

San Diego County Office of Emergency Services

Family Disaster Plan and Personal Survival Guide



Family Disaster Plan and Personal Survival Guide

I. PREPARATION

Family Meetings

At least once a year, have a meeting with your family to discuss and update your disaster plan. Determine what additional training, equipment, and supplies are needed to meet your family's needs. Don't forget to practice! Occasional drills can improve reaction time and help to avoid panic in an actual emergency.

- A.** Know how and where to shut off utilities.

Location of Main Water Valve: _____

Location of Gas Valve*: _____

Location of Wrench: _____

Location of Garage Door Manual Override: _____

Location of Other Utilities: _____

* Do not shut off gas unless you suspect a leak exists.

- B.** On a separate sheet of paper, draw a floor plan of your home showing the location of exit doors and windows, utility shutoffs, first aid kit, and emergency supplies. Ensure EVERYONE in your household is familiar with it. Show it to babysitters and house guests when you're going away.

- C.** Reunion locations: Establish two places where you and your family can meet following an emergency. One immediately outside of your home, e.g. a neighbor's mailbox, or community park **AND** another site outside of your immediate community in case you are unable to return home.

Home Location: _____

Away-from-Home Location: _____

- D.** Out-of-State Contact: Name and telephone number of a person outside of the state for family members to call and report their location and condition. Everyone should memorize this number!

Name: _____

Location: _____ Phone: (____) _____

- E.** What is your children's school disaster policy?

Are medical consent forms for your children complete and current? _____

Where are they located? _____

- F.** Assemble a Home Emergency Supply Kit. Store it in a convenient and accessible location. See Section VII for details on what to put inside your Home Emergency Supply Kit.

Location of Home Emergency Supply Kit: _____

Family Disaster Plan and Personal Survival Guide

II. TRAINING

- A. Learn how to protect yourself from falling objects, smoke, fire, toxic fumes, etc.
- B. Learn First Aid/CPR

Person(s) Trained:

Name: _____ Date Training Expires: _____

Name: _____ Date Training Expires: _____

III. BEFORE A DISASTER

There are many different kinds of disasters, such as earthquakes, fires, floods, airplane crashes, chemical spills, and explosions, which seldom give warning and can be equally devastating to their victims. Although this guide is primarily about earthquake preparation, the steps you take will help your family prepare for any type of disaster that could strike in your community. For additional information on local disaster preparedness for your home, school, and business visit www.ReadySanDiego.org.

- A. Register your cell phone, Voice over Internet Protocol (VoIP) phone, and email address with AlertSanDiego*. **Listed and unlisted landlines are already registered. Registering makes it more likely that you will receive an emergency notification. Registration is quick and simple.**
**Also available in accessible formats such as American Sign Language.*
- B. Download the **SD Emergency App** for Android and iOS devices.
- C. Inspect your home. Identify potential hazards and evacuation routes.
- D. Secure water heater and tall or heavy furniture to wall studs.
- E. Move heavy items to lower shelves in bookcases.
- F. Install clips, latches and other locking devices on cabinet doors.
- G. Provide strong support and flexible connections on gas appliances.
- H. Remove or isolate and secure flammable materials.
- I. Review and practice this plan.



IV. DURING AN EARTHQUAKE

- A. If you are indoors **STAY THERE**. Move away from windows, bookcases, and high/overhanging shelves. Get under a sturdy table or desk and hold onto it. Be prepared to move with it and **HOLD** that position until the shaking stops and it is safe to relocate. If there is no desk or table to get under, brace yourself in an interior corner. Watch for falling, flying and sliding objects, and be especially careful around windows, as they can shatter during an earthquake.

NOTE: *If you are in a mobile home which is resting on A-Frame supports, get on top of the bed or sofa and cover your head and face. If a mobile home slips off the supports they may penetrate the flooring and cause injuries.*

- B. If you are outdoors, move to an open area away from buildings, trees, power poles, brick or block walls and other objects that could fall.
- C. If you are in an automobile, stop and stay in it until the shaking ends. Avoid stopping near trees and power lines or on or under overpasses or bridges.
- D. If you are in a multi-level building, get under a desk and hold on, or crouch next to an interior wall until the shaking stops. **DO NOT USE THE ELEVATOR TO EVACUATE.** Use the stairs.
- E. If you are in a store, get under a table or any sturdy object. Avoid stopping under anything that could fall. **DO NOT RUN FOR THE EXIT.** After the shaking has stopped, choose your exit carefully.

Family Disaster Plan and Personal Survival Guide

V. IF YOU EVACUATE

- A.** Take with you:
- Medicines and first aid kit
 - Flashlight, radio and batteries
 - Important documents and cash
 - Blankets and extra clothes
 - Personal sanitary items
 - Any additional items you feel are necessary (e.g. photos, heirlooms, jewelry, etc.)
- B.** Make arrangements for pets. Don't forget food, medications, vaccination records, and other important items.

VI. AFTER A DISASTER

- A.** Put on heavy shoes immediately to avoid injury from stepping on glass.
- B.** Locate a light source, such as a flashlight, if necessary.
- C.** Check for injuries and administer first aid.
- D.** Check for fires and fire hazards.
- Sniff for gas leaks, starting at the hot water heater. If you smell gas, hear a hissing sound or suspect a leak, turn off the main gas valve, open the windows and carefully leave the house. **DO NOT TURN LIGHTS ON OR OFF. DO NOT STRIKE MATCHES.**
- NOTE:** Do not shut off the gas unless you suspect a leak exists. Only the gas company can restore service.
- If necessary, turn off the electrical system at the main circuit breaker or fuse box.
- E.** Check on your neighbors.
- F.** Visit www.SDCountyEmergency.com or the **SD Emergency App** for updates, shelter locations, interactive mapping information (e.g. evacuation areas and hazard perimeters), official social media feeds, and other critical information.
- G.** Listen for advisories using a battery powered radio. The primary Emergency Alert System station for San Diego County is KOGO AM 600. The secondary station is KLSD AM 1360.
- H.** Do not use the phone except in emergencies. Only call 9-1-1 for life threatening emergencies. Have a plug-in analog phone in case the power is out, but phone lines are still working.
- I.** For general and updated disaster information or volunteer opportunities, call 2-1-1.
- J.** Do not touch downed power lines or objects touching downed wires. Do not stand in water near downed lines.
- K.** Remove fallen debris that may cause personal injury.
- L.** Assess house, roof, and chimney for damages.
- M.** Be prepared for aftershocks.
- N.** Open closets and cupboards carefully because items may have fallen or become rearranged.
- O.** Cooperate with public safety officials.
- P.** Be prepared to evacuate when/if necessary.
- Q.** DO NOT GO SIGHTSEEING!

Family Disaster Plan and Personal Survival Guide

VII. HOME EMERGENCY SUPPLIES

This list contains items usually available in your home. It is recommended that they be organized and located together for easy access during an emergency. Your emergency supplies should be sufficient to sustain you, your family and pets for a **minimum of 72 hours**. A two (2) week supply of prescription and necessary over-the-counter medications is recommended.

Basic Supplies

- Water* – minimum of 1 gallon per person per day
- Non-Perishable Foods*
- First Aid Kit and Manual
- Can opener – non-electric
- Watch or clock – non-electric
- Plug-in analog telephone
- Cash
- Important documents
- Activity items for adults (e.g. deck of cards) and kids (e.g. coloring books with crayons)
- Blankets or sleeping bags for each member of the family
- Radio – portable, with spare batteries
- Prescription and over-the-counter medications*
- Additional equipment – glasses, dentures, hearing aids
- Flashlight – spare batteries and light bulb
- Fire extinguisher – multipurpose labeled “ABC”
- Whistle
- Dust mask

*Rotate food, water, and medications as necessary. Remember to consider household members with unique needs: infants, elderly, disabled, allergies. Avoid salty foods, as they will make you thirsty.

Water Tips

The best option is to store drinking water prior to a disaster, in appropriate containers. If purified water is not available, water should be boiled for 1 full minute, keeping in mind that some water will evaporate. Let the water completely cool before use.

Sanitation Supplies

- Large plastic trash bags for waste, sanitation, and protection
- Pre-moistened towelettes
- Hand soap and liquid detergent
- Shampoo
- Toothpaste & toothbrush
- Feminine supplies
- Infant supplies
- Toilet paper and paper towels
- Deodorant

Cooking Supplies

- Plastic bags – various sizes, sealable
- Paper plates, plastic utensils, paper towels
- Pots (cooking) – at least two
- Barbecue or gas grill; charcoal and lighter or propane (**for outdoor use only**); Sterno® stove

Family Disaster Plan and Personal Survival Guide

VII. HOME EMERGENCY SUPPLIES (CONTINUED)

Safety Supplies

- Knife, razor blade, and multipurpose tool
 - Heavy gloves for each adult
 - Clothes – complete change for each family member
 - Heavy shoes for each family member
- (Preferably long pants and long sleeves for protection)

Pet Supplies

- Carrier
- Collar with ID tag and harness or leash
- Food
- Water
- Medications
- Sanitation items – Litter and litter box if appropriate
- Important documents such as vaccination records and license information

Car Survival Kit

- Non-perishable food
- Sealable plastic bags
- Flares
- Flashlight with batteries
- Bottled water
- Tools and rubber hose
- First Aid Kit and Manual
- Critical medications
- Fire extinguisher
- Pre-moistened towelettes and tissues
- Blanket
- Extra clothing

VIII. IMPORTANT TELEPHONE NUMBERS

USE "9-1-1" FOR LIFE THREATENING EMERGENCIES ONLY

NON-EMERGENCY FIRE DEPARTMENT: _____

NON-EMERGENCY LAW ENFORCEMENT AGENCY: _____

PRIMARY DOCTOR: _____

GAS COMPANY: _____

ELECTRIC COMPANY: _____

WATER COMPANY: _____

OUT-OF-STATE CONTACT: _____

POISON CONTROL: 1-800-222-1222 _____

OTHER: _____



Family Disaster Plan and Personal Survival Guide

IX. PRACTICE YOUR PLAN AS A FAMILY

- A.** Practice helps people feel less disoriented and better organized in case of a disaster – even in the middle of the night.
- B.** Make sure your family knows where to locate fire extinguishers, gas and water valves, and the main circuit breaker.
- C.** Update your Family Disaster Plan every year.
 - Verify the telephone numbers and personal information of everyone listed in the plan.
 - Print updated copies for all the members of your family.
- D.** In case of emergency, you should know the school’s disaster plan.
 - Determine what is required to release your child to your representatives if you cannot get there yourself.
 - Ensure that the school knows your current contact information and those people authorized to pick up your child.
- E.** Check the contents of your emergency kits.
 - Change the batteries in your flashlights and portable radio; replace spare batteries.
 - Replenish your emergency kits. Replace bottled water; ensure that all food is still safe to eat and that medications have not expired.

Every family member should carry a copy of this important information:

| EMERGENCY CONTACT INFORMATION |
|--|
| Out-of-State Contact |
| Name: _____ |
| Telephone: _____ |
| Neighborhood Meeting Place: _____ |
| Out-of-Area Meeting Place: _____ |
| Call 2-1-1 for disaster information such as shelters, road closures, affected areas, and recovery and relief programs. |

| EMERGENCY CONTACT INFORMATION |
|--|
| Out-of-State Contact |
| Name: _____ |
| Telephone: _____ |
| Neighborhood Meeting Place: _____ |
| Out-of-Area Meeting Place: _____ |
| Call 2-1-1 for disaster information such as shelters, road closures, affected areas, and recovery and relief programs. |

| EMERGENCY CONTACT INFORMATION |
|--|
| Out-of-State Contact |
| Name: _____ |
| Telephone: _____ |
| Neighborhood Meeting Place: _____ |
| Out-of-Area Meeting Place: _____ |
| Call 2-1-1 for disaster information such as shelters, road closures, affected areas, and recovery and relief programs. |

| EMERGENCY CONTACT INFORMATION |
|--|
| Out-of-State Contact |
| Name: _____ |
| Telephone: _____ |
| Neighborhood Meeting Place: _____ |
| Out-of-Area Meeting Place: _____ |
| Call 2-1-1 for disaster information such as shelters, road closures, affected areas, and recovery and relief programs. |

Family Disaster Plan and Personal Survival Guide

NOTICE:

The information presented in this brochure is believed to be accurate and of practical value in preparing for a disaster, however, no guarantee can be given that the guidance presented will provide protection.

The County of San Diego, the San Diego County Office of Emergency Services, the Unified San Diego County Emergency Services Organization, the Unified Disaster Council and each organization's officers, employees, and agents, assume no legal liability for the accuracy, completeness, or usefulness of any information, product, or process disclosed herein, or for any injuries or damages arising from any disaster or occurrence giving rise to the use or application of the information, products or processes described or disclosed herein.



County of San Diego Office of Emergency Services

Phone: (858) 565-3490

Website: www.ReadySanDiego.org

San Diego County Board of Supervisors

Greg Cox
District 1

Dianne Jacob
District 2

Dave Roberts
District 3

Ron Roberts
District 4

Bill Horn
District 5

Background cover-photos provided by Robert A. Eplett/Cal-EMA

This document was prepared under a grant from FEMA's Grant Programs Directorate, U.S. Department of Homeland Security. Points of view or opinions expressed in this document are those of the authors and do not necessarily represent the official position or policies of FEMA's Grant Programs Directorate or the U.S. Department of Homeland Security.

PREPAREDNESS STARTS WITH YOU!