

Checklist

The enclosed insert provides a recommended list of items that you should keep on hand in case a disaster occurs.

Online Disaster Preparedness Resources

SMC Alert- www.smcalert.info

FEMA- www.ready.gov

NOAA Weather- <http://www.spc.noaa.gov/>

Pet Preparedness-

<https://www.peninsulahumanesociety.org/download/emergency.pdf>

American Red Cross- www.redcross.org

City of Pacifica

**Emergency Preparedness
& Safety Commission-**

www.cityofpacifica.org/government/committees/emergency_preparedness_n_safety_commission

Are you interested in taking a class on preparedness?

To register for a CERT class, contact the Pacifica Police Department:

cert@pacificapolice.org



Information Sources

The front of your telephone book contains a "Survival Guide" which provides valuable information on First Aid and Earthquake Preparedness. You should take the time to be familiar with it *now*.

On the radio, KCBS 740AM or 106.9FM are a good source of emergency information following an event.

SMC Alert is a free service and will provide emergency information and shelter locations (if needed) via text and email.

The Red Cross offers many courses in First Aid, CPR and Earthquake Preparedness. Contact the Red Cross office for further information and schedules.

The City of Pacifica Emergency Preparedness and Safety Commission was established by the Pacifica City Council to provide advice to the council on emergency services and plans and to promote the education of citizens in Pacifica in the area of emergency preparedness. The commission offers information at no charge to the public.

**City of Pacifica
Emergency Preparedness
& Safety Commission**

170 Santa Maria Avenue
Pacifica, CA 94044
650-738-7314

Earthquake • Winter Storm • Fire • Flood

**72
HOURS**

**When disaster strikes,
it may be three or more days
before assistance is available...**

**ARE YOU
PREPARED?**

City of Pacifica
Emergency Preparedness
& Safety Commission

Because we live in earthquake country, the focus of this pamphlet is on preparing for an earthquake. But keep in mind that most of these tips apply to all types of disasters.

Family Plan

A good way to start is to call a family conference – discuss the real possibility of a major earthquake and involve the whole family in the planning process.

Walk through the home together. Search for hazards and correct them. Observe and become familiar with the utility shut-off valves.

Plan for family members to take Red Cross training in First Aid and CPR. Learn and discuss how to protect oneself during an earthquake. Hold drills and be sure family members are familiar with the plan.

Plan how to evacuate after a quake. Delegate responsibility for specific tasks to family members. Determine three or four nearby reunion locations, (i.e., at neighbors, Red Cross shelter, relatives). Share your plan with neighbors, friends, relatives and co-workers.

Safety Precautions

Fasten all top-heavy furniture such as refrigerators, bookcases and glass cabinets to the walls by means of hooks, brackets or wire. Install fasteners or latches on cupboard doors. Strong childproof latches work well.

Bolt down water heater and other gas appliances, or strap them to the wall. Fires can start from broken gas lines and connectors. Use flexible connectors whenever possible.

Place large/heavy objects on lower shelves and securely fasten the shelves to the wall. Remove glass bottles from medicine cabinets and around the bath/shower.

When an Earthquake Hits

If you are indoors, stay there! Get under a sturdy table or desk and hold on as the table may move. Get to an inside hallway when possible. Choose a location that will allow you air to breathe in the event the building collapses around you. Stay clear of windows, bookcases, china cabinets, mirrors, hanging plants and other heavy objects. Watch out for falling plaster.

If outside, move to an open area away from power lines/poles, trees, walls and chimneys. In a crowded store or building, do not rush for the exits. Move away from display shelves containing objects that may fall. In high-rise buildings, get under a desk and stay away from windows. Avoid using the elevators as the power may fail. If in your car, pull to the side of the road and stop the car. Stay in your car until shaking has stopped and if fallen power lines are nearby.

After the Quake

Immediately check for injured and trapped persons. Do not attempt to move seriously injured persons unless they are in immediate danger of further injury. Confine pets if walls and fences are down.

Be prepared for aftershocks. Use extreme caution when entering damaged buildings since aftershocks could bring them down. Check storage areas carefully, being aware of falling objects. Wear sturdy shoes for protection from debris. Clean spilled medicines, chemicals and other harmful materials.

Use a flashlight when searching for gas leaks or fire hazards. *Do not use a lighted match!* Do not use electrical switches or appliances if gas leaks are suspected because sparks can ignite gas from broken lines. Check gas, water and electrical lines and check appliances for damage. If you smell gas or see a broken line, shut off the main valve. If utilities have been turned off or disrupted, have a qualified person restore the service. Shut off electrical power if you suspect damage to wiring. *Never touch downed power lines!* Avoid all objects that are touched by downed lines.

Check water supplies. If the water is off, use emergency water obtained from water heaters, toilet tanks, melted ice cubes and canned fruits/vegetables. Don't drink the water from toilet tanks if a disinfectant chemical has been added to the water. Check the sewage lines before flushing the toilet.

Use outdoor barbeques, camp stoves, or fireplace for cooking. Check the chimney for damage first. Make sure there is no leaking gas in the area and never barbeque inside.

Don't use your telephone, except for emergency calls. Notify your out-of-town "contact person" about your situation by text if telephone lines are down.

Use a battery-operated radio to listen for damage reports and information. Do not spread rumors. Do not use your vehicle except in emergencies. Do not go sightseeing.

Cooperate with public safety efforts. Do not go into damaged areas unless you have been requested to do so. Keep streets clear for passage of emergency vehicles.