

# Personal Preparedness Challenge

Get Ready. Stay Ready.



# GET READY. STAY READY.

## PERSONAL PREPAREDNESS CHALLENGE




### *Are you prepared?*

Emergencies and disasters can happen anytime and anywhere. They typically strike without warning and disrupt hundreds of thousands of lives each year. Each emergency and disaster has its own lasting effects on individuals, families, and communities. Through preparedness efforts, you can help reduce the fear and anxieties related to these unknown situations as well as reduce the immediate and long term risks to you and your families.

We recognize that emergency planning can be overwhelming if you attempt to think about every situation, so the program is designed so that each month, you can take one step towards completing your personal preparedness. At the end of one year, you and your family will have successfully completed a comprehensive emergency plan and put together an all hazards disaster kit. While we suggest that you perform at least one task a month as outlined, you could choose to complete these personal preparedness tasks at a faster rate.

We hope that you will find this program both easy to follow and very effective, in preparing you and your loved ones for the best response possible to a real disaster situation.

### ***Remember, awareness and preparedness will save lives!***

Thank you, 

Dave Sanford, Director of Business Development  
Doctor's Ambulance Service, Orange County

Please note that a basic 3-day supply is discussed throughout this program as a minimum kit that can be used at home, or taken with you in the event of an evacuation. After considering the needs of your household, and the disasters or emergencies that may occur in your area, you may wish to increase your level of preparedness to be self sufficient for a longer period of time.

**To obtain additional copies of this document, please call: (949) 583-2204**

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## STAY READY

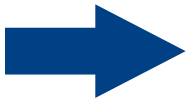
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## **RED CROSS EMERGENCY CONTACT CARD**

Please affix your Red Cross Emergency Contact Card on this page.



**TASK:** Complete the following Communication Plan. You may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

## COMMUNICATION PLAN

Out-of-State Contact Name: \_\_\_\_\_ Tel. No.: \_\_\_\_\_

In-State Contact Name: \_\_\_\_\_ Tel. No.: \_\_\_\_\_

**I.** Fill out the following information for each household member and keep it up-to-date. Include a picture of each household member.

Name: \_\_\_\_\_

Social Security No.: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Allergies and Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Social Security No.: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Allergies and Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Social Security No.: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Allergies and Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Social Security No.: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Allergies and Important Medical Information: \_\_\_\_\_

Name: \_\_\_\_\_

Social Security No.: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Allergies and Important Medical Information: \_\_\_\_\_

## 2. IMPORTANT INFORMATION

Doctor(s): \_\_\_\_\_ Tel. No.: \_\_\_\_\_

Pharmacist: \_\_\_\_\_ Tel. No.: \_\_\_\_\_

Veterinarian/Kennel: \_\_\_\_\_ Tel. No.: \_\_\_\_\_

# 3. WHERE TO GO IN AN EMERGENCY

## HOME

Address: \_\_\_\_\_

Tel. No.: \_\_\_\_\_

Neighborhood Meeting Place: \_\_\_\_\_

Out-of-Neighborhood Meeting Place: \_\_\_\_\_

## SCHOOL(S)

Name of School: \_\_\_\_\_

Address: \_\_\_\_\_

Tel. No.: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Name of School: \_\_\_\_\_

Address: \_\_\_\_\_

Tel. No.: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

## WORK

Name of Work: \_\_\_\_\_

Address: \_\_\_\_\_

Tel. No.: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

Name of Work: \_\_\_\_\_

Address: \_\_\_\_\_

Tel. No.: \_\_\_\_\_

Evacuation Location: \_\_\_\_\_

# 4. IMPORTANT EMERGENCY TELEPHONE NUMBERS

FIRE: 9-1-1 or \_\_\_\_\_

POLICE: 9-1-1 or \_\_\_\_\_

POISON CONTROL: \_\_\_\_\_

GAS COMPANY: \_\_\_\_\_

ELECTRIC COMPANY: \_\_\_\_\_

WATER: \_\_\_\_\_

TELEPHONE SERVICE: \_\_\_\_\_

# 5. LOCATIONS OF HOME SAFETY EQUIPMENT

*Find the following in your home and write down their location.*

Fire Extinguisher(s): \_\_\_\_\_

\_\_\_\_\_

Water Heater: \_\_\_\_\_

Gas Shut-Off Valve: \_\_\_\_\_

Smoke Detector(s): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Main Water Valve: \_\_\_\_\_

**NOTE:** Make a copy of this page and post it near telephone.



## FEBRUARY: Water



**TASK:** *Prepare and store a 72 hour supply of fresh water for all household members. REMEMBER: This water may not only be used for drinking but also for preparing food, so make sure you have plenty.*

### How much:

You should store at least one gallon of water per person per day. To determine adequate quantities, take the following into account:

- Individual needs vary, depending on age, physical condition, activity, diet, and climate.
- Children, nursing mothers, and ill people need more water.
- Very hot temperatures can double the amount of water needed.
- A medical emergency might require additional water.

### How to store:

To prepare safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it. Observe the expiration or “use by” date.

### If you are preparing your own containers of water:

It is recommended you purchase food-grade water storage containers from surplus or camping supplies stores to use for water storage. Before filling with water, thoroughly clean the containers with dishwashing soap and water, and rinse completely so there is no residual soap. Follow directions below on filling the container with water.

If you choose to use your own storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.

### If you are storing water in plastic soda bottles:

Thoroughly clean the bottles with dishwashing soap and water, and rinse completely so there is no residual soap. Sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water. Swish the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.



## Filling Water Containers

Fill the bottle to the top with regular tap water. If the tap water has been commercially treated from a water utility with chlorine, you do not need to add anything else to the water to keep it clean. If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water. Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger. Place a date on the outside of the container so that you know when you filled it. Store in a cool, dark place. Replace the water every six months if not using commercially bottled water.

## Water Purification

If you need to purify water and do not have any purification tablets or are unable to boil water for 10 minutes, the Environmental Protection Agency (EPA) and U.S. Department of Health and Human Services suggest the following:

<b>WATER</b>	<b>BLEACH</b> (if water is clear)	<b>BLEACH</b> (if water is cloudy)
1 gallon	8 drops	16 drops
5 gallons	1/2 teaspoon	1 teaspoon

*Use liquid chlorine bleach (5.25% hypochlorite).*  
**Wait 30 minutes before drinking.**



## MARCH: Food



**TASK:** *Collect and store a 72 hour food supply for all household members.*

### The following are things to consider when putting together your food supplies:

- Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.
- Stock canned foods, dry mixes, and other staples that do not require refrigeration, cooking, water, or special preparation. You may already have many of these on hand. (Note: Be sure to include a manual can opener.)
- Include special dietary needs.

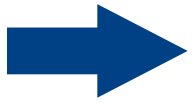
### SUPPLIES CHECK LIST

Ready-to-eat meats, fruits, and vegetables	<input type="checkbox"/>
Canned or boxed juices, milk, and soup	<input type="checkbox"/>
High-energy foods such as peanut butter, jelly, low-sodium crackers, granola bars, and trail mix	<input type="checkbox"/>
Vitamins	<input type="checkbox"/>
Special foods for infants or persons on special diets	<input type="checkbox"/>
Cookies	<input type="checkbox"/>
Instant coffee	<input type="checkbox"/>
Cereals	<input type="checkbox"/>
Powdered milk	<input type="checkbox"/>

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored items every six months.
- Be sure to write the date you store it on all containers.



## APRIL: Emergency Evacuation Plan

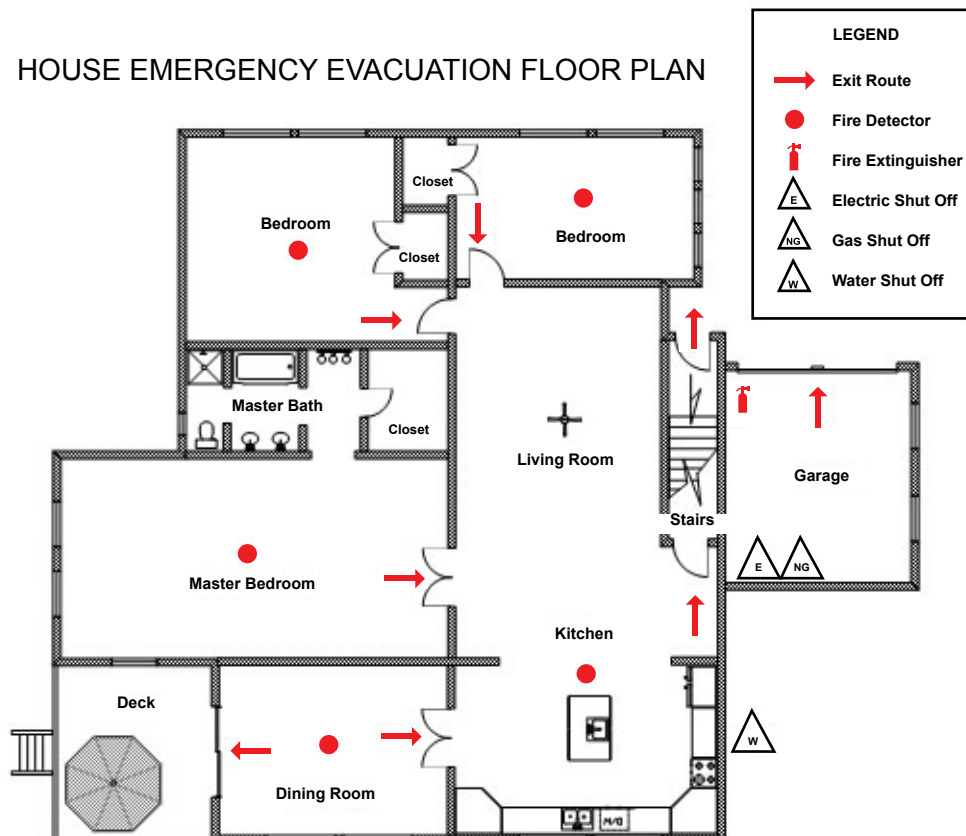


**TASK:** Create an Emergency Evacuation Plan.

An emergency evacuation plan is useful not only for disasters, but also for fires or other incidents in your home.

**When creating an evacuation plan for your home it is important to remember the following:**

- Identify two escape routes from each room.
- Identify the location of any throw ladder, or other special equipment.
- Identify the location of fire extinguishers, smoke detectors, first aid kits and disaster 72 hour kit.
- Identify the locations of the shutoffs for gas, water, and electricity.
- Draw your floor plan, then draw your evacuation routes and a meeting place.
- If you live in a two-story home, make one drawing for each story.
- Identify outside hazards (fences, trees, power lines, etc.).



**OUR HOME EMERGENCY EVACUATION FLOOR PLAN**



## MAY: First Aid Supply Kit



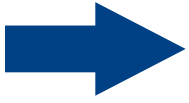
**TASK:** Gather the suggested supplies to create your First Aid Supply Kit.

### FIRST AID KIT CHECK LIST

Adhesive bandages, various sizes	<input type="checkbox"/>
5 " x 9 " sterile dressing	<input type="checkbox"/>
Conforming rolled gauze bandage	<input type="checkbox"/>
Triangular bandages, sling	<input type="checkbox"/>
2" sterile gauze pads	<input type="checkbox"/>
4" sterile gauze pads	<input type="checkbox"/>
Roll 3" cohesive bandage	<input type="checkbox"/>
Germicidal hand wipes or waterless, alcohol-based hand sanitizer or moist diaper wipes	<input type="checkbox"/>
Antiseptic wipes	<input type="checkbox"/>
Pairs large, medical grade, non-latex gloves	<input type="checkbox"/>
Tongue depressor blades	<input type="checkbox"/>
Adhesive tape, 2" width	<input type="checkbox"/>
Antibacterial ointment	<input type="checkbox"/>
Cold pack	<input type="checkbox"/>
Scissors (small, personal)	<input type="checkbox"/>
Tweezers	<input type="checkbox"/>
Assorted sizes of safety pins	<input type="checkbox"/>
Cotton balls	<input type="checkbox"/>
Thermometer	<input type="checkbox"/>
Tube of petroleum jelly or other lubricant	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>
CPR breathing barrier, such as a face shield	<input type="checkbox"/>
Antibiotic creams and ointments	<input type="checkbox"/>
Rubbing alcohol	<input type="checkbox"/>
Hydrogen Peroxide	<input type="checkbox"/>
First aid manual	<input type="checkbox"/>
Magic Marker	<input type="checkbox"/>



## JUNE: Documents and Keys



**TASK:** Make copies of all the suggested important documents and store with your Disaster Kit. It is also a great idea to make an extra set to give to a friend or family member outside of your home and immediate city. Extra sets of keys and some cash are also highly recommended. Without electricity, ATM's will not dispense cash.

### EXTRA ITEMS CHECK LIST

Personal identification	<input type="checkbox"/>
Cash and coins	<input type="checkbox"/>
Credit Cards	<input type="checkbox"/>
Cell phone	<input type="checkbox"/>
Extra set of house keys and car keys	<input type="checkbox"/>

### COPIES OF DOCUMENTS CHECK LIST

Birth Certificates	<input type="checkbox"/>
Marriage Certificate	<input type="checkbox"/>
Driver's License	<input type="checkbox"/>
Social Security Cards	<input type="checkbox"/>
Passports	<input type="checkbox"/>
Wills & Deeds	<input type="checkbox"/>
Inventory of household goods (include pictures of your home including all rooms, new editions and valuable items)	<input type="checkbox"/>
Insurance papers (medical, Homeowners, Life, Auto, etc.)	<input type="checkbox"/>
Immunization records	<input type="checkbox"/>
Bank and credit card account numbers	<input type="checkbox"/>
Stocks and bonds	<input type="checkbox"/>
Emergency contact list and phone numbers	<input type="checkbox"/>
Map of the area	<input type="checkbox"/>
Proof of address (copy of utility bill)	<input type="checkbox"/>
Legal custody, visitation, guardianship or adoption papers	<input type="checkbox"/>



## JULY: Equipment and Tools



**TASK:** Based on the types of disasters that are prone to your area, collect as many of the suggested items below to protect and shelter your household members for 72 hours.

### TOOLS

### KITCHEN ITEMS

Portable, battery-powered radio or television	<input type="checkbox"/>	Manual can opener	<input type="checkbox"/>
Extra batteries, all sizes needed	<input type="checkbox"/>	Mess kits or paper cups, plates, plastic utensils	<input type="checkbox"/>
NOAA Weather Radio, if appropriate for your area	<input type="checkbox"/>	All-purpose knife	<input type="checkbox"/>
Flashlight and extra batteries	<input type="checkbox"/>	Household liquid bleach to treat drinking water	<input type="checkbox"/>
Regular telephone that is not cordless OR satellite radio	<input type="checkbox"/>	Sugar, salt, pepper	<input type="checkbox"/>
Matches in a waterproof container (waterproof matches)	<input type="checkbox"/>	Aluminum foil and paper wrap	<input type="checkbox"/>
Shut-off wrench	<input type="checkbox"/>	Resealable plastic bags	<input type="checkbox"/>
Duct tape	<input type="checkbox"/>	Small cooking stove and a can of cooking fuel	<input type="checkbox"/>
Plastic Sheeting/Tarp	<input type="checkbox"/>	<b>COMFORT ITEMS</b>	
Scissors	<input type="checkbox"/>	Games	<input type="checkbox"/>
Whistle	<input type="checkbox"/>	Playing cards	<input type="checkbox"/>
Signal flare/flare gun	<input type="checkbox"/>	Books, magazines	<input type="checkbox"/>
Compass	<input type="checkbox"/>	Toys for kids	<input type="checkbox"/>
Work gloves	<input type="checkbox"/>	Colored pencils, coloring books, notepads	<input type="checkbox"/>
Paper, pens, and pencils	<input type="checkbox"/>	<b>OTHER ITEMS</b>	
Fire extinguisher, small canister, ABC-tape	<input type="checkbox"/>	Disposable camera	<input type="checkbox"/>
Needles and thread	<input type="checkbox"/>	City map	<input type="checkbox"/>
Coil of 1/2" rope	<input type="checkbox"/>	Poncho or rain gear	<input type="checkbox"/>
Staple gun	<input type="checkbox"/>	Battery-operated travel alarm clock	<input type="checkbox"/>
Hammer, pliers, screwdrivers (flathead & Phillips)	<input type="checkbox"/>		
Rubber Bands	<input type="checkbox"/>		





## AUGUST: Sanitation and Hygiene Supplies



**TASK:** Gather the following supplies to ensure your sanitation and hygiene needs. The bucket suggested below can store the items, and act as a latrine, if necessary. The two, 1-gallon ziplock bags would then be useful to store the items in.

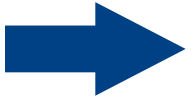
### SANITATION LIST

Medium-sized plastic bucket with tight lid	<input type="checkbox"/>
Washcloth and towel	<input type="checkbox"/>
Towelette, soap, hand sanitizer	<input type="checkbox"/>
Toothpaste, toothbrushes, mouth wash	<input type="checkbox"/>
Shampoo	<input type="checkbox"/>
Comb, brush	<input type="checkbox"/>
Deodorant	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>
Razor, shaving cream	<input type="checkbox"/>
Lip balm or chapstick	<input type="checkbox"/>
Insect repellent	<input type="checkbox"/>
Feminine supplies	<input type="checkbox"/>
Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper	<input type="checkbox"/>
Disinfectant	<input type="checkbox"/>
A small shovel for digging a latrine	<input type="checkbox"/>
Toilet paper	<input type="checkbox"/>
Contact lens solutions (if needed)	<input type="checkbox"/>
Mirror	<input type="checkbox"/>
Two, 1-gallon size ziplock bags	<input type="checkbox"/>
Facial Tissues	<input type="checkbox"/>
Sanitary napkins, tampons	<input type="checkbox"/>
Disposable wet towelettes	<input type="checkbox"/>
Nail Clippers	<input type="checkbox"/>





## OCTOBER: *Clothing and Bedding*



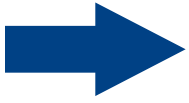
**TASK:** *Based on the unique needs of your household, collect the following clothing and bedding supplies to keep each member protected from any harsh weather elements.*

### CLOTHES AND BEDDING LIST

Complete change of clothes	<input type="checkbox"/>
Sturdy shoes and boots	<input type="checkbox"/>
Rain gear	<input type="checkbox"/>
Hat and gloves	<input type="checkbox"/>
Extra socks	<input type="checkbox"/>
Extra underwear	<input type="checkbox"/>
Thermal underwear	<input type="checkbox"/>
Sunglasses	<input type="checkbox"/>
Blankets	<input type="checkbox"/>
Sleeping bags	<input type="checkbox"/>
Pillows	<input type="checkbox"/>



## NOVEMBER: Home Hazard Hunt



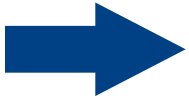
**TASK:** Spend some time with your household members identifying hazards in and outside of your home. Keeping your house safe helps keep you and your loved ones safe. Minimize the impact of an emergency or disaster by safeguarding your home. Anything that can move, fall, break or cause a fire is a potential hazard. If you have young children, be creative and make it fun!

- ✓ Check batteries in smoke alarms every six months and make sure they are on each level of your home and outside every bedroom.
- ✓ Repair defective electrical wiring and leaky gas connections.
- ✓ Fasten shelves securely.
- ✓ Place heavy objects on lower shelves.
- ✓ Hang pictures and mirrors away from beds.
- ✓ Brace overhead light fixtures.
- ✓ Strap water heater to wall studs.
- ✓ Repair cracks in ceilings or foundations.
- ✓ Place oily polishing rags or waste in covered metal cans.
- ✓ Store weed killers, pesticides and flammable products away from heat sources.
- ✓ Clean and repair chimneys, flue pipes, vent connectors and gas vents.
- ✓ Unless local officials advise otherwise, or there is immediate threat to life or safety, leave natural gas on because you will need it for heating and cooking when you return home. If you turn your gas off, a licensed professional is required to turn it back on, and it may take weeks for a professional to respond.
- ✓ If high winds are expected, cover the outside of all windows of your home. Use shutters that are rated to provide significant protection from windblown debris or fit plywood coverings over all windows. Damage happens when wind gets inside a home through a broken window, door or damaged roof. Tape does not prevent windows from breaking and is not recommended.
- ✓ If flooding is expected, consider using sand bags to keep water away from your home. It takes two people about one hour to fill and place 100 sandbags, giving you a wall one foot high and 20 feet long. Make sure you have enough sand, burlap or plastic bags, shovels, strong helpers and time to place them properly.

Identify potential risks inside your home: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Identify potential risks outside your home: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## DECEMBER: *Pet Emergency Supplies and Traveling Kits*



**TASK:** *The best thing you can do for yourself and your pet(s) is to be prepared. Use the suggested list below to create an emergency supply kit for your pet(s). The following page provides a sample of a sign to place in your window that alerts rescuers that animals reside in your home and need saving, too!*

- 3-7 days' worth of canned (pop-top) or dry food
- Disposable litter trays (aluminum roasting pans are perfect)
- Litter or paper toweling
- Liquid dish soap and disinfectant
- Disposable garbage bags for clean-up
- Pet feeding dishes
- Extra harness, leash, and yard stake
- Photocopies of medical records and a waterproof container with a two week supply of any medicine your pet needs
- Bottled water, at least 72 hour supply for each pet
- A traveling bag, crate or sturdy carrier, ideally one for each pet
- Blanket (for scooping up a fearful pet)
- Recent photos of your pets (in case you are separated)
- Toys



**TIP:** It is important to keep your pets ID tags up-to-date. Consider listing two telephone numbers: 1) your cell phone and 2) the telephone number of a friend or family member outside of your city. If your pet is recovered and telephone service is down in your area, it provides an alternate location for your pet to be cared for until you can be reconnected. You may also consider getting your pet micro-chipped.

**Identify a friend or family member who can care for your pet, preferably outside of your neighborhood.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (1): \_\_\_\_\_

Phone (2): \_\_\_\_\_

## Free Pet Safety Pack

<http://www.aspc.org>

Have fun creating a sign of your own, or go to the ASPCA website to receive a free pet safety pack that includes this “Animals Inside!” sticker. Something as simple as a sign in the window will let people know that pets are inside your home. Make sure it is visible to rescue workers, and that it includes 1) the types and number of pets in your household; 2) the name of your veterinarian; and 3) your veterinarian’s phone number. If you must evacuate with your pets, and if time allows, write “EVACUATED” across the stickers.



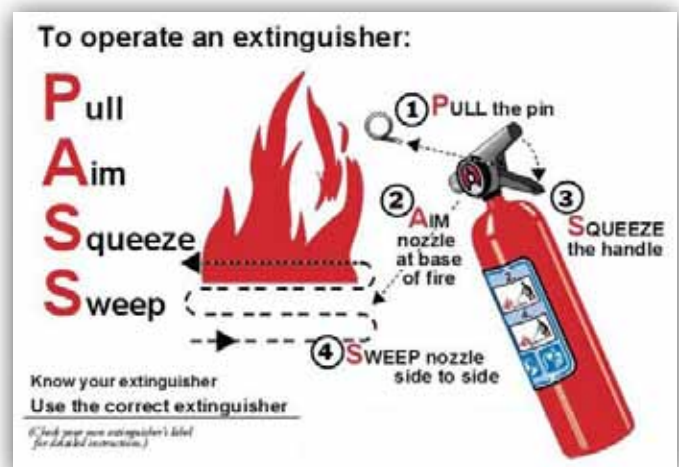
# STAY READY

## Injury Prevention and Household Preparedness Tips

- ✓ Post emergency telephone numbers by telephones
- ✓ Show responsible household members how to shut off the gas and main water valve to the house
- ✓ Replace batteries in smoke detectors twice a year during daylight savings time
- ✓ Keep a fire extinguisher in the house and the garage
- ✓ Learn First Aid and CPR
- ✓ Secure your Water Heater and Major Appliances
- ✓ Remove any objects above your bed, such as picture frames, hanging plants, etc...
- ✓ Keep exits clear at all times
- ✓ Place beds away from windows
- ✓ Do not call 911 unless there is an emergency
- ✓ Keep a pair of sturdy, closed-toe shoes and flashlight under or next to your bed
- ✓ Practice evacuation drills every six months
- ✓ P.A.S.S. (Learn to use fire extinguisher)
- ✓ Try to keep a full tank of gas in your car
- ✓ Water in canned foods can be used for drinking
- ✓ Purchase a throw ladder if you live in a multiple story home

## After an Emergency or Incident

- ✓ Check for injuries
- ✓ Take head count of family and friends
- ✓ Call 9-1-1 if needed
- ✓ Assess the situation
- ✓ Give Information and directions specific to incident
- ✓ Find Emergency Kit dress wounds
- ✓ Use back up generator for power, use flashlights
- ✓ Check for fires or fire hazards
- ✓ Check for gas leaks
- ✓ Shutoff damaged utilities



# Protect Yourself During an Earthquake...

*Drop, Cover, and Hold On!*

OFFICIAL RESCUE TEAMS from the U.S. and other countries who have searched for trapped people in collapse structures around the world, as well as emergency managers, researchers, and school safety advocates, all agree that “Drop, Cover, and Hold On” is the appropriate action to reduce injury and death during earthquakes.



Methods like standing in a doorway, running outside, and “triangle of life” method are considered dangerous and are not recommended.

## What to do immediately when shaking begins

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

Your past experience in earthquakes may give you a false sense of safety; you didn’t do anything, or you ran outside, yet you survived with no injuries. Or perhaps you got under your desk and others thought you overreacted. However, you likely have never experienced the kind of strong earthquake shaking that is possible in much large earthquakes: sudden and intense back and forth motions of several feet per second will cause the floor or the ground to jerk sideways out from under you, and every unsecured object around you could topple, fall, or become airborne, potentially causing serious injury. This is why you must learn to immediately protect yourself after the first jolt... don’t wait to see if the earthquake shaking will be strong!

***In MOST situations, you will reduce your chance of injury if you:***

**DROP** down onto your hands and knees (before the earthquake knocks you down). This position protects you from falling but allows you to still move if necessary.

**COVER** your head and neck (and your entire body if possible) under a sturdy table or desk. If there is no shelter nearby, only then should you get down near an interior wall (or next to low-lying furniture that won’t fall on you), and cover your head and neck with your arms and hands.

**HOLD ON** to your shelter (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

## Why rescuers and experts recommend Drop, Cover, and Hold On

***PRACTICE THE RIGHT THING TO DO... IT COULD SAVE YOUR LIFE***

You will be more likely to react quickly when shaking begins if you have actually practiced how to protect yourself on a regular basis.





## After a Burn Occurs

What you do to treat a burn in the first few minutes after it occurs can make a huge difference in the severity of the injury.

### Immediate Treatment for Burn Victims

1. “Stop, Drop, and Roll” to smother flames.
  2. Remove all burned clothing. If clothing adheres to the skin, cut or tear around burned area.
  3. Remove all jewelry, belts, tight clothing, etc., from over the burned areas and from around the victim’s neck.
- This is very important; burned areas swell immediately.*

## Types of Burns

### First -Degree Burns

First-degree burns involve the top layer of skin. Sunburn is a first-degree burn.

#### Signs:

- ✓ Red
- ✓ Painful to touch
- ✓ Skin will show mild swelling

#### Treatment :

- ✓ Apply cool, wet compresses, or immerse in cool, fresh water. Continue until pain subsides.
- ✓ Cover the burn with a sterile, non-adhesive bandage or clean cloth.
- ✓ Do not apply ointments or butter to burn; these may cause infection.
- ✓ Over-the-counter pain medications may be used to help relieve pain and reduce inflammation.

First degree burns usually heal without further treatment. However, if a first-degree burn covers a large area of the body, or the victim is an infant or elderly, seek emergency medical attention.

### Second-Degree Burns

Second-degree burns involve the first two layers of skin.

#### Signs:

- ✓ Deep reddening of the skin
- ✓ Pain
- ✓ Blisters
- ✓ Glossy appearance from leaking fluid
- ✓ Possible loss of some skin

#### Treatment :

- ✓ Immerse in fresh, cool water, or apply cool compresses. Continue for 10 to 15 minutes.
- ✓ Dry with clean cloth and cover with sterile gauze.
- ✓ Do not break blisters.

## Types of Burns continued

- ✓ Do not apply ointments or butter to burns; these may cause infection
- ✓ Elevate burned arms or legs.
- ✓ Take steps to prevent shock: lay the victim flat, elevate the feet about 12 inches, and cover the victim with a coat or blanket. Do not place the victim in the shock position if a head, neck, back, or leg injury is suspected, or if it makes the victim uncomfortable.
- ✓ Further medical treatment is required. Do not attempt to treat serious burns unless you are a trained health professional.

### Third-Degree Burns

A third-degree burn penetrates the entire thickness of the skin and permanently destroys tissue.

#### Signs:

- ✓ Loss of skin layers
- ✓ Often painless. (Pain may be caused by patches of first- and second-degree burns which often surround third-degree burns).
- ✓ Skin is dry and leathery
- ✓ Skin may appear charred or have patches which appear white, brown or black

#### Treatment :

- ✓ Cover burn lightly with sterile gauze or clean cloth. (Do not use material that can leave lint on the burn).
- ✓ Do not apply ointments or butter to burns; these may cause infection
- ✓ Take steps to prevent shock: lay the victim flat, elevate the feet about 12 inches.
- ✓ Have person sit up if face is burned. Watch closely for possible breathing problems.
- ✓ Elevate burned area higher than the victim's head when possible. Keep person warm and comfortable, and watch for signs of shock.
- ✓ Do not place a pillow under the victim's head if the person is lying down and there is an airway burn. This can close the airway.
- ✓ Immediate medical attention is required. Do not attempt to treat serious burns unless you are a trained health professional.

## Kit Locations

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work, and vehicles. When storing home items, consider designating two areas, if possible, in the event damage to your home causes you to be unable to retrieve the items.

HOME	WORK	CAR
<ul style="list-style-type: none"> <li>✓ Your disaster supply kit should contain essential food, water, and supplies for at least three days.</li> <li>✓ Keep this kit 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 kit is kept.</li> <li>✓ Additionally, you may want to consider having supplies for sheltering for up to two weeks.</li> </ul>	<ul style="list-style-type: none"> <li>✓ This kit should be in one container, and ready to “grab and go” in case you are evacuated from your workplace.</li> <li>✓ Make sure you have food and water in the kit. Also, be sure to have comfortable walking shoes at your workplace in case an evacuation requires walking long distances.</li> </ul>	<ul style="list-style-type: none"> <li>✓ In case you are stranded, keep a kit of emergency supplies in your car.</li> <li>✓ This kit should contain food, water, first aid supplies, flares, jumper cables, and seasonal supplies.</li> <li>✓ Walking shoes, sweatshirt, hat.</li> </ul>

## Important Telephone Numbers

- **EPA - Safe Water Hotline**

1-800-426-4791

- **American Red Cross**

888-737-4306 (Emergency Assistance, Greater Los Angeles Area)

- **FEMA**

1-800-621-FEMA (3362)

- **OTHER IMPORTANT NUMBERS:** \_\_\_\_\_

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