

# PERSONAL & FAMILY PREPAREDNESS: BEFORE A DISASTER



Plan and prepare with your family before a disaster takes place. Break actions down into small, manageable tasks and know that every step you take you are better off than before.

## MAKE A PLAN TO ESCAPE AND REUNITE

### Plan Escape Routes Out of Your Residence:

- ❖ Know how to safely get out of every room, and practice
- ❖ Consider the needs of children, people with special circumstances and pets
- ❖ Regularly review and update your plan with your family

### Plan for Where to Reunite:

- ❖ Designate several places to meet in case your home is unsafe or you are separated:
  - One close to home if only your house is affected (house fire, landslide, fallen tree)
  - At least one outside your neighborhood if it's unsafe to return to your home (evacuation)

## MAKE A PLAN FOR COMMUNICATIONS

### Use these numbers

#### EMERGENCY

- 9-1-1
- Oakland Fire (510) 444 - 1616
- Oakland Police (510) 777 - 3211

#### NON-EMERGENCY

- Oakland Fire (510) 444 - 3322
- Oakland Police (510) 777 - 3333

### Keep a written list of contacts in case your phone is lost

- Family
- School
- Work
- Caregivers
- Day care provider
- Utilities
- Insurance companies
- Medical providers
- Veterinarian

### Have an out-of-area contact to relay messages

- Someone at least 200 miles away
- All family members should know this person's number: keep it in your wallet/purse
- Make short calls or better send texts to provide status and leave messages

### Create a family group on Telegram, WhatsApp, Signal, etc, with the people you would need to communicate with if there was an emergency

Install the app on all phones. Everyone will get the same messages. Report your status, where you are and where you will go.

### Have an emergency charging option for your phone

- Keep all of your devices charged at all times if you can
- Keep a portable phone charger and charging cable in your car
- Have a back-up power supply/power pack to recharge your devices

## MAKE A PLAN FOR EVACUATION

- ❖ Know all potential evacuation routes by vehicle and by foot
- ❖ Have a list of important items to grab and take with you
- ❖ Refer to **OCP&R Guide #05 – Evacuation Planning**



**Zonehaven** is an emergency evacuation management application that provides evacuation information and hazard status to the public. Know Your Zone by going to [community.zonehaven.com](http://community.zonehaven.com) and refer to our **OCP&R Guide #23 – Zonehaven**.

# JOIN YOUR NEIGHBORHOOD GROUP

**Know your neighbors.** Work together to reduce hazards in your area. Refer to:  
**OCP&R Guide #01 – Neighborhood Organization.**

## MINIMIZE HAZARDS AROUND YOUR HOME

- ❑ **Secure the water heater, major appliances and tall furniture** to keep them from toppling. Use approved straps and connectors to attach them to wall studs.
- ❑ **Store hazardous/flammable liquids** in secure cabinets, separating bleach and ammonia products to prevent mixing when spilled.
- ❑ **Put heavy objects** on low shelves and never hang heavy items over beds or sitting areas.
- ❑ **Know how to shut off utilities.** Identify the location of the gas meter and water shut-off valves and main electrical breaker. Keep a gas shut-off wrench near the external gas meter. Consider installing a seismic gas shut-off valve that automatically “trips” during an quake.

## STORE EMERGENCY SUPPLIES



**Be prepared to fend for yourself for at least 7 days** after an earthquake or power outage. Store enough water, food and first aid supplies for you, your family and pets. You need one gallon of water per person per day.



**Keep a Go-Bag** of emergency supplies in an easily accessible place. Have a Go-Bag in your vehicles and at work.



**Plan for your pets.** Include supplies to take care of your pet(s) for at least 7 days, including food, bowls, litter boxes, can opener, etc, and ensure that your pet(s) are properly identified. Crate them if you must evacuate.



**Keep a small amount of cash** at home in small bills. ATMs and credit cards may not work during a disaster when you need to purchase needed supplies, food, or fuel.

## ASSEMBLE IMPORTANT RECORDS

### ❑ **Copy or scan important documents**

Digital copies are easiest to access after a disaster

### ❑ **Store records in 2 locations such as:**

- the Cloud
- a USB drive
- with your out-of-area contact

### **Include the following:**

- ❑ contact info in case your phone is lost
- ❑ birth/marriage certificates
- ❑ insurance policies
- ❑ doctors and medications
- ❑ financial records and tax returns
- ❑ passport
- ❑ recent photos of yourself, your family and pets
- ❑ driver's license
- ❑ will

### ❑ **Inventory your house contents**

Take photos or videos to document everything inside and outside the home, including vehicles

## TRAIN TO HELP YOU BE READY

- ❖ Be trained to help yourself and others. Professional first responders will be busy. Be ready to work with your neighbors.
- ❖ Take CERT training and learn first aid and CPR.

OCP&R is a program of the Oakland Firesafe Council | [www.oaklandfiresafecouncil.org](http://www.oaklandfiresafecouncil.org)

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