



# Personal Emergency Preparedness



July 23, 2020  
1:00 to 2:00pm



*A Zoom-based Webinar for UASI South Bay Hub*

Connect

Serve

Support



# Welcome

- Welcome and Introductions
  - Housekeeping
  - Zoom basics and etiquette
- Why We Are Here
  - First in a series of workshops for South Bay
  - Funded by Bay Area UASI





# Session Objectives

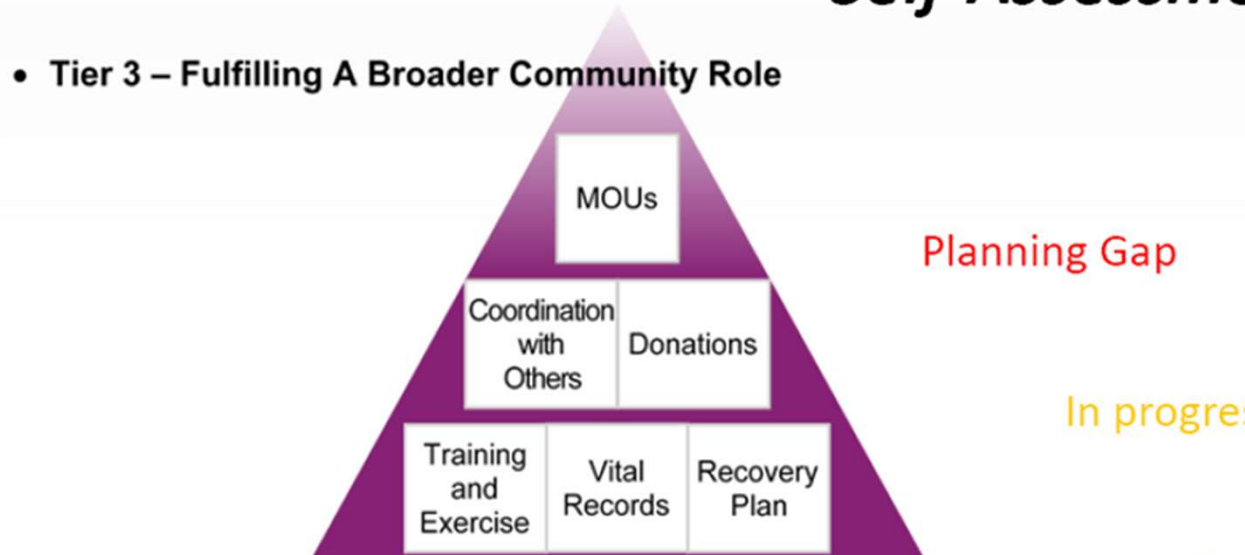
- Better prepare staff of CBOs and nonprofit organizations to be able to care for themselves and family in times of emergency or disaster so they can be ready to do their job, assist their organization and meet community needs
- Provide personal preparedness tips and best practices





# Self-Assessment Tool

- Tier 3 – Fulfilling A Broader Community Role



Planning Gap

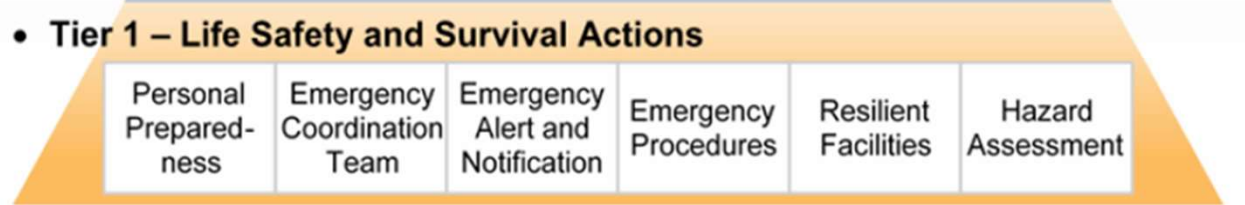
In progress

- Tier 2 – Re-establishing Operations and Service Delivery



Complete

- Tier 1 – Life Safety and Survival Actions



\* Early concepts of this tool were developed by Swardenski Consulting with support from Silicon Valley Community Foundation

## Hierarchy of Organizational Preparedness with Emergency Planning Elements



# Assumptions

Most of you are knowledgeable about disaster preparedness and are CERT or emergency managers. Please share your Knowledge, experience and questions.

We're going to focus on Tier 1:  
with an emphasis on the pandemic.

- **Tier 1 – Life Safety and Survival Actions**

Personal Prepared- ness	Emergency Coordination Team	Emergency Alert and Notification	Emergency Procedures	Resilient Facilities	Hazard Assessment
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# Workshop Guidelines

- Create/review your own Emergency Preparedness plan.
- Share ideas about preparedness training during the pandemic.
- Add comments or questions.
- Share expertise; what works, what does not.





# Types of Disasters

*Earthquake*

*Fire*

*Public Safety Power Shut-Off*

*Flood*

*Storm*

*Crime*

Each disaster is unique and requires a separate plan



# Why Prepare?

- Any disaster could happen:

***Earthquake, Fire, PSPS, Flood, Storm, Crime***

- After a disaster, you may not have:  
*Water, Power, Sewer, Natural Gas, Telephone, Shelter, Roads, ATM's, Gasoline, etc.*
- Emergency Services will be busy:  
*Fire, Police, Medical Care, Public Works, Utilities.*
- Therefore:

***Be prepared to care for you, your family and community for 5 to 7 days***





# Preparedness Process:

- Identify your threats: home, work, and at school
- Involve other people: family, co-workers...
- Make a plan for each threat – know your options – what to do, how to communicate
- Get your tools, supplies, modify facilities
- Practice your response
- Assess: what went well – what needs improvement

## • Tier 1 – Life Safety and Survival Actions

Personal  
Prepared-  
ness

Emergency  
Coordination  
Team

Emergency  
Alert and  
Notification

Emergency  
Procedures

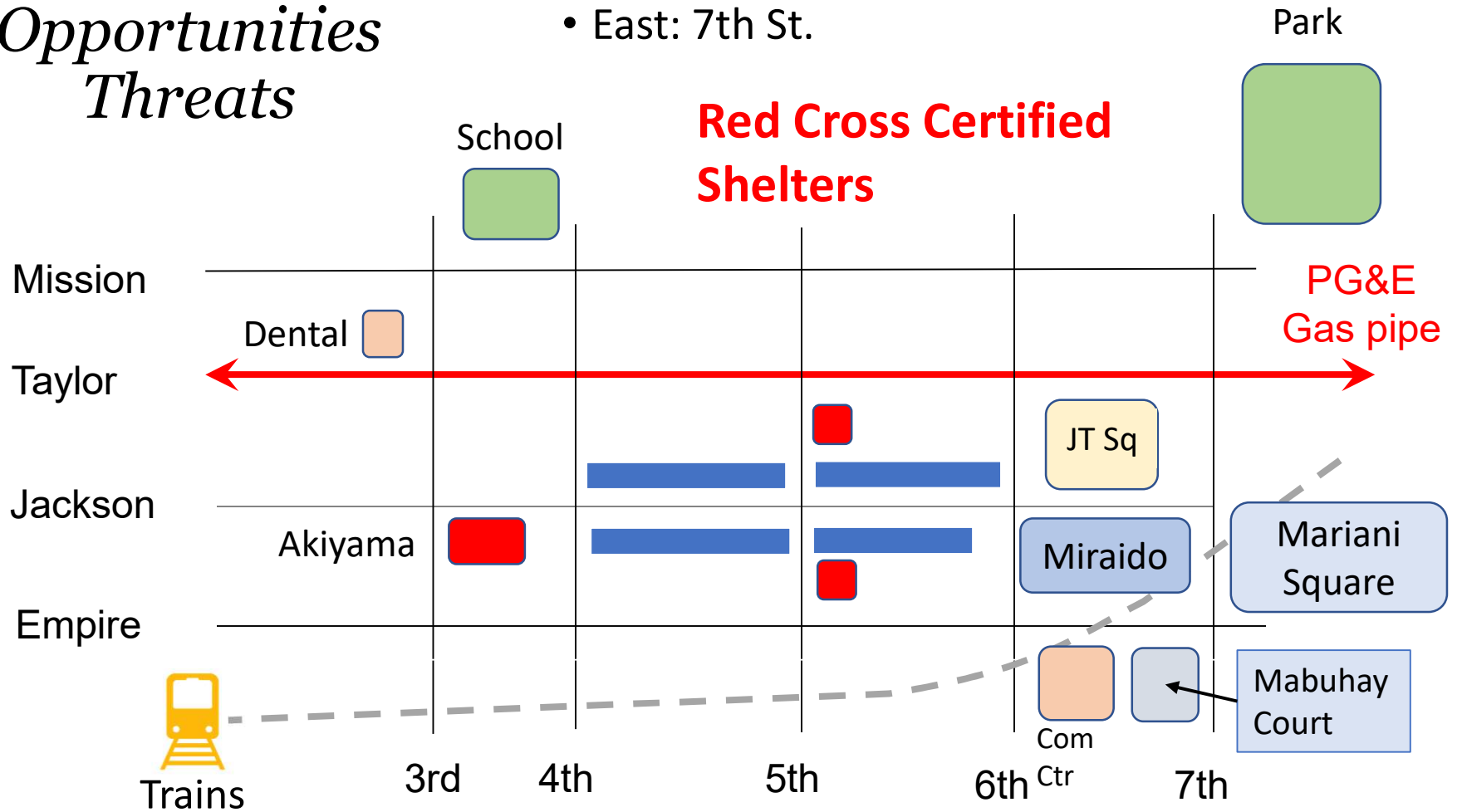
Resilient  
Facilities

Hazard  
Assessment



**Japantown:**  
*Strengths*  
*Weakness*  
*Opportunities*  
*Threats*

- North: Mission St.
- South: Empire St.
- West: 3rd St.
- East: 7th St.



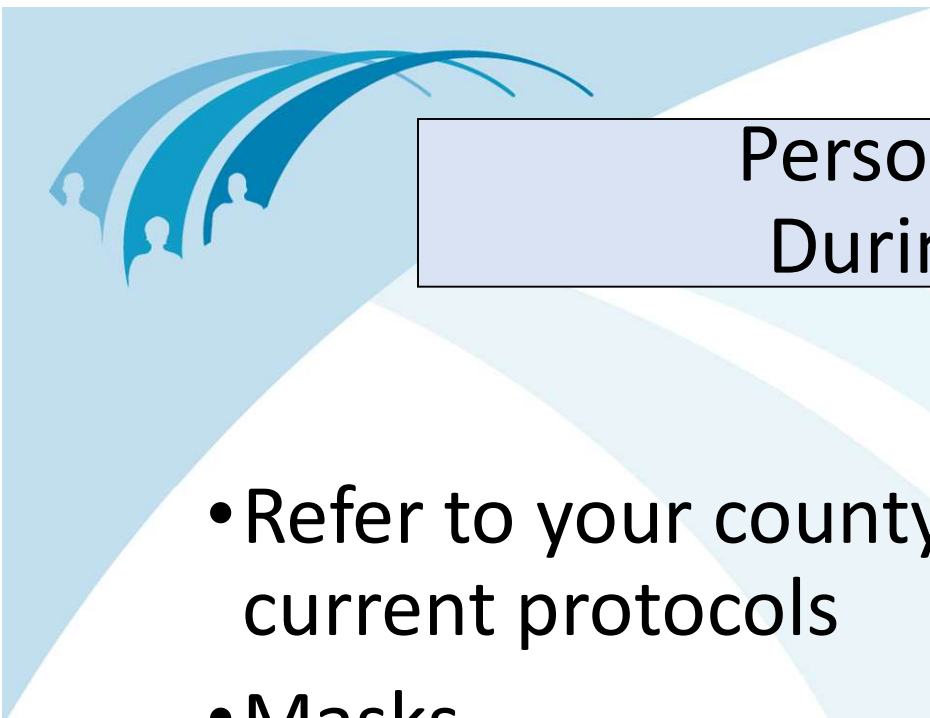
# *Disaster Communications*

- Landline
- Cell phone
- Text Messages
- Social Media
- Amateur (Ham) Radio
- Family Radio Service (FRS walkie talkies)
- Use “runners” to convey messages



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## Personal Preparedness During the Pandemic

- Refer to your county public health officer for current protocols
- Masks
- Distancing
- Cleaning
- Screening/separate areas





# Create a Preparedness Plan

## People: who?

## Building: home, work?

### Before

Disaster Mission? Survive and minimize injuries/damage  
Identify your threats  
Know options for each threat  
Set up family/neighborhood team  
Create/practice response/escape plan  
Include pandemic safety protocols

Secure hazards; furniture, glass  
Get water, food, supplies, 1<sup>st</sup> Aid Kit  
Tools: flashlight, radio, batteries.  
Open doors, windows, 2<sup>nd</sup> story?  
Seismic upgrade?

### During

Protect yourself - Don't PANIC  
Be a leader: Check on others/1<sup>st</sup> Aid  
Expect aftershocks

Stay or Evacuate?  
Check building for damage  
Gas, water, electric, sewer on/off?

### After

Take care of basic needs.  
Emotional trauma  
Notify relatives

Secure your building  
Check neighbors  
Make repairs

(Know / Prepare / Get / Practice)





# Public Safety Power Shut-Off Plan

## People: family

## Building: your home

### Before

Medical/special needs?  
CPAP?  
Diabetic?  
Dialysis?  
PG&E Medical Baseline Program  
Pandemic issues?

Kilo Watt hours used?  
Heat/cooling?  
Food/medicine/insulin refrigeration?  
Electrical water pump  
Options: solar/battery, generator,  
move to a place with power

### During

Estimate how long PSPS will last?  
Either move to power or supply  
your own

Consume perishable food first,  
frozen food next, non-perishable last

### After

Any problems? If so, changes?

Any damage/repairs needed?





## DURING A FIRE

**Fight**

**a small fire**

**Or**



**Flight**

**evacuate a large fire**





**PUT OUT A FIRE**

**AIR**

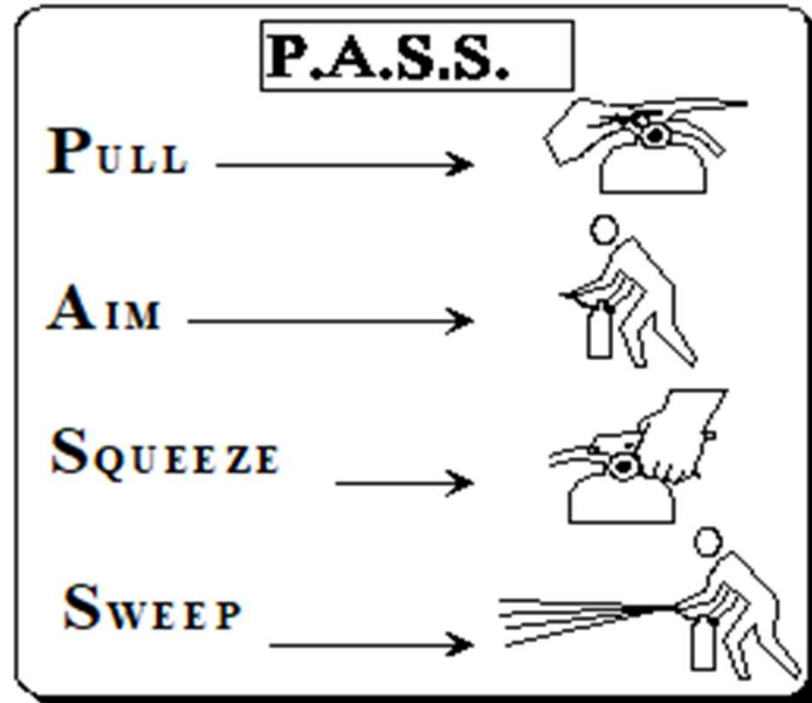
**HEAT**



**FUEL**



# Use a fire extinguisher to put out a small fire



**Test the extinguisher after pulling the pin**

**Sweep the base of the fire, lasts about 10-15 seconds**



## *Reducing The Risk Of Fire...*

- Don't overload outlets
- Keep hallways clear
- Don't store items near heater vents
- Maintain smoke/CO<sup>2</sup> alarms
- Don't leave burning candles
- Know where fire extinguishers are and how to use them





## DURING AN EARTHQUAKE

### *In a building . . .*



- ***DROP*** under a desk or table
- ***COVER*** your head
- ***HOLD*** onto desk or table leg
- Don't run outside





## DURING A EARTHQUAKE

### *In a building . . .*

Stand in a doorway or kneel next to a large chair or sofa



## Earthquake While You Are Sleeping...



- Stay in bed with blanket over you, or
- Lay on floor next to your bed
- Do not run in the dark over unstable ground and broken glass





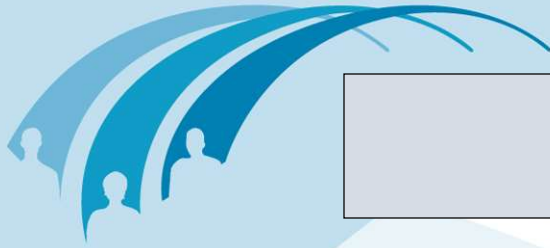
## DURING A EARTHQUAKE

*In a vehicle. . .*



- **MOVE** to a clear area, away from power lines and overpasses
- **PULL OVER** to the side of the road
- **STAY** in your vehicle





## DURING A EARTHQUAKE

Outside: seek an object to protect you and avoid falling objects...





## After An Earthquake....

### *After the shaking stops...*

- Check people for injuries.
- Check building for damage.
- Check for water & gas leaks.
- Turn off leaking utilities

Expect after shocks



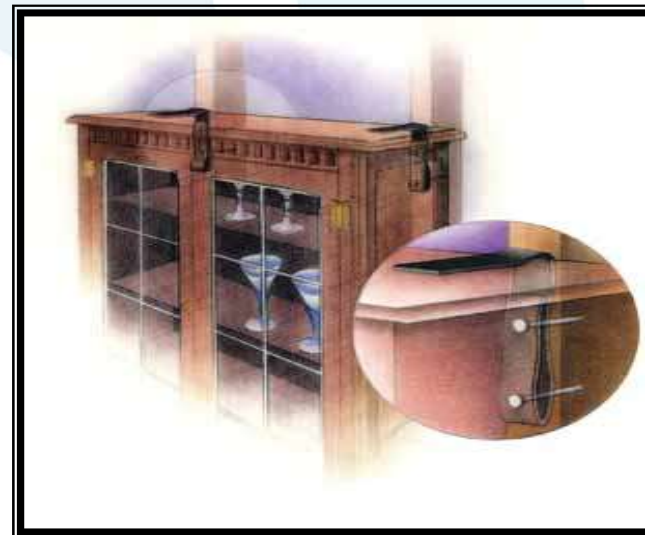
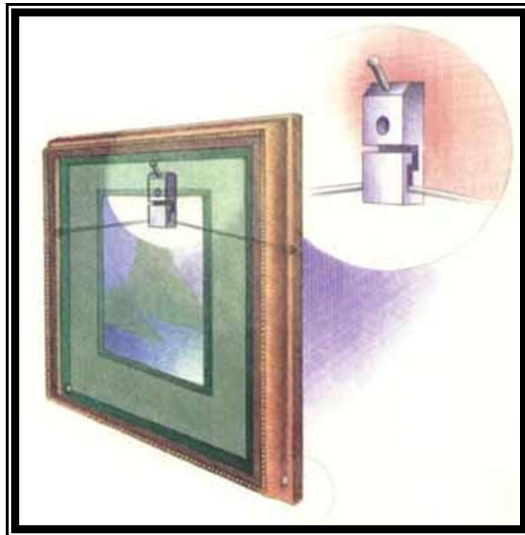
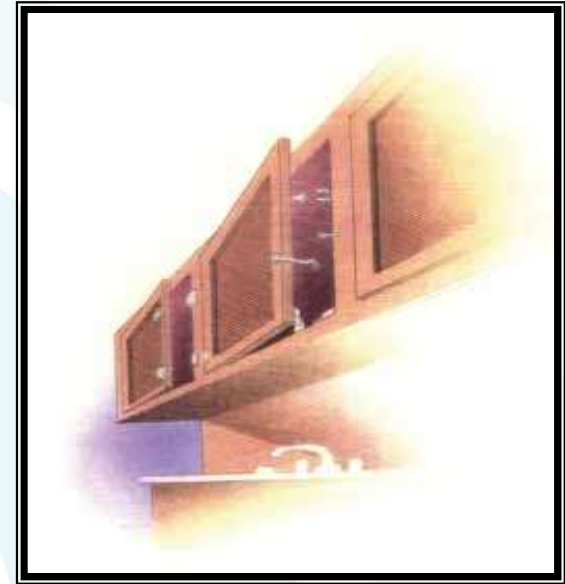


# Know HOW To Turn Off Gas, Electricity & Water



# How To Reduce Earthquake Risk

- Latches on cabinets
  - Shelf liner
  - Secure tall furniture to a wall stud
- Secure pictures/mirrors





# Know How To Evacuate From An Upper Floor





## PEOPLE WITH SPECIAL NEEDS

*People with special needs are particularly vulnerable in disasters.*

Here are some important things to consider . . .

- Establish a personal support network or “buddy system”
- Record health information and medications
- Identify special transportation needs
- Take extra time to practice evacuation procedures

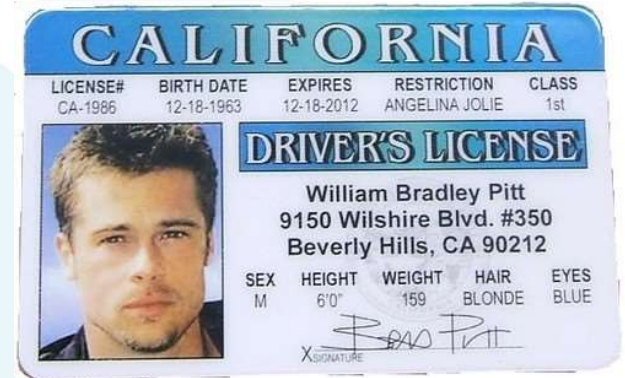




# Vital Documents

*Having proper documentation is essential. . .*

- Drivers licenses, Passports ...
- Insurance policies, mortgage ...
- Medical records, medical insurance ...
- Phone numbers and contact info....
- Take photo's of valuables





# EMERGENCY SUPPLIES

**Plan to be on your own for at least 72 hours!**

- **Water** (1 gallon per person per day) Water heater, fill bathtub, toilet tank
- **Food** non-salty/diuretic, non-perishable, re-fresh twice a year
- **First aid supplies, Rx medications.**
- **Radio, flashlight**, multi-purpose knife, can-opener, heavy-duty plastic garbage bags.
- **Clothing, sturdy shoes, rain suit**
- **Cash, ID, Important papers, insurance**
- **Cookware & utensils, WP matches**
- **Camp stove/BBQ, tent, sleeping bag**
- **Personal sanitation, plastic bags, TP, PPE**





## Practice your Disaster Plan

- Practice “Evacuation Drills”
- Know where your EXITS are; multi-story exits
- Meeting Place: up wind, up hill, open space
- “Out of the Area” emergency contact
- Write down phone numbers
- Have a list of all medications
- ½ tank of gas
- Refresh supplies on a regular basis





## Crime Prevention



Mitigate crime with the 4 “E”s:

Education: know the crimes in your community and how to prevent them, [www.local police dept.](http://www.localpolice.dept)

Engineering: Harden the target with locks, lighting, landscaping and cameras

Enforcement: if you see something suspicious, say something: **Call 9-1-1**

Empowerment: be alert and notify your neighbors

Neighborhood Watch

Nextdoor.com





## Active Shooter/Mass Casualty Incident

### Before:

Have a plan: **Run – Hide – Defend**

Be alert: As you come and go,

look for suspicious people and vehicles.

Periodically check the area around your facility.

Monitor your clients; have they seen or heard any threats?

Disgruntled clients or employees; threat assessment.

Be able to lock/barricade your doors/windows.

Practice active shooter drills

Have tools and equipment





## Active Shooter/Mass Casualty Incident

**During a MCI:      Run – Hide - Defend**

Communicate: alert occupants and call 9-1-1

**Run** away from the threat using cover/concealment

- Have escape routes on all sides of building

- Check area before you enter

- Have a refuge area

**Hide** if you can't run:

- Lock and barricade doors

- Close blinds, turn off cell phone noise

**Defend** yourself with improvised weapons





## Your Next Steps...

Prepare yourself for a disaster

Be prepared to help your neighbors/co-workers

Be a disaster response leader, be a  
Community Emergency Response Team  
CERT member



## IN CONCLUSION....



***You can't control disasters.***

***But you can control how they affect you.***



- ***Know what to do...***
- ***Have emergency supplies...***
- ***Practice your plan...***





## Resources

- [www.ready.gov](http://www.ready.gov)
- [www.redcross.org](http://www.redcross.org)
- [www.fema.gov](http://www.fema.gov)
- <http://resilience.abag.ca.gov/projects/earthquake-portal/>
- [www.sanjoseca.gov](http://www.sanjoseca.gov)



Rich Saito - CADRE  
San Jose Office of Emergency Management  
Community Emergency Response Team  
Japantown Prepared!  
Radio Amateur Civil Emergency Service  
San Jose Police Reserve





# Closing Remarks

Let us know what other workshop topics you would like to see covered in the future...



**Scan this QR code with your phone camera to provide your participant feedback to us...**



Connect

Serve

Support



*Thank you!*

Connect

Serve

Support<sup>51</sup>