

PREPARE FOR AN EMERGENCY

Make a disaster less likely

Fire-safe your home by correctly storing flammable supplies, maintaining a defensible space in your landscaping, and keeping exits clear.

Earthquake-ready your home by securing the water heater, heavy furniture, bookshelves, etc. Do structural upgrades when possible.

Make a family disaster plan.

Discuss with your families what disasters are likeliest to occur, e.g.; earthquake, structure and vegetation fires, mud slides, blocked roads, power outages, etc.

Practice **DUCK, COVER, AND HOLD** and know the safest part of each room.

Learn the rules for **SHELTER IN PLACE**. Come inside, close doors and windows. Turn off ventilation. Listen to the radio (KCBS 740) for instructions.

Discuss alternate evacuation routes.

Plan two meeting places, one inside and one outside your neighborhood.

Designate an out of state family contact and give all family members the number.

Prepare a Disaster Supply kit sufficient for 3 days

- Water-3 gallons per family member
- Work gloves, pry bar
- Manual can opener
- Non-perishable canned and packaged food
- Change of clothing, rain gear, sturdy shoes
- Blankets or sleeping bags
- First aid kit, prescription medications, eye glasses
- Special needs e.g. baby supplies, pet food
- Battery powered radio, flashlights, and plenty of fresh batteries

Review your plan and check and or rotate supplies semiannually

This is taken in part from FEMA and the American Red Cross. For further suggestions see www.bayarea-redcross.org or www.fema.gov or contact the commission at 299-3232x2205