully.
- During cleanup, wear protective clothing, including rubber gloves and rubber boots.

Landslide Safety

Landslides take place most often where they've happened in the past.

Before

- Become aware of evacuation plans for all of the buildings you occupy regularly.
- Keep and maintain an emergency supplies kit in an easy-to-access location.
- Be aware of your area's risk. Watch patterns of water runoff near your home. Landslides are more likely after heavy or sustained rain or rapid snowmelt.

During

- After heavy rain, listen for unusual sounds that might indicate moving debris, such as trees cracking or boulders knocking together.
- If you suspect a landslide will occur, evacuate immediately.
- Be especially alert when evacuating. Watch for collapsed pavement, mud, fallen rocks, and other debris.

After

- Stay away from the slide area, as additional slides may occur.
- Check yourself for injuries and get first aid if necessary before helping injured or trapped persons.
- Get updated emergency information and instructions by listening to local radio or TV stations, or by accessing the Red Cross Emergency App.
- If there is no electricity, use your mobile devices, car radio, or listen to your portable, battery-operated or hand-crank radio.
- Watch for flooding. Floods sometimes follow landslides because they may both be started by the same event.
- Check the building foundation and surrounding land for damage, as it will help you assess the safety of the area.



Biological or Chemical Threat

Shelter in place.

Before

- Avoid mixing chemicals, even everyday household products.
- Store chemical products properly and away from food items.
- Never smoke while using household chemicals.
- Clean up spills immediately, being careful to protect your eyes and skin.
- Dispose of unused chemicals properly.

During

- Follow instructions of the authorities. Listen to your emergency broadcast stations on radio and TV.
- If you are told to “shelter in place,” go inside, close all windows and vents and turn off all fans, heating, or cooling systems.
- Use duct tape to secure plastic sheeting around all cracks or sills where air could enter. If you don’t have tape and plastic, use wet cloths.
- If you find someone who is injured, make sure you are not in danger before administering first aid.
- Use your phone only in life-threatening emergencies. Call poison control (1-800-222-1222) or 9-1-1 immediately.

After

- Do not return until officials have declared the area safe.
- Contact your local public health department for recommendations for boiling or treating, as water may be contaminated.
- Follow instructions from emergency officials concerning proper clean-up.



Access & Functional Needs

Individuals who have vision, hearing or mobility impairments should take additional steps to prepare for disasters.

- Complete an honest assessment of your abilities and needs. Would you be able to climb out a window if necessary? Can you hear emergency announcements?
- Write out an emergency information card, including any medications you take, allergies, sensory or mobility impairments, equipment you need and emergency contact numbers.
- If you live in an assisted living facility, know what the emergency plans are for that facility.
- If you have a mobility impairment, identify two accessible escape routes.
- If you use a wheelchair, keep a wheelchair patch kit to repair a flat. If you use a motorized chair, keep a non-powered backup chair.
- Form a support team of at least three different people to check on you after a disaster. Exchange house keys. Tell each other when you're out of town. Teach your support team how to use any home medical equipment.
- Write an information card that includes the best way to communicate with you or move you if necessary.
- If you have a hearing impairment, install smoke alarms with alternative alert features like a bed shaking device or strobe lights. Also, keep a pen and paper in your emergency kit to communicate with first responders.
- If you are an individual, who has a vision impairment that requires the use of a service animal or an assistance device like a cane to aid in navigation, mark your emergency supplies with Braille. Keep an extra cane by your bed.
- If you have a service animal, ensure that you have supplies for your animal too.



Seniors

Whether you live alone or depend on a caregiver, it is vital to have a plan for what to do before, during, and after a disaster.

Discuss emergency plans with family, friends, and neighbors. It is important to let them know about your risks and vulnerabilities.

Get a Kit

Consider storing your supplies in a container or bag that has wheels. Label any equipment—such as wheelchairs, canes, or walkers—that you would need with your name, address, and phone numbers. Keep hearing aids, glasses, or assistive devices near the bedside. You may want to attach the equipment with Velcro as some disasters, like earthquakes, may cause items to shift.

Make a Plan

Know the answers and plan accordingly.

- Do you live alone?
- Do you drive or own a car?
- How good is your sense of smell?
- Do you have any physical, medical, thinking, or learning disabilities?
- Has your sense of hearing or vision decreased?
- Do you use any medical equipment?
- Do you have a caregiver who helps you carry out activities of daily living?



It's important to assess your household and remove any items that could be hazardous when evacuating.

- Know the safe places within your home in case you need to shelter during extreme weather events.
- If you use a wheelchair, find escape routes that are wheelchair accessible.
- Keep support items like wheelchairs and walkers in a designated place so they can be found quickly.

Be Informed

You should also be informed about your community's disaster plans and your area's evacuation plans in an emergency. Download the Nextdoor App to be connected to your neighbors during emergencies. If you receive home care, speak with your case manager to see what their plan is in times of emergency and how they can assist you.

Children

Properly prepare your child for emergencies.

It is important to tell children, without overly alarming them, about emergencies ahead of time. Talk about things that could happen during a disaster, such as the lights or phone not working. Tell children many people can help them during an emergency so that they will not be afraid of firefighters, police officers, paramedics, or other emergency responders.

Before

- Discuss how you would be reunited with your child in an emergency or evacuation. Make sure your children know the evacuation plans for the locations they spend time at on a regular basis.
- Bring extra medications, food, or supplies your child would need if you were separated overnight.
- Complete an emergency contact card with your child and tuck one in your child's backpack.

Children respond differently to emergencies than do adults. Sometimes it's hard to tell if or how severely the child has been affected by the emergency. Here are some common issues that arise in children and how parents can help their children cope with a disaster.

During

- In an emergency, children will look to adults for help. How you react to an emergency gives them clues on how to act. Feelings of fear are healthy and natural for both adults and children. But as an adult, the most important role you can play is to stay calm and provide reassurance through your words and actions.

After

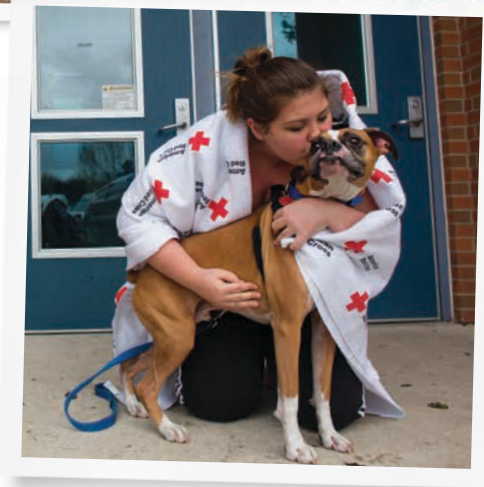
- Listen to children's concerns, fears, and feelings. Try to understand their feelings despite how irrational you may think they are. Reassure children that the family will stay together and that they will not be left alone.
- Remind children that it is okay to be afraid. They do not need to be brave or tough.
- Include them in recovery efforts. Give them tasks that they can safely get done to empower them and help them see that everything is going to be all right.
- While many things will be out of their control, point out those things they are still in control of and allow them control over simple things such as what to wear, what to eat, or where to sleep.
- Allow them special privileges, such as keeping on a night light while they sleep.



Pets

Keep an emergency kit for your pets. Include food, water, a leash or carrier, medications, cat litter and a temporary box, a photo of you and your pet and owner contact information.

- Include pets in your emergency drills, so they get used to it.
- Red Cross shelters in our region cannot accept animals other than service animals, so do some research now to find kennels or pet-friendly hotels.
- During and after a disaster, keep close control over your pets. They may be stressed and even aggressive.
- Keep them away from debris, spilled chemicals and potential “hot spots” including hidden piles of ash which could burn their paws.



To learn about pet first aid or to download the Pet First Aid app, visit [redcross.org](https://www.redcross.org).

Get Connected

When an emergency strikes, we come together to help each other. Most of these networks and connections are either in-person or online. Consider the relationships that you already have, whether it be family, friends, or neighbors, and stay in touch with them.

Facebook

- ❑ Add accounts with emergency-related information to your newsfeed to stay informed. Follow your local American Red Cross chapter.
- ❑ Create a Facebook group with your inner circle of family and friends so you can quickly send messages, share supplies, and make a plan.
- ❑ In the case of emergency, post you are safe.

Twitter

- ❑ Add account and follow emergency-related feeds to stay informed, such as your local American Red Cross chapter
- ❑ In the case of emergency, tweet that you are safe.

Nextdoor

- ❑ Nextdoor is a private social network for your neighborhood, with multiple advantages. In case of emergency, you can find and share local information and resources with your neighbors. Set up your profile today to be prepared for any event.

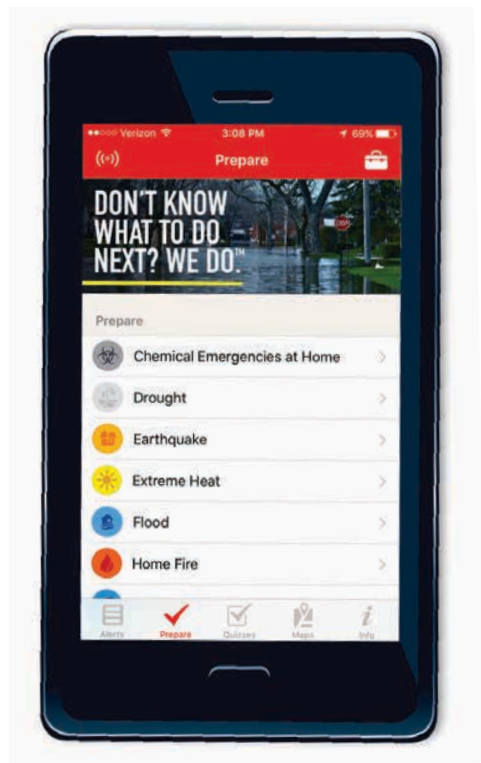
National Night Out

- ❑ National Night Out is an annual community-building event with safety demonstrations, seminars, and visits from emergency personnel. Register to receive notices of upcoming events in your area: <https://natw.org/registration>.

Red Cross mobile apps



Offer vital information for you to prepare and respond to different emergencies. Download apps before disaster strikes. To download, visit redcross.org/apps or search “American Red Cross” in your mobile app store.



Take Action

Get your community ready

Interested in making sure your family, school, co-workers, and community are prepared? The Red Cross is in the community every day with a variety of programs and courses to help get everyone ready before an emergency strikes. For more information, visit us online at redcross.org/takeaclass.

Be Red Cross ready online course:

Learn more about how to prepare your family from the comfort of your home.

Be Red Cross ready on-site training:

Bring free training to your workplace or community organization. Train-the-trainer programs and do-it-yourself emergency preparedness courses are also available.

First aid and CPR courses:

Attend community classes or have the Red Cross provide training in lifesaving first aid and CPR at your workplace.

Get even more involved by joining the Red Cross to help provide care and comfort to communities that need it when an emergency occurs. The Red Cross needs people with various backgrounds, talents, and skills.

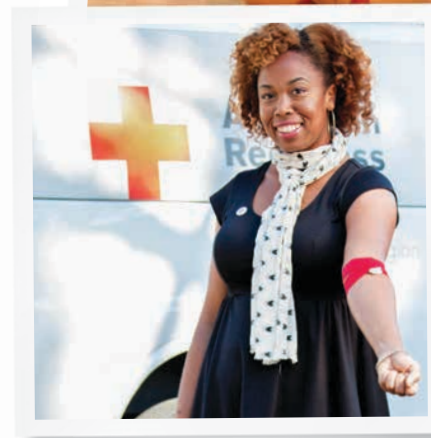
Here are just a few of the volunteer positions available:

- Disaster volunteer: Educates community members on how to prepare for emergencies. Provides food, shelter, and comfort during and after emergencies strike.
- Blood drive volunteer: Supports local blood drives by recruiting or registering blood donors.
- Youth volunteers: Join a new generation of young humanitarians.
- Health and safety volunteer: Delivers local disaster education or teaches CPR and First Aid.
- Armed forces volunteer: Works with members of the military, veterans, military families, and VA healthcare facilities to provide recreational and therapeutic services or supports special events.

You can also help by giving blood or donating to the Red Cross.

For more information, visit us online at redcross.org/volunteer.

For more information on emergency preparedness, visit prepare.org.



Be Red Cross Ready Checklist

Be Red Cross Ready Checklist

- I know what disasters are most likely in my area
- My family has an evacuation plan
- A member of my household is certified in CPR/First Aid
- I have filled out an emergency contact card and chosen my out-of-state contact
- My family has practiced our escape plan
- I know how to shut off my water, power, and gas in an emergency
- I have found and secured potential hazards in my home
- My family has an emergency supplies kit
- I have a personal emergency supplies kit:
 - At home
 - At work
 - In my car

Additional resources

- Learn about disasters and preparedness, prepare.org
- Take Red Cross CPR/First Aid classes, redcross.org/takeaclass.
- Phone apps, be prepared by downloading free American Red Cross apps. Learn more about which ones are right for you, redcross.org/apps
- Join your community in being prepared together at CERT. Community Emergency Response Team, citizencorps.gov/cert

Other useful sites include:

- The American Red Cross, redcross.org
- Federal Emergency Management Agency, ready.gov
- Regional Public Information Network (RPIN), rpin.org

Emergency Contacts

Local Emergency Number: 9-1-1 or

Police Department _____

Fire Department _____

Hospital _____

Poison Control: 1-800-222-1222 or _____

Telephone Company _____

PG&E _____

Electric Company _____

EBMUD _____

Doctor _____

Veterinarian _____

Red Cross _____

Household Hazardous Waste Disposal _____

Family phone numbers _____

Family phone numbers _____

Family phone numbers _____

Friend phone numbers _____

Friend phone numbers _____

Agreed Meeting place _____

Address _____

Phone number _____

Get your cards online at redcross.org/prepare/ECCard.pdf

- Write contact information for each member of your household.
- Fold the card so it fits in your wallet.
- Carry the card with you.

<p>Poison Control Center: 800-222-1222</p> <p>Health Care Provider: _____</p> <p>Fire Dept.: Call 9-1-1 or _____</p> <p>Police: Call 9-1-1 or _____</p>	<p> Important Phone Nos.</p> <p> My Emergency Contact Information</p> <p>Name: _____</p> <p>Phone: _____</p> <p>Home Address: _____</p> <p>Email: _____</p>	<p> Emergency Contacts & Meeting Places</p> <p>Emergency Contact (Local)</p> <p>Name: _____</p> <p>Number: _____</p> <p>Emergency Contact (Out-of-Area)</p> <p>Name: _____</p> <p>Number: _____</p> <p>Emergency Meeting Places</p> <p>Near Home: _____</p> <p>Out of the Neighborhood: _____</p> <p>Workplace Evacuation Site: _____</p> <p>School/Day Care Evacuation Site: _____</p> <p>redcross.org/prepare</p>
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Mission

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.