



# COLTON READY

## Disaster Preparedness Guide



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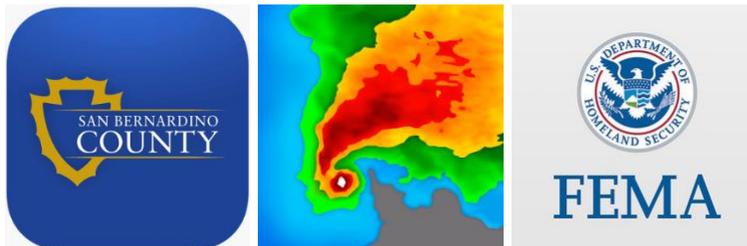
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## Family Emergency Plan

Having a plan can make the difference in surviving an emergency or disaster, and determining your quality of life afterwards. Additional planning tools and preparation items can be found at <https://www.ready.gov/>, as well as <https://www.fema.gov/>.

- Pre-identify multiple escape routes from your home and/or at your place of work
- Know how to exit a smoke filled room
- Keep your Go-Bags near your bed or predesignated area
- Have collapsible safety ladders for your second story bedrooms
- Have pry bars within your home to open jammed doors/windows or to move debris
- Have a pre-designated meeting place outside the house
- Understand utility shutoff procedures and their location
- Ensure water heater is secured according to code
- Have at least one fire extinguisher on each floor in the house and one in each vehicle
- Ensure your home has working smoke and carbon monoxide detectors
- Store a minimum of 2 weeks of water: a minimum of one gallon of water per person, per pet, per day
- Store a minimum of 2 weeks of extra food that is easy to prepare with minimal amounts of water
- Have a designated out-of-state contact for family members to check in with in the event of a disaster to prevent further congestion of phone lines
- Map evacuation routes out of town and use radio station 95.1 FM or helpful apps (Ready SB County, NOAA, FEMA, etc.) for evacuation routes and emergency information



## Pet Emergency Plan

- Have a safe place to take your pets (not all evacuation shelters will accept pets)
- Assemble a portable pet disaster supply kit/go-bag (see pg. 6)
- Practice your animal disaster plan
- If you evacuate, please do not leave your animal

## Go-Bags: Family

- Drinking Water- store in a separate place (minimum of one gallon per person/pet per day).
- First aid kit
- Flashlight with batteries or light sticks (keep batteries separate from flashlight when storing to prevent battery corrosion)
- Emergency tent/shelter
- Work gloves and several pairs of non-latex, exam gloves
- Crowbar (may be needed to remove debris)
- Medications (at least a one month supply)
- Lightweight blanket
- Hammer and folding shovel
- Plastic ground cloth/tarp
- Whistle (call for help if trapped)
- Pocket knife
- Watch or clock
- Paper, pencil, pen and sharpie
- Emergency contact list (include out-of-state contact numbers)
- Copies of important documents: driver's license, insurance information, social security, medical forms, banking information, marriage certificate, birth certificate
- Sunscreen
- Toilet paper (coreless)
- Toiletries: toothbrush, toothpaste, soap, washcloth, shampoo, lotion, razor, chap stick, nail clipper, sanitary products, tissue, brush/comb, etc.
- Backpacking water filter (LifeStraw, Katadyn, Sawyer)
- Zip-lock bag/plastic grocery bags
- Books, playing cards, or toys to occupy children
- Money (small denomination bills and coins)
- Sturdy, closed toed shoes/boots and extra pairs of socks (may be walking through glass, rebar, nails, etc.)
- Jacket, cap/hat, long pants, long sleeve shirt, and extra underwear
- Keys (house and car)
- Dust mask/N-95 mask; size appropriate for face (2 per person)
- Glasses, contact lenses and solution
- Rope
- Snacks (granola bars, peanut butter, nuts, etc.)
- Photos of family members and pets
- Phone charger and portable, compact, external battery



## Go-Bags: Seniors or Access & Functional Needs

These items are needed in addition to the Go-Bag: Family checklist.

- Food for special dietary needs
- Special supplies: Oxygen, catheters, etc.
- Batteries for hearing aids, wheelchair, etc.
- List of make/model and serial # of medical devices
- Personal sanitary items
- Prescription eyeglasses
- For guide dogs/support animals, see Go-Bag: Pets (pg. 6)



## Go-Bags: Infants and Toddlers

These items are needed in addition to the Go-Bag: Family checklist.

- Diapers and wipes
- Instant baby cereal/food
- Bowl and spoon
- Baby formula, disposable bottles, nipples
- At least two changes of clothes
- Light jacket
- Thermometer
- Medicine dropper
- Pedialyte or electrolyte replacement solution
- Age appropriate over-the-counter medications for pain, fever, cold, allergies, etc.
- Sturdy shoes
- Toys, books, stuffed animals
- Authorization to Consent to Treatment of Minor form complete (<https://eforms.com/download/2017/08/Minor-Child-Medical-Consent-Form.pdf>)



## Go-Bag: Pets

- Food
- Water
- Leash
- Vaccination and medical records (some shelters will not take pets without)
- Muzzle
- Pet carrier or crate for each pet (keep near family kit)
- Tweezers
- Instant cold pack
- Soap
- Cat litter
- Bowls
- Poop scooper and/or bags
- Treats
- Extra name tag
- License number
- Name, address and phone number of veterinarian
- Towel
- Pee pads

## Car Emergency Kit

- Water
- Food (canned with can opener, dehydrated/freeze-dried food, snacks)
- Flashlight with extra batteries
- First Aid Kit
- Fire extinguisher
- Tools (screwdriver, pliers, wire cutters, crowbar, rope, etc.)
- Emergency Blanket (Mylar, lightweight)
- Jumper cables and/or portable power pack (portable jump starter)
- Pocket knife
- Matches (waterproof)
- Road flares
- Work gloves
- Money (small denomination bills and coins)
- Sturdy closed toed shoes or boots
- Pencil and paper
- Sweater or jacket, extra clothing, rain poncho/jacket
- Emergency phone numbers, including your contact person
- Maps of your most often traveled routes (GPS may not be working)
- Personal items: eyeglasses, toothbrush and toothpaste, soap, tissues, hand wipes, toilet paper, etc.
- Special needs- medication, diapers, infant formula, etc.
- Books, games, toys for kids
- Tarp
- Phone charger and portable, compact, external battery

## Workplace Disaster Plan and Emergency Kit

In the event that a disaster takes place while at work or at home, you will need to consider your priorities and course of action. Depending on the disaster, roadways and bridges may be damaged, flooded, or blocked with traffic and/or debris making it difficult or impossible to get to work or return home. Utilities may be turned off to prevent additional emergencies or not operational due to damage. Phone lines and cell phones will most likely be jammed or not operational from overuse or damage to cell towers. City employees are considered Disaster Service Workers, and as such, may be required to stay at work to assist the City in responding to and recovering from a disaster. Disaster preparedness planning begins with you and your immediate family. Make sure your family is taken care of before heading to work. Having a communication and disaster plan in place before the disaster happens, and knowing your family is safe and taken care of when you are at work will make it easier for you to respond and assist the City with disaster response. Consider discussing workplace policy and procedures in the event of a disaster with your supervisors or co-workers and know what emergency supplies are available for employees. Should you be called in to work following a disaster, consider bringing supplies with you to help augment the disaster supplies the City has stored for each employee.

Items to consider bringing:

- Food
- Water
- Hygiene items
- Medications
- First aid kit
- Radio
- Batteries
- Flashlight
- Comfortable clothing fit for the weather
- Blanket, pillow, sleeping bag (you may have to stay overnight)



# Supplies

## Water

Amounts of water stored should equal a minimum of one gallon of water per person/pet per day. Expect to be self-sufficient when it comes to your water needs. Water can be stored via sealed, potable water containers, such as water bottles, emergency water packs, canned water, or new, blue food-grade water barrels (with water pump). The blue water barrels are an excellent storage option, holding approximately 55 gallons of water. Storage of these barrels should be shaded, on pallets, and protected from the elements. By adding ¼ teaspoon of unscented bleach to 1 gallon of water, or 1 teaspoon to 5 gallons of water in a clean, sealed container will preserve it for about 5 years. Consider water filtration devices to help purify water. Water is essential to survival and will improve hygiene and cleanliness. If a disaster has a significant amount of warning ahead of time, and you do not need to evacuate, consider filling pots, sinks, bathtubs, buckets, and any other containers with water to maximize storage capacity. Some alternate water sources include water heaters and the water tank of a toilet (not the water in bowl). Pool water is not a recommended source of drinking water, but can be used for bathing, hygiene, and other options.

Additional information below:

<https://www.ready.gov/water>

## Food

Have at least a 2-week supply of Meals Ready to Eat (MRE's) or other non-perishable food. Store a combination of canned and freeze dried or dehydrated foods. Remember to keep a good-quality, manual can opener with all canned foods and rotate cans out according to expiration date. Water is needed to add to dehydrated food and will be needed for most other food options. Consider storing non-perishable, family favorite foods that you would eat on a regular basis in your house and car kits. Additional information below:

<https://www.fema.gov/pdf/library/f&web.pdf>



## First Aid Kit

Keep a well-stocked first aid kit at home and in your car. Ensure that you and your family members know how to properly use all of items in the kit. Remain cautious of taking or giving others medications, as it may interfere with other essential medications, allergies, or medical conditions. Check all material expiration dates and rotate out as needed.

Some items for your first aid kit may include:

- 4x4 gauze dressings,
- Triangle bandages
- 5x9 trauma dressings
- 2” rolls of gauze
- Trauma shears
- Pair of tweezers
- Cardboard Splint
- Packets of burn gel
- Pairs of non-latex gloves
- Antiseptic wipes
- Roll of medical tape
- Blanket
- Cold pack
- Hemostatic dressing
- Band-Aids
- Popsicle sticks
- Tourniquets
- Headlamp



## Sanitation Kit

- Toilet paper (coreless)
- Hand sanitizer
- Light sticks or headlamp
- Antiseptic wipes
- Disposable bags/trash bags
- Exam gloves (non-latex)
- Liquid soap
- Clean rags/towels
- Disinfectant spray
- Water
- 5 gallon bucket
- Fitted toilet seat



## Radios/Communication

- Have a battery powered or hand cranked radio tuned to 95.1 FM and other weather channels.
- FRS radios (Family Radio Service) with extra batteries
- Amateur Radio (HAM Radio) requires a license
- Consider crank or solar radios



## Power Sources

Sources of power to consider:

- Batteries
- Generator (gasoline, natural gas, or propane)
- Solar/Wind
- Heat Source



## Response During an Earthquake

### If Inside

- Drop, Cover, and Hold On
- Take cover under a table or sturdy furniture or against interior wall.
- Move away from large windows, bookcases, and unsecured heavy objects
- Stay in bed if you are there and cover yourself facedown with blankets and pillows
- Stay inside
- Remain under cover until shaking stops
- Remain calm
- Think before you move

### If Outside

- Move to an open area away from buildings and power lines and large limbed trees
- Get low to the ground

### If In Car

- Stop as safely and as soon as possible
- Stay away from bridges, powerlines, and underpasses
- Stay in the car during the shaking
- Listen for a radio report



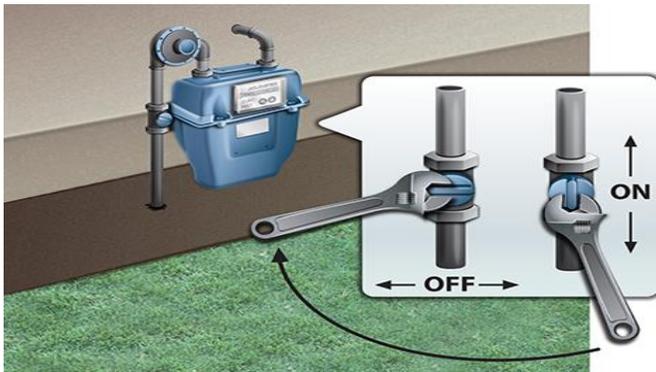
## After the Earthquake

- Think before moving
- Put on sturdy, closed-toed shoes or boots and clothing
- Check on family members
- Put out small fires with extinguishers (PASS)
  - Pull the fire extinguisher pin
  - Aim the hose at the base of the fire
  - Squeeze the trigger of the fire extinguisher
  - Sweep the hose side-to-side at the base of the fire to attempt to put out the fire
- Cease fire suppression attempts if unable to extinguish the fire, if you are not comfortable fighting it, or if it becomes bigger than you are
- Contain the fire by closing doors and windows
- Turn off appliances
- Turn off utilities if necessary
- Use a flashlight, not a candle, to inspect damage to your house
- Block off hazardous areas
- Even if toilets cannot be flushed, they can still be used by removing all the bowl water, lining it with a heavy-duty plastic bag, adding a small amount of kitty litter, securely tying the bag, and disposing of it in a large trash can with a tight fitting lid.
- Gather Go-Bags
- Check water and food supplies
- Turn radio to 95.1 FM
- Prepare for possible evacuation or shelter-in-place
- Contain pets
- Leave written message upon evacuation
- Be prepared for aftershocks following an earthquake

## Shutting off Utilities

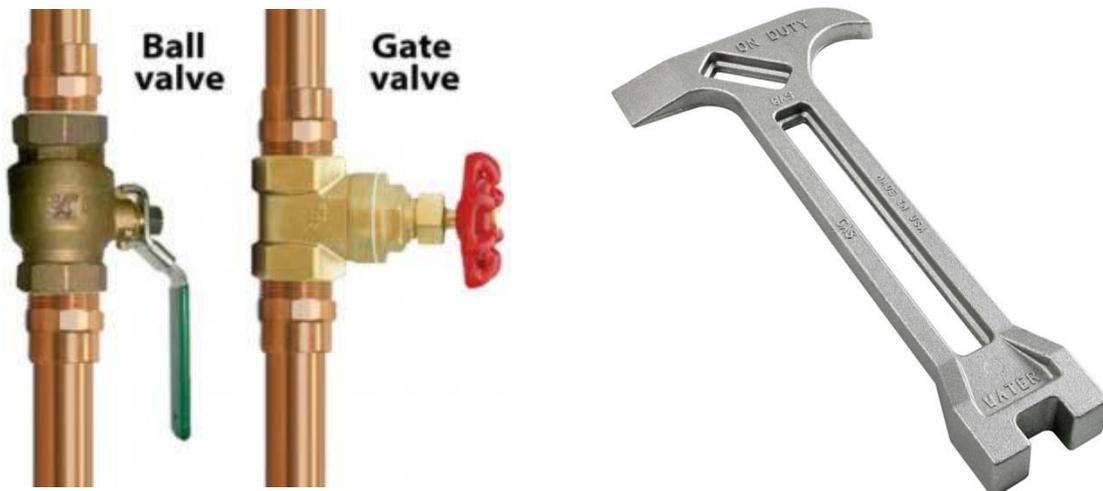
### Gas

- Keep gas shut off wrench (made of aluminum or other non-sparking metal) by gas meter
- Turn off gas valve (1/4 turn) when you confirm there is a leak
- If one of the hands of the dial is rapidly turning, there may be a gas leakage
- Never enter a building/room if you smell gas
- Turn off all gas appliances, including the water heater
- Leave doors and windows open to ventilate the structure, after the gas has been turned off



### Water

- Shutoff water immediately following an earthquake to:
  - Prevent water damage to home
  - Prevent loss of drinkable water in pipes and appliances
  - Prevent contaminated water from entering house until water is declared safe to use
- Have a proper tool to turn water off at the meter if needed



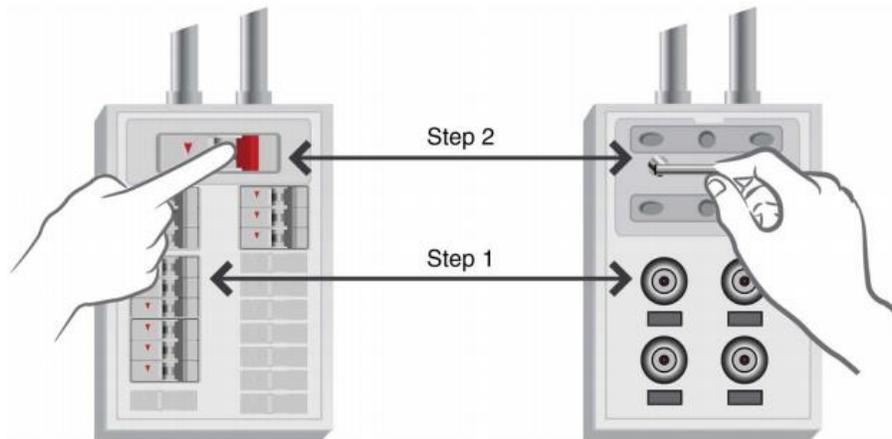
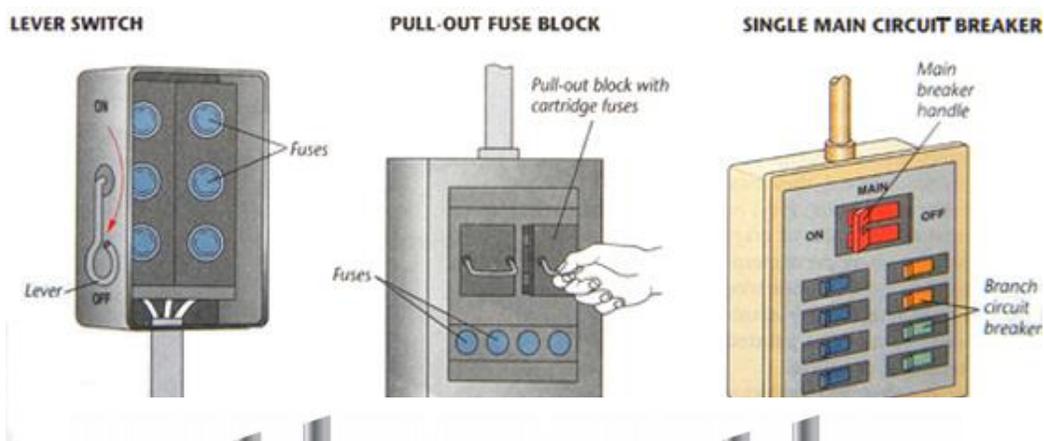
# Electricity

Turn off electricity if:

- Smoking or sparks comes from any appliances, cords, or outlets
- Lights flicker
- Smell of burning insulation/plastic

When turning off electricity via breaker:

- When shutting off a single main circuit breaker, turn off all individual branch circuit breaker switches first before turning off the main breaker switch
- Do not touch any portion of the box when shutting off breakers
- Look away from the box when shutting off breakers and stand to the side, should the panel arch or flash
- If an older fuse breaker, remove block of cartridge fuses with one hand to prevent your body from completing a circuit, causing electrocution



**Circuit Breaker Box With Shutoff**

**Fuse Box With Shutoff**

**Shutoff steps:**  
Step 1: Shut off individual breakers.  
Step 2: Shut off main breaker.

**Shutoff steps:**  
Step 1: Pull out individual fuses.  
Step 2: Pull out main fuse.

# Training and Volunteer Organizations

There are several volunteer groups in Colton that need volunteers and provide training relating to disaster preparedness. Below is a compiled list to consider:

## Volunteer Organizations

- Community Emergency Response Teams (CERT)
- American Red Cross
- Salvation Army
- AmeriCorps

## Training

- CPR, AED, First Aid (American Heart Association or American Red Cross)
- CERT