IMPORTANT DOCUMENT. KEEP IN A SAFE PLACE.

DISASTER READY GUIDE

READY CALIFORNIA • LISTOS CALIFORNIA •

LISTOS CALIFORNIA:
ListosCalifornia.org

OFFICE OF THE GOVERNOR OF CALIFORNIA:
Gov.CA.gov

GOVERNOR'S OFFICE OF EMERGENCY SERVICES:
CalOES.CA.gov

ALSO AVAILABLE IN:
Español
中文
Filipino
Tiếng Việt
한국어
Lus Hmoob

SAFETY STEPS FOR ANY DISASTER



1. GET ALERTS TO KNOW WHAT TO DO



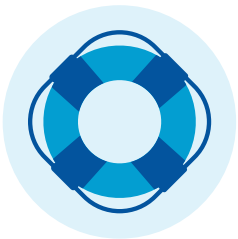
2. PLAN TO PROTECT YOUR PEOPLE



3. PACK A GO BAG WITH THINGS YOU NEED



4. BUILD A STAY BOX FOR WHEN YOU CAN'T LEAVE



5. HELP FRIENDS AND NEIGHBORS GET READY

1. GET ALERTS TO KNOW WHAT TO DO



Sign up to get your county alerts. Go to **ListosCalifornia.org**
You can also sign up for the **MyShake earthquake warning** app.

MY LOCAL COUNTY ALERT SYSTEM IS:

LOCAL ALERT SYSTEM

OTHER ALERT SYSTEMS

FIND A NEWS SOURCE YOU CAN TRUST

When a disaster strikes, you need to know what's happening and get updated information about what you should do and where you should go. There are many ways to get this information.


TELEVISION


RADIO


LANDLINE PHONE


CELL PHONE


EMAIL


SMARTPHONE


SOCIAL MEDIA


HAM RADIO

Find your local radio station for emergency alerts at **ListosCalifornia.org.**

RADIO STATIONS WHERE I LIVE/WORK:

EMERGENCY RESOURCE WEBSITES:

- **CALOES.CA.GOV**
  State guides, alerts & resources
- **LISTOSCALIFORNIA.ORG**
  Get more resources to be prepared
- **READY.CA.GOV**
  Get more disaster specific tips to prepare

2. PLAN TO PROTECT YOUR PEOPLE: CONNECT & PROTECT



Think about who you want to connect with during an emergency. These may be family, neighbors, friends or caregivers. Write down their names and contact information. Share copies with everyone on your list.

Also pick one person outside the area where you live who won't be affected by your local disaster. You and your contacts might be able to check in as safe with that faraway relative or friend, and share where you are.

EMERGENCY CONTACTS

CONTACT NAME

CELL PHONE

HOME PHONE

WORK/ SCHOOL

EMAIL

ADDRESS

CONTACT NAME

CELL PHONE

HOME PHONE

WORK/ SCHOOL

EMAIL

ADDRESS

CONTACT NAME

CELL PHONE

HOME PHONE

WORK/ SCHOOL

EMAIL

ADDRESS

OUT OF TOWN CONTACT

OUT OF TOWN CONTACT NAME

CELL PHONE

HOME PHONE

WORK/SCHOOL

ADDRESS

Try **texting** if local phone calls can't get through during a disaster.

2. PLAN TO PROTECT YOUR PEOPLE: LOCAL RESOURCE DIRECTORY



As part of your **Connect & Protect** plan, you should also write down important phone numbers and websites of organizations that can help you in an emergency.

PUBLIC EMERGENCY CONTACTS

FIRE DEPARTMENT/CALFIRE

PHONE | WEBSITE

SHERIFF/POLICE DEPARTMENT

PHONE | WEBSITE

PUBLIC TRANSIT AGENCY

PHONE | WEBSITE

POWER COMPANY

PHONE | WEBSITE

GAS COMPANY

PHONE | WEBSITE

WATER COMPANY

PHONE | WEBSITE

COUNTY EMERGENCY AGENCY

PHONE | WEBSITE

SUPPORT ORGANIZATION

SUPPORT ORGANIZATION

PHONE

EMAIL

WEBSITE

SUPPORT ORGANIZATION

PHONE

WEBSITE

SUPPORT ORGANIZATION

PHONE

WEBSITE

2. PLAN TO PROTECT YOUR PEOPLE: EVACUATION ACTION



If you are not safe at home, work or school due to a disaster, you will need to go to a safe place and meet up with people you care about. Before a disaster, print or get a paper map. Because you may not have cell phone service, it may be helpful getting you to safety from where you are.

Be ready to go in the safest direction, to the nearest **safe place**, with little warning.



1. FOLLOW THE GUIDANCE OF LOCAL AUTHORITIES

They will share the latest information with news stations and know the best ways to keep you safe. Instructions might come from your fire department, sheriff or police department, or from elected officials, like mayors or supervisors.



2. LEARN QUICK EXITS FROM YOUR COMMUNITY

In a disaster, the road to safety may not be your usual route. Disasters may close roads and bus routes. Get familiar with more ways to escape during an emergency. Practice those trips with the people who would go with you. That way, you will know how to stick together in a real emergency.



3. BE READY TO GO TO YOUR SAFE PLACE

Have your **Connect & Protect** plan in place, your **Local Resource Directory** completed, and a go bag of supplies packed. Reach out to the people you care about, and who care about you. Decide if it is safe, and possible, to get to the home of family or friends. Make a family meet-up plan in case of separate evacuation. If not, find a public shelter.

Listen to the news and sign up for local alerts at **ListosCalifornia.org**

3. PACK A GO BAG WITH THINGS YOU NEED



Most disasters are unexpected and happen fast. You might not have time to shop, or even to pack. Pack up important items for each member of your household now, so you and your family will have what you need later.

TO PACK NOW

DOCUMENTS



Copies of identification and insurance.

Deeds, titles, and other papers important to you

Photos of family and pets.

CASH



Small bills $1s & $5s.

Save up a little at a time.

MAP



Mark different routes out of your neighborhood on a paper map.

MEDICATIONS LIST



List all prescriptions.

Other important medical information.

THIS GUIDE



Your completed Connect & Protect list and Local Resource Directory.

Your completed Grab & Go list.

PACK AS YOU LEAVE

- Wallet or purse and keys
- Phone and charger
- Medicine
- Mask



GRAB IF YOU HAVE

- Portable radio
- Flashlight
- First aid supplies
- Portable computer



**Checkboxes can be marked manually*

4. BUILD A STAY BOX FOR WHEN YOU CAN'T LEAVE



In some disasters, you may be safer staying at home. In this case you might not have water to drink, to bathe or to flush the toilet. You might have no electricity to keep your food cold, turn on a light or charge your phone.

Add items to a Stay Box, for when you can't leave home. Prepare for at least **3 days** without water or electricity. Save up a little at a time, until you have enough for everyone in your household to get by. Remember any pets. If you already own a flashlight or a portable radio, keep it someplace easy to find.

TO PACK NOW

- [ ] **WATER**

  Save up to 3 gallons per person, for drinking and washing.



- [ ] **FOOD**

  Set aside foods that won't spoil and require no cooking

  You know best what you and your family like to eat.



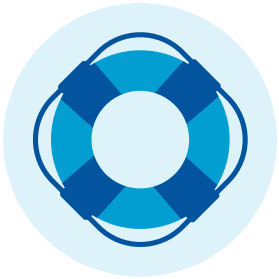
- [ ] **TRASH BAGS**

  Set aside extra plastic bags, with ties, to use in a bucket for a toilet.



**Checkboxes can be marked manually*

5. HELP FRIENDS AND NEIGHBORS GET READY



Think about who might be the first on the scene to help in your neighborhood during a disaster as you think about your answers to these questions:

WHO IS HOME IN YOUR HOUSEHOLD DURING THE DAY?

WHO IS AT HOME IN YOUR NEIGHBORHOODS THAT MIGHT BE AVAILABLE TO HELP YOU DURING THE DAY?

WHAT ABOUT AT NIGHT? ON A WEEKEND?

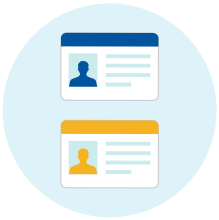
WHO IN YOUR NEIGHBORHOOD MIGHT NEED HELP?

Thinking through these things will help you to prepare and to start conversations with your neighbors.

Discuss these same questions with your neighbors, talk with them about what help they might need, and be willing to help where you can.

BASIC TIPS FOR ANY DISASTER

CARRY IDENTIFICATION



Families may get separated when disaster strikes.

- Everyone you care for should carry identification.
- Put written identification in children's school bags.
- Consider a medical alert tag or bracelet.
- Get pets updated tags and microchips.
- Photos of families and pets can help you reunite.

BUILD A NETWORK OF SUPPORT



Have a reliable backup plan in case of emergency.

- Talk with your neighbors about their needs, and yours.
- Discuss disaster plans with caregivers.
- Ask schools about plans to reunite parents and children.
- Plan ahead for skilled helpers to assist with evacuations.
- Share keys with trusted friends to rescue your pets.

HAVE EXTRA MEDICATIONS



Many people can't go three days without medications. Some need electricity to power equipment and devices.

- Carry extra medicine when you leave home.
- Photo (or carry) list of doctors and prescriptions.
- Ask pharmacy to renew 30-day prescription at 28 days.
- Save extra doses in your Go Bag.
- Keep medicine cold and charge equipment/devices.

REDUCE STRESS



Lessen physical and mental stress by planning ahead.

- Label equipment before evacuation
- Sign up for alerts from your power company
- Pack specialty medical and communication supplies
- Plan to comfort those with Alzheimer's or mental illness.

NOTES

TIPS FOR A VARIETY OF CIRCUMSTANCES

Disasters are challenging for everyone. Each of us has different needs in preparing for a disaster. You, or someone you care about, can benefit from planning ahead. Think now about ways to make the experience safe and comfortable for all.

READY TOGETHER



PREGNANT WOMEN

Ask your doctor how to get care or deliver during a disaster.

Plan ahead to avoid bad air, toxic water and unsafe food.

Tell staff at a shelter that you are pregnant.



PARENTS OF INFANTS

If you use formula, set aside plenty of clean water.

Get or make a body sling to walk far with the baby.

Know the safety plan of your child's caregiver.



CAREGIVERS

Create an emergency plan with your care recipient.

Build a network of support beyond yourself.

Help your care recipient pack needed supplies.



PEOPLE WITH PETS

Get your pet an ID tag and microchip if possible.

Pack food, water, medicine and proof of immunization.

Find which public shelters accept animals.



OLDER ADULTS

Carry family/caregiver contact information in your wallet.

Post family and emergency numbers near your phones.

Learn about your retirement community's emergency plans.



RURAL COMMUNITIES

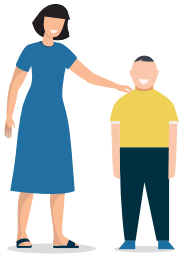
Share alerts through phone trees and ham radio networks.

Meet with neighbors and friends to discuss collaboration.

Plan ahead for evacuating large animals.



Talk with people you trust – at health clinics, schools, faith communities, health support groups, assisted living facilities, social service agencies, independent living centers. Here are some safety tips that might help.



PEOPLE WITH DEVELOPMENTAL DISABILITIES

Identify trusted allies to rely on in a disaster.

Make a plan together with this support network.

Practice your plan to help you feel safe.



PEOPLE WITH SPEECH/ COMMUNICATION DISABILITIES

Carry an instruction card on how to communicate with you.

Carry communication devices, phrase cards or picture boards.

Know how to replace your assistive device if damaged/lost.



PEOPLE WITH MOBILITY AND OTHER PHYSICAL DISABILITIES

Plan ahead with trusted allies for transportation.

Make a plan for damaged ramps/rails.

Evacuate as soon as possible to give you extra time to get out safely.



TRANSPORTATION CHALLENGED

Arrange carpooling if you must evacuate.

Ask if public transit may be free after a natural disaster.

Learn if ride share services will offer free rides to shelter.



PEOPLE WITH LIMITED ENGLISH

Find trusted community sources to talk to about safety options.

Ask bilingual youth to share safety steps with you.

Research which media you follow provide emergency alerts.



NEW CALIFORNIANS

Learn emergency system basics.

Ask your community how disasters here are different.

Find trusted sources in emergencies beyond the government.

BE DISASTER READY, CALIFORNIA

Doing small things today can make sure you, your family, friends, neighbors and loved ones are safe and cared for when disaster strikes. Below are life-saving tips for different types of disasters.

For more information visit **ListosCalifornia.org** and sign up for emergency alerts.

	 **WILDFIRES**	 **WILDFIRE SMOKE**
BEFORE	• Red Flag warning means prepare NOW. • Plan for no electricity. Don't use candles. • Get a bandana or mask to protect your lungs. • Check that your water hose is working. • Clean your gutters and remove brush near home.	• Check the Air Quality Index in your area by visiting **airnow.gov** • Get high quality face masks and air purifiers, if you can. • Prepare to help those with pre-existing conditions. • Plan ahead to stay indoors and keep children and pets inside as much as possible.
DURING	• Don't "wait and see" Leave when told! • Leave smoky areas quickly. • Close all doors and windows. Turn off your air conditioner. • Open or remove curtains, shades or blinds. • Prepare your pets for evacuation.	• If someone has difficulty breathing, call 9-1-1. • Keep your doors and windows closed. • Don't burn candles or lanterns inside, minimize use of stoves and fireplaces. • Turn off ventilation, keep outside air from entering.

 **SEVERE STORMS**	 **FLOODS**
• Be ready to evacuate. • Pay attention to any weather reports. • Remove dead trees and overhanging branches. • Prepare for any of your medical needs. • Sign up for alerts through your energy company.	• Keep your storm pipes and drains clear. • Move your valuable items to higher floors. • Get plastic tarps, sandbags to keep out water. • Keep your car gas tank at least half full. • Learn the best escape routes to higher ground.
• Find shelter and stay away from trees and power lines. • Stay inside your car if trapped in moving water. • Do not walk or drive through moving water. • If trapped, move to higher floors and call 9-1-1. • Slow down when driving in heavy wind.	• Don't "wait and see" Leave when told! • Never walk through moving water. • Never drive into flooded areas. • Watch for mudslides after wildfire. • Watch for tsunami on coast after earthquake.

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	 **EXTREME HEAT**	 **FAST & COLD WATER**
BEFORE	• Plan ahead to avoid direct sunlight outside. • Find local cooling centers. • Plan to check in with elderly friends, relatives, and neighbors. • Learn employee protections (water, rest, & shade). • Never leave anyone or pets in a parked car.	• Bring extra clothing to change into to stay warm. • Avoid slippery surfaces near moving water. • Have a designated lookout for children. • Stay alert and don't get distracted. • Bring or borrow a life vest.
DURING	• Stay hydrated, drink water early and often. • Watch for signs of heat illness. • Wear loose, light-colored clothing. • Wear sunscreen while you're outside. • Stay in air-conditioned buildings if possible.	• Wear a life vest near or in water. • Get out of cold water as quickly as possible. • Do not swim upstream. Avoid slipping in. • DON'T get in to save others, instead call 9-1-1.

 EARTHQUAKES	 POWER OUTAGE
• Secure your tall furniture to the walls. • Hang nothing heavy above a bed, sofa or chair. • Get the free **MyShake** app for earthquake warnings. • Practice earthquake safety drills. • Learn how to turn off gas, electricity and water.	• Prepare flashlights and lanterns – no candles. • Keep phone batteries fully charged. • Keep car gas tank at least half full. • Buy food that won't spoil and doesn't need cooking. • Buy ice to keep food or medicines in coolers.
• Don't rush outside. Get under a table or desk. • Stay in bed and cover head with a pillow. • Outside, move away from anything that could fall. • Pull over car and stop away from buildings, trees. • Be ready for aftershocks.	• Unplug your appliances and electronics to prevent damage. • Leave one light plugged in. • Keep your refrigerator and freezer closed. • Use generators, camp stoves and grills outdoors. • DO NOT use your gas stove for heat.

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