

Additional Emergency Preparedness Information

The following is a collection of information from the Red Cross, San Mateo County Emergency Preparedness and Safety group and San Francisco Emergency Preparedness. Always remember to keep emergency kits and materials nearby in case you need to grab them quickly. Also make sure to create a communication plan so you and your family know how to get in touch with each other. In the case of an emergency, power and telephone lines may be disabled in the immediate area. This will make calling to your local friends and family difficult, if not impossible. However, during such a situation most people are still able to make phone calls to people outside of the affected area. Therefore, it is important that you and your family establish a person outside of the Bay Area to contact in an emergency.

San Mateo County-Emergency Preparedness Information

650-363-4790

www.smcready.org

San Francisco-Emergency Preparedness Information

415-487-5000

<http://www.sfdem.org/index.aspx?page=2>

www.72hours.org

SMC Alert

Sign up for the [San Mateo County Alert System](#) or the [San Francisco Alert System](#). In the event of an emergency, the Alert system will send messages with useful information and updates. You can have messages sent to your phone or e-mail account.

Get Ready Training

If you would like to be trained in what to do in case a natural disaster strikes San Mateo County offers a two hour basic training course that would teach what to do, to protect your family, your neighborhood, and your community.

The American Red Cross offers an online disaster preparedness course at www.redcrossbayarea.org, and you can sign up for on-site training at their website as well. The San Francisco Fire Department offers a 6-session, 20-hour Emergency Preparedness course to anyone who wants to sign up. To enroll in that, call (415) 970-2024 or register online at <http://www.sf-fire.org/index.aspx?page=865>.

CERT Training

Community Emergency Response Training also offers a 20 hours intensive course for all who are interested. The course may be taken over several weekly evenings or on the weekends. In CERT training class attendees will learn to respond to disaster preparedness, fire safety, basic medical disasters operations, light search and rescue operations, disaster physiological, terrorism and CERT, review of skills and hand on disaster exercise. CERT has numerous locations in San Mateo County.

Shelter and Evacuation

For shelter and evacuation, please listen to your San Mateo County public officials. Some tips on what to do during a shelter or evacuation situation are:

- Immediately take your family and pets to the room you've chosen as a shelter.
- If your children are at school, do not leave your house to go get them. Going outside could expose you to hazardous chemicals. Also, schools have emergency plans of their own.
- Shut off heating and cooling units and fans that draw in air from the outside.
- If you have a fireplace, close the damper.
- Shut and lock doors and windows. Locking makes a better seal.
- Cover any windows with plastic sheeting. Seal cracks around the door and windows with duct tape.
- Turn on your television (or if power failure, use your battery-powered radio) to a local station. Stay tuned until the "all clear" message is broadcast.
- Stay off the phone. It should be used for emergency calls only.
- Be prepared to evacuate if ordered to do so by public safety officials.

Evacuation instructions will be announced over the emergency alert system, which may come from sirens, television, or radio stations [KCBS 740 AM](#), [KGO 810 AM](#) and [KQED 88.5 FM](#).

What to put in an emergency kit?

- Water Gallon Jugs, one for every person in your household
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First Aid Kit
- Whistle to signal for help
- Dusk mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone with chargers, inverter or solar charger

Red Cross

www.redcross.org

1-888-4-HELP-BAY (1-888-443-5722)

- Contact to sign up for CPR and emergency preparedness classes
- Below are some tips from the Red Cross to prepare for an emergency

Make a Plan

Planning ahead is the first step to ensure your household is prepared for an earthquake.

- **Develop a Communication Plan:** It's often easier to make a long-distance call after a disaster, so identify an out-of area contact who will serve as a central connection point. Have everyone report their status to this contact who will pass the information along to others. Let your out-of-area contact know your communication plan. For a smaller event, make sure to have a local emergency contact on hand.
- **Decide Where to Meet After a Disaster:** Choose a place near home in case of sudden emergency. Choose a second place outside your neighborhood in case you can't return home. Also know the evacuation sites at work, school or day care.
- **Pick Safe Places in Each Room:** A safe place could be under a piece of sturdy furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.
- **Determine Escape Routes:** Find two ways out of each room in your home and know your neighborhood evacuation routes.
- **Plan for Your Pets:** With the exception of service animals, pets are not allowed in disaster shelters, so prepare a list of family members, friends, boarding facilities, veterinarians and pet-friendly hotels to shelter your pets in an emergency. See [Pets & Disaster Safety](#) for more information.
- **Personalize Your Plan:** If you have special needs, make sure to arrange for a network of neighbors, friends or relatives to check on you in the event of an emergency.
- **Review and Practice Your Plan**

Get a Kit

Store enough supplies for everyone in your household for at least three days. Include any necessary items for pets, children, seniors and people with disabilities. Prepare kits for your home, workplace and car.

- **Non-perishable Food:** Pack items such as energy bars, canned soup or peanut butter.
- **One Gallon of Water Per Person Per Day**
- **First Aid Kit and Medications**
- **Flashlight, Battery-operated or Crank Radio, Essential Tools and Maps:** Include batteries, wrench to shut off the gas in case of a leak, can opener, screwdriver, hammer, pliers, knife, duct tape and garbage bags.
- **Clothing and Sturdy Shoes**
- **Personal Items and Sanitary Supplies:** Pack important documents, hygiene supplies and comfort items such as books and toys.
- **Cash in Small Denominations**
- **Emergency Contact Information**

Be Informed

Learn how to protect yourself and get training to help others before, during and after an earthquake.

If you are **INDOORS** when an earthquake begins:

- Stay indoors and **DROP, COVER and HOLD ON**
- Drop to the floor

- Take cover under a piece of heavy furniture
- Protect your head with one arm
- With the other arm hold on to the furniture
- Move with it
- If you are not around any sturdy furniture, crouch with your head back against an interior wall and cover your head and neck.
- If you are in a wheelchair, lock the break and cover your head and neck.
- If you are in bed, stay in bed, pull the sheets to protect your body from debris and cover your head and neck with your pillow.
- Trying to leave the building puts you at greater risk of injury. Most earthquake injuries are sustained when people try to move during the shaking or from falling debris once outside.

If you are **OUTDOORS** when an earthquake begins:

- Move into the open, away from buildings, street lights, trees and utility wires.
- Once in the open, **DROP, COVER** and **HOLD ON** until the shaking stops.
- If you are near a building, get inside quickly and **DROP, COVER** and **HOLD ON**.
- If you are in your car, safely pull over, put the car in park and cover your head and neck.

After the Earthquake

Check For Injuries: First check yourself for injuries then assist others based on your level of first aid training. Only call emergency services if there is a life-threatening situation.

Listen to the Radio: Bay Area residents can tune into 740 AM or 88.5 FM. Follow instructions from local officials. Evacuate if told to do so. Wear protective clothing and sturdy shoes.

Examine Your Space: Check around you for dangerous conditions such as fires, downed power lines and structural damage. Shut off gas only if you suspect a leak or smell gas. Stay out of damaged buildings or leave if you smell gas or fumes from other chemicals. Return home only if authorities say it is safe.

Put Your Plan into Action: Secure your children, pets and loved ones. Call your out-of-area contact. Then keep the phone lines clear for emergencies. Check on your neighbors and make sure to assist the elderly and disabled persons.

All of the above information can be found at:

<http://www.redcrossbayarea.org/general.asp?SN=5011&OP=7973&SUOP=8230&IDCapitulo=VA24T92924>