

Del Norte County



Neighborhood Preparedness



Neighbors Helping Neighbors

Del Norte County

Neighborhood Preparedness



Remember—

In a disaster your most immediate sources of help are the neighbors living around you!



Please call Kymmie Scott, Emergency Services Manager if you have any questions. (707) 464-7255

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Section 1:



Why Plan?

1. Prepare ... Because You Care
2. Building and Strengthening Disaster Readiness
3. 9 Steps Immediately Following a Disaster
4. Neighbors Helping Neighbors



Section 1:

Prepare... Because You Care!

There are a multitude of different disasters which could happen at any time, with little or no warning. It could be a fire that affects just your home, a situation that isolates your neighborhood, or an event large enough to impact your community, the region, or our whole country. After a disaster strikes, you and your family will need to be prepared to be on your own for up to 72 hours. In some cases outside help may take up to a week.

Emergency response teams will have prioritized tasks and may not be able to provide immediate care to all those in need. It will be very important for you to know what to do to take care of yourself and your loved ones, your pets, and your belongings.

We cannot stop these disasters from occurring, but we can limit their impact on us and those we love. Contrary to what you may think, the chances of being killed or injured in a disaster are very low. More likely you will be unable to live normally in your home. It may be damaged, have no power, water or heat. It may not even be safe for you to return to.

In a disaster, your most immediate sources of help are the neighbors living around you. It has been shown time and time again, that neighborhoods that are prepared for emergencies save lives, reduce severity of injury and trauma, and reduce property damage.

Proper planning and preparation will help you and your family be more comfortable in the event that your home is damaged. How well you manage the aftermath of disaster depends a great deal on your level of preparedness when disaster strikes.

Neighbors Helping Neighbors will assist you in developing a neighborhood network that will be prepared to support each other in a disaster.

Building and Strengthening Disaster Readiness Among Neighbors

Prepare



Neighborhoods that are prepared for emergencies...

- **Save lives
- **Reduce the severity of injuries and trauma
- **Reduce property damage

Learn

- *The 9 steps to take immediately following a disaster
- *Develop a neighborhood skills & equipment inventory
- *Map your neighborhood to identify areas of concern
- *Verify neighbors that may need extra help

9 Steps



Immediately Following a Disaster

At Home...

1. Take care of your loved ones
2. Protect your head, feet and hands
3. Check the natural gas or propane at your home
4. Shut off water at the house main
6. Put your fire extinguisher on the sidewalk

With Neighbors...

7. Go to the neighborhood gathering site
8. Form teams and assign jobs
9. Share what each team accomplished with neighbors

Del Norte County

Neighborhood Preparedness



Remember—

In a disaster your most immediate sources of help are the neighbors living around you!



Building Healthy Communities

Del Norte County and Adjacent Tribal Lands

Please call Kymmie Scott, Emergency Services Manager if

you have any questions. (707) 464-7255

Section 2:



How Do We Begin

1. Overview of Neighbors Helping Neighbors Program
2. Introduction to the Toolkit
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Section 2:

Neighbors Helping Neighbors Overview

Section 1

Why Should I Get Involved?

Neighborhood that are prepared for emergencies and disaster situations save lives, reduce the severity of injuries and trauma, and reduce property damage.

Section 1 will help explain why you should think about joining the Neighbors Helping Neighbors project and forming a neighborhood group of your own.

Section 2

How Do I Get Started?

Contributing as an individual and working together as a team helps develop stronger communities and improve the quality of life in the community.

Section 2 will provide you with a 'Toolkit' of all the ideas, letters, questionnaires, and materials you will need to get started.

Section 3

What Exactly Do I Do?

In a disaster your most immediate sources of help are the neighbors living around you!

Section 3 includes an extensive resource guide with complete plans for your monthly meetings, as well as lists and materials you will need to share with your neighborhood group.



Section 2:

How To Begin Organizing Your Neighborhood

1. **Contact Kymmie Scott**, Office of Emergency Services, Emergency Services Manager, 981 H Street Suite 240, Crescent city California 95531
(707) 464-7255 to request information on the Neighbors Helping Neighbors program.
2. **Review the materials** - Look through the Sample Handbook, CDs and DVDs
3. **Let Kymmie know** if you are interested in establishing a 'Neighborhood'.
4. **Choose a date**- Pick a date for your first meeting.
5. **Neighborhood Boundaries** - Determine your neighborhood boundaries.
6. **Invite Neighbors** - Personally invite your neighbors to attend your 1st neighborhood meeting, using the letter provided.
7. **Hold Meeting** - Conduct the meeting using the simple-to-follow Discussion guide and DVD. Start and end your meeting on time allowing for about an hour, but no more than 90 minutes.
8. **Schedule Your Next Meeting** - Schedule the next meeting while everyone is still there and able to give input.
9. **Fill Out Postcard** - After the meeting, fill out the Neighbors Postcard and send it to Kymmie Scott, Emergency Services Manager. This will allow us to track the number of Neigh-borhood groups we have meeting, and insure we have materials for your group. The information needed includes:

Host Name	Host Address
Contact Phone	Date of Meeting
Number of Individuals	Number of Households Participating.
10. **Thank You** - Accept our thanks for a job well done.



Host _____

Host Address _____

Contact Number _____

Date of Meeting _____

Number of Individuals _____

Households Participating _____



Host _____

Host Address _____

Contact Number _____

Date of Meeting _____

Number of Individuals _____

Households Participating _____



Host _____

Host Address _____

Contact Number _____

Date of Meeting _____

Number of Individuals _____

Households Participating _____

Kymmie Scott
Emergency Services Manager
981 H Street Suite 240
Crescent City, CA 95531

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Crescent City, CA 95531

Kymmie Scott
Emergency Services Manager
981 H Street Suite 240
Crescent City, CA 95531



Section 2:

Introducing the 'Map Your Neighborhood' Toolkit

We have prepared a 'Toolkit' of ideas and materials to help you, your family and your neighbors be prepared for emergency and disaster situations. The 'tools' provided are meant as a guide to simplify the process and maximize your results. Please feel free to make any adjustments tools' necessary to meet the needs of your unique neighborhood.

As a neighborhood group, your meetings will focus on two areas. Your group will begin by focusing on your own Personal Preparedness, and what you each will need to do at your home immediately following the disaster. Your meeting will give you the information you will need to build you Personal Preparedness Plan. As your group gets to know one another better, you will be able to help each other put your plans in place.

Your second focus will be building your neighbor team. It is that team, that will need to be ready, once individuals have secured their own homes, to secure the neighborhood, making sure everyone is safe, and their needs are being attended to.

As you work your way through this process, please keep in mind, that we would like any feedback that can assist us in making this program more helpful to families and neighborhoods like yours. Please send any feedback to:

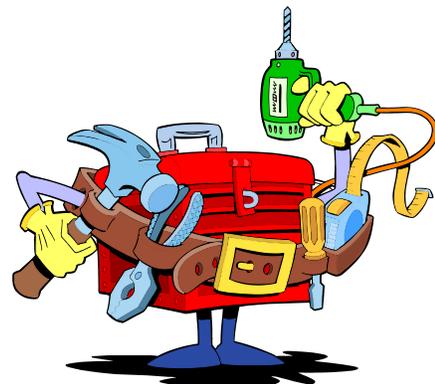
Kymmie Scott

981 H Street Suite 240

Crescent City, Ca 95531

(707) 464-7255

kymmie.scott@co.del-norte.ca.us





Section 2:

Best Practices for Successful Neighborhood Meetings

The suggestions presented here are a compilation of feedback from those who have experience in neighborhood organization efforts. Use what works for you and improvise as you see fit to best meet the needs of your unique neighborhood.

Getting Things Started: Begin having conversations with neighbors, introducing the idea of neighborhood preparedness. Consider using the letter to your neighbors that is included in your handbook.

Meeting location: Establish a place in or near your neighborhood where you can meet consistently for at least the first six sessions. This place should be cost free and accessible by all. Consider schools, churches, community halls, businesses or a willing participant's living room.

Consistent meeting day and time: Once you have established the desired frequency of your meetings, work with your initial group to find a day and time that works for the majority of participants; e.g. 2nd Tues at 7:00 PM or 3rd Saturday at 10:00 AM. This will greatly minimize the need for communications regarding scheduling, as well as encourage people to save the time on their calendars and to know they can attend the following month if they need to miss a meeting.

Physical room setup: Organize the chairs so that people face each other. This will help equalize the energy of all the participants and makes it easier to establish the familiarity and relationship. At each meeting, especially for large neighborhoods where or groups where neighbors do not know each other well, have people introduce themselves at each meeting. This introduction should include where they live and who else is part of their household.

Establish neighborhood identity: It may take a few meetings before you have a good sense for the optimal boundaries of your neighborhood. Once that is established, let the group determine a name that best reflects the community they represent.

Track your membership and participation: Have a sign-in list available at each meeting. Collect contact information when people join the group and have returning participants sign-in so everyone will know who was present to hear information or make decisions.

Establish and communicate meeting focus or agenda: How this is done will depend on the process you've decided to use. For instance, if you are using the Get Emergency Prepared DVD's or website, you can simply agree to follow the class schedule. If you prefer to use other tools as needed, you will need to agree on the topics and communicate that plan to better ensure expectations are met. Each meeting should include time to follow up on items carried over from previous meetings.

Provide a safe place to express concerns: To further motivate future participation, set aside time at each meeting to allow people to express their concerns and interests. It is best not to belabor issues as everyone will have different priorities. It is critical to allow for differences of opinion, needs and priorities. If you seek to reach consensus, people will feel pressured and alienated if they differ from the prevailing attitude. Seek to normalize the differences and allow space for it in your neighborhood. The people who support each other's concerns will naturally seek out each other. It is prudent to not politicize any issues you face as a neighborhood as people who disagree may not choose to speak up....they may just not return.

Share leadership: Not only for the facilitation of the meetings, but also in terms of any work or tasks that need to be accomplished between meetings. Clearly delineated and decentralized leadership for tasks and follow-through fosters the likelihood that people will feel important and useful to the group. This also enhances the group's ability to

Expect some resistance: Be prepared for people to feel resistance to attending, meeting new folks, sharing personal information or getting involved. Don't get discouraged. A continued presence and commitment on the part of a small core group will evoke the curiosity and interest of more folks over time. Be true to your own desire and commitment to establish stronger neighborhood connection and others will be inspired. Find ways to reach out to potential new members before meetings. It may be a good idea to introduce a sense of fun through a neighborhood picnic, potluck or party. Keeping the atmosphere light helps establish familiarity and build relationships.

Communication: Actively plan a system of communication, whether via phone, email, door-to-door or newsletters. Consider running a short ad in the local newspaper. You may wish to designate someone to accumulate a running contact list of attendees. Getting people to the initial meetings is the first, and perhaps greatest, hurdle in neighborhood organizing efforts. Communication is the key. Consider recruiting a number of people to notify a set number of their immediate neighbors. Posting signs at the natural entrance/exit to your neighborhood is another option utilizing shared responsibility.



Section 2:

Dear Neighbor Letter

This is a sample letter to neighbors explaining why the Neighbors Helping Neighbors project is an endeavor worth their time and energy. There is a copy of this letter included in the handbook. You are welcome to use it verbatim, make a few changes to suit your group, or write an entirely different letter. Whatever works for you, is fine with us.

Dear Neighbor,

I recently attended a Neighbors Helping Neighbors meeting that stressed the importance of our getting prepared, as individuals, as families, and as neighborhoods, for potential emergencies and major disasters. In our post-Katrina world, it is quite clear that in the aftermath of a large scale earthquake, for which we would have no warning, we would very likely be on our own for potentially 1 or 2 weeks without much/any outside support.

The YOYO (you're on your own) perspective should be growing in all our minds. It is critical that each household have at least a 7-14 day supply of emergency food, water, and other equipment on hand, within safe and easy access. Such supplies will also be important to have on hand for more localized events, such as, a severe winter storm closing roads for days on end or a forest fire taking out our water supply system for an unknown period of time. Saying this and making it happen are two different issues. It is easy for most to agree that preparedness is a good idea, but taking the needed steps requires committed action. We can use our connection and proximity as neighbors to support each others' preparations.

I think the Neighbors Helping Neighbors approach sounds very interesting. Much of the work is already done since the handbook that is provided, is full of organizational ideas and the materials we will need. I would like to offer myself as a volunteer in organizing our neighborhood. I am ready to get started. Anyone who would like to assist me in the organizing efforts is welcomed to contact me. The more interest and cooperation, the more we can get done.

You will hear from me soon with respect to getting together as neighbors to decide how we might work together to bring this process to our neighborhood.

Thanks for your interest and please do not hesitate to call me at _____.

Sincerely,

Changes you might consider:

Setting a time and date for the first meeting

Asking people to let you know if they would be interested

You may want to team with a partner, and make the letter from both of you.



Dear Neighbor,

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Sincerely,



Section 2:

**Neighborhood Emergency
Preparedness Questionnaire**

1. Name: _____
2. Address: _____
3. Mailing address if different than street address: _____
4. Phone number: _____ Email: _____
5. How many people are in your household: Adults ____; Children by age __, __, __, __, __
6. Family Special Needs: _____

What skills/services would/could you volunteer to our neighborhood in the event of a large-scale emergency? Circle all that apply:

- a. Doctor/nurse
- b. First aid or CPR trained
- c. Search and Rescue
- d. Child care
- e. Pet enclosure/care
- f. Crisis counselor
- g. Construction/electrician/plumber
- h. Police/auxiliary
- i. Firefighter/EMT
- j. HAMM radio operator
- k. Other (describe below

What equipment or supplies do you have that could be used in case of disaster: **Circle items**

- a. First aid and medical supplies
- b. Walkers, wheel chairs, crutches
- c. Spare bedding, tents, cots
- d. Propane heater, stove, lantern
- e. Generator, crank radio or battery operated radio
- f. Portable lights, portable toilets
- g. Water filters
- h. Walkie talkie
- i. Long ladder
- j. Crow bar, axe, chainsaw
- k. RV, Camper, Trailer
- l. _____

Do you have pets that might need attention in case of an emergency? How Many? _____

What kind? _____ Special considerations? _____

Are you willing to be a block captain to help educate and assist neighbors on your block?

Yes _____ No _____

Would you be willing to serve on a neighborhood team: First Aid _____; Housing _____;

Communications _____; Coordination of Resources _____; Training _____;

Are you interested in further information regarding Community Emergency Response Training

(CERT)? Yes _____ No _____ (CERT is a hands-on course in how to respond to emergencies)

Privacy Notice: This information will be kept confidentially within the confines of our defined neighborhood. However, in the event of a local disaster, this information may be shared with the official Emergency Responders entrusted to provide us aid.



Section 2:

Neighbors Helping Neighbors Resources

There are many great resources available on this topic.

[L2020.org/emergency-preparedness/neighborhood-preparedness/](https://www.l2020.org/emergency-preparedness/neighborhood-preparedness/)

[GetEmergencyPrepared.com](https://www.getemergencyprepared.com)

[Ready.Gov](https://www.ready.gov)

[PrepareDelNorte.com](https://www.preparedelnorte.com)

Section 3:



Meeting Modules

1. Your Personal Preparedness Plan
2. Food and Water
3. Securing your Home
4. Fire
5. Floods
6. HazMat, Pandemic Flu, Terrorism & Nuclear Attack
7. Preparing Our children
8. Preparing and assisting Our Fragile Communities
9. Community Preparedness, Emotional Preparedness

Del Norte County

Neighborhood Preparedness



PERSONAL EMERGENCY PREPAREDNESS

MODULE 1:

YOUR PERSONAL

DISASTER PLAN



PERSONAL EMERGENCY PREPAREDNESS

MODULE 1: YOUR PERSONAL DISASTER PLAN

OBJECTIVE: This section is designed to guide participants to be personally prepared with both the supplies and knowledge necessary to endure a crisis that may leave them without outside assistance or services for up to seven days.

OUTCOME: Each participant will begin to develop a Personal Disaster Plan for themselves, their families, and their homes.

This plan needs to be able to be enacted at a moments notice, in the event of a disaster situation.

GAME PLAN: You are free to use any and/or all of the activity plans. You are welcome to choose the activities in any order that appeals to your group. You might consider combining 2 or more activities for a session. Each activity plan is designed to take less than 1 hour to complete.

ACTIVITY PLANS:

- A. First Things First
- B. The 9 Step Plan
- C. Map Your Neighborhood
- D. Family Emergency Preparedness Plan
- E. 72 Hour Comfort Kits
- F. Emergency Financial 'First Aid' Kit
- G. Contact Lists & Important Documents
- H. Pet Evacuation
- I. Drop-Cover-Hold & Shelter -In-Place
- J. Home Hazard Hunt
- K. Scenario Practice



MODULE 1

**PERSONAL
EMERGENCY
PREPAREDNESS**

1A

First Things First



PERSONAL EMERGENCY PREPAREDNESS
MODULE 1A: YOUR PERSONAL DISASTER PLAN

First Things First

Materials Needed:

Common Sense for Emergency Cards
(1 per household)

WHAT YOU NEED TO DO FIRST:

1. **Be Aware of Your Surroundings**—Look around you carefully before you react.
2. **Be Careful After A Disaster Strikes** - After any disaster you need to be extremely careful. Many people get injured or killed **AFTER** the earthquake, flood, fire, tsunami, etc. If you are inside, be watchful for broken glass, structural damage, unstable furniture (teetering book shelves or appliances). If you are outside, be careful of fallen trees and downed power lines. There is no way to tell whether or not a power line is active just by looking at it. Many trees come down and take down power lines with them, and sometimes it is almost impossible to see the power lines mixed up with all of the branches.
3. **Pay Attention to Emergency Broadcasts**—Pay attention to authorities and your radio or television – any major station is fine – they all utilize the emergency broadcast system. If you hear the emergency broadcast system tone, ***don't turn your radio off, turn it up and pay attention to what they are saying*** – it may not be “just a test”. Consider purchasing a NOAA radio. Listen to your radio and television for instructions from authorities – follow their instructions. If you are told to evacuate – **EVACUATE!** If you are told to stay home, then **STAY** home! Take these instructions very seriously!
4. **Stay in Your Home** during the time immediately after a disaster. Initially, your home may be the safest place for you, until you are able to see the extent of the damage around you. If you are at work or away from home, only travel home if it is safe to do so.
5. **Evacuate If Instructed To Do So**— or your home is structurally unsafe. In case of a structure fire, you should evacuate immediately of course.

6. **Prepare And Keep A 7 Day Emergency Supply Kit** in your home. Have enough water on hand for all family members and necessary emergency supplies. These items will be covered in depth in later Activity Plans .

7. **Keep A Cell Phone Charged at all Times**, have a car charger for your cell phone too – keep this phone in your house and when you travel, carry it with you in your car. You can also purchase a cell phone charger that you crank by hand incase the power is out for an extended time period. You do not need to have a cellular phone contract to call 9-1-1 from any cell phone. Any cell phone will dial 9-1-1 whether it is activated on a contract or not, as long as it has a charge. During some disasters, power can be lost for days and cell phones still work - of course this is no guarantee.

8. **ONLY CALL 9-1-1 If You Are Facing A Life or Death Emergency**, especially during or after a disaster. Emergency personnel will be overloaded trying to deal with all the different emergency situations and cannot take the time to deal with non-life threatening situations. For example, don't call 9-1-1 if you can't find your pet, or your power is out, or you are trying to find out information. Use common sense before dialing!

9. **Keep Fuel In Your Car At All Times** – DON'T RUN ON EMPTY!! In the event of a large evacuation, gasoline sells out very quickly and the lines at the stations are long. Running out of fuel while evacuating, or being unable to leave if you don't have enough fuel would be a real bummer! Keep a can of fuel in your garage or shed for backup.

10. **Prepare & Practice your Personal Disaster Plan** - Taking the time to think through and practiced a plan for you and your family.



MODULE 1

**PERSONAL
EMERGENCY
PREPAREDNESS**

1B

The

Nine Step Plan



**PERSONAL EMERGENCY PREPAREDNESS
MODULE 1B: YOUR PERSONAL DISASTER PLAN**

9 Steps - Immediately Following A Disaster

Materials Needed:

1 copy of the 9 Step Flip Book for each household.

1 copy of 'Under the Bed' for each household

- 1. Pass out the Flip Books** - Each household will need their own copy
- 2. Learn the 9 Steps** - Using the discussion Guide. Allow plenty of time for discussion on each step. It is hard to think clearly following a disaster. Knowing these 9 steps will help you quickly and safely do the things that really help.
- 3. Discussion Guide** (Steps 1 - 9 are to be completed at each individuals home)

Step #1 - Care for your loved ones. You have already done a good job of preparing your home, and educating your family, so even though you might be a bit shaken up, chances are you are okay. Remember what you have practiced.

Step #2 - Protect your head, hands and feet. Put on sturdy shoes to protect your feet from glass and debris, and a hard hat to protect your head from possible falling objects like ceiling tiles, wood, bricks. The hat will be especially important once you have moved outside. (See the 'Under the bed' box from this Module) Leather gloves will also be helpful when you encounter sharp objects or rough debris.

Step #3 - If you have gas or propane, you will now need to go outside and inspect the gas meter. If you smell gas or hear it hissing, shut it off immediately.

Step #4 - Shut off the water to the house at the main house valve, located somewhere in the house (not the valve in the cement box). This allows you to trap the water that is in the water heater and keep it safe from pollutants that may enter through cracked pipes.

Step #5 - Post the Green OK card or the red Help card on the front door or window. Neighbors will know to come and help if you post the red help sign, or if no card is up. If no card is up, they neighbors will assume you are injured and unable to get the card up.

Step #5 - Post the Green OK card or the red Help card on the front door or window. Neighbors will know to come and help if you post the red help sign, or if no card is up. If no card is up, they neighbors will assume you are injured and unable to get the card up.

Step#6 - Place your fire extinguisher in outside in front of your house, at the street where it can be easily seen. If extinguishers are left on porches, neighbors will have to take extra time to look for them. If someone yells fire, or if there is a lot of smoke, it will be very helpful to have a whole neighborhood of fire extinguisher. That will make it possible for people to grab the extinguishers, get to the fire and safely extinguish it.

After you have completed steps 1-6, it is time to come together as a neighborhood

Step #7 - Everybody gather at the prearranged Neighborhood Meeting Site. You will now be able to determine who is available to help. This may take a few minutes, but it is very important to organize at this time.

Step #8 - Assignments should be made at this time. Neighbors should be broken into teams (of at least 2 people-for safety) to do four (4) critical tasks

Team 1 will stay at the Meeting Site and listen for emergency information on the radio or a NOAA Weather Radio.

Team 2 will go and check all those who have been previously identified as needing help immediately.

Team 3 will check all propane tanks, using the information on the Neighborhood Map. If they smell any gas or hear it escaping from broken pipes, they will shut it off.

Team 4 will go door to door checking for all Help cards and homes with no cards. They will coordinate giving the help and assistance needed. They may want to take a first aid kit with them.

Step#9 - When each team has completed its assignment, it will report back to the Neighborhood Meeting Site and give a report of what they have done. As information is shared, the entire neighborhood will know what has happened and what the response has been. If additional help is required, plans can be devised to respond to those needs.

OK

HELP



Under -the-Bed Items

Ready to Respond

Day or Night

When disaster strikes, it may be difficult to think as rationally and as quickly as you would like. The more procedures you have in place, the easier they are to remember and implement, the more effective and efficient your responses will be.



Critical 'Under-the-Bed' Items

Sturdy shoes - to protect your feet from broken glass

Work Gloves - to protect your hands from broken glass and rough debris

Hardhat - to protect you from falling objects. Could be a bike helmet, or hardhat.

Flashlight or lightstick -essential for night time response.

Band-aids or tape - to hang the ok/help sign

OK/Help sign



MODULE 1

**PERSONAL
EMERGENCY
PREPAREDNESS**

1C

Map Your Neighborhood



PERSONAL EMERGENCY PREPAREDNESS

MODULE 1C: YOUR PERSONAL DISASTER PLAN

Map Your Neighborhood

Materials Needed:

Guideline to Map Your Neighborhood

Neighbors List

Grid for Mapping & Skills & Equipment List



Mapping Your Neighborhood is one of the most important activities you will find in this program. Don't worry about whether or not you can draw, just make boxes. What is important, is that you are able to identify where to find the people who will most need your help in a disaster, and any supplies you will need to be able to help them.

Sketch Your Neighborhood - Sketch the basic layout of your neighborhood. Be sure to include street names, building lots and houses, including the house numbers.

Number the building lots - Number the building lots in order, so you can match it to the Neighbors List .

Mark the Map - Mark the exact location of the gas meter to your neighborhood, any propane tanks, any other hazards.

Neighbors List - List the Neighbors List information.

Guidelines for Neighborhood Mapping

First:

Sketch the basic layout of your neighborhood.

A grid is provided to help you.

Include streets, building lots, and houses.

Second:

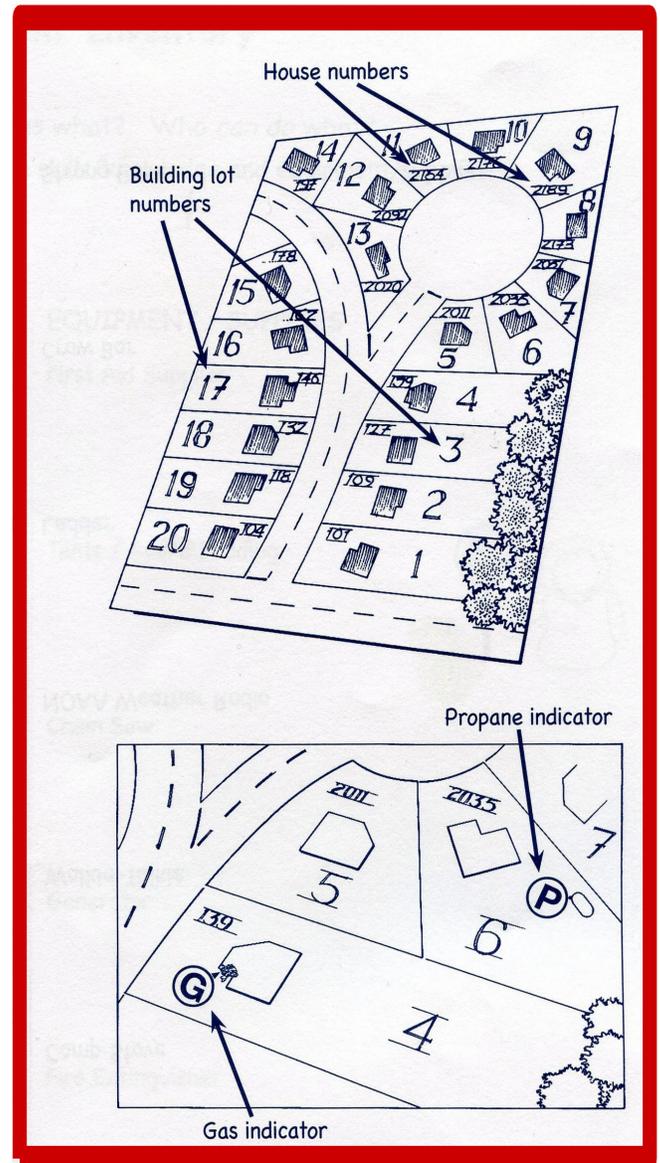
Number the building lots in order. This will allow you to easily match each house to the information on the Neighbors List. (See the Fourth step)

Third:

Mark the exact location of each gas meter or propane tank on your map.

Explain the location of the gas meter to your neighbors. For example, “behind the lilac bush on the front corner of the house”.

Suggestion: At the end of the meeting, actually walk your neighborhood and identify each meter, and propane tank. It is useful to see where each of these are located.





MODULE 1

PERSONAL EMERGENCY PREPAREDNESS

1D

Family Emergency Preparedness Plan



**PERSONAL EMERGENCY PREPAREDNESS
MODULE 1D: YOUR PERSONAL DISASTER PLAN**

Family Emergency

Materials Needed:

1 copy of Family Preparedness Plan for each household

1. **Home Floor Plan** - Sketch the layout of your home on the form in your Family Emergency Preparedness Plan (FEPP).
2. **2 Ways Out** - You will need to determine 2 ways out of each room. One would be the primary emergency exit route to be used in most instances. The other would be an alternate route, in case the primary route is blocked or unsafe. These exit routes should then be labeled on your sketch in different colors. One color for the preferred routes, and a different color for the alternative routes.
3. **Two Meeting Places** - Arrange two meeting places in case family members are separated. One should be outside your home, and one outside your neighborhood in the event that an evacuation is ordered or you are unable to return home. If a mass disaster hits, your neighborhood and your town may look very different than it did before the disaster. Landmarks may be destroyed, familiar buildings may be gone or unrecognizable, street signs may be covered with debris. You need to know how to get to your meeting place without familiar surroundings. Everything will look different, so keep that in mind. Record this information in your Family Emergency Preparedness Plan (FEPP).
4. **Out of Area Emergency Contact** - Arrange a long distance and out of state contact (a friend or a family member) who will act as your emergency contact person. In emergency situations it is often easier to get through to a number out of the immediate disaster area. Make sure each member of the family knows how to get in touch with this person. Record this information in your FEPP.
5. **School Contacts** - Have the contact information for children's school and elderly relative's nursing homes and daycare on in your FEPP at all times. Make sure that the school also has your most current and up to date contact information. Include the information for your out of state contact person in the school's files also. Find out what the school's disaster plan is, and where they would go in the event they are ordered to evacuate. Imagine the panic you would feel if a disaster struck and you didn't know where to find your children.

6. **Emergency Financial First Aid Kit** - Fill in all the information in the “Emergency Financial First Aid Kit”. Keep one copy in a large freezer type zip-lock bag with other important documents. Keep this in your 7 day emergency supply kit, another copy in hidden in your car or at your workplace (if you feel secure doing so since this contains a lot of personal information). Now this part is VERY important, another copy should be sent to your long distance emergency contact person. Attach recent photos of all family members (especially children), and your pets to your completed guide.

7. **Practice your Family Emergency Preparedness Plan** - It is critically important that you practice your plan at least every couple months. A once a month drill, varying the type of emergency, (i.e. house fire, wildland fire, earthquake, flood, storm, etc.) would be ideal. It has been proven over and over again, ***that preplanning and practice saves lives.***

8. **Complete Contact Cards** - Fill out the contact cards in your FEPP. Have each member keep these cards handy in a wallet, purse, backpack, etc. These cards will allow you fast and easy access to your important information and phone numbers. It is sometimes difficult to remember phone numbers, etc, in a stressful situation.

Family Emergency Preparedness Plan



Family
Family Names
Date Prepared
Next Review Date

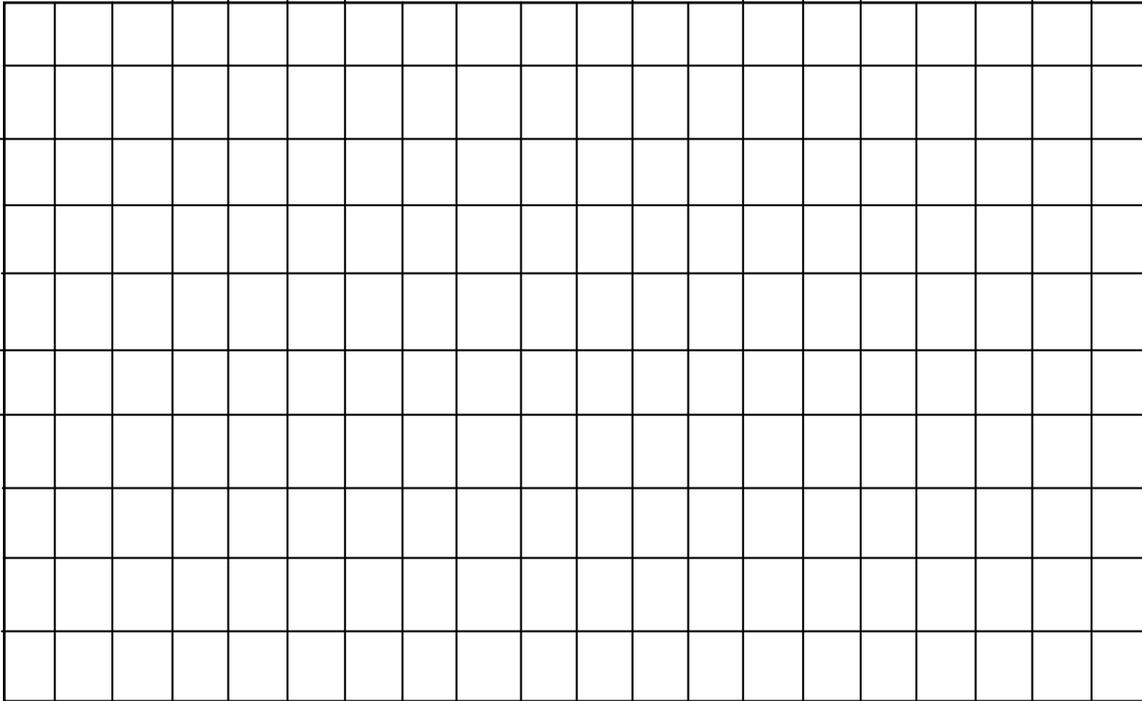


Evacuation Plan for Our Home

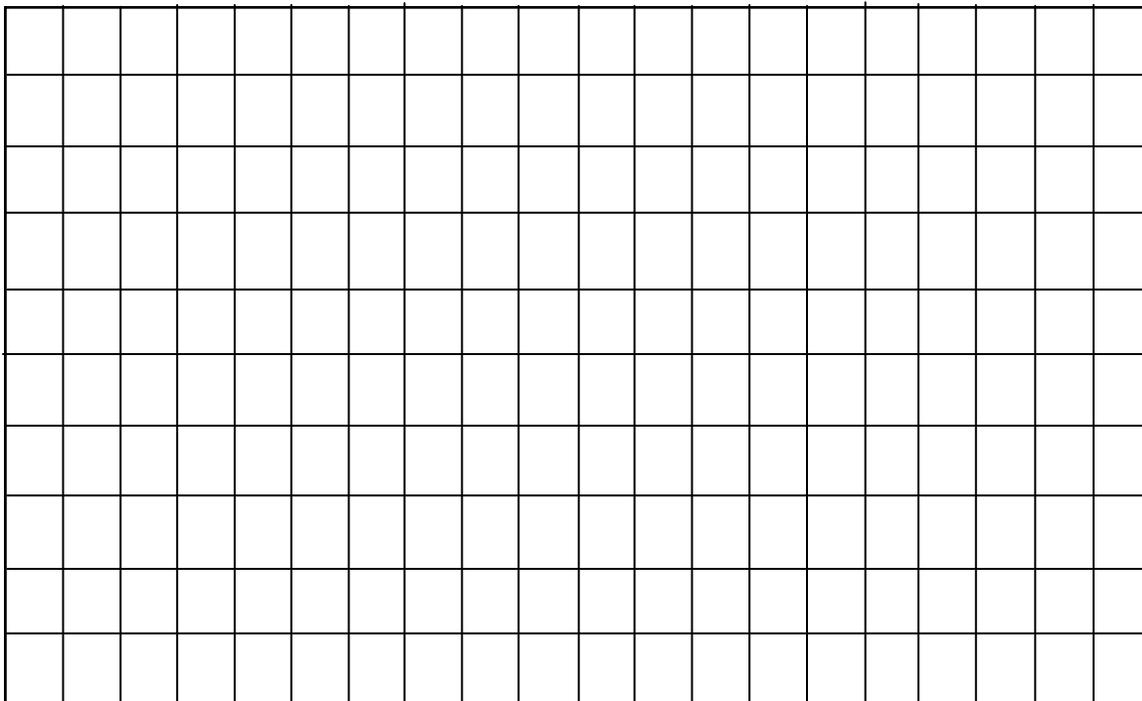
Sketch the floor plan of your home

Mark an two escape routes for each room (in case one is blocked)

Establish 2 designated places to meet. One outside of your home in case of fire , and the other, outside your neighborhood for larger evacuations.



Floor One



Floor Two

Family Meeting Areas

1. Outside our house by the

2. Outside the neighborhood

Address _____

Directions _____

Phone Number _____

Out—Of—Town Contact

Name(s) _____

Relationship _____

Phone Number _____

Medical Information

Special Needs _____

Prescriptions

Medication _____ Dose _____

Pets

Pet Name _____

Description _____

Insurance Information

Insurance Agent _____

Homeowner Policy & Number _____

Auto Policy & Number _____

Health Policy & Number _____

Dental Policy & Number _____

Other



**Emergency
Contact Card**

Name _____

Contact _____ # _____

Contact _____ # _____



**Emergency
Contact Card**

Name _____

Contact _____ # _____

Contact _____ # _____



**Emergency
Contact Card**

Name _____

Contact _____ # _____

Contact _____ # _____



**Emergency
Contact Card**

Name _____

Contact _____ # _____

Contact _____ # _____



**Emergency
Contact Card**

Name _____

Contact _____ # _____

Contact _____ # _____



**Emergency
Contact Card**

Name _____

Contact _____ # _____

Contact _____ # _____



**Emergency
Contact Card**

Name _____

Contact _____ # _____

Contact _____ # _____



**Emergency
Contact Card**

Name _____

Contact _____ # _____

Contact _____ # _____

School _____

School _____

Work _____

Meeting Place 1 _____

Meeting Place 2 _____

School _____

School _____

Work _____

Meeting Place 1 _____

Meeting Place 2 _____

School _____

School _____

Work _____

Meeting Place 1 _____

Meeting Place 2 _____

School _____

School _____

Work _____

Meeting Place 1 _____

Meeting Place 2 _____

School _____

School _____

Work _____

Meeting Place 1 _____

Meeting Place 2 _____

School _____

School _____

Work _____

Meeting Place 1 _____

Meeting Place 2 _____

School _____

School _____

Work _____

Meeting Place 1 _____

Meeting Place 2 _____

School _____

School _____

Work _____

Meeting Place 1 _____

Meeting Place 2 _____



MODULE 1

**PERSONAL
EMERGENCY
PREPAREDNESS**

1E

**72 Hour
Comfort Kits**



PERSONAL EMERGENCY PREPAREDNESS
MODULE 1E: YOUR PERSONAL DISASTER PLAN
72 Hour Comfort Kit

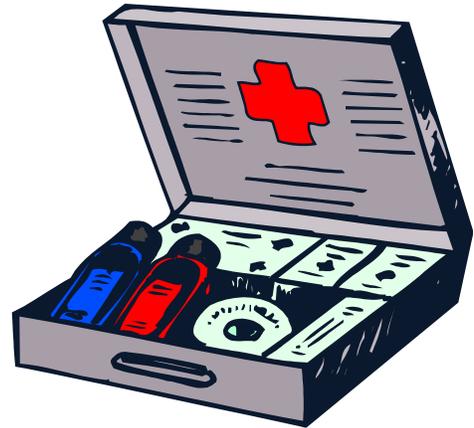
Materials Needed:

1 copy of 72 Hour Comfort Kit for each household

- 1. Preplanning** - It will be very important in the 'preplanning' process to have a list of items that will be essential for you and your family during the first few days following any major disaster. Each family will of course, want to tailor this list to their specific needs.
- 2. Lists** - We have included lists for different purposes in this Activity Plan. You will find a Vehicle Emergency Kit list, and a First Aid Kit list, as well as food and supply lists. Different families in your group may prefer one list over another. There is no 'one size fits all' perfect list, so each family is encouraged to take a list, and make it their own.
- 3. Shopping** - You may want to break this task down and make it more manageable and less of a financial burden. One way to accomplish that is to create a monthly shopping list. You would pick up a couple items from your list each month, and add them to your kit. Over time, you will have built a complete kit that will sustain your family for the first few days.
- 4. Containers** - You will find that your choice of containers will vary, depending on the particular kit you are building. The most important part is that it need to be relatively easy to store, and easy to grab. You may find you will need more than one container. For example, you will want to keep your Vehicle Kit in your car, but your food and supplies may be keep in the garage.

First Aid Supplies

- ◇ Sterile 4" adhesive bandages
- ◇ Sterile 4"x4" gauze pads
- ◇ 4" rolled gauze bandages
- ◇ Large triangular bandages
- ◇ Butterfly bandages
- ◇ Adhesive tape
- ◇ Band-aids
- ◇ Scissors and tweezers
- ◇ Moistened towelettes
- ◇ Bar soap
- ◇ Latex gloves
- ◇ Aspirin & non-aspirin pain reliever
- ◇ Antacid
- ◇ Anti-diarrhea medication
- ◇ Laxative
- ◇ Insect repellent
- ◇ Hydrogen peroxide to disinfect wounds
- ◇ Rubbing Alcohol
- ◇ Antibiotic ointment
- ◇ Saline Solution (eye wash)
- ◇ Sunscreen
- ◇ Safety pins
- ◇ Needle & thread
- ◇ Plastic bags
- ◇ Instant cold packs
- ◇ Pocket knife





Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, cooking or preparation.

Rotate food supply every 6 months

- ◇ Canned meats, fruits and vegetables
- ◇ Juices canned, powdered or crystallized
- ◇ Soups, canned, dried in a cup or bouillon
- ◇ High energy foods—peanut butter, granola bars, trail mix,
- ◇ Smoked or dried meats such as beef jerky
- ◇ Comfort foods—cookies, hard candy, etc
- ◇ Vitamins
- ◇ Staples—salt, sugar, pepper
- ◇ Milk—powdered or canned



Water

- ◇ You will need one gallon of water per person per day.
- ◇ Keep at least a three-day supply of water for each person in your household.
- ◇ Two liter soda bottles work great. That means six 2-liter bottle per person.
- ◇ Have water purifying agents available

Boiling

- ◆ Boiling is the safest way to purify water
- ◆ Bring the water to a rolling boil for 3-5 minutes
- ◆ Let cool before drinking

Purifying by adding bleach

- ◆ Treat water by adding liquid bleach such as Clorox or Purex (typically 5 –6 percent chlorine)
- ◆ Place water in a clean container and add 5 drops to 1/2 gallon of water
- ◆ Mix thoroughly and allow to stand for at least 30 minutes before using (60 minutes if water is cloudy or cold)

Tools

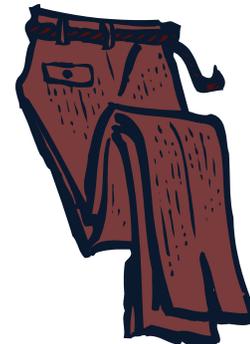


- ◆ Whistle
- ◆ Flashlight
- ◆ Non-electric can opener
- ◆ ABC fire extinguisher
- ◆ Ax, shovel, broom
- ◆ Crescent wrench for turning off gas
- ◆ Screwdriver, pliers, hammer
- ◆ Coil of one-half inch rope
- ◆ Plastic duct tape and sheeting
- ◆ Knife or razor blade
- ◆ Garden Hose (for siphoning & fire fighting)
- ◆ Battery-operated AM radio
- ◆ Extra batteries
- ◆ Camp stove and fuel for cooking



Clothing & Bedding

- ◆ One complete change of clothes
- ◆ Blankets or sleeping bag
- ◆ Mylar blanket
- ◆ Sturdy shoes
- ◆ Warm socks
- ◆ Hat and gloves
- ◆ Jacket



Supplies

- ◆ Toilet paper
- ◆ Baggies
- ◆ Liquid soap
- ◆ Large plastic bags
- ◆ Bar soap
- ◆ Toothpaste and toothbrush
- ◆ Shampoo
- ◆ Matches in watertight container
- ◆ Paper towels
- ◆ Heavy duty aluminum foil



Special Items

- ◆ Prescription medications
- ◆ Extra Eye Glasses
- ◆ Games and Books
- ◆ Contact Eye Solution
- ◆ Denture adhesive
- ◆ Feminine supplies
- ◆ Diapers & wipes
- ◆ Baby food & formula





MODULE 1

**PERSONAL
EMERGENCY
PREPAREDNESS**

1F

**Emergency Financial
“First Aid” Kit**



**PERSONAL EMERGENCY PREPAREDNESS
MODULE 1F: YOUR PERSONAL DISASTER PLAN**

**Emergency Financial
“First Aid” Kit**

Materials Needed:

1 copy of the FEMA Emergency Financial First Aid Kit for each household

1 copy of the letter to send, out-of-town, with the packet.

- 1. FEMA Packet** - A member of each household will need to complete the FEMA packet. This may seem like a lot of unnecessary paperwork, but in fact, this very packet could save you a great deal of time, effort and heartache. After large-scale disasters such as Hurricane Katrina, survivors realized that recreating their paperwork was an unbelievably daunting task, which in some instances took many months to complete. This packet will take a lot less time to complete now, rather than having to recreate your financial life after a disaster.
- 2. Make Copies** - After each family has completed their packet, they will want to make at least a couple of copies of it. They will want to keep one packet with their household paper. The second packet should be sent to a trusted friend or family member in a city, or even part of the country, to store for them, in case their copy is destroyed in a disaster.
- 3. Copy the Letter** - We have included a letter, that you are welcome to copy, to send to a friend or relatives, with your FEMA packet. Feel free to use any or all of this letter. You have permission to make any changes that you find necessary.
- 4. Send Your Packet** - Please consider sending your packet to friends or family that do not live in your vicinity, so the chances of their area sharing in the same disaster is minimal.



Neighborhoods that are prepared for emergencies and disaster situations save lives, reduce the severity of injuries and trauma, and reduce property damage.

Dear _____,

As you know, we live in a vulnerable world, where it is likely that we will, at some point, be affected by an emergency, disaster, public health event, or even a crime. Knowing that emergencies often happen when we least expect them, it seems like a good idea to get prepared. I have decided to become involved in my community's preparedness project, called "Neighbors Helping Neighbors". My neighborhood is holding meetings, exercises and drills designed to prepare us for any emergency or disaster we may face. One of our meetings is focused on filling out and preserving our financial documents. After large-scale disasters such as Hurricane Katrina, survivors realized that recreating their paperwork was an unbelievably daunting task, which in some instances took many months to complete. The Neighbors Helping Neighbors project is encouraging us to fill the FEMA Financial First Aid packet out now. In the case that we ever need it, it will be much easier to make adjustments to this completed packet, rather than having to recreate our entire financial history.

Since these documents could actually be lost in a disaster, I would like to send a copy of my packet to you for safe storage. I have enclosed copies of some other important documents and photos as well. I sealed the package, and would appreciate it if you could put it in a safe place, out of your way. Hopefully, I will never need this package, but I am much more comfortable knowing that this second copy exists.

Thank you so much for storing these items for me. If you would like to prepare a similar packet, I would be happy to store it for you.

Thanks again, I do appreciate it.

Sincerely,



MODULE 1

PERSONAL

EMERGENCY

PREPAREDNESS

1G

Contact Lists & Important Documents



**PERSONAL EMERGENCY PREPAREDNESS
MODULE 1G: YOUR PERSONAL DISASTER PLAN**

Contact Lists & Important Documents

Materials Needed:

- 1 copy of the Out-of-town Contact List for each household
- 1 copy of the letter to send, out-of-town, with the packet.
- 1 copy of the 'Documents' page

1. **Photos & Video** - If you have not already filled out the FEMA Financial 'First Aid' Kit, this would be a good time to do that. In addition to the FEMA Kit, you might want to take photos and videos of all valuables as documentation for insurance claims.
2. **Family Photos** - If you have access to a photo scanner and computer, you may want to consider scanning family pictures into your computer, and then saving them on a flash drive, to be sent with to an out of town friend or relative for safe keeping. It is often such items as family pictures that can not be replaced, but with modern technology, it is much easier and more affordable to keep electronic copies of pictures.
3. **Out-of-Area Contact** - You will want to contact a friend or relative that lives at least 100 miles away to be your Out-of-Area Contact. After a disaster, it is often easier to make out-of-town calls than local calls. Your family should decide who you will all call (the same person) in case of an emergency. After a disaster, all members of the household call this person, and let them know how they are, and where they are. That person can then pass messages to your family as they call in.

Out-of-Area Contacts



Local phones systems may be shut down in a disaster. However, you frequently can place a long-distance call.

Out-of-Area Contact: _____

Phone Number (with area code): _____

Cell Phone Number (with area code): _____

Also record this information on your Contact Cards (Module 1C)

TIP: You may be able to text message all your loved ones on your cell phone. Keep these messages short.

Did You Know?

*Phone lines were "hardened" years ago to withstand nuclear attack and are quite resistant to damage. It's difficult to make local calls not because of damage, but because of the number of people trying to call at the same time. Typically, however, you can make long distance calls.

*One reason the local phone system shuts down during earthquakes is because handsets get knocked from their bases. Help restore local phone service by making sure all your phones are hung up.

*You should keep a phone that does not require electricity. Cordless phones use electricity! If the power is out, they will not work.

*Pay phones are part of the emergency services network, and are a priority to be restored to service. Tape the coins needed to use a pay phone to your contact card.

Out-of-Area Contacts



Dear _____,

As you know, we live in a vulnerable world, where it is likely that we will, at some point, be affected by an emergency, disaster, public health event, or even a crime. Knowing that emergencies often happen when we least expect them, it seems like a good idea to get prepared. I have decided to become involved in my community’s preparedness project, called ‘Neighbors Helping Neighbors’. My neighborhood is holding meetings, exercises and drills designed to prepare us for any emergency or disaster we may face. One of our meetings reminded us that it is often very difficult to make local phone calls following a disaster. In fact it is far easier to make long distance calls, due to the high call volume on local lines. The Neighbors Helping Neighbors project suggested that we arrange for an ‘Out-of-Area’ contact, (someone that lives over 100 miles away) to be the person every member of our household calls to report their status, and also get information on the rest of the family members.

Would you consider being the ‘Out-of-Area’ contact for our family. Hopefully we will never have to use this plan, but it certainly makes us feel better to know we have a plan in place, should we need it.

I am listing all our phone numbers for you:

Thank you for considering being our family contact.
Thanks again, we do appreciate it.

Sincerely,



MODULE 1

**PERSONAL
EMERGENCY
PREPAREDNESS**

1H

Pet Evacuations



**PERSONAL EMERGENCY PREPAREDNESS
MODULE 1H: YOUR PERSONAL DISASTER PLAN**

Pet Evacuation

Materials Needed:

Before A Disaster ...

You will want to take some time to preplan a safe area in your home where you will be able to house your pet in an emergency.

1. Consider easy to clean areas such as utility rooms or bathrooms.
2. Avoid rooms with hazards like windows, hanging plants, pictures with glass.
3. Consider setting up a separate location for each animal. Disasters stress animals. Even a gentle pet can exhibit distressed behaviors.
4. If your pet is on medication or a special diet, find out from your vet what you should do in case you have to leave you pet for some length of time, perhaps several days.
5. Make sure your pet has a properly fitted collar that includes the current license and rabies tags, your name, address and phone number.

During The Disaster ...

If you must leave your pet-

1. Bring your pet inside immediately. Animals have instincts about severe weather changes and will often isolate themselves if they are afraid. Bringing them inside early can stop them from running away. Never leave a pet outside or tied up during a storm.
2. If you have to evacuate and leave your pet at home, put it in the safe location that you have previously prepared.
3. Leave a 3 day supply of *dry* food, even if it is not the pet's usual food.

Moistened food can turn rancid or sour. Put food in a sturdy container the pet cannot overturn.

4. Leave water in a sturdy, no-spill container. If possible, open a faucet slightly and let water drip into a big container.
5. Replace a chain "choke" collar with a leather or nylon collar. Make sure that collar has the tags and identification.
6. Separate dogs and cats, even if they normally get along, the anxiety of a disaster situation can cause pets to act unpredictably.

If you evacuate, and are able to bring your pet -

1. Be sure your pet has tags and identification.
2. Bring any medications your pet is taking.
3. Bring your pet's Emergency Evacuation Card (which you will have previously filled out) and medical records.
4. Remember that for health and safety reasons, pets will not be allowed in public emergency shelters, however here in Del Norte County, we have a Disaster Animal Response Team (D.A.R.T.) that will establish a special pet evacuation shelter to care for your pet.

After A Disaster ...

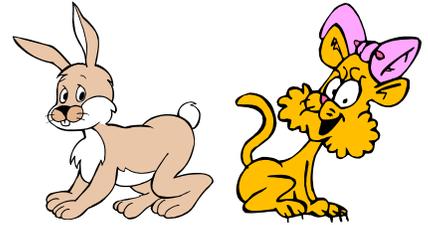
1. In the first few days after a disaster, leash your pets when they go outside. Maintain close contact. Familiar scents and landmarks may be altered, and your pet may become confused and lost.
2. The behavior of your pets may have changed. Normally quiet and friendly pets may become aggressive or defensive. Leash dogs and place them in a fenced yard with access to shelter and water.

Del Norte County

Neighborhood Preparedness



Emergency Care Kit For Pets



Taking time to prepare an Emergency Care Kit for your pet will certainly pay off in the case of a disaster. It should be stored as a 'Grab and Go', just as you have prepared for your family. Here are some ideas for your pet's kit.

1. A fiberglass carrier for each pet, with an envelope taped to the top of the carrier containing:
 - A. A photo with your pet's name on it.
 - B. Vaccination records
 - C. Information about prescription medications
 - D. Your vet's name and phone number
 - E. Your name, address and phone number

Train your pet to become comfortable in a carrier.

2. Food sufficient for 3 days. Food should be dry and relatively unappealing to prevent overeating
3. Towels or blankets for warmth
4. Water sufficient for 3 days
5. Zip-lock baggies for clean-up
6. Spray disinfectant and latex gloves

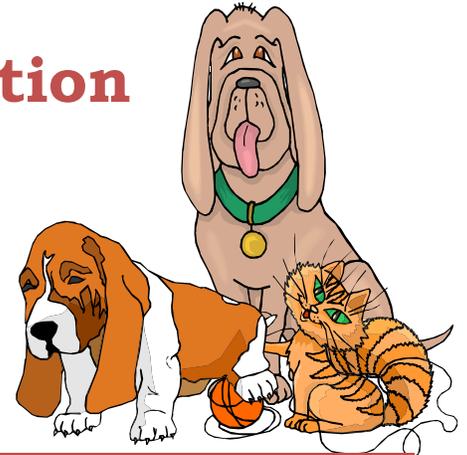
In addition cats will also need:

Plastic litter box

Jug of clumping kitty litter and a scoop



Pet Identification Card



Pet's Name _____

Type of Pet Dog Cat Bird Other _____

Owner's Name _____

Owner's Address _____

Owners Phone Home _____ Cell _____

Vet _____ Vet's Phone _____

Vaccination Dates _____

Medications _____

Special Issues _____

Picture of Pet



MODULE 1

PERSONAL EMERGENCY PREPAREDNESS

11

Drop-Cover-Hold & Shelter In Place



PERSONAL EMERGENCY PREPAREDNESS
MODULE 11: YOUR PERSONAL DISASTER PLAN

Drop-Cover-Hold Shelter In Place

Materials Needed:

Drop-Cover-Hold Activity Sheet

Shelter In Place Activity Sheet

In any situation, staying calm is the most important factor in getting through the crisis. Being able to think clearly, focus on immediate needs, know what to do and when to do it, will help you and your family.

What you need to do first when a disaster strikes, depends on the type of disaster.

During a disaster, many people's fight or flight instinct kicks in and they immediately want to run, even when they know that is not always the best option.

Knowing what action is required in different emergency situations is the critical first step you will need. However, it is practicing these responses that will help you overcome your instinctual response to run, and possibly save your lives.

What To Do First In Specific Emergency Situations

Earthquakes

Studies show that people in our country tend to be hurt by falling objects, not collapsing structures. If you are on your feet trying to move, you are in danger from toppling bookcases, breaking windows, flying dishes, falling televisions, collapsing fireplaces, or shifting furniture. Drop-Cover-Hold is the national standard for earthquake safety in our country. When

the ground begins to shake, quickly take cover under a desk, table, or something sturdy you can get under. Resist the impulse to run!

See the Drop-Cover-Hold Activity Sheet for full instructions.

Shelter in Place

You may need to Shelter In Place for emergencies such as storms, criminal activity, and chemical emergencies.

In a chemical emergency, you will want to take shelter immediately. See the Shelter in Place activity sheet for detailed instructions

Structure Fires

In the event of a fire in your home, you will evacuate immediately following the plan you created in Module 1D (Family Preparedness Plan), call 911 and all meet in the prechosen family meeting spot.

If you follow these simple guidelines, you will greatly increase your opportunity to save lives and reduce severity of injuries and trauma.

Respond to the emergency by staying calm!

If the earth shakes, don't run - Drop-Cover-Hold

If there is a household fire - evacuate immediately

Listen to Emergency broadcasts and

Shelter in Place when asked to

Evacuate when asked to



Drop-Cover-Hold

Conquering the instinct to run

During earthquakes, many people's fight/flight instinct urges them to *run!* - even when they *know* they should "drop, cover, hold". Why? Rational thought (in other words, the *knowing*) flees.

We learn to counter this instinctual response to run by **practicing** doing the safe thing.

Studies show that people in our country tend to be hurt by falling objects, not collapsing structures. If you are on your feet trying to move, you are in danger from toppling bookcases, breaking windows, flying dishes, falling televisions, collapsing fireplaces, or shifting furniture.

Drop-Cover-Hold - What Does It Mean?

Drop - under something sturdy and taller than you are

Cover - the back of your head and neck with one arm

Hold On - in case the thing you're under moves

Close your eyes -

You'll do better psychologically if you don't watch, and you'll protect your eyes

The Key Is Practice - Practice Being Safe!

1. Choose a safe place to go in each room:

*bedrooms *bathrooms

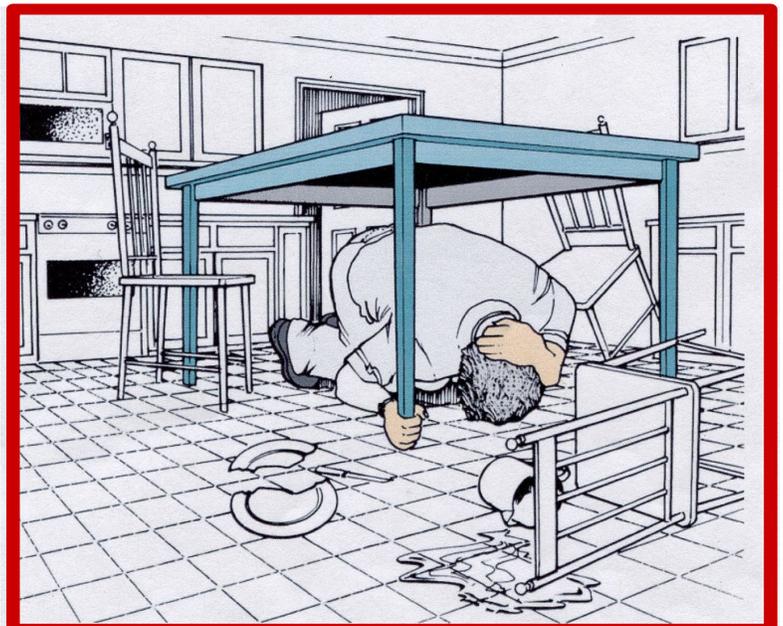
*living room *playroom

*kitchen *garage

2. Practice quickly moving to a safe place

3. Hold Earthquake Drills to practice taking cover in your safe places.

Call out 'Earthquake'!! Allow everyone time to react. Then, come together and discuss where each of you went, and why it was or was not the safest place to go.



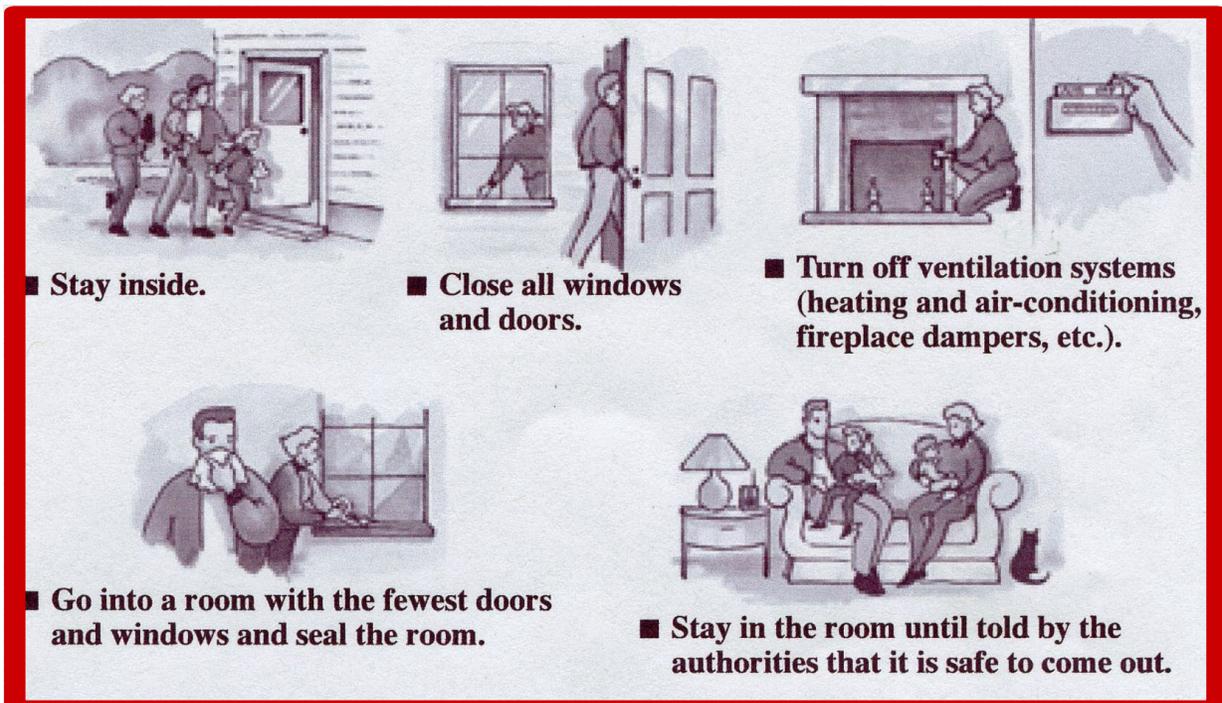
Whenever the ground begins to shake, quickly take cover under a sturdy desk or table.



Shelter In Place

Chemical agents are poisonous gases, liquids, or solids that have toxic effects on people, animals and plants. Most chemical agents cause serious injuries or death.

Severity of injury depends on the type and amount of the chemical agent used, and the duration of exposure.



How to Shelter-in-place

- *Dampen towels and place over the crack under the door.
- *Cut plastic sheeting to fit over the windows and vents. Secure the plastic with duct tape.
- *Tape around the door.
- *Turn on the radio
- *Don't ventilate (air out) or leave your sealed shelter until you are told to do so.
- *If you were outside before taking shelter and think you may have been exposed to a chemical agent, there are several things you can do. If you are in a sealed shelter, take off at least your outer clothes, put them in a plastic bag and seal the bag. If water is available, wash or take a cool to warm (not hot) shower, using lots of soap and water. Do not put soap in your eyes, just lots of water.



MODULE 1

PERSONAL

EMERGENCY

PREPAREDNESS

1K

Scenario Practice



**PERSONAL EMERGENCY PREPAREDNESS
MODULE 1K: YOUR PERSONAL DISASTER PLAN**

Scenario Practice

Materials Needed:

Scenario 1 - Earthquake for each participant
Pencil and paper for each participant

Scenario Practice is an opportunity to safely ‘put yourself’ in a disaster and think through all the things you may encounter. Even though this is just a scenario, it will give you an idea of emotions you may be faced with in an emergency situation. Finally, the scenario will allow you to practice, what it is you would (should) do to protect yourself and your family, and what obstacles might be in your way.

Discuss the Plan - Before you begin your Scenario, you will want to set up the ground rules.

1. You have the only copy of the scenario, at this point.
2. Everyone should be seated comfortably (because you are going to ask them to relax and close their eyes)
3. You will read the scenario.
4. Quiet time, (No discuss yet, you want each person to have a couple minutes to reflect on their own thoughts before they get input from others).
5. Still Quiet time - ask everyone to jot down a few notes about their reactions, emotions, worries, concerns. This is for them only, they will not turn these in.
6. Discussion - now it is time talk about

Read the Scenario - Once you have discussed the ground rules and have your group sitting comfortably, ask them to close their eyes, so they can visualize the scene, as you read to them.



SCENARIO 1 -

Please close your eyes and picture this scenario:

Imagine this, of course, around your own life, your family and loved ones.

It is a crystal clear and picture perfect day, with bright blue skies and a few puffy white clouds, the sun is shining and the world seems like a perfect place. It is midweek and you need to run into the store during lunch-time to grab a couple of items. If you have children, *they are in school*. If you have a spouse or significant other, *they are at work*. If you don't have children but have a very special pet, your *dog or cat are at the vet having their teeth cleaned*. *Anyone else who is special in your life is not with you at the moment – you are alone.*

While you are in the grocery store, all of a sudden, without any warning at all, the Earth begins to violently change around you. The ground beneath you begins to shake and roll fiercely, things begin falling off of the shelves all around you, people are screaming, some are praying, and children begin to cry. The sounds are frightening and strange to you. You hear objects breaking as they hit the floor, you hear window glass breaking and the terrible sounds of the building groaning as metal, concrete and wood grate together. The terrible nightmare only lasts about 25 seconds, and then it is over.

The store is completely trashed, with merchandise broken and piled all over the floor, the power has gone out, the roof in one corner of the store has collapsed, the bright sunlight shining in though the ceiling, you look out the broken window and what you see outside is completely different than it was only one minute before. There is massive destruction outside, street lights are down, buildings are damaged, and the roads are severely damaged.

NOW - WHAT DO YOU DO?

Please take several minutes of quiet time, to think, then write out what you would do.