

Disaster Planning and Preparation

SUPPLIES:

There are 3 basic levels of emergency supplies. Start with GOOD and work your way up to BEST over time. You need 3 days MINIMUM to start, with the goal of having 7 days of supplies for everyone in the family, including pets.

| Good | Better | Best |
|---|--|--|
| Water (1 gal./person/day) Food (canned or individually packaged) Blankets First aid kit * Medication Copies of critical documents Pet food and water Flashlights | Water (2 gal. /person/day) Food (canned or individually packaged) Blankets First aid kit * Medication Copies of critical documents Pet food and water Flashlights (multiple) Prescription glasses Tents/sleeping bags Cash (small bills and coins) Radio (AM/FM) Batteries | Water (2 gal. /person/day) Food (canned or individually packaged) Blankets First aid kit * Medication Copies of critical documents Pet food and water Flashlights and lanterns Prescription glasses Tents/sleeping bags Cash (small bills and coins) Radio (all-purpose) Batteries (many) 5-gallon bucket and plastic bags (used as toilet) Pet carriers Cell phone chargers Sturdy shoes Warm clothing Work gloves Fire extinguisher Duct tape Knife (such as Swiss Army) Garden hose Axe, Shovel, Crowbar Tarp Plastic bags/garbage bags Toiletries Pen/paper Eating utensils, bowls, cups |

How to store water: <https://www.cdc.gov/healthywater/emergency/drinking/creating-storing-emergency-water-supply.html>

* First Aid Kits: There are small, basic ones at most drug stores for under \$10, but you will need many more supplies than this. You can find more comprehensive kits online for \$35.00 - \$150.00 at disaster supply websites. Make sure your kit has burn cream, pain relievers, antibiotic cream, and a first aid booklet. However, these items expire and will need to be replaced every 3-5 yrs.

BASICS:

- Have a household plan for evacuating your home and where to meet following an earthquake
- Determine a long-distance phone contact that everyone can use to collect all your status messages. A cell phone number works best because text messages usually get through.
- Develop a checklist for determining if the house is safe to use as a shelter – gas shutoff, water shutoff, risk of fire. Evaluate staying there or evacuating to another area.
- Prepare an emergency supplies kit for every person and pet in your family, enough for 3 days minimum, 7 days ideal.
- Prepare your home to survive an earthquake (secure tall objects from falling, get a structural assessment, and know how to turn off the gas, water and electricity)
- Get to know your neighbors and organize your neighborhood to support each other

ONGOING PREPARATIONS:

- Keep cell phones charged
- Keep fuel in your car (minimum 1/3 tank, 1/2 tank desired)
- Check supplies periodically for condition and quantity
- Check the building's master water shutoff valve and gas shutoff valve for operability (they may be rusted and stuck open)

EVACUATION:

One of the lessons learned from the wildfires is to prepare for a very quick evacuation, if needed. Most of these items listed are already in your disaster supply kit, so having them all in one place will save you precious time. Here are some things to consider:

ESSENTIAL ITEMS TO TAKE FOR IMMEDIATE EVACUATION

- Copies of important papers (insurance, bank info, etc.)
- Medications
- Prescription glasses/dentures
- Sleeping bags or blankets
- Wallet/purse/checkbook/credit cards/cash/identification

ADDITIONAL ITEMS TO TAKE IF TIME PERMITS

- Food - non-perishable, ready-to-eat
- Baby food/diapers
- Flashlight/extra batteries
- Change of clothing for each person
- Personal toilet articles/sanitary needs
- Recreational items: games, cards, books

ACTIONS TO TAKE FOR IMMEDIATE EVACUATION

- Disconnect all appliances except refrigerator and freezer.
- In winter, set heat thermostat to lowest setting.
- Lock all doors and windows.
- Leave an EVACUATION sign on your front door. This notifies rescuers of your evacuation.

ADDITIONAL ACTIONS TO TAKE IF TIME PERMITS

- Secure your outdoor possessions (lawn furniture, garbage cans, etc.).
- Remove or hide your valuables.
- Turn off the gas, water, and electricity before leaving.

ANIMALS:

The City of Berkeley website has a section for pets:

<http://www.ci.berkeley.ca.us/uploadedFiles/Fire/DisasterPrepPets.pdf>

Be aware that you should NEVER leave your pets in your home unless you are living with them. Have a plan to take care of your pets in all contingencies. Also be aware that most Red Cross shelters do not allow pets inside due to people with allergies. However, the Red Cross is in the process of setting up pet shelters near the people shelters so people can evacuate with their pets.

CERT CLASSES:

The national program called Community Emergency Response Teams (CERT) has many courses available for people to deal with the aftermath of a major disaster. The more classes the members of a neighborhood group take for emergency prep certification, the more likely that group will receive an emergency supply cache from the City (see below).

For the available classes, go to

<http://www.cityofberkeley.info/ContentDisplay.aspx?id=57314> or contact the Office of Emergency Services at (510) 981-5605 or email at oes@ci.berkeley.ca.us

SUPPLY CACHES:

The City awards supply caches to neighborhood groups who qualify. This cache is NOT a food/water cache, but an emergency response cache (medical, fire, search and rescue). Go to the website for the cache application to see what your group needs to get a cache. <http://www.ci.berkeley.ca.us/DisasterCaches/>

Your group can always purchase its own supplies. Generators (5000 watt) cost around \$500-\$1000. A shed costs around \$500. Medical supplies cost around \$200. Other supplies probably bring the total to around \$2000. If 20 families contributed \$100 each, your neighborhood could have its own cache.

MISCELLANEOUS:

- Overall, think about what you would need for a 3-day camping trip. Make sure you have enough equipment to do that, since there is a good chance your home will be completely uninhabitable.
- Propane grills are a great way to cook food if outside your house for an extended period of time.

- Car fuel: It's important that your car have a minimum of 1/3 tank of fuel (1/2 tank desired) in case of an emergency evacuation. If the power is out, you will not be able to get gas from the gas station to fill up. Be ready for an evacuation.
- Water and Gas Shutoff Valves: Make sure you test the valves every few years because they can get stuck open. Don't forget to restart pilot lights. Consider installing an earthquake automatic shutoff valve on your gas meter so that it shuts off without you being home.
- There are many resources on these websites:

<http://www.preparenow.org/>

https://www.fema.gov/media-library-data/1390846764394-dc08e309debe561d866b05ac84daf1ee/checklist_2014.pdf

<http://bdpnnetwork.org/>