



# Top 10 Things You Can Do To Prepare For A Disaster



1. **Store potable water and food** to last everyone in your home at least 7-10 days (two gallons of water per person per day). Choose non-perishable foods you like to eat that need no cooking or refrigeration. Rotate every six months to keep supplies fresh. Don't forget to include food and water for your pets.

2. **Assemble an emergency supply kit**, starting with the basics:



- a. battery-operated, solar or hand-crank radio to receive emergency information (locally, tune to KCBS 740 AM)
- b. flashlight and extra batteries in case the power goes out
- c. first aid kit including bandages, disinfectants, a first aid manual & any medically-required prescription drugs
- d. whistle to call for help in case you become trapped
- e. coins and cash in small denominations because when power goes out, ATMs & cash registers will not work
- f. safety gear such as heavy work gloves and a hard hat

3. **Get a fire extinguisher & learn how to use it.** Have at least one extinguisher on each floor of your home, including in the kitchen, garage, and near any fireplaces. Remember the acronym PASS for fire extinguisher operation: *Pull* the safety pin, *Aim* the nozzle at the base of the fire, *Squeeze* the handle, and *Sweep* from side to side.

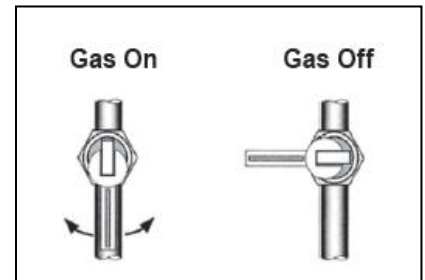


4. **Copy vital documents and store off-site** at a secure location such as a safe deposit box at a bank, or a trusted friend's or relative's home out of the area. Samples of vital documents include: personal identification, insurance policies, bank account & credit card numbers, family records & photos, tax returns and vehicle titles.

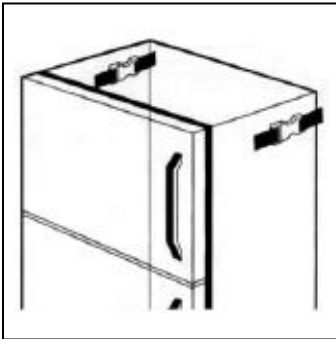
5. **Establish and practice escape routes from your home & evacuation routes out of your neighborhood.** Identify alternate routes that may include exiting through a window or evacuating by foot through a neighbor's backyard. Make sure everyone in your household knows where to meet up after evacuating.

6. **Identify an out-of-area contact** who lives out of state or at least 200 miles away in a different geographical area. It is often easier to call long-distance after a disaster than it is to call locally. You and your loved ones can check in with each other and report your status by relaying messages through the out-of-area contact. *Make sure everyone in your family knows the name and phone number of your out-of-area contact. Notify all involved if the contact information changes.*

7. **Learn how to shut off your gas, water and electricity in case the lines are damaged.** Know when it is appropriate to shut each of them off (for example, turn off the gas when you suspect a leak because you *smell* the gas, *hear* a hissing noise coming from the pipes, or see the gas meter spinning faster than usual).



8. **Mitigate hazards in and around your home.** Secure things that could fall on you during an earthquake, such as your water heater, tall and heavy furniture, major appliances, hanging plants, mirrors & picture frames. Create a 30-100 foot defensible space around your home, and make sure you have at least 10 feet of clearance between the tips of any trees and your building. Clear debris from roof gutters to decrease the likelihood that embers from a nearby fire could ignite on your home.



9. **Get trained** in emergency preparedness and response from the Oakland Fire Department's *free* CORE program ([www.oaklandcore.org](http://www.oaklandcore.org), 510-238-6351) or a Community Emergency Response Team program in your area. Take a basic first aid class from the American Red Cross ([www.redcross.org](http://www.redcross.org), 1-800-REDCROSS).



10. **Organize your neighborhood to be self-sufficient following a major emergency.** Hospitals, Police and Fire Departments will be overwhelmed in the immediate aftermath of a disaster so it is essential that residents be able to care for themselves and each other before professional emergency responders can arrive. The CORE program will help you organize your neighborhood to prepare for and respond to emergencies together.