

# American Red Cross

Orange County Chapter

601 North Golden Circle Drive  
Santa Ana, CA 92705  
(714) 481-5300  
[www.oc-redcross.org](http://www.oc-redcross.org)

## **Get Trained**

We offer a variety of health and safety classes at our main Santa Ana location and at satellite sites in Fountain Valley, Brea and Mission Viejo. Classes include:

- Adult/Child/Infant CPR & First Aid
- California Child Care Course
- Babysitter's Training
- Pet First Aid for Cats and Dogs

For complete course catalogue, schedule and on-line registration, please visit

**[www.oc-redcross.org](http://www.oc-redcross.org)**

## **Give Blood**

To make an individual appointment at any Red Cross Donor Site, please call

**1-800-GIVE LIFE**

(1-800-448-3543)

To organize a blood drive at your school, organization or business, please call

**1-800-491-2113**

## **Volunteer**

Volunteers are the heart and soul of the American Red Cross: To learn about the many volunteer opportunities and roles available, please visit

**[www.oc-redcross.org](http://www.oc-redcross.org)**

## **Donate**

Red Cross is not a government agency. We rely on the generous donations of the American people. To donate to the Orange County Chapter, please visit

**[www.oc-redcross.org](http://www.oc-redcross.org)**

**For more information**

**[www.oc-redcross.org](http://www.oc-redcross.org)**

or

**(714) 481-5300**

**BE RED CROSS READY !**

**BE INFORMED**

**AMERICAN RED CROSS OF ORANGE COUNTY  
IS YOUR RESOURCE FOR INFORMATION,  
TRAINING, PREPAREDNESS MATERIALS AND DISASTER SUPPLIES.**

**FOR INFORMATION AND TO CONTACT US:**

**WWW.OC-REDCROSS.ORG**

**OR (714) 481-5300**

**FIND**

**ADDITIONAL PREPAREDNESS AND BLOOD DONATION INFO: WWW.REDCROSS.ORG**

**PREPAREDNESS INFORMATION IN OTHER LANGUAGES: WWW.PREPARE.ORG, THEN SELECT  
"OLD PREPARE.ORG" FOR INFORMATION IN ADDITIONAL LANGUAGES**

**ONLINE VIDEO TUTORIAL: WWW.REDCROSS.ORG/BEREDCROSSREADY**

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**EARTHQUAKE COUNTRY ALLIANCE AND INFORMATION:**

**WWW.EARTHQUAKECOUNTRY.INFO**

**\* WWW.DARETOPREPARE.ORG/SECURE\_YOUR\_STUFF**

**\* WWW.DARETOPREPARE.ORG/SECURE\_YOUR\_BUILDING**

**WWW.SHAKEOUT.ORG – GREAT CALIFORNIA SHAKEOUT DRILL**

**WWW.USGS.GOV – U. S. GEOLOGICAL SURVEY**

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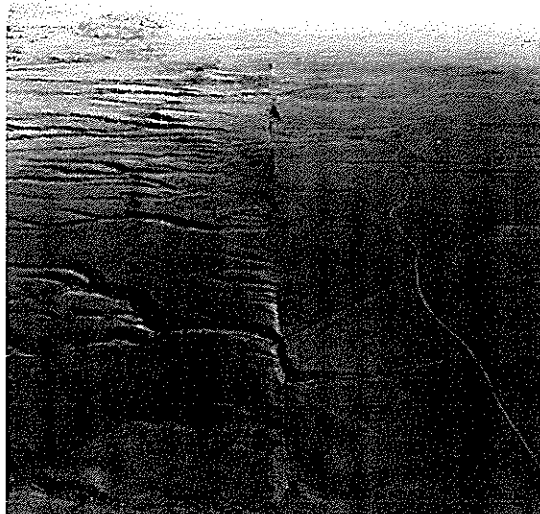
**GOVERNMENT AND AGENCY PREPAREDNESS LINKS:**

|                                |   |
|--------------------------------|---|
| <b>WWW.CALEMA.CA.GOV</b>       | <b>CALIFORNIA STATE EMERGENCY MANAGEMENT AGENCY</b> |
| <b>MYHAZARDS.CALEMA.CA.GOV</b> | <b>IDENTIFY YOUR COMMUNITY HAZARDS</b>              |
| <b>WWW.READY.GOV</b>           | <b>FEDERAL SITE FOR PREPAREDNESS—ALL HAZARDS</b>    |
| <b>WWW.READYOC.ORG</b>         | <b>OC SITE FOR PREPAREDNESS—ALL HAZARDS</b>         |
| <b>WWW.FEMA.GOV</b>            | <b>FEDERAL—ALL HAZARDS</b>                          |
| <b>WWW.CDC.GOV</b>             | <b>HEALTH AND PANDEMIC</b>                          |
| <b>WWW.OCHEALTHINFO.COM</b>    | <b>HEALTH AND PAN FLU (H1N1 UPDATES)</b>            |
| <b>WWW.DHS.GOV</b>             | <b>TERRORISM</b>                                    |
| <b>WWW.ALERTOC.COM</b>         | <b>REGISTER FOR NOTIFICATION IN AN EMERGENCY</b>    |

## Are You Ready to ShakeOut?

### We're all in this together...

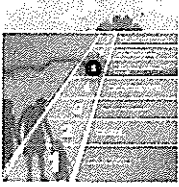
- On the third Thursday of October each year, you can join the millions of Californians who will "Drop, Cover, and Hold On" in *The Great California ShakeOut*, the largest earthquake drill ever!
- As described below, major earthquakes may happen where you work, live, or travel in California. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent disasters from becoming catastrophes.
- Why is a "Drop, Cover, and Hold On" drill important? As with anything, to act quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you.
- Other preparedness information is on the back of this flyer and is online at [earthquakecountry.org](http://earthquakecountry.org).
- *Everyone can participate!* Individuals, families, businesses, schools, government agencies, community groups, and other organizations are all invited to register.
- Register now at [www.ShakeOut.org](http://www.ShakeOut.org)



This section of the San Andreas Fault in central California is how most people picture faults. But many faults do not reach the surface, are under the ocean along the coast, or are covered by streets or buildings. No matter where we are in California, we must be prepared!

### California is earthquake country!

- California experiences earthquakes as large as the 1994 Northridge or 1989 Loma Prieta quakes (or larger) twice each decade, on average.
- All areas of California have experienced earthquakes in the past and will do so again in the future. There are hundreds of faults throughout the state that can have large earthquakes.
- There is a 50% chance of a magnitude 7.5 or greater earthquake somewhere in California in the next 30 years ([www.scec.org/ucerf](http://www.scec.org/ucerf)).
- While some areas and certain faults have a higher chance of earthquakes than others, the risk anywhere in California is high when compared to most areas of the country.



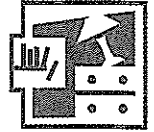
# The Seven Steps to Earthquake Safety

From *Putting Down Roots in Earthquake Country*, available at [www.earthquakecountry.org](http://www.earthquakecountry.org)

## PREPARE

### 1. **Identify earthquake hazards in your home, and check if you are in a tsunami hazard zone:**

You should secure anything heavy enough to hurt you if it falls on you, or anything that will be a significant loss if it breaks. Move heavy objects to lower locations, strap your water heater and top heavy furniture to walls, and securing electronics and valuables to tables. Do you live, work, or travel near the coast? Find out what areas are at risk of a tsunami.



**2. Create a disaster plan:** Plan now what each person in your household will do before, during and after an earthquake. Have a meeting place and an out-of-state contact. Learn basic first aid. Plan how to deal with the risk of fire, potential lack of utilities and basic services, and aftershocks. For those with functional or mobility needs, identify people who can assist you where you regularly spend time. Learn the natural and official warnings of a tsunami and know how to respond.



**3. Create disaster supplies kits:** Everyone should have personal disaster supplies kits, which are useful for many emergencies. Keep one kit in your home, one in your car, and a third at work. Your home should have a larger household kit with supplies to last three days to one week.

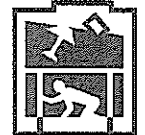


**4. Identify and fix your building's weaknesses:** There are several common issues that can limit a building's ability to withstand earthquake shaking, such as inadequate foundations, unbraced cripple walls, soft first stories and unreinforced masonry. Seek professional retrofitting advice if your building has these issues.



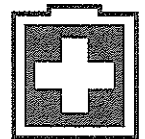
## PROTECT

**5. During earthquakes—Drop, cover and hold on:** Drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. If no table is nearby, drop to the floor near an interior wall and cover your head and neck with your arms and hands. Face away from windows or mirrors. Do not leave a building during an earthquake. If you use a wheelchair or have other mobility impairments, protect your head and neck with a pillow or your arms if you are able. Learn more at [www.dropcoverholdon.org](http://www.dropcoverholdon.org), including what to do in different situations. Everyone can practice what to do during earthquakes in the Great California ShakeOut ([www.ShakeOut.org](http://www.ShakeOut.org)).



## RECOVER

**6. After earthquakes—Check for injuries and damage:** Remain calm and take care of yourself first. If you live on the coast in a tsunami inundation zone, immediately walk to higher ground or inland away from the coast. If you are in a safe area, help others and check for damage. Learn in advance what to do about fire, leaking gas, electrical dangers, and chemical spills. Aftershocks may cause additional damage so be ready to drop, cover, and hold on.



**7. When safe, continue to follow your disaster plan:** If you evacuated coastal areas - stay away until officials permit you to return. When possible, if you cannot stay in your home, take your disaster kit and get to a safe location. Listen to a portable radio for news, and call your out-of-state contact. Begin your recovery by organizing your financial papers and documenting any damage.



Earthquake Country Alliance  
*We're all in this together.*

The Earthquake Country Alliance is a statewide partnership of earthquake experts, emergency managers, business and community leaders, and others working to help Californians prepare for earthquakes. Visit [www.earthquakecountry.org/alliance](http://www.earthquakecountry.org/alliance).



The California Emergency Management Agency is a proud leader and partner in the Earthquake Country Alliance. Learn more about disaster readiness, and about CalEMA's programs and responsibilities at [www.calema.ca.gov](http://www.calema.ca.gov).



American Red Cross  
Orange County Chapter

The American Red Cross is a humanitarian organization, led by volunteers, that provides relief to victims of disaster and helps people prevent, prepare for and respond to emergencies. Learn more about the American Red Cross programs at [www.oc-redcross.org](http://www.oc-redcross.org) or by calling (714) 481-5300

## APPENDIX B: DISASTER SUPPLIES CALENDAR

This Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble a disaster supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies (such as food and water) every six months.

| WEEK 1  | WEEK 2   | WEEK 3  | WEEK 4  |
|---|--|---|---|
| <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water*</li> <li><input type="checkbox"/> 1 jar peanut butter</li> <li><input type="checkbox"/> 1 large can juice*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> Hand-operated can opener</li> <li><input type="checkbox"/> Permanent marking pen</li> </ul> <p>Also, pet food, diapers, and baby food, if needed.</p> <hr/> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out what kinds of disasters can happen in your area.</li> <li><input type="checkbox"/> Date each perishable food item using marking pen.</li> </ul> | <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Heavy cotton or hemp rope</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> 2 flashlights with batteries</li> <li><input type="checkbox"/> Matches in water-proof container</li> </ul> <p>Also, a leash or carrier for your pet.</p> <hr/> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete a personal assessment of your needs and your resources for meeting your needs in a changed disaster environment.</li> </ul> | <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> Feminine hygiene supplies</li> <li><input type="checkbox"/> Paper and pencil</li> <li><input type="checkbox"/> Map of the area</li> <li><input type="checkbox"/> Aspirin or nonaspirin pain reliever</li> <li><input type="checkbox"/> Laxative</li> </ul> <p>Also, 1 gallon of water for each pet.</p> <hr/> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Create a personal support network who can help you identify and obtain the resources you will need to cope effectively with disaster.</li> </ul> | <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Patch kit and can of seal-in-air product for the tires of mobility aids</li> <li><input type="checkbox"/> Signal flare</li> <li><input type="checkbox"/> Compass</li> </ul> <p>Also, extra medications or prescriptions marked "emergency use."</p> <hr/> <p><b>To Do</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Develop a personal disaster plan.</li> <li><input type="checkbox"/> Give copies of the following lists to your network: emergency information list, medical information list, disability-related supplies and special equipment list, and personal disaster plan.</li> </ul> |

\* Purchase one for each member of the household.

Original Material for Appendix B: Disaster Supplies Calendar supplied by Chevron Real Estate Management Company © 1994.

## APPENDIX B

### WEEK 5

#### Grocery Store

- 1 gallon water\*
- 1 can meat\*
- 1 can fruit\*
- 1 can vegetables\*
- 2 rolls toilet paper
- Extra toothbrush
- Travel size toothpaste

Also, special food for special diets, if needed.

#### To Do

- Make a floor plan of your home including primary escape routes.
- Identify safe places to go to in case of fire, earthquake, tornado, hurricane, and flood.
- Practice a fire drill, tornado drill, and earthquake drill with your network.

### WEEK 6

#### First Aid Supplies

- Sterile adhesive bandages in assorted sizes
- Safety pins
- Adhesive tape
- Latex gloves
- Sunscreen
- Gauze pads
- Sterile roller bandages

Also, extra hearing aid batteries, if needed.

#### To Do

- Check with child's day care center or school to find out about their disaster plans.
- Ask your local emergency management office if emergency transportation services are available in case of evacuation.

### WEEK 7

#### Grocery Store

- 1 gallon water\*
- 1 can ready-to-eat soup (not concentrated)\*
- 1 can fruit\*
- 1 can vegetables\*
- Sewing kit
- Disinfectant

Also, extra plastic baby bottles, formula, and diapers, if needed.

#### To Do

- Establish an out-of-town contact to call in case of emergency.
- Share this information with your network so they know whom to call.
- Make arrangements for your network to check on you immediately after an evacuation order or a disaster.

### WEEK 8

#### First Aid Supplies

- Scissors
- Tweezers
- Thermometer
- Liquid antibacterial hand soap
- Disposable hand wipes
- Needles
- Petroleum jelly or other lubricant
- 2 tongue blades

Also, extra eyeglasses, if needed. Put in first aid kit.

#### To Do

- Place a pair of sturdy shoes and a flashlight by your bed so they are handy in an emergency.
- If Blind, store a talking clock and one or more extra white canes.
- If Blind, mark your disaster supplies in braille or with fluorescent tape.

\* Purchase one for each member of the household.

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## APPENDIX B

### WEEK 9

#### Grocery Store

- 1 can ready-to-eat soup\*
- Liquid dish soap
- Household chlorine bleach
- 1 box heavy-duty garbage bags with ties
- Antacid (for stomach upset)

Also, saline solution and a contact lens case, if needed.

#### To Do

- Familiarize your network with any areas on your body where you have reduced sensation.
- Choose a signal with your network that indicates you are okay and have left the disaster site.
- If you have a communication disability, store a word or letter board in your disaster supplies kit.

### WEEK 10

#### Hardware Store

- Waterproof portable plastic container (with lid) for important papers
- Battery-powered radio
- Wrench(es) needed to turn off utilities

#### To Do

- Take your network on a field trip to the gas meter and water meter shutoffs. Discuss when it is appropriate to turn off utilities.
- Attach a wrench next to the cutoff valve of each utility meter so it will be there when needed.
- Make photocopies of important papers and store safely.

### WEEK 11

#### Grocery Store

- 1 large can juice\*
- Large plastic food bags
- 1 box quick energy snacks
- 3 rolls paper towels
- Medicine dropper

#### To Do

- Store a roll of quarters for emergency phone calls.
- Go on a hunt with your family to find a pay phone that is close to your home.
- Test your smoke detector(s). Replace the battery in each detector that does not work.

### WEEK 12

#### Animal Care Store

- Extra harness, leash, ID tags, and food for your service animal and/or pets
- Litter/pan
- Extra water

#### Veterinarian

- Obtain current vaccinations and medical records of your animal(s)
- Medications

#### To Do

- Develop a pet care plan in case of disaster.
- Make photocopies of all vaccination records and put them in your disaster supplies kit.
- Put extra animal harness, leash, and identification tag(s) in your disaster supplies kit.

\* Purchase one for each member of the household.

## APPENDIX B

### WEEK 13

#### Hardware Store

- Whistle
- Pliers
- Screwdriver
- Hammer
- Perforated metal tape (sometimes called plumber's tape or strap iron)
- Crow bar

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#### To Do

- Take a first aid/CPR class from your local Red Cross.
- Arrange to have your water heater strapped to wall studs using perforated metal tape.

### WEEK 14

#### Grocery Store

- 1 can fruit\*
- 1 can meat\*
- 1 can vegetables\*
- 1 package eating utensils
- 1 package paper
- Cups

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#### To Do

- Make sure your network and neighbors know what help you may need in an emergency and how best to assist.
- Practice using alternate methods of evacuation with your network.

### WEEK 15

#### Hardware Store

- Extra flashlight batteries
- Extra battery for portable radio
- Assorted nails
- Wood screws
- Labels for your equipment and supplies

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#### To Do

- Make arrangements to bolt bookcases and cabinets to wall studs.
- Label equipment and attach instruction cards.

### WEEK 16

#### Grocery Store

- 1 can meat\*
- 1 can vegetables\*
- 1 box facial tissue
- 1 box quick energy snacks
- Dried fruit/nuts

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#### To Do

- Find out if you have a neighborhood safety organization and join it.
- Develop a disaster supplies kit for your car or van.

\* Purchase one for each member of the household.



## APPENDIX B

### WEEK 17

#### Grocery Store

- 1 box graham crackers
- Assorted plastic containers with lids
- Dry cereal

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#### First Aid Supplies

- Antidiarrheal medication
- Rubbing alcohol
- Antiseptic
- Syrup of ipecac and activated charcoal

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#### To Do

- Arrange for a friend or neighbor to help your children if you are not able to respond or are at work.

### WEEK 18

#### Hardware Store

- "Child proof" latches or other fasteners for your cupboards
- Double-sided tape or hook-and-loop fasteners (such as Velcro®) to secure moveable objects
- Plastic bucket with tight lid
- Plastic sheeting

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#### To Do

- Arrange for someone to install latches on cupboards and secure moveable objects.
- Put away a blanket or sleeping bag for each household member.

### WEEK 19

#### Grocery Store

- 1 box quick-energy snacks
- Comfort foods (such as cookies, candy bars)
- Plastic wrap
- Aluminum foil

Also denture care items, if needed.

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#### To Do

- Review your insurance coverages with your agent to be sure you are covered for the disasters that may occur in your area. Obtain additional coverage, as needed.
- Purchase and have installed an emergency escape ladder for upper story windows, if needed.

### WEEK 20

#### Hardware Store

- Camping or utility knife
- Work gloves
- Safety goggles
- Disposable dust masks
- 2 blank videocassettes

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#### Specialty Store

- Get an extra battery for motorized mobility aids

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#### To Do

- Use a video camera to tape the contents of your home for insurance purposes.
- Make a copy of the videotape and send to an out-of-town friend or family member.
- Find out about your workplace disaster plan.

\* Purchase one for each member of the household.

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# Food and Water in an Emergency

## How to Store Water

Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances.

Plastic containers, such as soft drink bottles, are best. You can also purchase food-grade plastic buckets or drums.

Seal water containers tightly, label them and store in a cool, dark place. Rotate water every six months.

## Emergency Outdoor Water Sources

If you need to find water outside your home, you can use these sources. Be sure to purify the water according to the instructions on page 3 before drinking it.

- Rainwater
- Streams, rivers and other moving bodies of water
- Ponds and lakes
- Natural springs

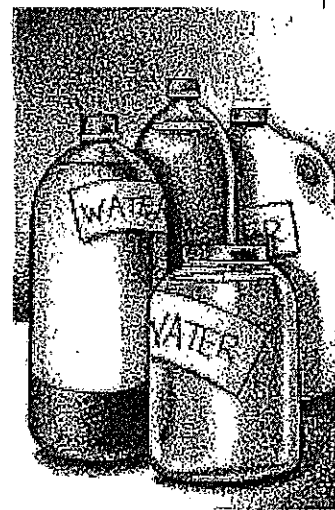
Avoid water with floating material, an odor or dark color. Use saltwater only if you distill it first. You should not drink flood water.

**I**f an earthquake, hurricane, winter storm or other disaster strikes your community, you might not have access to food, water and electricity for days, or even weeks. By taking some time now to store emergency food and water supplies, you can provide for your entire family. This brochure was developed by the Federal Emergency Management Agency in cooperation with the American Red Cross and the U.S. Department of Agriculture.

Having an ample supply of clean water is a top priority in an emergency. A normally active person needs to drink at least two quarts of water each day. Hot environments can double that amount. Children, nursing mothers and ill people will need even more.

You will also need water for food preparation and hygiene. Store a total of at least one gallon per person, per day. You should store at least a two-week supply of water for each member of your family.

If supplies run low, never ration water. Drink the amount you need today, and try to find more for tomorrow. You can minimize the amount of water your body needs by reducing activity and staying cool.



Federal Emergency  
Management Agency



American  
Red Cross

## FOOD SUPPLIES

### Short-Term Food Supplies

Even though it is unlikely that an emergency would cut off your food supply for two weeks, you should prepare a supply that will last that long.

The easiest way to develop a two-week stockpile is to increase the amount of basic foods you normally keep on your shelves.

### Storage Tips

- Keep food in a dry, cool spot—a dark area if possible.
- Keep food covered at all times.
- Open food boxes or cans carefully so that you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags, and keep them in tight containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to protect them from pests.
- Inspect all food for signs of spoilage before use.
- Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.

### Nutrition Tips

During and right after a disaster, it will be vital that you maintain your strength. So remember:

- Eat at least one well-balanced meal each day.
- Drink enough liquid to enable your body to function properly (two quarts a day).
- Take in enough calories to enable you to do any necessary work.
- Include vitamin, mineral and protein supplements in your stockpile to assure adequate nutrition.

## Hidden Water Sources in Your Home

If a disaster catches you without a stored supply of clean water, you can use the water in your hot-water tank, pipes and ice cubes. As a last resort, you can use water in the reservoir tank of your toilet (not the bowl).

Do you know the location of your incoming water valve? You'll need to shut it off to stop contaminated water from entering your home if you hear reports of broken water or sewage lines.

To use the water in your pipes, let air into the plumbing by turning on the faucet in your house at the highest level. A small amount of water will trickle out. Then obtain water from the lowest faucet in the house.

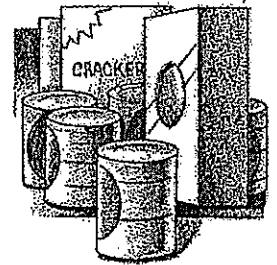
To use the water in your hot-water tank, be sure the electricity or gas is off, and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve and turning on a hot-water faucet. Do not turn on the gas or electricity when the tank is empty.

## When Food Supplies Are Low

If activity is reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women.

If your water supply is limited, try to avoid foods that are high in fat and protein, and don't stock salty foods, since they will make you thirsty. Try to eat salt-free crackers, whole grain cereals and canned foods with high liquid content.

You don't need to go out and buy unfamiliar foods to prepare an emergency food supply. You can use the canned foods, dry mixes and other staples on your cupboard shelves. In fact, familiar foods are important. They can lift morale and give a feeling of security in time of stress. Also, canned foods won't require cooking, water or special preparation. Following are recommended short-term food storage plans.



## Special Considerations

As you stock food, take into account your family's unique needs and tastes. Try to include foods that they will enjoy and that are also high in calories and nutrition. Foods that require no refrigeration, preparation or cooking are best.

Individuals with special diets and allergies will need particular attention, as will babies, toddlers and elderly people. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for ill or elderly people.

Make sure you have a manual can opener and disposable utensils. And don't forget nonperishable foods for your pets.

## How to Cook If the Power Goes Out

For emergency cooking you can use a fireplace, or a charcoal grill or camp stove can be used outdoors. You can also heat food with candle warmers, chafing dishes and fondue pots. Canned food can be eaten right out of the can. If you heat it in the can, be sure to open the can and remove the label first.

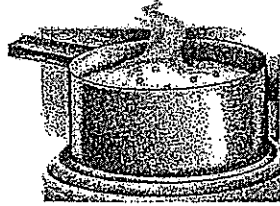
## Three Ways to Purify Water

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as dysentery, typhoid and hepatitis. You should purify all water of uncertain purity before using it for drinking, food preparation or hygiene.

There are many ways to purify water. None is perfect. Often the best solution is a combination of methods.

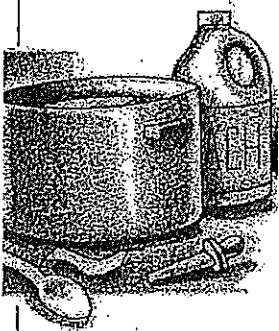
Two easy purification methods are outlined below. These measures will kill most microbes but will not remove other contaminants such as heavy metals, salts and most other chemicals. Before purifying, let any suspended particles settle to the bottom, or strain them through layers of paper towel or clean cloth.

**BOILING.** Boiling is the safest method of purifying water. Bring water to a rolling boil for 3-5 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking.



Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This will also improve the taste of stored water.

**DISINFECTION.** You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 percent sodium hypochlorite. Do not use scented bleaches, colorsafe bleaches or bleaches with added cleaners.

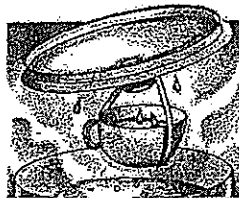


Add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes.

The only agent used to purify water should be household liquid bleach. Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

While the two methods described above will kill most microbes in water, distillation will remove microbes that resist these methods, and heavy metals, salts and most other chemicals.

**DISTILLATION.** Distillation involves boiling water and then collecting the vapor that condenses back to water. The condensed vapor will not include salt and other impurities. To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.



## FOOD STORAGE

### Shelf-life of Foods for Storage

Here are some general guidelines for rotating common emergency foods.

■ Use within six months:

- Powdered milk (*boxed*)
- Dried fruit (*in metal container*)
- Dry, crisp crackers (*in metal container*)
- Potatoes

■ Use within one year:

- Canned condensed meat and vegetable soups
- Canned fruits, fruit juices and vegetables
- Ready-to-eat cereals and uncooked instant cereals (*in metal containers*)
- Peanut butter
- Jelly
- Hard candy and canned nuts
- Vitamin C

■ May be stored indefinitely (*in proper containers and conditions*):

- Wheat
- Vegetable oils
- Dried corn
- Baking powder
- Soybeans
- Instant coffee, tea and cocoa
- Salt
- Noncarbonated soft drinks
- White rice
- Bouillon products
- Dry pasta
- Powdered milk (*in nitrogen-packed cans*)

## DISASTER SUPPLIES

### Supplies

It's 2:00 a.m. and a flash flood forces you to evacuate your home—fast. There's no time to gather food from the kitchen, fill bottles with water, grab a first-aid kit from the closet and snatch a flashlight and a portable radio from the bedroom. You need to have these items packed and ready in one place before disaster strikes.

Pack at least a three-day supply of food and water, and store it in a handy place. Choose foods that are easy to carry, nutritious and ready-to-eat. In addition, pack these emergency items:

- Medical supplies and first aid manual
- Hygiene supplies
- Portable radio, flashlights and extra batteries
- Shovel and other useful tools
- Household liquid bleach to purify drinking water.
- Money and matches in a waterproof container
- Fire extinguisher
- Blanket and extra clothing
- Infant and small children's needs (if appropriate)
- Manual can opener

### If the Electricity Goes Off . . .

**FIRST**, use perishable food and foods from the refrigerator.

**THEN**, use the foods from the freezer. To minimize the number of times you open the freezer door, post a list of freezer contents on it. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least three days.

**FINALLY**, begin to use non-perishable foods and staples.

### Learn More

If you are interested in learning more about how to prepare for emergencies, contact your local or State Office of Emergency Management or local American Red Cross chapter, or write to  
FEMA  
PO BOX 2012  
JESSUP MD 20794-2012  
and ask for any of the following publications:

**Emergency Preparedness Checklist**  
(L-154) Item #8-0872  
ARC 4471

**Your Family Disaster Supplies Kit**  
(L-189) Item #8-0941  
ARC 4463

**Your Family Disaster Plan**  
(L-191) Item #8-0954  
ARC 4466

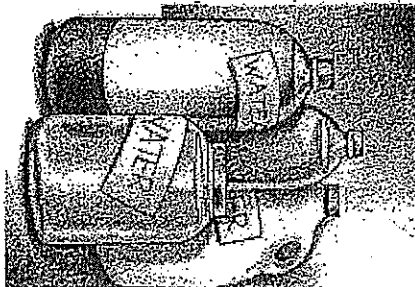
**Are You Ready? Your Guide to Disaster Preparedness**  
(H-34) Item #8-0908

**Emergency Preparedness Publications**  
(L-164) Item #8-0822

Your Local Contact is:

ARC-5055  
FEMA L-210  
November 1994

**Food & Water  
in an Emergency**



*In a disaster, you might be cut off from food, water and electricity for days. By preparing emergency provisions, you can turn what could be a life-threatening situation into a manageable problem.*



Federal Emergency  
Management Agency

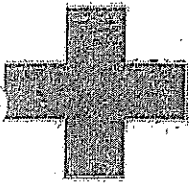


American  
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HURRICANE • FIRE • HAZARDOUS MATERIALS SPILL

TORNADO • FLASH FLOOD • EARTHQUAKE • WINTER STORM





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Orange County Chapter



**RedCross.org**



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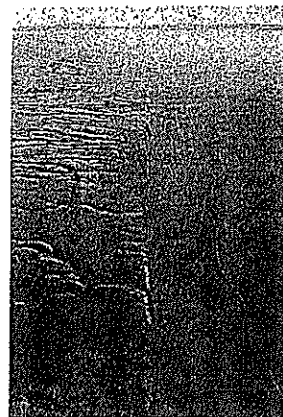
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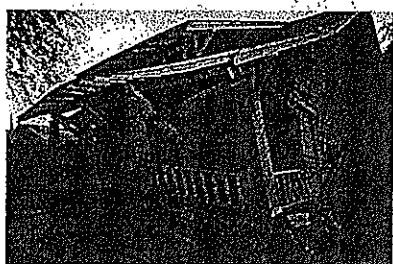
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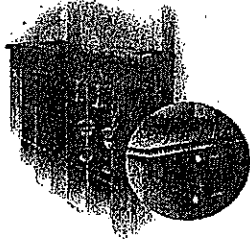
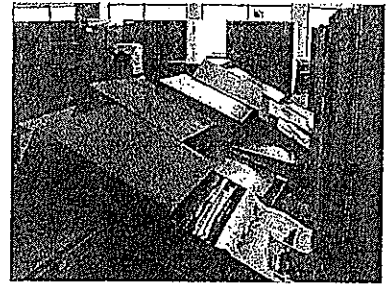


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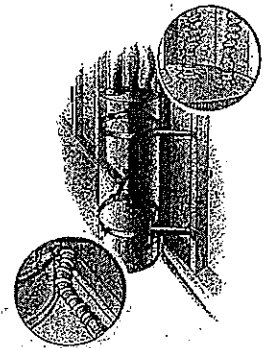
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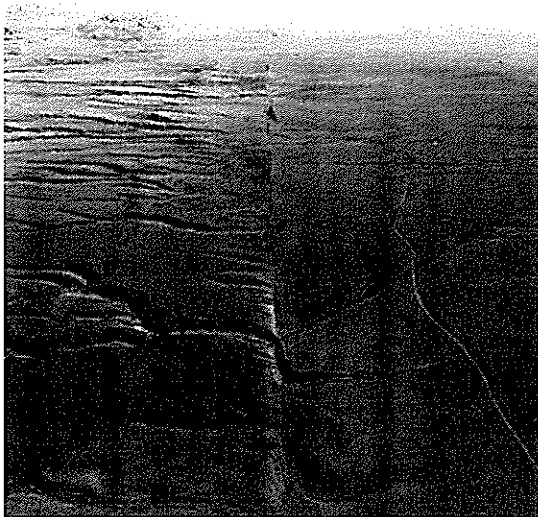


**Earthquake Country Alliance**  
*We're all in this together.*

## Are You Ready to ShakeOut?

### We're all in this together...

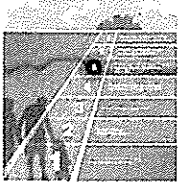
- On the third Thursday of October each year, you can join the millions of Californians who will "Drop, Cover, and Hold On" in *The Great California ShakeOut*, the largest earthquake drill ever!
- As described below, major earthquakes may happen where you work, live, or travel in California. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent disasters from becoming catastrophes.
- Why is a "Drop, Cover, and Hold On" drill important? As with anything, to act quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you.
- Other preparedness information is on the back of this flyer and is online at [earthquakecountry.org](http://earthquakecountry.org).
- *Everyone can participate!* Individuals, families, businesses, schools, government agencies, community groups, and other organizations are all invited to register.
- Register now at [www.ShakeOut.org](http://www.ShakeOut.org)



This section of the San Andreas Fault in central California is how most people picture faults. But many faults do not reach the surface, are under the ocean along the coast, or are covered by streets or buildings. No matter where we are in California, we must be prepared!

### California is earthquake country!

- California experiences earthquakes as large as the 1994 Northridge or 1989 Loma Prieta quakes (or larger) twice each decade, on average.
- All areas of California have experienced earthquakes in the past and will do so again in the future. There are hundreds of faults throughout the state that can have large earthquakes.
- There is a 50% chance of a magnitude 7.5 or greater earthquake somewhere in California in the next 30 years ([www.scec.org/ucerf](http://www.scec.org/ucerf)).
- While some areas and certain faults have a higher chance of earthquakes than others, the risk anywhere in California is high when compared to most areas of the country.



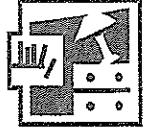
# The Seven Steps to Earthquake Safety

From *Putting Down Roots in Earthquake Country*, available at [www.earthquakecountry.org](http://www.earthquakecountry.org)

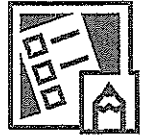
## PREPARE

### 1. Identify earthquake hazards in your home, and check if you are in a tsunami hazard zone:

You should secure anything heavy enough to hurt you if it falls on you, or anything that will be a significant loss if it breaks. Move heavy objects to lower locations, strap your water heater and top heavy furniture to walls, and securing electronics and valuables to tables. Do you live, work, or travel near the coast? Find out what areas are at risk of a tsunami.



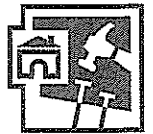
**2. Create a disaster plan:** Plan now what each person in your household will do before, during and after an earthquake. Have a meeting place and an out-of-state contact. Learn basic first aid. Plan how to deal with the risk of fire, potential lack of utilities and basic services, and aftershocks. For those with functional or mobility needs, identify people who can assist you where you regularly spend time. Learn the natural and official warnings of a tsunami and know how to respond.



**3. Create disaster supplies kits:** Everyone should have personal disaster supplies kits, which are useful for many emergencies. Keep one kit in your home, one in your car, and a third at work. Your home should have a larger household kit with supplies to last three days to one week.



**4. Identify and fix your building's weaknesses:** There are several common issues that can limit a building's ability to withstand earthquake shaking, such as inadequate foundations, unbraced cripple walls, soft first stories and unreinforced masonry. Seek professional retrofitting advice if your building has these issues.



## PROTECT

**5. During earthquakes—Drop, cover and hold on:** Drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. If no table is nearby, drop to the floor near an interior wall and cover your head and neck with your arms and hands. Face away from windows or mirrors. Do not leave a building during an earthquake. If you use a wheelchair or have other mobility impairments, protect your head and neck with a pillow or your arms if you are able. Learn more at [www.dropcoverholdon.org](http://www.dropcoverholdon.org), including what to do in different situations. Everyone can practice what to do during earthquakes in the Great California ShakeOut ([www.ShakeOut.org](http://www.ShakeOut.org)).



## RECOVER

**6. After earthquakes—Check for injuries and damage:** Remain calm and take care of yourself first. If you live on the coast in a tsunami inundation zone, immediately walk to higher ground or inland away from the coast. If you are in a safe area, help others and check for damage. Learn in advance what to do about fire, leaking gas, electrical dangers, and chemical spills. Aftershocks may cause additional damage so be ready to drop, cover, and hold on.



**7. When safe, continue to follow your disaster plan:** If you evacuated coastal areas - stay away until officials permit you to return. When possible, if you cannot stay in your home, take your disaster kit and get to a safe location. Listen to a portable radio for news, and call your out-of-state contact. Begin your recovery by organizing your financial papers and documenting any damage.



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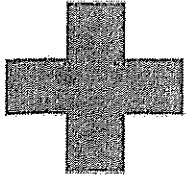
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The California Emergency Management Agency is a proud leader and partner in the Earthquake Country Alliance. Learn more about disaster readiness, and about CalEMA's programs and responsibilities at [www.calema.ca.gov](http://www.calema.ca.gov).



The American Red Cross is a humanitarian organization, led by volunteers, that provides relief to victims of disaster and helps people prevent, prepare for and respond to emergencies. Learn more about the American Red Cross programs at [www.oc-redcross.org](http://www.oc-redcross.org) or by calling (714) 481-5300



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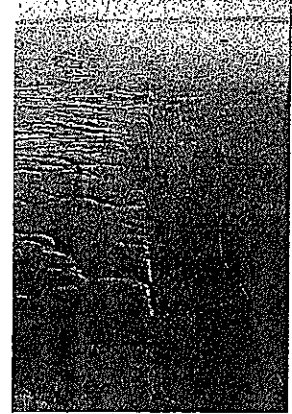
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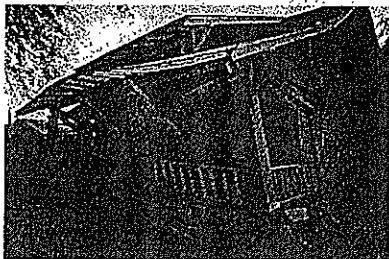
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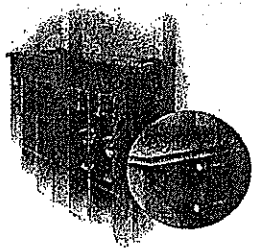


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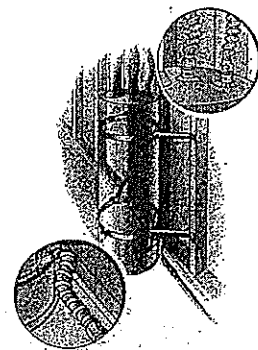
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# BE RED CROSS READY !

## BE INFORMED

AMERICAN RED CROSS OF ORANGE COUNTY  
IS YOUR RESOURCE FOR INFORMATION,  
TRAINING, PREPAREDNESS MATERIALS AND DISASTER SUPPLIES.

FOR INFORMATION AND TO CONTACT US:

[WWW.OC-REDCROSS.ORG](http://WWW.OC-REDCROSS.ORG)

OR (714) 481-5300

FIND

ADDITIONAL PREPAREDNESS AND BLOOD DONATION INFO: [WWW.REDCROSS.ORG](http://WWW.REDCROSS.ORG)

PREPAREDNESS INFORMATION IN OTHER LANGUAGES: [WWW.PREPARE.ORG](http://WWW.PREPARE.ORG), THEN SELECT  
"OLD PREPARE.ORG" FOR INFORMATION IN ADDITIONAL LANGUAGES

ONLINE VIDEO TUTORIAL: [WWW.REDCROSS.ORG/BeRedCrossReady](http://WWW.REDCROSS.ORG/BeRedCrossReady)

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### EARTHQUAKE COUNTRY ALLIANCE AND INFORMATION:

[WWW.EARTHQUAKECOUNTRY.INFO](http://WWW.EARTHQUAKECOUNTRY.INFO)

\* [WWW.DARETOPREPARE.ORG/SECURE\\_YOUR\\_STUFF](http://WWW.DARETOPREPARE.ORG/SECURE_YOUR_STUFF)

\* [WWW.DARETOPREPARE.ORG/SECURE\\_YOUR\\_BUILDING](http://WWW.DARETOPREPARE.ORG/SECURE_YOUR_BUILDING)

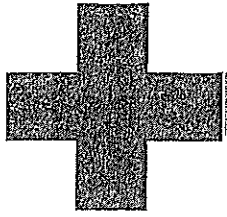
[WWW.SHAKEOUT.ORG](http://WWW.SHAKEOUT.ORG) – GREAT CALIFORNIA SHAKEOUT DRILL

[WWW.USGS.GOV](http://WWW.USGS.GOV) – U. S. GEOLOGICAL SURVEY

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### GOVERNMENT AND AGENCY PREPAREDNESS LINKS:

|  |  |
|--|--|
| <a href="http://WWW.CALEMA.CA.GOV">WWW.CALEMA.CA.GOV</a>             | CALIFORNIA STATE EMERGENCY MANAGEMENT AGENCY |
| <a href="http://MYHAZARDS.CALEMA.CA.GOV">MYHAZARDS.CALEMA.CA.GOV</a> | IDENTIFY YOUR COMMUNITY HAZARDS              |
| <a href="http://WWW.READY.GOV">WWW.READY.GOV</a>                     | FEDERAL SITE FOR PREPAREDNESS—ALL HAZARDS    |
| <a href="http://WWW.READYOC.ORG">WWW.READYOC.ORG</a>                 | OC SITE FOR PREPAREDNESS—ALL HAZARDS         |
| <a href="http://WWW.FEMA.GOV">WWW.FEMA.GOV</a>                       | FEDERAL—ALL HAZARDS                          |
| <a href="http://WWW.CDC.GOV">WWW.CDC.GOV</a>                         | HEALTH AND PANDEMIC                          |
| <a href="http://WWW.OCHEALTHINFO.COM">WWW.OCHEALTHINFO.COM</a>       | HEALTH AND PAN FLU (H1N1 UPDATES)            |
| <a href="http://WWW.DHS.GOV">WWW.DHS.GOV</a>                         | TERRORISM                                    |
| <a href="http://WWW.ALERTOC.COM">WWW.ALERTOC.COM</a>                 | REGISTER FOR NOTIFICATION IN AN EMERGENCY    |



# American Red Cross

Orange County Chapter

601 North Golden Circle Drive  
Santa Ana, CA 92705  
(714) 481-5300  
[www.oc-redcross.org](http://www.oc-redcross.org)

## **Get Trained**

We offer a variety of health and safety classes at our main Santa Ana location and at satellite sites in Fountain Valley, Brea and Mission Viejo. Classes include:

- Adult/Child/Infant CPR & First Aid
- California Child Care Course
- Babysitter's Training
- Pet First Aid for Cats and Dogs

For complete course catalogue, schedule and on-line registration, please visit

**[www.oc-redcross.org](http://www.oc-redcross.org)**

## **Give Blood**

To make an individual appointment at any Red Cross Donor Site, please call

**1-800-GIVE LIFE**

(1-800-448-3543)

To organize a blood drive at your school, organization or business, please call

**1-800-491-2113**

## **Volunteer**

Volunteers are the heart and soul of the American Red Cross: To learn about the many volunteer opportunities and roles available, please visit

**[www.oc-redcross.org](http://www.oc-redcross.org)**

## **Donate**

Red Cross is not a government agency. We rely on the generous donations of the American people. To donate to the Orange County Chapter, please visit

**[www.oc-redcross.org](http://www.oc-redcross.org)**

**For more information**

**[www.oc-redcross.org](http://www.oc-redcross.org)**

or

**(714) 481-5300**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PREP LEADER \_\_\_\_\_

## NEIGHBORHOOD SKILLS & EQUIPMENT INVENTORY

Please check **any and all** professions, skills, experience, or knowledge you could provide during an emergency.

### Equipment

- \_\_\_ Water for small fires  
(pool, Jacuzzi, water pump)
- \_\_\_ Blood Pressure Kit
- \_\_\_ Wheelchair
- \_\_\_ First Aid Supplies
- \_\_\_ Tents/Tarps
- \_\_\_ Camp Stove
- \_\_\_ Generator
- \_\_\_ Battery Charger
- \_\_\_ Winch
- \_\_\_ Chain Saw
- \_\_\_ Crow Bar/Pry Tools
- \_\_\_ Bolt Cutters
- \_\_\_ Axe
- \_\_\_ Shovels
- \_\_\_ Heavy Jack
- \_\_\_ Wheel Barrow
- \_\_\_ Long Ladder
- \_\_\_ Extra Gas Vlv Wrench
- \_\_\_ Strong Rope
- \_\_\_ Portable Lights
- \_\_\_ HAM Radio
- \_\_\_ Walkie Talkie Set
- \_\_\_ CB Radio
- \_\_\_ Cellular Phone
- \_\_\_ 4 wheel drive vehicles
- \_\_\_ RV's/Bicycles/etc

List additional equipment you would be able to share:

\_\_\_\_\_

### Skills

- \_\_\_ Doctor \_\_\_\_\_
- \_\_\_ Nurse \_\_\_\_\_
- \_\_\_ Medical Tech
- \_\_\_ 1<sup>st</sup> aid Skills \_\_\_\_\_
- \_\_\_ Pharmacy
- \_\_\_ Mental Health Worker
- \_\_\_ Special Needs Skills \_\_\_\_\_
- \_\_\_ Plumbing
- \_\_\_ Electrical
- \_\_\_ Carpentry
- \_\_\_ General Contractor
- \_\_\_ Architectural E ngineer
- \_\_\_ House Repairs
- \_\_\_ Law Enforcement
- \_\_\_ Fire Fighting
- \_\_\_ Radio Operation
- \_\_\_ Childcare
- \_\_\_ Emergency Cooking
- \_\_\_ Provide Transportation
- \_\_\_ Leadership

List additional skills you could offer:

\_\_\_\_\_

# Household EMERGENCY Information

**Note:** Do not return this sheet. Fill out and save for your records in a location where you can quickly find it.

Resident Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Blood Type: \_\_\_\_\_ Allergies: \_\_\_\_\_  
Medication: \_\_\_\_\_

Spouse's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Blood Type: \_\_\_\_\_ Allergies: \_\_\_\_\_  
Medication: \_\_\_\_\_

Child's Name: \_\_\_\_\_  
Date of Birth \_\_\_\_\_ School \_\_\_\_\_  
Blood Type: \_\_\_\_\_ Allergies: \_\_\_\_\_  
Medication: \_\_\_\_\_  
Contact Person \_\_\_\_\_ Phone # \_\_\_\_\_

Child's Name: \_\_\_\_\_  
Date of Birth \_\_\_\_\_ School \_\_\_\_\_  
Blood Type: \_\_\_\_\_ Allergies: \_\_\_\_\_  
Medication: \_\_\_\_\_  
Contact Person: \_\_\_\_\_ Phone #: \_\_\_\_\_

Medical Insurance Carrier: \_\_\_\_\_ Policy #: \_\_\_\_\_  
Medical Insurance Carrier \_\_\_\_\_ Policy # \_\_\_\_\_  
Homeowner's Insurance \_\_\_\_\_ Policy # \_\_\_\_\_

Other Adult's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Insurance Carrier: \_\_\_\_\_ Policy #: \_\_\_\_\_  
Doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Blood Type: \_\_\_\_\_ Allergies: \_\_\_\_\_ Medication: \_\_\_\_\_  
Contact Person: \_\_\_\_\_ Phone #: \_\_\_\_\_

Other Adult's Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Insurance Carrier: \_\_\_\_\_ Policy #: \_\_\_\_\_  
Doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Blood Type: \_\_\_\_\_ Allergies: \_\_\_\_\_ Medication: \_\_\_\_\_  
Contact Person: \_\_\_\_\_ Phone #: \_\_\_\_\_

\* Be sure to include signed medical release forms for children and consider the "Vial of Life" program for medications.

# Emergency Information continued

## Medical Information:

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

Child's Name: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ School: \_\_\_\_\_

Insurance

Carrier: \_\_\_\_\_ Policy Number: \_\_\_\_\_

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

Blood Type: \_\_\_\_\_ Allergies: \_\_\_\_\_ Medication: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ School: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_ Policy #: \_\_\_\_\_

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

Blood Type: \_\_\_\_\_ Allergies: \_\_\_\_\_ Medication: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ School: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_ Policy #: \_\_\_\_\_

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

Blood Type: \_\_\_\_\_ Allergies: \_\_\_\_\_ Medication: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Additional Special Requirements:

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Add additional information on a separate page.

# NOTES

# Be Red Cross Ready

## Get a kit. Make a plan. Be informed.

It's important to prepare for possible disasters and other emergencies. Natural and human-caused disasters can strike suddenly, at any time and anywhere. There are three actions everyone can take that can help make a difference...

### Be Red Cross Ready Checklist

- I know what emergencies or disasters are most likely to occur in my community.
- I have a family disaster plan and have practiced it.
- I have an emergency preparedness kit.
- At least one member of my household is trained in first aid and CPR/AED.
- I have taken action to help my community prepare.

#### Get a kit



At a minimum, have the basic supplies listed below. Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

- Water — one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food — non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight • Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries • First aid kit • Medications (7-day supply) and medical items
- Multi-purpose tool • Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers • Family and emergency contact information
- Extra cash • Emergency blanket • Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

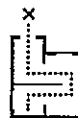
Additional supplies to keep at home or in your kit based on the types of disasters common to your area:

- Whistle • N95 or surgical masks
- Matches • Rain gear • Towels • Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting • Duct tape • Scissors
- Household liquid bleach • Entertainment items
- Blankets or sleeping bags

### Let Your Family Know You're Safe

Tell your loved ones about the American Red Cross Safe and Well Web site available through [RedCross.org](http://RedCross.org). This internet-based tool should be integrated into your emergency communications plan. People within a disaster-affected area can register themselves as "safe and well" and concerned family and friends who know the person's phone number or address can search for messages posted by those who self-register. If you don't have internet access, call 1-866-GET-INFO to register yourself and your family.

#### Make a plan



- Meet with your family or household members.
- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member is in the military, plan how you would respond if they were deployed.

#### Plan what to do in case you are separated during an emergency

- Choose two places to meet—
  - Right outside your home in case of a sudden emergency, such as a fire.
  - Outside your neighborhood, in case you cannot return home or are asked to evacuate.
- Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or programmed into their cell phones.

#### Plan what to do if you have to evacuate

- Decide where you would go and what route you would take to get there. You may choose to go to a hotel or motel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.
- Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.
- Plan ahead for your pets. Keep a phone list of "pet friendly" motels/hotels and animal shelters that are along your evacuation routes.

#### Be informed



Learn what disasters or emergencies may occur in your area. These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like an earthquake or flood.

- Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.
- Know the difference between different weather alerts such as "watches" and "warnings" and what actions to take in each.
- Know what actions to take to protect yourself during disasters that may occur in areas where you travel or have moved recently. For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.
- When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations.
- Share what you have learned with your family, household and neighbors and encourage them to be informed too.

#### Emergency Contact Cards for All Household Members

Get your cards online at <http://www.redcross.org/prepare/ECCard.pdf>

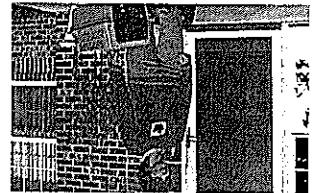
- Print one card for each family member.
- Write the contact information for each household member, such as work, school and cell phone numbers.
- Fold the card so it fits in your pocket, wallet or purse.
- Carry the card with you so it is available in the event of a disaster or other emergency.

# Be Red Cross Ready

## Pets and Disaster Safety Checklist

Our pets enrich our lives in more ways than we can count. In turn, they depend on us for their safety and well-being. The best way to ensure the safety of your family is to be prepared with a disaster plan. If you are a pet owner, that plan includes your pets. Being prepared can help save lives.

**Learn First Aid for Your Pets**  
Dogs and cats are more than pets—they're family. And just like any other family member, pets deserve to be cared for and protected. That's why the American Red Cross has developed dog, first aid and cat first aid, comprehensive guides to help keep pets healthy and safe from basic responsibilities, like spraying, neutering and giving medications, to managing cardiac emergencies and preparing for disasters. These guides offer information pet owners can trust.  
Contact your local chapter to purchase guide books and first aid kits or log on to the Red Cross Store to see all available products.



How can I prepare?

Plan to take your pets with you in an evacuation. If it is not safe for you to stay, it is not safe for them either.

Know which hotels and motels along your evacuation route will accept you and your pets in an emergency. Call ahead for reservations if you know you may need to evacuate. Ask if no-pet policies could be waived in an emergency.

Most Red Cross shelters cannot accept pets because of health and safety concerns and other considerations. Service animals that assist people with disabilities are allowed in Red Cross shelters.

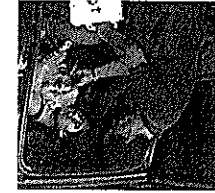
Know which friends, relatives, boarding facilities, animal shelters or veterinarians can care for your animals in an emergency. Prepare a list with phone numbers.

Although your animals may be more comfortable together, be prepared to house them separately.

Include your pets in evacuation drills so that they become used to entering and traveling in their carriers calmly.

Make sure that your pet's vaccinations are current and that all dogs and cats are wearing collars with securely fastened, up-to-date identification. Many pet shelters require proof of current vaccinations to reduce the spread of disease.

Consider having your pet "microchipped" by your veterinarian.



What should I do?

Assemble a portable kit with emergency supplies for your pets.

Keep items in an accessible place and store them in sturdy containers so that they can be carried easily. Your kit should include—

- Sturdy leashes, harnesses and/or carriers to transport pets safely and ensure that they can't escape.
- Food, drinking water, bowls, cat litter/pan and a manual can opener.
- Medications and copies of medical records stored in a waterproof container.
- A first aid kit.

Current photos of you with your pet(s) in case they get lost. Since many pets look alike, this will help to eliminate mistaken identity and confusion.

Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets.

Pet beds and toys, if easily transportable.

Know what to do as the disaster approaches.

Often, warnings are issued hours, even days, in advance. At the first hint of disaster, act to protect your pet.

Call ahead to confirm emergency shelter arrangements for you and your pets.

Ensure that all pets are wearing collars with securely fastened, up-to-date identification.

Check that your pet disaster supplies are ready to take at a moment's notice.

Bring pets inside so you won't have to search for them if you need to leave quickly.



After a disaster ...

The behavior of pets may change dramatically after a disaster, becoming aggressive or defensive, so be aware of their well-being and protect them from hazards to ensure the safety of other people and animals.

Watch your animals closely and keep them under your direct control as fences and gates may have been damaged.

Pets may become disoriented, particularly if the disaster has affected scent markers that normally allow them to find their home.

Be aware of hazards at nose and paw or hoof level, particularly debris, spilled chemicals, fertilizers and other substances that might not seem to be dangerous to humans.

Consult your veterinarian if any behavior problems persist.

Emergency action plans for your animals—all of your animals.

For information on disaster planning and emergency actions to take for livestock, horses, birds, reptiles or other small animals, such as gerbils or hamsters, please visit RedCross.org, the Humane Society of the United States (www.HSUS.org) or Ready.gov.

### Let Your Family Know You're Safe

Your community has experienced a disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have internet access, call 1-800-GR-INFO to register yourself and your family.



For more information on disaster and emergency preparedness, visit RedCross.org.



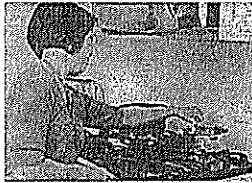
# Be Red Cross Ready

## Fire Prevention & Safety Checklist

The most effective way to protect yourself and your home from fire is to identify and remove fire hazards. Sixty-five percent of home fire deaths occur in homes with no working smoke alarms. During a home fire, working smoke alarms and a fire escape plan that has been practiced regularly can save lives.

- If a fire occurs in your home, GET OUT, STAY OUT and CALL for help.
- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas. Test them every month and replace the batteries at least once a year.
- Talk with all household members about a fire escape plan and practice the plan twice a year.

### Prevent home fires



#### Steps You Can Take Now

- Keep items that can catch on fire at least three feet away from anything that gets hot, such as space heaters.
- Never smoke in bed.
- Talk to children regularly about the dangers of fire, matches and lighters and keep them out of reach.
- Turn portable heaters off when you leave the room or go to sleep.

#### Cooking Safely

- Stay in the kitchen when frying, grilling or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- Stay in the home while simmering, baking, roasting or boiling food. Check it regularly and use a timer to remind you that food is cooking.
- Keep anything that can catch fire—like pot holders, towels, plastic and clothing—away from the stove.
- Keep pets off cooking surfaces and countertops to prevent them from knocking things onto the burner.

#### Caution: Carbon Monoxide Kills

- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area.

### Practice fire safety at home



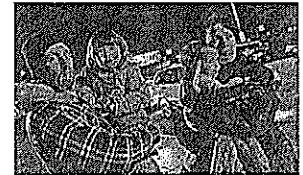
#### Smoke Alarms

- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- Teach children what smoke alarms sound like and what to do when they hear one.
- Once a month check whether each alarm in the home is working properly by pushing the test button.
- Replace batteries in smoke alarms at least once a year. Immediately install a new battery if an alarm chirps, warning the battery is low.
- Smoke alarms should be replaced every 10 years. Never disable smoke or carbon monoxide alarms.
- Carbon monoxide alarms are not substitutes for smoke alarms. Know the difference between the sound of smoke alarms and carbon monoxide alarms.

#### Fire Escape Planning

- Ensure that all household members know two ways to escape from every room of your home.
- Make sure everyone knows where to meet outside in case of fire.
- Practice escaping from your home at least twice a year and at different times of the day. Practice waking up to smoke alarms, low crawling and meeting outside. Make sure everyone knows how to call 9-1-1.
- Teach household members to STOP, DROP and ROLL if their clothes should catch on fire.

### In case of fire ...



#### Follow Your Escape Plan!

Remember to GET OUT, STAY OUT and CALL 9-1-1 or your local emergency phone number.

- If closed doors or handles are warm, use your second way out. Never open doors that are warm to the touch.
- Crawl low under smoke.
- Go to your outside meeting place and then call for help.
- If smoke, heat or flames block your exit routes, stay in the room with doors closed. Place a wet towel under the door and call the fire department or 9-1-1. Open a window and wave a brightly colored cloth or flashlight to signal for help.

#### Use Caution with Fire Extinguishers

- Use a portable fire extinguisher ONLY if you have been trained by the fire department and in the following conditions:
  - The fire is confined to a small area, and is not growing.
  - The room is not filled with smoke.
  - Everyone has exited the building.
  - The fire department has been called.
- Remember the word PASS when using a fire extinguisher.
  - Pull the pin and hold the extinguisher with the nozzle pointing away from you.
  - Aim low. Point the extinguisher at the base of the fire.
  - Squeeze the lever slowly and evenly.
  - Sweep the nozzle from side to side.

### Let Your Family Know You're Safe

If you experience a home fire or any disaster, register on the American Red Cross Safe and Well Web site available through [RedCross.org](http://RedCross.org) to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.



For more information on disaster and emergency preparedness, visit [RedCross.org](http://RedCross.org).

# Be Red Cross Ready

## Wild Fire Safety Checklist

**Supplies to take with you if you need to evacuate:**

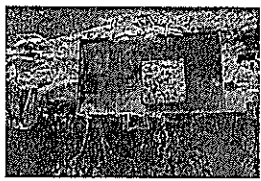
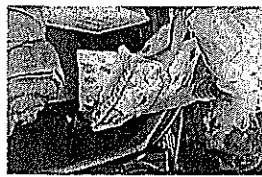
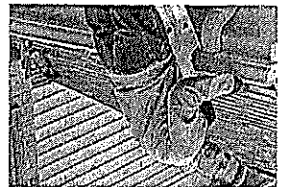
- Water—one gallon per person per day (3-day supply) • Food—non-perishable, easy-to-prepare items (3-day supply) • Flashlight • Battery-powered or hand-cranked radio (NOAA Weather Radio, if possible)
- Extra batteries • First aid kit • Medications (7-day supply) and medical items • White-pinpoint food • Sanitation and personal hygiene items • Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
- Cell phone with chargers • Family and emergency contact information • Evacuation kit • Emergency blanket • Map(s) of the area • Other essential items that couldn't be replaced if they were destroyed

More and more people are making their homes in woodland settings, rural areas or remote mountain sites. There, residents enjoy the beauty of the environment but face the very real danger of wild fires. Wild fires often begin unnoticed. They spread quickly, igniting brush, trees and homes. In a wild fire, every second counts!

### What should I do to prepare ahead of time?

### What should I do if there are reports of wild fires in my area?

### Returning home after a wild fire ...



Learn about wild fire risks in your area.

Talk with members of your household about wild fires—how to prevent them

and what to do if one occurs.

Post emergency phone numbers by every phone in your home.

Make sure driveway entrances and your house number or address are clearly marked.

Identify and maintain an adequate water source outside your home, such as a small pond, cistern, well or swimming pool.

Set aside household items that can be used as fire tools: a rake, ax, hand saw or chain saw, bucket and shovel. You may need to fight small fires before emergency responders arrive.

Regularly clean roofs and gutters.

Plan ahead and stay as safe as possible during a wild fire.

Plan and practice two ways out of your neighborhood in case your primary route is blocked.

Select a place for family members to meet outside your neighborhood in case you cannot get home or need to evacuate.

Identify someone who is out of the area to contact if local phone lines are not working.

Be ready to leave at a moment's notice.

Listen to local radio and television stations for updated emergency information.

Always back your car into the garage or park it in an open space facing the direction of escape.

Confine pets to one room so that you can find them if you need to evacuate quickly.

Arrange for temporary housing at a friend or relative's home outside the threatened area.

Limit exposure to smoke and dust.

Listen and watch for air quality reports and health warnings about smoke.

Keep indoor air clean by closing windows and doors to prevent outside smoke from getting in.

Use the recycle or re-circulate mode on the air conditioner in your home or car. If you do not have air conditioning and windows, seek shelter elsewhere.

When smoke levels are high, do not use anything that burns and adds to indoor air pollution, such as candles, incense and gas stoves. Do not vacuum because it stirs up particles that are already inside your home.

If you have asthma or another lung disease, follow your health care provider's advice and seek medical care if your symptoms worsen.

## Let Your Family Know You're Safe

If your community has experienced a wild fire, or any disaster, visit [www.AmericanRedCross.org](http://www.AmericanRedCross.org) and friends know about your well-being. You may also have the ability to call your family and friends about your well-being. For more information, call 1-800-671-1234 or visit [www.AmericanRedCross.org](http://www.AmericanRedCross.org).

