



## PERSONAL AND FAMILY PREPAREDNESS: DURING AND AFTER A DISASTER

Know how best to respond when a disaster occurs. And understand how best to recover afterwards. Above all, be safe and help others if you can, but don't put yourself at risk.

### DURING AN EARTHQUAKE

**DROP, COVER & HOLD ON** - get under and hold onto a sturdy desk or table if possible

#### If you are **INDOORS**, stay there if it is safe

Avoid windows, fireplaces, bookcases, large appliances, etc. If no cover is available, sit with your back against a solid interior wall. Make yourself as small as possible and **cover your head and neck** with your hands or arms. Be aware of objects flung from shelves and cabinets.

#### If you are **OUTDOORS**, get into the open

Stay clear of buildings, power lines, trees or things that could fall on you. If you are in a hilly area, be aware of possible landslides.

#### If you are **OUTDOORS** near tall buildings

Shelter in an entryway or inside the building to protect yourself from falling bricks, glass, plaster and debris.

#### If you are **DRIVING**

Turn on your emergency flashers, pull to the side of the road and stop in a safe place. Never stop on bridges, overpasses or underpasses. Avoid power lines, sound walls, large trees, light posts and overhead signs. Stay inside the vehicle until the shaking stops.

### DURING OTHER DISASTERS (wildfire, flood, storm, etc.)



**FIRE IN YOUR HOME** - Get everyone, including pets, out of the house immediately. Call 911. Once outside, stay outside. Go to your family meeting place.



**USING A FIRE EXTINGUISHER** Never attempt to extinguish a fire larger than a trash can!



**GET ACCURATE INFORMATION** - Monitor AC Alert ([www.acgov.org](http://www.acgov.org)). Listen to emergency broadcast radio stations (KCBS 740 AM or KQED 88.5 FM). Check Genasys Protect (Zonehaven) for threat and evacuation information ([protect.genasys.com](http://protect.genasys.com)). Monitor your 2-way radio emergency channel. Refer to **Guide #02 – Notifications and Warnings**.



**PREPARE TO EVACUATE** - If you see smoke or wildfire, evacuate quickly! In a fast-moving wildfire situation, you may only have a few minutes to get out. **If ordered to evacuate, do so immediately!** Refer to **Guide #06 – Emergency Evacuations**.



#### **CHECK ON YOUR NEIGHBORS**

Do they know what's happening?  
Do they need help to evacuate?

#### **IF TOLD TO "SHELTER-IN-PLACE" get everyone (and pets) inside as fast as possible.**

Close all exterior doors and windows, close vents and fireplace dampers, turn off heat/AC systems. Go to an interior room, take a battery-powered radio, water, food, sanitary supplies, a flashlight and your disaster supply/Go-Bag kit. Monitor AC Alert and an emergency broadcast radio station for instructions.

# AFTER A DISASTER REMAIN CALM AND FOLLOW YOUR PLAN!



**CHECK YOURSELF, YOUR FAMILY AND PETS** to make sure they are safe and well. Provide first aid if necessary. Refer to **Guide #19 – Disaster Mental Health**.



**IF YOU NEED HELP** make as much noise as possible to attract attention. Shout, use a whistle or bang on something with your hand or another object.

**PUT ON PROTECTIVE CLOTHING**, sturdy shoes, long pants, long sleeve shirt, heavy work gloves, and especially a dust mask and eye protection as there may be a lot of smoke and particles in the air. Be very careful of broken glass and other hazards.



**CONTROL OR CONFINE PETS** until their stress level diminishes.



**SNIFF FOR GAS LEAKS AROUND YOUR HOME.** Do not strike a match, light a fire, turn on light switches, turn on a flashlight or use a cell phone if you suspect a gas leak.



- **If you smell gas**, use a gas or large wrench to turn off the exterior supply at the gas shut-off valve. Open windows and stay outside until gas clears.
- **If you do not smell gas**, do not turn the gas supply off. Once you turn off the gas, it may be unsafe to turn it back on yourself and you may need to call PG&E.



**CHECK YOUR HOME FOR DAMAGE** (broken foundation, damaged or collapsed chimney, jammed doors, leaning walls, etc.). At night, use a chemical light stick to look for dangerous conditions if you smell gas. Stay clear of any dangerous areas such as a partially fallen chimney, power lines or tree. If your home is significantly damaged or is not squarely on its foundation, get out and **do not re-enter**. Keep others out as well.



**CHECK ON AND ASSIST YOUR NEIGHBORS.** Provide first aid, if needed.



**GET UP-TO-DATE INFORMATION:** Monitor AC Alert ([www.acgov.org](http://www.acgov.org)). Listen to emergency broadcast radio (KCBS - 740 AM, KGO - 810 AM or KQED 88.5 FM). Check social media. If you have a 2-way radio, continue to monitor your emergency channel.



**PREPARE TO EVACUATE IF NOTIFIED, AND EVACUATE IF ORDERED.** Meet at your agreed-upon family meeting place if you are not together or become separated when evacuating. If you are concerned about your safety, leave early.



**TEXT OR CALL YOUR OUT-OF-AREA CONTACT** and/or use your family group on Telegram, WhatsApp, Signal, etc. Report your status and where you will go. **Minimize voice calls and refrain from sending videos.** Change to low power or airplane mode to preserve battery life. Note that texts often go through when calls are dropped.



**IF EVERYONE IN YOUR HOME IS OK** with no emergency needs, **write OK in large letters on white paper and attach in a location visible from the street** to let others know that your home has been checked and everyone is ok. The City and the American Red Cross may open shelters and will inform the public where to go.