

Are you ready for an Emergency?

What you need to do to prepare for the next one…



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https://www.bayareacertcoalition.org

Contra Costa CERTs

Concord CERT
Contra Costa County Volunteer Program
El Cerrito/Kensington CERT
Hercules/Rodeo/Pinole CERT
Lamorinda CERT
Martinez CERT
Richmond CERT
San Pablo CERT
Walnut Creek CERT

Summary

- What is a Disaster and what happens next
- What you need to do to Prepare for an emergency
- Resources to help you Prepare
- Special Needs Preparation

Steps to Plan for an Emergency

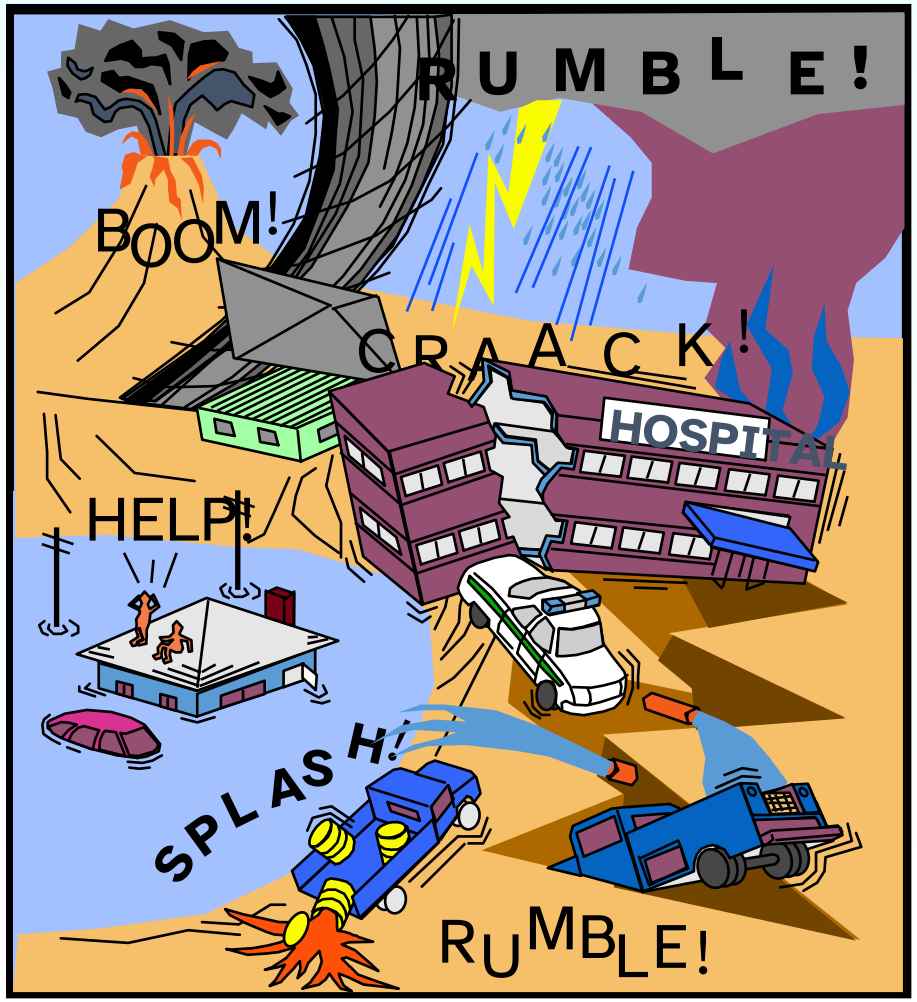
- Get emergency alerts
- Make a family disaster plan that includes an evacuation plan
- Pack a Go-Bag
- Build a Stay Box for when you can't leave
- Help friends and neighbors get prepared

Disasters

- WHAT

  ARE

  DISASTERS?



Types of Disasters

- **Natural –** Earthquakes, wildfires, pandemics, floods, extreme heat, hurricanes, landslides, thunderstorms, tornadoes, volcanic eruptions, tsunamis, winter storms
- **Technological & Accidental –** Hazardous material spill, nuclear power plant accident, building collapse, dam failure, gas line failure
- **Terrorism –** Chemical, biological, radiological, nuclear, explosive weapons

Key Elements of Disasters

- They are relatively unexpected
- Emergency personnel will be overwhelmed
- Lives, health and the environment are in danger



17 July 1944 Port Chicago

Disaster Effects on Infrastructure

- Damage to transportation:
  - Police, fire, and EMS might not be able to respond quickly
  - Interruption to the flow of needed supplies
- Damage to structures:
  - Damaged hospitals unable to function normally
  - Increased risk of damage from falling debris
  - Roadway and railway damage
  - Basic necessities unavailable
- Damage to communications:
  - Home and cell phones may not work
  - Internet may be down

Disaster Effects on Infrastructure

- Damage to communications:
  - Home and cell phones may not work
  - Internet may be down
- Damage to water distribution system:
  - No water = No fire fighting
  - Residential water service may be down for 30 days or more

- Damage to electrical distribution system:
  - No electricity = No gasoline pumping
  - No electricity = No communications
  - No electricity = No refrigeration
  - No electricity = No water pumping
  - No electricity = No ATMs



Results of Damage to Infrastructure

- Police: address incidents of **grave** public safety
- Firefighters: suppress **major** fires
- EMS personnel: handle **life-threatening** injuries
- Lower priority needs are met in other ways

Preparing for *any* Disaster

- Know local hazards, alerts, warning systems, evacuation routes, and sheltering plans
- Consider important elements of disaster preparedness
- Address specific needs for yourself and people you know
- Have the skills to evaluate the situation quickly and take effective action to protect yourself

Hazards in Our Region

- Fire
- Flood
- Earthquake
- Landslide
- Tsunami
- Extreme weather
  - Rain
  - Heat
  - Cold
  - Wind
- Power outages
- Hazardous materials
- Transportation
- Malls
- Airport
- Railways
- Refineries
- Military
- Terrorist
- Others?

What's in your neighborhood?

- Chemical plants
- Service stations
- Hospitals and clinics
- Hazardous waste sites
- Transportation
- What else?



A primary local vulnerability: Earthquakes

- A violent slipping or movement of a portion of the earth's crust resulting in a sudden release of stresses



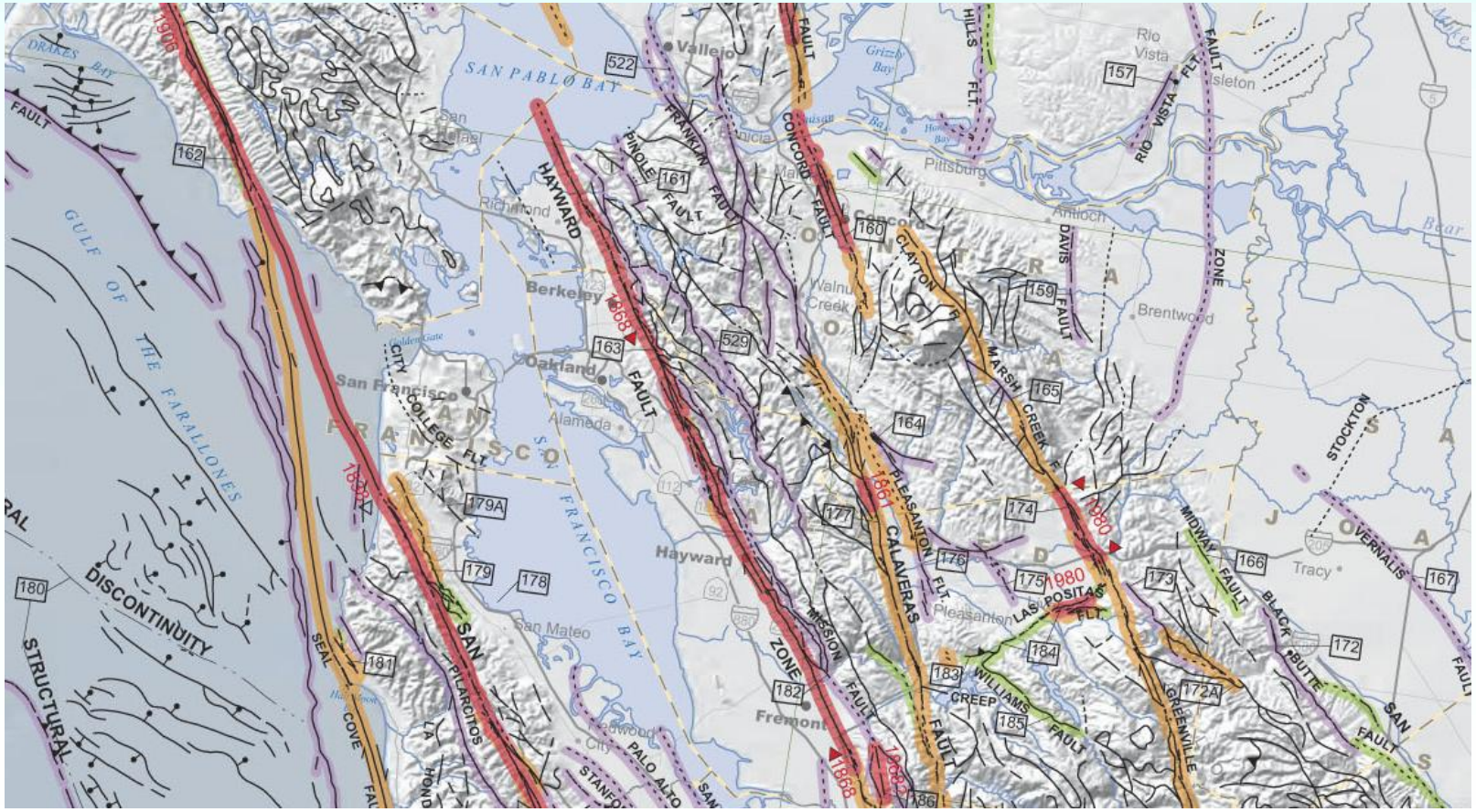
Why we should be prepared



- There is a 72 percent probability of at least one earthquake of magnitude 6.7 or greater striking somewhere in the San Francisco Bay region before 2043

USGS Earthquake outlook for the San Francisco Bay region 2014-2043

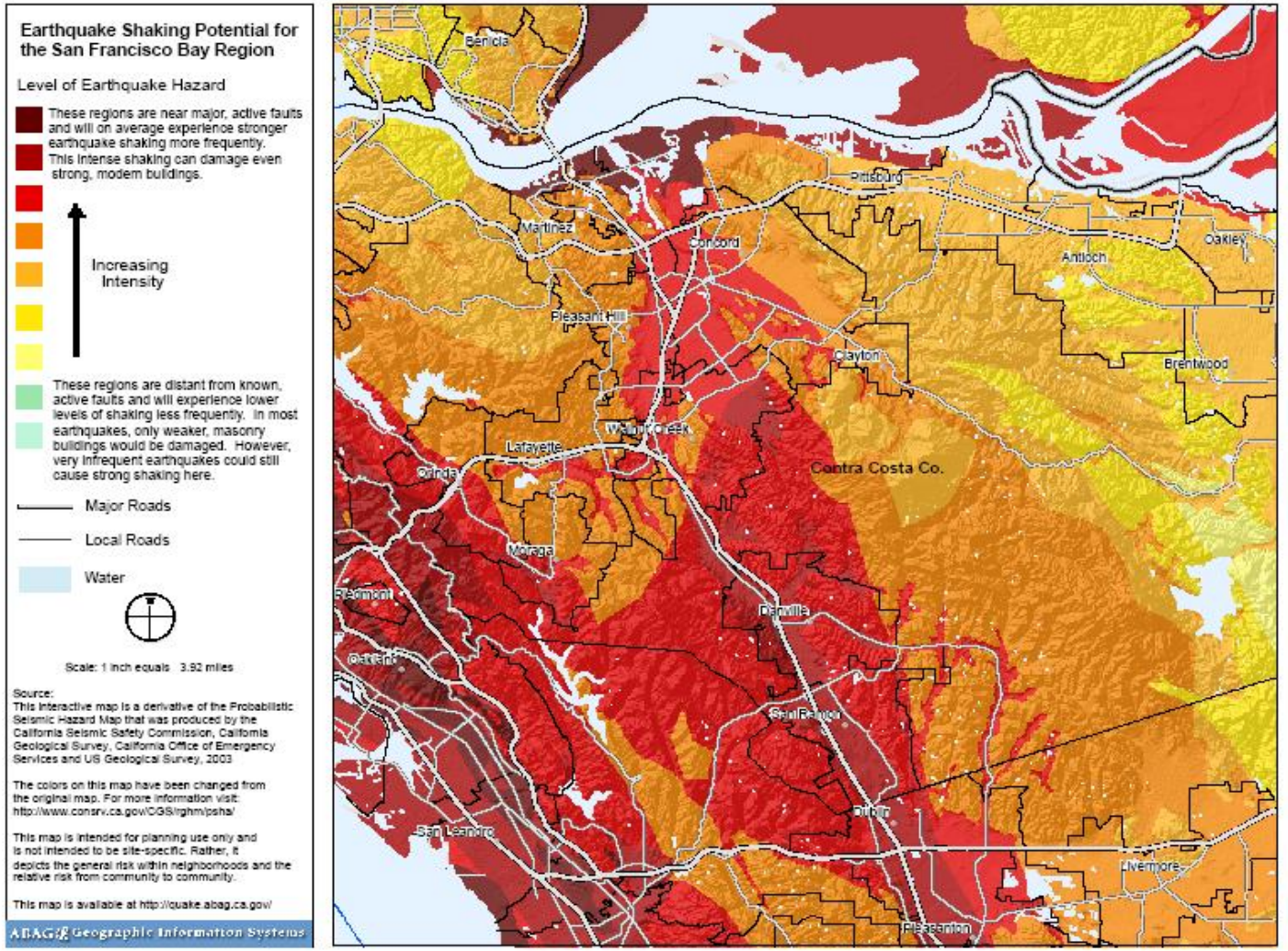
Earthquake Faults in our Region



One day, the Hayward Fault could produce the greatest natural disaster ever to hit the United States

Earth Magazine, June 2016

Earthquake Shaking Potential



Earthquakes

- The San Francisco Bay Area has more ground movement along tectonic plates than any other urban area in the United States
- “EBMUD’s seismic work will restore partial water service within 30 days following a large earthquake… Some customers may be without water service at their residence for weeks or months.”
- To be prepared, you need at least 1 gallon of potable water and 1 gallon of sanitation water per person per day, that is 14 gallons per person per week

Preparing for *any* Disaster

- Get emergency alerts
- Have a family disaster plan and practice the plan with drills
- Assemble supplies in multiple locations
- Reduce the impact of hazards through mitigation practices
- Get involved by participating in training and volunteer programs

Disaster Supply Kit

- After a disaster strikes, you will not have time to shop or search for supplies
- If you gather supplies in advance, you and your family will be better equipped for an evacuation or home confinement
- Many of the items needed for your kits are already in your household
  - These items can be assembled in appropriate locations for quick access in an emergency but are used and replaced under normal circumstances whenever needed

Family Disaster Plan

- Where will you meet family members?
- Who is your out-of-state “check-in” contact?
- Will you have a Shelter-in-Place? Extended-Stay? Evacuation?
- How will you escape your home? Workplace? School? Place of worship?
- What route (and several alternatives) will you use to evacuate your neighborhood?
- Do you have transportation?
- Did you practice your plan?

Escape Planning

- Consider needs of children, individuals with access and functional needs, and pets
- Inform all family members or office co-workers of the plan
- Run practice escape drills
- Remember – The longer you wait to leave, the fewer options you have

CWS – Community Warning System

Fire determines risk



CWS distributes order





Police order evacuation

CWS – Community Warning System

Increase Your Chances of Being Notified in an Emergency

The Contra Costa County Sheriff's Office of Emergency Services maintains our **Community Warning System (CWS)**. CWS is generally not used for non-life-threatening incidents. The CWS can call every AT&T landline in the county in just a few seconds. It can also call VoIP phones (Voice over Internet, such as Comcast, Vonage, Magic Jack, or others that rely on the internet) and cell phones that are registered with the system. If you have a cell or VoIP phone, *you must register with the Community Warning System* for them to be able to alert you. Your information will be kept confidential and will not be used for any other purposes. To register Cell phones, VoIP phones or to subscribe to text messages and emails go to: http://cwsalerts.com/.

Your information will be kept confidential and will not be used for any other purposes.

CWS phone number: 925-655-0195 – add to contacts and set Emergency Bypass

Local Primary Radio Stations

Lafayette Emergency Radio covers all of Lamorinda AM 1670

KCBS AM 740 KQED FM 88.5

KSJO FM 92.3 KZST FM 100.1

All FM radio stations, and all TV stations are required to carry every alert. Many AM stations carry them also

Sign up for:

Cell Phone Alerts @ http://www.cwsalerts.com

Nixle Alerts @ http://www.nixle.com or text your ZIP code to 888777

FEMA App

Know what to do before, during and after a disaster

PulsePoint App

App users who have indicated they are trained in cardiopulmonary resuscitation (CPR) and willing to assist in case of an emergency can be notified if someone nearby is having a cardiac emergency and may require CPR.

Red Cross Emergency Apps

https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html

It’s time to Evacuate!

- **Where will you go…**

  Know your Zone **Lamorinda Evacuation Zones** for all of Contra Costa County

- **Prepare transportation in advance of the event of an emergency**

  A good practice is to never let your car go below ½ of a tank of gas.

- Depending on the Emergency you can not depend on electricity or water.

  The rule is a least 1 gallon of water per day per person.

- A person can survive weeks without food but only a few days without water

Survival Rule of 3's

3 MINUTES without AIR

3 HOURS without SHELTER

3 DAYS without WATER

3 WEEKS without FOOD

Go-Bag, Bug-Out-Bag, GOOD-Bag

- Whatever you call it, it is a portable kit that contains what you need to survive for 72 hours.
- It will allow you to evacuate quickly if a disaster should strike.
- In addition to allowing you to survive a disaster evacuation, a go-bag may also be used when sheltering in place as a response to emergencies such as fires, blackouts, and other severe natural disasters.
- You should have a bag for each member of your household and one for your pets.

Go-Bag, Bug-Out-Bag, GOOD-Bag

- Keep your bag where it is easy to reach when you have to leave in a hurry. Garage, hall closet, etc.
- What goes into a Go-Bag? Clothes, shoes, medications & prescriptions #s, copies of vital papers, eyeglasses, everything that you need for 3 days or maybe longer.
- Cash – small bills because ATM and Credit Cards won't work if there is no electricity
- Water is a must but food is not so important. Energy bars are a good item but they have to be kept fresh.

Resources on the web

Lamorinda CERT lamorindacert.org/resource

Contra Costa Community Warning System cocows.com

Nixle nixle.com

CWS cwsalerts.com

Your Evacuation Zone protect.genesys.com

American Red Cross redcross.org/ca/san-francisco

Contra Costa Fire Protection District cccfpd.org

Moraga-Orinda Fire District mofd.org

Go-Bags lamorindacert.org/documents/Bug-Out-Bag.pdf

Questions?

Emergency Prep Planning for People with Special Needs

Steps to take -

Get emergency alerts

Make a family disaster plan that includes an evacuation plan

Pack a Go-Bag

Build a Stay Box for when you can’t leave

Help friends and neighbors get prepared

Additional Planning

- Responders will take all measures to ensure you and your support system remain together, such as family, a service animal, personal caregivers, or your assistive technology devices and supplies.
- Work with local services, public transportation, or paratransit to identify all accessible transportation options.
- If you are dependent on dialysis or other life-sustaining treatment, know the location of more than one facility.
- If you use medical equipment in your home that requires electricity, talk to your doctor, health care provider, local disability organization, or power utility company about how you can prepare for power outages

Additional Planning

- Make sure your emergency information states the best way to communicate with you.
- If you use augmentative communication devices or technologies,

keep model numbers, note where the equipment came from (e.g.

Medicaid, private insurance, etc.), and plan for how you will communicate if the equipment stops working.

For People who are Deaf or Hard of Hearing

- Keep extra batteries or a portable battery charger for hearing aids or cochlear implants.
- Pack pen and paper to communicate with someone who does not know sign language.
- Have extra charging cords and backup batteries.
- Consider carrying a pre-printed copy of key phrases, such as “I speak American Sign Language (ASL) and need an ASL interpreter” or “If you make an announcement, please write it down for me.”

For People who are Blind or have Low Vision

- Mark emergency supplies with Braille labels or large print.
- Keep a list of your emergency information on a portable flash drive or make an audio file and keep it in a safe place.
- Keep communication devices in your emergency supply kit.
- Extra eyeglasses or magnifying devices may be needed.
- Consider your service animal or pets and plan for food, water, and supplies. Some shelters only allow service animals.
- If you use a cane, keep extras at work, home, school, etc.
- If you have low vision, place security lights in each room to light paths of travel if there is a loss of power.
- Work gloves and sturdy shoes should be included in your kit.

For People with Speech Disability

- Carry an instruction card on how to communicate with you if your equipment or assistive devices are not working. This may include laminated cards with phrases and/or pictograms.
- If you use augmentative communication devices, plan how you will evacuate with them.
- Keep model information of assistive equipment.
- Keep a pen and paper or whiteboard and marker.

For People with a Mobility Disability

- If you use a power wheelchair, have a lightweight manual chair available as a backup, if possible.
- If you use a power wheelchair or other powered device, pack your charging cords.
- Keep a patch kit or sealant for flat tires and other necessary tools like a portable air pump.
- Keep an extra mobility device, such as a cane or walker, if you use one.

For Individuals with Sensory Disabilities

- Keep an electronic device with movies or games.
- A small pop-up tent can be used to decrease visual stimulation in a busy room or to provide privacy.
- Pack headphones to decrease auditory distractions.
- Keep a pair of dark glasses to assist with visual stimulation.
- Include items to ease anxiety-like fidget toys, chewable jewelry, stress balls, or bubbles, all of which can help to distract as well.

For Individuals with Developmental Disabilities

- Keep handheld electronic devices charged and loaded with videos and activities.
- Purchase spare chargers for electronic devices and keep them charged.
- Include sheets or a small pop-up tent to decrease visual stimulation and noise in a busy environment.
- Consider a pair of noise-canceling headphones to decrease auditory stimuli.
- Identify trusted allies to rely on in a disaster.
- Practice your plan to build confidence and feel safe.

For Individuals Who Require Medications

- Try to maintain at least a week's supply of prescription medicines.
- Keep a list of all medications, dosage, and allergies.
- Keep a copy of your medical information including a list of your prescriptions and prescribers.

Supporting Mental Health

Emergencies can be stressful for anyone. However, adults with disabilities report experiencing frequent mental distress nearly 5 times as often as adults without disabilities. People with disabilities may have additional considerations that can make emergencies even more stressful, such as managing medical needs during an emergency. Your mental health is always important, but it is especially important during an emergency. You can take steps to support your mental health and manage stressful events.

How to recognize the signs of distress

It is common for stress to overwhelm your usual coping strategies during or after an emergency. This can lead to distress. Recognizing the signs of distress can help you take steps to feel better and get help.

Resources are available if you are feeling stressed or overwhelmed.

The Disaster Distress Helpline Call or text 1-800-985-5990.

Children and Youth with Special Healthcare Needs in Emergencies

Nearly 1 out of every 5 children in the United States has a special healthcare need.

Children with special healthcare needs may have a physical developmental, intellectual, behavioral, or emotional condition that requires specialized interventions or care.

Children are already more susceptible to disasters than adults because of their size and reliance on parents or caregivers. Children with special healthcare needs might face barriers that make them even more vulnerable to disasters. For example, they may require medications or specialized pediatric equipment.

Plan for children with special healthcare needs

Parents and guardians may create an emergency care plan and an emergency care kit. If possible, the child should help with the plan.

Consider these factors in your plan:

- Safe transportation for your child, their needs, and their equipment may not be available or accessible.
- Local emergency shelters may not have the necessary resources or medications available for your child.
- Electricity may be out for a few days.

Plan for children with special healthcare needs

Here's what you can do:

- Call your local Emergency Medical Services (EMS) and the emergency management office in your area.
- Let them know if:
  - Your child has special equipment needs.
  - Your child's equipment uses electricity to operate.
- Ask them about:
  - Transportation for your child and equipment.
  - Shelter locations that can support your child's special healthcare needs.

Plan for children with special healthcare needs

During a disaster

- Talk with your child about what is happening in a way that they can understand.
- Use simple words and keep in mind your child's age and type of special need.
- Watch your child's reactions and body language to see how they are feeling.

Plan for children with special healthcare needs

After a disaster

Disasters can have long-term effects on a child's mental and emotional health. They can be difficult for children with special healthcare needs. Children with serious emotional and behavioral issues are at high risk for severe stress. To ease these effects, keep your child's routine and their environment as close to normal as possible.

BUILD A STAY BOX

Water

You want two gallons of water for each person in your home per day. One for consumption, one for sanitation.

Shameless plug https://supplies.lamorindacert.org/

Food There may not be power. Meals Ready to Eat (MRE) have a shelf life of 20+ years depending on the manufacture. Available on-line, Costco, Sam's Club, REI. The best emergency food suppliers.

Canned Food, Energy Bars or Granola Bars, Peanut Butter, Dried Fruits, Nuts, Oatmeal or Cereal. Check out the 10 best canned foods to stockpile, as you will want a good variety. You don't want a disaster to strike just to find most of your short-term food storage has expired.

BUILD A STAY BOX continued

Don’t forget Baby Formula if you have a little one.

Pet Food

Flashlights, and extra batteries. If the power is out, avoid candles! They are a fire hazard and can be extremely dangerous if there has been a gas leak from the disaster.

First aid kit

Battery-powered radio

Resources

Cal Office of Emergency Services

caloes.ca.gov/wp-content/uploads/AFN/Documents/AFN-Library/Cal-OES-and-DOR-AFN-Disaster-Preparedness-Guide.pdf

FEMA/Red Cross Preparing for Disaster for People with Disabilities and other Special Needs

redcross.org/content/dam/redcross/atg/PDF_s/Preparedness__Disaster_Recovery/General_Preparedness__Recovery/Home/A4497.pdf

Ready Gov

ready.gov/kit

Resources

Durable Medical Equipment in Disasters

acl.gov/sites/default/files/programs/2018-07/aspr-tracie-durable-medical-equipment-in-disasters.pdf

Children and Youth with Special Healthcare Needs in Emergencies

cdc.gov/children-and-school-preparedness/special-healthcare-needs

Questions?

Thank You!