



CONTRA COSTA COUNTY FIRE PROTECTION DISTRICT  
FIRE • RESCUE • EMS

# EMERGENCY PREPAREDNESS



# Are You Ready?



# Why should you plan?



The disaster will be less stressful and traumatic for you and your household if you have plans in place for their comfort and care.

If you are a volunteer, you will not be free to deploy until your household is taken care of.

# Did you know?

Did you know that older adults are more likely than others to...

- Be socially isolated
- Suffer from multiple chronic conditions
- Have limitations in daily activities
- Declining vision and hearing
- Physical and cognitive disabilities

The conditions mentioned above can hamper a person's ability to communicate about, prepare for, and respond to a natural disaster or emergency. A sizeable number of adults age 65 or older (about  $\frac{1}{3}$  of medicare enrollees, or approximately 16 million nationally) live alone.

Disasters can also disrupt essential services that allow older adults to live independently, such as assistance from family caregivers and social services like home-delivered meals, chore services, and personal care.

A 2012 survey found that 15% of U.S. adults age 50 or older would not be able to evacuate their homes without help, and half of this group would need help from someone outside the household.

# Planning Gives You Control

## It's as easy as... 1 - 2 - 3

1. **Make a plan:** Locate two places where you can send or safely evacuate with your family & your pets
2. **Build a kit:** Put together an emergency preparedness kit for each person in your household, including your pets
3. **Stay informed:** Create a buddy system with at least two others who live in your area and stay informed of emergency alerts through Nixel, Pulsepoint or other community alert systems



# Step 1 – Planning where to go

When creating your evacuation plan locate several places you can send, or go with your family and pets if you must evacuate

1. Hotels (pet friendly?) / Keep a list of them in your “Go” bag/kit
2. Family or friend’s home
3. If you have an RV, trailer or motor-home / Keep a list of campgrounds you can stay at
4. Red Cross Shelter or other shelter locations / Be advised some of these shelters will not allow pets



# Step 1 – When should you leave?

By leaving early, you give yourself and your family the best chance of surviving a wildfire. You also help firefighters by keeping roads clear of congestion, enabling them to move more freely and do their job.

## **WHEN TO LEAVE**

Leave early enough to avoid being caught in fire, smoke or road congestion. Don't wait to be told by authorities to leave. In an intense wildfire, they may not have time to knock on every door. If you are advised to leave, don't hesitate!

## **WHERE TO GO**

Leave to a predetermined location (it should be a low-risk area, such as a well-prepared neighbor or relative's house, a Red Cross shelter or evacuation center, motel, etc.)

## **HOW TO GET THERE**

Have several travel routes in case one route is blocked by the fire or by emergency vehicles and equipment. Choose an escape route away from the fire.

## **WHAT TO TAKE**

Take your emergency supply kit containing your family and pet's necessary items.

# Step 2 – Evacuation / Go Bag



## be prepared

### build a kit

- ✓ Customize your kit
- ✓ Pack enough for 3 days
- ✓ Refresh twice a year

 First aid kit	 Non-perishable food
 Crank radio	 Water (4L/person/day)
 Flashlight	 Medication
 Documents & cash	 Batteries & chargers
 Clothing & blankets	 Personal items

How will you carry all that stuff?





# Step 2 – Items for your Go Bags

- Masks
- Cash or travelers checks
- Medications and directions
- First aid kit
- Day to day toiletries
- Drinkable water or Purifying tablets
  - Suggestion: 1 gallon per person per day
- Food: at least a 3 day supply / non perishable
- Small tool kit
- Books, games, puzzles or other activities
- Cell phone chargers and backup battery
- Flashlight / extra batteries
- Hearing aid batteries
- Notepad and pencil/pen
- Important paperwork in a protective cover / Insurance, etc
  - (zip lock bags work great)



# Step 2 – Go Bag Storage Locations

## Home:

- Keep your Go Bag(s) in a designated place and have it ready in case you have to leave your home quickly. Make sure all household members know where the Bag(s) are kept.

## Work:

- Be prepared to shelter at work for at least 24 hours. Your work Go Bag should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a “grab and go” case.

## Car:

- In case you are stranded, keep a bag or container of emergency supplies in your car.



# Step 3 – Buddy System / Stay Informed

## Ideally:

- At minimum, 2 people who live nearby
  - Preferably with different schedules
  - Have an out of state contact for family check-in

## Must:

- Have a key to your home or know a way to get in safely
- Know where your emergency kit(s) or bag(s) are located
- Know your emergency contacts, including out of state contact
- Know your animals and they are comfortable with each other

The buddies will check each others homes after a disaster.  
One of you may be unable to get home or be reached by phone.

## Stay informed:

- Install App's on your cell phone for Nixel, Pulse Point or whichever emergency alert system is relevant for your area.
- Keep a battery operated or hand-crank radio in your Go Bag, and have it tuned to local stations to stay informed of emergency situations.

# Step 3 – Who's who in the Zoo?

## Possible Buddies:

- Neighbors
- Family
- Close friends
- Pet sitter



## Coordinate & Planning:

- Have a plan in case you are not at home
- Define tasks - know ahead of time who will be doing what during the evacuation process



# Don't be Scared! Be Prepared!

- Create a home fire escape plan and share with anyone living in your home.
- Practice your escape plan during the day and at night when no emergency is happening.
- Make sure a phone is next to your bed and within reach at all times.
- Keep your slippers or shoes, eye glasses, keys, and hearing aids (if necessary) within reach next to your bed.
- Keep your pathway to your front door clear of clutter, tripping hazards and storage.
- Do not stop to gather personal belongings.
- Have 'Go Bag' ready & located near an exit.
- If possible, back your car into your garage, driveway or carport for quick egress. Make sure you and your family know how to operate the garage door if the electricity goes out.

# Home Fire Safety Assessment

Home fire safety visits are a proven way to reduce fire injuries and deaths.

- Some of the reasons why some older adults are at greater fire risk include:
  - Living alone, which can make escaping from a fire difficult with no one to offer assistance.
  - Hearing, mobility, or vision impairments that can contribute to the inability to react quickly to prevent a fire, be alerted to a fire, or to escape a fire.
  - Medications, which may cause drowsiness, difficulty waking, and the inability to react quickly.
  - Decreased ability to smell that gas is leaking or that something is burning.
  - Memory lapses and problems focusing, and the ease of being distracted can contribute to accidental fire (i.e. leaving cooking unattended).
  - Living in substandard housing that may lack central heating (making the use of space heaters or alternative heating necessary), and that may have old gas stoves or old electrical wiring that are more likely to malfunction.
  - A lack of secondary exits or an inability to use them (such as escape through a window).

To receive your self 'Home Fire Safety Assessment' please call 925-941-3300 xt. 1591 or email: [Noell.crosse@cccfd.org](mailto:Noell.crosse@cccfd.org)

# Smoke Alarm Assistance Program

Smoke alarms save lives!

The Public Education Unit's Smoke Alarm Assistance Program, provides (a minimum of 1 and up to a maximum of 3 per household) complimentary 10 year lithium battery powered smoke alarm(s) with free installation for senior citizens over 60 years of age or disabled citizens of any age who own their own home.

If you do not have a working smoke alarm, or you have a smoke alarm over 10 years old, contact the Public Education Unit to arrange an appointment.

For homeowners who are not seniors or disabled, we can come to your home to advise the best location for your smoke alarm or carbon monoxide detector.

To schedule 'Smoke Alarm Assistance' please call 925-941-3300 xt. 1591 or email: [Noell.crosse@cccfpd.org](mailto:Noell.crosse@cccfpd.org)

# Know What To Do

## Before you go to sleep:

- Close before you doze. Close your bedroom door while sleeping.
- Place slippers or shoes next to your bedside
- Have a flashlight readily available
- Keep your phone next to you, to call for help
- Make sure to keep any hearing devices or eye glasses within reach

## If you wake up to a fire:

- Before opening a door, check the door with the back of your hand. If it is hot, do not open the door. Stay put and call 911.
- Do not try to fight the fire yourself.
- If smoke is present, stay low to the floor as possible and cover your mouth, head outside quickly as possible, closing doors behind you.
- If you are trapped, close all the doors between you and the fire and call 911. Tell the dispatcher where you are located.
- If you live in a multi unit housing development, use the stairways to exit the building. DO NOT USE THE ELEVATOR!



# Where to find more preparedness info

## EMERGENCIES DO HAPPEN.



Know your neighbors. Plan together. Be ready.

[www.cccfpd.org](http://www.cccfpd.org)

[www.ready.gov](http://www.ready.gov)

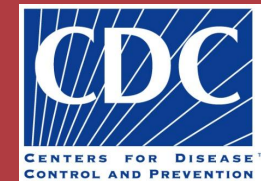
[www.fema.gov](http://www.fema.gov)

[www.emergency.cdc.gov](http://www.emergency.cdc.gov)

[www.readyforwildfire.org/prepare-for-wildfire/](http://www.readyforwildfire.org/prepare-for-wildfire/) ready-set-go



FEMA



Ready 