



**EMERGENCY  
AND  
SAFETY  
INFORMATION**

**DISASTER  
PREPAREDNESS**

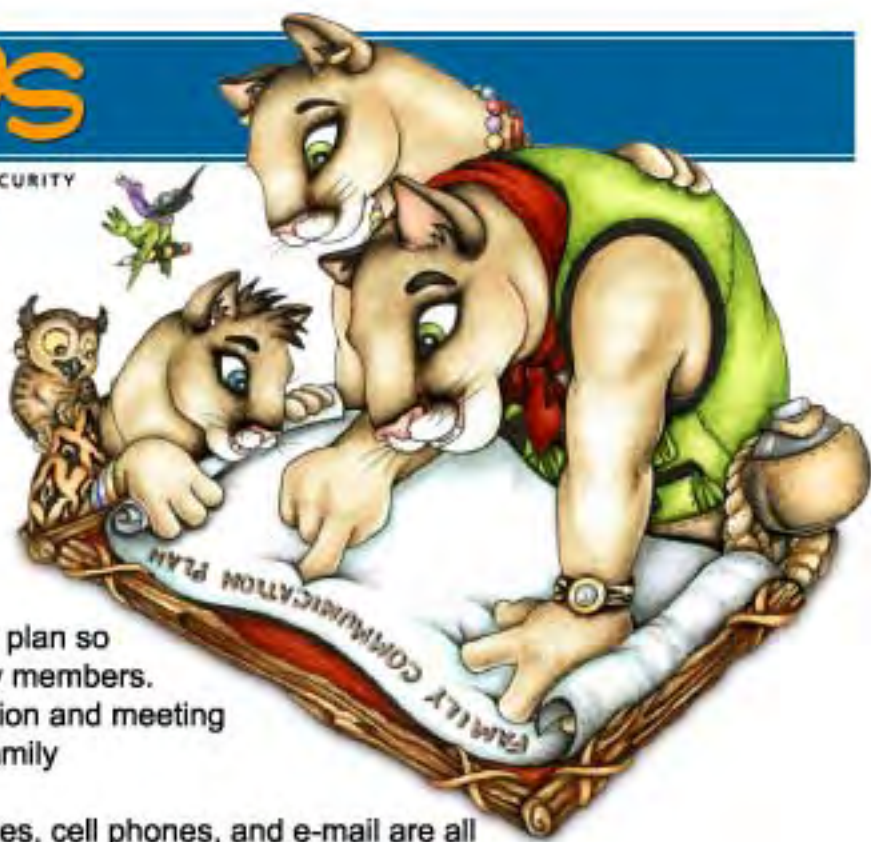
Created for the Half Moon Bay Coastside  
by Hatch School PTO's Emergency Health and Safety Committee 2007



# READY KIDS

U.S. DEPARTMENT OF HOMELAND SECURITY

## COMMUNICATE!



- C** Create a family communication plan so you can get in touch with family members. Give copies of contact information and meeting locations to everyone in your family
- O** Options are available: telephones, cell phones, and e-mail are all great ways to get in touch with family members.
- M** Make sure you know the emergency plan at your child's school.
- M** Make a decision about where you will meet in case you can't get home during an emergency.
- U** Understand that it may take time to get through to everyone. Try to be patient.
- N** Needs of your pets should be kept in mind. Keep a pet carrier for easy transport.
- I** Inform yourself. Watch news broadcasts, read online news updates, or listen to a battery-operated radio for official guidance during an emergency, but also prepare in advance.
- C** Copies of your emergency plan should be in your emergency supply kit in case you need to leave in a hurry.
- A** Ask kids to discuss their concerns and feelings. Do they understand the family plan?
- T** Take the kids to visit the 'meeting spots' so that they are familiar and feel comfortable finding them on their own if necessary.
- E** Emergencies take many forms. Categorize different types of emergencies and discuss the level of concern related to each and how that is reflected in your family plan.

# FIRE SAFETY & EARTHQUAKE SAFETY

## FIRE SAFETY

★★ Program your cell phones for Half Moon Bay's dispatcher (726-8286) so your 911 calls won't be routed to the Highway patrol in Vallejo.

### Home Fire Escape Drill

Ask your child to lead you out of their bedroom and then your home, practicing two ways out of each. To simulate escaping from a fire-like environment, have your child practice escaping from his/her bedroom with eyes closed. As you practice the plan, reinforce the following safety tips along the way:

- ▲ Crawl low to avoid heat and smoke.
- ▲ Feel doors with the back of your hand before opening them. Do not open the door if it feels hot - use your second exit get out fast.
- ▲ Meet outside and then call 911 for help.
- ▲ Stay outside no matter what - don't go back for anything.

### Control Kids' Access to Fire

- ▲ Keep all matches and lighters out of the hands of children. If possible, keep these sources of fire in locked drawers. Consider buying only "child-proof" lighters -- but be aware that no product is completely child-proof.
- ▲ Children as young as two years old can strike matches and start fires.
- ▲ Never leave children unattended near operating stoves or burning candles, even for a short time.
- ▲ Teach children not to pick up matches or lighters they may find. Instead, they should tell an adult immediately.

### Warning Signs

- ▲ Evidence of fire play, such as burnt matches, clothes, paper, toys, etc., or if you smell smoke in hair or clothes.
- ▲ Inappropriate interest in firefighters and/or fire trucks, such as frequent, improper calls to the fire department or 9-1-1.
- ▲ Child asks or tries to light cigarettes or candles for you or other adults.
- ▲ Matches or lighters in their pockets or rooms.

### Control Curiosity

- ▲ Talk to your child in a calm, assured manner about fire safety.
- ▲ Consider visiting a fire station if children are very interested in firefighting and/or fire trucks. Have a firefighter talk about his/her job and the dangers of fire.
- ▲ Create opportunities for learning about fire safety at home. For example, when you cook, let your child get the pot holder for you; when

you use the fireplace, let your child bring you the wood or tools; if you use candles, let the child check to make sure the candle holder fits snugly; and when you change or test the batteries in your smoke alarms, ask the child to help you.

### What to do if you Suspect your Child is playing with Fire

- ▲ Talk to the child about his or her actions. Explain again that fire is a tool for use only by adults, and that it is very dangerous for children.
- ▲ Many schools, fire departments and law enforcement agencies have programs for children who are inappropriately interested in fire or who have set fires.

### More Fire Notes:

- ▲ When using fire extinguishers, stay 10-15 feet from the fire, sweep back and forth at the base of the fire, and stay low to avoid smoke and heat. Don't risk trying to put out a fire bigger than a wastebasket.
- ▲ Inexpensive home fire extinguishers have a limited shelf life and usually are not rechargeable. Check yours when you check your smoke alarms and replace if necessary.
- ▲ Keep your inside garage door closed. Many house fires start in garages and that door might hold back the fire long enough to save your life, and maybe your home.
- ▲ Placing wet cloths over your mouth in very hot air could cause steam burns to your lungs- dry cloths are less damaging.
- ▲ Chemical burns may react to water- just dust off any residue until help arrives.
- ▲ If you suspect a fire or explosion was the result of terrorism, be aware that secondary devices are frequently placed to target rescuers. Attempted rescues are not advised.
- ▲ Cell phones and two-way radios have enough of a charge to detonate a nearby explosive device, so don't use them if you suspect terrorism.
- ▲ If you suspect biological or chemical exposure in any situation, back off.
- ▲ Close doors while sleeping. Open doors allow smoke and fire to spread more quickly.
- ▲ These websites are fun and educational for kids and adults! <http://www.hmbfire.org/kids.htm>

- ▲ <http://www.usfa.dhs.gov/kids/flash.shtm> : Games for kids and Children-Specific Fire Safety Recalls
- ▲ Put an entry in your cell phones and other portable address devices under the name of "ICE" (In case of emergency). Emergency personnel can quickly check the cell phone for

the ICE entry and reach whoever's name and contact information is there. It also gives the cell phone owner the opportunity to choose who will be contacted during an emergency when that person may not want Mom, Dad, or some other same-named relative to be called.

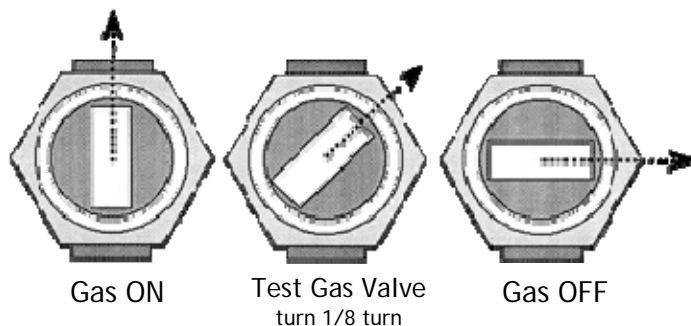
## EARTHQUAKE SAFETY

- ⊙ Keep your gas tank ½ full and have cash in your emergency supplies.
- ⊙ Know how to manually open your garage.
- ⊙ Keep your supplies outside-in a car, trashcan, shed.
- ⊙ Keep bleach\* on hand to treat water. (\**Only* pure, unscented, 5.25% sodium hypochlorite.)
- ⊙ Keep kitty litter for wastes.
- ⊙ More information on disaster preparedness is in the last section.

Water Quantity	Bleach Added
1 Quart	4 drops
1 Gallon	16 drops
5 Gallons	1 Teaspoon

### BEFORE AN EARTHQUAKE

- **TEST YOUR GAS VALVE:** Locate and identify your gas meter and main shut-off valve with those persons you believe could and should know how to shut off the gas, if necessary.
- Using a 12" adjustable, (or other appropriate wrench), turn the main valve 1/8 of a turn only to the right or left, (this movement may be difficult at first).
- **CAUTION:** Be careful not to turn the main valve MORE than 1/8 of a turn to the right or left, (if you do, your pilot lights will very likely go out, and will require trained personnel to relight).
- After you have moved that valve to ensure that it works, **KEEP THE WRENCH AT THE METER** and use plastic "zip ties" or straps to secure it to your meter.
- If you use an adjustable wrench be sure to **store it sized to your valve**. This way, in case it rusts or corrodes it will still fit. Oil or grease applied to the moving parts of the wrench, will help keep it functional and ready for use.



**IF THE MAIN VALVE WILL NOT ROTATE 1/8 TURN, CALL THE GAS COMPANY, AND THEY WILL COME OUT AND FIX OR REPLACE IT.**

Remember, if you don't smell gas or have severe damage to your home, you should not have to shut the gas off. It's your decision. If your appliances are turned off and the gas meter's dial is spinning, you do have a leak and should turn off the gas.

**REMEMBER:** ❶ If you smell gas don't turn any switches on or off. ❷ Do not turn the gas valve back on after an earthquake, unless a qualified person has checked extensively for gas leaks. ❸ A qualified person or gas company employee will have to relight all the pilot lights.

#### Some Emergency Supply Sources

Bay Area Red Cross <http://www.bayarea-redcross.org>  
 Costco  
 Redwood Trading Post in Redwood City

#### More Earthquake Notes:

- ⊙ If you decide to search a lightly damaged building, always go in pairs with someone waiting outside for you. Prop doors open securely behind you to maintain a quick exit.
- ⊙ Mark your home or building with a white flag if you need help.
- ⊙ You may have window signs, "Rescue Pets," but if your family has small caged pets, consider making your own sign so rescuers know **where** to look.

PLEASE RESCUE PETS

1 mouse and 1 hamster in front bedroom and 2 small dogs.

## Preventing Dog Bites

People tend to let their guard down around dogs they are familiar with. A dog can be a very dangerous animal; every year 2.8 million children are bitten by dogs, some resulting in fatality. 58% of dog bites occur in a home, but dog bites are frequently preventable. A child that is educated is less vulnerable to a dog attack.

- Train children to keep still when they encounter a dog, familiar or not. Antagonizing the dog will be minimized if the child assumes a neutral, non-threatening stance. Being a "tree," a child should stand still with his feet together, his fists folded under his neck, and his arms against his chest.
- If the child is knocked down, or is on the ground, he should act like a "log." The "log" position should have the child lying face down with his legs together, fists behind his neck, and his forearms covering his ears.
- Children should never approach a strange dog, especially if it is restrained or chained up. If a dog is friendly and the child is with an adult,

and wants to pet it, he should slowly extend his fist a few inches for the dog to sniff. Stroking the animal's head could upset it.

- If the dog is not friendly and attacks, remain in the "tree" or "log" positions to lessen the severity of the wounds.
- Teach your children to avoid running past a dog while playing. A dog's instinct is to chase.
- Never stare at a dog or make eye contact with an unfamiliar dog, as the animal considers these actions to be an aggressive move.
- Don't bother a dog when it's eating or sleeping, try to take a toy away from it, or disturb a mother dog and her puppies. Children should also avoid rough play with dogs.
- Report unlicensed/stray dogs. Enforcement of restraint laws is essential in reducing dog bite incidences.

Seek medical help if your child is bitten, and report the dog to the police or animal-control officer, even if the bite is minor.

Source, "Preventing Dog Bites," author Andrea Parks, Parents Magazine, August 1998

## PREVENTING ABDUCTION AND ESCAPING FROM ABDUCTORS

Dignity Memorial® Escape School®

(<http://www.escapeschool.com>)

is an abduction prevention program that empowers children and parents by providing them with ways to recognize, avoid or escape potentially dangerous situations.

Children should be taught:

- ➔ The number one trick abductors use is **pretending to need help**- to find a lost puppy, kitten, or a lost child. Kids should understand that adults should not and would not ask children for help under normal circumstances, and to get away fast if someone does this!
- ➔ **Scream and kick if someone grabs them** and tries to take them forcefully. Teach them to yell, "Help, this is not my Dad/Mom!" Give children permission to break the rules

if they feel their safety is at risk.

### GETTING HELP

In emergency situations the rules change. Children must know that during an abduction attempt, the only person who is bad is the abductor. Everyone else is a possible rescuer.

Most parents teach their children not to talk to strangers.

However, during an abduction attempt, children must feel comfortable talking to strangers because they may need one to save their life.

### In Public Places

First, go behind a counter where there is an employee (the parent should show the child how to get behind the counter when they are in a store together). Tell the clerk, "Help, I've been kidnapped!" **Grab the clerk around the leg and do not let**

**go.** Keep repeating "Help, I've been kidnapped."

If going behind a counter is not possible, then **grab the first person you can and hold tightly while yelling**, "Help, I've been kidnapped." In a restaurant you can grab the waitress as she comes to the table. **At a gas station, you can get into someone else's car-and lock the doors.**

(When the child can't get help, and someone is trying to abduct him, he should run through the store, pull merchandise off the shelves and let it fall to the floor. He should keep doing this until someone restrains him. This will alert the manager, who could call the police or restrain the child.

Explain that vandalism is wrong under normal conditions, but when something wrong is happening to you, vandalism is acceptable and it may be your only chance to summon help.

Vandalism alerts the management, other people and the police. These people are a great source to save you from harm. They may be mad when they see you making a mess, but they will be glad when they find out you were doing it because you needed their help. )

### On the Street

If the child can get free of the abductor on the street, teach

him to run into and against the direction of pedestrians. The crowd acts as a natural obstacle for the abductor giving chase. Also, the child can move more easily and faster than most abductors in this environment. Teach the child to *run into a store or any public place and use the attention-getting tactics mentioned above.*

Make sure your child understands that **breaking free is only half**

**the battle.** Finding a safe place and summoning help is the other half. If the child is caught, he most likely will not get a second chance to escape. Therefore, *when fleeing, and especially when summoning help, teach your child to do it aggressively.* In this situation, shyness and politeness are your child's worst enemies.

## WHAT TO DO IF YOUR CHILD IS MISSING

If you believe your child may be missing, take action immediately. *If you think your child may be at a friend's house, call that number.* If your child is not there, follow this plan.

**FIRST:** Call 911 and tell the person who answers the phone that you are reporting a possible missing child and it is a high-priority police emergency. He or she will start asking questions. Remain calm and answer the questions as completely as possible. The operator will relay this information to officers on the street while you are talking, so action will already be underway.

**SECOND:** When you hang up, immediately call the nearest missing children's organization in your area. This is not a time to be searching for phone numbers. You should already have this number written in a safe place. The people who staff these organizations know exactly what to do and will jump into action immediately.

**THIRD:** Contact the Center for Missing and Exploited Children. This is a clearinghouse for missing children and it has the ability to get the word out about your child coast-to-coast. Its number is 1(800) THE-LOST (1-800-843-5678). Keep this number in a safe place. The national center can also put you in touch with a local missing children's organization in your area.

**FOURTH:** Contact your local sheriff's department's search and rescue division and request that they get involved.

## THE CHOKING GAME

Along with the current strategy of teaching our young about the dangers of alcohol, tobacco, drugs and unprotected sex, there are other dangers out there such as **suffocation games.**

The Choking game is killing children, frequently in the 10 to 16 year age range, though there are instances of children both older and younger who have been injured or died.

Most children have no clue how dangerous this activity is. Most parents have no clue that kids are doing this until someone in their lives dies or is damaged by it.

### What is the Choking Game?

The Choking Game achieves a brief high or euphoric state by stopping the flow of oxygen containing blood to the brain. Sometimes children

choke each other until the person being choked passes out. The pressure on the arteries is then released and blood flow to the brain resumes causing a "rush" as consciousness returns. Playing this game in any form causes the permanent and cumulative death of large numbers of brain cells. The variation in blood pressure may also cause strokes, seizures, and retinal damage.

The danger becomes even greater when a ligature is used and the activity is performed by a lone child. If the child loses consciousness and there is no one there to IMMEDIATELY release the pressure, he is unable to help himself. The child will suffer brain damage and death certainly after three minutes. Some of those who have died were alone for as little as 15 minutes before someone found them and it was already too

late. This activity can claim a child's life the first time it is played.

The "game" can be referred to as the Choking game, Passout game, Space Monkey and Black out. This game is dangerous in groups, but is even deadlier when played alone.

Deaths have occurred from this activity nationwide. Most of the kids who have died from this were not children in trouble. Most were well-liked, active, intelligent, **stable children who wanted nothing to do with drugs or alcohol. This was an activity they felt was safe.** Children have no clue about the physiological principles involved and need to be told by the adults in their lives how dangerous this is.

Warn children of the dangers of this activity as early as elementary school as older children seem to pass this activity to younger ones.

## PROTECTING CHILDREN FROM FLU

- ✦ Approximately 1/5 of the U.S. population attends or works in schools. (U.S. Dept of Ed, 1999).
- ✦ Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks.
- ✦ Nearly 22 million school days are lost annually due to the common cold alone. (CDC, 1996)
- ✦ Addressing the spread of germs in schools is essential to the health of our youth, our schools, and our nation.
- ✦ Students need to get plenty of sleep and physical activity, drink water, and eat good food to help them stay healthy in the winter and all year.

### ALWAYS REMIND CHILDREN TO:



- ✦ **Cover their nose and mouth** with a tissue when they cough or sneeze—have them throw the tissue away after they use it.
- ✦ **Wash their hands often with soap and water**, especially after they cough or sneeze. If water is not near, use an alcohol-based hand cleaner.
- ✦ **Remind them to not to touch their eyes, nose, or mouth.** Germs often spread this way.

## PANDEMIC INFLUENZA - GET INFORMED, BE PREPARED.

Influenza pandemics are different from many of the other major public health and health care threats facing our country and the world. A pandemic will last much longer than most flu outbreaks and may include "waves" of influenza activity that last 6-8 weeks separated by months. You can take common sense actions now in preparing for a pandemic. No one can predict how severe the next pandemic will be or when it will occur, but being prepared may help lower the impact of an influenza pandemic on you and your family. Additional information including a planning checklist for individuals and families can be found at [www.pandemicflu.gov](http://www.pandemicflu.gov).



As you and your family plan for an influenza pandemic, think about the challenges you might face, particularly if a pandemic is severe.

You can start to prepare now to be able to respond to these challenges. The following are some challenges you or your family may face. A series of planning checklists can be found at [www.pandemicflu.gov/plan/checklists.html](http://www.pandemicflu.gov/plan/checklists.html).

- ◆ **Essential Services You Depend on May Be Disrupted** Hospitals and other healthcare facilities, banks, restaurants, government offices, telephone and cellular phone companies, post offices, stores may close or have limited supplies, transportation services may be disrupted, fuel shortages, etc.
- ◆ **Food and Water Supplies May Be Interrupted and Limited** Temporary shortages could occur. You may also be unable to get to a store. To prepare for this possibility you should store at least one to two weeks supply of non-perishable food and fresh water for emergencies.

- ◆ **Being Able to Work May Be Difficult or Impossible** Ask your employer how business will continue during a pandemic. Plan for possible loss of income if you are unable to work or the company you work for temporarily closes.
- ◆ **Schools and Daycare Centers May Be Closed for an Extended Period of Time** School closings would likely happen very early in a pandemic and could occur on short notice.
- ◆ **Medical Care for People with Chronic Illness Could be Disrupted** In a severe pandemic, hospitals and doctors' offices may be overwhelmed. If you have a chronic disease, such as heart disease, high blood pressure, diabetes, asthma, or depression, you should continue taking medication as prescribed by your doctor. Make sure you have necessary medical supplies such as glucose and blood-pressure monitoring equipment. Talk to your healthcare provider to ensure adequate access to your medications. If you receive ongoing medical care such as dialysis, chemotherapy, or other therapies, talk with your health care provider about plans to continue care during a pandemic.

## PANDEMIC INFLUENZA - PREVENTION

### Stay Healthy

These steps may help prevent the spread of respiratory illnesses such as the flu:

- ◆ Cover your nose and mouth with a tissue when you cough or sneeze-throw the tissue away immediately after you use it.
- ◆ Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based (60-95%) hand cleaner.
- ◆ Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- ◆ If you get the flu, stay home from work, school, and social gatherings. In this way you will help prevent others from catching your illness.
- ◆ Try not to touch your eyes, nose, or mouth. Germs often spread this way.

### Stay Informed

- ◆ Reliable, accurate, and timely information is available at [www.pandemicflu.gov](http://www.pandemicflu.gov).
- ◆ Another source for information on pandemic influenza is the Centers for Disease Control and Prevention (CDC) Hotline at: 1-800-CDC-INFO (1-800-232-4636). This line is available in English and Spanish, 24 hours a day, 7 days a week.



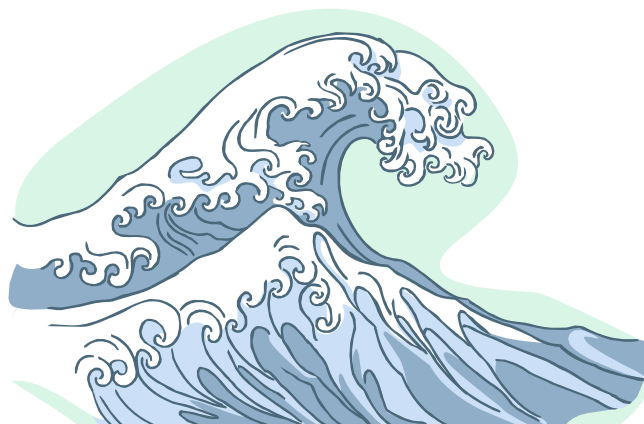
- Local Shelter location
- Tsunamis
- Stay informed

## LOCAL EMERGENCY SHELTER LOCATION

Our local emergency shelter is **Half Moon Bay High School**. If there was a disaster and you could not stay in your home, that is where you should go.

## TSUNAMIS *PLAN TO ACT QUICKLY....STAY INFORMED (next page.)*

- ◆ **Heed Natural Warnings.** An earthquake may serve as a warning that a tsunami is coming, and so may a rapid fall or rise in coastal waters.
- ◆ **Heed Official Warnings** Play it safe, even if warnings seem ambiguous or you think the danger has passed.
- ◆ **Many Will Survive the Earthquake** In coastal areas, the largest subduction zone earthquake may kill fewer people than the tsunami that follows.
- ◆ **Expect Many Waves.** The next wave may be bigger, and the tsunami may last for hours.
- ◆ **Head for High Ground and Stay There.** Move uphill or at least inland, away from the coast.
- ◆ **Abandon Belongings.** Save your life, not your possessions.
- ◆ **Don't Count on the Roads.** When fleeing a tsunami caused by a nearby earthquake, you may find roads broken or blocked.
- ◆ **Go to an Upper Floor or Roof of a Building.** Only if trapped and unable to reach high ground, go to an upper story of a sturdy building or get on its roof.
- ◆ **Climb a Tree.** As a last resort, climb up a strong tree if trapped on low ground.
- ◆ **Climb onto Something that Floats.** If swept up by a tsunami, look for something to use as a raft.
- ◆ **Expect the Waves to Leave Debris** A tsunami will leave behind sand, the remains of houses, and bodies.
- ◆ **Expect Quakes to Lower Coastal Land** A large earthquake can leave nearby coastal areas lowered, allowing tidal water to flood them.
- ◆ **Expect Company Shelter your neighbors.**



## STAY INFORMED:

Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should listen to *NOAA Weather Radio*, watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.

NOAA Weather Radio All Hazards (NWR) is a nationwide network of radio stations broadcasting continuous weather information directly from a nearby National Weather Service office. NWR broadcasts National Weather Service warnings, watches, forecasts and other hazard information 24 hours a day.

Working with the Federal Communication Commission's (FCC) Emergency Alert System, NWR is an "All Hazards" radio network, making it your single source for comprehensive weather and emergency information. In conjunction with Federal, State, and Local Emergency Managers and other

### NOAA Weather Radio All Hazards

public officials, NWR also broadcasts warning and post-event information for **all types of hazards - including natural (such as earthquakes or avalanches), environmental (such as chemical releases or oil spills), and public safety (such as AMBER alerts or 911 Telephone outages.)**

Known as the "Voice of NOAA's National Weather Service," NWR is provided as a public service by the National Oceanic and Atmospheric Administration (NOAA), part of the Department

of Commerce. NWR includes more than 940 transmitters, covering all 50 states, adjacent coastal waters, Puerto Rico, the U.S. Virgin Islands, and the U.S. Pacific Territories. NWR requires a special radio receiver or scanner capable of picking up the signal. They can be purchased at stores that sell electronics. Most run on batteries or have battery back-up. Broadcasts are found in the VHF public service band at these seven frequencies (MHz):

162.400	162.425	162.450	162.475	162.500	162.525	162.550
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Specific Area Message Encoding (SAME) code; San Mateo County 006081



**SMCAAlert.info**  
San Mateo County's Community Alert System

San Mateo County, including cities and towns, uses the **Roam Secure Alert Network** to immediately contact its residents during a major crisis or emergency and with useful information. The Roam Secure Alert Network delivers important emergency alerts, notifications and updates to you on all your devices:

- email accounts
- cell phones
- pagers
- Smartphones/handheld devices

When an incident or emergency occurs, authorized senders can deliver instant notifications to **San Mateo County residents**. The **Roam Secure Alert Network** is your personal connection to real-time updates, instructions on where to go, what to do, or what not to do, who to contact and other important information. Registration is free; text message charges may apply depending on your carrier and plan and will not be reimbursed by cities, towns, or the County.

**Sign up here:**

<http://www.smcalert.info/index.php?CCheck=1>

## EMERGENCY PREPARATION AT HOME

You can start your Emergency preparedness with information from any of these sites. Your local phone book also has a great deal of information to get you started.

1. For more information, see "Are you Ready?" from the Federal Emergency Management Agency <http://www.fema.gov/> or call 1-800-621-FEMA. Information is also available in other languages.
2. <http://www.bayarea-redcross.org> or call 650-259-1750
3. [www.PrepareNow.org](http://www.PrepareNow.org) Disaster Preparedness information in English, Spanish, Portuguese, Japanese, etc.
4. <http://www.smhealth.org> San Mateo County Public Health
5. <http://www.fema.gov/kids/index.htm> Kids can learn more about being prepared.

### ***IF A TERRORIST ATTACK OCCURS:*** (also see first section, "More Fire Notes.")

- Remain calm and follow the instructions of emergency services personnel.
- Be alert to secondary hazards such as falling debris or additional devices.
- Monitor the media for emergency information and bulletins. The emergency stations are:
  - KCBS 740 AM
  - KSJO 92 FM
  - KQED 88.5 FM
  - KZST 100.1 FM

**The following** is an excerpt from an excellent website with tips for many different scenarios. I have included the index and part of the section on Chemical Threats as most of the other disasters are less likely or more familiar to us already.

### **BE INFORMED** <http://www.ready.gov/america/beinformed/index.html>

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communications plan, are the same for both a natural or man-made emergency.

However, there are important differences among potential emergencies that will impact the decisions you make and the actions you take. Learn more about the potential emergencies that could happen where you live and the appropriate way to respond to them.

In addition, learn about the emergency plans that have been established in your area by your state and local government.

Emergency preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as "Tornado Alley." For Americans, preparedness must now account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared

and may make all the difference when seconds count.

- ✍ Overview
- ✍ Biological Threat
- ✍ Chemical Threat
- ✍ Earthquakes
- ✍ Explosions
- ✍ Extreme Heat
- ✍ Fires
- ✍ Floods
- ✍ Hurricanes
- ✍ Influenza Pandemic
- ✍ Landslide and Debris Flow (Mudslide)
- ✍ Nuclear Threat
- ✍ Radiation Threat
- ✍ Thunderstorms
- ✍ Tornadoes
- ✍ Tsunamis
- ✍ Volcanoes
- ✍ Wildfires
- ✍ Winter Storms and Extreme Cold
- ✍ State and Local Information

## CHEMICAL THREAT

### Overview

A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment.

### Possible Signs of Chemical Threat

- Many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination.
- Many sick or dead birds, fish or small animals are also cause for suspicion.

### If You See Signs of Chemical Attack: Find Clean Air Quickly

- Quickly try to define the impacted area or where the chemical is coming from, if possible.
- Take immediate action to get away.
- If the chemical is inside a building where you are, get out of the building without passing through the contaminated area, if possible.

- If you can't get out of the building or find clean air without passing through the area where you see signs of a chemical attack, it may be better to move as far away as possible and shelter-in-place.
- If you are outside, quickly decide- what is the fastest way to find clean air. Consider if you can get out of the area or if you should go inside the closest building and "shelter-in-place."

### If You Think You Have Been Exposed to a Chemical

If your eyes are watering, your skin is stinging, and you are having trouble breathing, you may have been exposed to a chemical.

- If you think you may have been exposed to a chemical, strip immediately and wash.
- Look for a hose, fountain, or any source of water, and wash with soap if possible, being sure not to scrub the chemical into your skin.
- Seek emergency medical attention.

HERE'S SOMETHING TO THINK ABOUT...

Remember to make a list of vets or veterinary hospitals in other cities where you might need to temporarily shelter your pet if evacuating the area.





## JUST IN CASE FAMILY PLAN



Your family may not be together in an emergency, so plan how you will contact one another and review what you will do in different situations.

Out-of-State Contact Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Email: \_\_\_\_\_



Fill out the following information for each family member and keep it up to date.

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Important Medical Information: \_\_\_\_\_



**Where to go in an emergency.** Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans.

Home

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Work

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

School

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Work

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

School

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Places you frequent

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_



Important Information	Name	Telephone #
Doctor(s):		
Veterinarian/Kennel:		
Other:		





# READY KIDS

U.S. DEPARTMENT OF HOMELAND SECURITY

## JUST IN CASE FAMILY PLAN

Every family member should carry a copy of this important information:

Blank lined area for notes.

Other Important Phone Numbers & Information:



### Family Communications Plan

Contact Name:

Telephone:

Out of State Contact Name:

Telephone:

Neighborhood Meeting Place:

Meeting Place Telephone:

*Dial 9-1-1 for Emergencies!*

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Blank lined area for notes.

Other Important Phone Numbers & Information:



### Family Communications Plan

Contact Name:

Telephone:

Out of State Contact Name:

Telephone:

Neighborhood Meeting Place:

Meeting Place Telephone:

*Dial 9-1-1 for Emergencies!*

Blank lined area for notes.

Other Important Phone Numbers & Information:



### Family Communications Plan

Contact Name:

Telephone:

Out of State Contact Name:

Telephone:

Neighborhood Meeting Place:

Meeting Place Telephone:

*Dial 9-1-1 for Emergencies!*

< FOLD HERE >

Blank lined area for notes.

Other Important Phone Numbers & Information:



### Family Communications Plan

Contact Name:

Telephone:

Out of State Contact Name:

Telephone:

Neighborhood Meeting Place:

Meeting Place Telephone:

*Dial 9-1-1 for Emergencies!*

# Websites and Other Resources

- Bay Area Red Cross  
San Mateo County  
1710 Trousdale Ave.  
Burlingame, CA 94010  
650-259-1750

The Red Cross has excellent preparedness information, lists of items needed for homes, businesses, schools, etc., and sells kits of all types and sizes. They also offer many types of courses to help you prepare. They are a great resource and a perfect starting point.

<http://www.bayarea-redcross.org>

- *Neighborhood Watch* If you are interested in starting a Neighborhood Watch group in your neighborhood, you may contact Charles Netherby of the Arleta Park Neighborhood Watch group at (650) 712-1848 or [crnetherby@aol.com](mailto:crnetherby@aol.com) for resources and ideas. (This idea is easily expanded into neighborhood preparedness.)
- <http://www.sfcdcp.org/index.cfm?id=66> Illustrated BIOTERRORISM SYNDROMES poster (shows symptoms of diseases.)
- <http://www.ready.gov/america/beinformed/index.html> Learn more about the potential emergencies that could happen where you live and the appropriate way to respond to them.
- [www.PrepareNow.org](http://www.PrepareNow.org) Disaster Preparedness information in English, Spanish, Portuguese, Japanese, etc., and disaster planning for individuals with special needs.
- <http://www.fema.gov/kids/index.htm> Kids can learn about preparedness in a fun way.
- <http://earthquake.usgs.gov/learning/kids.php> Earthquakes for Kids: Science Fair Project Ideas, Games, Puzzles, Learning Links & Earthquake Activities.
- <http://www.cdc.gov/flu/school/> Learn about flu and pandemics.
- Poison Control 1-800-222-1222
- <http://www.hmbfire.org/> Half Moon Bay Fire Protection District; check out programs, fire safety information, kids' pages, etc.
- <http://www.half-moon-bay.ca.us/> City of Half Moon Bay: Emergency preparedness and Tsunami information.
- <http://www.usfa.dhs.gov/kids/flash.shtm> Kid's games & Children-Specific Fire Safety Recalls.
- <http://www.meganslaw.ca.gov/> California Department of Justice's Internet web site, which lists designated registered sex offenders in California. Shows photos and addresses of local offenders.
- <http://www.escapeschool.com> Learn more about avoiding and *escaping* from child abductors.
- <http://www.smhealth.org> San Mateo County Public Health Division Home Page: Pandemic Flu Information, Tips for Terrorism Preparedness, Emergency Preparedness Links, Emergency Preparation and Planning, and much more.

If your clothes catch fire ALWAYS follow this rule!



Sparky® y Sparky the Fire Dog® son marcas registradas de la NFPA

Aprende a detenerte, tirarte al piso y rodar una y otra vez si la ropa se te enciende en llamas. Enfría la quemadura y pide ayuda.