

## 12 Easy Steps to Increase Your Disaster Preparedness

---

- 1. Shoes** Put shoes under/near your bed (do this one TODAY!)
- 2. Water** Water is one of the most important survival necessities after an earthquake or other major disaster. Plan to have *one gallon per person per day* (include pets in your planning too). Current recommendation is to be prepared for 5–7 days.
- 3. Utilities (gas/water) shut-off** Attach to or bury near the gas meter an adjustable wrench or special gas turn-off bar. Locate and know how to shut off your water as well.
- 4. CERT Training** Take a free Community Emergency Response Training (CERT). The City of Berkeley offers these FREE classes on a variety of topics (Personal Preparedness, Disaster First Aid, Search & Rescue, Fire Suppression). For information on upcoming classes and how to register, search for CERT at <http://www.ci.berkeley.ca.us>.
- 5. Learn CPR/First Aid** Attend an upcoming HNA-sponsored CPR class (watch the E-News for date). Or find a local Red Cross class.
- 6. Make (or update) a Grab & Go bag** Assemble a Grab & Go bag and keep it where you can grab it quickly if you need to evacuate your home. Some basic things to include are flashlights, water, energy bars, first aid kit, emergency crank radio, and shoes. You can also purchase ready-made bags. Include GREEN & RED pieces of paper or markers to mark your door after a major earthquake (Green = we're okay; RED = need help).
- 7. Register** with the City of Berkeley's Emergency Notification System Easy to do online at <http://www.alertregistration.com/berkeley/>.
- 8. Set up an out-of-town contact** Arrange for a long-distance telephone contact that everyone in your family can use to tell where and how they are.
- 9. Set your family's emergency meet-up location.**
- 10. Money & Medicine** Set a location outside of your home (car or with other earthquake supplies) to stash money (in small denominations) and a month's worth of medicines.
- 11. Introduce yourself to a neighbor** Knowing our neighbors is one of the best ways we can collaborate to help one another in a disaster.
- 12. Attend BDPNN's Disaster Prep meetings** Visit [www.bdpnnetwork.org](http://www.bdpnnetwork.org) or the FaceBook page for a schedule of events.

For more resources & ideas, check out [GetReadyBerkeley.org](http://GetReadyBerkeley.org) and [bdpnnetwork.org](http://bdpnnetwork.org)