



CADRE

Collaborating Agencies'
Disaster Relief Effort

This session is made available
through funding by:



WHEN SECONDS COUNT: EARTHQUAKE SAFETY TRAINING

DISCLAIMER - This document was prepared under a grant from FEMA's Grants Programs Directorate, the Department of Homeland Security. Content derived from the Bay Area Urban Areas Security Initiative Training and Exercise Program does not necessarily represent the official position or policies of FEMA's Grants Programs Directorate or the Department of Homeland Security.

Who is CADRE

- ✓ Passionate Emergency Managers
- ✓ 501c3 Nonprofit Organization
- ✓ Appointed Santa Clara County Volunteer Organizations Active in Disaster (VOAD)
- ✓ Mission: To bridge the gap between vital non-governmental resources and communities in crisis

WHAT DOES CADRE DO?



VOAD COMMITTEES
Disaster readiness projects



SUPPORT NETWORKS
Communication tools and procedures



DISASTER RESOURCE DIRECTORY
Connecting community organizations to one another and to County resources



TRAINING
Providing training and disaster management subject matter expertise



EVENTS AND OUTREACH
Sharing disaster preparedness information and resources with the community



WEBSITE
One stop shop for disaster prep, response, and recovery information

SUPPORT NETWORKS



Volunteer Coordination



Advocacy & Equity



Animal



Climate Resilience & Sustainability



Communication & Information



Donation Coordination



Economic & Business



Mass Care



Access & Functional Needs



Public & Community Health



Youth



Senior



Veteran



Unhoused



Transportation



Faith & Spiritual Care



Mental & Behavioral Health

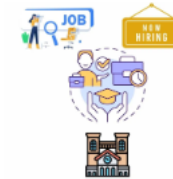
JOIN A NETWORK TO QUICKLY COMMUNICATE WITH OTHER ORGANIZATIONS DURING DISASTER



Food



Immigrant



Employment Assistance

WHEN SECONDS COUNT

www.cadresv.org/earthquake



Events Preparedness Response & Relief Recovery About CADRE and the VOAD

PREPAREDNESS / EARTHQUAKE

Earthquake

Welcome to CADRE's earthquake safety page!

"Earthquake Safety in Your Home" includes topics that everyone should know to stay safe when the ground shakes. Topics include: hazards in the home, where to get reliable information, available resources to help you recover, supplies needed, protections for undocumented community members, when and how to turn off natural gas and more!

We believe that everyone should have access to earthquake safety information in their preferred language. That's why we're continuing to add additional translated recordings and written materials. If any translations are inaccurate, please [contact us](#).

What is Equity? 2021 Executive Order: "For purposes of this order: (a) The term "equity" means the consistent and systematic fair, just, and impartial treatment of all individuals, including individuals who belong to underserved communities that have been denied such treatment, such as Black, Latino, and Indigenous and Native American persons, Asian Americans and Pacific Islanders and other persons of color; members of religious minorities; lesbian, gay, bisexual, transgender, and queer (LGBTQ+) persons; persons with disabilities; persons who live in rural areas; and persons otherwise adversely affected by persistent poverty or inequality..."

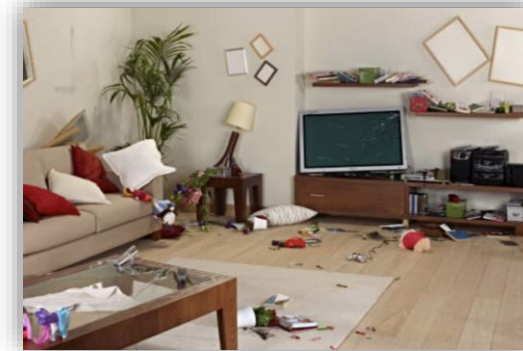
The term "equity" refers to fairness and justice and is distinguished from equality: Whereas equality means providing the same to all, equity means recognizing that we do not all start from the same place and must acknowledge and make adjustments to imbalances. The process is ongoing, requiring us to identify and overcome intentional and unintentional barriers arising from bias or systemic structures."



1. Download the MyShake App
2. Make an emergency supply kit! [Download Dollar Tree Emergency Supply List \(translated versions below\)](#)
3. Watch the recorded presentation in your preferred language. [Download presentation reference links and resources](#)



Thank you to the United Way Bay Area for funding this webpage.



**English | ASL | Spanish |
Vietnamese | Korean | Tagalog |
Chinese | Amharic | Hindi |
Portuguese | Russian and more!**

Immigrant Resources

Trusted Information Sources

LANGUAGES

UNITED POLICYHOLDERS



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[HOME](#)

[ABOUT](#) ▾

[MEDIA](#) ▾

[RECOVERY HELP](#) ▾

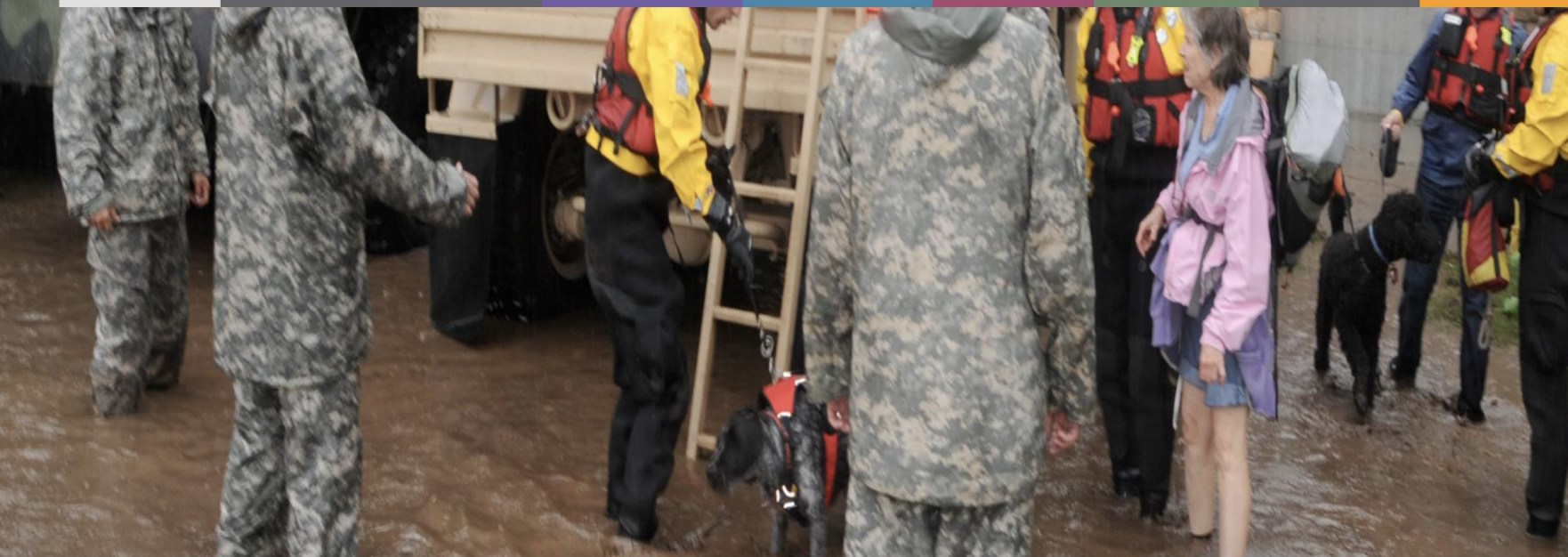
[GET PREPARED](#) ▾

[ADVOCACY](#) ▾

[COMMUNITY](#) ▾

[EVENTS](#) ▾

[SUPPORT UP](#)



- ✓ Insurance Education
- ✓ Disaster Assistance
- ✓ Insurance Advocacy



UpHelp.org

We've got your back when insurance matters

OBJECTIVES

By the end of the training, you will know:

- ✓ how to stay safe during earthquakes and other disasters;
- ✓ the basic steps for preparing yourself and your loved ones for disasters;
- ✓ the actions needed to prepare yourself and your home for earthquakes; and,
- ✓ how to safely respond and recover after an earthquake.



**5 TASKS TO
GET
PREPARED**

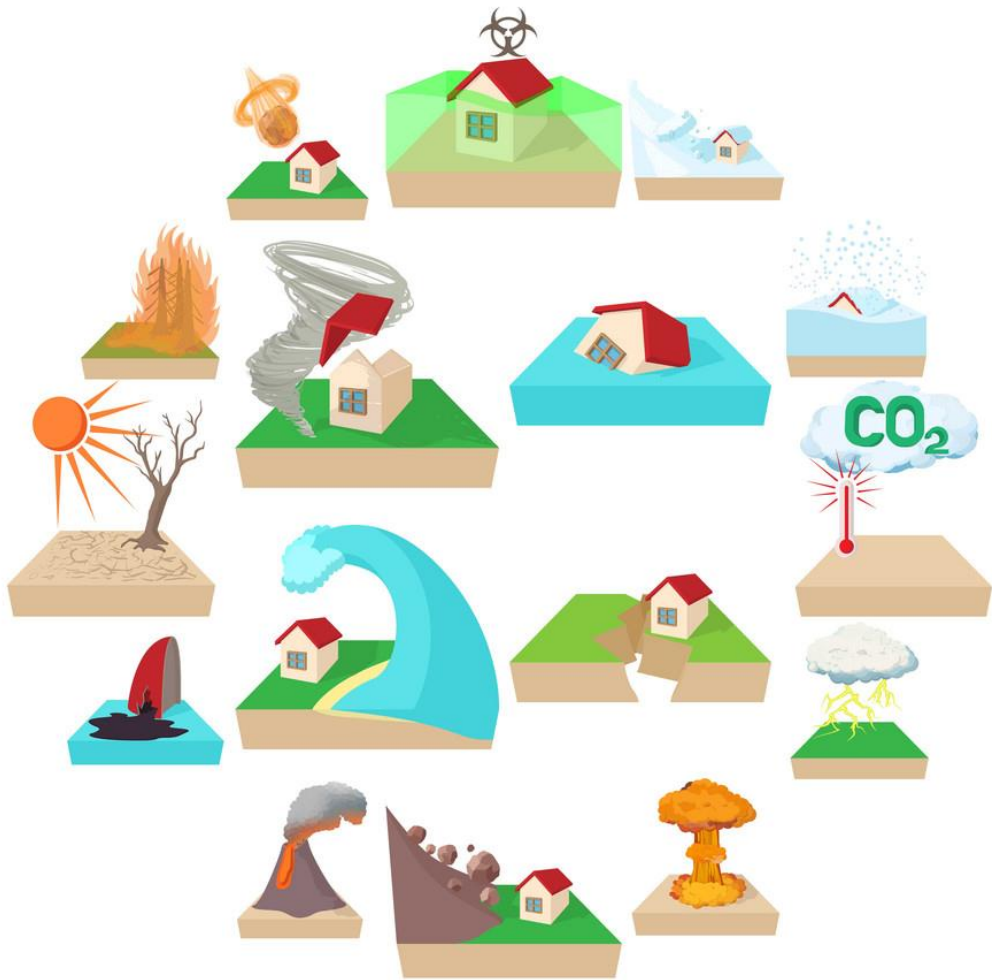
1. Know your risk & response

2. Stay Informed

3. Make a plan & practice

4. Prepare your home & supplies

5. Be ready



**TASK 1:
KNOW
YOUR RISK
AND
RESPONSE**



SANTA CLARA COUNTY HAZARD RISKS

TABLE 5-6. HAZARD RISK RANKING

Hazard Ranking	Hazard Event	Category
1	Earthquake	High
2	Flood	High
3	Severe Weather	High
4	Dam and Levee Failure	Medium
5	Landslide	Medium
6	Wildfire	Medium
7	Drought	Medium

LEARN ABOUT YOUR DISASTER RISK

WEBSITE: <http://myhazards.caloes.ca.gov/>



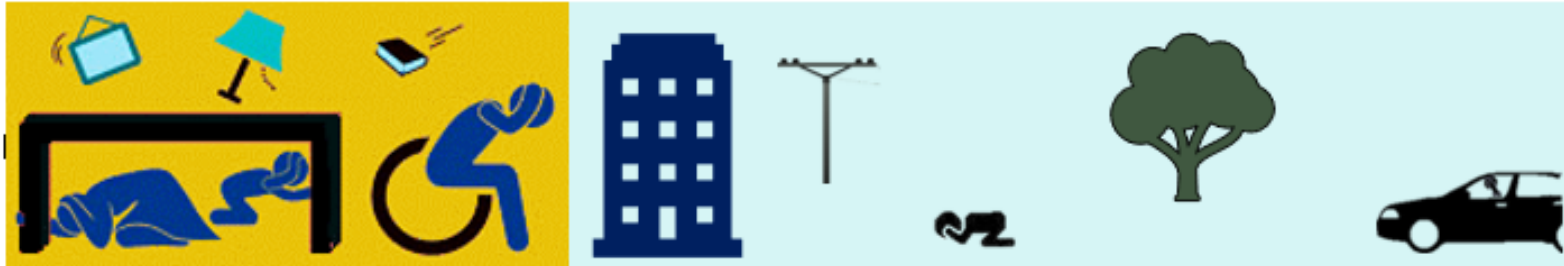
A screenshot of the MyHazards website interface. At the top, the Cal OES logo and 'MyHazards' title are visible, along with the tagline 'Helping reduce your risks from natural hazards'. A navigation menu includes 'Home', 'Earthquake Risk', 'Flood Risk', 'Fire Risk', 'Tsunami Risk', and 'All Risks'. Below the menu, a section titled 'How does MyHazards work?' explains the tool's purpose. A search bar contains the address '1322 Natividad Rd, Salinas CA', with 'Search' and 'Print' buttons. The main map area shows a geographic view of Salinas, California, with a red dot marking the search location. The map is overlaid with various hazard zones, including tsunami emergency response planning zones, 100-year floodplains, state responsibility areas (SRA) of varying severity (Very High, High, Moderate), liquefaction zones, and earthquake fault zones. A legend on the right side of the map provides a key for these different hazard types.

CAM 05



What to do in an earthquake

NO MATTER WHERE YOU ARE



WHEN SHAKING STARTS

1. **DROP** TO THE FLOOR OR **LOCK** YOUR WALKER/WHEELCHAIR

2. **COVER** YOUR NECK AND HEAD

3. **HOLD ON** UNTIL SHAKING STOPS

4. **STOP** WHERE NOTHING CAN FALL ON OR UNDER YOU

5. **PROCEED WITH CAUTION**

EXIT DAMAGED BUILDINGS BUT
DON'T RUN OR USE THE ELEVATOR



6. **PREPARE FOR AFTERSHOCKS,**

FIRES, TSUNAMIS, BROKEN GLASS, SPILLS,
BUILDING DAMAGE & OTHER HAZARDS

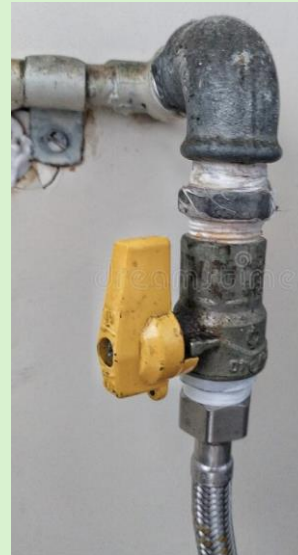


AFTER THE SHAKING STOPS

AFTER AN EARTHQUAKE

Check All Gas Appliances & the gas meter for leaks, signs include:

- ! Nature gas or rotten eggs smell**
- ! Hissing noise**
- ! Dials spinning on a gas meter**



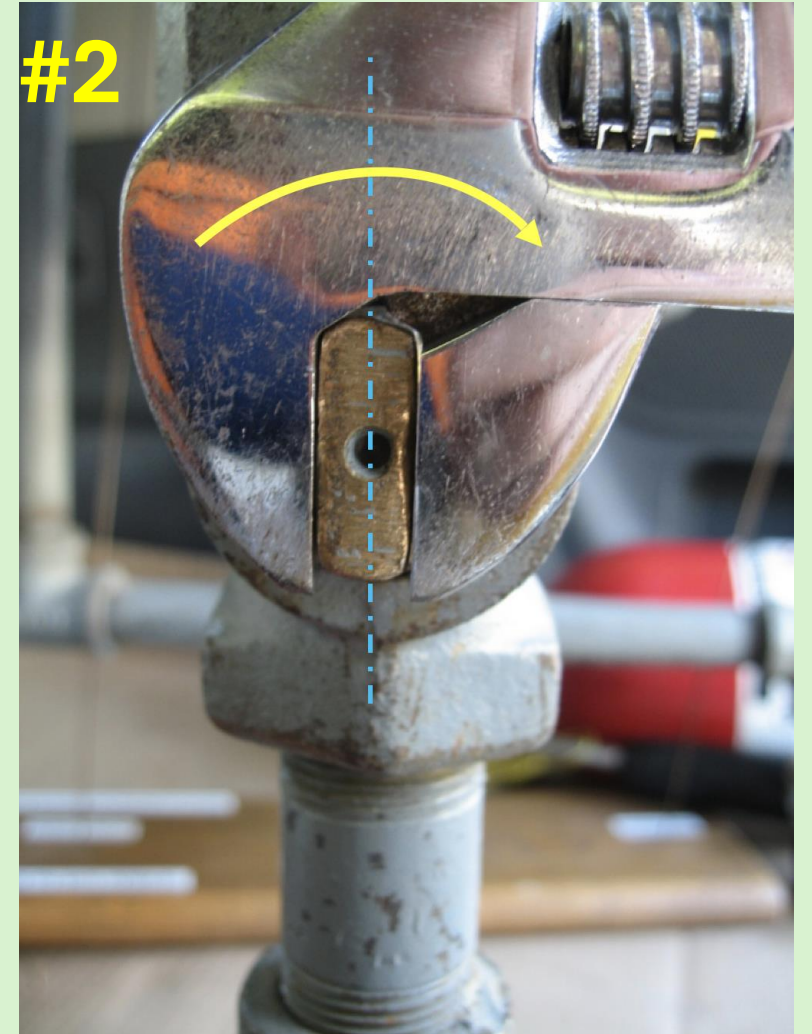
AFTER AN EARTHQUAKE

Shut Off the Gas

12"- 15" Crescent Wrench, 1/4 turn in either direction to shut off the gas.

! Do Not turn the gas back on

! Keep flames and sparks away from gas leaks!



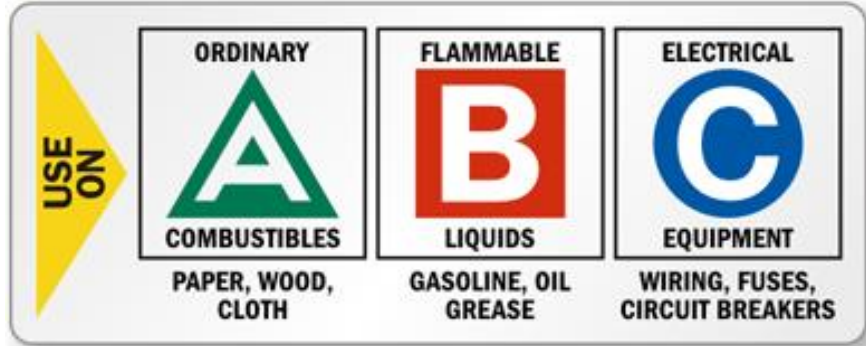
AFTER AN EARTHQUAKE

Check for Fires

If a fire is small, you can try to put it out using a fire extinguisher



3. Pulling the Ring Pin



Using A Fire Extinguisher

Pull the Pin

Aim the nozzle

Squeeze the handle

Sweep back & forth



FOR BIG FIRES

WHAT TO DO IN THE CASE OF A FIRE ?



Leave that place fast!. Don't take time to save belongings.



Get down, Get low, Get out
Avoid inhaling the smoke



Don't use elevators. Use fire escapes or exit stairs.

Roll on the floor



If clothes catch fire, do not sweep. Roll on the floor!



**Shut
The
Door**

Shut the doors in fire room
Stop the spread of fire.



Check knob's temperature
before opening.

✓ **Alert everyone** (call 911, pull the fire alarm, alert those in the building)

AFTER AN EARTHQUAKE

**Turn off
electricity if
there are signs of
electrical
damage, such as
sparks or signs of
an electric fire**



Main

Switches

Turn OFF Electricity:

- 1. First all individual switches**
- 2. Main Switch Last**

AFTER AN EARTHQUAKE

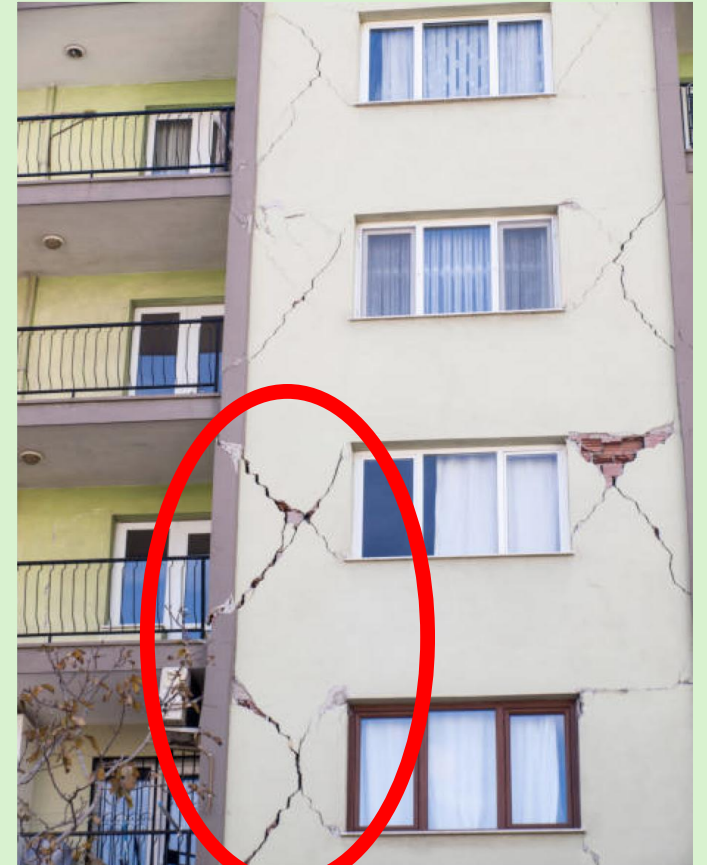
Turn Off water if there are signs of leakage or breakage at the shutoff valve or underground meter



AFTER AN EARTHQUAKE

Check for Building Damage

- 1. Doors Stuck**
- 2. Large diagonal Cracks**
- 3. Foundation Movement or damage such as cracks**



AFTER AN EARTHQUAKE

**Check on
neighbors, family,
and friends**

**Community
Emergency
Response
Team**



AFTER AN EARTHQUAKE

Be aware of other hazards that may accompany a disaster such as wildfires, tsunamis & power outages.

WILDFIRES

Follow authorities' instructions on evacuation and protect yourself from poor air quality



TSUNAMIS

Get away from the coastline and move to higher ground until officials say it is safe.



Wildfire Preparedness Campaign

RESOURCES:

www.cadresv.org/wildfire

WILDFIRE ALERTS    Funded by

If you think you're in danger, don't wait for an alert, leave immediately!

-  **RED FLAG WARNING - BE ALERT.**
Fire conditions (dry, hot, windy) are occurring.
-  **EVACUATION WARNING - GET READY TO LEAVE.**
Fire is close. Leave now if you need extra time.
-  **EVACUATION ORDER - LEAVE IMMEDIATELY.**
Fire is here, you are in danger!

Learn more about alerts and preparing for wildfire: Cadresv.org/Wildfire



- Wildfire Safety Translations
- Air Quality Information
- Red Flag Warning from the National Weather Service
- Evacuation Warning - Alert
- Evacuation Order - Alert
- Prepare Before Wildfire
- After Wildfire Recovery

- Mini Videos
- Alert Systems
- Wildfire Alerts
- Evacuations
- What to Expect
- Immigrant Support
- Access and Functional Needs



Video 1: Alertas e Información de Emergencia
CADRE Videos
4 views • 5 days ago
New




Video 3 What to Expect During Wildfire English
CADRE Videos
7 views • 1 month ago



Video 5 Immigrant Rights in Disasters English
CADRE Videos
5 views • 1 month ago



Video 4: Preparación para emergencias según...
CADRE Videos
8 views • 5 days ago

WILDFIRE READINESS  More Info: cadresv.org/wildfire

Fire is HOT! Heat is more dangerous than flames. Room temperatures can rise to 600 degrees at eye level. Inhaling this super-hot air will scorch your lungs and melt clothes to your skin.

Fire is FAST! In less than 30 seconds a small flame can turn into a major fire. In minutes a house can be engulfed in flames.

Fire is DARK! Fire starts bright, but quickly produces black smoke and complete darkness.

Fire is DEADLY! Smoke and toxic gases produced by fires kill more people than flames do, with asphyxiation being the leading cause of fire deaths.

Remember, leave immediately if you feel you're in danger, don't wait for an alert or warning!

WILDFIRE ALERTS AND WHAT YOU SHOULD DO:

<p>Red Flag Warning – Stay Alert Fire conditions (dry, hot, windy) are occurring.</p> <ul style="list-style-type: none"> Stay alert to your surroundings via news, government websites, and Alert SCC, the county's alert system. Sign up: www.alertscc.com Have phone volumes turned up to ensure you hear alerts. Check with your city to learn about their evacuation plans and where you should go. Move flammable items away from the sides of your home, remove dry leaves from the roof and gutters, and cover outside vents. 	<p>Evacuation Warning – Be Ready. Fire is close.</p> <p>Leave now if you're sensitive to air quality, need extra time, or have large animals.</p> <ul style="list-style-type: none"> Prepare animals and children for evacuation. Coordinate with family members who aren't at home and warn your neighbors. Have bags packed with essential documents and items to meet personal needs. Plan where you will go and how you will get there if you need to evacuate, filling up gas tanks at least halfway or arranging for transportation. 	<p>Evacuation Order – Leave now! Fire is here, you are in danger. You no longer have time to pack or prepare, get out of the area now!</p> <ul style="list-style-type: none"> Close doors, windows, and fireplaces on your way out Make your house visible for fire fighters by leaving lights on inside and outside the house. Take all animals with you. Let someone know when you leave and where you are going.
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Translations:

- English
- Chinese
- Hindi
- Japanese
- Korean
- Spanish
- Tagalog
- Vietnamese

Wildfire Air Quality



Events Preparedness

PREPAREDNESS / OVERVIEW

Preparedness

CADRE's preparedness activities include providing resilience workshops, planning templates and a wealth of resources you may use for your organization emergency planning. In addition, we've compiled information from other sources that you may find helpful. If you have additional materials to share, email them to cadre.scco@gmail.com.



Earthquake Preparation



Wildfire Preparation



Training Webinars

Access and Functional Needs

Active Shooter

Air Quality

Alert and Warning

Animals

Long Term Recovery

Mass Care/Shelter

Medical Resources / CPR

Mental Health

Mobile Apps

Air Quality

Resources for Air Quality

Here are a number of good resources for Air Quality. Find the resources that work best for your situation.

California Air Resources Board website has a lot of good educational materials.

[Air Now](#)

[California Air Resources Board](#)

[Emergencies and Indoor Air Quality](#)

[California Smoke Information](#)

[Purple Air](#)

[Bay Area Air Quality Management District](#)

[County Public Health DIY Filter Fan](#)

[DIY Air Filter/Fan combo](#)

Cadresv.org/preparedness

- ✓ BAAQMD
- ✓ EPA
- ✓ CA Air Resources
- ✓ DIY Air Filter



School Air Quality Activity Recommendations

PROTECT STUDENT HEALTH DURING POOR AIR QUALITY

Air quality is an important consideration for schools when planning student activities. The Bay Area Air Quality Management District is available to assist schools with understanding local air quality and actions to take to protect student health. To find out more, visit www.BAAQMD.gov or call 415-749-4900.

The following school activity recommendations are based on consultation with health researchers and several important principles drawn from recent studies.

Activity	Air Quality Level				
	LEVEL 1 AQI 0-50 PM _{2.5} 0-12 µg/m ³	LEVEL 2 AQI 51-100 PM _{2.5} 13-35 µg/m ³	LEVEL 3 AQI 101-150 PM _{2.5} 36-55 µg/m ³	LEVEL 4 AQI 151-200 PM _{2.5} 56-150 µg/m ³	LEVEL 5 AQI 201 or higher PM _{2.5} 151-500 µg/m ³ <small>School districts may consider closures based on site-by-site concerns.</small>
Recess (15min)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
P.E. (1hr)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.

What to do during a power outage









- ✓ **Keep freezers/refrigerators closed.**
- ✓ **Turn off or disconnect** appliances, equipment, or electronics.
- ✓ **Avoid carbon monoxide poisoning.**
Use generators, camp stoves, or charcoal grills outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.



IF AN EARTHQUAKE OCCURS IN THE SUMMER, HEAT WAVES CAN ADD EVEN HIGHER RISKS TO WELL BEING, ESPECIALLY IF THE POWER IS OUT

HEAT SAFETY

- ✓ Drink plenty of fluids to **stay hydrated and avoid high energy activities.**
- ✓ Stay in places with **air conditioning or shade** and wear loose, lightweight, light-colored clothing.
- ✓ Check yourself, family members, clients, and neighbors for **signs of heat-related illness.**
- ✓ **NEVER** leave a person or animal alone inside a vehicle on a warm day.

HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache
Excessive sweating		No sweating
 Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin 
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness 
<ul style="list-style-type: none">• Get to a cooler, air conditioned place• Drink water if fully conscious• Take a cool shower or use cold compresses		CALL 9-1-1 <ul style="list-style-type: none">• Take immediate action to cool the person until help arrives

TASK 2: GET INFORMED



1 Sign up for Alerts with ALERTSCC and MYSHAKE

2 Find trusted sources for information - <https://cadresv.org/resources/all-local-trusted-information-sources-combined/>

3 Organizations should connect with CADRE's Support Networks - <https://cadresv.org/cadre-support-networks/>



Website: www.AlertSCC.com

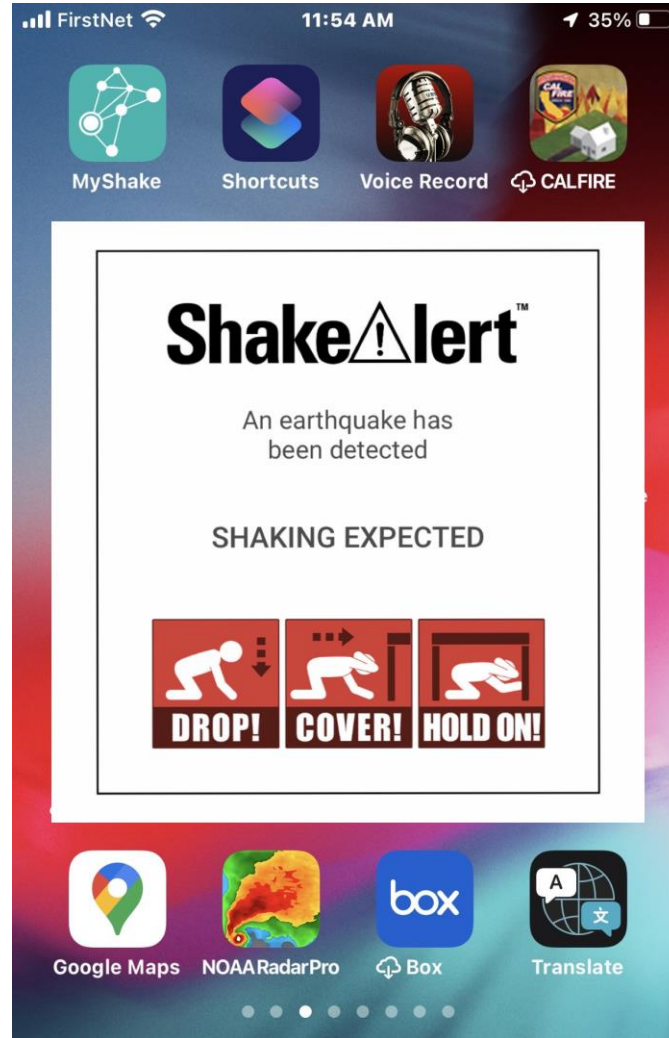
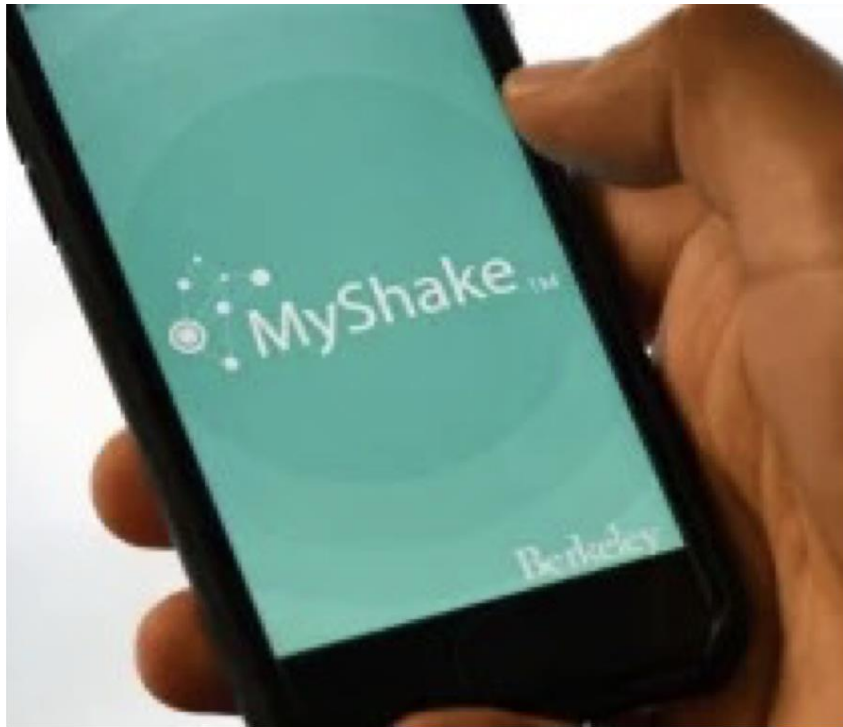
Phone Number: (408) 808-7871

Email: noreply@everbridge.net





MyShake™





LOCAL TRUSTED SOURCES



TASK 3: HAVE A PLAN

1. How will you **ADDRESS BASIC NEEDS** during and after a disaster? Where can you turn to for help?

2. How will you **COMMUNICATE** with loved ones and seek assistance during a disaster?

3. How will you **RESPOND** to each type of disaster?

a. If you **EVACUATE**, where will you go and how will you get there?

b. If you have to **SHELTER IN PLACE**, what room will you stay in?

Household Emergency Plan

Make your family's emergency plan today, by filling out this worksheet

Family last name and home address: _____

Family member contact information:

Full name:	Phone:	Email:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Pet information:

Name:	Type/Breed:	Colour:	Registration/ID:
_____	_____	_____	_____
_____	_____	_____	_____

Plan of action:

- The disasters most likely to affect our household are:

- The escape exits from our home are:


- If separated during an emergency (i.e. if at work or school), the meeting place near our home is:

- The route to get to our neighbourhood meeting place is:

TIP: Keep this plan in an easy-to-find, easy-to-remember place (for example, with your emergency kit). You may also want to make duplicate copies to keep in your car and/or at work.

TIP: Your family may not be together when a disaster occurs, so it's important to practice what you've planned so you know how to connect with each other in the case of an emergency. Be sure to discuss what you would do in different situations. Review and update your plan yearly.

TIP: Your pets should wear current identification tags and have their vaccinations up-to-date at all times. Along with your information on their tag, also include the phone number of your out-of-area contact.



COMMUNICATING IN AN EMERGENCY



Landlines and Pay Phones work better than cell phones during emergencies

TEXT IS BEST!
Text messages may get through when a phone call does not.

Use the Internet to communicate by email or social media networks.



Long-Distance Calls work better than local calls during emergencies. Have an out of area contact person who lives **at least 100 miles** away.

Use **charged batteries** and a solar, portable and/or car **charger** for backup power

Conserve mobile phone battery by reducing screen brightness, using airplane mode, closing apps, and limiting unnecessary usage



PRACTICE, PRACTICE, PRACTICE



Have at least two emergency drills a year, one during the day and one at night



Have drills in different locations and use different evacuation routes each time.



Don't forget to include pets in the drills!

**TASK 4:
PREPARE
YOUR
HOME &
SUPPLIES**



Emergency Kit Basics

Every household should have an evacuation and a household emergency kit that include:



At least 1 week's supply of
Food, Water and Medicine
+ a Manual Can Opener



Extra Chargers
Including Solar and/or Car
Charger



Change of Clothes
and Emergency
Blankets



Toiletries



Flashlight with Extra
Batteries



Copies of Important
Documents, Cash, &
Valuable Possessions



A First Aid Kit and
Extra Medical
Equipment



Your Emergency Plan &
Communication Card



Multipurpose tool



A portable radio

Check and replace expired or malfunctioning supplies every 6 months

EMERGENCY KIT EXTRAS

Car



A Map, Compass and
Spare Keys



Spare Tire and Jack



Jumper Cable and Tow
Rope

Under the Bed



Protective Wear
Glasses, Dust Mask, Helmet, Work Gloves
and Sturdy Shoes



Light Sticks



Whistle, Help Sign
and Tape

For Children and Pets



Non-Electric Entertainment
and Comfort Items



Baby Supplies,
Formula, Clothes, Wipes,
Diapers, and Pacifier

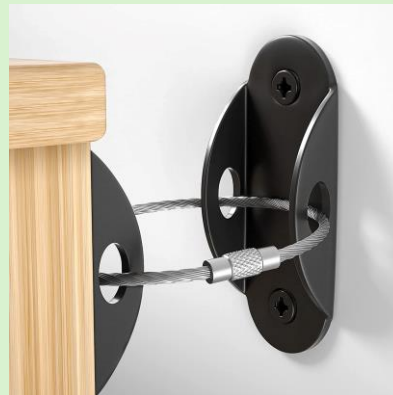


Pet Supplies
Food, Water, Medicine, Tag,
and Leash/Carrier

AFTER AN EARTHQUAKE

**Image the
condition of your
house after an
earthquake.**

**Could you have
done anything to
avoid the
damage ?**



TO PREPARE FOR AN EARTHQUAKE

DO A HAZARD HUNT FOR THINGS THAT MIGHT FALL



1. Latch all cabinet doors.



2. Secure potential flying hazards.



3. Adhere hanging items to wall.



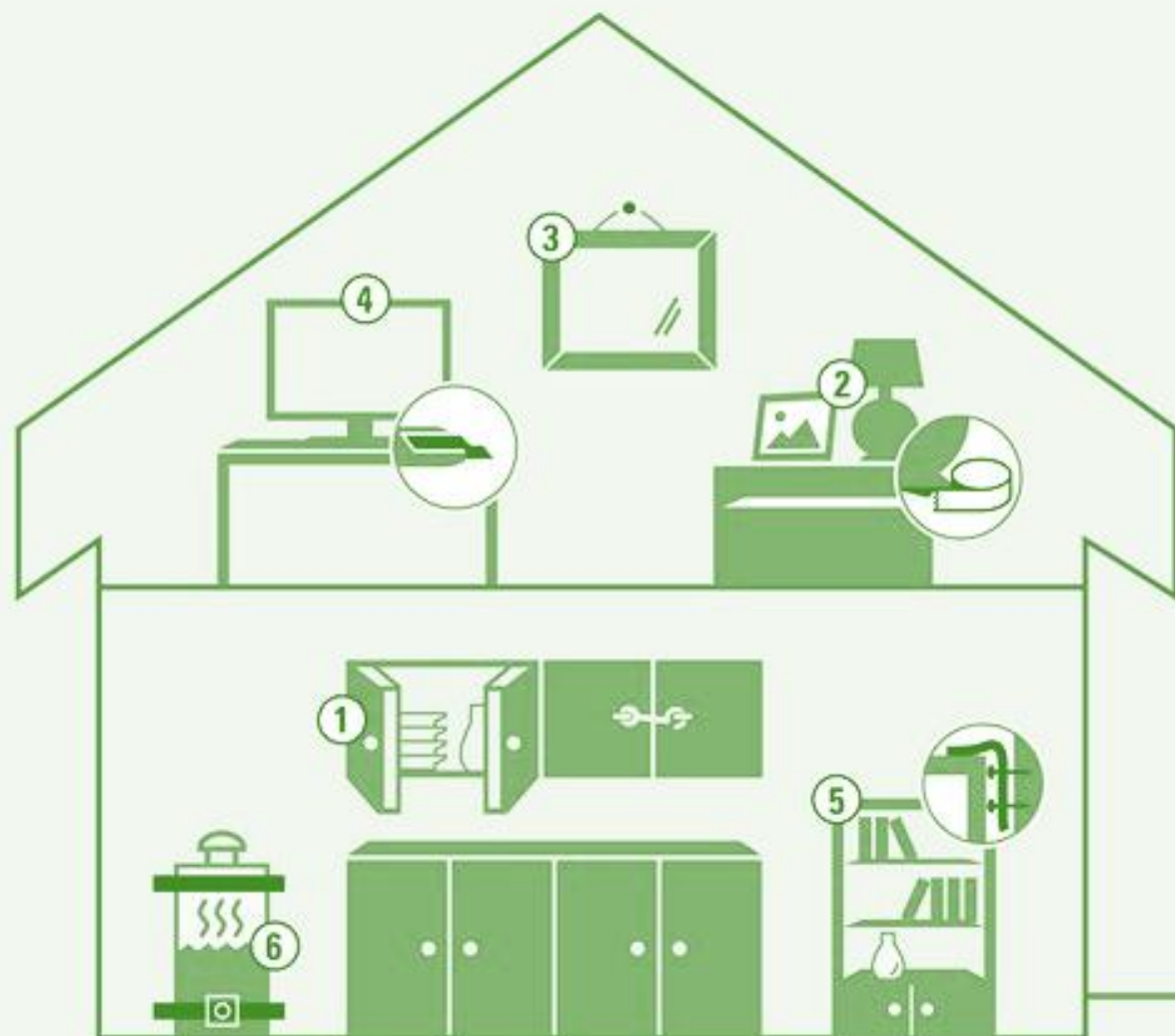
4. Secure electronics in place.



5. Anchor furniture.



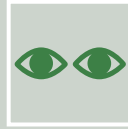
6. Strap appliances to wall.



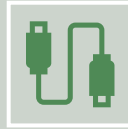
TASK 5: BE READY TO GO



Know at least two of your neighbors, get their contact information, and check on them after a disaster!



Always be aware of your surroundings and your nearest exit



Keep important devices charged at all times



Key car tanks at least 1/3rd full



Know your rights and resources available during disasters

Disaster Resources

Shelter/Housing

Mental Health

Financial Aid

Clean Up

Rebuilding

Insurance

Advocacy

Tenant Advocacy

Immigrant Support



KNOW YOUR RIGHTS IN A DISASTER

REGARDLESS OF CITIZENSHIP STATUS, YOU HAVE THE CONSTITUTIONAL RIGHT TO RECEIVE



INFORMATION
AND ALERTS



SHELTER



FOOD &
HYGIENE



MEDICAL
ASSISTANCE



TRANSPORT-
ATION
(WHEN
PROVIDED)



ANY OTHER
EMERGENCY
RESOURCES



You do not have to show any ID to shelter staff or police when receiving care in public location

Protected Areas for Immigrants

Schools

Places of Worship

Food Banks

Medical Facilities

Evacuation Routes

Places where disaster relief is being provided

Emergency shelters

ADDITIONAL INFORMATION

Website

www.cadresv.org/earthquake

Email

cadre.scco@gmail.com

Phone

408-577-2175

CADRE
(Collaborating Agencies' Disaster Relief Effort)
is a leading network of organizations that provide community services that are essential in times of disaster

[LEARN MORE](#)

The mission of CADRE is to strengthen coordination of the disaster response and recovery efforts of non-profit, faith-based, government, private and other disaster relief entities in Santa Clara County, through partnerships, planning, training, exercises and emergency activation.

[LEARN MORE](#)



More Earthquake Preparedness Information



Mini Videos! **When Seconds Count** **Earthquake Safety for the Home**



Resources:
www.cadresv.org/earthquake



Request Presentations:
earthquake@cadresv.org

408-577-2175



English | ASL | Spanish | Vietnamese | Korean | Tagalog | Chinese |
Amharic | Hindi | Portuguese | Russian and more!

Disaster Preparedness Information

Workshops
and Training

Prep Material
and Templates

Connection
to Resources

Outreach
Events

Preparedness

CADRE's preparedness activities include providing resilience workshops, planning templates and a wealth of resources you may use for your organization emergency planning. In addition, we've compiled information from other sources that you may find helpful. If you have additional materials to share, email them to cadre.scco@gmail.com.



Earthquake
Preparation



Wildfire Preparation



Training Webinars

Air Quality	+	Long Term Recovery	+
Access and Functional Needs	+	Mass Care/Shelter	+
Active Shooter	+	Medical Resources / CPR	+
Alert and Warning	+	Mental Health	+
Animals	+	Mobile Apps	+
Businesses	+	Pandemic	+
Children	+	Personal Protective Equipment	+
Climate Change	+	Public Safety Power Shutoff	+
Communications	+	Schools	+
Donations Management	+	Seniors	+



CADRE

Collaborating Agencies'
Disaster Relief Effort

This session is made available
through funding by:



Thank you!

Please take the course evaluation!

*Certificates of completion are available upon request
Email: heather@sfcad.org*