

# San Bernardino County Family Disaster Guide

## Your Family Disaster Plan

Three Steps to Creating a Family Disaster Plan



San Bernardino County  
Fire Department  
Office of Emergency Services

### Dear County Resident,

During the past few years our County and our communities have experienced a multitude of natural disasters. After each disaster we ask, "Am I as prepared as I should be in the event of an emergency?" Many citizens have called law enforcement, fire, and public health agencies to ask what steps they should take to prepare for a disaster.

Recent disasters, including the Hurricane Katrina tragedy, show that people need to be prepared to survive for up to 72 hours before outside assistance may arrive. Our emergency responders prepared this publication titled **"Your Family Disaster Plan: Three Steps to Creating a Family Disaster Plan."** Please review this guide and ensure that you and your family are as prepared as you can be.

The Community Emergency Response Team (CERT) program is one way you can get involved in your community's preparedness efforts.

If you would like to learn more about CERT please call (909) 356-3998, or visit the CERT website at [http://www.sbcfire.org/oes/csc\\_cert.asp](http://www.sbcfire.org/oes/csc_cert.asp)

We continue to train and hold drills and exercises to make sure that your government agencies are ready for disasters. You can help by taking the actions included in this guide.

Thank you for taking the time to read this important publication.

The County of San Bernardino Board of Supervisors

Bill Postmus, Chair.....	First District
Paul Biane, Vice Chair.....	Second District
Dennis Hansberger.....	Third District
Gary Ovitt.....	Fourth District
Josie Gonzales.....	Fifth District



# Three Steps to Creating a Family Disaster Plan

The three steps to creating a successful Family Disaster Plan are to **Plan**, **Prepare**, and **Practice**. Involving the entire family will let everyone know what to do in an emergency.

Contact your local fire department, emergency management office or local American Red Cross Chapter to gather information you need to create your plan.



- **Ask** about the specific hazards and risks that threaten your community (e.g., fires, floods, and earthquakes).
- **Find** out how local authorities will warn you of a pending disaster and how information will be provided before, during and after a disaster.
- **Develop** a family communications plan. Include contact information for all family members. Include home, work, and school contact numbers, an out-of-town relative family members can call, a meeting location near home and an out-of-area meeting location. List local emergency numbers including the family doctor.

Family Communication Plan	
Contact Name:	
Telephone:	
Contact Name:	
Telephone:	
Out-of-State Contact Name:	
Telephone:	
Neighborhood Meeting Place:	
Meeting Place Telephone:	

Dial 9-1-1 for Emergencies!

- **Discuss** what your family needs to do to evacuate due to a fire or other emergency. Be ready to move fast. Teach everyone the best escape routes out of the home and where safe places in the home are in case of an earthquake and where to meet outside.

- **If you must evacuate**, listen to your local Emergency Alert Station (**EAS**) radio station for emergency information, such as a shelter location. See: **EAS located on inside back page.**



- **Plan to Shelter-in-Place.** Shelter-in-place is used when it is safer to stay put and create a barrier between yourself and potentially contaminated air outside. When told to shelter-in-place, quickly bring your family and pets inside, lock doors, close windows, air vents and fireplace dampers. Take emergency supplies and go into the room you have chosen. Turn off air conditioning, forced air heating systems, exhaust fans and clothes dryers if possible. Seal all windows, doors and vents.

*NOTE: Sheltering-in-place is a temporary measure intended to keep contaminated air outside.*

- **Plan for those with disabilities and other special needs.** Keep support items in a special place, so they can be found quickly. For those with home-health caregivers, an alternative plan is essential if the caregiver cannot make it to you. If the person has electrically operated life support equipment, develop a plan that may include alternate power sources for the equipment or relocation plans for the person. Go to <http://www.redcross.org/> for more information.



- **Plan for your pets.** Take pets with you if you evacuate. Be aware that pets other than service animals are not permitted in emergency public shelters for health reasons. In advance prepare a list of family, friends, boarding facilities, veterinarians, and pet-friendly hotels that could shelter your pets in an emergency.



# EVACUATION TIPS

## You have been asked to leave:

- Drive with your headlights on for visibility.
- Drive calmly with special attention to public safety vehicles.
- Do not attempt to re-enter the area until officials declare it safe for re-entry.

## And if there's time...

- Be sure that all windows and doors are closed.
- Open curtains and window coverings.
- Lock your home.
- Cluster lawn furniture and other things that might snag firefighter hose lines.
- Leave exterior lights on, it helps firefighters find the house in the smoke.
- Don't leave garden sprinklers on, they can waste critical water pressure.

- If instructed to do so, shut off water, gas, and electricity before leaving.
- Post a note telling others when you left and where you are going.
- Listen to your battery-powered radio and follow the instructions of local emergency officials.
- Wear protective clothing and sturdy shoes.
- **Take your family disaster supply kit.**
- Buy a Weather Alert capable radio and listen to it whenever severe weather is forecast. Be sure to have extra batteries for the radio.



<http://www.sbcounty.org/sheriff>

## Emergency Alert System (EAS)

The **EAS** is an emergency warning system that provides the public with immediate information through radio, television, and cable TV if life and property are in danger from a man made or natural occurrence.

During an emergency, tune to your local **EAS** radio broadcast station listed below.

### EAS Stations:

95.1 FM	KFRG	Valley/High Desert
93.3 FM	KBHR	Big Bear Valley
98.9 FM	KHWY	High Desert
102.3 FM	KZXY	Victor Valley
107.7 FM	KCDZ	Morongo/Joshua Tree
1620 AM	Caltrans	Information

### Additional information available at:

<a href="http://www.sbcfire.org">www.sbcfire.org</a>
<a href="http://www.redcross.org">www.redcross.org</a>
<a href="http://www.oes.ca.gov">www.oes.ca.gov</a>
<a href="http://www.ready.gov">www.ready.gov</a>
<a href="http://www.fema.gov">www.fema.gov</a>
<a href="http://newweb.wrh.noaa.gov/sgx/">http://newweb.wrh.noaa.gov/sgx/</a>



**San Bernardino County Emergency Information Line**  
**(909) 355-8800** — *Recorded Information Only*  
**To report an emergency, call 9-1-1**



## Step 2 to Creating a Family Disaster Plan — PREPARE THE FAMILY

**When ordered to evacuate,** there may be little or no time to shop or search for the supplies you and your family will need.

**Assemble a disaster supply kit** and keep it up to date. A kit will help you respond to a disaster. A disaster supply kit has basic items a family needs to stay safe and be more comfortable during and after a disaster. Disaster supply items should be stored in a portable container as close as possible to an exit door. Consider using a small-wheeled trash can or large backpack.



**Review your kit contents** at least once a year or as family needs change. Have emergency supplies in your vehicle and at work.

### Vehicle kit can include:

- Flashlight, extra batteries and bulbs, and maps.
- First aid kit and manual.
- White distress flag.
- Tire repair kit, jumper cables, air pump, and flares/reflectors.
- Bottled water and non-perishable food items.
- Seasonal Supplies: Winter – blanket, hat, gloves, shovel, sand, tire chains, windshield scraper, fluorescent distress flag; summer – sunscreen lotion, shade items (*umbrella, wide brimmed hat, etc.*).
- Consider using a small wheeled piece of luggage or a backpack for the kit.



### Home Kit Contents:

- Food for three days and manual can opener.
- Water (*one gallon per person per day*) for three days.
- Battery operated radio/television and extra batteries.
- Flashlight with extra batteries.
- First aid kit and first aid manual.
- Sanitation and hygiene items (*hand sanitizer, moist towelettes, plastic garbage bags and ties, and toilet paper*).
- Matches in waterproof container.
- Whistle.
- Extra clothing and blankets.
- Kitchen accessories and cooking utensils.
- Photocopies of identification and important documents.
- Cash and coins.
- Special needs items such as prescription medications, eye glasses, contact lens solution, and hearing aid batteries
- List of phone numbers: medical providers, schools, etc.
- Local map (*e.g. Thomas Guide, AAA, etc.*).
- Items for infants such as formula, diapers, bottles, and pacifiers.
- Tools, pet supplies, a local area map, and other items unique to the needs of the family.
- Filter mask for each member of the family.
- Bleach to sanitize water.

### If you live in a cold climate,

it is possible that you will not have heat during or after a disaster. Consider clothing and bedding needs. Be sure to include one set of the following for each person:



- Jacket or coat
- Long pants and long sleeve shirt

- Sturdy shoes
- Hat, gloves, and scarf
- Sleeping bag or warm blanket

### Locate and keep clear

the utility shut-off points for your home gas, electricity, and water lines. If a special tool is needed, keep the tool near the valve or switch.



**Prepare an inventory of home items.** This can be supplemented with photographs. Keep the inventory in a safe place away from the home such as a safe deposit box.

Post emergency phone numbers by the phone. Include the radio frequency of your local **EAS** radio station (*see inside back cover*) and the other alerts/alarms the local community uses to notify the residents of an incident.

**Keep** fire extinguishers and smoke detectors current and in working order.



### Complete and carry

the wallet emergency information cards located at the bottom of this brochure. Update the cards as changes occur.

**Locate home/work evacuation routes** and become familiar with potential obstacles. Know alternative routes in case the primary evacuation route is blocked.

## PREPARE THE FAMILY *continued*

**Be Weather Wise.** Listen for Watches, Warnings, and other weather related information from the National Weather Service. Flash floods happen often in our County as do winter storms and high winds. Visit [www.wrh.noaa.gov](http://www.wrh.noaa.gov) for more weather information.

**Become Involved.** Take a **Community Emergency Response Team (CERT)** training class and a first aid/CPR class. For more information or to receive CERT training, contact your local emergency management office, fire or police department. If you would like to learn more about CERT please call (909) 356-3998, or visit [http://www.sbcfire.org/oes/csc\\_cert.asp](http://www.sbcfire.org/oes/csc_cert.asp) website.

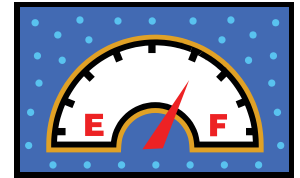


**Meet with neighbors** and make plans to assist each other in the event of a disaster.

**Stay Informed.** Know what is happening in your community to reduce the risks and hazards identified for your community.

**Prepare** to survive for at least 72 hours and possibly up to seven days without outside assistance. Besides the emergency supplies, use the food in your home, starting with refrigerated items, then frozen items, and last the non-perishable foods.

**Keep the gas tank of your car** at least half full at all times.



## Step 3 to Creating a Family Disaster Plan — *PRACTICE YOUR PLAN*

It is important to discuss and practice your Family Disaster Plan at least **twice a year**. A good time to practice the plan is the weekend that daylight savings starts and ends.

- **Practice** evacuating from your home and meeting outside.
- **Walk and drive** evacuation routes.
- **Call** your out-of-state contact.
- **Talk** about the practice drill with your family. If a part of the plan did not work, change the plan to make it work or to improve the plan.
- **Update** parts of the plan that have changed such as telephone numbers, school and work locations, emergency contact information, insurance information, and copies of important documents, etc.
- **Check your Disaster Supply Kit** and replace items that are date expired or damaged. Make sure radios and flashlights work. Inspect containers and replace them if cracks or other damage is present.
- **Check** batteries and/or working condition of smoke detectors and carbon monoxide monitors.
- **Replace** clothing, prescription items, glasses, contacts, etc. if they are out-of-date or no longer fit.

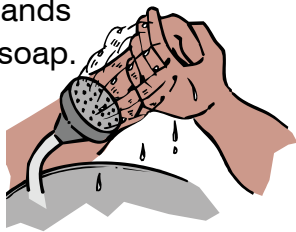


# How to Keep Your Family Healthy During a Disaster

## DISEASE PREVENTION

Your first line of defense on fighting illness is to wash your hands frequently.

- Wet your hands and apply soap.
- Rub your hands together and scrub 10-15 seconds, rinse well, and dry.
- Use an antibacterial towelette or a hand sanitizer if you can not wash your hands with soap and water.



## WATER SAFETY

If a “boil water” order is issued, residents should not use the water for drinking, washing dishes and utensils, hand washing or cooking. Safe water for drinking, cooking, and personal hygiene includes bottled, boiled, or treated water.

- Boil water for one minute and let cool before using.



*Water purification may be used as an alternate method where gas and electricity is not available.*

- Purify water by adding eight drops (*1/4 teaspoon*) of household bleach, such as Clorox or Purex, per gallon of clear water and 16 drops (*1/2 teaspoon*) per gallon of cloudy water. Mix well and let stand for 30 minutes before using.

## FOOD SAFETY

Food may not be safe to eat during and after an emergency due to power outages. A power outage of two hours or less is not hazardous to food that is stored in a properly functioning refrigerator or freezer. Should a long-term power outage occur, take these actions to keep food safe:

- Group packages of food together and keep refrigerator and freezer doors closed as much as possible.
- Add block or dry ice to your refrigerator if it is expected to be off longer than 4 hours.
- Discard foods that have an unusual odor, color, or texture.
- Discard canned foods that are bulging, opened, or damaged.
- If canned food has come in contact with floodwater or storm water, remove the labels, wash the cans, and dip them in a solution of 1 cup of bleach in 5 gallons of water. Re-label the cans.

## PREVENTING CARBON MONOXIDE POISONING

Carbon monoxide (CO) is an odorless, colorless gas that can cause sudden illness and death if you breathe it. When power outages occur you may use alternative sources of fuel or electricity for heating, cooling, or cooking.



- Do not use these sources in your home, garage, or camper because CO can build up and poison the people and animals inside.

- Use caution when operating these sources to prevent fire.



## PROTECTING YOURSELF FROM CHEMICALS

During emergencies such as earthquakes, hurricanes, and floods, chemicals that can harm people’s health may be released from businesses, homes, and other sources into the environment.



- Remove and isolate contaminated clothing and shoes. In case of skin or eye contact with substance, immediately flush skin or eyes with running water for a least 20 minutes.

- **If you suspect someone has been poisoned by a chemical, call 9-1-1.**



For more information to prepare for a Public Health emergency call **(800) 782-4264**, or go to the website at:

[www.sbcounty.gov/dph](http://www.sbcounty.gov/dph)

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[www.ready.gov](http://www.ready.gov)  
[www.fema.gov](http://www.fema.gov)  
<http://newweb.wrh.noaa.gov/sgx/>





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San Bernardino County Fire Department  
Office of Emergency Services  
San Bernardino, CA 92415-0451

*cut out and keep handy*

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Telephone:	
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fold here

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