

# Be Red Cross Ready

Be Prepared. Get Connected. Take Action.



**American Red Cross**  
San Diego and Imperial  
Counties

**It's important to prepare for possible emergencies because they can strike suddenly and violently at any time and any place. There are three steps everyone can take that can help make a difference: be prepared, get connected, and take action.**

## Be Prepared It is easier than you think!

### Get a Kit

Keep supplies in an easy-to-carry kit that you can use at home or take with you in case you must evacuate.

#### Sample emergency kit:

Water, food, first-aid supplies, essential medications, flashlight, communication device, personal-hygiene items, cash, extra clothes, blankets, extra batteries, copies of important documents, baby supplies, and pet supplies

You may already have many of these items; consolidate what you currently have into a single container, then add the other items when you are out shopping.

#### Emergency Kit checklist:

[redcross.org/prepare](http://redcross.org/prepare)

Download the Red Cross Emergency App or go to [redcross.org/apps](http://redcross.org/apps).

### Make a Plan

#### Set yourself up for success. Have a plan.

- Meet with your family or household members to plan how to prepare and respond to emergencies that are most likely to happen where you live, learn, work, and play.
- Choose two places to meet
  1. Right outside your home (during home fire).
  2. Outside your neighborhood (when required to evacuate).
- Consider any transportation challenges.
- Check your plan and review it with your family and friends.
- Practice using your evacuation routes, getting to your designated meetings places, and calling your out-of-area contact. Practicing at least twice a year will help you react more quickly if an emergency does occur.
- Communications plan: Local phone lines tend to overload after an emergency. Have an out-of-area contact that loved ones all agree to call to check in.

### Be Informed

- 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 by accessing the Red Cross Emergency mobile app.
- Make sure that at least one member of your household is first aid and CPR certified.
- Print emergency contact cards for all household members. Go to [redcross.org](http://redcross.org) and search "emergency contact."

#### Home fire safety: Get out, stay out, and call 9-1-1

- Get low to the ground and crawl to an exit.
- Check door handles with the back of your hand before opening a door. If it is hot, look for an alternate escape route, such as a window.
- If smoke, heat, or flames block your exit route, hang a sheet or towel outside your window to let the fire department know where you are.
- Once you are out, stay out. Go to your designated meeting place. Call 9-1-1.

#### Earthquake safety: Drop, cover, and hold on

- If you are not around sturdy furniture, crouch with your back against an interior wall and cover your head and neck.
- If you are outdoors, move into an open area away from buildings and trees.

Floods, wildfires, and tsunamis can also occur in our region.



**Get a Kit.**



**Make a Plan.**



**Be Informed.**

## Be Red Cross Ready Checklist Don't know what to do next? We can teach you.

- I have an emergency preparedness kit.
- I have a family disaster plan and have practiced it.
- I know what emergencies or disasters are most likely to occur in my community.
- I have installed the Red Cross Emergency App on my phone.
- At least one member of my household is trained in CPR/AED use.
- I have taken action to help my community prepare.

For more information on how to be prepared for and respond to these and other emergencies, visit [preparesandiego.org](http://preparesandiego.org).

# Get Connected

## More resilient together

Organize your community and networks in-person and on-line. Agree to stay in touch.

### Facebook and Twitter

- ❑ Add emergency-related accounts to your newsfeed to stay informed. Follow #redcross and your local Red Cross chapter, FEMA, Fire Department.
- ❑ Create a Facebook group to stay connected, share supplies, and make a plan.
- ❑ Use Safety Check when something happens. Update your status for your family and friends.

### Nextdoor

Nextdoor is a private social network to get connected with your neighborhood, with multiple advantages: looking for a babysitter, block parties, or fighting crime. In the case of emergency, you can find and share local information and resources with your neighbors.

### National Night Out

National Night Out is an annual community-building campaign that promotes police-community partnerships. Register for National Night Out to receive notices of upcoming events in your area at [natw.org/registration](http://natw.org/registration).



Download the Red Cross Emergency App or, go to [redcross.org](http://redcross.org) and search emergency app.

This app provides expert advice on how to prepare and respond to disasters and includes a map with open Red Cross shelters.



## Let Your Family Know You're Safe

Tell your loved ones about the American Red Cross Safe and Well Website or access through [redcross.org](http://redcross.org) by searching safe and well. 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 **1-800-RED CROSS** to register yourself and your family.

# Take Action Lean in and learn

## Take Classes to Be Red Cross Ready

The Red Cross provides training for the community with a variety of programs and courses to help everyone be ready when an emergency happens. For more information, visit us online at [redcross.org/takeaclass](http://redcross.org/takeaclass).

- **Online courses:** from the comfort of home you can take a variety of courses to prepare your family.
- **On-site training:** a variety of courses in a classroom, at your workplace, or with your community organization. Train-the-trainer programs and do-it-yourself emergency preparedness courses are also available.
- **First aid and CPR courses:** community classes or Red Cross training on demand at your workplace.

## Get even more involved

Join all the great Red Cross volunteers who love being there for their community in a time of need to provide food, shelter, care and comfort. The Red Cross is a volunteer organization that depends on each and every one of us and our unique expertise, various backgrounds, talents, and skills. It takes all of us to create a community resilient to emergencies. Here are just a few examples of skills that are always in need:

- Disaster volunteer
- Blood drive volunteer
- Youth volunteers
- Health and safety volunteer teacher
- Armed forces volunteer

Become an American Red Cross volunteer at [redcross.org/volunteer/become-a-volunteer](http://redcross.org/volunteer/become-a-volunteer)