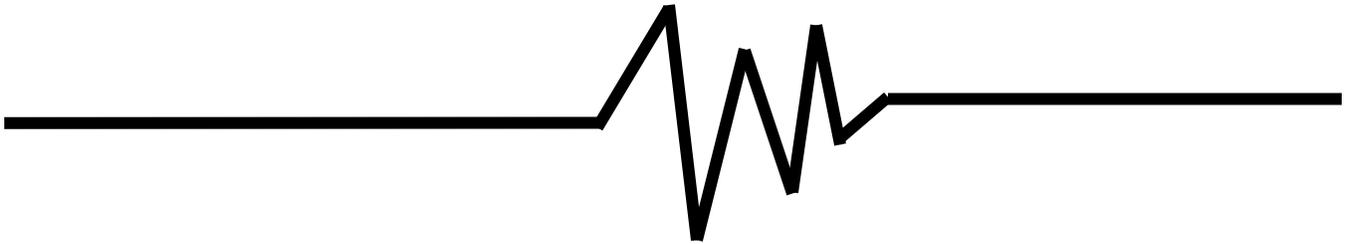


GET READY to be prepared



A disaster preparedness program for residents of the Menlo Park Fire Protection District

www.menlofire.org



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POTENTIAL DISASTERS

Earthquakes

The cities within the Menlo Park Fire Protection District (MPFD) lies amid some of the world's most active earthquake faults: Calaveras, Concord-Green Valley, Greenville, Hayward, Rogers Creek, San Andreas, and San Gregorio. Further, various types of soil will produce different shaking intensities, including liquefaction. On October 17, 1989, a Richter magnitude 7.1 earthquake located near Loma Prieta peak in the Santa Cruz Mountains shook the San Francisco Bay Area. The earthquake left 62 people dead, over 3,700 people injured, over 12,000 residents displaced and caused more than 6 billion dollars in damage. Fortunately, residents of the MPFD only experienced toppled chimneys, gas leaks, and power outages. Other cities in the Bay Area suffered severe damage.

The 1989 Loma Prieta earthquake did not significantly reduce the potential for large earthquakes along other fault segments in the Bay Area. Geologists have predicted large earthquakes to occur on the San Francisco Peninsula segment of the San Andreas Fault as well as other regional fault lines. A study published in July 1990, by the United States Geological Survey (USGS), indicates there is a 67 percent chance another earthquake the size of the Loma Prieta will occur in the San Francisco Bay Area within the next 30 years.



www.fema.gov/earthquake

Flooding

Due to the risk of flooding from excessive rainfall and tidal action, portions of San Mateo and Santa Clara Counties are officially designated as an active flood plain. Areas within the MPFD are at risk of flooding from the San Francisquito Creek, the San Francisco Bay, or both. Floods can be slow or fast rising, but generally develop over a period of days. Areas along the Pacific Coast are also vulnerable to tsunamis.

Winter Storms and Cold Weather

Severe winter storms carry the potential of flooding and extended power outages. Fire during winter storms presents a danger because water supplies may freeze and it may be difficult for fire fighting equipment to reach the fire. In December 1990, San Mateo County experienced a severe winter freeze, causing damage to heating systems, water mains, sprinkler systems, and landscaping throughout the MPFD.

Fires

The Oakland-Berkeley hills area experienced a firestorm in October 1991. Over 3,000 living units were damaged or destroyed. There were 25 deaths and 150 injuries reported. More than 10,000 people were evacuated through smoke and blowing debris.

While some areas within the MPFD are not likely to experience a wildland fire, there is always the possibility of a fire following an earthquake. Often, the most serious problems will occur in areas where buildings are older and are more susceptible to fire because of their close proximity to one another. The intensity of the fires varies with the extent of damage to the water system, isolation due to bridge and/or freeway overpass collapse, roadway damage, debris blocking the

roadway, and weather conditions.

 [m.fema.gov/wildfires](https://www.m.fema.gov/wildfires)

I. PREPARING YOURSELF & YOUR FAMILY

After a major disaster, your city will not be able to respond to all of the immediate needs of its citizens. Your family may be without help for hours or even days. Once a disaster hits, your family will not have time to shop or search for supplies. If your emergency supplies have been gathered in advance, your family will be better prepared if you must evacuate or if you are confined to your home (shelter in place).

Preparation Checklist

- Store one gallon of water per person per day in a sturdy plastic container
- Maintain a seven day supply of food
- Assemble emergency supplies for your family
- Prepare portable disaster supply kits for your car and workplace
- Store your home supplies in a secure, accessible location, preferably outdoors
- Provide for your pets

Emergency Water

Water is one of the most important survival necessities after any major disaster. A person can survive weeks without food but only a few days without water.

Amount

Store one gallon of water per person per day. It is a good idea to store enough for seven days, however. Do not ration water. Drink the amount you need today and try to find more for tomorrow. You can minimize the amount of water your body needs by reducing activity and staying cool.



Storage

Water should be stored in opaque, sturdy plastic containers. Avoid containers that will decompose or break easily (such as glass bottles).

Store the water away from flammable, hazardous, and toxic substances that could contaminate water. Store water in a cool, dry and dark location, such as a closet, garage, or storage shed, under a bed, or behind a couch. Do not let bottled water sit directly on concrete for long periods of time as chemicals in the concrete may erode the plastic.



Alternative Sources of Water in Your Home

In the event you cannot use your stored supply of water, you can use the water in your hot water heater, your home's water pipes, and refrigerator (ice cubes, chilled water reservoir). Use water from a toilet tank (not the bowl) only after you have exhausted all other sources. Be sure to turn

off your water heater before opening the drain to access its water.

Caution: Do not turn on the gas or electricity when a water heater's tank is empty. Heating an empty water heater not only will damage the water heater, but it could also start a fire.

Purification

Contaminated water can contain microorganisms that cause disease and must be purified before drinking. There are two recommended methods for purifying water: boiling and chlorination.

Boiling is the safest method of purifying water. To do this:

1. Strain any sediment through layers of paper towels or clean cloths
2. Bring the water to a rolling boil for 10 minutes
3. Let the water cool before drinking
4. Store in tightly covered, disinfected plastic containers

If boiling is not possible, use liquid chlorine bleach to kill the microorganisms.

Use household liquid bleach that contains 5.25 percent sodium hypochlorite with no added soap or fragrance.

1. Strain any sediment through layers of paper towels or clean cloths
2. Use the chart outline below for the proper treatment amount
3. Stir the water and let it stand for 30 minutes
4. If the water does not taste and smell of chlorine at this point, add a second treatment chlorine per chart and let water stand another 15 minutes
5. Store water in tightly covered, disinfected plastic containers

Amount of Water	Cloudy Water	Clear Water
1 quart / 1 liter	4 drops bleach	2 drops bleach
1 gal	16 drop bleach	8 drops bleach
5 gal	1 teaspoon bleach	½ teaspoon bleach

Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

 www.cdc.gov/healthywater/emergency/safe_water/personal.html

Emergency Food

A disaster can dramatically disrupt the food supply at any time, so plan to maintain a seven-day supply of food above your normal requirements. You may have plenty of food on hand right now, but always check your supplies to make sure.

It is not necessary to buy dehydrated or other types of emergency food. Canned foods, nuts, and dried fruit, are good for a several reasons:

- they do not require cooking or water for



- preparation,
- they can be kept with your regular supply, and
 - with proper storage, most canned and dried foods will remain fresh for about two years.

Date each package so you will know when to rotate them into your normal food supply. This should be done once or twice a year. Choose foods that:

- Your family will enjoy, especially children. It is best to serve familiar foods in stressful times
- Require little or no cooking or refrigeration
- Come in cans or package sizes that contain portions small enough for one meal so the food will not be wasted
- Have a long storage life
- Need little or no water for preparation (in case water services are disrupted)
- Will not increase thirst; avoid foods with a high salt content
- Will meet the needs of family members with dietary restrictions

How to Store Emergency Food

How long food lasts depends on how it is stored. The ideal location is a cool, dry, dark place.

The best temperature is 40° to 60° F (4° to 15° C). High temperatures contribute to the rapid spoiling of most types of food. This rules out most Bay Area garages and outdoor sheds.

Keep food away from petroleum products, such as gasoline and oil. Some food products absorb odors.

Protect food from rodents and insects. Items stored in boxes or in paper cartons will keep longer if they are heavily wrapped or stored in metal containers.

How To Use Emergency Food

Use perishable food in your refrigerator or freezer before using food from your emergency kit. Be sure any food that has been stored for long periods of time is safe to eat. Discard cans that bulge at the top or bottom or are leaking.

Do not eat or drink anything from open containers located near shattered glass.

Remember to include food for your pets.



Rotate your food cache every 6-12 months. You may donate food that is nearing but not past its expiration date to area food banks and charities



www.ready.gov/food

Emergency Supplies

Use the following checklist as a guide to assemble emergency supplies for your family. As your family's needs change, so should your emergency supply kit. Once a year, check your supplies.

Replace or test batteries, check the cooking and lighting equipment, update clothing, and check food expiration dates.

Cooking Checklist

- Aluminum foil
- Barbecue, camp stove, hibachi, sterno stove, etc.
- Fuel for your cooking equipment (propane, charcoal, kerosene, butane, white gas)
- Cooking pan and utensils
- Manual can and bottle opener
- Matches; use waterproof matches (available at camping and sporting goods stores) or regular matches stored a waterproof container
- Paper plates, cups, eating utensils
- Paper towels
- Storage containers with sealable lids
- Utility knife



After an earthquake, do not use your fireplace for cooking until the chimney has been inspected for cracks and damage; sparks may escape into the attic through an undetected crack and start a fire.



Always use your cooking equipment outdoors and in an area that is well ventilated

Lighting Checklist

- LED Flashlights (include extra batteries)
- Lightsticks (available at many sporting goods stores)
 - These chemical safety lights are easy to use and do not require batteries or an ignition source to operate. They provide light for a short period of time and can be used only once.
 - Low intensity lightsticks provide light for 8 hours.
 - High intensity lightsticks give light for only 30 minutes, however they are 3-4 times brighter than the low intensity lightsticks.
 - Light sticks are non-toxic, spark proof, wind proof, waterproof and non-corrosive, and may be safely used in situations where there may be gasoline, natural gas, or toxic chemicals.
- Lanterns (include extra fuel and supplies)
- Candles



Always check for natural gas leaks before using matches, lanterns, or candles. Do not use them if there is a leak.

Tools and Clean-Up Checklist

<input type="checkbox"/> Ax, hatchet, sledge hammer or maul, pry bar ¹	<input type="checkbox"/> Hammer, screwdriver, wire cutters	<input type="checkbox"/> Duct tape	<input type="checkbox"/> Plywood
<input type="checkbox"/> Fire Extinguisher	<input type="checkbox"/> Plastic bags and sheeting	<input type="checkbox"/> Broom, mop	<input type="checkbox"/> Portable generator
<input type="checkbox"/> Shovel	<input type="checkbox"/> Work gloves (1 pry per person)	<input type="checkbox"/> Nails and screws	<input type="checkbox"/> Rope

Shelter Checklist

- Blankets, sleeping bags
- Inflatable pillows
- Tarp
- Tent or other portable shelter

Sanitation Checklist

- Personal hygiene supplies adapted to your family's needs
 - Liquid or bar soap, comb, shampoo, diapers & wipes, baby powder, pre-moistened towelettes, manual toothbrush, toothpaste, denture supplies, sanitary napkins, etc.
 - Hand sanitizer
- Human waste disposal
 - Powdered chlorinated lime or agricultural lime (agricultural lime is available at garden supply stores)
 - Chlorine bleach
 - Watertight container with a tight fitting lid (pail, bucket, garbage can, etc.)
 - Plastic garbage bags
 - Sealable plastic bags (zip-lock type)
 - Toilet paper
 - Twist ties, zip ties, rubber bands

Portable camp toilets, porta-potties, or recreational vehicle toilets can be used for toilets for solid waste. An emergency toilet may be made from a watertight container such as a 5-gallon bucket can with lid. Line the container with two heavy-duty plastic garbage bags.

Do not urinate into the plastic bags as urine weakens the plastic. Use a separate watertight container for urination.

Add disinfectant (household chlorine bleach or powdered chlorinated lime) to deodorize and sanitize between uses. Do not allow children to handle bleach or lime. Place hand sanitizer nearby for post-toilet use.

If necessary, human waste can be buried. Dig a hole two to three feet deep and deposit the waste. Add a thin layer of disinfectant and soil each time it is used.

Personal Items Checklist

- Contact lens cases and solutions
- Eyeglasses – store an extra pair

¹ You may wish to consider placing one prybar in every bedroom to help occupant open doors that may be jammed closed following an earthquake or windstorm.

- Sun glasses
- Denture supplies
- Money; cash and coins
- Paper and pencil
- Books, games, and toys for all ages

Clothing Checklist

- Rain gear
- Clothing layers
- Sturdy shoes; in the home, keep a pair of shoes near each bed to protect occupant's feet from broken glass, nails, etc.; place a pair of socks and flashlight in shoes
- A complete change of clothing for each family member
- Hat, gloves



www.ready.gov/build-a-kit

First Aid Supplies

Assemble a first aid kit. The items suggested below are only examples and should be tailored to meet your family's needs.

Keep your first aid kit current. Some items have expiration dates.

Use your kit regularly so you are familiar with what is in it, but remember to replace items as they are consumed.

Your supplies will be easy to carry and protected from water if you store them in a small tool or fishing tackle box. A backpack is convenient but is not waterproof.

Note: Remember to check the expiration dates when purchasing medical supplies. Buy only fresh supplies for the longest shelf life. Medical information and prescriptions can be stored in the refrigerator to prolong freshness and protect from fire.

Medications Checklist

- Prescriptions from doctor for any long-term medications (keep these current)
- Antacids
- Antiseptic solution
- Aspirin, acetaminophen, ibuprofen, naproxen or other over-the-counter pain reliever
- Anti-Diarrheal medication
- Laxatives
- Topical antibiotics
- Eye drops and saline eye wash
- Vitamin supplements
- Hydrogen peroxide to wash and disinfect wounds
- Individually wrapped alcohol swabs (available at drugstores)

Bandages & Dressings

- Compression (Ace) bandages
- Assorted wound bandages

- Cotton balls and cotton swabs
- Rolled gauze; 1", 2", and 3"
- Adhesive tape roll; ½" or 1" wide
- Bandage, sterile roll; 2" or 4" wide
- Plastic strip bandages; assorted sizes
- Triangular bandages (three each 36" x 36" x 50")

Additional Supplies

- First aid book
- Anti-bacterial, liquid soap
- Ammonia inhalant (do not use with possible neck injuries)
- Emetic (to induce vomiting)
- Instant heat and ice packs
- Latex or Nitrite gloves
- Medicine dropper
- Metal foil space blankets
- Needle and thread
- Paint brush (natural bristle for removing glass pieces)
- Paper cups
- Plastic bags
- Plastic spoons
- Pocket knife
- Pre-moistened towelettes
- Safety pins
- Sanitary napkins (useful for large, gaping wounds)
- Scissors
- Skin lotion
- Splinting materials
- Sunscreen
- Thermometer
- Tissues
- Tweezers
- Waterproof matches
- Writing materials; pen, pencil and paper

Creative First Aid Supplies

If your first aid supplies are destroyed or become inaccessible after a disaster, you can use some common household items you may already have available. Bandages, dressings, splints, and stretchers can be made from everyday items.

<i>Bandages & Dressings</i>	<i>Splints</i>	<i>Dressings and bandages may be secured with</i>
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Clean rags, towels, sheets and linens, diapers (disposable or cloth), handkerchiefs, sanitary napkins, scarves	Boards, brooms, oars, straight sticks, umbrellas, pieces of corrugated cardboard bent to form a three-sided box, pillows, rolled blankets, newspaper or magazines	Belts, handkerchiefs, neckties, nylon stockings, plastic bags, rope, safety pins, string, strips of cloth torn from shirts or sheets
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Portable Disaster Supply Kits

A disaster can occur at any time including while you are in your vehicle or at work. Following a disaster, you may need to stay in your vehicle or at work for an extended period of time.

Work/Vehicle Supply Kit Checklist

Assemble a disaster kit for your car using the following items, adding personal items as necessary. Storing these supplies in a small backpack will make them convenient to carry if you have to walk home.

- Battery-operated radio (for work; use auto radio for vehicle)
- Blanket
- Bottled water
- Comfortable clothes and shoes for walking
- Fire extinguisher; A:B:C type
- First aid kit (include personal medications)
- First aid book
- Flares
- Flashlight and batteries
- Local maps & compass (auto GPS may be disrupted)
- Money (cash and coins)
- Personal hygiene needs
- Portable device charger for car (USB adapter)
- Snacks; dried fruits, nuts, granola bars, crackers
- Toilet tissue, zip-type plastic bags
- Tools; screwdriver, pliers
- Work gloves
- Your family disaster plan

Check with your place of employment concerning its emergency plan, including disaster and first-aid supplies.



www.ready.gov/car

Coping with Your Children's Emotional Needs

Before the Disaster

- Your children are less likely to experience prolonged fear or anxiety if they know what to expect during a disaster. Include your children in preparing your family's emergency plan.

- Talk about your own experiences and/or read children the accounts of other disasters, such as earthquakes. Check your local library and its children’s librarian for recommendations.
- Ask the staff at your children’s school about the school’s disaster plan.
- Provide your children with the name of a relative, neighbor, or friend who will care for them until the family can be reunited.
- If your child has a cellphone, program emergency numbers into it for them and show them where they are located and explain when to use them.



Help your children assemble their own emergency kit

After the Disaster

- Explain to your children what has happened.
- Encourage your children to express their feelings. Give them a chance to talk and ask questions.
- Your children may need both verbal and physical reassurance that everything will be all right. Hug them frequently.
- Include your children in any cleanup activities. It is comforting for children to watch the household begin to resume its normal functions, and to keep busy.
- Have your children write a story or draw a picture about what has happened.
- Replace your children’s toys and security items (such as blankets, dolls, and stuffed animals) as soon as possible. Allow your children to mourn their losses.



www.ready.gov/kids

Tips for the Elderly or Disabled

Before the Disaster

- Tell your neighbors now if you may not move well or quickly in an emergency. Purchase a whistle or air horn to alert others in case you need assistance.
- Know where the safe places are in each room of your home, such as under a sturdy desk or table, or in the corner of an inside wall.
- Plan how you will get out of each room if the doorway is blocked. Arrange your furniture to allow a clear pathway.
- If you use a service animal, keep in mind that it may be injured or too frightened to help you. That said, don’t forget to store extra food and supplies for your animal.
- Keep your wheelchair, walker, cane, or crutches near you and, if possible, store extras in various locations. Family members should know where these items are stored.
- If you use any life support equipment, make sure it is fastened securely to the walls or floor to prevent it from falling over. If the equipment runs on electricity, consider purchasing a portable generator.
- If you use any battery-operated equipment, including hearing aids, have extra batteries on hand.

- Put LED security lights in various rooms in your home. These lights plug into the electrical wall outlets and light up automatically if there is a power failure. They can provide light for 4-6 hours.
- If you are hearing-impaired:
 - install a fire, smoke, and carbon monoxide alarm designed for the hearing impaired,
 - a portable battery-operated TV will display emergency instructions during an disaster, and
 - have paper and pencils available to communicate with others.

During the Disaster

- Move to one of the areas of safety mentioned previously.
- Stay away from tall, unsecured furniture, glass doors and windows, fireplaces, and hanging objects.
- If you are in a wheelchair, stay in it, lock the wheels, and cover your head with your arms to protect yourself from falling debris.

After the Disaster

- Remain calm.
- If you are trapped inside, make as much noise as possible to attract attention to yourself. Use your whistle or air horn to alert others.
- If you have a service animal, keep it confined or securely harnessed as it may become frightened and could run away.



www.ready.gov/individuals-access-functional-needs

Tips for Pet Owners

Identification

Your pet should always wear a collar with identification tag and be microchip and/or tattooed for additional identification.

Vaccinations

Keep your pet current with its vaccinations. Store pet medical records in a safe place. You may be required to show proof of current vaccinations if you need to temporarily board your pet. (Note: Pets are not allowed at American Red Cross shelters.)

Hazards

Following a disaster, keep your pet safe from hazards such as broken glass, downed electrical lines, spoiled food, and other animals. Always keep them on a leash or crated. All animals may act unpredictably or uncharacteristically following a disaster.

Transportation

Each pet in your household should have his/her own pet carrier. A carrier makes transportation easy in the event of an evacuation and keeps your pet safe from falling debris.

Leashes

Make sure you have a leash for every dog in your house. Keep spare leashes in your emergency kits. Slip leads can double as a collar and leash in an extreme emergency.

Sleeping Quarters

Do not put your pet's bed near a window or under shelving. Windows can shatter during an earthquake showering your pet with glass. Shelving can collapse, tossing books and other heavy objects down onto your pet.

Plan Ahead

Human shelters may not welcome your pet. Make pre-disaster plans for post-disaster, temporary placement of your pet. Identify local boarding kennels, veterinarians with boarding facilities, motels that accept pets, and/or make arrangements with friends or relatives.

Pet first aid book	Pet first aid kit	Blankets
1 month medications	Food & water bowls	Newspaper
Plastic bags	Sheets to cover carrier	Comb/brush
2-week supply of water per pet	Can-opener	Leashes
Disinfectant	Paper towels	Pet carrier
Favorite toys & treats	2 week supply pet food	Cat litter & litter box



www.ready.gov/caring-animals

Important Information and Family Documents

After a disaster, you may need financial assistance and will need to document any property loss for insurance and income tax purposes. Having ready access to the documents necessary for completing application forms will help to expedite your claims.

Identify your vital documents now, before a disaster occurs. Store your important documents in a secure, fire-resistant container, safe deposit box, or with a friend or relative that lives at least 100 miles away. It is a good idea to have two sets of your important documents stored in different places so that if one set is damaged you will have a backup. You may wish to consider storing encrypted, electronic copies of documents online. Be sure that a trusted family member, friend, or financial advisor has the necessary passwords or PIN numbers to access such files.

Home Inventory

One of the most important documents you should keep is an inventory list of your household items. The inventory should include: the item, description of the item, serial numbers (if applicable), purchase date, purchase price (or best estimate) and the item's location in your home. List the items room by room. This will make it easier to add new items later on and will help to avoid duplication. This list should be updated at least once a year.

It is recommended that you supplement the written inventory with photographs and/or video of your household contents.

When you have completed the inventory, make a copy and send it to your insurance agent. Keep a copy in one or more safe locations away from the home.



www.ready.gov/financialpreparedness

Home Evacuation Plan

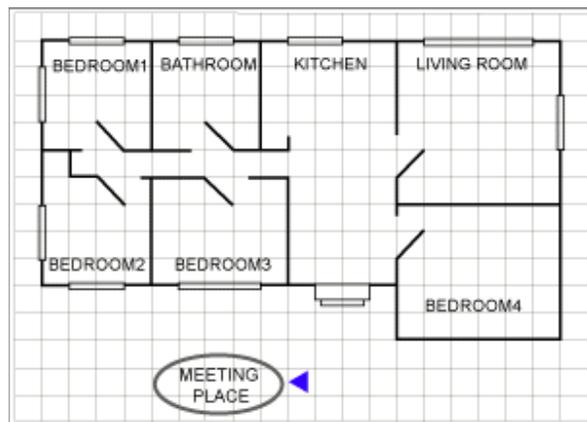
In the event of a fire, flood, earthquake, hazardous material spill or other disaster, it may be necessary for you to quickly evacuate your home. By planning and practicing what to do before you need to, you will help yourself and your family to react correctly and spontaneously at the first sign of danger.

Planning to Evacuate

- Draw the floor plan of your residence.
- Draw at least two escape routes from each room.
- Identify where your emergency supplies, first-aid kits and fire extinguishers are kept.
- Identify utility (gas, water, and electric) shut-off valve locations.
- Include your family's reunion location outside the home.
- Conduct fire and emergency drills.

Reunion Plan

- Disasters have a good chance of occurring when your family is not gathered together. The children may be at school. You may be at work, the shopping center, or the theater. To prepare for those possible separations, take a few minutes and develop a reunion plan. This plan will help you get back together, or if that is not possible, to let each other know you are okay.
- Choose one place near your home in case of a sudden emergency.
- Choose at least two or three places outside your neighborhood in case you cannot return home. Possibilities include the homes of neighbors, friends, or relatives, local schools, churches, parks, or community centers. If you arrive home and no one is there, it will give you some places to start looking.
- Choose a friend or relative who lives out of state who can be contacted by all family members if it becomes impossible to reach the reunion locations. You can report to them where and how you are and learn where and how other family members are as well. Be sure each family member carries the contact person's name, phone number, SMS and email address with him or her.



Area Evacuation Plan

If directed by authorities you may be asked to evacuate your neighborhood, city, or region. Do not panic! Follow directions as provided by police, fire, military, or other emergency agencies. If time allows, your assembled pack emergency supplies and emergency documents in your

vehicle. Follow evacuation routes as directed.

Shelter in Place

Emergency authorities may order you to “shelter in place” following the release of toxic chemicals, nuclear materials, biological agents, civil disturbance, or other incident. This means you should not leave your home but instead close and lock all doors and windows and lower shades and blinds. You may be directed to cover windows and doors with plastic sheeting or garbage bags to help prevent air migration from outside of your home to inside. You may be directed to retreat as far as possible from exterior walls into closets or other rooms inside of your home. Remain in your home until authorities issue an all-clear announcement.

II. PROTECTING YOUR FAMILY & YOUR HOME

Securing Your Home

Imagine what it would be like if your home had wheels and was speeding down a twisting, bumpy road. Your home would bend and sway, causing the interior contents and exterior structures (chimneys, roofs, etc.) to fall or collapse. A major earthquake would have a similar effect.

Using this worksheet as a guide, take 30 minutes to walk through your home with family members to identify potential hazards. Correct discovered hazards as soon as practicable.

Bookcases, Cabinets, Items On Walls Or Hanging From Ceilings

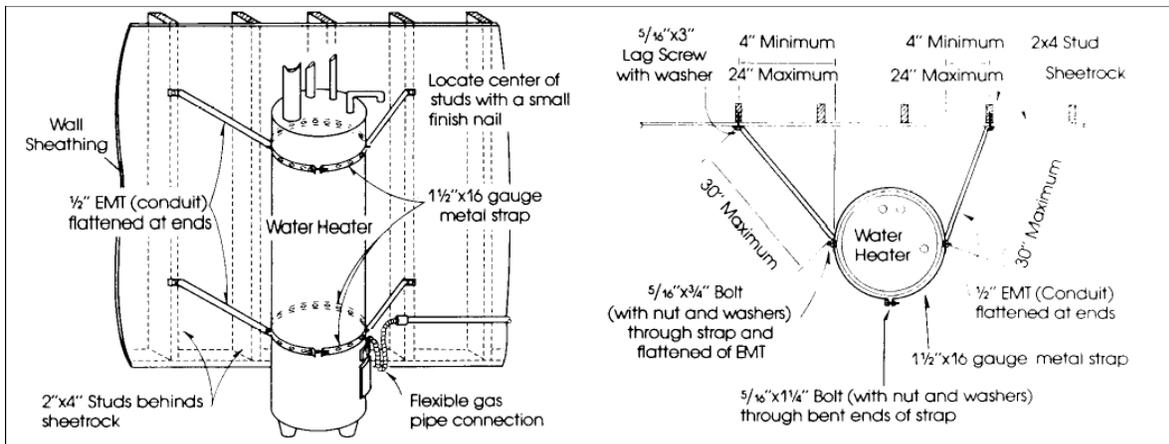
Secure heavy bookcases, cabinets, aquariums, televisions, and home entertainment systems to walls studs. Use earthquake glue or putty to secure breakable items to shelves and fireplace mantels. Place safety catches on cabinets that contain breakable items. Use safety cables anchored into studs to secure items hanging from ceilings.

Water Heater

The typical water heater weighs about 450 pounds when full. Such a massive object resists being moved suddenly. In an earthquake, the floor on which it is standing tends to move out from under the heater, causing it to topple over. This movement also breaks the rigid gas and water line connectors.

To secure your water heater:

- Wrap steel plumber’s tape around the entire heater at least twice. Then secure the tape to two different wall studs with two inch or longer lag screws.
- Install flexible gas and water connectors.

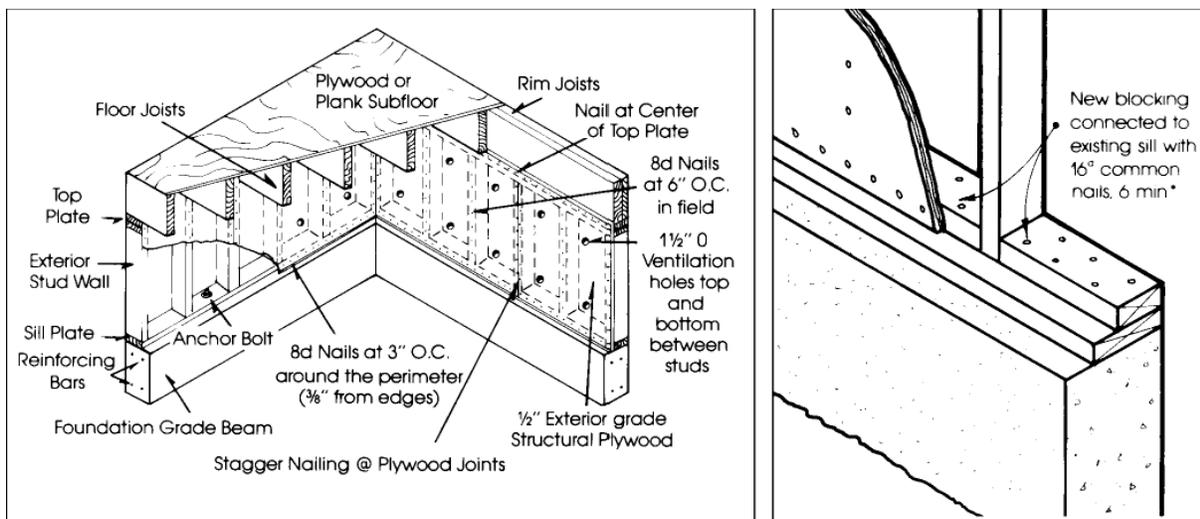


Structural Preparation

Examine the structural safety of the house itself. Single story, conventional wood construction homes are relatively resistant to earthquake damage. California building codes were significantly strengthened in 1976, five years following the magnitude 6.6 San Fernando (aka Sylmar) earthquake.

Foundation

Check to see if your house or garage is securely fastened to the foundation. Many homes constructed before 1950 do not have bolts securing the wood structure to the concrete foundation.



Chimneys

- Chimneys are often constructed of unreinforced masonry, making them vulnerable to earthquakes
- Check the brick mortar for signs of deterioration; if you do not have a ladder use binoculars to inspect the chimney from the ground
- If the chimney is not tied to the house (most are not), use metal straps to tie the chimney

to the ceiling joists

- Protect yourself from falling chimney bricks that might penetrate the roof by reinforcing the ceiling surrounding the chimney with ¾” plywood nailed to ceiling joists
- Check the roof and chimney for loose tiles and bricks
- Following an earthquake, do not use your fireplace until a professional has inspected it and declared it safe for use; sparks could escape into your attic through an undetected crack and start a fire

Beams, Posts, Joists and Plates

Strengthen the areas of connection between joists, beams, posts, and plates using the following hardware:

- “T” and “L” strap
- Mending plates
- Joist hangers
- Twin post caps
- Nails and lag screws

Pay particular attention to exposed framing in garages, basements, porches, and patio covers.

Mobile Homes

Mobile homes suffer the most damage from falling off their supports. To reduce this damage, leave the wheels on the unit to limit its fall, and:

- Check the foundation to make sure that it has been reinforced and that the undercarriage of the mobile home has been securely tied to the foundation.
- Tie doublewide mobile homes together where they join (marriage line). Ridge beams should be attached with half-inch carriage bolts spaced at a maximum of forty-eight inches at ninety degrees and three-eighths-inch lag screws, with washers, spaced every twenty-four inches at forty-five degrees maximum angle. Floor connections must use three-eighths-inch lag screws with washers installed diagonally at forty-five degrees or less, with spacing not exceeding thirty-two inches.
- Structural support bracing systems are commercially available. Designs and costs vary, but a good bracing system can be a worthwhile investment. If you are interested in a seismic bracing system, contact your mobile home owner’s association, local mobile home dealer, or check the Internet for vendors. In California, the Department of Housing and Urban Development must certify any Earthquake Restraint Bracing System (ERBS) installed on your mobile home.



www.fema.gov/small-business-toolkit/protect-your-property-or-business-disaster

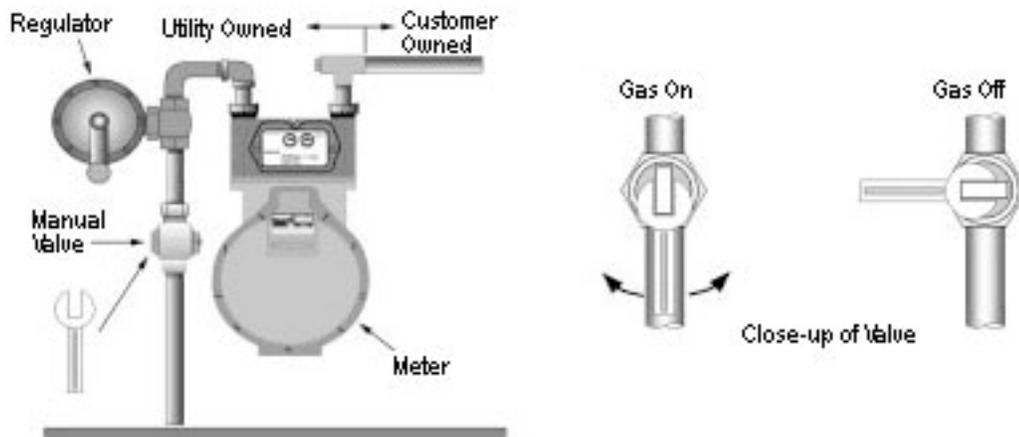
Utility Shut-Off

Locate your gas, water and electric utility shut-off valves. Review the information below and learn how to shut-off each of these utilities. *Do not practice turning off natural gas as this will require your utility company to come to your home to turn it back on.* However, you may wish to gently try to move both your gas and water shut-off valves slightly. Water valves in particular tend to become corroded over time. Some water valves require a special tool to turn them off.

Gas

- Attach an adjustable wrench to the gas meter. You will not want to take time to find one after a disaster. You may use a pipe wrench, crescent wrench, or a slotted wrench designed specifically for turning off the utilities.
- Consider marking the shut-off valve with reflective tape to identify it in the dark.
- The main shut-off valve is located on the inlet pipe next to your gas meter.

Using a wrench, turn the valve one-quarter turn in either direction so that it is at a 90° angle to the pipe. After a major disaster, shut off the gas immediately **only** if you smell a strong odor of gas, you hear gas escaping from a broken or disconnected pipe, or if you notice a large consumption of gas registering on the gas meter. (If the dials on the gas meter spinning around rapidly, there is probably a leak.) If leaking gas starts to burn, do not attempt to put the flame out. If possible, move other flammable material away from the fire. If it is safe to do so, turn off



the gas.

Do not use matches, lighters, open flame appliances, or operate electrical switches (including doorbells) until you are sure there is no gas present. Sparks from electrical switches could ignite leaking gas fumes and cause an explosion.

Seismic Shutoff-Valves

Some homeowners may wish to consider installing a seismic shutoff valve that detects significant earth movement and automatically shuts-off the gas supply. If you are away from your home for long periods of time, live in an isolated area, or are unsure if you would be able to turn off the gas supply yourself or find someone to do it for you, a seismic shut-off valve may be a good option for you.



CAUTION – Once the gas is shut off at the meter, do not try to turn it back on, call your utility company or a qualified plumber to restore gas service.

Propane Tanks

If your home has an above ground propane tank, the tank should be secured against movement or toppling and causing a gas leak. Mount the tank on a concrete pad and bolt the four legs of the

tank to the pad. Install flexible hose connections between the tank, the supply line, and the entrance to your house. Clear the area around the tank of objects that could fall and rupture the tank or its gas supply line. Tie a wrench near the shut-off valve, and make sure all family members know where it is and how to use it.

Electricity

After a major disaster, check for damage to the wiring and shut off the electricity if you suspect a problem. Sparks from electrical switches could ignite leaking gas and cause an explosion.

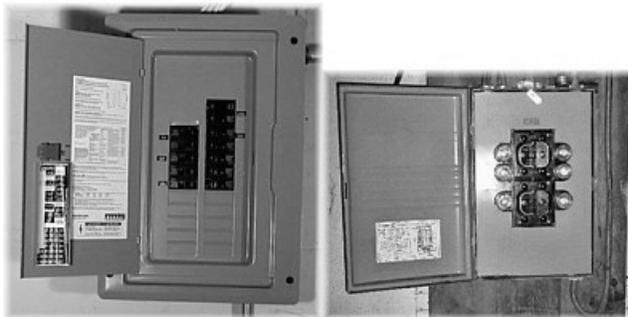
Generators

Become familiar with local utility and fire department regulations for using an emergency generator. Regulations require that you notify the utility company of the location of any electric generator used in a home or business that is or may be connected to your home's electrical system, and that the generator is connected using a double-throw switch.

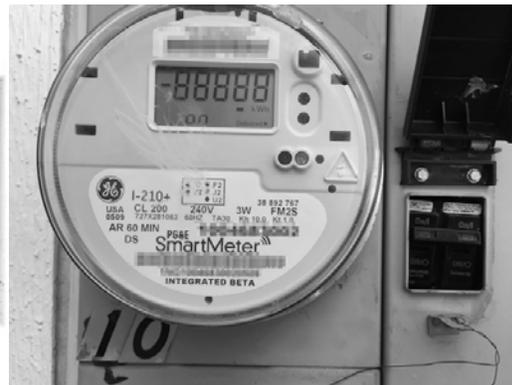
An improperly connected generator can send electricity back through your utility company's power lines posing a risk of serious injury or death to utility workers. A faulty connection could also damage or destroy the generator when power is restored.

Disconnecting your Electricity

Your electricity may be turned off at your home's main electrical panel or at your home's electric utility meter.



Turning Off Power at an Electrical Panel
(Circuit Breaker or Fused Panel)



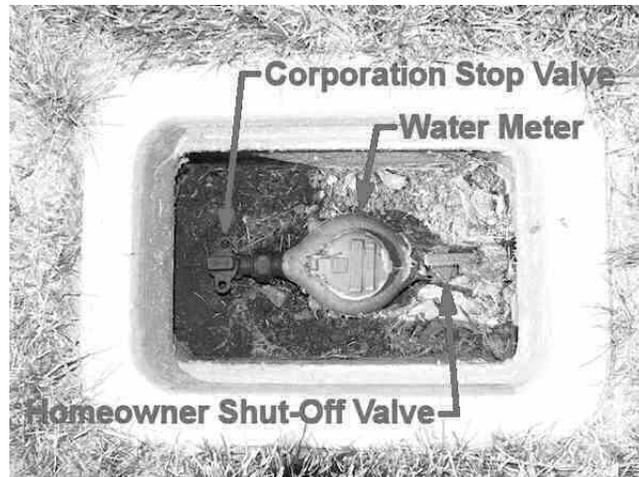
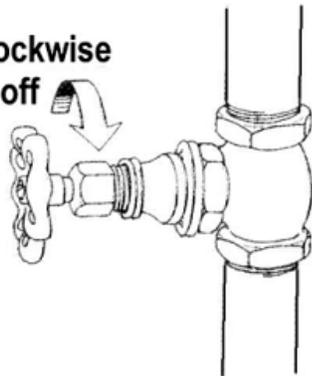
Water

Label the water main for quick identification. Consider using reflective tape to mark the shut-off valve to identify it in the dark.

After a major disaster, check for water leaks. Shut off the water **only if** you experience problems such as low water pressure or lack of water when you turn the faucet on.

Water should be turned off at the water main leading into the home. Your water shut-off may be located underground or where a water pipe from the street enters the building.

Turn clockwise
to shut off



www.ready.gov/utility-shut-safety

Hazardous Household Products

Many household products contain chemicals that are poisonous, corrosive, flammable, and/or chemically reactive. These products can topple over and spill during an earthquake. Garages, kitchens, and bathrooms are common locations for hazardous household chemical spills.

Hazardous household products include:

Automotive fluids, household cleaners, disinfectants, polishes, bleach, liquid detergents, photographic chemicals, pesticides/herbicides, fertilizers, pet care products, paint products and pool chemicals.

Storage Of Hazardous Products

- Store hazardous household products on the floor, on a low shelf, or in a locked cabinet that is securely fastened to the wall. Install a guardrail or place products in a non-reactive, plastic or metal spill tray to prevent the bottle or container from slipping off the shelf and breaking or spilling onto the floor.
- Store all hazardous household products in a secure place away from children, pets, flammable materials, sources of sparks or flames, and stored drinking water. The storage area should be safe and well ventilated.
- Store products in their original containers with caps that can be tightly sealed. If it becomes necessary to store a product in a different container, always clearly label the container with the product name and proper instructions. Store liquid and dry chemicals separately.
- Store pool chemicals away from metal tools since the chemicals can cause corrosion.
- Do not store flammable liquids in glass containers. Store gasoline in a sealed, metal container.
- Do not store hazardous products in containers that resemble food containers.
- Place a placard outside your garage, storage shed, or any other area in which combustible products are stored to alert firefighters to their presence.



When using hazardous household products, follow the manufacture’s directions carefully. Most of them are made to be used one at a time and should not be mixed together. For example, mixing ammonia and bleach together creates chlorine gas, a lethal chemical agent.



www.ready.gov/household-chemical-emergencies

Fire Safety

Most home fires are caused by carelessness or faulty equipment. These fires can be avoided through simple preventative measures. There is always the possibility of fire after an earthquake because of broken or damaged gas lines. Fire following an earthquake has the potential of causing greater loss of life and property damage than the earthquake itself.

Fire Safety Checklist

- Remove debris from garage, attic, closets, etc.
- Store flammable liquids in proper containers, away from heat source.
- Keep matches and lighters out of sight, away from children.
- Purchase a fire extinguisher suitable for all types of house fires (A B C).
- Place fire extinguishers in accessible locations. Test them often and recharge after every use and as recommended by the manufacturer.
- Install smoke and carbon monoxide detectors throughout your home. Test them once a month and replace the batteries once a year.
- Use a screen for the fireplace and a spark arrester on the chimney to trap flying embers.
- Do not overload electrical outlets. Replace worn or frayed cords.
- Do not plug power strips into each other.
- Do not run power cords underneath carpets or rugs.
- Keep your yard well groomed and your weeds cut.
- Develop an escape plan with two exits per room. Practice the plan.
- Teach family members to “Stop, Drop and Roll” if their clothing catches fire.

Smoke and Carbon Monoxide Detectors

Most home fire deaths occur during the early morning hours when most people are sleeping. The heat and smoke from a fire are more dangerous than the flames. The heat can scorch your lungs and the smoke travels faster than the flames. Ninety percent of all fire deaths are caused by smokes inhalation.

- Install smoke detectors in your home. Working smoke detectors double your chances of surviving a fire.
- Smoke detectors expire and must be replaced at least every 10 years or sooner according to the manufacturer’s instructions.
- Install carbon monoxide (CO) detectors near the floor in your home. (Carbon monoxide is heavier than air). CO is also odorless.
- Place smoke detectors on the ceiling or high on the wall outside bedrooms, and at the top of open stairways or at the bottom of enclosed stairs and near (but not in) the kitchen.
- Place at least one smoke detector on every level of your home, and a CO detector in a

basement (if present) and first floor of your home.

- Check your smoke and CO detectors at least once a month to see that they are operating properly.
- Do not remove the batteries from a smoke or CO detector without immediately replacing them. Battery-operated smoke and CO detectors cannot alert you if the batteries are removed.
- Consider using newer versions of batteries that last up to 10 years. Continue to perform monthly checks.



Hint: Choose a date to replace your smoke detector batteries that is easy for you to remember. For example, each spring or fall when you reset your clocks.

If There Is A Fire

- Stay low. Heat, smoke and toxic gases rise so crawl or crouch along the floor. If you can, cover your mouth and nose with a wet cloth.
- Test the door with the back of your hand. If it is hot, do not open it. Find another escape route. If it is not hot, open it slowly and carefully.
- Exit quickly. Once you are outside, stay outside. Go to a neighbor's house to call 9-1-1. Meet your family at the pre-designated meeting place.
- If your clothing catches on fire, "Stop, Drop and Roll." Do not run. Running will fuel the fire and cause it to spread. Cover your face with your hands and roll until the fire is extinguished.

Fire Extinguishers

A portable fire extinguisher can save lives and property by putting out a small fire or containing the fire until the fire department arrives. Fire extinguishers are not designed to fight large fires. If you cannot put out a fire with a fire extinguisher, leave the area immediately and call 9-1-1 from a neighbor's house.

Fires are classified into three types:

- Class A: Ordinary combustibles – paper, wood, cloth, rubber, and many plastics
- Class B: Flammable liquids – oils, gasoline, grease, solvents, lacquers, and some paints
- Class C: Electrical equipment and appliances – electrical sources that are still supplied with power

In order to extinguish a fire, you must use the proper fire extinguisher. *Using a fire extinguisher that is not rated for the type of fire you are fighting can make the fire worse.*

There are several different types of fire extinguishers available. Some of them are:

- Multi-purpose dry chemical (rated A:B:C)
 - This may be used on all types of fires and is the least expensive.
- Halon or halon substitutes (rated A:B:C or B:C)
 - This is the most effective for computers and electrical equipment because it does not leave a residue.
- Carbon Dioxide (rated B:C)

- This is used on most mechanical and electrical fires.
- Pressurized water
 - This is for Class A fires only. It can be dangerous if used on Class B or Class C fires.

Operating A Fire Extinguisher

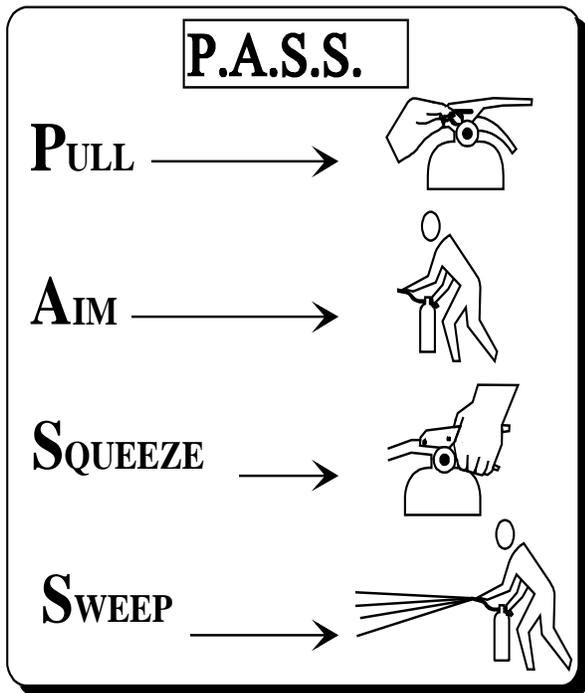
To operate a fire extinguisher, follow the **P.A.S.S.** steps outlined below:

Pull the pin from the handle.

Aim the extinguisher. Point the extinguisher nozzle at the base of the fire.

Squeeze the handle. This releases the extinguisher agent.

Sweep from side to side at the base of the fire until the fire is out. If the fire restarts, reactivate the extinguisher.



It is better to have several smaller extinguishers distributed throughout your home (kitchen, garage, etc.) than one large one that is hard to get quickly.

Fire extinguishers must be checked periodically to be sure they are fully charged and ready for use. Extinguishers need to be shaken periodically to prevent the contents from settling.

Fire extinguishers need to be serviced annually by a professional. They should also be recharged or replaced after each use. Check the internet for vendors.



www.ready.gov/home-fires

III. CERT—COMMUNITY EMERGENCY RESPONSE TEAMS

The MPFD in partnership with Menlo Park Police, East Palo Alto Police, and Atherton Police Departments present the Community Emergency Response Team (CERT) Training.

The CERT members are citizens trained and certified to provide disaster assistance within their own neighborhoods. CERT members receive basic training to help them safely and efficiently save lives and property until the professionals arrive. CERT is a way for neighbors to be ready to help neighbors when disaster strikes.

In the event of a natural disaster, households need to be prepared to be on their own for seven days. Neighborhoods will be on their own and volunteers will naturally be the first on-the scene emergency responders in their own communities. Police, firefighters, and other emergency responders will be overwhelmed with requests for help and may be slowed down by impassable streets and other damage.

Under such conditions, family members, fellow employees, and neighbors will spontaneously try to help each other. This was the case following the Mexico City earthquake where untrained, unprompted volunteers saved 800 people. However, 100 people lost their lives while attempting to save others. This is a high price to pay, and is preventable with the proper training.

For further information, contact the Coordinator of the MPFD Community Emergency Response Team at (650) 688-8415, cert@menlofire.org, or visit www.menlofire.org.

With training, CERT members are:

- Better prepared for self-sufficiency for up to seven days following a disaster.
- Able to provide trained, organized emergency response teams to save lives and property in their neighborhood.
- Able to guide untrained volunteers who want to help take care of the neighborhood in the event of a major disaster.

IV. Additional Reading and Sources of Information

American Red Cross

San Mateo County Chapter 1710 Trousdale, Burlingame, California 94010

United States Geological Survey, USGS

www.usgs.gov

345 Middlefield Road, Menlo Park, California 94025 (650) 853-8300

Federal Emergency Management Agency, FEMA

www.fema.gov

1111 Broadway, Suite 1200, Oakland, California 94607 (510) 627-7100

California Department of Conservation

www.consrv.ca.gov

Department of Conservation Headquarters

801 K. Street, MS24-01, Sacramento, California 95814 (916) 322-1080

California Office of Emergency Services

<http://www.calema.ca.gov>

CalEMA Coastal Region

1300 Clay Street, Suite 400

Oakland, CA 94612 (925) 953-1402

California Seismic Safety Commission

www.seismic.ca.gov

1755 Creek side Oaks Drive, Suite 100, Sacramento, California 95833 (916) 263-5506

Living with Earthquakes in the Pacific Northwest

Free, PDF, e-book, or HTML guide to earthquake preparedness

oregonstate.edu/instruct/oer/earthquake/index.html

V. Emergency Numbers and Websites

	Phone	Website
Emergency: Life or Property Risk	911	
Menlo Park Fire District	650-688-8400	www.menlofire.org
CERT	650-688-8415	sites.google.com/site/menloparkcert
Police Departments		
Atherton Police Department	650-688-6500	www.ci.atherton.ca.us/police
East Palo Alto Police Department	650-853-3160	www.ci.east-palo-alto.ca.us/?nid=245
Menlo Park Police Department	650-330-6300	www.menloparkpolice.org
Utilities		
PG&E (report gas leaks, power outages)	800-743-5000	www.pge.com
Updates on power outages	800-743-5002	www.pge.com/en/myhome/outages/index.page
West Bay Sanitary (report sewer problems)	650-321-0384	www.westbaysanitary.org
California Water Services	650-321-0384	www.calwater.com
O'Connor Tract Coop Water District	650-321-2723	
Palo Alto Mutual Water Company	650-322-6930	www.paloaltoparkmutualwatercompany.com
ATT Telephone	611 or 800-310-2355	www.att.com
Road Conditions		
Local streets and bridges	511	www.dot.ca.gov/cgi-bin/roads.cgi
Peninsula Human Society		
Emergency pet shelter, wild animals	650-340-8200	www.peninsulahumanesociety.org
San Mateo County Environmental Division (hazardous waste, spills, septic tanks)	650-363-4305	www.smchealth.org
Food, Shelter		
American Red Cross	650-259-1850	www.redcross.org
Salvation Army	415-553-3500	www.salvationarmyusa.org