



# Easy Steps to Becoming a Resilient 'Rossmoor Prepper' — How to Get Yourself and Your Household Ready for a Disaster

**RON HALOG**

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**Cal OES**  
GOVERNOR'S OFFICE  
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# Common Disaster Rankings in Contra Costa County



Table ES-3. Hazard Risk Ranking

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

# Hazard Ranking Specific to Rossmoor (GRF's 2020 EOP)"



**Table 2.2 GRF Hazard Ranking Specific to Rossmoor**

Rank	Hazard Type	Risk Rating Score (probability x impact)	Category
1	Earthquake	48.0	High
2	Wildfire	31.8	Medium
3	Severe Weather	22.4	Medium
4	Landslide	12.8	Medium
5	Flood	3.5	Low

Golden Rain Foundation Emergency Operations Plan (2020), Chapter 2, Table 2.2, page 9

# Rossmoor Nixle: What It Is and How to Sign Up



## What it is:

Rossmoor Nixle is a targeted community opt-in-only emergency messaging system that comes in three formats: as Alerts, Advisories and Community Messages. These provide real-time emergency events, evacuation orders and directions and shelter-in-place instruction. Choose only one way to receive Nixle alerts: cell phone, home phone or email. It is strongly recommended you choose the smart phone modality as this gives you a hyperlink with more detailed instructions on how to respond to the event or incident.

# Rossmoor Nixle: What It Is and How to Sign Up



## How to Sign Up:

- Click on the link at the bottom of Rossmoor EPO's web site home page  
[www.rossmoorepo.org](http://www.rossmoorepo.org)
- Call Rossmoor's Public Safety Nixle Registration phone number at **(925) 988-7688** and follow directions to register your cell phone.
- Text message to **888777** with the Rossmoor zip code (94595) as the text message.



# Contra Costa County's Community Warning System: What It Is



## What It Is:

The Community Warning System is our county's all-hazards mass emergency alert system activated by our County Office of the Sheriff (Emergency Services Division) on behalf of our law enforcement, fire departments and other first responder agencies to deliver imminent life-threatening alerts to county residents. You will only receive alerts designed to protect your life, safety and health. Alerts include incident information and specific protective actions to take immediately (e.g., shelter-in-place orders, lockdown orders, evacuation warnings and areas to be avoided). All home phones in the county (listed and unlisted) are already registered to automatically receive the CCC CWS so you do not have to register your home phone. You do need to opt-in and register your cell phone if you want to receive these critical alerts on your cell phone. When you receive an initial alert, listen all the way through to the end of the alert. Do not hang up as directions will be provided at the end of the alert to protect your life, safety and health. Follow the public safety instructions provided precisely. Monitor Rossmoor Television (Channel 28) or KCBS ALL NEWS radio stations (740 AM and 106.9 FM) for further incident information.

# Contra Costa County's Community Warning System: How to Sign Up



## How to Sign Up:

- Go to [www.cwsalerts.com/registration](http://www.cwsalerts.com/registration) and follow their prompts to create an account to register your smart phone.
- Print out their on-line registration form and submit it by mail to Community Warning System, 1850 Muir Road, Martinez, CA 94533.
- Call in your registration request to (925) 655-0111. NOTE: CWS alerts will come to your cell phone with Caller ID (925) 655-0195. Program this Caller ID into your smart phone as Community Warning System so you do not fail to answer the phone, hang up on the alert or mistakenly block this number as spam. Email further questions to [cws-staff@so.cccounty.us](mailto:cws-staff@so.cccounty.us). You may want to add CWS's Caller ID [(925) 655-0195] to your smart phone favorites so you can bypass the "silence" mode and receive the emergency alerts at night.

# How to Add CWS caller ID iPhones



How to Add  
CWS Caller ID  
to Favorites on  
iPhones:

Go to Contacts > select Contact (Community Warning System) > add to Favorites

How to Add  
CWS Caller ID  
to Emergency  
Bypass on  
iPhones:

Go to Settings > Notification > Do Not Disturb > Allow Exceptions > Calls From > Favorite Contacts Only



# How to Add CWS caller ID Android phones



How to Add  
CWS Caller ID  
to Favorites on  
Android Phones:

Go to Contacts > Select Contact (Community Warning System) > Add to Favorites

How to Add  
CWS Caller ID  
to Emergency  
Bypass on  
Android Phones:

Go to Settings > Notification > Do Not Disturb > Allow Exceptions > Calls From > Favorite Contacts Only

# What Do I Need To Do To Be Prepared?



**Step 1: Find Your 5 Trusted Allies and Share Your Plan**

**Step 2: Prioritize Your Health Needs and Create Lists**

**Step 3: Create Your Emergency Supply Kits**

**Step 4: Plan How and When to Evacuate**

Time to play a game!



# Step 1: Challenge



- For the next minute, write down every person you can think of.
- Just write their name, don't worry about phone number or contact info; just their name. Include those who can assist you during an emergency.
  - Friends, Neighbors
  - Other people you see regularly, such as people from church, bingo, library, social club, etc.
  - Someone who does not live in the area (at least 200 miles away) or even better out-of-state.

# Find Your 5 Trusted Allies and Share Your Plan



- Find 5 people who will become your trusted allies during a disaster or emergency. Create a list with their complete contact information.
- When you are creating your contact list of trusted allies, ask each person the best way to contact them. Explain what you are asking them to do for you during an emergency or disaster. Make sure they understand and agree.

# Who Should I Include? (Homework #1)



- The list you developed is your starting point.
- **Homework:** Call / Connect with every person that you listed and see if they would be one of your trusted allies.



# Collect contact information



Once you decide and discuss with your 5 Trusted Allies, create a list with their complete contact information:

- Physical address
- Phone numbers
- Email address
- Social media (Facebook, Instagram, Snapchat, Twitter, Google Hangout)
- Mark or star which is the best way to contact each of your Trusted Allies.
- Keep the list updated

# Make several copies



- Keep them where it will be easy to find.
  - For example: on your refrigerator, inside the front door, inside your Grab n' Go Bag, in your purse or wallet, in your car glove box, saved in your mobile phone or on another electronic device, etc.
  - Use a memory stick (thumb drive) attached to your Grab n' Go Bag. Redundancy is key to full emergency preparedness!
- Share a copy with each member of your trusted allies
- Put a copy in a sealed plastic bag in each of your kits (go bag, car kit, keep it with you kit, etc.).
- Make a digital list – ICE (In Case of Emergency) on your cell phone

## Step 2: Prioritize Your Health Needs and Create Lists



- These are lists of your medication, disability-related supplies or equipment, and anything else you need daily.
- This information can be useful to your trusted allies, first responders, or shelter staff.
- You may consider creating a digital copy of this list (notes on your phone, google documents, email drafts, etc.).

# Create Your Health Needs List



- Your health needs list should include:
  - All your medications, including your prescribed medications and over-the-counter drugs and medications. List the name of medication, dosage, and frequency.
  - Decide what equipment you need every day to be independent
- Take photos of all your current prescriptions on your smart phone if you can and add these photos to your record. Every time you receive a prescription, take a photo of it with your smart phone and print it out for your records.
- Equipment and personal medical devices.

# Some Disability and Aging Specific Items



- Medications – for at least 7 days
- Adaptive equipment/assistive technology/durable medical equipment
- Extra batteries for adaptive equipment
- Recharging devices/cords
- Mobility devices – tools, tire repair, inner tubes, instructions
- Speech or communication devices – laptop, iPad, communication device, car adapter plug
- Hearing Issues – carry note pad and pre-printed phrase messages
- Vision Issues – high-powered flashlight, magnifying devices
- Sensitivities, breathing conditions – N95 Mask, respirator to filter air
- Service Animals – food, water, blanket, wastes disposal, medications

# Prescription Medication Tips



- If your prescription medications are low, get your refills prior to a public safety power shutoff, if possible.
- If you were unable to evacuate with your medications, a pharmacy should be able to assist you in obtaining your medication. Providing your medication list will assist the pharmacist in ensuring you have all of the medications.
- To find an open pharmacy during an active emergency, visit [www.RxOpen.org](http://www.RxOpen.org), which has maps that include open and closed pharmacies. In addition to locations of American Red Cross shelters and infusion centers.



# Go digital, if you can



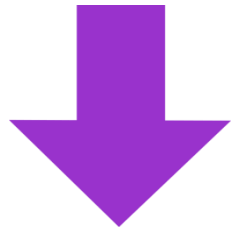
There are free apps for your phone to store your medication list

For example:

- ListMeds
- Medical ID
- AMA's MyMedications App
- Medication List & Medical Records



# Power Postures – 2 minutes



Stress Hormone, Cortisol levels decrease 25%



Risk Tolerance increase 33%



*Harvard Business School Study by Amy Cuddy*

## Step 3: Create Your own Emergency Supply Kits



Pack different kits for different places:

- **Grab and Go Kit** – easy to carry if you have to leave home in a hurry
- **Home Kit** – all the items to be self-sufficient for a couple of days at home (water, food, emergency supplies, disability specific items)
- **Bedside Kit** – has items if trapped in or near your bed
- **Car Kit** – items you need to evacuate the area



# Important Documents (Homework #2)



- Birth certificate
- Photo ID
- Health insurance card
- Home/car insurance
- Guardianship papers
- Proof of address
- Financial information (ex. banking numbers, etc.)
- Cash (\$200 in small bills)

# Food & Water



- Store at least a three-day supply of non-perishable food
- Select foods that require no refrigeration, preparation or cooking, and little or no water
- Pack a manual can opener, paper cups, plates, and plastic utensils
- Plan for 1-2 gallons of water, per person, per day

## Example of food to include:

- Ready-to-eat canned meats, fruits and vegetables
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices



# Hygiene & Sanitation Items



- Hand sanitizer
- Deodorant
- Tissue
- Toothbrush & toothpaste
- Shampoo & conditioner
- Comb/brush
- Moist toiettes
- Lotion
- Contact lens case & solution
- Denture cleaning solution
- Toilet paper
- Feminine hygiene products
- Soap
- Trash bags
- Ziplock bags
- Animal waste disposal bags

# Different Checklists for Different Kits



- Rossmoor EPO web site [www.rossmoorepo.org](http://www.rossmoorepo.org) with the link “Resident Resources” for guide sheets on Grab n’ Go Bags and shelter-in-place supplies.
- Please refer to <https://www.adapacific.org/emergency-preparedness-publications-resources> under personal preparedness for different types of checklists.

Time to play a game!



## Step 4: Plan How and When to Evacuate



- You do not need to evacuate in all emergencies or disasters.
- Make sure you know when to evacuate: **Rossmoor Nixle, Community Warning System (CWS)** and city and county civil authorities will let you know.
- Be familiar with all possible routes out of your manor and follow directions of which allowable exits you can use to evacuate from Rossmoor.
- During wildfire season and all Red Flag Days, make certain your car's gas tank is 3/4's full or your electric/hybrid car is fully charged.

# Plan Ahead



- It is important that you plan your evacuation strategy ahead of disasters.
- Develop a plan for yourself and your animal(s) on what to do in case of emergency or disaster: know when to evacuate, where to go, and what to take with you.

# Be Informed – Sign up for alerts



- Sign up for **Rossmoor Nixle and Contra Costa County's Community Warning System** so you receive evacuation warnings and mandatory orders
- There are many emergency services apps and news outlets available. Make sure you use trusted news sources.
- National Apps:
  - FEMA
  - Red Cross
  - National Oceanic and Atmospheric Administration (NOAA)
  - Weather Channel



# Local alert systems in your area...

## Homework #3



- Register with your local alerts: Rossmore Nixle and Contra Costa County's Community Warning System
- Dial 211 – This number gives you information and referrals to social services for everyday needs, and for times of crisis, about shelters, pets & service dogs, traffic, etc.
- PG&E PSPS – <https://pgealerts.alerts.pge.com/updates/> to check address specific service issues.
  - [www.PGE.com/addressalerts](http://www.PGE.com/addressalerts)

# Transportation Planning



- During an evacuation, often more people need transportation than available resources can support.
- If you have a vehicle, make sure to keep fuel tank full.
- If you do not have a vehicle:
  - Identify a support team
  - Call local transportation providers, ask if they can help in an emergency

# Create an evacuation plan



- Write down your exit plans and evacuation routes in detail and where to meet for home, or wherever you usually are, including how you will evacuate and where you will go. If you have animals, include them in your evacuation plan.
- Make sure you, your family, and trusted allies have a meet-up location away from your neighborhood in case you are separated in an emergency or disaster.

# Practice your evacuation plan



- Get familiar with it and see if anything should be changed, added, or removed.
- Make sure everybody in your plan knows the plan.
- Have at least two different evacuation destinations in case you are blocked from reaching one.
- Have paper maps covering both evacuation destinations in your car's glove compartment. GPS usually provides only one route and fails to give you the "big picture" when you are evacuating in an area-wide disaster.
- Practice driving twice to each destination to be certain you know the way and possible alternate routes to reach your destination.

# Resources for Emergency Preparedness



- Independent Living Resources, Solano Contra Costa Counties – [www.ilrsc.org](http://www.ilrsc.org)
- Rossmoor Emergency Preparedness Organization [www.rossmoorepo.org](http://www.rossmoorepo.org) and Rossmoor's web site [www.rossmoor.org/emergencyoperationsplan](http://www.rossmoor.org/emergencyoperationsplan)
- Pacific ADA Center – <https://www.adapacific.org/emergency-preparedness-publications-resources>
- FEMA's Ready Campaign – <https://www.ready.gov/>
- California's Office of Emergency Services – <https://www.caloes.ca.gov/individuals-families>
- California's Health & Human Services Agency – <https://www.chhs.ca.gov/blog/2019/10/25/public-safety-power-shutoffs-resource-guide/>
- American Red Cross – <https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html#prepare-by-type-of-need> & <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/disaster-safety-for-people-with-disabilities.html>
- California Department of Public Health – <https://www.cdph.ca.gov/Programs/EPO/Pages/PrepareanEmergencySupplyKit.aspx>

Questions?





**THANK YOU!**



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