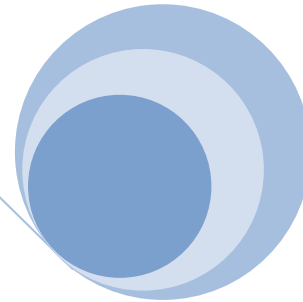


72 Hours +



CATEGORIES:

Warmth & Shelter

Cooking, Heating & Light

Water & Hygiene Items

First Aid

Food Items

Communications

Comfort

Miscellaneous

Survival Guide

Comprehensive

Preparing for disaster & Sheltering in Place

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TABLE OF CONTENTS

Introduction	Page 3
Shelter in Place	Page 4
Go-Bags	Page 5
Disaster Supply Kit	Page 6
Water	Page 7
Food	Page 8
First Aid	Page 9
Children	Page 10
Seniors & Disabled	Page 11
Pets	Page 12
Evacuation/Shelters	Page 13
Utilities/Phone/Radio	Page 14 - 16
Home Safety/Shelter in Place	Page 17
Miscellaneous (things others forget)	Page 18
Sirens	Page 19
Non Disaster Home Financial Information and Important Papers <i>(credit card #'s, ss #, bank, etc.)</i>	Page 20



Household/Family - Talk with your family about potential disasters and why it's necessary to prepare for them. Involve each member of your family in the planning process. By showing them simple steps that can increase their safety, you can help reduce their anxiety about emergencies.

- Make sure everyone knows where to find your [disaster supply kit](#) and [Go-bags](#).
- Have a flashlight and a pair of shoes under everyone's bed in case there is an earthquake during the night. Use a plastic bag tied to the leg of the bed to keep these items from moving during an earthquake.
- Plan where to meet after a disaster if your home becomes unsafe. Choose two places, one just outside your home and one outside your neighborhood in case you are told to [evacuate](#). Be sure your gas tank is always at least half full.
- Determine the best escape routes from your home. Try to identify two escape routes.
- Make sure each member knows who your family's out-of-state contact is and instruct them to call this person and tell him/her where they are.
- Locate the gas main and other [utilities](#) and make sure family members know when and how to turn them off.
- Practice your evacuation routes, Drop, Cover & Hold and Stop, Drop & Roll drills.
- Teach each member of your family how to use a fire extinguisher.
- Create emergency response cards for each of your family members.
- Take into account the special needs of [children](#), [seniors or people with disabilities](#), family members that don't speak English and [pets](#).
- After a major disaster the usual services we take for granted, such as running water, refrigeration, and telephones, may be unavailable. Experts recommend that you should be prepared to be self-sufficient for at least three days. Recommendations for two types of kits are below. Store your kits in an easily accessible location. Put contents in a large, watertight container (e.g. a large plastic garbage can with a lid and wheels) that you can move easily.

The Chans have three different level of preparedness:

1) Shelter in Place: Use Big Bins in Basement (sleeping bags/tent, etc.)

2) Inconvenienced but have to quickly leave home: Grab only; Go Bag

3) Serious Disaster: Grab *ALL 3 Bags*;

* Go Bag (change of clothes, grooming, food, and water)

* Orange Back Pack (in car trunk) and

* Heat & Light Bag



Shelter in Place – If we lose heat/gas and have to live at home. The tent is small, so it could easily be taken with us.

1. Flashlight in Go Bags (and around house)
2. AM/FM Radio in Angela's Go Bag and Orange Pack
3. Extra Batteries
4. Tent
5. Sleeping Bags (2)
6. Stove
7. Light/Candles
8. Water (2) 5 gallon containers on back deck)
9. Emergency Drinking Water packets in Garage
10. Canned food, etc., in garage
11. First Aid (in Orange Back-pack)

Check & Replace Items Annually

	<i>Date Replaced</i>
Batteries	_____
Water	_____
Food	_____
Medicines	_____



GO BAG - A component of your disaster kit is your Go-bag. Put the following items together in a backpack or another easy to carry container in case you must evacuate quickly. Prepare one Go-bag for each family member and make sure each has an I.D. tag. You may not be at home when an emergency strikes so keep some additional supplies in your car and at work, considering what you would need for your immediate safety.

1. Batteries
2. Flashlight
3. Pocket Knife
4. Radio – battery operated
5. Whistle

6. Sturdy shoes, a change of clothes, and a warm hat/gloves
7. Some water and food
8. Grooming: Toothbrush ~ paste ~ toothpicks (*plastic*)
lip balm ~ Comb ~ Hair Band (*if you have long hair*) ~ baseball Cap ~ Deodorant ~ Vaseline
9. Extra prescription eye glasses, (sunglasses) hearing aid or other vital personal items
10. Prescription medications and first aid supplies

11. COMFORT: Bible/Hand fan/flip flops/Gum/Mints/hand lotion/dust mask
12. Emergency cash in small denominations and quarters for phone calls

13. Photos of family members and pets for re-identification purposes
14. List of emergency point-of -contact phone numbers
15. List of allergies to any drug (especially antibiotics) or food
16. Copy of health insurance and identification cards
17. Local map
18. Pen/Paper/Permanent marker, and tape

19. Extra keys to your house and vehicle

20. Any special-needs items for [children](#), [seniors or people with disabilities](#).
21. Go-bag for your [pets](#) (if applicable).



DISASTER SUPPLY KIT (Orange Bag)

- [Water](#) – one gallon per person per day
- Unscented liquid household bleach and an eyedropper for [water purification](#).
- [Food](#) – ready to eat or requiring minimal water
- Manual can opener (military can opener) and other cooking supplies
- Plates, utensils and other feeding supplies

- Warm clothes and rain gear for each family member. Hand warmers.
- Personal hygiene items including toilet paper, feminine supplies, hand sanitizer and soap
- Blanket or sleeping bag
- Large heavy duty plastic bags and a plastic bucket for waste and sanitation

- Heavy work gloves
- Dust Mask

- Plastic sheeting, duct tape and utility knife for covering broken windows
- Tools such as a crowbar, hammer & nails, staple gun, adjustable wrench and bungee cords.

- [First Aid kit](#) & instructions
- Sewing Kit

- A copy of important documents & phone numbers
- Disposable camera

- Any special-needs items for [children](#), [seniors](#) or [people with disabilities](#).
Don't forget water and supplies for your [pets](#).

Check Expiration Dates Annually

Energy Bars
 Peanut Butter & Crackers
 Beef Jerky
 Tuna in Foil Pouch
 Dried Soup Mix
 Crystal Light
 Tea/Coffee Bags
 Candy/Hard and Soft



Water -In a disaster, water supplies may be cut off or contaminated. Store enough water for everyone in your family to last **for at least 3 days**.

- Store one gallon of water per person, per day. Three gallons per person per day will give you enough to drink and for limited cooking and personal hygiene. Remember to plan for pets.

If you store tap water:

- Tap water from a municipal water system can be safely stored without additional treatment.
- Store water in food grade plastic containers, such as clean 2-liter soft drink bottles. Heavy duty, reusable plastic water containers are also available at sporting goods stores. Empty milk bottles are not recommended because their lids do not seal well and bottles may develop leaks.
- Label and store in a cool, dark place.
- Replace water at least once every six months.

If you buy commercially bottled “spring” or “drinking” water:

- Keep water in its original container, and don't re-store a bottle once it's been opened.
- Store in a cool, dark place.
- If bottles are not marked with the manufacturer's expiration date, label with the date and replace bottles at least once per year.

Treating Water after Disaster: If you run out of stored drinking water, strain and treat water from your water heater or the toilet reservoir tank (except if you use toilet tank cleaners). Swimming pool or spa water should not be consumed but you can use it for flushing toilets or washing.

Treatment Process: Strain any large particles of dirt by pouring the water through layers of paper towels or clean cloth. Next, purify the water one of two ways:

- **Boil** – bring to a rolling boil and maintain for 3-5 minutes. After the water cools, pour it back and forth between two clean containers to add oxygen back; this will improve its taste.
- **Disinfect** – If the water is clear, add 8 drops (1/8 teaspoon) of bleach per gallon of water. If it is cloudy, add 16 drops (1/4 teaspoon) per gallon. Make sure you are using regular bleach— 5.25% percent sodium hypochlorite— rather than the “ultra” or “color safe” bleaches. Shake or stir, then let stand 30 minutes. A slight chlorine taste and smell is normal.



Food - When a disaster occurs, you might not have access to food, water and electricity for days, or even weeks. Store enough emergency food to provide for your family for at least 3 days.

- Store food items that are familiar, rather than buying special emergency food. Consider any dietary restrictions and preferences you may have.
- Ideal foods are: Shelf-stable (no refrigeration required), low in salt, and do not require cooking (e.g. canned fruit, vegetables, peanut butter, jam, low-salt crackers, cookies, cereals, nuts, dried fruit, canned soup or meats, juices and non-fat dry milk).
- Mark a rotation date on any food container that does not already have an expiration date on the package.
- Include baby food and formula or other diet items for infants or seniors.
- Store the food in airtight, pest-resistant containers in a cool, dark place.
- Most canned foods can safely be stored for at least 18 months. Low acid foods like meat products, fruits or vegetables will normally last at least 2 years. Use dry products, like boxed cereal, crackers, cookies, dried milk or dried fruit within six months.
- After a power outage, refrigerated food will stay cold longer if you keep the door closed. Food should generally be consumed within 4 hours. Food in the freezer will normally remain safe for 2 days.



First Aid - In any emergency, you or a family member may be cut, burned or suffer other injuries. Keep the following basic first aid supplies so you are prepared to help when someone is hurt.

- Two pairs of disposable gloves
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes to disinfect
- Antibiotic ointment to prevent infection
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Scissors
- Over-the-counter medicines such as Aspirin or other pain reliever, laxative, anti-diarrhea medication
- Prescription medications you take every day such as insulin, heart medicine, or asthma inhaler
- Prescribed medical supplies such as glucose monitoring equipment or blood pressure monitors



Children

- Include your children in family discussions and planning for emergency safety.
- Teach your children their basic personal information so they can identify themselves and get help if they become separated from a parent or guardian.
- Prepare an emergency card with information for each child, including his/her full name, address, phone number, parent's work number and out of state contact.
- Know the policies of the school or daycare center your children attend. Make plans to have someone pick them up if you are unable to get to them.
- Regularly update your child's school with current emergency contact information and persons authorized to pick up your child from school.
- Make sure each child knows the family's alternate meeting sites if you are separated in a disaster and cannot return to your home.
- Make sure each child knows how to reach your family's out-of-state contact person.
- Teach children to dial their home telephone number and Emergency 9-1-1.
- Teach children what gas smells like and advise them to tell an adult if they smell gas after an emergency.
- Warn children never to touch wires on poles or lying on the ground.
- Role-play with children to help them remain calm in emergencies and to practice basic emergency responses such as evacuation routes, Drop, Cover & Hold and Stop, Drop & Roll.
- Role-play with children as to what they should do if a parent is suddenly sick or injured.
- Role-play with children on what to say when calling Emergency 9-1-1.

Kit:

- Include a family picture and a favorite toy, game or book for each child in his/her Go-bag.
- Include your child's emergency card and include information on reunification locations and out-of-area contact.
- Provide comfort food and treats for each child in your family disaster supplies kit.
- Keep a recent photo of your children in your Go-bag.



Seniors & Disabled

- **Set up a Personal Support Network:** Designate someone to check on you in an emergency and to help with evacuation or sheltering-in-place.
- **Prepare and carry with you an emergency health information card:** This will help you to communicate if you are found unconscious or incoherent. Include information about your medications, adaptive equipment, blood type, allergies and sensitivities, insurance numbers, immunization dates, communication difficulties and preferred treatment, as well as contact information for your health providers, personal support network and emergency contacts.
- **Personal Care Assistance:** If you receive assistance from a home healthcare agency or in-home support provider, find out how the provider will respond in an emergency. Designate backup or alternative providers that you can contact in an emergency.
- **For Persons Using a Wheelchair:** Plan for how you will evacuate in an emergency and discuss it with your care providers. If you use a motorized wheelchair, have a manual wheelchair as a backup.
- **For Persons who are Blind or Visually Impaired:** Keep an extra cane by your bed. Attach a whistle; in case you need to attract attention. Exercise caution when moving, paths may have become obstructed.
- **For Persons who are Hearing Impaired:** Keep extra batteries for your hearing aids with emergency supplies. Consider storing your hearing aids in a container attached to your nightstand or bedpost, so you can locate them quickly after a disaster.
- **For persons with Communication Disabilities:** Store paper, writing materials, copies of a word or letter board and preprinted key phrases in your emergency kit, your wallet, purse, etc.



Pets

- Keep a collar, current license and up-to date ID tags on your pet at all times. Consider having your pet micro-chipped.
- Make sure your pet is comfortable being in a crate, box, cage, or carrier for transport.
- Keep an updated list of trusted neighbors who could assist your animals in case of an emergency.
- Tighten and secure latches on birdcages. Fasten down aquariums on low stands or tables.

Make a Go-bag for each pet. Include:

- Sturdy leashes and pet carriers. A pillowcase is a good option for transporting cats and other small animals. Muzzles for dogs. Food, potable water and medicine for **at least one week**
- Non-spill bowls, manual can opener and plastic lid
- Plastic bags, litter box and litter
- Recent photo of each pet
- Names and phone numbers of your emergency contact, emergency veterinary hospitals and animal shelters
- Copy of your pet's vaccination history and any medical problems
- Portable fencing or baby gates



Evacuation

Immediate risk:

If you smell gas, smoke or see fire or otherwise fear for your safety, evacuate household occupants immediately. From a safe location, call 9-1-1 and report the incident.

General evacuation orders:

If local officials issue evacuation orders, use the evacuation routes and methods specified; carpool whenever possible. If time allows:

- Wear sturdy shoes, long-sleeve shirts and pants.
- Bring car keys, credit cards, road maps, cell phone, charger and important phone numbers.
- Bring your [Go-bag](#).
- If you have a pet, make sure it is wearing a collar, bring it in a pet carrier labeled with your name and the pet's name. Bring your pet's Go-bag.
- Lock your home and shut off the water and electricity, but leave gas on unless instructed otherwise.
- Leave a note or tell a neighbor where you are going.
- Once you arrive at a safe location, call your out-of-area emergency contact.

Disaster Shelters

Immediately following a large disaster, suitable shelter sites will be selected from a predestinated list based on areas of need and estimated numbers of displaced persons. Each site must be inspected for safety prior to being opened to the public. Therefore, it is not possible to say with advance certainty which sites will actually operate as disaster shelters. As soon as disaster sites have been formally designated, this list will be announced through local media to the public. If it is unsafe to shelter-in-place, and you do not have an alternative, evacuate to a designated emergency shelter.

- Tell your out-of-area-contact where you are going.
- Take your Go-bag with you to the shelter.
- Initially, emergency shelters may not be able to provide basic supplies and materials. Consider bringing extra items (e.g. blanket, pillow, air mattress, towel, washcloth, diapers, food and supplies for infants.)
- Provide for your [pet](#): only service animals are allowed in "human" shelters. If you cannot make other plans for your pets, Animal Care and Control staff will be available at "human" shelters to help with pet sheltering needs.



Utilities

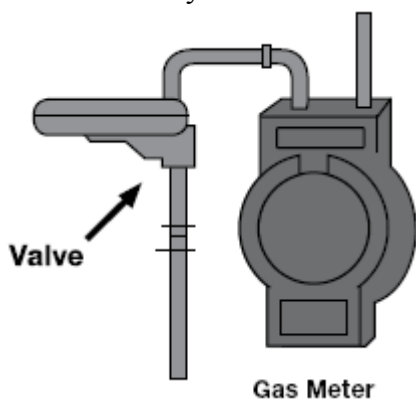
[Natural Gas](#) | [Electricity](#) | [Water](#) | [Sewer Service](#)

Natural gas leaks can cause an explosive and flammable atmosphere inside a building.

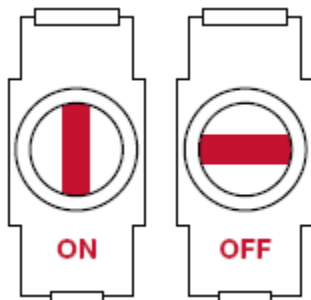
Gas

Natural gas leaks can cause fires and explosions inside a building.

- If you smell gas, hear gas escaping, see a broken gas line, or if you suspect a leak, shut off the main valve and open all windows and doors.
- Never use candles or matches if you suspect a leak. Do not turn on electrical switches or appliances.
- Identify the main shutoff valve, located on the gas line coming into the main gas meter. This is usually on the exterior of your home or building, or in an external closet. Your main valve may look like this:



- To turn gas off, give the valve a quarter turn in either direction. When the lever crosses the direction of the pipe (see below) the gas is off.



- Keep a crescent wrench or gas shut-off tool nearby to turn the lever.
- Never attempt to turn your gas back on. Wait for your utility company to do it. This may take several days.

Electricity - Electrocutation can result from direct contact with live wires or anything that has been energized by these wires.

- Locate your main electric switch, which is normally in the garage or outdoors. The panel box may have a flip switch or pull handle on a large circuit breaker.
- Shut off electricity when:
 - Arcing or burning occurs in electrical devices.
 - There is a fire or significant water leak.
 - You smell burning insulation.
 - The area around switches or plugs is blackened and/ or hot to the touch.
 - A complete power loss is accompanied by the smell of burning material.

O&R: 1-877-434-4100 or <http://www.oru.com/energyandsafety/storms/index.html>

Walk-in center - Spring Valley Operations Center - 390 W. Route 59 - Spring Valley, NY

TTY - through a teletypewriter (TTY) 711

Power Outage - Power cuts can occur due to rolling blackouts, extreme weather conditions, or can accompany other disasters such as earthquakes. If there is no power in your neighborhood:

- Turn off and unplug appliances and computers. Leave one light on to indicate when power has been restored.
- Avoid using candles, as they are fire hazards.
- Do not use a gas stove for heating or operate generators indoors (including the garage.) Both could cause carbon monoxide poisoning.
- If a traffic signal is not working, treat it as a stop sign.
- See the [Food](#) section to learn about food safety when your refrigerator's power is off.

Water - Water leaks can cause property damage and create an electrocution hazard.

- After a major earthquake, shut off your water supply to protect the water in your house. Cracked pipes may allow contaminants into the water supply in your home.
- The water shutoff is usually located in the basement, garage or where the water line enters the home. The water shutoff is located on a riser pipe and is usually a red or yellow wheel. Turn wheel clockwise to shut off.

Sewer Service - A disaster that disrupts all or part of the City's water and/or sewer lines could affect the way you deal with human waste.

- If there is no water in your toilet, but the sewer lines are intact, pour 3-5 gallons of water into the toilet bowl to flush. You may use seawater, bath, laundry or pool water.
- If you suspect damage to your home's water lines, do NOT flush the toilet. Turn off water at the house so contaminated water does not enter your water system.
- If sewer lines are broken, line bowl with double-bagged garbage bags to collect waste. Before discarding, add a small amount of bleach; then seal the bag and place in a tightly covered container, away from people.
- If the toilet is unusable, use a sturdy bucket with a tight fitting lid, and line it with a double-bagged plastic garbage bag.



Phone

Plan for how you will communicate with loved ones after a disaster.

- Long-distance phone lines often work before local phone lines, so identify an out-of-state contact and provide this person with the contact information of people you want to keep informed of your situation. Share this information with your family and friends locally.
- Avoid making non-urgent phone calls after a disaster – even if phone lines are undamaged, increased phone traffic can jam phone circuits.
- Cordless phones or phone systems require electricity; make sure you have a backup phone that requires no electricity.
- Keep coins in your [Go-bag](#). Payphones may work before other phone lines.
- Don't count on your cell phone - increased traffic on cell phone networks can quickly overload wireless capacity.
- Record an outgoing message on your voicemail so that callers can be re-assured of your safety status.
- **Learn how to use text messaging. It uses a different part of the cell phone network and it might be possible to send and receive text messages when voice channels for mobile phones and land lines are jammed.**
- Register your email addresses and wireless devices (mobile phones, pagers and PDAs) at <https://users.nyalert.gov/> to receive text alerts about potential hazards and/or post disaster information. Check online for your local alert site.

After an earthquake, check all your telephones to be sure they have not shaken off the hook and are tying up

RADIO - **Tune in for information** - If you hear the emergency sirens, tune in your radio and TV to an Emergency Alert System (EAS) station for further information. Remember: *The sounding of the sirens is not a signal to take any actions other than to listen to your radio or TV. Below are EAS Stations*

AM Radio FM Radio Television

WFAN 660 WRRV 92.7 WCBS Ch 2
 WABC 770 WHUD 100.7 WNBC Ch 4
 WCBS 880 WFAS 103.9 WNYW Ch 5
 WFAS 1230 WABC Ch 7
 WALL 1340
 WLNA 1420

Emergency information could also be carried on the following stations: AM Radio FM Radio Television

WRKL 910 WNEW 102.7 NEWS 12 HUDSON VALLEY
 WTBQ 1110 WGNY 103.1 WRNN
 WRCR 1300 WXPX 107.1
 WINS 1010

- WQBN 1640



Home Safety - During a disaster, ordinary objects in your home can cause injury or damage. However, there are simple steps you can take to make your home safer. Start by viewing each room with a “disaster eye” and identify potential hazards – bookshelves that could tip over in an earthquake and block exits or heavy objects that could fall and cause injury.

- Install smoke detectors on each level of your home and change batteries every 6 months.
- Move beds away from windows.
- Move mirrors and heavy pictures away from couches or places where people sit.
- Clear hallways and exits for easy evacuation.
- Store heavy items on the lowest shelves.
- Keep an ABC type fire extinguishers on each level and know how and when to use them.
- Strap down your water heater and fit all gas appliances with a flexible gas supply line.
- Store flammable or highly reactive chemicals (such as bleach, ammonia, paint thinners) securely and separate from each other.
- Secure pictures and wall hangings and use restraints to secure heavy items such as bookcases and file cabinets.
- Know how and when to switch off your [utilities](#).
- Ensure that all window safety bars have emergency releases.
- Be sure your home number is visible from the street so emergency vehicles can find you.

Visit the [Association of Bay Area Governments](#) for resources and information on structural and non-structural things you can do to make your home safer in an earthquake.



Shelter-in-Place (Use the Big Bins in Basement)

1. One of the instructions you may be given in an emergency is to shelter-in-place. This means you should stay indoors until authorities tell you it is safe or you are told to evacuate.
2. Select a small, interior room, with no or few windows.
3. Close and lock all windows and exterior doors.
4. Turn off all fans, heating and air conditioning systems. Close the fireplace damper.
5. Bring your family [disaster supply kit](#) and make sure the radio is working.
6. Bring your pets.
7. It is ideal to have a hard-wired telephone in the room you select (cellular telephone equipment may be overwhelmed or damaged during an emergency)
8. Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the door and any vents into the room.
9. Listen to your radio or television for further instructions or updates.
10. If you are in your car, close windows and turn off vents and air conditioning.

MISCELLANEOUS – Things others forget or overlooked, but good to have and other info.

1. Military Can Opener
2. Be sure the following is in your Go Bag

CONTACT PHONE NUMBERS

MEDICAL:

Health Insurance I.D. Cards

- 3.



Listen - The City's Outdoor Warning System is designed to alert residents and visitors of San Francisco about possible danger. Specific emergency announcements can be broadcast over any one of the 65 sirens which are located on poles and on top of buildings throughout all neighborhoods in San Francisco, Treasure Island, and Yerba Buena. They are tested at noon every Tuesday.

During the weekly test, the siren emits a single 15 second alert tone, similar to an emergency vehicle siren. In the event of a disaster, the 15 second alert tone will sound repeatedly for 5 minutes

If you hear the siren at a time other than its regular tests on Tuesday at noon:

- Stop what you are doing, THINK, and make a good decision.
- Stay calm.
- Listen for possible voice announcements.
- Turn on the radio or television, (such as KCBS 740AM, KQED 88.5 FM) for important information provided by the City.
- Avoid using the telephone. Do not call 9-1-1, unless you have a life-threatening emergency.