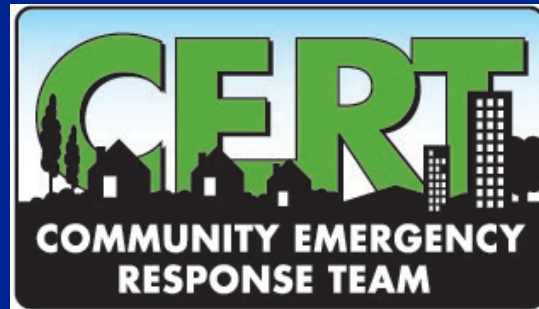


WELCOME TO Personal Emergency Preparedness



Martinez Area

Community Emergency Response Team

April 17, 2021

Today's Workshop

Brian Lindblom

Director, Martinez Area
CERT

Clifford Chan

Instructor, Martinez Area
CERT

Stephen Andrews

Instructor, Martinez Area
CERT

FYI

- ✓ All participants on MUTE
 - ✓ Use the CHAT for questions and comments
- ✓ Q & A at the end of each section
- ✓ STANDBY if connectivity disrupted
- ✓ Resources available at martinezcet.org

What You Will Learn Today

- Why you should prepare
- Major hazards in the SF Bay Area
- What to do **before** a disaster
- Preparedness kits (car, home, work, pets)
- What to expect and do **during** a disaster or public health emergency (pandemic)
- What to do **after** a disaster

Why Prepare in Advance?

Disasters happen!

Preparedness = Resilience

Being disaster ready is OUR responsibility.

What is a Disaster?

“A **disaster** is a serious disruption, occurring over a relatively short time, of the functioning of a community or a society involving widespread human, material, economic or environmental loss and impacts, which exceeds the ability of the affected community or society to cope using its own resources.”

International Federation of Red Cross and Red Crescent Societies.

What is a Public Health Emergency?

“An **emergency need for health care** (medical) services to respond to a disaster, significant outbreak of an infectious disease, bioterrorist attack or other significant or catastrophic event.”

National Disaster Medical System Federal Partners Memorandum of Agreement under 42 U.S.C. 247d.

5 Safety Steps for **ANY** Disaster

1. **Make a plan** to protect your people.
2. **Get alerts** to know what to do.
calalerts.org and cwsalerts.com
3. **Get to safety** with things you need.
4. **Stay safe at home** when you can't leave.
5. **Help friends and neighbors** get ready.

Disaster Ready Guide. Listos California. ListosCalifornia.org

Becoming Disaster Ready

- 1. Plan**
- 2. Prepare**
- 3. Practice**
- 4. Mitigate**
- 5. Educate**

What Do You Think?

Let's make a list of the items that should be in each of your kits.

■ Home kit

■ Car kit

■ Office kit

■ Pet kit

■ Go kit!

...remember items for livestock too!

GO BAG: PACK AHEAD

- Documents flash drive
- Cash (\$1 / \$5 / \$10)
- Map with two evacuation routes
- Medications list
- Emergency contacts list

GRAB-AND-GO BAG BASICS:

- ✓ EMERGENCY PLAN
- ✓ FIRST AID KIT
- ✓ WHISTLE
- ✓ FOOD & WATER
- ✓ RADIO
- ✓ FLASHLIGHT
- ✓ SEASONAL CLOTHING
- ✓ PHONE CHARGER & BATTERY BANK



GRAB and GO ITEMS

- Wallet and keys
- Phone / charger
- Portable computer
- Medicines /
medical devices /
eyeglasses
- Portable radio
- Flashlight
- First aid supplies



STAY (at home) BOX ITEMS

- **Water** – 3 gallons per person per day (*minimum*)
- **Non-perishable foods**
- **Safety gear** – extra shoes, hard hat, gloves, safety glasses
- **Tools** – adjustable wrench, utility knife, hammer, trowel, duct tape, toilet paper
- **Trash bags / 5g l buckets**



Safe Drinking Water

- Maintain a supply of water – use containers suitable for potable use
- Store water in a cool, dry, accessible location
- Don't forget water for pets
- Some bottled water has an expiration an date – rotate and replenish
- Where else can you get water in your home?
- When is the water from my tap not safe? (See website for H₂O sanitation.)



Food / Medicine / Batteries / Money

- Consider stocking **canned foods**
- Use **freeze dried foods** for longer shelf life
- Pack portable **cooking equipment**
- Maintain a basic **First Aid Kit**
- Maintain a supply of **essential medicines**
- Store and rotate **batteries**
- Store and maintain a supply of **Personal Protection Equipment (PPE)**



Document your “Life”

- ❑ Copy vital personal information onto a flash drive
 - ✓ **Driver’s license**
 - ✓ **Credit cards** - front and back
 - ✓ **Important documents** – Birth / Marriage / Insurance
- ❑ Create digital images of property and valuables in your home once per year, and store on a flash drive or cloud storage.



What about Power?

- **Generators** (use outside ONLY!)
- **Batteries** (rotate and replenish)
- **Solar devices** (test regularly)



Communications

1. Limit your cell phone use.
2. Bandwidth will be limited. Use text messaging.
3. Have an out-of-state contact to relay information.
4. Use a local phone tree to communicate. **9-1-1 services will be overloaded.**
5. Maintain a land-line, if you have one.
6. Consider using two-way radios as an option.



Become a
HAM!



In a Disaster Everyone Needs...

INFORMATION

- Contra Costa Community Warning System (CWS) cwsalerts.com - register for area alerts!
- KCBS 740 AM /106.9 FM - The emergency broadcast station for the Bay Area
- KQED 88.3 FM – Martinez emergency information
- NOAA Weather All Hazards Radio Stations
- Portable, battery, solar and/or hand crank radio

Try to Avoid Shelters

- Shelter life is hard
- Government Shelter vs. Red Cross Shelter
- Pets
- Special needs – Alzheimer's, mental illness, disabilities
- Dial 2-1-1 to find a public shelter



**PLAN AHEAD TO
SHELTER WITH A
FRIEND OR RELATIVE.**



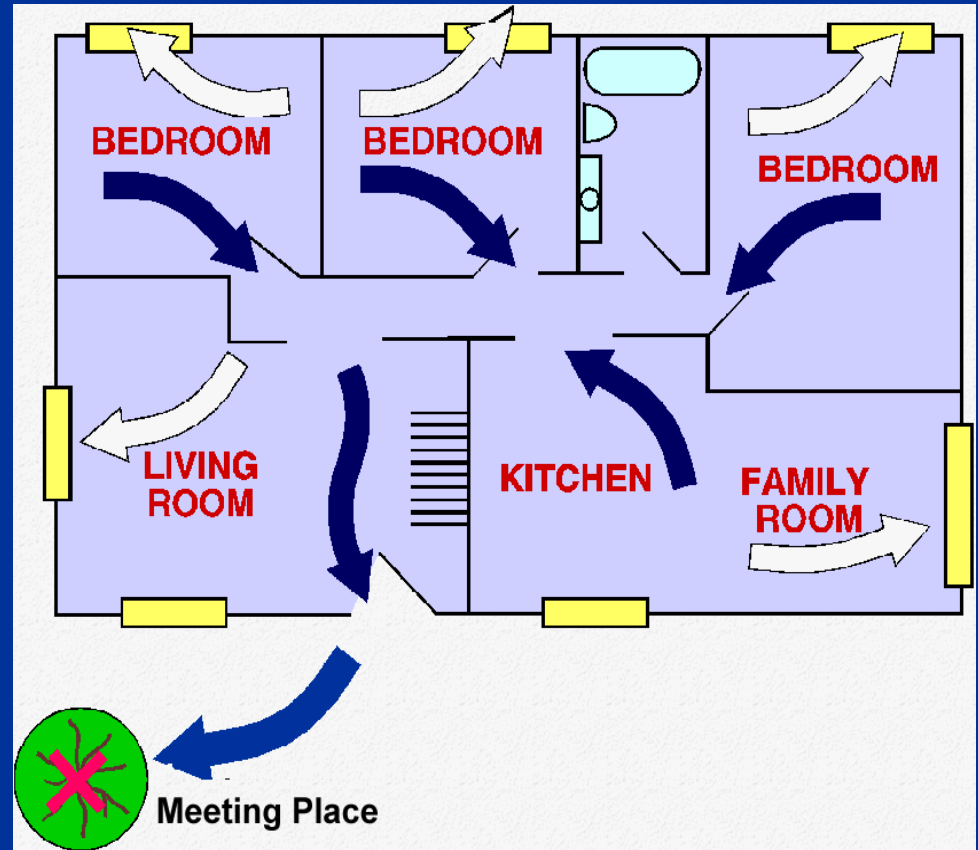
When You Prepare... Do It Together

- **Develop and practice a home evacuation plan** – including two routes to leave the area
- **Have enough supplies on-hand to last for 10-14 days**
- **Schedule inventory checks of all kits** – keep contact information up to date.
- **Develop a maintenance plan for kits, supplies, and equipment** - like a generator
- **Maintain your training and continue your education**

Resource Tip: [ListosCalifornia.org](https://www.listoscalifornia.org)

Your Home Evacuation Plan

- Use **EDITH**
Exit Drills In The Home
 - Two ways out
 - Meeting Place
 - Do not re-enter the building
 - Hold a drill!



Hold an Earthquake Drill

- Have a safe spot in each room away from glass, or other hazards
- Get under a sturdy table, or crouch against the wall – cover your head
- Put clothes and shoes near the bed
- Participate in the annual **ShakeOut** exercise. ShakeOut.org



Time for Questions from the Chat...

Survival During An Earthquake

- Stay calm!
- If outside: move completely away from buildings, street lights and utility wires
- Indoors: **DROP, COVER, and HOLD ON!**
- In high-rises: Do not use elevators
- Vehicles: Stay inside, stop in a safe location, tune to AM/FM emergency broadcast, proceed only if safe



Survival Inside Your Home

- Remember to **DROP, COVER, and HOLD ON!**
- Have a safe spot in **each** room
- Get under a sturdy table, or crouch against the wall
- If the desk/table moves in an earthquake...
move with it
- If you are in bed, stay there and protect your head

Practice! Practice! Practice!



Identify Safety Hazards

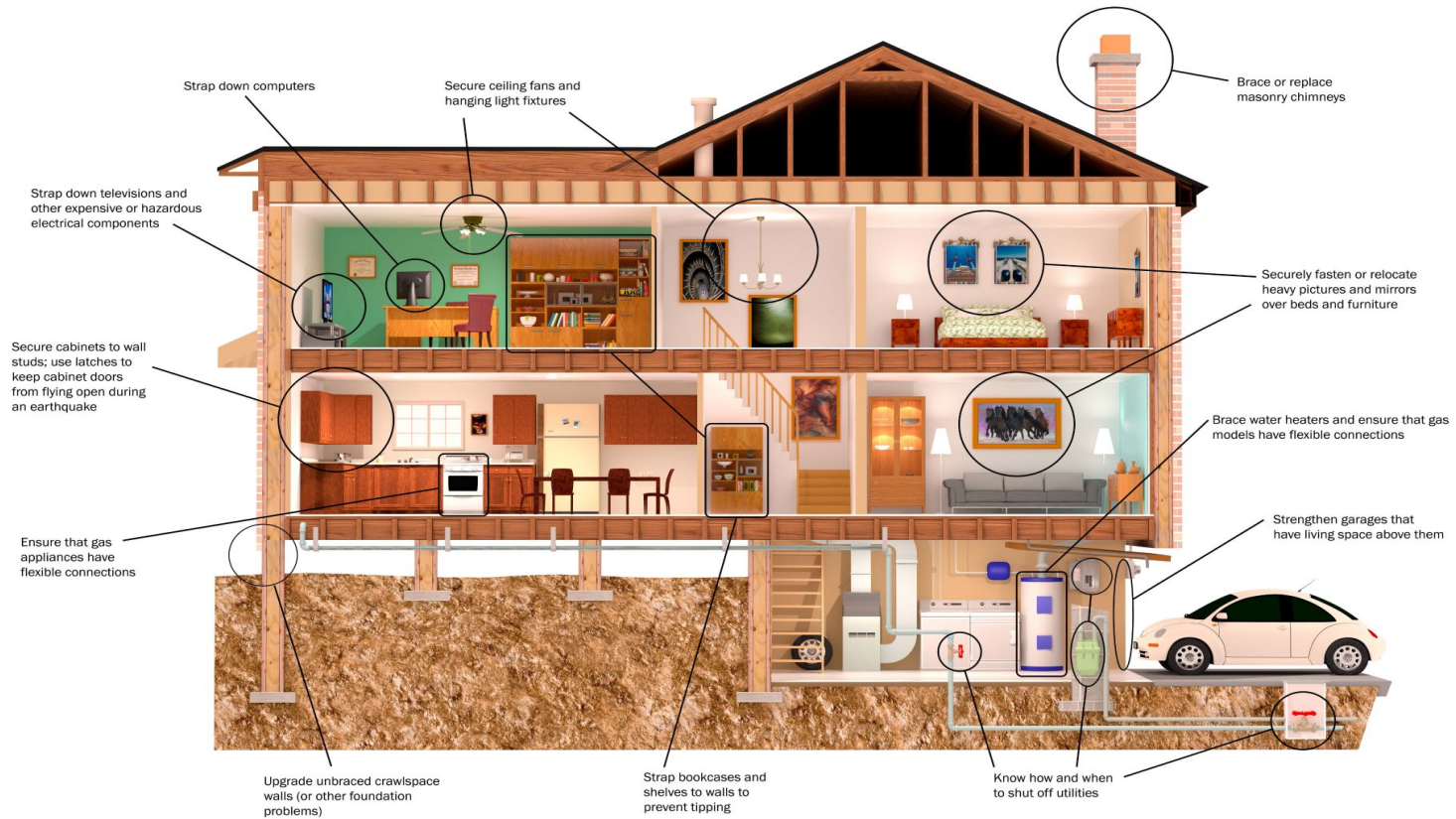
- **Inspect** your home and places where you spend a lot of time.
- **Identify** potential injury and property damage hazards — large unsecured furniture, movable appliances, costly valuables, difficult to replace items.
- **Mitigate** hazards to minimize injuries, death, downtime, and dollar losses.



Earthquake Home Hazard Hunt

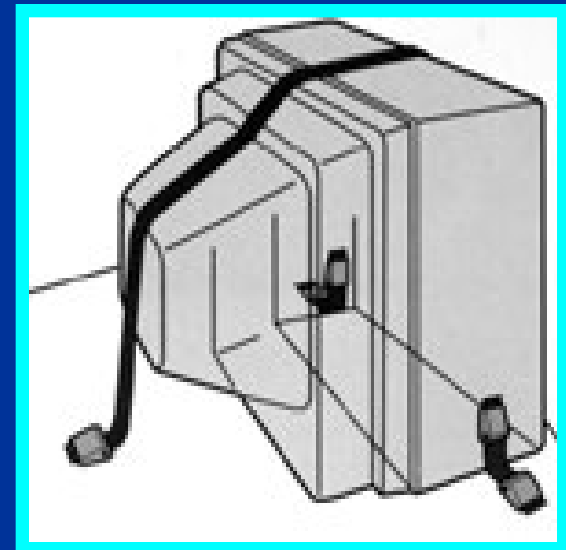
Recommendations for reducing earthquake hazards in your home are presented on the other side of this poster

FEMA 528 10/2014



Mitigate Home Hazards

- Utility risks: Electric, gas, water. Are these areas for potential damage?
- Correct defects: Bolt water heater & appliances; secure heavy objects, prevent items from falling
- Install tethers & cabinet latches.
- Anchor lighting fixtures



Mitigate Home Hazards



Mitigate Home Hazards



Mitigate Home Hazards

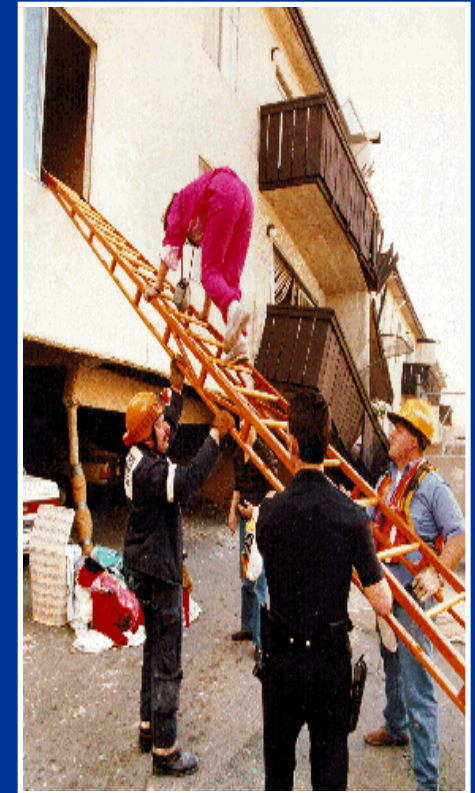


**Register for an upcoming Earthquake Hazard Mitigation Workshop,
Saturday, May 15 – 10am-12pm**

When the Shaking Stops

Put Your Plan into Action!

- Be prepared for aftershocks
- Check for injuries
- Wear shoes to avoid injury
- Check for fire and take appropriate actions
- Check gas, water, and electric
- Tune to emergency broadcast station KCBS 740 AM / KQED 88.3 FM



When the Dust Settles

Recovery - The Paper Work

- Have your Insurance and documentation – all on your flash drive
- Emergency/Disaster Declarations- How these work
- State and Federal Assistance



SAFETY TIPS: EARTHQUAKE

BEFORE

- ✓ Secure tall furniture to wall studs
- ✓ Hang nothing heavy above a bed, sofa or chair
- ✓ Get free **MyShake app** for earthquake warnings
- ✓ Practice earthquake safety drills
- ✓ Learn to turn off gas, electricity, and water

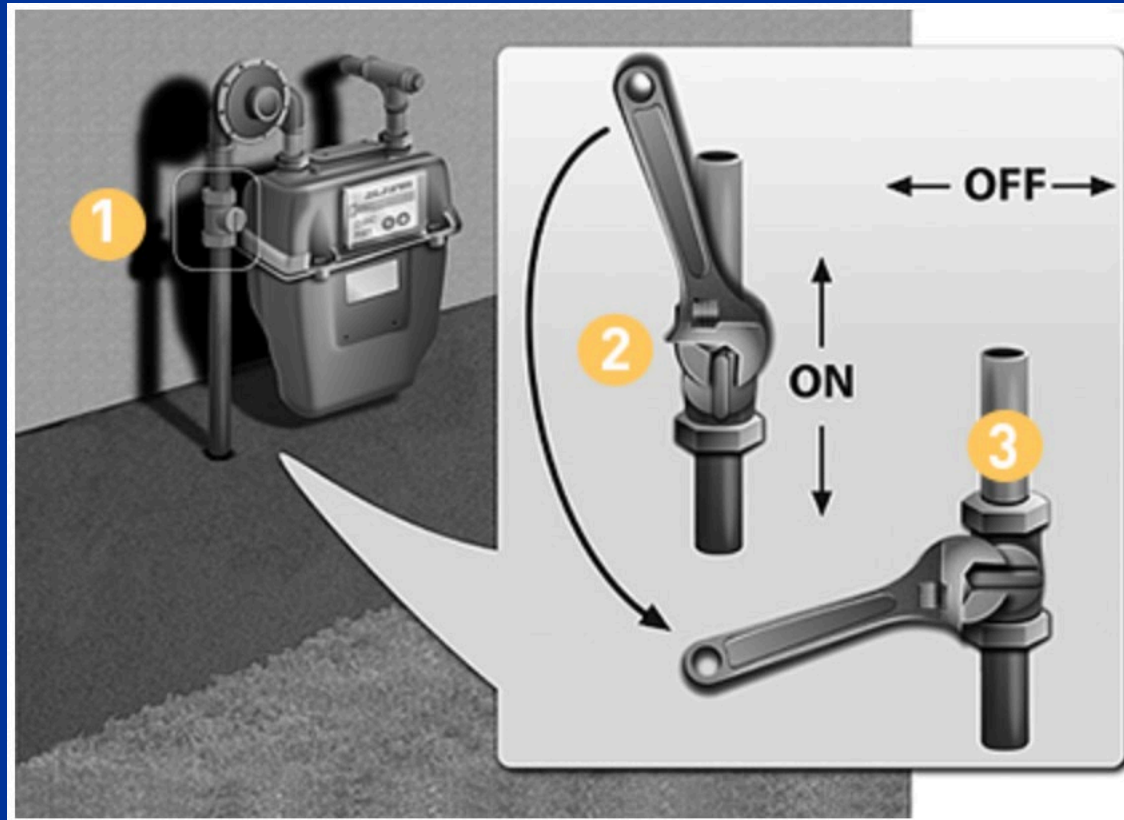
SAFETY TIPS: EARTHQUAKE

DURING

- ✓ Don't rush outside. **DUCK, COVER, and HOLD!**
- ✓ If in bed, stay there, and cover your head with a pillow.
- ✓ Outside- move away from anything that could fall.
- ✓ On the road- pull car over and stop away from buildings, power poles, and trees.
- ✓ Be prepared for aftershocks.

Time for Questions from the Chat...

Emergency Gas Shut-off

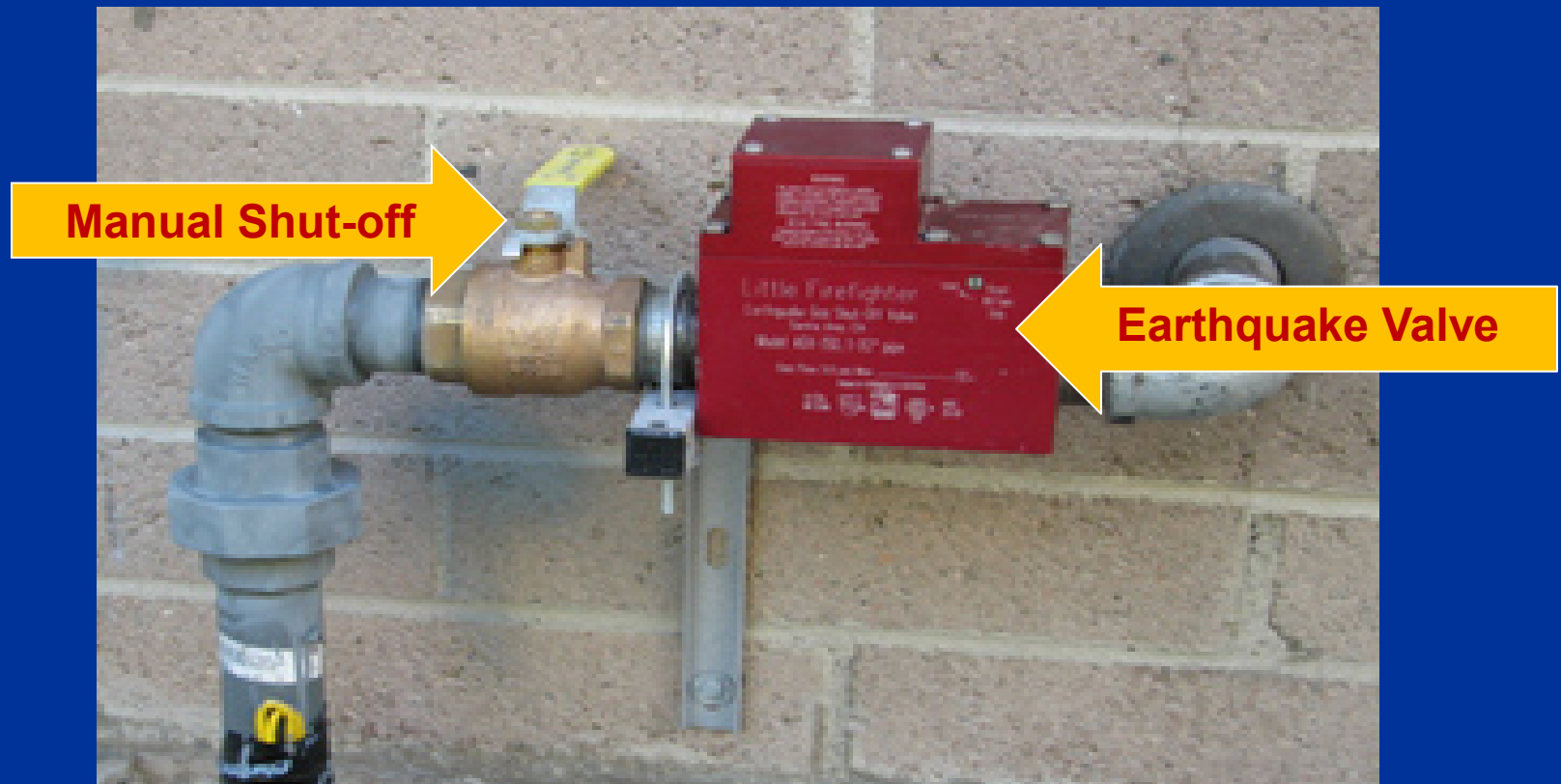


Tether an adjustable safety wrench proximate to your gas meter.

Gas service may **ONLY** be restored by a licensed professional.

Image provided by PG&E.

Earthquake Valve Shut-off



Gas service may **ONLY** be restored by a licensed professional.

Emergency Water Shut-off

Shut-off water service using **customer valve** located at meter box or house.

Use this!

Do not use utility-owned valve.

”No person may turn the water off or turn the water on at curb lock. Customer shall be liable for any damage caused by him/herself or his/her tenants, agents, employees, contractors, licensees or permittees.”

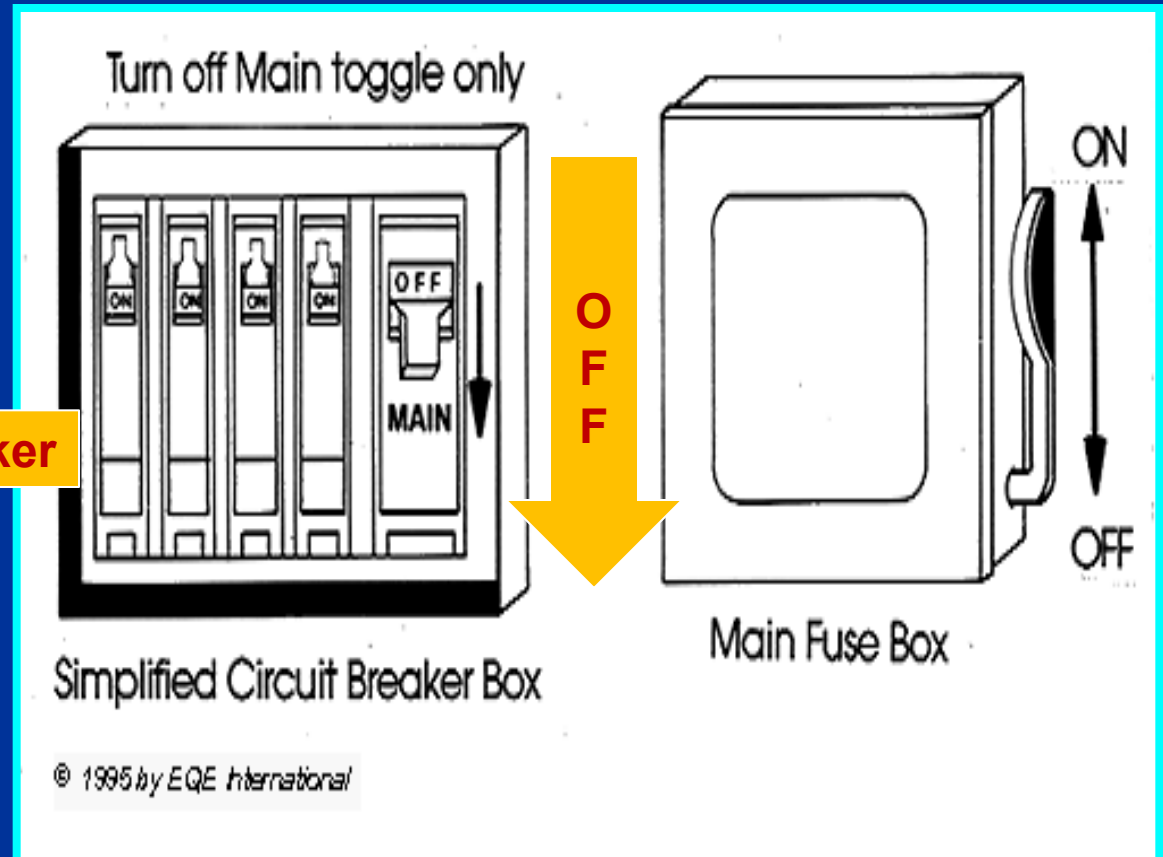
City of Water Martinez Water Department



Emergency Power Shut-off



Main Breaker



SAFETY TIPS: POWER SHUT-OFF

BEFORE

- ✓ Register for power shutoff (PSPS) notifications
- ✓ Prepare flashlights and lanterns – **No candles!**
- ✓ Keep phone batteries fully charged
- ✓ Keep car gas tank at least half full
- ✓ Buy non-perishable food that won't spoil or need cooking (Meals Ready to Eat)
- ✓ Buy ice / dry ice to keep food or medicines in coolers

SAFETY TIPS: POWER SHUT-OFF

DURING

- ✓ Unplug appliances / electronics to prevent damage
- ✓ Leave one light plugged in and left on
- ✓ Keep your refrigerator and freezer closed
- ✓ Use generators, camp stoves, and grills **outdoors ONLY!**
- ✓ Don't use your gas stove for heat

Wildfire Hazard

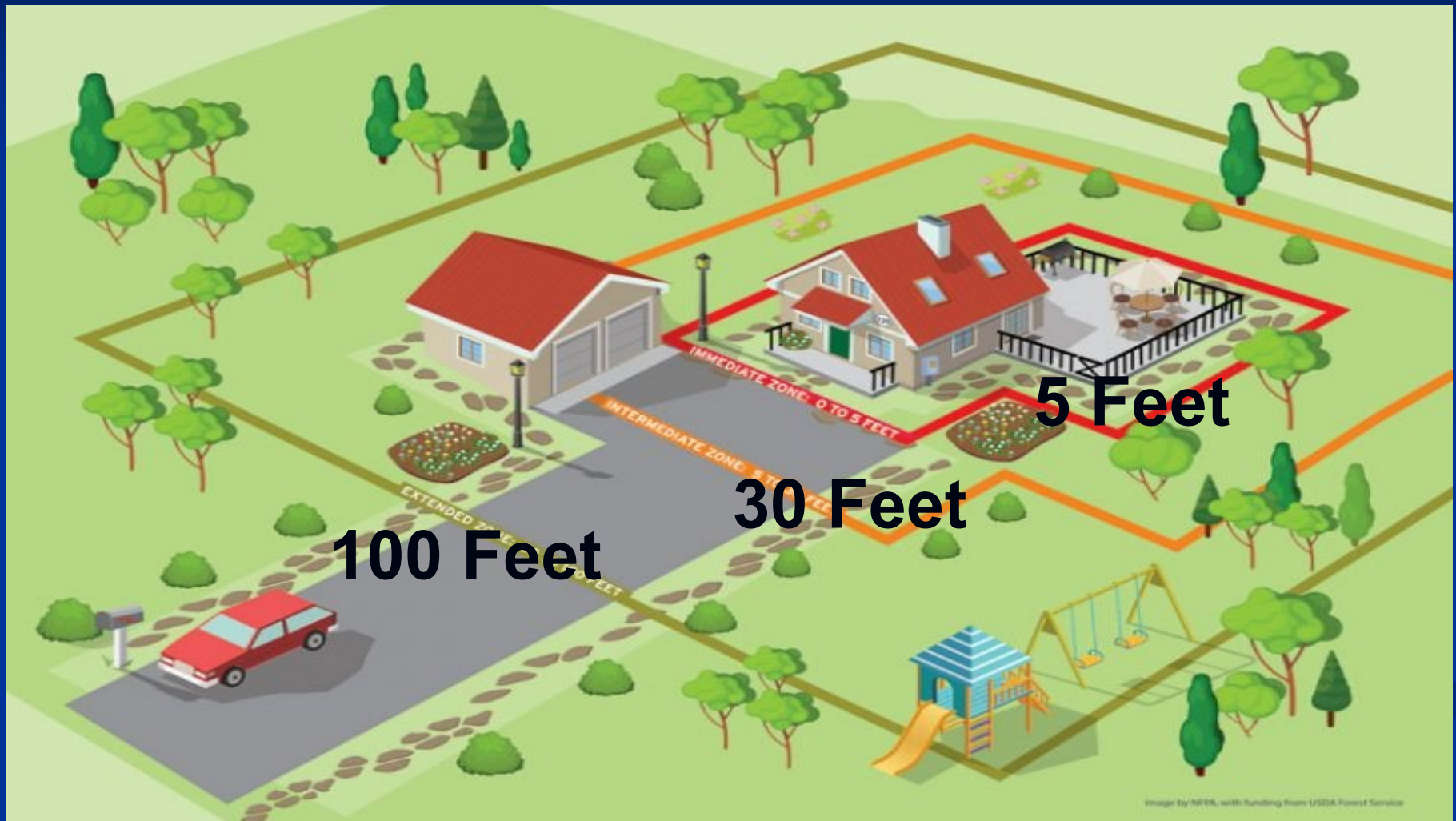
Martinez Firewise Community Corridor



Wildfire Readiness

- Have a Wildfire Plan
- Know your Risk – California Fire Hazard Severity Zone Viewer – gis.data.ca.gov
- Make sure your roofing materials are fire resistant
- Look for nearby power lines

Create Defensible Zones



FIRE: Don't Wait! Get Out!!

- Get your Family
- Get your Pets
- Get your Go Kits
- Get OUT!!
- Have two escape routes from the area
- Always keep at least a half tank of gas in your vehicle



When the Fire is Out

- Have your Insurance and documentation – all on your flash drive
- If your house is livable, stay
- Watch for gas leaks
- Watch for downed power lines
- If you had to flee, stay with relatives, if possible
- Stay in a shelter if necessary



SAFETY TIPS: WILDFIRE

BEFORE

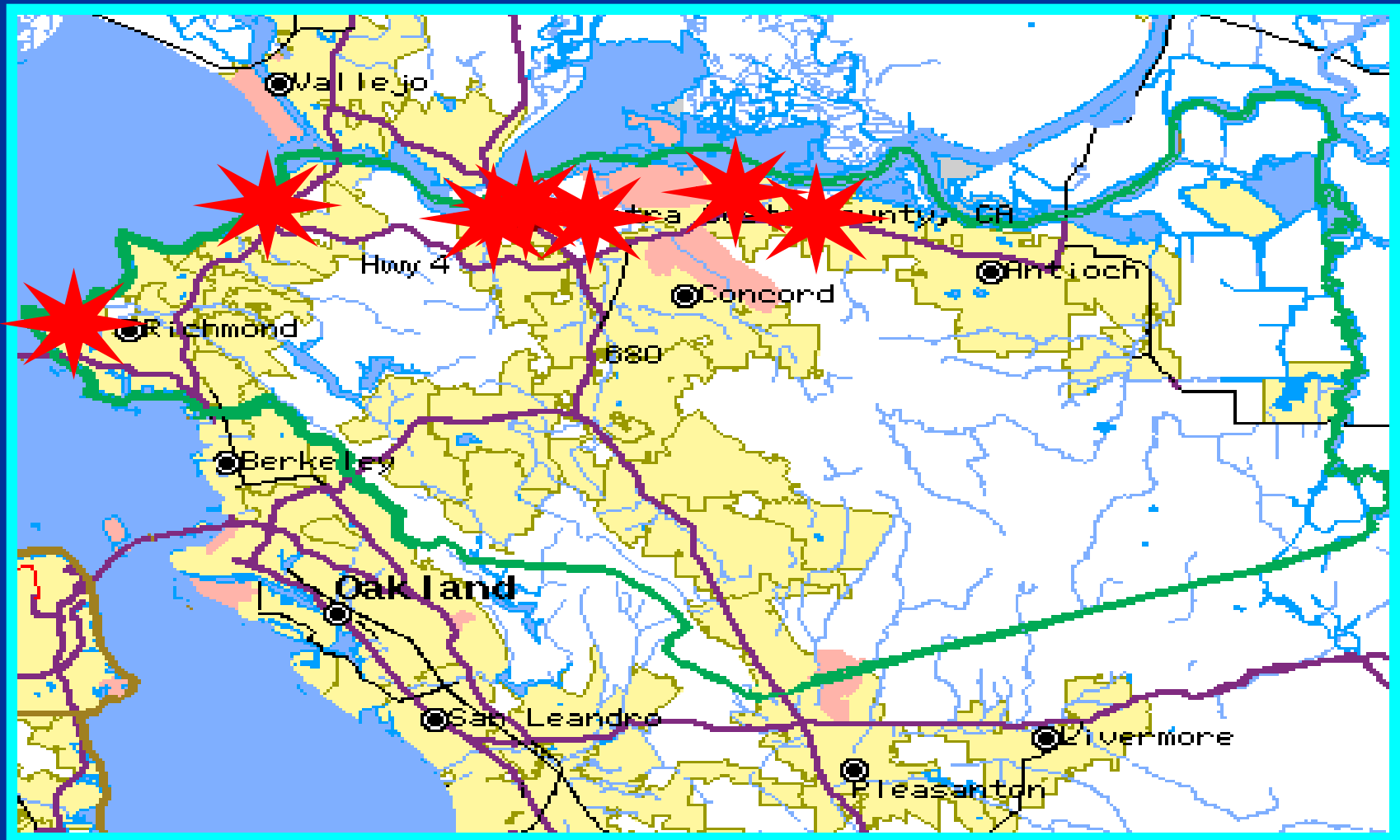
- ✓ Red Flag warning means prepare NOW
- ✓ Plan for no electricity – register for PSPS notices
- ✓ Don't use candles
- ✓ Get bandana or mask to protect lungs
- ✓ Check that water hose is working
- ✓ Clean gutters
- ✓ Remove brush near home

SAFETY TIPS: WILDFIRE

DURING

- ✓ Don't "wait and see" LEAVE!
- ✓ Leave smoky areas quickly
- ✓ Close all doors and windows
- ✓ Turn off air conditioning / heat
- ✓ Open or remove curtains, shades, or blinds
- ✓ Prepare pets for evacuation

Hazardous Materials



Shelter-in-Place

What is “Shelter-in-Place”?

If you hear the sirens, or are told to Shelter-in-Place, emergency officials recommend that you **Shelter, Shut and Listen**:

- Stay inside
- Close all windows and secure doors (locking provides a tighter seal)
- Turn off all ventilation systems such as heating or air conditioning
- If there are gaps in windows or doors, seal with tape or damp towels
- Have an AM radio for emergencies and tune to KCBS 740 for more information

SAFETY TIPS: FLOOD

BEFORE

- ✓ Keep storm pipes and drains clear.
- ✓ Move valuable items to higher ground.
- ✓ Get plastic tarps and sandbags to keep out water.
- ✓ Keep car gas tank at least half full.
- ✓ Tsunami - Learn, and practice, best escape routes to higher ground.

Parts of Martinez are in a tsunami hazard zone.

SAFETY TIPS: FLOOD

DURING

- ✓ Don't "wait and see". LEAVE!
- ✓ Never walk through moving water.
- ✓ Never drive into flooded areas.
- ✓ Watch for mudslides after wildfire.
- ✓ Watch for tsunami after earthquake.

Parts of Martinez are in a tsunami hazard zone.

Time for Questions from the Chat...

STEP BY STEP SAFETY CALENDAR

WEEK 1

- ✓ Pack a **GO BAG** for each person in your household
- ✓ Sign up for emergency alerts at CalAlerts.org and cwsalerts.com

STEP BY STEP SAFETY CALENDAR

WEEK 2

- ✓ Create your emergency plan and contacts list for family, caregivers, and neighbors.
- ✓ Talk about your plans with people on your list.

STEP BY STEP SAFETY CALENDAR

WEEK 3

- ✓ Learn two different evacuation routes and have them on a (printed) map.
- ✓ Practice your evacuation action plan.

STEP BY STEP SAFETY CALENDAR

WEEK 4

- ✓ Start packing a **STAY BOX** to be safe and comfortable at home.
- ✓ Do a little at a time, until you feel ready. Don't become overwhelmed.

STEP BY STEP SAFETY CALENDAR

EVERY SIX MONTHS

- ✓ Check **GO BAG** and **STAY BOX** supplies. Replace/replenish as needed.
- ✓ Practice your evacuation action plan.
- ✓ Update your emergency contacts list.

STEP BY STEP SAFETY CALENDAR

EVERY YEAR

- ✓ Increase your preparedness knowledge by enrolling in an agency-sponsored class.
- ✓ Renew first aid and CPR skills.
- ✓ Attend a local disaster preparedness exercise. CERT / ShakeOut / MyShake

Time for Questions from the Chat...

Become A Disaster Volunteer! Join the Martinez Area CERT



What is CERT?

- Following a major disaster, first responders: Fire Police and EMS will be overwhelmed.
- LAFD developed the CERT concept in 1985 after Mexico City Quake after witnessing a high mortality for rescuers.
- Whittier Narrows Quake of 1987 confirmed the need to train civilian's to meet immediate needs of the community in supporting first responders
- FEMA got on board nationwide post 9-11



The **Community Emergency Response Team (CERT)**

Program educates people about disaster preparedness and trains them in basic disaster response skills, such as fire safety, light search and rescue, and disaster medical operations.

When emergencies happen, CERT members can give critical support to first responders, provide immediate assistance to victims, and organize spontaneous volunteers at a disaster site.

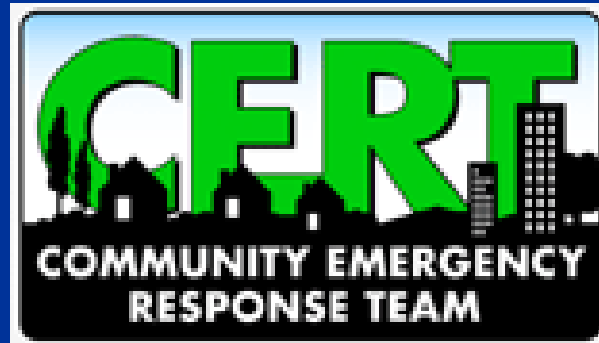
CERT members can also help with non-emergency projects that help improve the safety of the community.

The program is administered by the Federal Emergency Management Agency.



CERT Classes

- Personal and Family Preparedness
- Fire Suppression/Utility Shut-off
- Disaster Medical/First Aid
- Light Search and Rescue
- CERT Organization and ICS Structure
- Disaster Psychology
- Terrorism




Upcoming CERT Classes

- CERT classes including online training, are offered in spring and fall.
- In-person classes planned this fall!
- To learn more and register visit: martinezcert.org



What Else Can You Do?

- Shelter Operations Training
- Amateur Radio Communications License
- Damage Assessment Training
- Disaster Mental Health Training (Critical Incident Stress Management)
- Disaster Action Team
- First Aid / CPR / AED Training
- Give Blood

A scenic landscape photograph featuring a bright sun on the left side of the frame, partially obscured by a layer of white clouds. The sky transitions from a pale yellow near the sun to a deep orange and red towards the horizon. In the background, a range of dark mountains is visible above the cloud layer. The foreground is dominated by the dark silhouettes of evergreen trees.

Questions & Answers

martinezcet.org