RECOMMENDED SUPPLIES TO INCLUDE IN A BASIC KIT

- One gallon of water per person per day, for drinking and sanitation
- ✓ At least a five-day supply of non-perishable food
- **☑** Battery-powered radio and extra batteries
- ✓ Flashlight and extra batteries
- **✓** First Aid kit
- **✓** Whistle to signal for help
- Filter mask or cotton t-shirt, to help filter the air



- **✓** Moist towelettes for sanitation
- **✓** Wrench or pliers to turn off utilities
- Manual can opener for food (if kit contains canned food)
- ✓ Plastic sheeting and duct tape to shelter-in-place
- Garbage bags and plastic ties for personal sanitation
- Unique family needs, such as daily prescription medications, infant formula or diapers, and important family documents

PREPARING MAKES SENSE

The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving a terrorist attack or other emergency. We must have the tools and plans in place to make it on our own, at least for a period of time, no matter where we are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense.

Get Ready Now.





SAN MATEO COUNTY SHERIFF'S OFFICE OFFICE OF EMERGENCY SERVICES

400 COUNTY CENTER REDWOOD CITY, CA 94063 T. 650.363.4790

> www.smcsheriff.com www.smcready.org www.smcalert.info

This project was supported by UASI grant # 2011-SS-0077 awarded by the California Governor's Office of Homeland Security.

PREPARE FOR EMERGENCIES

INFORMATION TO HELP YOU BE PREPARED



GET A KIT

Be prepared to improvise and use what you have on hand to make it on your own for at least five days, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air.



BE INFORMED ABOUT WHAT MIGHT HAPPEN

Some of the things you can do to prepare for the unexpected, such as assembling a supply kit and developing a family communications plan, are the same for both a natural or man-made emergency. However there are significant differences among potential terrorist threats, such as biological, chemical, explosive, nuclear and radiological, the type of threat will impact the decisions you make and the actions you take. By beginning a process of learning about these specific threats, you are preparing yourself to react in an emergency.

Go to www.ready.gov to learn more about potential terrorist threats and other emergencies.

GET INVOLVED IN PREPARING YOUR COMMUNITY

After preparing yourself and your family for possible emergencies, take the next step and get involved in preparing your community. Join your local Community Response Team (CERT), which actively involves citizens in making our communities and our nation safer, stronger and better prepared. We all have a role to play in keeping our hometowns secure from emergencies of all kinds. Citizen Corps works hard to help people prepare, train and volunteer in their communities.

Go to www.smcready.org for more information and to get involved.

MAKE A PLAN FOR WHAT YOU WILL DO IN AN EMERGENCY



Family Emergency Pla

see autr your family has a plan in case of an emergency. Before an emergency happen
as a gent your family has a plan in case of an emergency. Before an emergency happen
as will get in contact with each detail, wheney ou will go and what you will do in an eme
are emergency supply kit or another safle place where you can access it in the event of
alphachmod Meeting Place:

In the following information for each family member and keep it up to date.

Social Socially Number:

Incortain Meeting Place:

Social Socially Number:

Incortain Meeting Index

Incortain Meeting Incortain Meeting Index

Incortain Meeting Incortain Meeting Index

Incortain M





Plan in advance what you will do in an emergency. Be prepared to assess the situation. Use common sense and whatever you have on hand to take care of yourself and your loved ones.

DEVELOP A FAMILY COMMUNICATIONS PLAN Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members. Be sure each person knows the phone number and has coins or a prepaid phone card to call the emergency contact. You may have trouble getting through, or the phone system may be down altogether, but be patient.

Watch television and listen to the radio for official instructions as they become available.

CREATE A PLAN TO SHELTER-IN-PLACE

There are circumstances when staying put and creating a barrier between you and potentially contaminated air outside, a process known as sheltering-in-place and sealing the room can be a matter of survival. Consider precutting plastic sheeting to seal windows, doors and air vents. Each piece should be several inches larger than the space you want to cover so that you can duct tape it flat against the wall. Label each piece with the location of where it fits.

Use all available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to shelter-in-place. Quickly bring your family and pets inside, lock doors, and close windows, air vents and fireplace dampers. Immediately turn off air conditioning, forced air heating systems, exhaust fans and clothes dryers. Take your emergency supplies and go into the room you have designated. Seal all windows, doors and vents. Understand that sealing the room is a temporary measure to create a barrier between you and contaminated air. Watch TV, listen to the radio or check the Internet for instructions.

CREATE A PLAN TO GET AWAY

Plan in advance how you will assemble your family and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. If you have a car, keep at least a half tank of gas in it at all times. Become familiar with alternative routes as well as other means of transportation out of your area. If you do not have a car, plan how you will leave if you have to. Take your emergency supply kit, and lock the door behind you. Take pets with you if you are told to evacuate; however, if you are going to a public shelter, keep in mind they may not be allowed inside. If you believe the air may be contaminated, drive with your windows and vents closed and keep the air conditioning and heater turned off. Listen to the radio for instructions.