DISASTER READY GUIDE

LISTOS CALIFORNIA

CALIFORNIA ALL

EN

ENGLISH

ALSO AVAILABLE IN:

Español
中文
Filipino
Tiếng Việt
한국어
Lus Hmoob

LISTOS CALIFORNIA:

ListosCalifornia.org

GOVERNOR'S OFFICE OF EMERGENCY SERVICES:

CalOES.ca.gov

OFFICE OF THE GOVERNOR OF CALIFORNIA:

Gov.ca.gov

SAFETY STEPS FOR ANY DISASTER

1. Get alerts to know what to do.

2. Make a plan to protect your people.

3. Get to safety with things you need.

4. Stay safe at home when you can't leave.

5. Help friends and neighbors get ready.

CONNECT & PROTECT

Think about who you want to connect with during an emergency. These may be family, neighbors, friends or caregivers. Who do you want to protect? Who wants to protect you? Write down their names and contact information. Include home, work, school and other numbers. Share copies with everyone on your list.

You should also pick one person, outside the area where you live, who won't be affected by your local disaster. You and your contacts might be able to check in as safe with that faraway relative or friend, and share where you are.

EMERGENCY CONTACTS

CONTACT NAME	CELL PHONE
WORK/SCHOOL	HOME PHONE
ADDRESS	EMAIL
CONTACT NAME	CELL PHONE
WORK/SCHOOL	HOME PHONE
ADDRESS	EMAIL
CONTACT NAME	CELL PHONE
WORK/SCHOOL	HOME PHONE
ADDRESS	EMAIL
OUT OF TOWN CONTACT NAME	CELL PHONE
WORK/SCHOOL	HOME PHONE
ADDRESS	EMAIL

Try **texting** if local phone calls can't get through during a disaster.

EVACUATION ACTION

If you are not safe at home, work or school due to a disaster, you will need to go to a safe place and meet up with people you care about. It's hard to know ahead of time where these safe places might be. These places might change based on the kind of emergency you face.

Be ready to go in the safest direction, to the nearest **safe place,** with little warning.

1. Follow the guidance of local authorities.

They will have the latest information and know the best ways to keep you safe. Instructions might come from your fire department, sheriff or police department, or from elected officials, like mayors or supervisors.

Listen to the news and sign up for local alerts at **CalAlerts.Org.**

2. Learn different ways to get out of your community fast.

In a disaster, the road to safety may not be your usual route. Disasters may close roads and bus routes you usually take. Get familiar with more ways to escape during an emergency. Practice those trips with the people who would go with you. That way, you will know how to stick together in a real emergency.

3. Be ready to go to your safe place.

Have your **Go Bag** of supplies packed. Have your **Connect & Protect plan** in place. Reach out to the people you care about, and who care about you. Decide if it is safe, and possible, to get to the home of family or friends. If not, find a public shelter.

2-1-1 Dial 211 on your phone to find a public shelter.

GO BAG: PACK AHEAD

Most disasters are unexpected and happen fast. You might not have time to shop, or even to pack. Pack up important items now, so you and your family will have what you need later.

Pack a Go Bag for when you have to leave home in a hurry. Pack things for each member of your household. Think about what you would take if you had 15 minutes of notice to leave your home. Now, think if you had just two minutes.

TO PACK NOW

Documents

Copies of identification and insurance.

Other papers important to you.

Photos of family and pets.

Cash

Small bills $1s & $5s.

Save up a little at a time.

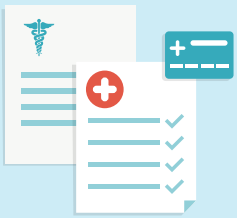
Map

Mark different routes out of your neighborhood.

Medications List

List all prescriptions.

Other important medical information.



This Guide

Your contacts list.

Your supplies checklist.

GRAB AND GO

PACK AS YOU LEAVE

- Wallet or purse and keys
- Phone and charger
- Medicine

GOOD TO GRAB IF YOU ALREADY OWN

- Portable radio
- Flashlight
- First aid supplies
- Portable computer

Write down here what else you should bring for everyone in your household. Clothes? Toothbrush? Think about needs of babies, older adults, people with medical conditions or disabilities, and pets.

STAY BOX: BASICS

In some disasters, you may be safer staying at home. Damage from the disaster might make that uncomfortable. You might not have water to drink, to bathe or to flush the toilet. You might have no electricity to keep your food cold, turn on a light or charge your phone.

Add items to a Stay Box, for when you can't leave home. Prepare for at least 3 days without water or electricity. Save up a little at a time, until you have enough for everyone in your household to get by. Remember any pets. If you already own a flashlight or a portable radio, keep it someplace easy to find.

TO PACK NOW

Water

Save up to 3 gallons per person, for drinking and washing.

Food

Set aside foods that won't spoil and require no cooking.

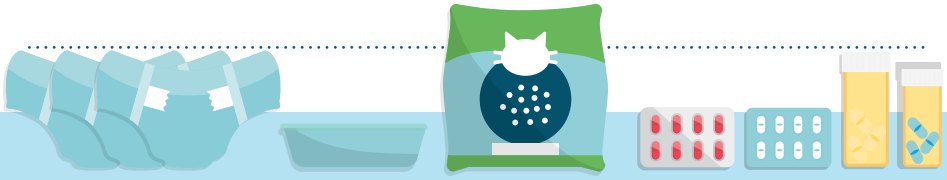
You know best what you and your family like to eat.

Trash Bags

Set aside extra plastic bags, with ties, to use in a bucket for a toilet.

IMPORTANT ITEMS

Write down here any important items you use every day that might run out if you are stuck at home for many days. Set aside a little extra in your Stay Box, in case you can't get to a store.



BASIC TIPS FOR ANY DISASTER

1. **Carry Identification:** Families may be apart when disaster strikes. People and pets get separated.

- Everyone you care for should carry identification.
- Put written identification in children's school bags.
- Consider a medical alert tag or bracelet.
- Get pets updated tags and microchips.
- Photos of families and pets can help you reunite.

2. **Build a Support Network:** Have a backup plan in case of emergency. Think about who you can rely on.

- Talk with your neighbors about their needs, and yours.
- Discuss disaster plans with caregivers.
- Ask schools about plans to reunite parents and children.
- Plan ahead for skilled helpers to assist with evacuations.
- Share keys with trusted friends to rescue your pets.

3. **Have Extra Medications and Power Supply:** Many people can't go three days without medications. Some need electricity to power equipment and devices.

- Carry extra medicine when you leave home.
- Photo (or carry) list of doctors and prescriptions.
- Ask pharmacy to renew 30-day prescription at 28 days.
- Save extra doses in your Go Bag.
- Plan to keep medicine cold and charge equipment/devices.

4. **Reduce Stress:** Lessen physical and mental stress by planning ahead.

- Dial **211** to find shelters for specific needs.
- Label equipment before evacuation.
- Ask utility to warn of power shutoffs.
- Pack specialty medical and communication supplies.
- Plan to comfort those with Alzheimer's or mental illness.

TIPS FOR A VARIETY OF CIRCUMSTANCES

Disasters are challenging for everyone. Each of us has different needs in preparing for a disaster. You, or someone you care about, can benefit from planning ahead. Think now about ways to make the experience safe and comfortable for all.

Talk with people you trust – at health clinics, schools, faith communities, health support groups, assisted living facilities, social service agencies, independent living centers. Here are some safety tips that might help.

GET READY

Pregnant Women

Ask your doctor how to get care or deliver during a disaster.

Plan ahead to avoid bad air, toxic water and unsafe food.

Tell staff at a shelter that you are pregnant.

Parents of Infants

If you use formula, set aside plenty of clean water.

Get or make a body sling to walk far with the baby.

Know the safety plan of your child's caregiver.

Caregivers

Create an emergency plan with your care recipient.

Build a network of support beyond yourself.

Help your care recipient pack needed supplies.

TIPS FOR A VARIETY OF CIRCUMSTANCES

GET READY

People with Pets

Get your pet an ID tag. Ask for a free or discount microchip.

Pack food, water, medicine and proof of immunization.

Dial 211 to ask which public shelters accept animals.

Older Adults

Carry family/caregiver contact information in your wallet.

Post family and emergency numbers near your phones.

Learn about your retirement community's emergency plans.

Rural Communities

Share alerts through phone trees and ham radio networks.

Meet with neighbors to discuss collaboration.

Plan ahead for evacuating large animals.

TIPS FOR A VARIETY OF CIRCUMSTANCES

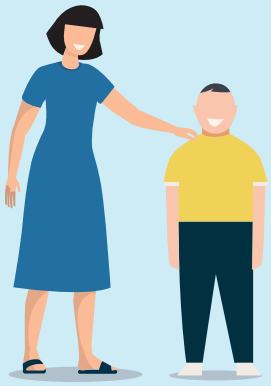
PLAN AHEAD

People with Developmental Disabilities

Identify trusted allies to rely on in a disaster.

Make a plan together with this support network.

Practice your plan to help you feel safe.



People with Speech/ Communication Disabilities

Carry an instruction card on how to communicate with you.

Carry communication devices, phrase cards or picture boards.

Know how to replace your assistive device if damaged/lost.

People with Mobility and Other Physical Disabilities

Plan ahead with trusted allies for transportation.

Make a plan for damaged ramps/rails.

Evacuate early if you need extra time to get out.

TIPS FOR A VARIETY OF CIRCUMSTANCES

PLAN AHEAD

Transportation Challenged

Arrange carpooling if you must evacuate.

Ask if public transit may be free after a natural disaster.

Learn if ride share services will offer free rides to shelter.

People with Limited English

Find trusted community sources to talk to about safety options.

Ask bilingual youth to share safety steps with you.

Research which media you follow provide emergency alerts.

New Californians

Learn emergency system basics, like dialing 211.

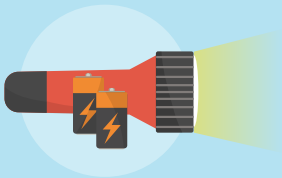
Ask your community how disasters here are different.

Find trusted sources in emergencies beyond the government.

SAFETY TIPS: WILDFIRE

BEFORE

Red Flag warning means prepare NOW.



Plan for no electricity. Don't use candles.

Get bandana or mask to protect lungs.

Check that water hose is working.

Clean gutters. Remove brush near home.

DURING

Don't "wait and see". Leave when told!

Leave smoky areas quickly.

Close all doors and windows. Turn off Air Conditioner.

Open or remove curtains, shades or blinds.

Prepare pets for evacuation.

SAFETY TIPS: FLOOD

BEFORE

Keep storm pipes and drains clear.

Move valuable items to higher floors.

Get plastic tarps, sandbags to keep out water.

Keep car gas tank at least half full.

Learn best escape routes to higher ground.

DURING

Don't "wait and see". Leave when told!

Never walk through moving water.

Never drive into flooded areas.

Watch for mudslides after wildfire.

Watch for tsunami on coast after earthquake.

SAFETY TIPS: EARTHQUAKE

BEFORE

Secure tall furniture to walls.

Hang nothing heavy above a bed, sofa or chair.

Get free MyShake app for earthquake warnings.

Practice earthquake safety drills.

Learn when to turn off gas, electricity and water.

DURING

Don't rush outside. Get under a table or desk.

Stay in bed and cover head with a pillow.

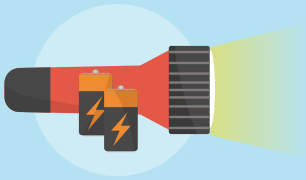
Outside, move away from anything that could fall.

Pull over car and stop away from buildings, trees.

Be ready for aftershocks.

SAFETY TIPS: POWER SHUTOFF

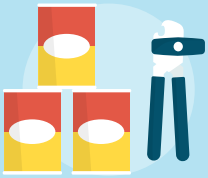
BEFORE



Prepare flashlights and lanterns – no candles.

Keep phone batteries fully charged.

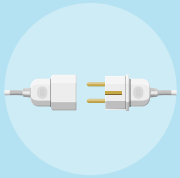
Keep car gas tank at least half full.



Buy food that won't spoil and doesn't need cooking.

Buy ice to keep food or medicines in coolers.

DURING



Unplug appliances/electronics to prevent damage.

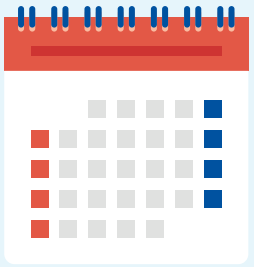
Leave one light plugged in.

Keep your refrigerator and freezer closed.

Use generators, camp stoves and grills outdoors.

Don't use your gas stove for heat.

STEP-BY-STEP SAFETY CALENDAR



You don't need to follow this calendar exactly. Just take a few steps each week, at your own pace. You will enjoy peace of mind knowing you are ready if a disaster strikes.

WEEK 1

Pack a **Go Bag** for each person in your household.

Sign up for local emergency alerts at **CalAlerts.org.**

WEEK 2

Create your **Connect & Protect** plan for family, neighbors, caregivers.

Talk about your plans with people on your list.

WEEK 3

Learn different evacuation routes and mark them on a map.

Practice your **Evacuation Action** plan.

WEEK 4

Start packing a **Stay Box** to be safe and comfortable at home.

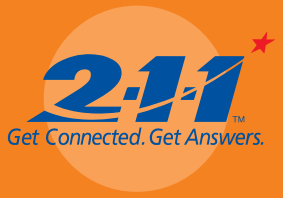
Do a little at a time, until you feel ready.

EMERGENCY ALERTS

There are many ways to get alerts, news and instructions for approaching or current disasters. Sign up for multiple alerts from reliable sources.

Television

Radio



Dial 211

Landline Phone

Cell Phone

Email

Smartphone

Social Media

Ham Radio

EMERGENCY RESOURCE WEBSITES

211CA.org
Dial 211 for evacuation routes, shelters.

CalAlerts.org
Sign up to get your County's alerts.
Get MyShake earthquake warning app.

CalOES.ca.gov
State guides, alerts & resources.

Response.ca.gov
Real-time wildfire & shelter news.

Ready.gov
Resources to prepare for any disaster.

LISTOS CALIFORNIA

ListosCalifornia.org
Learn about the Listos California Emergency Preparedness Campaign.

CERT

Ready.gov/CERT
Community Emergency Response Team (CERT): a 20-hour classroom-based preparedness training.

LISTOS

CFAListos.org
An 8-hour preparedness program for individuals and families.

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