The First 72

The best time to prepare is before disaster strikes

By Jay Marlette
Earthquakes More Likely? Why?

The likelihood of an earthquake increased to 70%.
Contra Costa County Hazard Map
Steps to Prepare Before Disaster Strikes

1. Assemble emergency kits (will soon describe how).

2. Keep copies of important documents in an offsite location.

3. Inventory valuables with photographs or video to facilitate insurance recovery.

4. Discuss all possible exit routes from each room, building, and neighborhood.

Be sure window bars have safety releases
Steps to Prepare Before Disaster Strikes

5. Decide where you will reunite with your family after the disaster (outside of home and outside of neighborhood).

6. Conduct emergency drills and practices (Drop, Cover, and Hold).

7. Always keep your car’s gas tank at least half full.
Steps to Make Your Home Safe

1. Be sure your home’s street number is visible.

2. Install smoke detectors in your home. Each bedroom and level.
Steps to Make Your Home Safe

3. Keep at least one ABC type fire extinguisher on each level of your home.

ABC Fire extinguisher are designed to put out household fires like paper or material debris, liquid combustibles, and electrical fires.
Steps to Make Your Home Safe

4. Keep hallways and exits clear for evacuation.

5. Strap valuable equipment and large furnishings.

6. Strap the water heater.

7. If not present, have a plumber establish a flexible gas supply and water supply lines.
Steps to Make Your Home Safe

8. Store hazardous chemicals away from open flames.
Basic Emergency Supplies

1. Divide your emergency supplies into a **Household Disaster Kit** to share at home and personal **Go-bags** for individual family members in case of evacuation.

2. Store your supplies in a place that will be accessible if your home is damaged and unsafe to enter (like a shed).
Household Disaster Kit Checklist

1. Obtain a water tight container that you can move easily.

2. Sanitation supplies: Towels, washcloths, bleach and dropper for water, heavy duty garbage bags.

3. Plates, utensils and paper towels, etc.
Household Disaster Kit Checklist

4. Flashlights and battery operated lanterns.

- Flashlights kept in chargers (also keep battery type)
- Rechargeable lantern (also keep battery type)
- Flashlights kept in chargers (also keep battery type)
5. Cooking supplies: Manual can opener, camp stove, fuel, lighter, pots, etc.

6. Protection from the elements: Warm clothing, raincoats, sleeping bags, mats, blankets, sturdy shoes, and a tent or heavy duty sheet plastic.
Household Disaster Kit Checklist

7. Work gloves, goggles, crowbar, hammer, staple gun, adjustable wrench.

Extra supplies can be gathered to help trapped neighbors or to put out neighborhood fires before they become big ones. Remember, fire departments will be busy with other stuff.
Go Bags

Each household member should have his or her own Go-bag as a part of the Household Disaster Kit. Go-bags are designed for use:

A) At home, so you can remain in place even without utilities.

B) If you must evacuate your home.

C) If you cannot return home.

Because you may be away from home when disaster strikes, you are advised to keep a Go-bag at work and in your vehicle.
Go Bags

Every Go-bag should include:

1. Food and Water (as much as you can practically carry)
Go Bags

Every Go-bag should include (continued):

2. Portable radio and extra batteries

3. First Aid Kit and handbook

4. Five day supply of medications you take regularly and a copy of prescriptions
Go Bags

Every Go-bag should include (continued):

5. Whistle (to alert rescuers to your location)

6. Personal Hygiene supplies (including toilet papers and doggie bags)

7. Emergency lighting (e.g. glow sticks, flashlight, batteries)
Go Bags

Every Go-bag should include (continued):

8. Large garbage bags and paper towels.
9. Change of clothing and a hat
10. Sturdy shoes

Heavy duty contractor bags can be used for a lot of things, including rain gear
Go Bags

Every Go-bag should include (continued):

11. Dust Mask

Lots of asbestos and viruses flying around during a disaster. A respirator would be a better device but at least an N95 mask would be better than nothing.

12. Pen, paper, push pins, and tape
Go Bags

Every Go-bag should include (continued):

13. Cash in small denominations

14. Copy of health insurance card and driver license (or ID card)

15. Photos of family members for reunification purposes

16. List of emergency contact phone numbers
Every Go-bag should include (continued):

17. In children’s Go-bags, include medical consent forms, a family photo for reunification purposes and a favorite toy, cards, or book.

18. Include flares and jumper cables in vehicle’s go bag.
Go Bags

19. Don’t forget the pet’s go bag.

1. Sturdy Leash and/or carrier
2. Muzzle for dogs
3. Food, water, and medicine for a week
4. Bowls, manual can opener, lids
5. Plastic bag, litter box, litter
6. Current photo of pet
7. Names and phone numbers of your emergency contact, local vets
8. Immunization records, info on medical conditions or behavior problems.
9. Pet first aid kit and handbook
10. Portable fencing or baby gates
Awesome pets
Store enough food for everyone in your family to last for at least three days.

Store food items that are familiar, rather than special “emergency” food.

Consider any dietary restrictions you may have.

Ideal foods do not require refrigeration or cooking.
Food

Mark a rotation date on food containers without manufacturer dates.

Include special diet items for babies and seniors

Store the food in an airtight, pest resistant container in a cool dark place.
Food

Can foods 18 months to two years. Dry products like dried fruit and cereal about 6 months.

Do not consume food cans that show deterioration, rust, or bulging.

After power outage fridge food good for four hours and freezer food about 2 days. Eat this food before dipping into your emergency supplies.
Water

In a disaster water supplies may be cut off or contaminated. Store enough water for everyone to last at least 3 days.

Store one gallon of water per person, per day
Water

If you store tap water:

- Tap water from a municipal water system can be stored safely without additional treatment.
- Store water in food grade plastic containers.
Water

If you store tap water (continued):

- Empty milk bottles are not recommended because their lids do not seal well and bottles may develop leaks.
- Replace water at least once every six months.
If you store commercially bottled water:

- Keep water in its original container, and don’t re-store a bottle once it has been opened.
- Label bottles with their replacement date, and store in a cool dark place.
- Replace water at least once each year if bottles are not marked with the manufacturer’s expiration date.
Treating Water after Disaster:

If you run out of stored drinking water, strain and treat water from your water heater or the toilet reservoir tank (except if you use tank cleaners).

You cannot drink swimming pool or spa water but it can be used for flushing toilets and washing.
Water

Treatment Process - Boiling:

Begin by straining any large particles of dirt by pouring the water through a couple of layers of paper towels or a clean cloth.

- Bring to a boil for 3 to 5 minutes.

- After the water cools, pour it back and forth to add oxygen and improve taste.
Water

Treatment Process - Disinfect:

Begin by straining any large particles of dirt by pouring the water through a couple of layers of paper towels or a clean cloth.

- If water is clear add 8 drops (1/8 teaspoon) of bleach per gallon of water.
- If water is cloudy, add 16 drops (1/4 teaspoon) of bleach per gallon.
- Make sure you use regular bleach 5.25% sodium hypochlorite (no scented or color safe bleach).
- Stir in and let stand for 30 minutes. A slight chlorine taste and smell is normal.
Utilities

Gas:

Natural gas leaks can cause fires and explosions inside a building

If you smell gas, hear escaping gas, see a broken gas line or if you suspect a leak, shut the main valve and open all windows and doors.

If you suspect a leak, never use candles and matches, and do not turn on electrical switches or appliances.
Utilities

Gas (continued):

Identify the main shut-off valve located on the gas line to the gas meter. This is usually on the exterior of your home or building, or in an exterior closet.
Utilities

Gas (continued):

To turn gas off, give the valve a quarter turn in either direction. When the lever crosses the direction of the pipe, the gas is off.
Utilities

Gas (continued):

- Keep a crescent wrench or gas shut-off tool nearby to turn the lever.

- Once you turn off the gas, never attempt to turn it back on yourself. Wait for your utility company to do it, but be aware it may take several days for it to be turned back on.
Utilities

Water:

After a major earthquake, shut off the water at the house.

Shutting off the water is to protect water in your water heater and toilet from contaminants from damaged underground water lines.

Water leaks can cause property damage and electrocution hazards.
Utilities

Water (continued):

The water shut off is usually located in the basement, garage, or where water enters the home. Locate this before the disaster.

If you need access to water in your water heater, look for a drain line on the bottom of the water heater.
Utilities

Electricity:

Electrocution can result from direct contact with live wires or anything that has been energized by these wires.

Locate your home’s main electric switch. The panel box may have a flip switch or a pull handle on a large circuit breaker.
Utilities

Electricity (continued):

Shut off electricity when…

- Arcing or burning occurs in electrical devices.
- There is a fire or significant water leak.
- You smell burning insulation.
Utilities

Electricity (continued):

Shut off electricity when…

- The area around switches or plugs is blackened and/or hot to the touch.

- Complete power loss is accompanied by the smell of burning material.
Utilities

Sewage Service:

A disaster that disrupts all or part of the City’s water and/or sewer lines could affect the way you deal with human waste.

If there is no water to your toilet but your sewer lines are intact, pour 3-5 gallons of water into the toilet bowl to flush.

You may use seawater, bathwater, laundry water or pool water for flushing.
Utilities

Sewage Service (continued):

- If sewer lines are broken, line the bowl with double-bagged plastic garbage bags to collect human waste.
- Before discarding the bag, add a small amount of bleach; then seal the bag and place in a tightly covered container, away from people.
- If the toilet is unusable, use a sturdy bucket with a tight fitting lid and line it with a double-bagged plastic garbage bag.
Getting Involved

Get to know your neighbors:

- Find out if anyone has specialized equipment, like a power generator or a chainsaw.
- Find out if anyone has specialized expertise, like a medical knowledge that might help in a crisis.
- Identify neighbors who might need assistance after a disaster.
- Make arrangements with your neighbors to check on each other’s home or pets if one is away when a disaster strikes.
Getting Involved

Additional Training Resources:

- Be a trained CERT Team member [www.el-cerrito.org/fire/cert](http://www.el-cerrito.org/fire/cert) or fire@ci.el-cerrito.ca.us

- Take preparedness and/or safety classes with the American Red Cross, Bay Area Chapter: (415) 970-2022 or [www.redcrossbayarea.org](http://www.redcrossbayarea.org)

- Set up a neighborhood watch group. This almost occurs naturally when developing a CERT team.