CALIFORNIANS PROUD TO

Bear Responsibility

FOR OUR STATE

EACH FAMILY MEMBER SHOULD CARRY THE FOLLOWING CARD

FAMILY DISASTER PLAN

Local Office of Emergency Services phone number

_____

Emergency Meeting Place (outside your home)

_____

Meeting Place (outside your neighborhood)

_____

Phone_____

Address_____

_____

Family Contact (name)_____

Phone (day)_____

Phone (evening)_____

If you would like further information please visit:

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Cal EMA
CALIFORNIA EMERGENCY MANAGEMENT AGENCY

http://www.calema.ca.gov

CALIFORNIA SERVICE CORPS

http://www.csc.ca.gov

American Red Cross

http://www.redcross.org

FireSafe COUNCIL

http://www.firesafecouncil.org

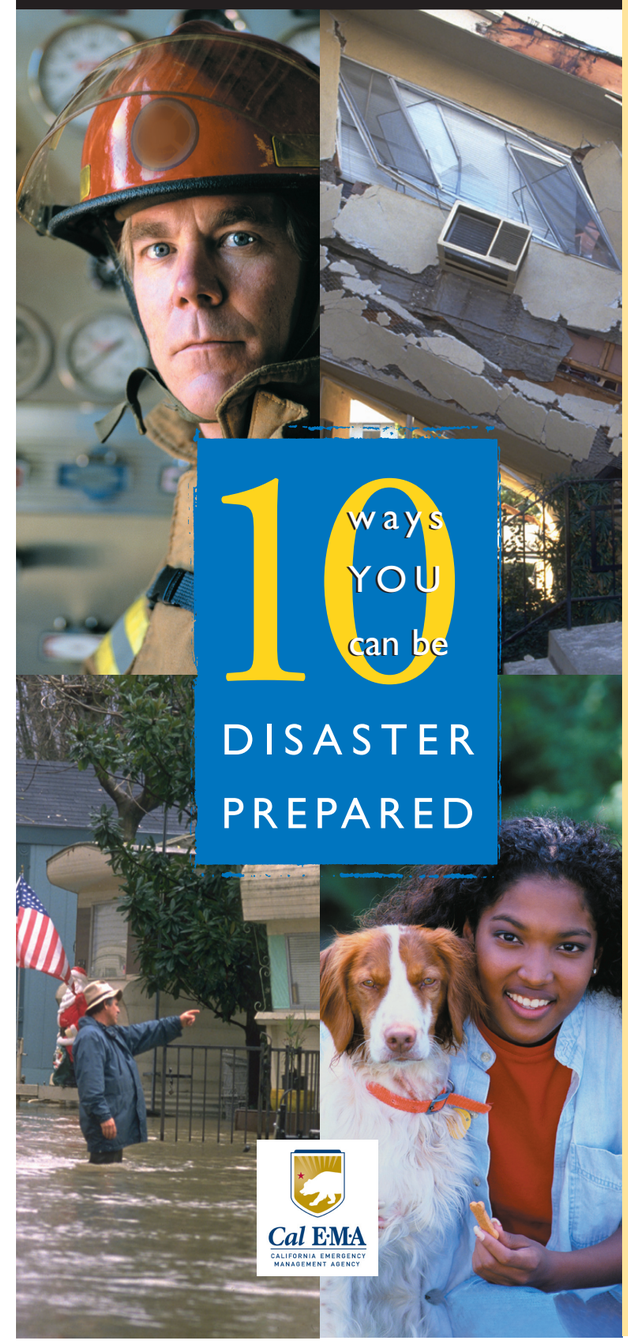
CALIFORNIA STATE ALLIANCE

SAFEWAY VONS SBC

This document was prepared under a grant from FEMA's Grant Program Directorate U.S. Department of Homeland Security, points of view or opinions expressed in this document are those of the authors and do not necessarily represent the offcial position or policies of FEMA's Grant Programs Directorate of the U.S. Department of Homeland Security.

Union Bug

California!
Be Smart, Be Responsible, Be Prepared. Get Ready!



California First Lady Maria Shriver

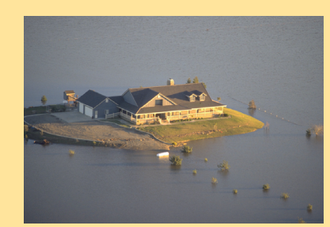
When disaster strikes, will you be ready?

Do you know what to do? Do you have a plan? Fire, police and emergency medical services may be delayed in responding. You need to learn what to do, have a plan, and be prepared to take care of yourself, your family and your community.

In California, whether it's wildfires, earthquakes or winter storms — it's not a matter of if a disaster will strike, but when. The Golden State faces its share of natural disasters and it is certainly not immune to terrorist attack.

You need to be ready. When you are ready, California is too! Thanks for doing your part.

Maria Shriver



TAKE ACTION TODAY and bear responsibility for being prepared

IDENTIFY YOUR RISK

What are the hazards where you live and work? Find out what natural or human caused disasters pose a risk for you. Do you live or work in a flood plain, near a major earthquake fault or in a high fire danger area? Are you prepared for an unexpected human-made disaster that can strike at any time? Does your neighborhood or community have a disaster plan?

- Get the number of your local Office of Emergency Services (OES) or contact your local chapter of the American Red Cross and get informed.
- Check with your insurance company to see if your home is in a high risk area for fire, flood or earthquakes. Make sure your insurance coverage is up-to-date on an annual basis.

2 CREATE A FAMILY DISASTER PLAN

Your family needs a plan that tells everyone:

Where to meet if you have to evacuate. Designate a meeting place outside your home where family members can go. Have a backup meeting place in your neighborhood in case your first rendezvous point is inaccessible. Make sure your children's schools and day-care providers or caregivers have a disaster plan and that they schedule annual "disaster drills" with parents to ensure your children's safety. Call your local OES office to learn of suggested meeting places in your community.

Who you've identified as the out-of-state friend to be your "family contact" for everyone to check-in with — it is often easier to call long-distance following a disaster.

How to get important information in your community and how to talk to family members should you become separated. To be fully informed:

- *Know what your area's emergency alerting radio station is. Make sure to have a portable radio with extra batteries so your family has access to important information about emergency response efforts in your community.*
- *Keep a touch-tone phone that does not require plugging into an electric outlet. Include the proper cord that can plug the phone into a home phone jack. After a disaster, cell phones and wireless phones may not be working. If you are able, use your touch-tone phone to call your out-of-town family contact. Try to be brief and to the point when contacting family members or your out-of-state contact. Phone lines are valuable communications channels for emergency response teams.*
- *If you are in your car, find a safe place to pull over and stay in your car. Turn on the car radio to gain important information about where to go and what to do.*

How to take care of your family pets. Store food and water for them in your disaster supply kit, keep their tags up-to-date, and call your local OES office to gain information on how and where you can temporarily shelter your pets during and after a disaster.

3 PRACTICE YOUR DISASTER PLAN

After you have sat down with your family and written your plan — practice it. Start by having family members meet at a designated spot outside your home — like you would after a fire or after the shaking stops. Know how to respond in the event of any disaster — whether to stay put indoors, or whether to evacuate your neighborhood by car. If your family needs to evacuate, know the proper evacuation procedures and routes as determined by your local OES office.

4 BUILD DISASTER SUPPLY KIT FOR YOUR HOME AND CAR

If you are stranded in your car or have to be self sufficient at home until help arrives, you need to have a disaster kit with you. Your home disaster supply kit should have at least the following items and be kept in containers that can be easily carried or moved such as backpacks, plastic totes or wheeled trash cans. Carry a smaller kit in your car:

- Have at least a 3-day supply of non-perishable and canned food, and water for all family members. Replace water every six months. Don't forget to restock food items.
- First Aid Kit.
- Battery-powered flashlight and portable radio with extra batteries. Replace batteries on a regular basis.
- Change of clothing and footwear, and one blanket or sleeping bag for each family member.
- Extra set of car keys, and a credit card and cash.
- Extra medications.
- Sanitation supplies (such as soap, cleaning supplies, shampoo, toilet tissue, etc.)
- An extra set of prescription glasses.
- Keep important family documents in a waterproof container.

5 PREPARE YOUR CHILDREN

Talk to your kids about what the risks are and what your family will do if disaster strikes. Practice your family disaster plan every six months. Empower your children to help write the family plan, build the disaster supply, and lead the drills. The more informed and involved children are in disaster planning, the more prepared they will be.

6 DON'T FORGET THOSE WITH SPECIAL NEEDS

Infants, seniors and those with special needs must not be forgotten. Make sure that supplies for your infant are in your kit and that you have items such as medications, oxygen tank or other medical supplies that seniors or persons with disabilities may need. Be sure that you have enough special needs supplies for at least 3 days. Be sure that the assisted living facility where a family member resides has a disaster plan and that you know what it is.

7 LEARN CPR AND FIRST AID

Contact your local chapter of the American Red Cross today and get trained on basic first aid and CPR. Your training could save the life of a loved one or neighbor following a disaster.

8 ELIMINATE HAZARDS IN YOUR HOME AND THE WORKPLACE

You must secure the contents of your home or office to reduce hazards, especially during shaking from an earthquake or an explosion. Strap down large electronics, secure cabinet doors, anchor tall furniture, and secure overhead objects such as ceiling fans and pictures.

If you live in a high fire danger area, also take the necessary steps to protect your home against wildfires. Find out how you can make your home fire safe by contacting your local fire department or California Department of Forestry and Fire Protection facility.

9 UNDERSTAND POST 9/11 RISKS

In the event of chemical or toxic exposure — or bombs and explosives — do not panic.

- If you hear an explosion, take cover under a sturdy table or desk, away from falling items. Then exit as quickly as possible.
- If there is a fire, stay low, cover your nose and mouth with a wet cloth, and seek a safe escape route, away from heat or flames.
- If you are trapped in debris, cover your mouth with a handkerchief or clothing to avoid breathing dust. Whistle to alert rescuers or tap on a pipe or wall. Don't shout and conserve your energy.
- If you think you have been exposed to any chemical or biological substance, contact a physician or medical clinic, as soon as possible.

10 GET INVOLVED, VOLUNTEER, BEAR RESPONSIBILITY

Donate blood, join a local Community Emergency Response Team (CERT) by contacting the California Service Corps, educate your neighbor, volunteer today by joining your local American Red Cross, Fire Safe Council and other volunteer organizations in your area. Whatever you do to take part, get involved and bear responsibility for our state.