EMERGENCY PREPAREDNESS TRAINING

RON HALOG

EMERGENCY PREPAREDNESS COORDINATOR – INDEPENDENT LIVING RESOURCES OF SOLANO AND CONTRA COSTA COUNTIES
Common disasters in California

- Wildfires
- Earthquakes
- Floods
- Power outages
- Landslides and
- Extreme heat
- Tsunami
Critical Steps for Preparedness

- Sign up for local emergency alert system.
  - [http://calalerts.org/signup.html](http://calalerts.org/signup.html)

- Know what you’re preparing for.
  - [www.myhazards.caloes.ca.gov](http://www.myhazards.caloes.ca.gov)

- Create your own emergency preparedness plan with the 4 Steps to emergency preparedness.
  - [4 Steps to Emergency Preparedness Booklet](#)
What Do I Need To Do To Be Prepared?

Step 1: Find Your 5 Trusted Allies and Share Your Plan

Step 2: Prioritize Your Health Needs and Create Lists

Step 3: Create Your Emergency Supplies Kits

Step 4: Plan How and When to Evacuate
Time to play a game!

$100,000 NAME THAT TUNE

Independent Living RESOURCES of Solano & Contra Costa Counties
Step 1: Challenge

- For the next minute, write down every person you can think of.
- Just write their name, don’t worry about phone number or contact info; just their name. Include those who can assist you during an emergency.
  - Friends, Neighbors, Coworkers
  - Other people you see regularly, such as people from church, bingo, library, social club, etc.
  - Someone who does not live in the area (out of state)
Find Your 5 Trusted Allies and Share Your Plan

- Find 5 people who will become your trusted allies during a disaster or emergency. Create a list with their complete contact information.
- When you are creating your contact list of trusted allies, ask each person the best way to contact them. Explain what you are asking them to do for you during an emergency or disaster. Make sure they understand and agree.
Who Should I Include? (Homework #1)

- The list you developed is your starting point.
- **Homework:** Call / Connect with every person that you listed and see if they would be one of your trusted allies.
Collect contact information

Once you decide and discuss with your 5 Trusted Allies, create a list with their complete contact information:

- Physical address
- Phone numbers
- Email address
- Social media (Facebook, Instagram, Snapchat, Twitter, Google Hangout)

- Note which is the best way to contact them
- Keep the list updated
Make several copies

- Keep them where it will be easy to find.
  - For example: on your refrigerator, inside the front door, in your purse or wallet, in your car glove box, saved in your mobile phone or on another electronic device, etc.
- Share a copy with each member of your trusted allies
- Put a copy in a sealed plastic bag in each of your kits (go bag, car kit, keep it with you kit, etc.).
- Make a digital list – ICE (In Case of Emergency)
Step 2: Prioritize Your Health Needs and Create Lists

- These are lists of your medication, disability–related supplies or equipment, and anything else you need daily.
- This information can be useful to your trusted allies, first responders, or shelter staff.
- You may consider creating a digital copy of this list (notes on your phone, google documents, email drafts, etc.).
Create Your Health Needs List

- Your health needs list should include:
  - All your medications, including your prescribed medications. List the name of medication, dosage, and frequency
  - Decide what equipment you need every day to be independent
Some Disability and Aging Specific Items

- Medications – for at least 7 days
- Adaptive equipment/assistive technology/durable medical equipment
- Extra batteries for adaptive equipment
- Recharging devices/cords
- Mobility devices – tools, tire repair, inner tubes, instructions
- Speech or communication devices – laptop, iPad, communication device, car adapter plug
- Hearing Issues – carry note pad and pre-printed phrase messages
- Vision Issues – high-powered flashlight, magnifying devices
- Sensitivities, breathing conditions – N95 Mask, respirator to filter air
- Service Animals – food, water, blanket, wastes disposal, medications
• If your prescription medications are low, get your refills prior to a public safety power shutoff, if possible.
• If you were unable to evacuate with your medications, a pharmacy should be able to assist you in obtaining your medication. Providing your medication list will assist the pharmacist in ensuring you have all of the medications.
• To find an open pharmacy during an active emergency, visit www.RxOpen.org, which has maps that include open and closed pharmacies. In addition to locations of American Red Cross shelters and infusion centers.
Go digital, if you can

There are free apps for your phone to store your medication list

For example:

- ListMeds
- Medical ID
- MyMeds
- Medication List & Medical Records
Power Postures – 2 minutes

- Testosterone Increases 20%
- Stress Hormone, Cortisol levels decrease 25%
- Risk Tolerance increase 33%

*Harvard Business School Study by Amy Cuddy*
Step 3: Create Your Emergency Supply Kits

Pack different kits for different places:

- **Keep It With You or Carry-on Kit** – for all essential items
- **Grab and Go Kit** – easy to carry if you have to leave home in a hurry
- **Home Kit** – all the items to be self-sufficient for a couple of days at home (water, food, emergency supplies, disability specific items)
- **Bedside Kit** – has items if trapped in or near your bed
- **Car Kit** – items you need to evacuate the area
What kinds of things are in a kit?

- Non-perishable food & water
- Flashlight
- Evacuation routes
- Contact list for your Trusted Allies
- Copies of important documents
- Battery-powered radio
- Extra batteries
- Charging cord for electronics and equipment
- Credit cards and cash ($200)
- First aid kit
- Medical supplies and medication
- Sturdy shoes for walking
- Extra set of keys
- If you have animals: food, water, leash, carrier, bed
- N95 mask
Important Documents (Homework #2)

- Birth certificate
- Photo ID
- Health insurance card
- Home/car insurance
- Guardianship papers
- Proof of address
- Financial information (ex. banking numbers, etc.)
### Food & Water

- Store at least a three-day supply of non-perishable food
- Select foods that require no refrigeration, preparation or cooking, and little or no water
- Pack a manual can opener, paper cups, plates, and plastic utensils
- Plan for 1 gallon of water, per person, per day

**Example of food to include:**
- Ready-to-eat canned meats, fruits and vegetables
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
Hygiene & Sanitation Items

- Hand sanitizer
- Deodorant
- Tissue
- Toothbrush & toothpaste
- Shampoo & conditioner
- Comb/brush
- Moist toilettes
- Lotion
- Contact lens case & solution
- Denture cleaning solution
- Toilet paper
- Feminine hygiene products
- Soap
- Trash bags
- Ziplock bags
- Animal waste disposal bags
Different Checklists for Different Kits

- Please refer to https://www.adapacific.org/emergency-preparedness-publications-resources under personal preparedness for different types of checklists.

What the website looks like and all the different kit lists -->
Time to play a game!
Step 4: Plan How and When to Evacuate

- You do not need to evacuate in all emergencies.
- Make sure you know when to evacuate usually a city, county, or first responder will let you know.
- If it looks dangerous though, use your best judgement.
- Be familiar with all possible routes out of your home or office and to get out of your neighborhood.
Plan Ahead

- It is important that you plan your evacuation strategy ahead of disasters.
- Develop a plan for yourself and your animal(s) on what to do in case of emergency or disaster: know when to evacuate, where to go, and what to take with you.
Be Informed – Sign up for alerts

- Sign up for local alerts and warnings for your area so you know if and when you need to evacuate.
- There are many emergency services apps and news outlets available. Make sure you use trusted news sources.
- National Apps:
  - FEMA
  - Red Cross
  - National Oceanic and Atmospheric Administration (NOAA)
  - Weather Channel
Local alert systems in your area…

- Register with your County alert: http://calalerts.org/signup.html
- Dial 211 – This number gives you information and referrals to social services for everyday needs, and for times of crisis, about shelters, pets & service dogs, traffic, etc.
  - www.PGE.com/addressalerts
Sign up for your County ALERT
Homework #3

- Register with your County alert: [http://calalerts.org/signup.html](http://calalerts.org/signup.html)
- Look up your county and sign up for their ALERT System.
- Sign up for additional alerts
- Sign up for Smart 911 at [www.smart911.com](http://www.smart911.com)
Transportation Planning

- During an evacuation, often more people need transportation than available resources can support.
- If you have a vehicle, make sure to keep fuel tank full.
- If you do not have a vehicle:
  - Identify a support team
  - Call local transportation providers, ask if they can help in an emergency
Create an evacuation plan

- Write down your exit plans and evacuation routes in detail and where to meet for home, work, or wherever you usually are, including how you will evacuate and where you will go. If you have animals, include them in your evacuation plan.

- Make sure you, your family, and trusted allies have a meet-up location away from your neighborhood in case you are separated in an emergency or disaster.
Practice your evacuation plan

- Get familiar with it and see if anything should be changed, added, or removed.
- Make sure everybody in your plan knows the plan
Resources for Emergency Preparedness

- Independent Living Resources, Solano Contra Costa Counties – www.ilrscc.org
- Pacific ADA Center – https://www.adapacific.org/emergency-preparedness-publications-resources
- FEMA’s Ready Campaign – https://www.ready.gov/
- California’s Office of Emergency Services – https://www.caloes.ca.gov/individuals-families
- California Department of Public Health – https://www.cdph.ca.gov/Programs/EPO/Pages/PrepareanEmergencySupplyKit.aspx
Questions?
THANK YOU!

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