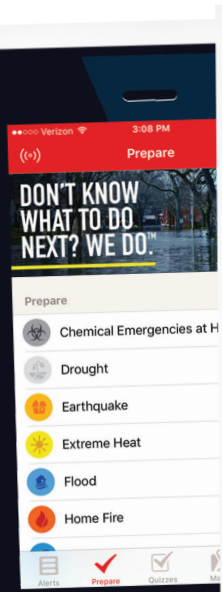

Be Red Cross Ready

Get a Kit. Make a Plan. Be Informed.



**American
Red Cross**

PrepareSanDiego

PrepareSanDiego.org

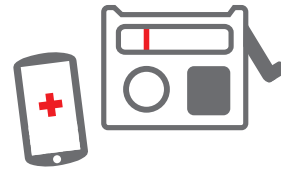
Be **Red Cross** Ready



Get a Kit.



Make a Plan.



Be Informed.

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: get a kit, make a plan and be informed.

Sponsored by:



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About the Local Red Cross

What We Do



Disaster Preparedness, Response & Recovery

We provide assistance to community members throughout the three phases of a disaster: preparation, response and recovery. Programs and services include education and training to prepare for disasters, financial assistance and support in response to disasters, and casework and additional support during the recovery process. The American Red Cross of San Diego/Imperial Counties responds to about one disaster every 24 hours. A significant part of the organization's preparedness efforts revolve around the ongoing Prepare San Diego initiative and the Home Fire Campaign, which aims to reduce home fire deaths and injuries nationwide. If you have experienced a home fire or other emergency and need Red Cross assistance, please call the national disaster dispatch line at 1-855-891-7325.

redcross.org/SoCal



Training Services

We empower our community with lifesaving health, safety and preparedness skills through courses such as First Aid/CPR training, aquatics and water safety classes, caregiver training and more.

redcross.org/takeaclass



Service to the Armed Forces

We support members of the military and their families pre-deployment, during deployment and when they return home through emergency communication services, financial assistance programs, re-integration and veteran services. The Red Cross has served more than 1 million military families since 9/11.

redcross.org/military



International Services

Each year, disasters and crises devastate millions of people. As part of the world's largest humanitarian network, Red Cross Red Crescent teams provide relief and hope in nearly every corner of the globe. Red Cross International Services helps reconnect loved ones around the world after separation due to natural disasters, armed conflict, migration or other humanitarian emergencies.

redcross.org/international



Blood Services

Every two seconds, someone in the United States needs blood. We provide about half of the blood on the shelves in San Diego. Blood and platelets are needed for many different reasons—accident and burn victims, heart surgery patients, organ transplant patients, and those receiving treatment for leukemia, cancer or sickle cell disease may all need blood.

redcrossblood.org



Volunteer Resources

Volunteers constitute over 90 percent of the national Red Cross workforce. Local volunteers work more than 100,000 hours each year supporting the Red Cross mission in our community.

redcross.org/volunteer



Women, Infants and Children (WIC) Program

For more than 40 years, the American Red Cross WIC Program has helped pregnant women, new mothers, and young children eat well, stay healthy and be active.

sandiegowic.org

Get a Kit

Be Prepared It is easier than you think!

Emergencies can strike quickly and without warning. These emergencies may confine you to your home or you may be asked to evacuate on short notice. Basic services such as water, gas, electricity or communications may be cut off and it could be days before you have access to these services or before first responders are able to help. That's why we say "the first 72 are up to you." You and your household should have the necessary supplies to be self-sufficient for at least three days—72 hours.

The Red Cross recommends that you store essential items in an emergency supply kit so you are prepared to sustain your household for a minimum of three days and for up to two weeks. Keep these supplies in an easy-to-carry container that you can use at home or easily take with you in case you must evacuate. Ensure your kit is stocked with supplies for each person and pet in your household.

Gathering emergency supplies is easy. You will be surprised at how much you already have.

You may already have many items on the emergency kit list, but they are probably stored in different places in your household. Begin by consolidating what you currently have into a single container.

It is recommended to have additional emergency kits in your car, at work or wherever you frequent most. Having a kit in the car is especially important, as a disaster may strike while you are driving

Review your supplies every six months. Replace any items nearing expiration dates. Download a full checklist from PrepareSanDiego.org to assemble your kit or shop for ready-made emergency kits at redcross.org/store.





Emergency Kit Check List

Food and Water

- ☐ Water: one gallon per person, per day (three-day supply for evacuation, two-week supply for home)
- ☐ Food: non-perishable, easy-to-prepare items (three-day supply for evacuation, two-week supply for home); choose high-protein foods such as energy bars, ready-to-eat soups and peanut butter
- ☐ Tools: utensils, can opener, napkins

Emergency Gear

- ☐ Flashlight and extra batteries
- ☐ First-aid kit
- ☐ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- ☐ Emergency blanket
- ☐ Work gloves
- ☐ Map(s) of the area
- ☐ Multi-purpose tool
- ☐ Whistle

Personal Items

- ☐ Medications (7-day supply) and medical items: prescription and over-the-counter medications
- ☐ Clothing, shoes and blanket
- ☐ Sanitary supplies: toilet paper, diapers, feminine supplies and personal-hygiene items
- ☐ Sunscreen
- ☐ Copies of important documents (for example: medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- ☐ Cash and coins: ATMs/credit cards may not work if the power is out
- ☐ Family and emergency contact information
- ☐ Pet supplies including pet medication, if necessary
- ☐ Comfort/entertainment items, such as toys, games, family photos

Every family may have specific needs that require certain items (for example: infants, people with dietary restrictions, people with mobility restrictions, etc.). Make sure to include these items in your kit.

Emergency Medication List

Write down all the medications for you, your family members and even your pets. Include this list in your emergency kit.

Name of Medication	Dosage and Frequency	Taken For	Prescribed By	Notes

Allergies	Pharmacy/Prescription Drug

Water

After a major disaster, you may not have access to clean water. It is important to store plenty of extra water and know how to access alternative sources of water.

Alternative sources of water include:

- Melted ice cubes
- Liquid in canned vegetables
- Water stored in your water heater—to drain, first shut off the gas or electricity supply and turn off the water intake valve. Next, open the drain at the bottom of the tank and turn on a hot water faucet in your house to let air into the system.
- Water stored in your pipes—to drain, first shut off the main water valve for your home. Next, open a faucet at the highest level in your home to let the air into the plumbing and then take water from the lowest faucet in the house.
- Water can be purified by boiling for three to five minutes.

Make a Plan

Planning ahead of a disaster can help reduce anxiety. It's important for your household and your neighbors to know how to get in touch with each other and how you can help each other during and after an emergency. Work as a team to assess needs and what you would do if you experience a disaster while you or other family members are away from home.

Get Connected

When an emergency strikes, we come together to help each other. Most of these networks and connections are either in-person or online. Consider the relationships that you already have, whether it be family, friends, or neighbors, and stay in touch with them and discuss your plan before a disaster strikes.

- Talk with your family, friends, neighbors and co-workers about how to prepare for and respond to the types of emergencies that are most likely to happen where you live, learn, work and play.
- Learn each person's needs and abilities. Identify your risks and vulnerabilities.
- Identify each person's role and plan to work together as a team. Who will check and update the emergency kit? Who is responsible for evacuating pets? Who will test the fire alarms? Ensure each person knows what to do even if a family member is not home.
- Include a plan for pets. Know which family member is responsible for evacuating pets. Service animals are always allowed in shelters, but pets can't always be accommodated, so have a back-up plan for a place for pets to go if you need to evacuate.

Connect Online

Connecting online allows you to get information from emergency agencies and stay aware of developing situations.

- **Facebook:** Add accounts with emergency-related information to your newsfeed to stay informed. Follow your local American Red Cross account—facebook.com/SoCalRedCross (American Red Cross of San Diego and Imperial Counties).
 - ➡ Create a Facebook group with your inner circle of family and friends so you can quickly send messages, share supplies and make a plan.
- **Twitter:** Add accounts and follow emergency-related feeds to stay informed, such as your local American Red Cross account (@SoCal_RedCross) and other emergency service providers (@ReadySanDiego, @211SD, @CalFireSanDiego, @SDGE).
- **Nextdoor** is a private social network for your neighborhood, with multiple advantages. In case of emergency, you can find and share local information and resources with your neighbors. Set up your profile today to be prepared for any event.
- In the case of emergency, post and tweet that you are safe. You can also register with Red Cross Safe and Well at: safeandwell.org.

Connect in Person

Make a point to meet your neighbors and connect with a group in your neighborhood. Some of these could include Community Emergency Response Teams (CERT), neighborhood watch or faith-based organizations. The more you plan ahead with your neighbors and community, the safer you will be.

Communication Plan

Families should have a communication plan in place and discussed with their family for how they are going to communicate during and after a disaster if they are separated. Every family member should carry emergency contact information with them and include a copy in the emergency supply kit.

- Choose two out-of-area contacts. Local phone lines tend to be overloaded after an emergency and having an out-of-area contact helps you more easily reconnect with your family. Choose people who live far enough away that they would be unaffected by the same emergency.
- Choose three local contacts in your neighborhood who can assist you and your household with evacuation procedures and check on your status.
- After a disaster, use email or texting—phone lines get overwhelmed.

Important Phone Numbers

Create wallet-sized emergency card printouts and write contact information for each member of your household. Fold the card so it fits in your wallet and carry the card with you.

Emergency: 9-1-1

Police Department

Fire Department

Local Hospital

Poison Control: 1-800-222-1222 or

Telephone Company

Gas Company

Electric Company

Doctor

Veterinarian

Local Red Cross

Three Local Contacts

Name

Address

Phone Number

Name

Address

Phone Number

Name

Address

Phone Number

Two Out-of-Area Contacts:

Name

Address

Phone Number

Name

Address

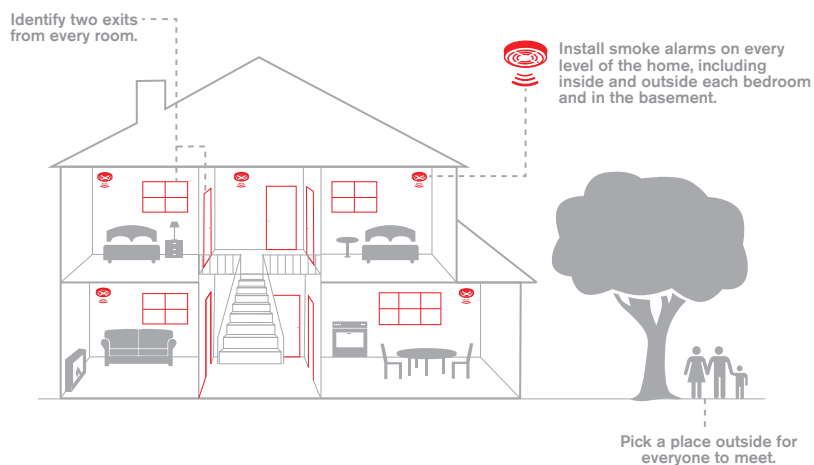
Phone Number

Escape Routes and Meeting Places

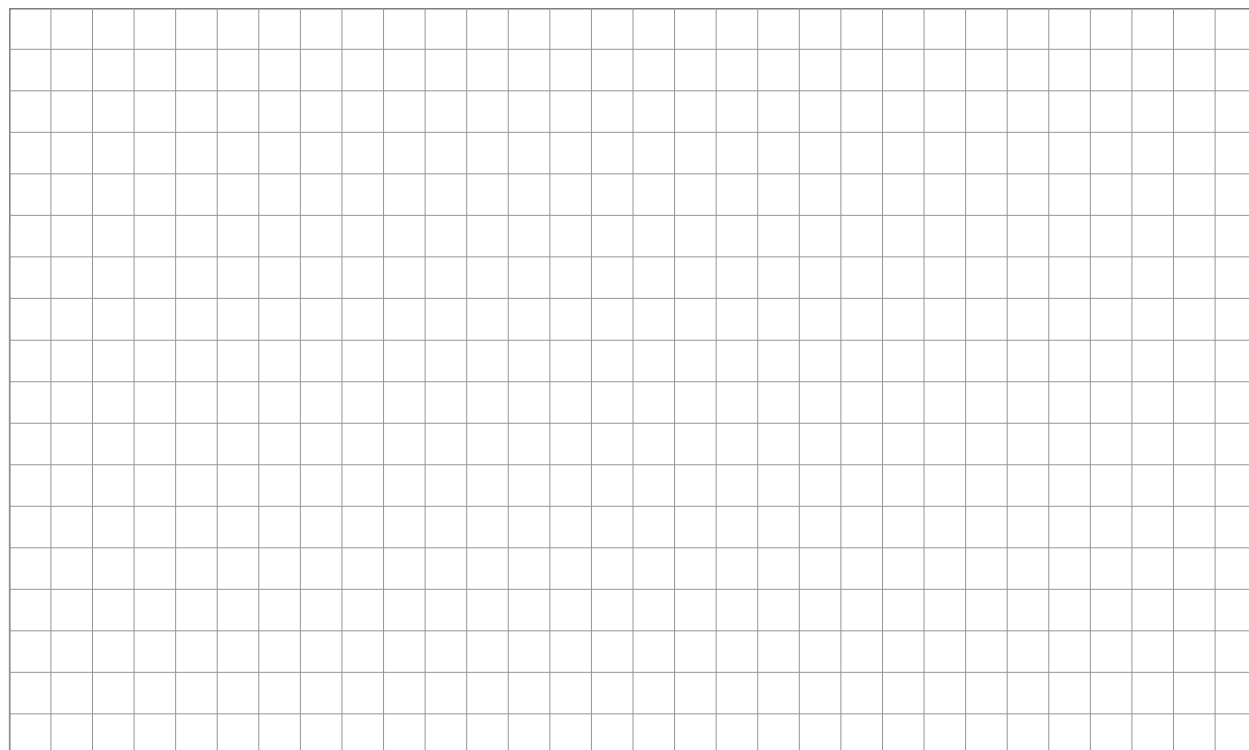
- Identify two exit routes from every room in your home and two ways out of your home or building if you live in an apartment or condominium. In a disaster, your primary route may be blocked.
 - Choose two different types of places to meet up after a disaster:
 - One should be near your home, in the case of a local emergency like a fire.
 - One should be outside your neighborhood, in case your entire area is affected by a larger disaster.
- Identify two routes to evacuate your neighborhood.

Household Meeting Place
Outside Your Home:

Household Meeting Place
Outside Your Neighborhood:



Use the graph to draw your home's floor plan and plot your home escape routes. Be sure to have two ways out of each room (doors or accessible windows). Ensure everyone in the home knows the escape routes.



Practice the plan

- Practice earthquake, fire drills and neighborhood evacuation routes twice a year. One way to remember is to practice the drills when you change your clocks.
- Make it fun for kids by having a picnic with your emergency supplies.

Practice Dates:



Checklist

- | | |
|----------------------------------------------------------|--------------------------------------------------------------------------|
| <input type="checkbox"/> Call your out-of-area contact. | <input type="checkbox"/> Go to your designated meeting place. |
| <input type="checkbox"/> Use your two evacuation routes. | <input type="checkbox"/> Use the mobile apps, so you know how they work. |
| <input type="checkbox"/> Bring your emergency kit. | |

Utilities

- Talk to your utility company about emergency procedures and know how and when to turn off water, gas and electricity at the main switches or valves. Keep any tools you will need nearby.
- Turn off the utilities only if you suspect a leak or if local officials instruct you to do so. (Note: If gas is turned off for any reason, only a qualified professional can turn it back on. It could take several weeks for a professional to respond. Heating and cooking would need alternative sources.)
- Share this information with everyone in your household.

Obtain Appropriate Insurance

Households with adequate insurance are generally able to recover from a disaster more easily and quicker than uninsured or under-insured households. Obtain homeowners or renters insurance and take care to understand what it covers (belongings in the home, the home itself, emergency lodging, etc.). Consider insurance for specific disasters in your area including flood or earthquake insurance.

Seniors and Individuals with Access & Functional Needs

Individuals who have vision, hearing or mobility impairments should take additional steps to prepare for disasters. Discuss emergency plans with family, friends and neighbors. It is important to let them know about your risks and vulnerabilities.

- Complete an honest assessment of your abilities and needs. Would you be able to climb out a window if necessary? Can you hear emergency announcements? Ask yourself the following questions, know the answers and plan accordingly.
 - Do you live alone?
 - Do you drive or own a car?
 - How good is your sense of smell?
 - Do you have any physical, medical, thinking or learning disabilities?
 - Has your sense of hearing or vision decreased?
 - Do you use any medical equipment?
 - Do you have a caregiver who helps you carry out activities of daily living?
- Form a support team of at least three different people to check on you after a disaster. The responsible party should have a key to the house and know where emergency supplies are kept. They should know how to use lifesaving equipment and how to administer medicine. Tell each other when you're out of town.
- Know the safe places within your home in case you need to shelter during extreme weather events.
- Write out an emergency information card to keep in your emergency supply kit, including any medications you take, allergies, sensory or mobility impairments, equipment you need and emergency contact numbers. Include the best way to communicate with you or move you if necessary.
- If you live in an assisted living facility, know the facility's emergency plans.
- If you have a mobility impairment, identify two accessible escape routes. It's important to assess your household and remove any items that could be hazardous when evacuating.
- If you use a wheelchair, find escape routes that are wheelchair accessible and keep a wheelchair patch kit to repair a flat. If you use a motorized chair, keep a non-powered backup chair.
- If you have a hearing impairment, install smoke alarms with alternative alert features like a bed shaking device or strobe lights. Also, keep a pen and paper in your emergency kit to communicate with first responders.
- If you have a vision impairment, mark your emergency supplies with Braille. Keep an extra cane by your bed.
- If you have a service animal, ensure that you have supplies for your animal, too.



- Support items, such as wheelchairs, canes and walkers, should be kept in a designated place, so they can be found quickly, and they should be labeled with your name, address and phone numbers
- Consider storing your emergency supplies in a container or bag that has wheels. Ensure you can carry it with you.
- Keep hearing aids, glasses or assistive devices near the bedside. You may want to attach the equipment with Velcro as some disasters, like earthquakes, may cause items to shift.

Children

Properly prepare your child for emergencies.

- It is important to tell children, without overly alarming them, about emergencies ahead of time. Talk about things that could happen during a disaster, such as the lights or phone not working. Tell children many people can help them during an emergency so they will not be afraid of firefighters, police officers, paramedics or other emergency responders.
- Discuss how you would be reunited with your child in an emergency or evacuation. Make sure your children know the evacuation plans for the locations they spend time at on a regular basis.
- Bring extra medications, food or supplies your child would need if you were separated overnight.
- Complete an emergency contact card with your child and put it in your child's backpack.



Help children cope with an emergency.

Children and adults respond differently to emergencies. Sometimes it's hard to tell if or how severely the child has been affected by the emergency. Here are some common issues that may arise for children and how parents can help children cope with disasters.

- In an emergency, children will look to adults for help. How you react to an emergency gives them clues on how to act. Feelings of fear are healthy and natural for both adults and children. But as an adult, the most important role you can play is to stay calm and provide reassurance through your words and actions. Remind children that it is okay to be afraid. They do not need to be brave or tough.
- Listen to children's concerns, fears and feelings. Try to understand their feelings despite how irrational you may think they are. Reassure children that the family will stay together and that they will not be left alone.
- Include them in recovery efforts. Give them tasks that they can safely get done to empower them and help them see that everything is going to be all right.
- While many things will be out of their control, point out those things they can still control and allow them control over simple things such as what to wear, what to eat or where to sleep.
- Allow them special privileges, such as keeping on a night light while they sleep.

Pets

If you are a pet owner, your emergency plan should include your pets. Keep an emergency kit for your pets. Include food, water, a leash or carrier, medications, cat litter and a temporary box, a photo of you and your pet and owner contact information.

- Include pets in your emergency drills, so they get used to it.
- Don't forget to include pet supplies in your emergency kits.
- Do some research now to find kennels or pet-friendly hotels. Service animals are always accepted at Red Cross shelters, but pets can't always be accommodated. Whenever possible, the local Red Cross partners with the San Diego Humane Society to co-locate pet shelters on the same premises as Red Cross shelters, but it is still recommended to have a plan of where you can board your pet during a disaster. And no matter what, always evacuate even if you don't have an alternative boarding location.
- During and after a disaster, keep close control over your pets. They may be stressed and even aggressive.
- Keep pets away from debris, spilled chemicals and potential "hot spots," including hidden piles of ash that could burn their paws.
- If you have livestock, take care to notify local authorities and emergency personnel of locations and the number of any livestock you cannot bring when evacuating.



Additional Pet Resources

San Diego County Humane Society sdhumane.org

County of San Diego Department of Animal Services sddac.com



To learn about pet first aid or to download the Pet First Aid app, visit redcross.org.

Be Informed

Know your risks

We're all at risk for earthquakes and home fires. If you live near the coast, you may also be at risk for tsunamis. Know how to prepare, respond and recover from each emergency that is common in your area.

Know how you'll be notified

The Emergency Alert System will broadcast. Many county officials also use a "reverse 911" system, where available, to notify you if your area is at risk. To register cell phones and email, go to your county's website.

Download mobile apps

Red Cross mobile apps offer vital information for you to prepare and respond to different emergencies. Install the **Red Cross Emergency App** on your phone before disaster strikes. Download the **Red Cross First Aid App** to get instant access to information on handling the most common first aid emergencies. Be prepared to help your furry friends with veterinary advice for everyday emergencies from the **Red Cross Pet First Aid App**. For additional apps and to download the apps mentioned above, visit redcross.org/apps or search "American Red Cross" in your mobile app store.

Other useful mobile apps:

- **SD EMERGENCY** – San Diego County Emergency app ensures that San Diego residents are prepared and informed about disasters.
- **CAL FIRE** – the Cal Fire "Ready for Wildfire" app notifies users if your home, office, or school is within 30 miles of a wildfire larger than 10 acres.

Register for Alert Notifications

Alert notification calling, sometimes called "reverse 911" or "reverse calling" is when residents receive a phone call alerting them about an emergency. Reverse calling alert notification is used all over California to inform residents and give emergency instructions during fires, flooding, extreme weather or any other kind of emergency. Wireless telephone numbers are not automatically included in databases used for emergency notification and must be submitted to counties with cellular capability:

- San Diego County – Alert San Diego: readysandiego.org/alertsandiego
- Imperial County – Reverse 9-1-1: imperialvalleyreverse911.com

Know your nearest resources

Call 211 to find your nearest fire station, police station and hospital. Keep their non-emergency phone numbers on your fridge and stored in your cell phone.

Get trained

Make sure that at least one member of your household is trained in CPR and first aid. Attend community classes or have the Red Cross provide training in lifesaving first aid and CPR at your workplace. The Red Cross is in the community every day with a variety of courses to help get everyone ready before an emergency strikes. For more information, visit us online at redcross.org/takeaclass.

The Red Cross also offers free preparedness presentations for your workplace or community organization. Contact your local Red Cross for details.

Join the American Red Cross

Get even more involved by joining the Red Cross to help provide care and comfort to communities in need. The Red Cross needs people with diverse backgrounds, talents and skills.

There are three easy ways for people to get involved in our lifesaving mission:

Give Time

We depend on volunteers to carry out our vital mission. There are positions available to fit a wide variety of talents, interests and time commitments.

Here are just a few of the volunteer opportunities available:

- Disaster volunteer: educate community members on how to prepare for emergencies. Provide food, shelter and comfort during and after emergencies.
- Blood drive volunteer: support local blood drives by recruiting or registering blood donors so we can provide blood to patients in need.
- Youth volunteer: join a new generation of young humanitarians.
- Training Services volunteer: teach CPR and First Aid.
- Service to Armed Forces volunteer: work with members of the military, veterans, their families and Veterans Affairs healthcare facilities to provide recreational and therapeutic services or support special events.

For more information or to start your application today, visit redcross.org/volunteer.

Give Blood

The need for blood is constant. Make an appointment to donate blood or find the next blood drive near you at redcrossblood.org.

Give Hope

Thanks to the generosity of our donors, the American Red Cross empowers people to perform extraordinary acts in the face of emergencies. Make a donation year-round at redcross.org/SoCal.



Preparing for Emergencies

Know Your Sheltering Plans

Sheltering in Place

In some emergencies, such as the release of airborne hazards, you will need to know how to seal a room for safety on a temporary basis. This is called “sheltering in place.” In this situation, it is safer to remain indoors than to go outside.

- Stay in your home.
- Listen to instructions from emergency personnel over television or radio sources.
- Be prepared with additional food and water for up to 14 days.

Public Shelters

Relief organizations like the American Red Cross may open shelters if a disaster affects a large number of people or the emergency is expected to last several days.

Be prepared to go to a shelter if:

- Your area is without electrical power.
- Floodwater is rising.
- Your home has been severely damaged.
- Police or other local officials tell you to evacuate.

Services Provided at a Red Cross Shelter

- Food and hydration
- Temporary shelter
- Basic first aid

All American Red Cross emergency services are provided free of charge to affected residents and all are welcome at Red Cross shelters. To learn about Red Cross shelters that have opened in your area, listen to your local media, follow local Red Cross social media accounts (Facebook and Twitter) or visit redcross.org/SoCal.

Note: Service animals are always accepted at Red Cross shelters, but pets can't always be accommodated. The local Red Cross works to co-locate a pet shelter on the same premises as a human shelter whenever possible, but this isn't always guaranteed.

Financial Exploitations/Scams

Unfortunately, after a disaster, there may be some people who will try to take advantage of your vulnerability. Beware of high-pressure sales, disclosing personal financial information (account numbers and credit card information), and services provided with no written contract. For more information, visit the Federal Trade Commission's website at ftc.gov.



Home Fire Safety

Get out, stay out and call 9-1-1.

Before

- Install smoke alarms on every level of your home, in every bedroom and sleeping area. Test smoke alarms every month.
- Keep at least one fire extinguisher in your home.
- Keep flammable items at least three feet away from the stove, space heaters and fireplaces.
- Turn off the stove if you are going to leave the kitchen, even if you are leaving for a short period of time.
- Never smoke in bed.
- Unplug kitchen appliances, such as toasters and blenders, if they are not in use.

Home Fire Safety Checklist



Cooking Safety

- ☐ "Keep an eye on what you fry." Stay in the kitchen when frying, grilling or using an open flame.



Fireplaces, Space Heaters, Baseboards, etc.

- ☐ "3 feet from the heat." Furniture, curtains, dish towels and anything that could catch fire are at least 3 feet from any type of heat source.



Smoking Safety

- ☐ Never smoke in bed.



Electrical and Appliance Safety

- ☐ Large and small appliances are plugged directly into wall outlets.



Children Playing

- ☐ Matches and lighters are locked away.



Smoke Alarms

- ☐ Make sure you have working smoke alarms. Different types of smoke alarms, ionization and photoelectric, detect fire in different ways. Experts recommend having both types in your home.
- ☐ Change smoke alarm batteries every year unless it has a long-life battery.
- ☐ Replace smoke alarms every ten years.

- Keep matches and lighters out of the reach of children.
- Know how to shut off your water, power and gas. Do not turn off the gas unless you know a gas line has ruptured or you smell gas. Your local utility will have to turn it back on.
- Do a “hazard hunt” in your home. Find items that might fall during an earthquake and secure them. Look for fire hazards, like frayed wires and overloaded outlets, and make them safe.
- Don’t overload electrical outlets.
- If you have bars on doors or windows, make sure they have internal quick-release devices.

During

- Get low to the ground and crawl to an exit, whether it be a door or a window.
- Check door handles with the back of your hand before opening a door. If the handle is hot, look for an alternate escape route, as there may be a fire on the other side of the door.
- If smoke, heat or flames block your exit route, hang a sheet or towel outside your window to let the fire departments know where you are.
- Once you are out, stay out, and go to your designated meeting place. Call 9-1-1.
- Never go back inside for possessions, pets or even other people.

After

- Stay out of fire-damaged homes until local fire authorities say it is safe to re-enter.
- Check yourself for injuries and get first aid if necessary.
- People and animals that are severely injured or burned should be seen by professional medical or veterinary help immediately.
- Let friends and family know that you’re safe.
- Check ceilings and floors for signs of sagging, as water from fire hoses may make ceilings and floors easily collapsible.
- Do not drink water that you think may be contaminated.
- Discard food that has been exposed to smoke or dust.

You can keep your family safe with 2 simple steps.

Step 1



Practice your 2-minute drill.

Step 2



Test your smoke alarms monthly.



To request a free smoke alarm installation or to sign up to volunteer, please visit soundthealarm.org/SoCal



Wildfire Safety

Don't wait. Evacuate.

Before

- Keep a “safe zone” of 30 feet around your home, with no dry vegetation or flammable items like propane or firewood.
- Select building materials and plants that resist fire.
- Clear leaves and other debris from gutters, eaves, porches and decks to help prevent embers from igniting your home.

During

- Listen to local radio and TV stations or access the Red Cross Emergency App for wildfire information.
- Evacuate immediately if evacuation is instructed or if you think the wildfire is close.
- Close all home openings to limit exposure to smoke and dust.
- Move outside furniture and plants indoors.

After

- Do not return until officials declare the area safe.
- Use caution when entering burned areas, as hot spots may still exist and can flare up without warning.
- Wet debris down to minimize breathing in dust.
- Do not drink water that you think may be contaminated.
- Discard food that has been exposed to smoke or dust.





Earthquake Safety

Drop, cover and hold on.

Before

- Be aware of evacuation plans for all buildings you regularly occupy.
- Identify safe places in each room of your home, workplace or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.
- Practice drop, cover and hold on in each safe place.
- Keep a flashlight and pair of sturdy shoes by each person's bed.
- Keep an emergency supply kit in an easy-to-access location.
- Bolt and brace bookcases, cabinets and overhead light fixtures.
- Avoid hanging heavy items above beds and couches (pictures/mirrors).



During

- Drop, cover and hold on. Drop to the floor, take cover under a piece of heavy furniture and protect your head with one arm while holding on to furniture with the other arm.
- If there is no sturdy furniture to get under, crouch with your back against an interior wall and cover your head and neck.
- If you are in bed, stay in bed and cover your head and neck with your pillow.
- If you are outdoors, move into an open area away from buildings and trees.
- If you're driving, calmly pull over to a clear area away from bridges and overpasses, and put the car in park.

After

- After an earthquake, prepare for potential aftershocks, landslides or tsunamis.
- Each time you feel an aftershock, drop, cover and hold on.
- Check yourself for injuries and get first aid if necessary before helping others.
- Get updated emergency information and instructions by listening to local radio or TV stations or by accessing the Red Cross Emergency App.
- If there is no electricity, use your mobile devices, car radio or listen to your portable, battery-operated or hand-crank radio.
- Open closet and cabinet doors carefully, as contents may have shifted.



Flood Safety

Turn around. Don't drown.

Before

- Become aware of evacuation plans for all of the buildings you occupy regularly. Pick areas of high elevation as your evacuation meeting place.
- Keep and maintain an emergency supply kit in an easy-to-access location.
- Talk with everyone in your household about what to do if a flood watch or warning is issued.
- Know the difference: a flood watch means a flood is possible; a flood warning means a flood is occurring or will occur, meaning that you should take immediate precautions.



During

- Listen to local radio or TV stations or access the Red Cross Emergency App for flood warnings.
- Evacuate immediately when a flash flood warning is issued or if you think it has already started.
- Move to higher ground away from rivers, streams, creeks and storm drains.
- Do not drive onto flooded roads or through rising water. If your car stalls in rapidly rising waters, abandon it and climb to higher ground.

After

- Do not return until officials have declared the area safe.
- Parts of your home may be collapsed or damaged. Approach buildings carefully.
- During cleanup, wear protective clothing, including rubber gloves and rubber boots.
- Contact your local public health department for recommendations for boiling or treating water, as water may be contaminated.

Tsunami Safety

Know your zone.

Before

- Become aware of evacuation plans for all buildings you occupy regularly. Pick areas of high elevation as your evacuation meeting place.
- Store your emergency supply kit in an easy-to-access location.

During

- Know your zone. If you are within a tsunami inundation zone, evacuate immediately to higher ground. If not, stay where you are.
- Listen to local radio or TV stations or access the Red Cross Emergency App for tsunami warnings.
- If a strong earthquake has just occurred while you are in a coastal area, evacuate immediately. Do not wait for an official tsunami warning.

After

- Do not return to coastal areas until officials say it is safe.
- Check yourself for injuries and get first aid if necessary before helping injured or trapped persons.
- Get updated emergency information and instructions by listening to local radio or TV stations, or by accessing the Red Cross Emergency App.
- If there is no electricity, use your mobile devices, car radio, or listen to your portable, battery-operated or hand-crank radio.
- Parts of your home may be collapsed or damaged. Approach buildings carefully.
- During cleanup, wear protective clothing, including rubber gloves and rubber boots.

Landslide Safety

Landslides take place most often where they've happened in the past.

Before

- Become aware of evacuation plans for all of the buildings you occupy regularly.
- Keep and maintain an emergency supply kit in an easy-to-access location.
- Be aware of your area's risk. Watch patterns of water runoff near your home. Landslides are more likely after heavy or sustained rain or rapid snowmelt.

During

- After heavy rain, listen for unusual sounds that might indicate moving debris, such as trees cracking or boulders knocking together.
- If you suspect a landslide will occur, evacuate immediately.
- Be especially alert when evacuating. Watch for collapsed pavement, mud, fallen rocks and other debris.

After

- Stay away from the slide area, as additional slides may occur.
- Check yourself for injuries and get first aid if necessary before helping injured or trapped persons.
- Get updated emergency information and instructions by listening to local radio or TV stations, or by accessing the Red Cross Emergency App.
- If there is no electricity, use your mobile devices, car radio, or listen to your portable, battery-operated or hand-crank radio.
- Watch for flooding. Floods sometimes follow landslides because they may both be started by the same event.
- Check the building foundation and surrounding land for damage, as it will help you assess the safety of the area.





Biological or Chemical Threat

Shelter in place.

Before

- Avoid mixing chemicals, even everyday household products.
- Store chemical products properly and away from food items.
- Never smoke while using household chemicals.
- Clean up spills immediately, being careful to protect your eyes and skin.
- Dispose of unused chemicals properly.

During

- Follow instructions of the authorities. Listen to your emergency broadcast stations on radio and TV.
- If you are told to “shelter in place,” go inside, close all windows and vents and turn off all fans, heating or cooling systems.
- Use duct tape to secure plastic sheeting around all cracks or sills where air could enter. If you don’t have tape and plastic, use wet cloths.
- If you find someone who is injured, make sure you are not in danger before administering first aid.
- Use your phone only in life-threatening emergencies. Call poison control (1-800-222-1222) or 9-1-1 immediately.

After

- Do not return until officials have declared the area safe.
- Contact your local public health department for recommendations for boiling or treating water, as water may be contaminated.
- Follow instructions from emergency officials concerning proper clean-up.



Be Red Cross Ready Checklist

Be Red Cross Ready Checklist

- ☐ I know what disasters are most likely in my area
- ☐ My household has an evacuation plan
- ☐ A member of my household is certified in CPR/First Aid
- ☐ I have filled out an emergency contact card and chosen my out-of-state contact
- ☐ My household has practiced our escape plan
- ☐ I know how to shut off my water, power and gas in an emergency
- ☐ I have found and secured potential hazards in my home
- ☐ My household has an emergency supply kit with supplies for each person and pet
- ☐ I have a personal emergency supply kit:
 - At home
 - At work
 - In my car

Additional resources

- Learn about disasters and preparedness, redcross.org/prepare.
- Take Red Cross CPR/First Aid classes, redcross.org/takeaclass.
- Phone apps, be prepared by downloading free American Red Cross apps. Learn more about which ones are right for you, redcross.org/apps
- Join your community in being prepared together by becoming involved in a Community Emergency Response Team (CERT), ready.gov/community-emergency-response-team

Other useful sites include:

- The American Red Cross, redcross.org
- Federal Emergency Management Agency, ready.gov
- San Diego County Office of Emergency Services, readysandiego.org
- 2-1-1 San Diego (also covering Imperial County), 211sandiego.org

YOUR SMART PHONE IS ALSO A FIRE SAFETY DEVICE.

Changing weather patterns are raising the region's risk for wildfires, but we're committed to keeping our communities safe. When extreme conditions such as high winds, excessive heat, and wildfires threaten our communities, make sure you're prepared so you can plan ahead. Take steps now to protect yourself, your loved ones, and your property. Visit sdge.com/safety to get started.



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