



# Emergency Preparedness Manual

2019

(Note: to save paper, print this manual 2-sided!)

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## INTRODUCTION

In response to the recent wildfires in Northern California, Oakmont Rainbow Women decided to take action. We created a Special Interest Group (SIG) with the goals of learning about emergency preparedness and promoting accountability in preparing for emergencies. The committee compiled the educational materials in this notebook to help its members learn what they need to do before and during an emergency. We created the Action Checklists at the end of each section to help committee members motivate and support each other as we actively work to protect our homes.

You most likely will not be able to *promptly* tackle every one of the recommended actions. Budgeting and finding help to get all the necessary tasks done promptly may be challenging. Start planning now and push yourself to do something each week until you have protected your home.

***Keep working at it...It's Important!***

Disclaimer: This manual is intended to provide helpful information regarding emergency preparedness which was lovingly created by a group of volunteers who are not responsible or liable for negative consequences from such preparation.

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# YOUR HOME EXTERIOR

## PRIORITY 1: ROOF

- 40-year composition shingle is best...it is thicker than a 20-year roof
- Make sure your roof has a metal edge at end of eave
- Make sure your roof is a class A material for 1 full hour of fire resistance
- Your roof should have a ridge cap at the top and preferably one that breathes (or have enough eyebrow roof vents that allow breathing to avoid dry rot in the substructure)
- Do not have a wood shake roof....ever!
- Maintenance of your roof is imperative
  - ⇒ Keep the roof clean of debris, especially in valleys and inside corners
  - ⇒ Don't let a roof get too old, as it loses its fire resistance

## PRIORITY 2: GUTTERS

- The only way to keep debris out of gutters is to have an effective gutter guard screen on top...otherwise you are collecting fuel for a fire to start from burning embers
- Hire someone to clean out those gutters and clear off the roof several times a year (Think of it as insurance)

## PRIORITY 3: FOUNDATION VENTS

- Get fire resistant foundation vents installed (They still let the air flow through the unconditioned crawl space)
- They have 1/8th inch screen openings instead of 1/4 inch and the louvers prevent small flying embers from getting through the vents
- Keep a clean crawl space as well...no wood chips or loose insulation or debris on the crawl space floor
- Check out your house for possible gable end vents and under eave vents; they also should have 1/8-inch screen and louvers

## PRIORITY 4: EXTERIOR SIDING

- Keep siding in good condition, especially if wood siding
- Make sure paint job is not failing and caulk is applied at all wood joints to keep embers from nesting in joints during a firestorm
- If you have a very vulnerable side with corners, you might consider overlaying with cement siding just in that area to visually match rest of siding

- Cement based exterior siding is available in almost any shape wood siding comes in to match what you have
- Cement based siding (or stucco or metal siding) meets the new “WUI” (Wildfire Urban Interface) standards for new construction
- Make sure the siding does not go all the way to the ground
- There should be concrete foundation for a minimum of 6 inches between the ground and the siding.
- Notice concrete and rock ground cover and fire safe plants in this tight side yard

**PRIORITY 5: EAVES**

- Overhanging parts of the roof that jut out from the exterior walls are more apt to catch flying embers in a fire storm
- Caulk seams and joints well before painting. If roof joists are exposed in overhang, this is especially important
- If roof joists are exposed in overhang, consider enclosing the eaves (adding a soffit). You’ll need to have a continuous venting strip with 1/8-inch screen openings in your new soffit to prevent dry rot in the structure

**PRIORITY 6: WINDOWS and DOORS**

- Clad dual glazed windows are best, because they provide a tighter seal from the outside and have a non-wood material on the exterior; but the frame of the window is not as important as the glass itself
- Tempered glass is the best glass because it can take a lot of heat before it cracks
- Doors should have good weather stripping and a good seal at the bottom as well

**PRIORITY 7: DECKS and FENCES**

- Deck boards and fences attached to the house should be changed to non-wood material whenever possible; choose a railing that has less wood
- Azek deck boards (class A fire rating), which are pressure treated joists, are structural wood beams with injected chemical that makes them less flammable
- Trex is another non-wood class B deck board available
- Keeping decks clean of debris and flammable products (table and chairs are metal) is imperative for fire safety
- Keep hose bibs with hoses and spray nozzle on each side of the house attached at all times
- Have your electrical panel outside house inspected



### **PRIORITY 8: ELECTRICAL PANEL**

- Inspect for grounding and safety

### **PRIORITY 9: INSURANCE**

- Talk with your insurance agent on what will make your home more insurable in the long run
- Many insurance companies are going to refuse to insure properties near a (WUI) wildlife/urban interface area without some fire precautionary steps taken by homeowners
- If you ever need to make a claim due to fire loss, almost no one actually obtains the amount of money it requires to rebuild your home
- So, make sure your home is one that survives the storm!

# GARAGE, FIRE EXTINGUISHERS AND GAS SHUT-OFF

## GARAGE

### Exiting Without Power

- Manually Open Door
  - ⇒ Pull red rope firmly (disengages door from opener)
  - ⇒ Locate handle and lift to open door
- Re-engage Door
  - ⇒ Pull red rope toward garage door opener
  - ⇒ Press garage door opener remote
- Practice – with car parked in garage!

### Cost Effective Fixes

- Red rope missing, too short, damaged?
  - ⇒ Amazon: Emergency Release Pull Cord \$6.98
- No handle or poorly located?
  - ⇒ Home Depot: Everbilt Lift Handles, 2 for \$6.88
- Noisy (i.e. could run quieter, therefore lighter!!)?
  - ⇒ use silicone spray from any hardware store <\$10

### Automate process?

- Newer garage doors are battery back-up compatible
- If you're lucky enough to have one, parts are available for \$100 or less (battery & cable)
- Google search for your brand and model number of garage door opener to see if you are a lucky one!
- If not battery back-up compatible, garage door opener must be replaced with newer model, so cost will be \$500+

### Contacts

- For more extensive garage door repairs:
  - ⇒ "The Door Guy" (Paul) (707) 364-1340 or (707) 538-4725
  - ⇒ Wine Country Garage Doors (707) 397-5143

### Fire entry prevention - eliminate ember entry points into garage

- Gaps Around Garage Door?
  - ⇒ Install (or replace) gasket on bottom of door if any gaps (>\$100 (parts) + up to \$100 labor)

- ⇒ Install (or replace) wood trim on door facing (top or sides) if gaps (>\$25 (parts) + up to \$100 (labor)– or call me for no cost help)
- Gaps Around Exit Door?
  - ⇒ Install (or replace) threshold and/or gasket. (<\$50 (parts) + up to \$100 labor)
- Miscellaneous Holes in Wall or Ceiling?
  - ⇒ Check and repair any holes that could allow embers from garage to main living area (around water heaters, central vac systems, attic entries if no firewall between garage attic and main attic, etc)

### FIRE EXTINGUISHER INFORMATION

- Strictly adhere to expiration and recharge dates

| <b>KNOW YOUR FIRE EXTINGUISHER</b>                                                                                                                     |                                                                                     |                                                                                     |                                                                                      |                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <b>CHOOSING THE RIGHT EXTINGUISHER CAN PREVENT PROPERTY DAMAGE AND SAVE LIVES</b>                                                                      |                                                                                     |                                                                                     |                                                                                      |                                                                                       |
| Extinguisher Type →                                                                                                                                    |  |  |  |  |
| Type of Fire ↓                                                                                                                                         | <b>Water</b>                                                                        | <b>Foam</b>                                                                         | <b>CO<sub>2</sub></b>                                                                | <b>Dry Chemical</b>                                                                   |
| <b style="color: green;">A</b><br>Paper, Wood & Plastic<br>         | ✓                                                                                   | ✓                                                                                   | ✗                                                                                    | ✓                                                                                     |
| <b style="color: red;">B</b><br>Flammable & Combustible Liquids<br> | ✗                                                                                   | ✓                                                                                   | ✓                                                                                    | ✓                                                                                     |
| <b style="color: blue;">C</b><br>Electrical Equipment<br>           | ✗                                                                                   | ✗                                                                                   | ✓                                                                                    | ✓                                                                                     |



## GAS SHUT-OFF PROCESS

### Tools

- Can get one for approximately \$9
  - ⇒ Vertical tool = ON
  - ⇒ Horizontal tool & holes aligned = OFF
- Auto-shutoff valves available (Plumber install ~\$650)
  - ⇒ “Little Firefighter” model #AGV-100, fits ¾” & 1” supply pipe
- Standard adjustable wrench
  - ⇒ Turn the valve ¼ right to shut off the gas.

### Turning gas back on

- **NEVER** turn gas back on yourself after it has been turned off
- Call PG&E to turn gas back on and to light pilots

## DEFENSIBLE SPACE: 0- 5 FEET

- This 0-5-foot area closest to your house is called “**THE HOME IGNITION ZONE**” and should be most aggressively maintained for fire resistance
- OCD folks, this is your time to shine!!
- General Rule: Do not store any combustibles in the 0-5-foot zone lest they become an ignition source that puts your home at risk

### Actions

#### Outdoor Mats/Carpeting

- Remove cotton, jute or fiber door mats in the 0-5 feet zone
- Replace with fire resistant mats
- Metal grates are not the only option
- Choices include colorful hearth mats and those used under grills
- For carpeted patio and porch floors, especially if carpet is old, replace with fire resistant carpet (carpets for commercial buildings are often fire resistant), or switch to tile, stone or fire-resistant decking
- Indoor/Outdoor carpeting made of polyester is considered fire resistant as it melts instead of flames
  - ⇒ must be glued down to keep it from blowing away
  - ⇒ should not be up against wood or other combustible siding
  - ⇒ there should not be combustible items on the carpeted area
  - ⇒ this may be a less expensive alternative to tile, stone, or decking

#### Outdoor Clutter, Firewood, Lumber

- Do not store firewood, lumber, brooms, umbrellas, pet beds, wooden planters, and gas cans/tanks close to home
- These are especially dangerous under eaves, on and under decks, and on polyester carpets
- Store inside or at least 30' away from structures unless in non-combustible container such as metal storage units, metal lock boxes (like used on job sites by contractors) or old chest freezers

#### Outdoor Furniture

- Remove any combustible outdoor furniture and replace with metal furniture

- Store cushions inside or in a non-combustible storage unit during fire season
- Outdoor furniture is cheaper during the off-season, so this may be the time to buy

### Fence

- Replace wooden fence sections, including gates, in this 0-5 zone with fire-resistant materials such as metal, Class A composite lumber, or stone
- These are especially dangerous under eaves and attached to the house
- There are metal fence sections and gates available at Lowes and Home Depot-type stores and more decorative metal panels can be found online

### Plant Debris

- Keep leaves from collecting between storage units and house
- Keep all fallen leaves, shed bark and needles out of this 0-5-foot zone, including out from under plants and out from inside plants
- Repeat often during fire season
- Train landscapers to clear area after pruning and to not blow plant debris into this zone

### Plant-Based Mulches

- Remove bark, “gorilla hair” and other wood or plant-based mulches
- Use only fire-resistant mulches
- Good mulches include stone, pavers, brick, ground cover plants like grass or creeping succulents

### Trees

- Remove all tree limbs that extend into this 0-5-foot zone
- These are especially dangerous if they overhang the house, are under eaves, or are dead
- Sonoma County arborist referral:  
Second Nature Tree Service  
Graham Charles  
Glen Ellen, CA  
707-996-5929 – office  
07-227-2303- cell
- Another referral:  
Strictly Trees  
Matt Carney  
Penggrove, CA  
(707) 709-8922 - office  
(707) 364-6188 - cell

## Plants

### Flammable

- Remove designated fire-prone plants and older plants that have grown woody, from this 0-5-foot zone, especially if they overhang the house, are under eaves or are dead
- This can be very expensive, so work with neighbors to get a better deal together
- Also talk to your HOA about possible grant funds to help with removal
- See “Most Flammable Plants” list
- See list for Marin Co with photos <https://www.firesafemarin.org/plants/fire-prone>
- Talk to HOA about rules and grants to help with removal

### Fire-resistant

- Plant only fire-resistant plants in this 0-5-foot zone
  - ⇒ even fire-resistant plants will burn if not maintained properly
  - ⇒ irrigate regularly
  - ⇒ keep properly pruned
  - ⇒ remove pruned clippings
  - ⇒ do not let dead plant debris build up around and inside plants
  - ⇒ provide adequate spacing between all plants so even when they grow, they are not touching
- See “Fire Resistant Plants” list
- See list for Marin Co with photos <https://www.firesafemarin.org/plants/fire-resistant>
- Talk to HOA about rules and grants to help with planting

## Water Hoses and Sprinklers

- Have sprinklers and water hoses with spray nozzles ready to be used to protect your home
  - ⇒ make sure firefighters can determine from the street that you have these and that they can easily find them (not hidden behind a decorative planter)
  - ⇒ perhaps a flag or sign at each sprinkler and hose would be useful too

### From CA Fire Alliance brochure:

In a wildfire, firefighters “look for homes and buildings that are easier to protect. Homes with defensible space are the homes firefighters look for, because they are safer to go near and easier to save.”

***Make your home one of the ones the firefighters can see will be easier to save!***

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## DEFENSIBLE SPACE: BEYOND 5 FEET

- The standard thinking is that defensible space should extend 100 feet but the distance increases with the steepness of your property and so involves working with your neighbors.

### Actions

#### Existing Plants

- Prune and remove plants to prevent laddering effect (when fire moves from low plants to medium plants to trees)
- Separate vegetation layers
- Create a vertical separation of 3 times the height of the lower fuel layer
- Space taller plants and plants on slopes more widely
- Remove “Most Flammable Plants” (See below)

#### Trees

- Remove tree limbs 10 feet up or ½ of the tree height from the ground until it is larger. If on a hill, measure from the high side
- Trim tree canopies regularly to keep branches 10 feet from other trees

#### Fence

- Work with your neighbors to maintain a defensible space on both sides of your fence
- If fence is old/dry, consider replacing with noncombustible material

#### Mulch

- Use nonflammable mulch

#### New Plants

- Plant fire resistant plants
- In the 5-30 feet zone, plant shorter trees and shrubs
- Plant tall shrubs and small trees 30 – 100 ft from house
- Periodically rinse low/no water shrubs in summer to keep some moisture.
- Recommended trees for this area include Hollyleaf Cherry, Strawberry Tree and Chitalpa Tree which is deciduous
- Space shorter trees and shrubs carefully in zone 2 (5-30 ft)
- Group plants and surround them with noncombustible plants
- See list for Marin Co. with photos: <https://www.firesafemarin.org/plants/fire-prone>
- See “Fire Resistant Plants” list

## Garden Beds

- Use Azek or Trex for raised garden beds

## Misc

- Maintain your yard
- As a fire approaches, gather flammable items from outside and put them inside

## List of FLAMMABLE PLANTS - REMOVE/DO NOT PLANT

### Common Name

### Botanical Name

#### Trees

- |                                    |                              |
|------------------------------------|------------------------------|
| • Acacia                           | spp**                        |
| • Black walnut                     | Juglans nigra                |
| • California bay<br>californica    | Umbellularia                 |
| • California Pepper Tree           | Schinus molle                |
| • Cedars                           | Cedrus spp                   |
| • Cypress                          | Cupressus                    |
| • Eucalyptus<br>spp                | Eucalyptus                   |
| • False cypress<br>spp             | Chamaecyparis                |
| • Firs                             | Abies spp                    |
| • Hemlock                          | Tsuga spp                    |
| • Honeylocust Gleditsia            | tricanthos                   |
| • Juniper                          | Juniperus spp                |
| • Liquid Amber                     | Liquidambar styraciflua      |
| • New Zealand tea tree             | Leptospermum spp             |
| • Palms                            |                              |
| • Paperbark tree                   | Malaleuca spp                |
| • Pines                            | Pinus spp                    |
| • Spruce                           | Picea spp                    |
| • Tamarisk, or salt cedar Tamarisk | spp                          |
| • Tan Bark or Tan Oak              | Notholithocarpus densiflorus |
| • Thuja Arborvitae                 | spp                          |
| • Tree of heaven Ailanthus         | altissima                    |

#### Shrubs/Bushes

- |                                         |                          |
|-----------------------------------------|--------------------------|
| • Bamboo ALL Species Brooms ALL species |                          |
| • California buckwheat                  | Eriogonum fasciculatum   |
| • Bluebeard                             | Caryopteris              |
| • Chamise                               | Adenostoma fasciculatum  |
| • Chaparral Pea                         | Pickeringia montana      |
| • Chinquapin, Giant                     | Chrysolepis chrysophylla |
| • Coyote brush                          | Baccharis spp            |
| • Evergreen huckleberry                 | Vaccinium ovatum         |

- Gas Plant
- Gorse
- Grevilleas
- Honeysuckle Lonicera
- Hopbush or Hopseed Bush
- Juniper Juniperus spp
- Leland Cypress
  
- Manzanita
  
- New Zealand tea tree  
shaped as shrub)
- Rosemary
- Sagebrush
- Scrub Oak
- Yew Taxus

Dietamus fraxinella  
 Ulex euriopea  
 Revillea noellii  
 chensis halliana  
 Dodonaea viscosa

Cupressus x leyandii  
 (shrub used as a hedge)  
 Arctostaphylos spp  
 (Ground cover variety ok; also a tree)  
 Leptospermum spp (becomes tree if not

Rosmarinus  
 Artemesia californica  
 Berberidifolia  
 spp (Also a tree)

### Grasses

- Fountain Grass
- Maiden Grass
- Pampas Grass

Pennisetum spp  
 Miscanthus marder  
 Cortadaria selloana

### Ground Cover

- Ivy
- Juniper
- Vinca

Hedera  
 Juniperus  
 Vinca major

\*\*Species pluralis (spp.), Latin abbreviation for multiple species.

- The list of The Most Flammable Plants and The Less Flammable Plants are compilations of various sources listed in References
- Most sources agree that while all plants can burn some are measurably more dangerous than others
- All sources recommend the removal of these Most Flammable Plants from landscapes
- The Less Flammable Plants List is suggestive only, representing some of the available plants which are safer if located properly and maintained carefully
- The Fire Safe Committee urges a careful review of the sources in References to understand the many factors that affect landscaping in fire- prone areas such as Sonoma County
- Ultimately it is the responsibility of each of us to prepare and to maintain our properties in Oakmont for a safer environment for everyone

#### References:

- Kate Frey, The American Garden School  
<https://americangardenschool.com>
- Fire Science.gov “The Most Flammable Plants” <https://www.thespruce.com/firescaping-the-most-flammable-plants-4107522>
- Living with FIRE in Sonoma County:  
[http://www.firesafesonoma.org/main/sites/default/files/living\\_with\\_fire.pdf](http://www.firesafesonoma.org/main/sites/default/files/living_with_fire.pdf)
- excerpted from Ray Moritz & Pavel Svhra: “Pyroptic Vs. Fire Resistant Plants.”
- Fire Safe Marin: <http://www.firesafemarin.org/>
- Sonoma County Master Gardeners. <http://sonomamag.ucanr.edu/>
- Many organizations plan meetings and workshops relating to a fire- safer community
- Consult local listings for the multiple offerings

## List of FIRE-RESISTANT PLANTS

### Common Name

### Botanical Name

#### Trees

|                            |                        |
|----------------------------|------------------------|
| African Sumac              | Rhus lancea            |
| Alder                      | Alnus                  |
| Ash                        | Fraxinus spp           |
| Beech                      | Fagus spp**            |
| Black Locust               | Robinia pseudoacacia   |
| Brazilian Pepper           | Schinus molle          |
| California Buckeye         | Aesculus californica   |
| Catalpa                    | Catalpa                |
| Chinese Pistache           | Pistacia chinensis     |
| Citrus                     | Citrus spp             |
| Coast Redwood              | Sequoia sempervirens   |
| Crabapple                  | Malus                  |
| Dogwood                    | Cornus                 |
| Hawthorne                  | Crataegus              |
| Honey Locust               | Gleditsia triacanthos  |
| Maple                      | Acer spp               |
| Myoporum                   | Myoporum spp           |
| Mock Orange                | Pittosporum spp        |
| Mock Orange (also a shrub) | Philadelphus lewisii   |
| Mountain Ironwood          | Cercoparpus betuloides |
| Pomegranate (also a shrub) | Punica granatum        |
| Strawberry (also a shrub)  | Arbutus unedo          |
| Western Redbud             | Cercis occidentalis    |
| Willow                     | Salix                  |
| Yucca                      | Yucca                  |

#### Shrubs

|                       |                         |
|-----------------------|-------------------------|
| Angel's Trumpet       | Brugmansia spp          |
| Barberry              | Berberis                |
| Buckthorn/Coffeeferry | Rhamnus spp             |
| Buffalo Berry         | Shepherdia              |
| Bush Anemone          | Carpenteria californica |
| Bush Morning Glory    | Ipomoea leptophylla     |
| Bush Poppy            | Dendromecon rigida      |
| Butterfly Bush        | Buddleia spp            |
| California Lilac      | Ceanothus spp           |

Cape Honeysuckle  
Catalina Cherry  
Cotoneaster  
Creeping Mahonia  
Creeping Thyme  
Currants  
Daphne  
Dwarf Karo  
Escallonia  
Euphorbia  
Firethorn  
Flowering Quince  
Forsythia  
Indian Hawthorn  
Italian Buckthorn  
Jojoba  
Lavender (3 yrs or younger)  
Lemonade Berry  
Lilacs  
Malva Rose  
Nightshade, Blue Watch  
Nolina  
Oleander  
Periwinkle  
Plumbago  
Potentilla  
Pride of Madeira  
Privet (some)  
Rhododendron & Azalea  
Salvia Sage  
Service Berry  
Silk Tassel  
Snow Berry  
Star Jasmine  
Sunrose  
Trailing African Daisy  
Willow  
Yucca

Tecomaria capensis  
Prunus lyonii  
Cotoneaster  
Mahonia repens  
Thymus praecox arcticus  
Ribes  
Daphne  
Pittosporum crassifolium  
Escallonia spp  
Euphorbia  
Pyracantha "Santa Cruz"  
Chaenomeles  
Forsythia  
Raphiolepis india  
Rhamnus alaterus  
Simmondsia chinensis  
Lavendula  
Rhus integrifolia  
Syringa vulgaris  
Lavatera assurgentiflora  
Solanum umbellifem  
Nolina spp  
Nerium oleander  
Vinca major spp  
Ceratostigma plumbaginoides  
Cinquefoil  
Echium  
Ligustrum  
Rhododendron (Azalea spp)  
  
Amelanchier  
Garrya spp  
Symphoricarpos  
Trachelospermum jasminoides  
Apenia cordifolia  
Osteospermum fruiticosum  
Salix  
Yucca spp

## Perennials

African Iris, Fortnight Lily  
Aster  
Beach Aster  
Beard's Tongue

Dietes  
Aster  
Erigeron glaucos  
Penstemon

Bergenia  
Bird of Paradise  
Black-Eyed Susan  
Blanket Flower  
Blazing Star  
Blue-Eyed Grasses  
Blue False Indigo  
California Fuchsia  
California Poppy  
Callas  
Candytuft  
Catmint  
Coral Bells  
Columbine  
Coreopsis  
Daylily  
Desert Willow  
Dusty Miller  
Evening Primrose  
Geranium  
Germander  
Gumplant  
Iris  
Jupiter's Beard  
Lamb's Ear  
Lantana  
Lily of the Nile  
Lilyturf  
Meadow Rhu  
Mexican or Santa Barbara Daisy  
Purple Cornflower  
Red Hot Poker  
Red Yucca  
Sea Lavender  
Serviceberry  
Skullcap  
Soapwort  
Society Garlic  
Spirea  
Verbena  
Wall Flower  
Wild Strawberry  
Yarrow

Bergenia spp  
Strelitzia reginae  
Rudbeckia  
Gaillardia  
Liatrus  
Sisyrinchium spp  
Baptisia  
Zauschneria californica or Epilobium canum  
Papaver  
Zanteedeschia aethiopicca  
Iberis sempervirens  
Nepeta  
Heuchera spp  
Aquilegia  
Coreopsis spp  
Hemerocallis hybrids  
Chilopsis linearis  
Centaurea cineraria  
Oenothera  
Geranium spp  
Teucrium chamaedrys or cossoni  
Grindella stricta and camporum  
Iris spp  
Centranthus ruber  
Stachys byzanina  
Lantana montevidensis  
Agapanthus  
Liriope  
Thalictrum  
Erigeron karvinkaianus  
Echinacea purpurea  
Kniphofia  
Hesperaloe  
Lavendula pezil  
Amelanchier  
Scutullaria  
Saponaria ocymoides  
Tulbaghia violacea  
Spirea  
Verbena spp  
Erysimum  
Fragaria spp  
Achillea tomentosa



## Ground Covers

Succulents    All varieties Non-Succulents

Carpet Bugle

Common Thrift

Creeping Coprosma

Creeping Red fescue

Giant Turf Lily

Ice Plant

Mock Strawberry

Myoporum

Trailing African Daisy

Wild Strawberry

Yarrow

Ajuga reptans

Ameria maritime

Coprosma kirkii

Festuca rubra

Liriope gigantean

Delosperma "alba"

Duchesnea indica

Myoporum parvifolium

Osteospermum fruiticosum

Fragaria spp

Achillea

\*\*Species pluralis (spp.), Latin abbreviation for multiple species.

- Kate Frey, The American Garden School  
<https://americangardenschool.com>
- Fire Science.gov "The Most Flammable Plants" <https://www.thespruce.com/firescaping-the-most-flammable-plants-4107522>
- Living with FIRE in Sonoma County:  
[http://www.firesafesonoma.org/main/sites/default/files/living\\_with\\_fire.pdf](http://www.firesafesonoma.org/main/sites/default/files/living_with_fire.pdf)
- excerpted from Ray Moritz & Pavel Svhra: "Pyroptic Vs. Fire Resistant Plants."
- Fire Safe Marin: <http://www.firesafemarin.org/>
- Sonoma County Master Gardeners. <http://sonomamag.ucanr.edu/>
- Many organizations plan meetings and workshops relating to a fire- safer community
- Consult local listings for the multiple offerings

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## Action Checklist Your Home Exterior

| Action                                                                                     | Frequency      | Completed | Choose<br>Not To Do | N/A |
|--------------------------------------------------------------------------------------------|----------------|-----------|---------------------|-----|
| Replace wood roof with Class A material                                                    | One-time       |           |                     |     |
| Keep roof clean                                                                            | Yearly         |           |                     |     |
| Make sure there is fire-resistant ventilation at ridge and eaves                           | One-time       |           |                     |     |
| Install gutter guard                                                                       | One-time       |           |                     |     |
| Insert fire-resistant foundation vents                                                     | One-time       |           |                     |     |
| Keep crawl space area free from debris                                                     | Yearly         |           |                     |     |
| Make sure siding has 6 inch clearance from the ground (can include concrete sidewalk)      | One-time       |           |                     |     |
| Caulk joints well under eaves                                                              | One-time       |           |                     |     |
| Add closed soffit, if applicable                                                           | One-time       |           |                     |     |
| Change deck boards to Azak or Trex-class A or B fire-resistant products                    | One-time       |           |                     |     |
| Place hose bibb on each side of house with hose and spray nozzle attached                  | Fire<br>Season |           |                     |     |
| Review home owners insurance, get maximum coverage, inform agent of fire-safe improvements | Yearly         |           |                     |     |

## Action Checklist

### Garage, Fire Extinguishers, Gas Shut-Off

| Action                                                                                        | Frequency | Completed | Choose<br>Not To Do | N/A |
|-----------------------------------------------------------------------------------------------|-----------|-----------|---------------------|-----|
| Practice opening garage door manually                                                         |           |           |                     |     |
| Install garage door battery back-up                                                           |           |           |                     |     |
| Inspect for gaps around garage door                                                           |           |           |                     |     |
| Replace door gasket (bottom of garage door) as needed to eliminate gap                        |           |           |                     |     |
| Replace wood trim (other 3 sides of garage door) as needed to eliminate gap                   |           |           |                     |     |
| Inspect for gaps under garage door entry                                                      |           |           |                     |     |
| Replace gasket or threshold (under garage door entry) if necessary to eliminate gap           |           |           |                     |     |
| Repair any holes in garage walls or ceiling                                                   |           |           |                     |     |
| Identify which fire extinguishers should be used for paper/wood, gas/oil, electrical          |           |           |                     |     |
| Replace or recharge fire extinguisher if beyond expiration or recharge date or if gage is red |           |           |                     |     |
| Familiarize yourself with how to use the fire extinguisher                                    |           |           |                     |     |
| Locate gas meter                                                                              |           |           |                     |     |
| Procure tool to manually shut-off gas                                                         |           |           |                     |     |
| Learn how to use tool                                                                         |           |           |                     |     |
| Install auto-shutoff valve on gas meter                                                       |           |           |                     |     |

## Action Checklist

### Defensible Space: 0-5 Feet

| Action                                                                                                                                                                | Frequency    | Completed | Choose Not To Do | N/A |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-----------|------------------|-----|
| Remove cotton, jute or fiber door mats                                                                                                                                | One-time     |           |                  |     |
| Replace door mats with fire resistant mats                                                                                                                            | Always       |           |                  |     |
| Replace old indoor/outdoor carpet on patio and porch floors with fire-resistant carpet, tile or decking                                                               | Always       |           |                  |     |
| Remove firewood, lumber, and combustibles like brooms, umbrellas, pet beds, wooden planters, and gas cans/tanks from the 0-5-foot zone                                | One-time     |           |                  |     |
| Store combustibles inside or at least 30' away from structures unless in non-combustible container                                                                    | Always       |           |                  |     |
| Remove any combustible outdoor furniture in the 0-5-foot zone                                                                                                         | One-time     |           |                  |     |
| Use metal outdoor furniture with removable cushions                                                                                                                   | Always       |           |                  |     |
| Store outdoor furniture cushions inside during fire season                                                                                                            | Always       |           |                  |     |
| Replace wooden fence sections, including gates, in the 0-5-foot zone, with fire-resistant materials such as metal or stone or Azek/Trex products                      | One-time     |           |                  |     |
| Keep all fallen leaves, shed bark and needles out of this the 0-5-foot zone, including out from under plants and out from inside plants and around storage containers | Always       |           |                  |     |
| Train landscapers to clear area after pruning and not to blow plant debris into this zone                                                                             | Periodically |           |                  |     |
| Remove bark, "gorilla hair" and other wood or plant-based mulches in the 0-5-foot zone                                                                                | One-time     |           |                  |     |
| Use only fire resistant mulches (stone, pavers, brick, ground cover plants) in the 0-5-foot zone                                                                      | Always       |           |                  |     |
| Remove all tree limbs that extend into the 0-5-foot zone, especially if they overhang the house, are under eaves, or are dead                                         | Periodically |           |                  |     |

| Action                                                                                                                               | Frequency    | Completed | Choose Not To Do | N/A |
|--------------------------------------------------------------------------------------------------------------------------------------|--------------|-----------|------------------|-----|
| Remove designated fire-prone plants from the 0-5-foot zone, especially if they overhang the house, are under eaves or are dead       | One-time     |           |                  |     |
| Remove from the 0-5-foot zone older plants that have grown woody, especially if they overhang the house, are under eaves or are dead | Periodically |           |                  |     |
| Plant only fire-resistant plants in the 0-5-foot zone                                                                                | Always       |           |                  |     |
| Provide adequate spacing between all plants so that even when they do not touch when grown                                           | Always       |           |                  |     |
| Irrigate fire-resistant plants regularly, keep properly pruned and remove pruned clippings                                           | Periodically |           |                  |     |
| Talk to HOA and OVA about landscape rules and grants to help with removal                                                            | Periodically |           |                  |     |
| Have Sprinklers and water hoses with spray nozzles ready to be used to protect your home                                             | Always       |           |                  |     |

## Action Checklist

### Defensible Space: Beyond 5 Feet

| Action                                                                       | Frequency | Completed | Choose<br>Not To Do | N/A |
|------------------------------------------------------------------------------|-----------|-----------|---------------------|-----|
| Prune and remove plants to prevent laddering                                 |           |           |                     |     |
| Trim tree canopies to keep branches 10' from other trees                     |           |           |                     |     |
| Work with neighbors to maintain defensible space on both sides of your fence |           |           |                     |     |
| If fence is old/dry, replace with noncombustible material                    |           |           |                     |     |
| Remove plants using OVA's list                                               |           |           |                     |     |
| Use nonflammable mulch                                                       |           |           |                     |     |
| Plant fire-resistant plants (see OVA's list)                                 |           |           |                     |     |
| Plant shorter trees and shrubs in the 5-30-foot zone; space them carefully   |           |           |                     |     |
| Plant tall shrubs and small trees 30-100 ft from house                       |           |           |                     |     |
| Group plants and surround them with noncombustible plants                    |           |           |                     |     |
| Maintain yard                                                                |           |           |                     |     |
| Rinse low/no water shrubs in summer to retain moisture                       |           |           |                     |     |
| Use Azek or Trex for raised garden beds                                      |           |           |                     |     |

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# YOUR HOME INTERIOR

## Preparing the home interiors

- Preparedness is the key to survival in a disaster
- Individuals and families can take steps that will help minimize hazards, facilitate escape and promote survival before, during, and immediately following the event

## What can we do now?

- Preserve and catalog important documents and belongings
- Safety-proof your home interior
- Prepare the house itself
- Organize necessary emergency supplies
- Create a plan
- Sign-up for emergency alerts
- Know how to shutoff utilities

## Preserve and catalog important documents and belongings

- Maintain a detailed inventory of your property's contents
  - ⇒ this will help prove the value of what you own, which could speed your claim processing
  - ⇒ it will also provide documentation for tax deductions for your losses
  - ⇒ an up-to-date inventory can help you determine whether your house is insured for the correct amount
- Copy important documents either by photo, .pdf file, or on paper (**see Checklist**)
  - ⇒ Legal
  - ⇒ Financial
  - ⇒ Medical
  - ⇒ Ownership
  - ⇒ Pets
  - ⇒ Personal Records
- Catalog household belongings
  - ⇒ inventory can be done with a listing of items and with either a video or pictures
  - ⇒ make note of the make, model#, and serial# of each appliance and electronic equipment
  - ⇒ categorize clothing by type (i.e., tops, pants, etc.)
- Video
  - ⇒ each room's contents
  - ⇒ include drawers and garage
  - ⇒ do one room at a time
  - ⇒ use either your phone or camera
  - ⇒ pan the room slowly
  - ⇒ zoom in on specific items
  - ⇒ record comments on value and source of item
  - ⇒ export to digital device
  - ⇒ send to your insurance company

- Pictures
  - ⇒ make sure to have photos of all household members and pets
- Create redundancy
  - ⇒ transfer photos and videos onto thumb drive and put in go-bag and/or safety deposit box
  - ⇒ you can purchase thumb drives that are password-protected
  - ⇒ thumb drives for cell phones are also available for direct transfer from phone to drive
  - ⇒ place files in the cloud, drop box, or some other online application (remember your passwords!!)

### Safety-proof your home interior

- Secure heavy objects and potential flying objects
- Prepare room by room
- Assure redundancy and back-up

### Preparing the house itself

- Structural elements
- Safety-proof for an earthquake

### Structural elements

- Consider having a licensed contractor check for necessary retrofits
- Anchor bolts
- Bracing
- Seismic shutoff gauge
- Sprinkler system

#### Anchor Bolts

- Adding anchor bolts or steel plates between your home and its foundation



#### Bracing

- Bracing the inside of your home's cripple wall — the short wood-stud wall between the top of the foundation wall and the first floor — with sheathing

- Bracing unreinforced chimneys, masonry and concrete walls and foundations



- Brace or replace masonry chimney
- Secure ceiling fans and hanging light fixtures
- Upgrade unbraced crawlspace, walls or other foundation problems

### Seismic gauge

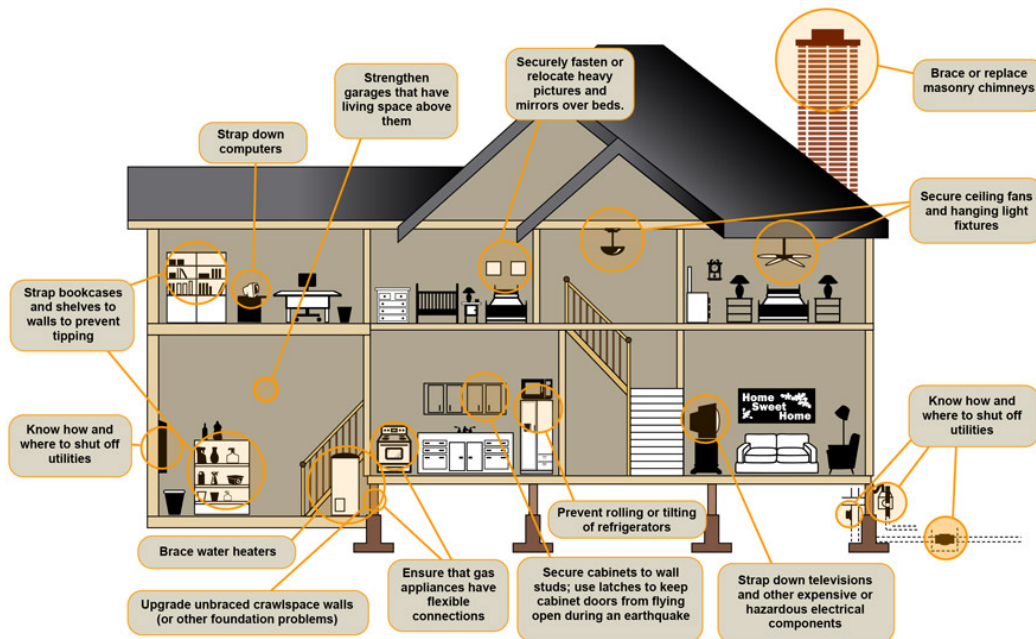
- Consider having a plumber install a seismic gauge for gas line shutoff during an earthquake

### Sprinkler system

- Install a heat-activated sprinkler system for fire protection



- This design is extremely simple, effective, and reliable.
- There are no computers, electricity, or other complex triggers involved
- heat causes a mechanical response.
- heat-activated design avoids false alarms
- limits the deployment of sprinklers to only the room or rooms that are on fire



## Safety-proof house for an earthquake

- Anchor bookcases and filing cabinets to wall with permanent brackets or removable straps
- Strap down expensive electronic equipment such as computers and televisions
- Secure ceiling fans and hanging light fixtures (if not already done above the ceiling)
- Securely fasten or relocate heavy pictures over the bed
  - ⇒ replace glass in frame over bed with plexiglass for safety
  - ⇒ use multiple picture hanging hooks or cleat system for large, heavy pieces
- Wall cabinets
  - ⇒ secure to wall studs (if not already done)
  - ⇒ install latches on drawers and cabinet doors to keep contents from spilling out
  - ⇒ install ledge barriers on lower shelves
  - ⇒ place heavy items on lower shelves
  - ⇒ secure large heavy items and breakables directly to shelves (museum putty or quake wax)
- Anchor large appliances to walls using safety cables or straps
- Lock the roller wheels of any large appliances or furniture
- Have a solid door with self-closing hinges between garage and house
- Apply safety film to large windows and sliding glass doors (most glass now is safety glass)
- See **Checklist** for room by room listing of things to secure

## Organize necessary emergency supplies

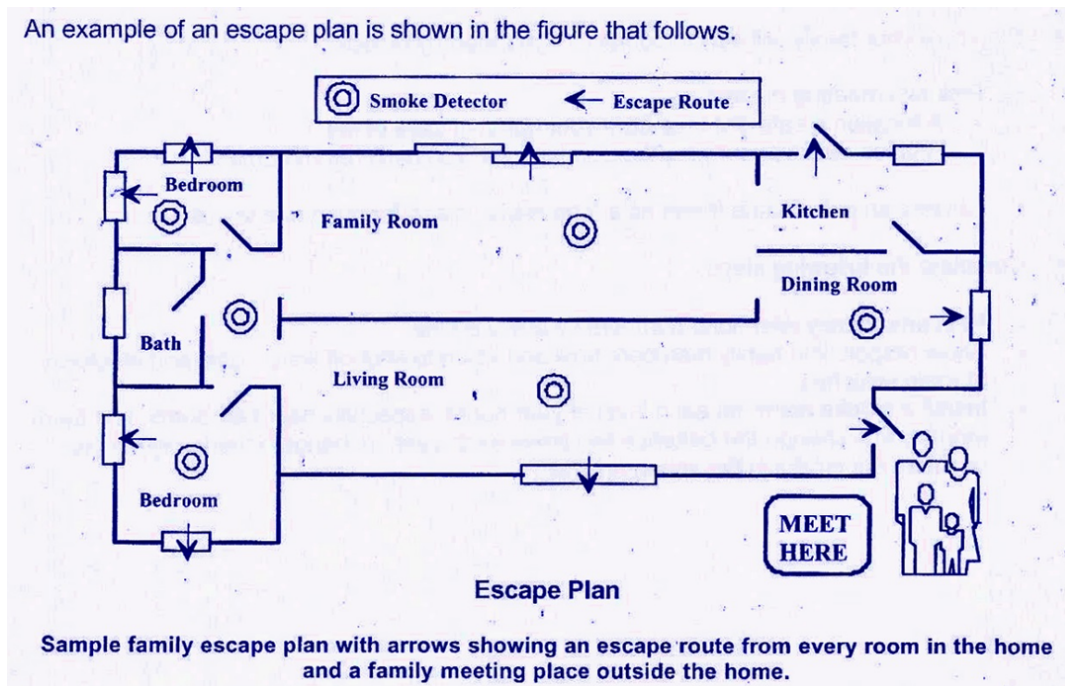
- Know what you need on hand and what to collect and store
- Identify a storage location
- This is a short list of some of the items that should go in your emergency kit. (See the handouts and Checklists from Preparing Emergency Kits for a complete list)
  - ⇒ water
  - ⇒ food
  - ⇒ flashlights, battery operated

- ⇒ radio, battery-operated
- ⇒ lanterns, propane or battery operated
- ⇒ first-aid kit
- ⇒ camping cook stove, propane or butane
- ⇒ small tools (i.e., crescent wrench, utility knife)
- ⇒ extra clothes (including underwear)
- ⇒ work gloves
- ⇒ medications
- ⇒ money, cash and checks
- ⇒ pet supplies
- ⇒ maps, local and evacuation routes

### Create a plan: communication and practice

- Have a clear path for an evacuation route
- Know how to exit each room and where to meet up whether you are at home or away
- Collect: gather and copy contact information
- Identify: an out-of-state contact and methods of keeping in touch (i.e., text, WhatsApp)
- Share: give this info to household and family/friends
- Practice & Review: update, practice your plan every year or when any information changes

An example of an escape plan is shown in the figure that follows.



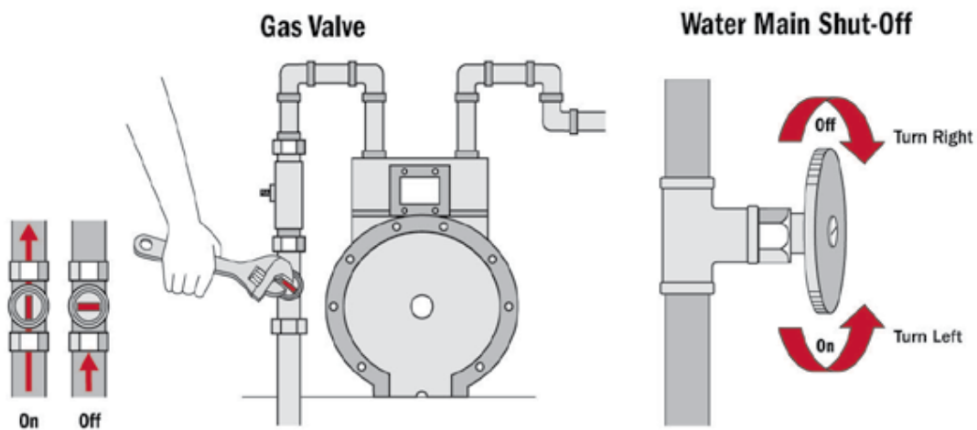
- If you need help creating a Family Emergency Communication Plan, here's a link to FEMA's version: [https://www.fema.gov/media-library-data/1440449346150-1ff18127345615d8b7e1effb4752b668/Family\\_Comm\\_Plan\\_508\\_20150820.pdf](https://www.fema.gov/media-library-data/1440449346150-1ff18127345615d8b7e1effb4752b668/Family_Comm_Plan_508_20150820.pdf)

## Sign Up for emergency alerts

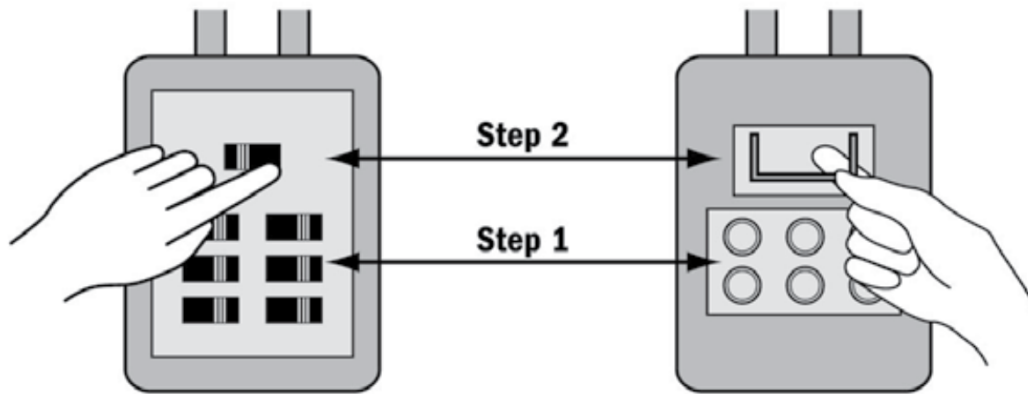
- Nixl (to receive alerts)
  - ⇒ **local.nixl.com** (enter zip code)
  - ⇒ text zip code to **888777**
- Sonoma County Emergency
  - ⇒ **socoemergency.org** (create an account, then signup for alerts)
  - ⇒ **CodeRed** app (download app onto cell phone)
- PG&E Shutoff Notifications
  - ⇒ **pge.com/wildfiresafety**
- Air quality
  - ⇒ **Purpleair.com**
  - ⇒ **AirNow** app
- Local Sonoma County radio stations
  - ⇒ KZST – 100.1 FM
  - ⇒ KRSO – 1350 AM / 103.5 FM

## Know how to shutoff utilities

- Know where the power shut-offs are for your Gas, Water and Electric
- Only turn-off the gas if there is a leak or if you are instructed to do so by the utility company or authorities
- You can turn off the gas at specific gas appliances
- You may also learn to shut-off the water at your water heater to preserve water for home
- Also find the main water valve at the front edge of property



- Have wrench stored where it will be immediately available
- Know how to turn off gas appliances
- Label valves and pipes for quick identification
- Turning off the electricity may be warranted in high winds, when power lines are down, or you have been instructed to do so by authorities
- Know where the power shutoffs for electric appliances are
- Go to the circuit breaker: switch off smaller breakers first, then pull the main switch or breaker



- Familiarize yourself with your specific water heater and how to possibly use the 30-60 gallons of water stored there
  - ⇒ turn gas valve control to off / switch-off circuit breaker
  - ⇒ shut off the water supply
  - ⇒ attach hose to drain valve (get a hose that is safe for drinking)
  - ⇒ open a hot water faucet in the house
  - ⇒ open drain valve for water, discard the first amounts of water if you see water sediment buildup





***Preparing ahead reduces loss !!!!!***





# Action Checklist

## Your Home Interior: Documents

| Action | Completed | Choose<br>Not To Do | N/A |
|--------|-----------|---------------------|-----|
|--------|-----------|---------------------|-----|

### **Personal Records**

Marriage certificate  
Divorce decree  
Birth certificate (s)  
Adoptions  
Death certificate(s)

### **Personal ID Documents**

Social Security card  
Driver's license  
Passport  
Military ID  
Green Card

### **Pet Information**

Medical and Vaccination records  
Current photos  
ID chip numbers / name of chip company  
Proof of ownership  
Vet contacts  
Insurance contacts / proof of insurance  
ID tags

### **Insurance Policy Info (policy# and phone#)**

Homeowners  
Renters  
Earthquake  
Flood  
Auto  
Life  
Long-term care  
Health & disability  
Appraisals

### **Real Estate**

Deeds of trust

**Action****Completed****Choose  
Not To Do****N/A**

Mortgage 2-pg Settlement Statement from Title Co  
Lease or rental agreement  
Home Equity line of credit (HELOC)  
Architectural drawings

**Auto or RV**

Purchase or lease agreement  
Registration and titles  
Loan documents  
VIN number

**Estate Planning**

Wills  
Trusts  
Funeral arrangements  
Financial Powers of Attorney  
Medical Powers of Attorney  
Attorney names and phone#'s

**Financial Records**

Investments  
Brokerage & retirement accounts  
Financial advisor contact info  
Bank account numbers and contacts  
Credit card numbers and contacts  
Credit union info  
Debit card numbers

**Tax Statements**

1st 2 pages of last year's federal and state tax  
returns  
Property tax  
Vehicle tax

**Health Insurance Cards / Information**

Dental  
Medicare & Supplemental

| Action              | Choose    |           |     |
|---------------------|-----------|-----------|-----|
|                     | Completed | Not To Do | N/A |
| VA health benefits  |           |           |     |
| Disability benefits |           |           |     |

**Medical**

- List of prescription medications, including dosage
- List of over-the-counter meds, including dosage
- Immunizations
- Allergies
- Medical equipment (i.e., CPAP)
- Implanted devices, names/ids (i.e., replacements, heart stents)
- Pharmacy information
- Emergency Numbers
- Friends / family
- Employer/Supervisor
- Homeowners Association
- Social Service Providers
- Houses of worship
- Caregiver agency contact / service agreement
- Inventory Home
  - Photograph or video each room, including garage
    - date/year of purchase
    - make, model & serial number of all appliances
    - make, model & serial number of electronic equipment
    - report the # of clothes items by type (i.e., tops)
    - make an annual home inventory for new purchases
      - store inventory in safe deposit box, cloud, or external drive

**Misc**

- Update personal address book
- Know where the key to the safe deposit box is
- List of passwords and usernames for online accounts
- Recent photos of household members
- Utilities account and contact info
- Keep vital records in a safe place
- Store hard copies in waterproof/fireproof box or safe deposit box

| Action                                                                                                                                                                                                                                                                                 | Completed | Choose<br>Not To Do | N/A |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------------------|-----|
| Secure electronic copies with strong passwords and save them on a thumb drive or external hard drive in waterproof/fireproof box<br>Give copies to trusted families/friends<br>If you have to leave any animals behind, leave duplicate documentation about the animals for responders |           |                     |     |

*Any of these items which are not in a safety deposit box or duplicated in the cloud, can be kept together for quick retrieval in an emergency*

# Action Checklist

## Your Home Interior: Rooms

| Action | Completed | Choose<br>Not To Do | N/A |
|--------|-----------|---------------------|-----|
|--------|-----------|---------------------|-----|

**Household Safety**

Learn how to use fire extinguisher

Use surge protectors on all electronic devices (consider GFI outlets)

Replace batteries in smoke alarms and CO2 detectors annually (select time of year you will remember like Christmas or New Year's)

Consider having a plumber install a seismic gauge for gas line  
Have a motion detector nightlight plugged into electrical unit

Have a backup battery for wireless phones & laptops/tablets  
For landlines, have either a battery backup for phone or have an old-fashioned direct plug-in phone (i.e., princess phone)

Back-up computers regularly in the cloud and on an external hard drive

Back-up cell phones regularly in the cloud and keep phones charged

Conserve your mobile phone battery by:

- reducing brightness of screen
- placing phone in airplane mode
- closing apps

Make sure all stoves and ovens are turned off before leaving the house

Store combustible items at least 3 feet away from anything that gets hot

Set a timer to remind you to check on the oven if in use

Install smoke detectors between living and sleep areas

Test smoke detectors monthly and replace batteries annually

Replace electrical cords that have loose connections or are frayed

Keep charged batteries, car phone charger & solar charger available for backup power for mobile, caption and amplified phones

Make evacuation plans

**Choose**  
**Completed Not To Do N/A**

**Action**

Passports, cash, checkbooks, wallet, and bills to pay should be located in convenient place to grab

Place Go-Bag in a convenient place

**Secure Home and Breakables**

Apply safety film to window and glass doors, if needed

Securely fasten heavy pictures, mirrors, artwork, & all wall items

Affix breakable shelf items using museum putty or quake wax

Place heavy objects on floor or lower shelves

Secure cabinets to wall studs, if not already done

Secure cabinet doors with locking systems / optional

Place most valuable breakables on lowest shelves

Move heavy or unstable objects away from doors and escape routes

Secure computers and TV's with special straps

Secure ceiling fans and hanging light fixtures

**Kitchen**

Keep a working fire extinguisher in the kitchen

Keep baking soda on hand to extinguish stove-top grease fires

Make sure electrical outlets are designed to handle appliance loads

Don't leave a stove running unattended

**Living Room**

Install a screen in front of fireplace or wood stove

Store the ashes from your fireplace in a metal container & dispose when cool

Clean fireplace chimneys and flues at least once a year

Make sure chimney shaft is closed during summer months

**Bedroom**

Disconnect appliances, such as, curling irons & hair dryers / store in a cool place

Keep towels away from the wall and floor heaters

**Action****Completed****Choose  
Not To Do****N/A**

Mount a working fire extinguisher

Have tools, such as, a shovel, hoe, rake & bucket ready for use

Install a solid door with self-closing hinges between living areas & garage

Dispose of oily rags in underwriters laboratories approved metal containers

Store All Combustibles Away From Ignition Sources (Water Heaters)

Are there large openings in the walls, such as, a garage door, that should be better braced

Strap water heater to the wall

Make sure your back-up battery charged garage door is in working order

Store flammable material in well-marked, unbreakable containers in a low cabinet (safely dispose of any hazardous material no longer needed)

Place pet carrier in convenient location

**Car**

Always keep gas tank  $\frac{1}{4}$  to  $\frac{1}{2}$  full (or full charge for electric cars)

Place emergency supplies in trunk of car (i.e., extra mask)

Keep your cell phone charger in your car

Place a flashlight in your glove compartment

Gather water & food for (3) three days with a system to replace

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# Preparing Emergency Kits

## General Introduction

- There are a myriad of websites, products and terminology used in conjunction with this topic
- The team chose to focus on the recommendations from <https://thewirecutter.com>
  - ⇒ a NY Times company
  - ⇒ their research and evaluations come from analyzing info from 30 different sites such as Homeland Security's Ready.gov, FEMA, and the American Red Cross
  - ⇒ their recommendations seemed the most reliable

## Definitions

- Emergency Kit is an umbrella term that includes both Go-Bags and Sheltering-in-Place kits
- Go-Bags are for getting from Point A to Point B, presumably a comfy hotel, friend's home or some other place where you'll have access to all the comforts of home
  - ⇒ set of essential 3-day emergency supplies
  - ⇒ available for a quick evacuation
  - ⇒ must be pre-prepared, stored in home and/or car, and ready to grab at any moment
  - ⇒ use a backpack or other hands-free bag - or a backpack on wheels
  - ⇒ tag your bag with your name and address
  - ⇒ pack as lightly as possible (as you may have to evacuate on foot)
- Shelter-In-Place supplies will help you manage at home for a longer period of time following a disaster that knocks out utility services or cuts off outside resources to your area
  - ⇒ can be stored in a storage shed, galvanized garbage can, a bucket with a tight-fitting lid, or even an "Emergency Supplies Storage Container" (65 gallon \$129 from <https://www.emergencykits.com/emergency-kits>)

## Emergency Kits

- When considering the type of supplies and where to store them, take into account your:
  - ⇒ physical location
  - ⇒ climate
  - ⇒ survival skills
  - ⇒ personal comfort level
- You can buy pre-assembled emergency kits or build your own

## Pre-Assembled Kits

- These kits are
  - ⇒ easy, one-stop shopping
  - ⇒ relatively low cost (many under \$200)
  - ⇒ but, for the most part, they offer low-quality items, zero room for

customization, and incomplete selections of gear

- Wirecutter found two kits in the higher price range (over \$300) that looked promising; both filled with some reputable, brand-name gear that covers all of the essentials
  - ⇒ **Uncharted Supply Emergency Survival Backpack - SEVENTY2** | 50L, 35-Piece Emergency Kit with Preparedness Gear, Food, Matches, Radio, Tools - Bug Out Bag for Camping, Hiking, Earthquakes, Hurricanes. Cost \$350
  - ⇒ **Echo-Sigma Get Home Bag**
- Wirecutter recommends building your own emergency kits as opposed to pre-packaged ones to ensure a higher quality of materials and appropriate items for your specific needs
  - ⇒ if you're in an area prone to wildfires, include more respiratory masks
  - ⇒ If you're in a flood zone, include additional water-purification tablets

### Build Your Own Kits

- Starting from scratch, you can expect to invest \$300 to \$500 or more, depending on your needs
- But you may already own most of the items on the list, things such as a backpack, flashlights, hand sanitizer, garbage bags, and some tools
- Also, you can build your bag slowly, over time, to lessen the impact on your monthly budget.

### Storage Locations & Solutions

#### Go-Bags

- Home
  - ⇒ have it ready in case you have to leave your home quickly
  - ⇒ keep it in an easy-to-reach location, like an entry-hall closet or under the bed
  - ⇒ make sure all family members know where the kit is kept
- Work
  - ⇒ be prepared to shelter at work for at least 24 hours
  - ⇒ your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes
- Vehicle
  - ⇒ In case you are stranded, keep a kit of emergency supplies **in your car**
- Type
  - ⇒ best if the Go-Bag is on wheels because of the weight
  - ⇒ hands-free backpack is also important

### Shelter-in-Place kit

- Keep it in an easy-to-reach, accessible location
- Pick a place around your home that is safe and secure and would likely survive a big earthquake
- It's more practical to have your storage bin on wheels
  - ⇒ a good option is to keep a dolly cart on hand
- Recommended
  - ⇒ **Emergency Supplies Storage Container (65 gallon)** by EmergencyKits.com \$129;
  - ⇒ any durable, weatherproof outdoor storage shed

### Maintaining Your Kits

- After assembling your kit remember to maintain it so it's ready when needed:
  - ⇒ replace expired items as needed
  - ⇒ re-think your needs every year and update your kit as your family's needs change

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## Water

- “You can never have enough water when a disaster happens”
- The amount of water differs for Go-Bags vs Sheltering-in-Place
- FEMA recommends a three-day supply—a gallon per person per day
  - ⇒ that’s generally enough to cover drinking water and basic hygiene needs
- Given the relative ease of storing water, stockpiling a 10- to 14-day supply is a reasonable goal if you live in an earthquake zone like we do
- A Go-Bag is used for getting from Point A to Point B so a large amount of water isn’t required
- Water can be obtained from
  - ⇒ your home water heater which contains 32 gallons of potable water
  - ⇒ the water in your toilet tank, which is replaced after each flush, is also generally safe to drink
  - ⇒ ice cubes
  - ⇒ ponds
  - ⇒ rivers
  - ⇒ rainwater
  - ⇒ wells
  - ⇒ swimming pools (for hygiene only)

### STORAGE

- Ideally you should store your water in a cool, shaded location
- If it’s on concrete that gets hot, place it on a platform before filling
- Some people don’t want store in a garage because there might be a concern of chemicals
- Other places to store are
  - ⇒ in the house in a closet, where it is cooler
  - ⇒ outside their house

### CONTAINERS

- Before you buy any water storage containers, think about the weight of it when full of water, and how much you can lug around
  - ⇒ 1 pint of water weighs 1 pound
  - ⇒ 1 gallon = 8 lbs
  - ⇒ 5 gallons = 42 lbs
  - ⇒ 7 gallons = 58 lbs

#### For Sheltering in Place

- bottled water has a 2-year shelf life (the plastic can break down)
- a better option would be to get a dedicated container
- Rigid blue/green/beige polyethylene water containers perform better for storage than opaque collapsible ones
  - ⇒ offer more durability

- ⇒ are leak resistant
- ⇒ prevent bacterial growth
- ⇒ one of the cheapest ways to store water is the **4 or 7-gallon Reliance Aqua-Tainer**
- **Scepter Military Water Cans** - 2.5 & 5 gallons.
  - ⇒ rated on one web site as the best overall
  - ⇒ cheaper to buy from Bottom Line Military Sales web site (then you'll know you're getting the true product)
- There are flat ones, some more square, some containers are not designed to be stacked
  - ⇒ a 2-1/2 gallon container may be a more user friendly option
- 55-Gallon Water Storage Barrel
  - ⇒ may be the best pick for more than two people
  - ⇒ a large drum made of food-grade plastic allows you to store an entire family's supply of water for five years before refreshing
  - ⇒ it's more economical and ultimately more convenient
- Options
  - ⇒ pump or flexible hose for pouring

#### For a Go-Bag

- Portable Pouches - 4-1/4 oz. or 1/2 cup
  - ⇒ the pouches are tough, flexible, and slim enough that you can easily pack them around your other emergency items in a Go-bag
  - ⇒ they don't expire for five years
- You could also grab one of your stored bottles of water to put in the trunk
- Collapsible water bottles
  - ⇒ it's good to have a collapsible water bottle or two
  - ⇒ this kind of bottle weighs almost nothing and takes up less space as it empties
  - ⇒ one of the bottles should be metal, for durability.

#### **Sanitize your Containers**

- Containers may need to be cleaned and sanitized before using to safely store water
- Here's how:
  - ⇒ clean and rinse the container
  - ⇒ add **1 Tablespoon** household unscented liquid bleach to **1 Quart** water
  - ⇒ pour into clean storage container
  - ⇒ cover
  - ⇒ shake well
  - ⇒ let sit 30 seconds
  - ⇒ pour out
  - ⇒ air dry
  - ⇒ add clean water into sanitized container

- If you do abide by sanitary conditions, you don't need to treat tap water before storing
- If you're concerned about contamination you can use regular household bleach or a water purification tablet to treat your water when you're ready to use it

### Rotate Water

- There are different recommendations for how often to rotate
  - ⇒ anywhere from every few months, to every year to 5 years to never
- You can store water in the jug for a year before refreshing it if you
  - ⇒ wash your hands vigorously before filling the food grade jug (to avoid contaminating the water with bacteria)
  - ⇒ keep it sealed

### Water Purification

- Use Chlorine Dioxide for water treatment as it kills everything
- Recommended brands:
  - ⇒ Potable Aqua Chlorine Dioxide Water Purification Tablets
  - ⇒ Katadyn Micropur MP1 Purification Tablets
  - ⇒ Aquamira Water Treatment
- Using water treatment will keep your water safe for 5 years
- And if any concerns about your drinking water, you can use one of these products.
- In tablet form
  - ⇒ each tablet treats 1-2 liters of water (Check the directions)
  - ⇒ tablets require a 4-hour treatment time for its full effectiveness
  - ⇒ best to put in Go-Bag
- In liquid form
  - ⇒ the **Aquamira Chlorine Dioxide Water Treatment** treats up to 30 gallons
  - ⇒ wait 1/2 hour
- Another water purification method is
  - ⇒ boiling water is the single best way to kill all pathogens
  - ⇒ bring water to a **rolling** boil for a full minute
  - ⇒ drawbacks: need fuel & lots of water
- Cloudy water should be filtered before boiling
  - ⇒ use coffee filters, paper towels, or cheesecloth in a funnel
- Add **two drops** of household bleach per **quart** or **6-8 drops** per **gallon** to maintain water quality while in storage
  - ⇒ mix thoroughly and let stand for at least 60 minutes before drinking
- A water filter is an alternative to water treatment tablets or liquids
- If you're in a situation where waterborne viruses are a possibility—say, where there was recent flooding and a backing up of the sewage systems—
  - ⇒ use purification tablets in conjunction with a filter
  - ⇒ this approach (or boiling) is the only way to be confident that all waterborne viruses are destroyed

- Cost of various filters range from about \$20 to \$100.
  - ⇒ least expensive is Sawyer ([www.sawyer.com](http://www.sawyer.com))
- Backpacker Magazine recommends
  - ⇒ MSR AutoFlow XL
  - ⇒ a filter that can handle a lot of people and a lot of abuse
  - ⇒ pairs a hollow-fiber, 0.2-micron filter with a 10-liter reservoir



## Emergency Telephones

- If you have a hard-wired landline (i.e.: AT&T), you can plug in a phone (i.e., Princess phone) and have service during a power outage
- If you have phone service through your internet provider, you will lose service during a power outage
  - ⇒ fiber optic lines will not work during a power failure
  - ⇒ get a battery backup system for your phone
  - ⇒ batteries run around **\$165** and you can get them from your provider
  - ⇒ when used, they will run for 8 hours
  - ⇒ when unused, they will last 2 years
- If you have medical services through your phone it might be important to have the battery backup

## Food

- These are the four main categories to consider and plan for food prep in an earthquake or fire emergency
  - ⇒ amounts to store
  - ⇒ kinds of food
  - ⇒ storage solutions
  - ⇒ where to purchase

### Go-Bags

- Amounts to store
  - ⇒ have enough food and water for 3 days
  - ⇒ keep it light
- Kinds of food
  - ⇒ pack energy bars (ie, Clif Bars; Wirecutter recommends the White Chocolate Macadamia Nut flavor)
  - ⇒ remember to rotate the food once a year
  - ⇒ don't pack ready-to-eat (MRE) meals in a Go-Bag, as they require a heat source (sterno, bbq, matches), and pots & pans
- Storage Solutions
  - ⇒ backpack
  - ⇒ bag on wheels
- Storage locations
  - ⇒ at home
    - accessible near an exit
    - under your bed
  - ⇒ at work
  - ⇒ in each vehicle
- Where to Purchase
  - ⇒ favorite grocery store, Cost Plus, Costco
  - ⇒ build your own from your pantry
  - ⇒ buy pre-assembled emergency food kit online

### Shelter-in-Place

- Amounts to store
  - ⇒ have enough food and water for 10 days
- Kinds of food for Sheltering-in-Place
  - Fridge/freezer
    - ⇒ use the foods in your refrigerator and freezer first!
    - ⇒ if you keep the doors closed, a refrigerator will maintain a safe

temperature—below 40° F—for about 4 hours

- ⇒ a full freezer will stay cold for 48 hours—24 hours if it's half full
- ⇒ some sources say safe up to 72 hours if doors are kept closed

Foods that will last, even if the power is out for longer than 4 hours

- ⇒ bread
- ⇒ butter
- ⇒ fresh fruit and vegetables
- ⇒ jelly
- ⇒ hard cheeses (such as cheddar)

Fresh foods that can be eaten raw and will be good for days unrefrigerated

- ⇒ apples
- ⇒ avocados
- ⇒ citrus fruit
- ⇒ carrots
- ⇒ celery
- ⇒ cucumbers
- ⇒ grapes
- ⇒ green beans
- ⇒ peppers
- ⇒ snap peas
- ⇒ tomatoes

Use whatever is in your cupboards and pantry

- ⇒ these items are less likely to expire, since you're eating and replacing them regularly
- ⇒ rotate the items occasionally so that your stock is fresh
- ⇒ your grill is an additional resource in an emergency, too (if your gas is working)
- ⇒ don't forget that you'll need a manual can opener if the power goes out

Non-perishables

- ⇒ beans
- ⇒ grains & pastas
- ⇒ nuts
- ⇒ peanut butter
- ⇒ jelly
- ⇒ packaged soup
- ⇒ tea bags

- ⇒ instant coffee
- ⇒ sweets
- ⇒ crackers
- ⇒ cans of juice
- ⇒ canned vegetables
- ⇒ fruit (packed in fruit juice)
- ⇒ breakfast cereal
- ⇒ pouches of fully cooked whole grains
- ⇒ snack bars
- ⇒ shelf-stable milk or plant milk  
(the kind sold in aseptic boxes in the grocery aisle)
- Storage Solutions
  - ⇒ A bucket with a tight-fitting lid
  - ⇒ metal garbage can so that rodents can't chew into it
  - ⇒ bungie cord the lid!
  - ⇒ a storage cabinet
  - ⇒ Emergency Supplies Storage Container (65 gallon) \$129  
  
<https://www.emergencykits.com/emergency-kits>
  - ⇒ The Container Store clear, stackable watertight totes  
(if you store these outside, be sure to cover with a UV resistant cover)
- Storage locations
  - ⇒ outside is better than in garage  
(in an earthquake you may not be able to get into your garage)
  - ⇒ store your container in a dry, cool, and dark location
  - ⇒ not sitting directly on concrete (as concrete gets hot)
  - ⇒ safe from both elements AND animals
  - ⇒ optimal storage temperature is 55 degrees F
- Where to Purchase
  - ⇒ favorite grocery store, Cost Plus, Costco
  - ⇒ build your own from your pantry
  - ⇒ buy pre-assembled emergency food kit online

### **Remember**

- Pay attention to expiration and rotation dates
  - ⇒ use calendar or phone alerts
- Don't forget to include stool softeners!!

## First-Aid

- First-aid is critical when disaster hits
- With first-aid kits, you can either
  - ⇒ build your own ~or~
  - ⇒ buy pre-assembled kit
- First-Aid kits come in 2 types:
  - ⇒ basic – used for minor scrapes, cuts, bumps, and bruises, swelling, sprains, strains and more
  - ⇒ expanded - has additional supplies for treating severe penetrating injuries, broken bones and serious bleeding

### Basic Kit

- Basic first-aid kit should be:
  - ⇒ portable
  - ⇒ include easy-to-follow instructions
  - ⇒ include everything you'll need to handle basic (and some not-so-basic) injuries for up to four people
  - ⇒ clearly organized so you can see what you have
  - ⇒ cost range: \$10 -\$60
- Any basic kit should include:
  - ⇒ gauze
  - ⇒ bandages of varying sizes
  - ⇒ antiseptic wipes and antibacterial cream
  - ⇒ EMT-type shears (not simply scissors)
  - ⇒ an irrigation syringe for cleaning out wounds
  - ⇒ Tylenol and Ibuprofen, and aspirin
- WireCutter Recommends **Adventure Medical Kit Sportsman Whitetail** \$40
  - ⇒ warning: many Basic kits come with inferior quality materials
  - ⇒ this one got good ratings

### Expanded Kit

- Expanded kits cost more
  - ⇒ but it's worth it if looking for a more comprehensive approach
- Such scenarios are typically better left to medical professionals, but if you live in an area where a disaster such as an earthquake or flooding could make accessing medical aid difficult or impossible, you may need this type of kit
- The Expanded kit includes everything in a Basic kit, plus
  - ⇒ sterile bandage materials for wound and blister/burn care
  - ⇒ CPR face shield
  - ⇒ supplies for fracture & sprain care

- ⇒ common medications
- ⇒ essential tools
- ⇒ all contained in a high-visibility kit
- WireCutter recommends: **The Sportsman Grizzly** about \$100

### **Additional Supplies**

- Whether you build your own or buy a BASIC or EXPANDED kit, it is well advised to add extra supplies
- Note: Most first-aid supplies have expiration dates on them, so
  - ⇒ expect to replace them every couple of years
  - ⇒ while an expired bandage may still stick, it will not still be sterile!
- Whether you build your own or buy a preassembled Basic or Expanded kit, it's up to each person to customize it to his or her own needs
- The advantage of either first-aid kit is that it can be used effectively in either a Go-Bag or Shelter in Place Kit
- Most important first-aid tips
  - ⇒ know how to use it your kit!!
  - ⇒ take a first-aid and CPR training class
  - ⇒ read the manual!!

## Shelter/Warmth

- Emergency blankets
  - ⇒ is more like a plastic tarp with a foil facing on 1 side
  - ⇒ when wrapped around you, the foil facing reflects your heat back at you
  - ⇒ can use as a sleeping pad or sun shelter
  - ⇒ should have several of these on hand as they can be used for multiple purposes
  - ⇒ best heavy-duty blanket: **UST Survival Blanket 2.0** (\$12)
  - ⇒ best light-weight blanket: **Titan Emergency Survival Blanket** \$16/pk of 5, Amazon)
- Emergency sleeping bag
  - ⇒ doesn't take up much space
  - ⇒ weighs a little over 8 ounces
  - ⇒ is waterproof
  - ⇒ can act like a windbreaker
  - ⇒ recommended: **The Survive Outdoors Longer Thermal Bivvy** (\$20 Amazon)
- Keep a warm blanket or sleeping bag in the car
- For sheltering-in-place in an outdoor area, pack
  - ⇒ body, hand, foot warmers
  - ⇒ ponchos
  - ⇒ tent with rope
  - ⇒ waterproof tarp or sheeting
  - ⇒ water filter
  - ⇒ lantern
  - ⇒ headlamp/flashlight
- Don't camp under a tree's fall line!
- Consider a hammock

## Personal Hygiene

- In extended disasters, lack of a clean water supply is likely, and more than a stinky inconvenience
- Staying clean can protect against infection, disease, depression as well as social rejection
- Basic personal hygiene supplies for an emergency kit include:
  - ⇒ toothbrush/toothpaste
  - ⇒ dental floss
  - ⇒ soap
  - ⇒ lubricant eye drops
  - ⇒ hand/body lotion
  - ⇒ washcloths
  - ⇒ deodorant
  - ⇒ sunscreen
  - ⇒ bug repellent
  - ⇒ mini-sewing kit
  - ⇒ bandana
  - ⇒ toilet paper
- Personal supplies
  - ⇒ medications
  - ⇒ clothes and shoes
  - ⇒ eyeglasses
  - ⇒ hand sanitizer
  - ⇒ baby wipes
  - ⇒ gloves
  - ⇒ respirator masks
  - ⇒ heavy duty garbage bags
  - ⇒ 5-gallon bucket toilet seat
  - ⇒ money
  - ⇒ spare set of house and car keys
  - ⇒ passport
- Medications
  - ⇒ 1-2 weeks of personal meds
  - ⇒ rotate with each prescription renewal
  - ⇒ list of meds, names and prescription numbers
- Clothes and shoes
  - ⇒ 1 change of clothes
  - ⇒ sturdy shoes
  - ⇒ warm jacket
  - ⇒ hat
  - ⇒ gloves
- Eyeglasses
  - ⇒ extra pair of prescription glasses



- ⇒ sunglasses
- ⇒ contact lens case and solution
- Hand sanitizer
  - ⇒ recommended: **Purell's Advanced Hand Sanitizer**
  - ⇒ can also be used as a fire starter due to its high alcohol content
- Baby wipes
  - ⇒ recommended: **Seventh Generation Free and Clear Baby Wipes**
- Gloves
  - ⇒ pair of nitrile gloves
- Respirator masks
  - ⇒ recommended: **3M Particulate Respirator Masks**
- Heavy duty garbage bag
  - ⇒ has multiple uses: trash, makeshift rain poncho, shelter
  - ⇒ recommended: **Husky 42-Gallon Contractor Clean-Up Bags**
- 5-gallon bucket toilet seat
  - ⇒ recommended: **Reliance Luggable Loo**
  - ⇒ get the full kit
- Money
  - ⇒ a credit card
  - ⇒ bank ATM card
  - ⇒ cash in small bills
  - ⇒ checkbook

## Light

- Having no light during a power outage is frustrating, demoralizing, and dangerous
  - ⇒ stow a flashlight and candles securely in your emergency kit
  - ⇒ keep a couple more in other spots around the house
- The major sources of light for emergencies include
  - ⇒ headlamps
  - ⇒ flashlights
  - ⇒ lanterns
  - ⇒ glow sticks
  - ⇒ candles

### Headlamps

- Are the best primary source of light in an evacuation because they are:
  - ⇒ hands-free
  - ⇒ bright, durable and long running
  - ⇒ affordably priced - about \$20
- Wirecutter recommends: **Black Diamond Spot** – about \$25

### Flashlights

- Come in many shapes and sizes
- WireCutter recommends: **ThruNite Archer 2A V3** -about \$30
  - ⇒ 4 brightness settings which light up trees 500 feet away
  - ⇒ stobe setting for signaling
  - ⇒ long run time
  - ⇒ runs on 2 AA batteries
  - ⇒ excellent size for emergency kits
- For a cheaper solution, Wirecutter recommends the **Mini Maglite Pro** – around \$2; however:
  - ⇒ only one brightness setting
  - ⇒ no strobe
  - ⇒ twist head for on/off which can go on by mistake in backpack

### Lanterns

- Wirecutter recommends: **UST 30-Day Lantern** – around \$30
  - ⇒ outperformed LED lanterns that were twice the price and larger
  - ⇒ size of a 1-liter water bottle
  - ⇒ built-in handle for easy carrying or hanging
  - ⇒ great bright and dim features
  - ⇒ lasts up to 720 hours on three D batteries

### Glow Sticks

- Glow Sticks are good as they don't require batteries and can last over 40 hours
- Recommended: **Lumistick Industrial Grade Premium 6" Glow Stick**
  - ⇒ nice, low, even light

- ⇒ doesn't take batteries
- Usually sold in packages of 10 or more, so easy to get a lot of them
- Good back up for emergency kits

### Candles

- Emergency candles- help you preserve battery power for when you really need it
- Candles are typically better for Sheltering-in-Place
- Recommended: **115 Hour Plus Emergency Candle**
  - ⇒ it burns about three times longer than competing solid candles
  - ⇒ is actually a sealed liquid-paraffin lamp that burns without odor or smoke for more than four days
- Also recommended: **Sterno Emergency Candle**, which will burn for about 55 hours
- Be sure to include:
  - ⇒ water-proof matches in water-proof containers      ~and/or~
  - ⇒ fire starters

## Communication

- Communication during an emergency can include:
  - ⇒ emergency radios
  - ⇒ walkie talkies and CB radios
  - ⇒ whistles
  - ⇒ airhorn
  - ⇒ cell phones and chargers
  - ⇒ solar chargers
  - ⇒ disposable batteries
  - ⇒ contact with others

### Emergency Radio

- Elements to look for:
  - ⇒ AM/FM radio
  - ⇒ weather band
  - ⇒ USB port so you can charge a cell phone
  - ⇒ solar panel and hand crank for charging radio
  - ⇒ some will even have a flashlight
- Recommended by WireCutter: **Midland ER210** (around \$50)
  - ⇒ multiple charging options
  - ⇒ easy-to-understand audio on AM, FM, and NOAA bands
  - ⇒ built-in audio/visual NOAA weather alert
  - ⇒ USB port to charge your phone
  - ⇒ built-in flashlight
  - ⇒ can operate on standard AA batteries or rechargeable 2,600 mAh lithium-ion battery pack
  - ⇒ you can juice it up via the built-in hand crank, solar panel, or Mini-USB port
  - ⇒ one minute of cranking for 45 minutes of radio, or about an hour of flashlight
  - ⇒ Midland offers a one year limited warranty

### Walkie Talkies & CB Radios

- Are an option but not a necessity
- Must know how to use them
- Must be on same channel to send/receive messages
- Can only communicate with others who have the same equipment

### Whistles

- Are good basic communication device; a must have
- 1 blast means “Where are you?”
- 2 blasts mean “Come to me”

- 3 blasts mean “I need Help”
- a blast should last 3 seconds each

### Airhorn

- With this device you can awaken a whole neighborhood with a few blasts
- It is important to tell all your neighbors you have an Airhorn and would use it in the event of a mandatory evacuation

### Cell Phones and Chargers

- Cell phone towers will most likely be out and unable to be accessed
- It is a good idea to have a fully-charged battery pack
- WireCutter recommends: **Anker Power Core 20100**. •
  - ⇒ best high-capacity USB-charging battery pack
  - ⇒ keeps gadgets powered for several days at a time
  - ⇒ full-speed, high-current charging from 2 USB ports
  - ⇒ enough power to charge smart phone each night for a week
  - ⇒ small enough to fit easily in a backpack or purse

### Solar Chargers

- WireCutter recommends: **Big Blue 3 USB Ports 28W Solar Charger**
  - ⇒ small and light; can sit on your car dashboard
  - ⇒ fits into any backpack or emergency kit
  - ⇒ third output port and weatherproof port protector

### Disposable Batteries

- Rechargeable batteries are highly recommended except during a power outage
- It is smart to keep a few disposable batteries on hand, particularly **Duracell’s Quantum Alkaline AA Batteries**

### Communication with others during evacuation

- Include a list of important contacts, including neighborhood associations

## Tools and Equipment

- Items to include in Go-Bag
  - ⇒ multi-function tool
  - ⇒ dust masks (N95)
  - ⇒ duct tape
  - ⇒ local map & compass
  - ⇒ Swiss Army knife
- Additional items to include in Shelter-in-Place kits
  - ⇒ blue tarp
  - ⇒ rope - at least 50 ft.
  - ⇒ leather work gloves
  - ⇒ safety goggles
  - ⇒ whistle
  - ⇒ hammer
  - ⇒ pliers
  - ⇒ a good pair of dykes
  - ⇒ flat pry bar
  - ⇒ pencil & note pad
  - ⇒ rags
  - ⇒ convertible shovel/pickaxe
  - ⇒ rake
  - ⇒ Lava soap - handy for cleaning up after grimy work
  - ⇒ plastic ties and extra bungee cords - they come in various sizes
  - ⇒ manual can opener
  - ⇒ forks, spoons and knives
  - ⇒ matches: waterproof and regular
  - ⇒ heavy plastic bags
- Recommendations
  - ⇒ gas shut-off tool: **On Duty 4-in-1 Emergency Tool** (\$14 Amazon)
  - ⇒ multi-tool: **Leatherman Skeletool CX** (\$80 Amazon)
  - ⇒ compass: **Suunto -A-10** (\$21 REI)
  - ⇒ whistle: **Shoreline Marine Emergency Survival Whistle** (\$4)
  - ⇒ fire extinguisher: **First Alert PRO5** (\$46 Amazon)
  - ⇒ rope: **Titan Survivor Cord**, 100' (\$26 Amazon)
  - ⇒ plastic bags: **Husky Heavy Contractor Bags**
  - ⇒ N95 dust mask: **3M Aura 9211+ Particulate Respirator**

## Entertainment

- Games are useful for stress relief in strenuous or challenging circumstances
  - ⇒ imagine not having your computer or iPad for 10 days after an earthquake!
  - ⇒ You need something to keep you busy, and not bored or worried
- These are good additions to any emergency kit
  - ⇒ paper
  - ⇒ pencils & pens, colored pencils
  - ⇒ a good romance novel
  - ⇒ playing cards
  - ⇒ other games — pick a few of your favorites
- You can still invite your friends over for Game Night, even during an emergency!
- Lots of games come in small, travel size

**Remember....“Playing games keeps you sane!”**

## Pets

- When preparing for a disaster, consider your pets as members of your family who require their own set of survival provisions
  - ⇒ the recommendation is that you pack the same things as you do for yourself
  
- Food & Water
  - ⇒ minimum 3-day supply of food and water for EACH cat and dog
  - ⇒ drinking water is an absolute must for both humans and pets, so add water purification tablets to each kit
  
- Warmth
  - ⇒ for shelter, include an Emergency Mylar blanket specifically for Fido
  
- Safety & Health
  - ⇒ use an emergency light stick for lighting or to keep track of your pet in the dark by attaching the stick to your pet's collar
  - ⇒ medications are especially important if your pet is on a daily dose
  - ⇒ a **Pet First Aid Kit**
  
- Entertainment
  - ⇒ don't forget to pack a toy or 2 to prevent boredom
  
- Important documents for each pet
  
- Items to include in a pet's Go-Bag
  - ⇒ sturdy leashes and pet carriers for each pet
  - ⇒ dog/cat food for up to 2 weeks
  - ⇒ non-spill/collapsible food & water bowls
  - ⇒ disinfectants
  - ⇒ single water pouches
  - ⇒ water purification tablets
  - ⇒ medications and dosing instructions
  - ⇒ Pet First Aid Kit
  - ⇒ emergency thermal blanket
  - ⇒ 12-hour green light stick
  - ⇒ nylon cord - 50'
  - ⇒ pet emergency decal
  - ⇒ extra collar, harness & reflective leash set



- ⇒ pet Survival Guide
- ⇒ metal stake with tie down leash
- ⇒ dog/cat toys & treats
- ⇒ kitty litter & box
- ⇒ plastic bags for waste disposal
- ⇒ can opener & plastic lid
- Only differences between cat & dog kits are the food, the toys and kitty litter!
- Like everything else, you can buy a pre-assembled kit, or again, we recommend building your own
  - ⇒ you probably have duplicates of a lot of pet paraphernalia at home
  - ⇒ and it's probably better quality than you'll find in a pre-assembled kit
- One thing that you can do now - if your dog or cat is not crate trained, start practicing!
- Another thing – you can label your name, your pet's name and cell phone on all of your crates for easy identification
- Documents to Pack for Pets
  - ⇒ Pet ID Information
  - ⇒ current photos (of you and your pet)
  - ⇒ medical and vaccination records
  - ⇒ rabies certificate
  - ⇒ ID chip numbers / name of chip company
  - ⇒ proof of ownership
  - ⇒ Vet contacts, emergency vets
  - ⇒ insurance contacts / proof of insurance
  - ⇒ ID tags
  - ⇒ list of animal shelters & pet-friendly hotels
  - ⇒ emergency contacts

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## Recommended Products

| <b>Category</b>                           | <b>Product</b>                                               |
|-------------------------------------------|--------------------------------------------------------------|
| 5-Gallon Bucket Toilet Seat               | Reliance Luggable Loo                                        |
| Baby Wipes                                | Seventh Generation Free and Clear Baby Wipes                 |
| Basic First-Aid                           | Adventure Medical Kit Sportsman Whitetail \$40               |
| Battery backup for fiber-optic home phone | from telephone service provider                              |
| Battery Pack for cell phone               | Anker Power Core 20100                                       |
| Candles                                   | 115 Hour Plus Emergency Candle                               |
| Candles                                   | Sterno Emergency Candle                                      |
| Compass                                   | Suunto –A-10                                                 |
| Disposable Batteries                      | Duracell’s Quantum Alkaline AA Batteries                     |
| Emergency Radio                           | Midland ER210                                                |
| Emergency Sleeping Bag                    | The Survive Outdoors Longer Thermal Bivvy                    |
| Expanded First-Aid                        | The Sportsman Grizzly                                        |
| Fire Extinguisher                         | First Alert PRO5                                             |
| Fire starter                              | HTS 222B0 Magnesium Block Fire Starter With Flint & Striker  |
| Fire starter                              | Live Fire Sport Duo - Emergency Fire Starter                 |
| Flashlight                                | Mini Maglite Pro                                             |
| Flashlight                                | ThruNite Archer 2A V3                                        |
| Gas Shut-Off Tool                         | On Duty 4-in-1 Emergency Tool                                |
| Glow Sticks                               | Lumistick Industrial Grade Premium 6” Glow Stick             |
| Hand Sanitizer                            | Purell’s Advanced Hand Sanitizer                             |
| Headlamp                                  | Black Diamond Spot                                           |
| Heavy Duty Garbage Bag                    | Husky 42-Gallon Contractor Clean-Up Bags                     |
| Heavy-duty Emergency Blanket              | UST Survival Blanket 2.0                                     |
| Lantern                                   | UST 30-Day Lantern                                           |
| Light-weight Emergency Blanket            | Titan Emergency Survival Blanket                             |
| Multi-function Tool                       | Leatherman Skeletool CX                                      |
| Pre-assembled Emergency Kit               | Echo-Sigma Get Home Bag                                      |
| Pre-assembled Emergency Kit               | Uncharted Supply Emergency Survival Backpack - SEVENTY2      |
| Respirator Mask                           | 3M Aura 9211+ Particulate Respirator                         |
| Respirator Mask                           | 3M Particulate Respirator Masks                              |
| Rope                                      | Titan Survivor Cord, 100’                                    |
| Soap                                      | Lava Soap                                                    |
| Solar Charger                             | Big Blue 3 USB Ports 28W Solar Charger                       |
| Storage Container                         | Container Store clear, stackable watertight totes            |
| Storage Container                         | EssentialPacks Emergency Supplies Storage Container (65 gal) |

Water Filter  
Water Filter  
Water Purification  
Water Purification  
Water Purification  
Water Storage  
Water Storage  
Whistle

MSR Autoflow XL  
Sawyer  
Aquamira Water Treatment  
Katadyn Micropur MP1 Purification Tablets  
Potable Aqua Chlorine Dioxide Water Purification Tablets  
4 or 7-gallon Reliance Aqua-Tainer  
Scepter Military Water Cans - 2.5 & 5 gallons  
Shoreline Marine Emergency Survival Whistle

# Action Checklist

## Preparing Emergency Kits

| Action | Completed | Choose<br>Not To Do | N/A |
|--------|-----------|---------------------|-----|
|--------|-----------|---------------------|-----|

### Water

- 1 gal/person, min 3 days
- 2 large collapsible water bottles
- portable water pouches
- pump or flexible hose for pouring from container
- purification tablets
- water filter
- water storage containers

### Food - Go-Bag

- 3-day supply of non-perishable food
- energy bars
- keep it light

### Food - Shelter-in-Place

- 10 day supply of non-perishable food
- use food in fridge and freezer first
- use whatever is in pantry
- gas grill / gas
- manual can opener

\*\*\*remember to rotate food supply\*\*\*

### First-Aid - basic kit

- gauze
- antiseptic wipes and antibacterial cream
- bandages
- EMT-type shears (not simply scissors)

| Action                                     | Completed | Choose Not To Do | N/A |
|--------------------------------------------|-----------|------------------|-----|
| irrigation syringe for cleaning out wounds |           |                  |     |
| Tylenol and Ibuprofen, and aspirin         |           |                  |     |

**First-Aid - expanded kit**

- basic kit
- common medications
- CPR face shield
- essential tools
- sterile materials for wounds, blisters, burns
- splint
- supplies for fracture & sprain care

\*\*\*remember to replace supplies every 2 years\*\*\*

**Shelter/Warmth - Go-Bag**

- emergency blanket(s)
- emergency sleeping bag

**Shelter/Warmth - Shelter-in-Place**

- body, hand, foot warmers
- ponchos
- tent with rope
- waterproof tarp or sheeting

**Personal Hygiene**

- toothbrush/toothpaste
- dental floss
- soap
- bug repellent
- deodorant

**Action****Completed****Choose  
Not To Do****N/A**

hand/body lotion  
lubricant eye drops  
sunscreen  
washcloths

**Personal Supplies**

1 change of clothes  
5-gallon bucket toilet seat  
baby wipes  
bandana  
bank card  
cash, small bills  
check books  
contact lens case and solution  
credit card  
ear plugs  
gloves  
hand sanitizer (Purell)  
hat  
heavy duty garbage bag  
important family documents (digital/hard copy)  
in waterproof, portable container  
list of meds (prescription/non-prescription), names  
and prescription numbers  
mini sewing kit  
N95 Respirator Mask  
pair of nitrile gloves  
pair of prescription glasses (sun/reading)  
stool softeners  
sturdy shoes  
toilet paper  
warm jacket

**Light**

headlamp  
flashlight  
lantern  
glow sticks  
long-burning candle  
waterproof matches in waterproof case

**Action****Completed****Choose  
Not To Do****N/A**

matches / fire starter/disposable lighter

**Communication**

airhorn

Battery backup for fiber-optic home phone

battery pack

cell phones/chargers

disposable batteries

emergency radio

Contact info

rechargeable batteries

solar charger

walkie talkies/CB radio - optional

whistle

**Tools - Go-Bag**

multi-function tool

duct tape

local map & compass

Swiss Army knife

**Tools - Go-Bag - Shelter-in-Place**

blue tarp

convertible shovel/pickaxe

flat pry bar

forks, spoons and knives, paper plates, paper

towels

hammer

Lava soap

leather work gloves

manual can opener

pair of dikes

pencil & note pad

plastic ties and extra bungee cords

pliers

rags

rake

rope - at least 50 ft.

safety goggles



**Action****Completed****Choose  
Not To Do****N/A**

fire extinguisher

**Entertainment**

tablet/charger

books

coloring book/pencils

games

playing cards

puzzles

**Pets**

3-day supply of food/water per pet (minimum)

collapsible food and water bowls

disinfectant

emergency light stick

emergency mylar blanket for pets

food for up to 2 weeks

kitty litter and box

leash, collar, harness

medications

metal stake with tie-down leash

non-spill collapsible water bowls

nylon cord - 50'

pet carriers

pet emergency decal

pet first-aid kit/manual/survival guide

plastic bags for waste disposal

single water pouches

toys

water purification tablets

**Pet Documents**

current photos of you and your pet

emergency contacts, including Vet

ID chip number and name of company

list of animal shelters & pet-friendly hotels

medical and vaccination records

**Action****Completed****Choose  
Not To Do****N/A**

pet identification info / id tags  
proof of pet insurance and contact info  
proof of ownership  
rabies certificate

**Storage**

bucket w/ tight-fitting lid for food storage  
emergency storage supplies container

**Misc**

take a first-aid/CPR class

# When Disaster Strikes

## Introduction

- *Your house is ready inside and out; you've prepared your pack list, your Go/Stay bags are packed; you've practiced "load & go" steps; your family disaster plan is solid*

*And now **THIS IS IT!***

*What now?*

***First, take a breath! And remember, life matters. The rest is just "stuff"***

- Remember the very last thing you want to do when a disaster strikes is make decisions in the moment. Get ready ahead of time – it may save your life.
- "Knowing is not enough, we must apply. Being willing is not enough, we must **do.**" (Goethe)

## Preparation for any disaster

- First, know yourself and what your personal tolerance for risk is; it's different for each of us
- Use local alerts like **Nixle** or **CalFire** to determine what's happening (see attached handout), and make sure those alerts can reach you, for example
  - ⇒ get a free, specialized phone from the State of California for persons with disabilities
  - ⇒ use the app that will "flash" instead of make noise
  - ⇒ additional alerts can be found on Sonoma County's **1350 AM** radio, **NOAA** weather radio, local TV
- Do as much prep ahead of time as possible for your individual situations:
  - ⇒ prepare your home, inside and out
  - ⇒ organize your Go/Stay Bags
  - ⇒ prepare your family survival plan, including where you will go, and how you will communicate with other family members if you are not together when the disaster strikes
  - ⇒ talk about which neighbors/friends you might need to notify or offer to help
  - ⇒ make sure you have hard copies of your essential documents e.g. trust, will, medical/medication information, your Emergency Financial First Aid Kit (EFFAK – from FEMA.gov)
  - ⇒ research hotels out of area and determine which will take pets (if appropriate)
  - ⇒ have battery back-up for all devices
  - ⇒ prepare signs that say "HELP", "OK", "EVACUATED" and place near the door with some tape to put them on front window
  - ⇒ keep a small bag under the bed with shoes, an up-to-date fire extinguisher, and a flashlight/headlamp with fresh batteries
  - ⇒ have appropriate apps on your phone, (like **whatsapp**) to communicate during and after the disaster
  - ⇒ if you have more than one car, decide which you will take
  - ⇒ keep car one-half to three-quarters full of gas/fully charged
  - ⇒ in your car store a cloth and bottled water to use as a respirator; store

- extra masks
- ⇒ keep a fresh fire extinguisher in the car (get new or service at Lowe's)
- ⇒ make sure that in the car you have flashlights, safety glasses, and maps (in case GPS isn't working)
- ⇒ store a "fire blanket" in the car
- ⇒ practice "load and go"
- ⇒ remember, call **911** for emergencies
- ⇒ to report non-emergency problems in Sonoma County, call **211**

## **Firestorm**

### ***Red Flag Warning***

- A Red Flag Warning is issued by the U.S. National Weather Service to inform area firefighting and land management agencies that conditions are ideal for wildland fire combustion, and rapid spread
- If a Red Flag warning is issued, prepare to evacuate:
  - ⇒ assess your risk
  - ⇒ get your car ready (get gas, move out of garage and/or face the street)
  - ⇒ make sure your Go Bag is available for easy loading
  - ⇒ assemble your evacuation clothes, money, meds, pet carrier and gear, emergency contacts, and your other important items
  - ⇒ do things to help first responders, including:
    - ...unlock gates to patio and yard
    - ...prop metal ladder against house
    - ...take patio cushions inside
    - ...move propane tanks away
    - ...attach hoses to hose bib
    - ...consider leaving gates to yard/patio unlocked
  - ⇒ if you take sleep medication, consider cutting back

### ***If you smell smoke and judge you have 15-30 minutes to evacuate***

- Assess your risk – listen to alerts, **1350 AM** radio, local TV
- Grab your checklist (attached to this document)
- Put on your "evacuation wear": clothes, headlamp & mask
- Load car with
  - ⇒ pets & their gear
  - ⇒ electronics & their chargers
  - ⇒ Go Bags
  - ⇒ lists of contacts
  - ⇒ house and car keys
  - ⇒ maps
  - ⇒ cash

- ⇒ water
- ⇒ a cloth to cover your face
- Call your emergency contacts
- If you have time
  - ⇒ put EVACUATED sign in window
  - ⇒ leave exterior doors unlocked
- If fire is bearing down, call **911**
- Then **GO**

### *If you see fire and judge you have 2 minutes to evacuate*

- As time permits:
  - ⇒ put on evacuation wear
  - ⇒ load car + pets
  - ⇒ put EVACUATED sign in window
- Call **911**
- **GO**

### *But what if you can't evacuate and the fire is near?*

- It's a judgment call to "stay put" in your home or in your car or to "go"
- Review your checklist (attached to this document)
- If you decide to "go":
  - ⇒ move to a safer location - walk/run/bike/golf cart
  - ⇒ stay low to the ground
  - ⇒ breathe through a wet cloth
  - ⇒ go to open space, e.g. golf course
- If you decide to "stay put"
  - ⇒ breathe slowly and do whatever you can to keep yourself as calm as possible
  - ⇒ don't give up hope

### *If you are stuck at home*

- Put on your evacuation wear; cover nose and mouth with wet cloth
- Gather pets and their gear near you
- Bring electronic devices and their chargers near you
- Fill bathtub and sinks with water
- put HELP sign up in window
- Move away from exterior walls
- Close doors, windows, vents; put wet rags under exterior doors
- Unlock exterior doors, gates to patio and yard
- If you see fire, dial **911**

### *If you are stuck in the car*

- Park where there is little vegetation
- Put up windows and close vents
- Lie on the floor & cover yourself with a coat or a blanket
- Breathe through a wet cloth
- If fire is bearing down, call **911**

*If you are on foot*

- Move to an area of little vegetation
- Lie down in a depression or a ditch
- Cover yourself
- Call **911** to tell them where you are

*Steps after evacuation when you are out of harm's way*

- If you see flames, call **911**
- Watch for emergency alerts or warnings
- Call/finish your emergency contact calls
- Reach out to others (neighbors, family and friends)
- Consider using texts to keep phone lines clear
- Register with Red Cross site [Safeandwell.org](https://www.safeandwell.org) and **Facebook Safety Check** by going to the "crisis response" – indicate where you are and that you are safe
- Monitor local radio or TV reports for where to get emergency housing, food, first aid, clothing, financial assistance
- Next, focus on recovery (See Bay Area Resources)

## Earthquake

### *When the earthquake hits, the new approach is*

- DROP (to the ground)
- COVER (your head)
- HOLD ON (to something stable)
- *This is different from the old approach to stand in a doorway or to create a “Triangle of Life”*

### *If you are inside, stay inside*

- If there is no place to take cover, crawl to an interior wall, away from large objects that could fall on you
- If you are in bed, cover your head with a pillow
- Hold on until the shaking stops

### *If you are outside, stay outside*

- Drop then crawl toward empty space
- Stay away from building exteriors, power lines, signs and trees
- Focus, pay attention, and stay vigilant

### *If you are driving, pull over and stop*

- Avoid overpasses and power lines
- Try to get to open space
- Leave your seat belt on
- Focus, pay attention, and stay vigilant

### *If you are in a crowded public place*

- Move away from display shelves
- Crouch and cover your head and neck with your arms
- *Never use the elevator*

### *After the earthquake*

- If you see flames, use your extinguisher, or evacuate and call **911**
- *If you smell gas or hear a hiss*, turn gas off at the outside shutoff – do NOT switch on a light
- Check for gas leaks, chemical spills, and broken water pipes
  - ⇒ if you find them, call **211** and evacuate
- If you see damaged wiring shut off power at the main breaker
- Unplug broken lights and appliances
- Assume downed power lines are energized and stay away from them
- Be careful when you open cabinets and avoid items falling from shelves
- Stay away from damaged chimneys and brick walls
- Cover spilled bleach, lye, gas, garden chemical with cat litter or dirt
- If you have a bathtub, fill it as well as the sinks

- Shut off water and turn off valve at the top of water heater so water doesn't get contaminated
- Obtain emergency water from water heater (if there is sediment, discard water until it is clear)
- Tape "OK" or "HELP" sign to front window
- Check food and water supplies; additional fluid sources are melted ice cubes and canned vegetables

### *Expect aftershocks*

- Stay away from anything that looks like it will fall (maybe wear a bike helmet)
- If electricity is out, unplug appliances that are not attached to a surge suppressor or protector
- Use flashlights, not candles or matches

### *Later*

- Call your emergency contacts out of the area and then stay off the phone
- Check on your neighbors
  - ⇒ if there is a problem, call **911**
  - ⇒ if someone is injured don't move them
- If you evacuated, don't enter your home until you know it's safe
- If you see smoke or fire, call **707.967.4207** (Sonoma County)
- If the electricity went off and then back on, check appliances and electronic equipment for damage

### **Tsunami**

- Warning signs if you are by the Coast:
  - ⇒ you feel an earthquake
  - ⇒ you observe the ocean "draw back"  
(this unusual lowering of the water exposes the ocean floor)
- Radio or TV broadcasts will carry official warning of an impending tsunami
- If there is a warning, get to high ground ASAP

### **First weeks after the disaster**

- Stay at home if it is livable even if your appliances don't work (shelters might be full)
- Plan to use your survival kits for at least 3 days
- If your house is not livable, go to a relative, friend, or emergency shelter
- If you smell gas,
  - ⇒ do **not** light matches or candles or turn on a light switch
  - ⇒ use flashlights
  - ⇒ turn gas off at the outside shutoff
- Pay attention to self-care, e.g. diet (within your limitations) and exercise
- Stay connected with others
- Take photos of damage for insurance before you clean up
- Keep receipts for food, clothing, lodging
- Keep meticulous records



- Contact your insurance agent ASAP to begin claim process
  - ⇒ keep records of any repairs or cleaning costs
- Contact FEMA or other Federal or State agencies to find out about additional financial assistance
- Contact PG&E to turn your gas back on, do NOT do that yourself
- If you need repairs, check with the Contractors' State Licensing Board to ensure that your contractor is fully licensed (CSLB.ca.gov)
- Get emotional support/counseling for you and your family
  - ⇒ give yourself space and permission to grieve your losses
- Reach out to community groups and get involved

***Remember that after any disaster, all the pieces of your life won't fit back together the same way. Rebuilding your life will take time.***

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## **Additional Resources in the Bay Area**

### **To get Nixle alerts (messages from Santa Rosa Police Department)**

Text your ZIP CODE to 888777 for mobile alerts

Or for email alerts, go online at <https://local.nixle.com/santa-rosa-police-department/>

### **To get Cal Fire alerts**

Go to <http://calfire.ca.gov/communications/socialmedia>

### **To get SoCo alerts (Sonoma County Alerts)**

Signup at <http://sonomacounty.ca.gov/FES/Emergency-Management/SoCoAlert/>

### **To get (free) specialized phone for various disabilities:**

Go to [www.californiaphones.org](http://www.californiaphones.org)

To get multiphone ringer & flasher

Search Amazon or Sharper Image

### **In a life-threatening emergency**

Call 911

### **If you need help but it's not an immediate emergency**

Call 211

### **If you are having trouble getting back on your feet months after the disaster**

Call 211

### **If you are looking for a shelter**

Use the Shelter Locator at [RedCross.org](http://RedCross.org) on the Red Cross Earthquake Mobile App, or call 211

### **If you can't find a loved one**

Check the Red Cross Safe and Well website at [SafeAndWell.org](http://SafeAndWell.org).

Search for "Crisis Response in Face Book." It lists the know crises around the world. People can/will mark themselves as safe to let loved ones know

### **If you want to let loved ones know you are ok**

Search for "Crisis Response in Face Book." It lists the know crises around the world. Mark yourself as safe to let loved ones know.

### **If you are a person with a disability, there are specific resources for you at:**

[EarthquakeCountry.org/disability](http://EarthquakeCountry.org/disability), or call 211

### **To coordinate an earthquake drill at your workplace, faith or community organization**

Go to [ShakeOut.org](http://ShakeOut.org)

**To find out if you live/work in (or will visit) a tsunami zone**

Visit [MyHazards.CalEMA.ca.gov](http://MyHazards.CalEMA.ca.gov)

**For more information, go to:**

[EarthquakeCountry.org](http://EarthquakeCountry.org)

[MyHazards.CalEMA.ca.gov](http://MyHazards.CalEMA.ca.gov)

[EarthquakeAuthority.com](http://EarthquakeAuthority.com)

[Ready.gov](http://Ready.gov)

[www.OES.ca.gov](http://www.OES.ca.gov)

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

[ShakeOut.org/california/bayarea](http://ShakeOut.org/california/bayarea)

**For Disaster Assistance in Napa and Sonoma Counties**

Call Red Cross at 855-891-7325

**Additional County Information:**

Alameda: 925-803-7800, After-Hours Emergency: 510-667-7721

Contra Costa: 925-646-4461, After-Hours Emergency: 925-228-5000

Marin County: 415-499-6584, After-Hours Emergency: 415-499-7243

Napa: 707-253-4257 or 707-253-4176

Sacramento: 916-653-5123.

San Francisco: [www.sf72.org](http://www.sf72.org) or 415-487-5000

San Mateo: 650-363-4790, After-Hours Emergency: 650-363-4915

Santa Clara: 408-808-7800;

Solano County: 707-784-1600, After-Hours Emergency: 707-421-7090

**Sonoma: 707-565-1152 and/or 707-967-4207.**

Disclaimer: This manual is intended to provide helpful information regarding emergency preparedness which was lovingly created by a group of volunteers who are not responsible or liable for negative consequences from such preparation.



## Emergencies can happen anywhere at any time.

Complete this checklist to register for ALL warning systems to ensure emergency notifications make it to you.

- Register at [SoCoAlert.com](http://SoCoAlert.com) to subscribe your:**
  - Home address to receive a landline phone call
  - Business address to receive a landline phone call
  - Mobile phone number to receive a phone call and/or text message
  - Email address
- Register for Nixle notifications at [nixle.com](http://nixle.com) with your:**
  - Zip code
  - Mobile phone number
  - Email address

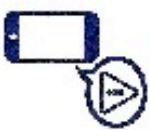
# KNOW YOUR ALERTS

The City of Santa Rosa uses multiple notification and warning systems to make sure emergency alerts are delivered to the people who need the information



### Emergency Alert System (EAS)

National public warning system that will interrupt local broadcast tv and radio programming to provide an alert in the event of a large-scale emergency.  
*No registration required*



### Wireless Emergency Alerts (WEA)

WEAs are urgent alerts sent as text-like messages to your mobile phone based on your location. WEAs have three alert categories-- imminent threat, AMBER and presidential. You must keep the factory settings on your WEA-capable phone to receive a WEA.  
**No registration required**



### SoCoAlert

Emergency notification service providing Sonoma County first responders the ability to notify residents by landline telephone, text message, and email about imminent threats to life and property in specific areas which are impacted.  
**You MUST register at [SoCoAlert.com](http://SoCoAlert.com) OR call (866) 939-0911, press 0 at the menu, and ask operator for assistance with registering for SoCoAlert**



### Nixle

A community information service managed by Santa Rosa Police to send email and/or text message notifications related to public safety. Notifications are NOT delivered by phone call. There are 3 types of Nixle notifications: Alert, Advisory, Community; customize your settings at [nixle.com](http://nixle.com) to control which types of notifications you receive.  
**You MUST register at [nixle.com](http://nixle.com) or text your zip code to 888-777**

**Other Ways To Stay Informed**  
Santa Rosa Police Department  
Santa Rosa Fire Department  
City of Santa Rosa



For more information on emergency alerts and notifications, visit [srcity.org/emergency](http://srcity.org/emergency)

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# Action Checklist

| Action | When Disaster Strikes |                  | N/A |
|--------|-----------------------|------------------|-----|
|        | Completed             | Choose Not To Do |     |

## PRE-PLANNING CHECKLIST ACTIVITIES

- Prepare family survival plan
  - evacuation location/ communication
- Identify neighbors/friends who may need help
- Complete Emergency Financial First Aid Kit – EFFAK
  - from FEMA.gov
- Research hotels out of area (verify pets allowed)
- Setup alerts to monitor (Nixle, CalFire, etc)
- Have battery back-up for all devices
- Prepare “HELP”, “OK” & “EVACUATED” signs
  - place near door w/tape
- Place bag under/by bed
  - shoes
  - fire extinguisher
  - headlamp/flashlight
- Have apps on phone to communicate during/after disaster
- Store in car:
  - cloth/bottled water/extra masks
  - fire extinguisher in car
  - flashlights, safety glasses & maps
  - fire blanket
- Practice “load and go”
- Remember 911 for emergencies
  - 211 for Sonoma County (non-emergencies)
- Practice DROP, COVER and HOLD ON procedure for earthquake

## FIRESTORM GUIDELINES

- Red Flag Warning
- Car preparation:
  - gas 1/2 - 3/4 full / fully charge car
  - move out of garage
  - face the street
- Go Bag(s) ready to load



| <b>Action</b> | <b>Completed</b> | <b>Choose<br/>Not To Do</b> | <b>N/A</b> |
|---------------|------------------|-----------------------------|------------|
|---------------|------------------|-----------------------------|------------|

Assemble:

- evacuation clothes
- cash
- documents
- pet needs
- emergency contacts

Outside preparation:

- unlock gates
- ladder against house
- patio cushions inside
- move propane tanks away from house
- attach hoses

If take sleep meds, consider cutting back

**If See Fire + Judge You Have 2 Min to Evacuate**

Put on evacuation gear

Load car and pets

Put Evacuation sign in window

**GO**

**Smell Smoke (15-30 min to evacuate)**

Listen to alerts/ assess risk

Put on evacuation wear (clothes, headlamp, mask)

Load car:

- pets/pet gear
- electronics, chargers
- Go Bags
- key
- cash
- water/cloth

Call emergency contacts

Put Evac sign in window, unlock exterior door (if time)

If fire bearing down, call 911

**GO**



**Action**

**Completed**

**Choose  
Not To Do**

**N/A**

**Unable to Evacuate**

Move to safer location (walk, run, bike, golf cart)  
Stay low to ground  
Breathe through wet cloth  
Go to open space (e.g. golf course)

**If at Home**

See fire – call 911  
Cover nose/mouth with wet cloth  
Unlock exterior doors, gates  
Close doors, windows, vents  
Place wet rags under exterior doors  
Move away from exterior walls  
Put on evacuation wear  
Fill bathtub/sinks with water  
Get pets/gear near you  
Gather electronicschargers near you

**If Stuck in a Car**

Park where little vegetation  
Close windows/vents  
Lay on floor/cover self with coat or blanket  
Breathe through wet cloth  
Call 911 if fire bearing down  
If on foot:  
- go to area of little vegetation  
- lie down in ditch/depression  
- cover self and call 911 to report location

**After Evacuation When You Are out of Harm's Way**

See flames, call 911  
Watch for emergency alerts/warnings  
Call/finish your emergency call  
Reach out to neighbors and friends (consider texts)  
Register with Safeandwell.org & Facebook Safety Check  
Monitor radio/tv for emergency housing, food, assistance info  
Focus on recovery (See Bay Area Resources)

Action

Completed

Choose  
Not To Do

N/A

## **EARTHQUAKE**

### **When Earthquake Hits**

DROP (to ground)

COVER (your head)

HOLD ON (to something stable)

### **If Inside, Stay Inside**

No place to cover: crawl to interior wall away from large objects

In bed, cover head with pillow

Hold on until shaking stops

### **If Outside, Stay Outside**

Drop and crawl to empty space

Stay away from building exteriors, power lines, signs/trees

If driving:

- pull over and stop
- avoid overpasses/power lines
- get to open space
- leave seat belt on

### **If You are in a Crowded Public Place**

Move away from display shelves

Crouch & cover head/neck with arms

NEVER use an elevator

### **Post Earthquake**

See flames – Use extinguisher, evacuate, and call 911

Smell gas or hear a hiss – Turn off gas at outside shutoff

Check for gas leaks, chemical spills, broken water pipes

If find any of above, call 211 and evacuate

If see damaged wiring, shut off power at main breaker

Unplug broken lights/appliances

Stay away from downed power lines

Be careful if opening cabinets

**Action****Completed****Choose  
Not To Do****N/A**

Stay away from damaged chimneys/brick walls  
Cover spilled chemicals, bleach, gas, etc with cat  
litter or dirt  
Fill bathtub and sinks with water  
Shut off water & turn off valve at top of water heater  
Obtain emergency water from water heater  
Tape "OK" or "HELP" in front window  
Check food/water supplies (fluid sources incl. ice  
cubes/canned vegetables)

**Expect Aftershocks**

Stay away from anything that may fall  
If electricity is out, unplug appliances with no surge  
protector  
Use flashlights (not candles/matches)

**Later**

Call emergency contacts out of the area and then  
stay off phone  
Check on neighbors  
If someone injured, call 911 and do not move them  
If you evacuated, don't enter home until you know  
its safe  
If you see smoke or fire, call **707-967-4207**  
(Sonoma County)  
If electricity went off and back on, check  
appliances/devices for damage