



I. C. E. In Case of Emergency

Guidelines for Emergencies and Disasters

GOD HELPS THOSE WHO HELP THEMSELVES

The phrase "God helps those who help themselves" is a popular motto which emphasizes the importance of self-initiative. Mistaken by many to be a Bible quote, the phrase does not occur in the Bible. In fact, some Christians believe that it denies the grace of God and is therefore, not a proper statement to follow.

There is a modern day parable that floats through disaster circles. A severe rain storm was coming, the ground was fully saturated and the rivers were running high. The newspapers, radio and television warned of the impending disaster. There was a pious man living on the river bank and his friends, concerned for his safety, offered to help however they could. He replied "No thanks. I don't need to worry, God will take care of me."

The storm broke, the river rose, but before it got too high a Sheriff's patrol car stopped and a deputy advised him to evacuate while the road was still clear. He replied "No thanks. I don't need to worry, God will take care of me."

The river rose more, the road flooded and the water lapped at the door of his house. A rescue boat stopped and told him to get in so they could take him to safety. He replied "No thanks. I don't need to worry, God will take care of me."

The river continued to rise and it reached the second story. He was clinging onto his roof when a helicopter came over, dropped a rescue harness and told him to climb in. He replied "No thanks. I don't need to worry, God will take care of me."

Finally the house gave way to the massive force of the water and started floating down the river. The man fell into the river and drowned in the swift current.

Reaching heaven he pleaded with God. "Why didn't you take care of me? I lived a good life, did all that my church asked of me, and I trusted in you to take care of me, yet you let me drown!" God replied "What more could I have done? I had the news media warn you of the storm, I had your friends offer to help, I sent a deputy to

ask you to leave, I sent a rescue boat to take you out and I sent a helicopter to lift you off your roof. You ignored each of these things I offered you, so what more could I do?"

Just as in Aesop's fable, the moral to this story is: God helps those who help themselves. Just be aware that sometimes we aren't acting completely on our own.



**Some day,
in some way,
a disaster will befall
you or someone you
love.
Have you taken steps
to prepare?**

By all means, trust in God, for God will take care of you. God started by giving you intellect, free will and empowerment. Have you done your part? Do you have rudimentary survival supplies; first aid kit, flashlight, fire extinguisher, water, food and clothing? Are they located where you can reach them if your house collapses or burns? Have you planned what to do when disaster strikes?

Don't know where to start? Take a Red Cross class in emergency first aid or a CPR course. Listen to others and read available information. Follow the Disaster Ministry and its work.

Or perhaps you don't need to do anything as God will take care of you!



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FAMILY PLANNING

We are all familiar with the term “Family Planning”, but usually not in this context! When asked what the single most important thing to do in an emergency or a disaster is, my answer is: “planning before it happens.” Just the simple act of thinking “What if?” and figuring out the answer can have a profound effect on the health, safety and peace of mind for you and your family. That’s all planning is—thinking about something before it happens.

What if: there were an earthquake during the day when the parents were at work and the kids were in school?

- What would the parents do? Stay at work? Pick up the kids? Go home and wait?
- How would you contact each other if cell phones didn’t work?
- Where could you meet if the house was destroyed?
- How are the pets cared for if you can’t use your house?

The list can go on and on, and the most important thing is not the answers, as important as they are, but the fact that you thought about them ahead of time and discussed them with your family so that they know what each other will be doing.

Working for federal and local governments most my life, it was always assumed that the employees would stay at work to help with the emergency while history shows that in fact many folks leave to go home and check on their families. That’s as it should be, because your family is more important than your job. Wouldn’t it be better if you know

what your family will do because you had talked about it ahead of time? You still may need to go to help and make sure they are taken care of, but think about how far ahead of the game you are compared to those who have no clue of what to do when all things normal cease.

You don’t need big, or elaborate or fancy emergency plans. Simple ones are probably better. What do you do? Where do you go? How do you communicate? Start small with something like a fire evacuation plan for the house. Pretend it is night time with everyone in bed and the fire alarm goes off. What’s the signal to tell you to get out of the house? What are the primary and alternate routes to get out from each room, depending on where the fire is? Who needs help getting out? What do you bring with you? Where do you meet once outside? You don’t need written plans and fancy maps. Just talk about it with the family. Have a practice if you have kids. Merely taking the time to talk about it, examine the alternatives and map out a plan of action will put you miles ahead of most families. It may save lives!





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Basic Disaster Supplies Kit

You most likely will need to survive on your own after a disaster. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days.

Basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer. Or, you may have to evacuate at a moment's notice and take essentials with you. You probably will not have the opportunity to shop or search for the supplies you need.

A disaster supplies kit is a collection of basic items that members of a household may need in the event of a disaster. The following items are recommended for inclusion in your basic disaster supplies kit. Plastic storage bins are handy containers. Another popular container is a plastic rolling garbage can.

- Three-day supply of non-perishable food.
- Three-day supply of water - one gallon of water per person, per day.
- Portable, battery-powered radio or television and extra batteries.
- Flashlight and extra batteries.
- First aid kit and manual.
- Sanitation and hygiene items (moist towelettes and toilet paper).
- Matches and waterproof container.



- Whistle.
- Extra clothing.
- Kitchen accessories and cooking utensils, including a can opener.
- Photocopies of credit and identification cards.
- Cash and coins.
- Special needs items, such as prescription medications, eye glasses, contact lens solutions, and hearing aid batteries.

- Items for infants, such as formula, diapers, bottles, and pacifiers.
- Other items to meet your unique family needs.

You must think about warmth and bad weather. It is possible that it will be raining and /or cold. Think about your clothing and bedding supplies. Be sure to include one complete change of clothing and shoes per person, including:

- Warm Jacket or coat, preferably waterproof
- Light weight jacket or sweatshirt.
- Long pants.
- Long sleeve shirt.
- Sturdy shoes.
- Hat, mittens, and scarf.
- Sleeping bag or warm blanket (per person).

If you are likely to be helping rescue efforts of neighbors or co-workers, include in a backpack:

- Gloves, hard hat, eye protection
- Flashlight, first aid kit
- Light rescue tools (pry bars, hammer, pliers)



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STORING EMERGENCY WATER

How Much Water do I Need?

You should store at least one gallon of water per person per day. A normally active person needs at least one-half gallon of water daily just for drinking.

Additionally, in determining 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 Should I Store Water?

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.

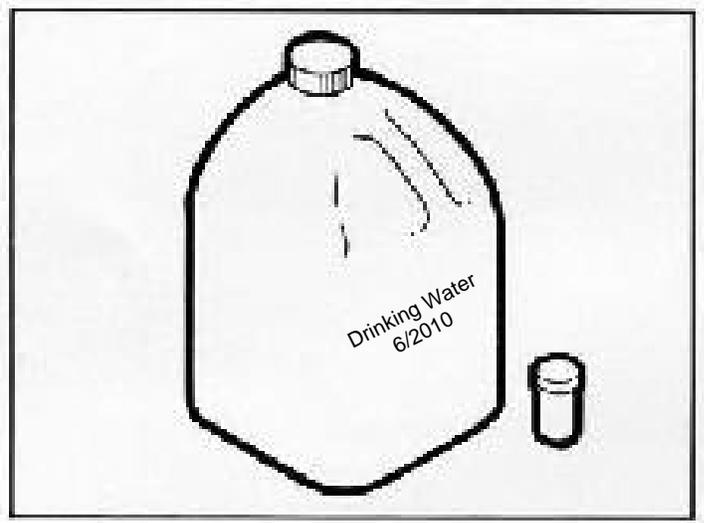
If you choose to use your own storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial 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 storing water in plastic soda bottles, follow these steps

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.





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DISASTER FOOD SUPPLIES

The American Red Cross Advises: During and after a disaster, it will be vital that you and your household (including your pets) eat enough to maintain your strength.

- Store foods that you eat regularly. Foods that require no refrigeration, preparation, or cooking are best. Include vitamin, mineral, and protein supplements to ensure adequate nutrition.
- Store enough food for two weeks. It is better to have extra you can share than to run out.
- Individuals with special diets and allergies will need particular attention, as will babies, toddlers, ill and elderly people. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned dietetic foods, juices, and soups may be helpful for ill or elderly people.
- Make sure you have a manual can opener and disposable utensils.

During and after a disaster, eat at least one well-balanced meal each day, more if you are working hard. If activity is reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women.

For emergency cooking, you can use a fireplace or a charcoal grill or camp stove outdoors. Use only approved devices—like candle warmers, chafing dishes, and fondue pots—for warming food. If you heat food in its can, be sure to open it and remove the label before heating. Never leave open flames unattended.

Avoid:

- Canned goods that have become swollen, dented or corroded.
- Fatty, high-protein or salty foods when your water supply is low.

Do:

- Keep your hands clean — it's one of the best ways to keep from getting sick. If soap and running water are not available, use alcohol-based hand gels or wipes to clean hands.
- Inspect all food for signs of spoilage before use. Throw out perishable foods, such as meat and poultry, that have been left out at room temperature for more than 2 hours.
- Eat salt-free crackers, whole grain cereals and canned foods with high liquid content if your water supplies are low.

If there's a power outage, eat food in the refrigerator first, the freezer next, and finally from your stored supplies. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least two days.





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MAINTAINING YOUR DISASTER SUPPLIES KIT

Just as important as putting your supplies together is placing them so they can be reached and maintaining them so they are safe to use when needed.

Where to put the supplies

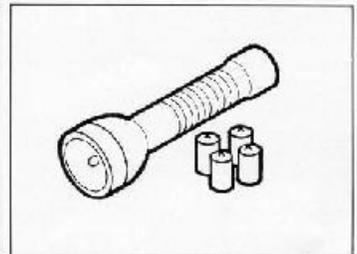
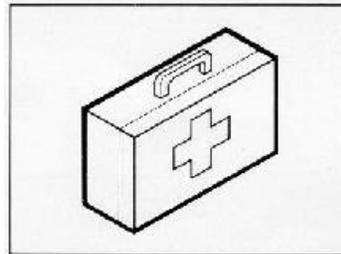
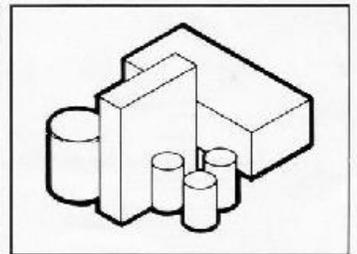
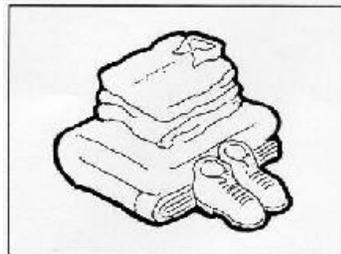
Placing your disaster supplies in a back bedroom, an interior furnace room or in the garage may render them unreachable when needed. This is earthquake country and the house may not be safe to enter after the quake is over. It is common to see homes that have been “Red Tagged” and residents not allowed to enter following such a disaster. In the San Fernando Earthquake of 1971 one of the most common occurrences was for garages to collapse. The building code required only 24” wide walls next to garage doors, and they couldn’t hold the weight of the roof when the shaking began. Whole blocks of houses had their garages lean sideways until they collapsed. The garage may not be the best place for your supplies. I have mine in a metal garden shed in the back yard. Being very flexible it may not collapse and being light-weight I can always lift off the panels for access if it did collapse.

Maintaining your supplies

Here are some tips to keep your supplies ready and in good condition:

- 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 the 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 food and water supplies every six months. Be sure to write the date you store it on all containers. Pick a holiday or other day you always remember to service your food and water; that way you won’t forget.
- Re-think your needs every year and update your kit as your family needs change.
- Keep items in airtight plastic bags and put your disaster supplies in one or two easy-to-carry containers, such as plastic storage bins, a rolling garbage can, camping backpacks, or duffel bags.



After all,
it’s California!



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PLANNING FOR THE RISK

There are actions that should be taken before, during and after an event that are unique to each hazard. Identify the hazards that have happened or could happen in your area and plan for the unique actions for each. You probably



know the hazards in our area, such as earthquakes, floods and fires. We really don't need to spend time and energy on planning for such disasters as hurricanes or tornadoes, although there have been some "spot tornadoes" in Sonoma County. Share the hazard-specific information with family members and include pertinent materials in your family disaster plan.

Know how you will be notified for each kind of disasters, both natural and man-made. You should also be aware about

alert and warning systems for workplace, schools and other locations. Methods of getting your attention vary. One common method is to broadcast via emergency radio and TV broadcasts. You might hear a special siren, or get a telephone call, or in



rare circumstances, volunteers and emergency workers may go door-to-door.

Depending upon the nature of the emergency and your circumstances, one of the first important decisions is whether to stay where you are or evacuate. You should understand and plan for both possibilities.

Learn more about [specific hazard types](#), including natural disasters, technological and accidental hazards, and terrorist hazards, and learn what you can do about them to help protect your family..



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SAVING THE WHOLE FAMILY

We've talked a lot about preparedness for the people in your family, but what about the companion pets that many of us have?

Research about the time and effort spent in rescuing animals following a disaster has shown that in rapid on-set disasters 40% of the dogs and 70% of the cats were abandoned by their owners. In a slow on-set disaster where there is much more time to get ready, over 50% of all pets were abandoned. Some thought they would be back shortly and others thought the pets would do just fine by themselves. That isn't the case.



their pets.

- Create a pet emergency/disaster kit where your neighbor can find it.
- If the emergency involves evacuation, make sure the neighbor would be willing to take your pets. Plan to meet at a prearranged location.



If you stay put, stay safe

In situations when sitting out the disaster is the best (or only) option, plan to have on hand all the supplies you'll need for your pets. Then follow these safety guidelines:

- Bring your pets indoors. Keep pets under your direct control; you won't have to spend time trying to find them if you must evacuate. Make sure they are wearing collars and tags. Listen to the radio periodically, and don't let them out until you know it's safe.

Give them a hug.

Be sure and comfort your animals during a disaster. They are frightened too, and having you near to give them a hug will help. It will probably do a lot to help you too. If an animal is not ready to be comforted though, do not force it. This is especially true for cats. Let an animal come to you when it is ready.

Rule one: If it isn't safe for you, it isn't safe for your pets

Evacuate as soon as you are advised to go. And when you evacuate, take your furred and winged family members with you.

Keep your pet safe when you're not home

The best way to keep your pets safe when you can't be with them is to plan ahead:

- Find a trusted, willing neighbor and give them a key to your house. Make sure this person is comfortable and familiar with your pets. You might reciprocate for



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A Poison Safe Home for Your Pet

Foods to Avoid Feeding Your Pet

- Alcoholic beverages
- Avocado
- Chocolate (all forms)
- Coffee (all forms)
- Fatty foods
- Macadamia nuts
- Moldy or spoiled foods
- Onions, onion powder
- Raisins and grapes
- Salt
- Yeast dough
- Garlic
- Products sweetened with xylitol

Warm Weather Hazards

- Animal toxins—toads, insects, spiders, snakes and scorpions
- Blue-green algae in ponds
- Citronella candles
- Cocoa mulch
- Compost piles Fertilizers
- Flea products
- Outdoor plants and plant bulbs
- Swimming-pool treatment supplies
- Fly baits containing methomyl
- Slug and snail baits containing metaldehyde

Medication

Common examples of human medications that can be potentially lethal to pets, even in small doses, include:

- Pain killers
- Cold medicines
- Anti-cancer drugs
- Antidepressants

- Vitamins
- Diet Pills

Cold Weather Hazards

- Antifreeze
- Liquid potpourri
- Ice melting products
- Rat and mouse bait

Common Household Hazards

- Fabric softener sheets
- Mothballs
- Post-1982 pennies (due to high concentration of zinc)

Holiday Hazards

- Christmas tree water (may contain fertilizers and bacteria, which, if ingested, can upset the stomach.)
- Electrical cords
- Ribbons or tinsel (can become lodged in the intestines and cause intestinal obstruction—most often occurs with kittens!)
- Batteries
- Glass ornaments





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Top Tips to Prevent Malicious Poisoning of your Pet

Don't let your pet be the victim of a cruel act! The ASPCA Animal Poison Control Center (APCC) receives many calls from pet parent whose animals were maliciously poisoned—sometimes right in their own backyards. APCC has provided the following tips to prevent this from happening to your animal companions:

Be a good neighbor! Please don't allow your pets to have access to your neighbors' yards and trash cans. If your dog is an incessant barker and/or howls and whines while you are away, you may want to work with an animal behaviorist or dog trainer to solve the problem. Should your neighbors have concerns, try to address them in a positive, constructive manner to avoid serious conflicts.

Keep your pet safe and secure! Is your pet allowed outdoors in your fenced-in or otherwise secure area? It's smart to do routine checks of this enclosed area.

Keep your yard clean. Be sure to remove unfamiliar or questionable items from your yard or pet enclosure.

Supervision is key. Do not allow your pets to spend significant amounts of time unsupervised outdoors.

Two is better than one! Develop relationships with neighbors who

have pets. You can join forces to create a neighborhood watch for the companion animals in the area. Be alert for anything out of the ordinary!

Never let your pet run loose.

Animals who are allowed to roam simply have more opportunities to get into potentially poisonous substances.

Just say no. Teach your pet not to accept food or treats from strangers.

Speak up! Report any suspicious behavior to local authorities. Remember, animal cruelty is a crime!

Make the call! If you suspect that your pet has been poisoned, call the ASPCA Animal Poison Control Center





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SEASONAL FLU

What should I do to avoid getting sick?
Do I have the flu?
What should I do when

someone is sick?
Influenza, also known as the flu, is a contagious respiratory disease caused by different strains of viruses. In the United States, there is a flu season that begins every fall and ends every spring. The type of flu people get during this season is called seasonal flu. Flu viruses spread from person to person when people who are infected cough or sneeze.

☐ Always practice good health habits to maintain your body's resistance to infection. Eat a balanced diet, drink plenty of fluids, exercise daily, manage stress, get enough rest and sleep.

☐ Take these common sense steps to stop the spread of germs:

- Wash hands frequently with soap and water or an alcohol-based hand sanitizer.
- Avoid or minimize contact with people who are sick (a minimum three feet distancing is recommended).
- Avoid touching your eyes, nose and mouth.



- Cover your mouth and nose with tissues when you cough and sneeze. If you don't have a tissue, cough or sneeze into the crook of your elbow.

- Stay away from others as much as possible when you are sick.

☐ Anyone with a fever or other symptoms of the flu should stay home from work or school until at least 24 hours after the fever has gone (without medications).

☐ Get a flu shot every year. Vaccination is

one of the most effective ways to minimize illness and death.

The flu usually begins with the rapid onset of a high fever and body aches.

Be aware of other common flu symptoms:

- Headache
- Extreme tiredness
- Sore throat
- Cough
- Runny or stuffy nose
- Vomiting and/or diarrhea (more common in children than in adults)
- *NOTE: Having all of these symptoms doesn't always mean that you have the flu. Many different illnesses have similar symptoms.*



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Coping with Shelter-in-Place Emergencies

Sheltering in place can disrupt our routines and challenge our ability to tend to responsibilities, such as work and caring for loved ones. Understandably, we may become nervous or uncomfortable when sheltering in place. The following information can help you cope emotionally with this type of emergency.

During certain emergencies, local Authorities may ask or require you to shelter in place.

- Sheltering in place is taking immediate shelter wherever you are—at home, work, school or in between.
- Emergency personnel advise or require sheltering in place during rare instances when the safest action for you and others is to remain at your current location. These instances include events such as a gas leak, chemical spill or nuclear accident.
- Local officials or authorities on the scene are the best source of information for your particular situation. Following their instructions during a shelter-in-place emergency will help keep you and your loved ones safe.
- During a shelter-in-place emergency, authorities provide information on TV, the radio and other forms of electronic communication in order to help you understand how to remain safe.
- In spite of challenging circumstances, most individuals who have sheltered in place have successfully coped with the

emergency. You can, too.

Understanding typical reactions to sheltering in place helps us recognize them and better cope.

Our personal emotional reactions during difficult times are unique. Reactions of those who have experienced shelter-in-place emergencies have varied widely, ranging from feelings of stress to uncertainty or even fear.

During a shelter-in-place emergency, emotional reactions may show themselves as:

- Anxiety, particularly when separated from loved ones.
- Uncertainty regarding how long we will need to shelter in place.
- Concerns for the physical safety of ourselves and others.
- Confusion or frustration regarding questions left unanswered by public officials or the media.
- Guilt about not being able to fulfill responsibilities, such as work, parenting or caring for dependents.
- Feelings of boredom or isolation.
- Thoughts of blame, worry or fear.
- Those who have sheltered in place for more than a few hours have also reported having:
 - Concerns about meeting obligations and lost income.
 - Problems making decisions or staying focused on topics.
 - Changes in appetite or sleep patterns.

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