



## Are You & Your Family Prepared for the Big One?

Scientists estimate that there is a 62% chance of a strong 6.7+ earthquake striking the Bay area anytime during the next 30 years. Every CCWD employee is considered a potential Disaster Service Worker. If you are called upon to serve in that capacity, you'll have greater peace of mind if you know your family is sufficiently prepared to handle a disaster. You and your family have to be ready.

When preparing for an emergency, plan on having enough supplies to get you and your family through at least the first 72 hours. After a major emergency, 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.

### What Can You Do?

#### Build Up Your Disaster Supplies

**Water:** Stock up on at least a 3 to 7 day supply of water for everyone in your family. Plan on storing 1 gallon of water per person per day. Rotate every six months to maintain freshness.

**Food/Medicines:** Store at least a 3 to 7 day supply of non-perishable food. Pick foods that require no refrigeration and little preparation or cooking such as canned foods, protein or granola bars, peanut butter, crackers, and powdered milk. Keep an adequate supply of essential medicines on hand.

**First-Aid Kit:** Assemble first-aid kits for the home and each car.

#### Tools and Supplies:

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|---|---|
| <input type="checkbox"/> Paper plates, cups, plastic utensils                   | <input type="checkbox"/> Duct tape  |
| <input type="checkbox"/> Non-electric can opener & utility knife                | <input type="checkbox"/> Shut-off wrench, to turn off household gas and water |
| <input type="checkbox"/> Aluminum foil, Plastic Wrap                            | <input type="checkbox"/> Axe, crowbar, and shovel                             |
| <input type="checkbox"/> Plastic storage containers                             | <input type="checkbox"/> Candles and matches in waterproof container          |
| <input type="checkbox"/> Paper Towels   | <input type="checkbox"/> Communication Kit: paper, pencil, stamps             |
| <input type="checkbox"/> Battery-operated radio, flashlight and extra batteries | <input type="checkbox"/> Emergency contact list and phone numbers             |
| <input type="checkbox"/> Some cash and change                                   | <input type="checkbox"/> Map of area  |
| <input type="checkbox"/> Fire extinguisher – small ABC type                     |   |
| <input type="checkbox"/> Tent, sleeping bags or blankets                        |   |
| <input type="checkbox"/> Tool kit: screwdriver, pliers, hammer                  |   |



#### Important Family Documents

Be prepared to quickly take important family documents. Keep these records in a waterproof, portable container:

- Will, insurance policies, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Family records: birth, marriage, and death certificates
- Bank account numbers, credit card account numbers
- Inventory of valuable household goods, take photos of valuables



## Create and Practice Your Personal Disaster Plan



### Communication:

- ❑ Decide how and where to reunite your family should you be apart when a disaster strikes.
- ❑ Choose a person outside the immediate area to contact if family members are separated. Long distance phone service will likely be restored sooner than local service, so pre-designate an out-of-state relative as the contact person for help in communicating with separated family members.
- ❑ Do not use the phone immediately after a major emergency – try to keep lines clear for emergency personnel.

### Family Members with Special Needs:

- ❑ 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 carry the card with them at all times.

### Drills and Safety:

- ❑ Conduct Earthquake Duck, Cover & Hold drills periodically with your family. Know the safe spots in each room, under tables, desks, or against interior walls. Know the danger spots – near windows, mirrors, hanging objects, fireplaces and tall unsecured furniture. If outdoors when an earthquake strikes, move to open area away from trees, buildings, and power lines. If driving, avoid going underneath overpasses.
- ❑ Regularly practice Fire Stop, Drop and Roll drills, as well as emergency exit drills in the house. Establish all the possible ways to exit your house. Keep those areas clear.
- ❑ Keep your hallway clear. It is usually one of the safest places to be during an earthquake or explosion. Stay away from kitchens and garages, which tend to be the most dangerous places because of the many items kept there.
- ❑ Know the locations of the nearest fire and police stations.
- ❑ Call your local Red Cross chapter and Office of Emergency Services to find out about plans for emergency shelters and temporary medical centers in case of a disaster.
- ❑ Secure your water heater as well as tall, heavy furniture, mirrors, and picture frames – especially those over beds. Keep breakables, heavy objects, and hazardous liquids in secure cabinets or lower shelves.
- ❑ Locate the shutoff valves for water, gas and electricity. Learn how to shut off the valves before an emergency, and have necessary tools nearby.



### **Additional Information on Web:**

FEMA: [www.fema.gov](http://www.fema.gov)

California Office Of Emergency Services: <http://www.oes.ca.gov/>

American Red Cross: <http://www.redcross.org/>

San Francisco Office of Emergency Services: <http://www.72hours.org/>

Association of Bay Area Governments: <http://quake.abag.ca.gov/>

CCC Sheriff's OES: [http://www.cocosheriff.org/support/emergency\\_services/oes/oes.htm](http://www.cocosheriff.org/support/emergency_services/oes/oes.htm)