Personal Emergency Preparedness

July 23, 2020
1:00 to 2:00pm

A Zoom-based Webinar for UASI South Bay Hub
Welcome

• Welcome and Introductions
  – Housekeeping
  – Zoom basics and etiquette

• Why We Are Here
  – First in a series of workshops for South Bay
  – Funded by Bay Area UASI
Session Objectives

• Better prepare staff of CBOs and nonprofit organizations to be able to care for themselves and family in times of emergency or disaster so they can be ready to do their job, assist their organization and meet community needs

• Provide personal preparedness tips and best practices
Self-Assessment Tool

- Tier 3 – Fulfilling A Broader Community Role
  - MOUs
    - Coordination with Others
    - Donations
  - Training and Exercise
  - Vital Records
  - Recovery Plan

- Tier 2 – Re-establishing Operations and Service Delivery
  - Disaster Mission Statement
  - Essential Services
  - Essential Administrative Functions
  - Communications
  - Staffing and Volunteers
  - Succession Planning

- Tier 1 – Life Safety and Survival Actions
  - Personal Preparedness
  - Emergency Coordination Team
  - Emergency Alert and Notification
  - Emergency Procedures
  - Resilient Facilities
  - Hazard Assessment

*Early concepts of this tool were developed by Swardenski Consulting with support from Silicon Valley Community Foundation.

Hierarchy of Organizational Preparedness with Emergency Planning Elements

July 2016
Assumptions

Most of you are knowledgeable about disaster preparedness and are CERT or emergency managers. Please share your Knowledge, experience and questions.

We’re going to focus on Tier 1: with an emphasis on the pandemic.
Workshop Guidelines

- Create/review your own Emergency Preparedness plan.
- Share ideas about preparedness training during the pandemic.
- Add comments or questions.
- Share expertise; what works, what does not.
Types of Disasters

*Earthquake*

*Fire*

*Public Safety Power Shut-Off*

*Flood*

*Storm*

*Crime*

Each disaster is unique and requires a separate plan
Why Prepare?

• Any disaster could happen:  
  **Earthquake, Fire, PSPS, Flood, Storm, Crime**

• After a disaster, you may not have:  
  **Water, Power, Sewer, Natural Gas, Telephone, Shelter, Roads, ATM’s, Gasoline, etc.**

• Emergency Services will be busy:  
  **Fire, Police, Medical Care, Public Works, Utilities.**

• Therefore:  
  **Be prepared to care for you, your family and community for 5 to 7 days**
Preparedness Process:

• Identify your threats: home, work, and at school
• Involve other people: family, co-workers...
• Make a plan for each threat – know your options – what to do, how to communicate
• Get your tools, supplies, modify facilities
• Practice your response
• Assess: what went well – what needs improvement
Japantown:

**Strengths**

- North: Mission St.
- South: Empire St.
- West: 3rd St.
- East: 7th St.

**Weakness**

**Opportunities**

**Threats**

- Dental
- Akiyama
- Red Cross Certified Shelters
- PG&E Gas pipe
- Park
- JT Sq
- Miraido
- Com
- Mabuhay Court
- Trains
Disaster Communications

• Landline
• Cell phone
• Text Messages
• Social Media
• Amateur (Ham) Radio
• Family Radio Service (FRS walkie talkies)
• Use “runners” to convey messages
Personal Preparedness During the Pandemic

- Refer to your county public health officer for current protocols
- Masks
- Distancing
- Cleaning
- Screening/separate areas
# Create a Preparedness Plan

<table>
<thead>
<tr>
<th>People: who?</th>
<th>Building: home, work?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Before</strong></td>
<td></td>
</tr>
<tr>
<td>Disaster Mission? Survive and minimize injuries/damage</td>
<td>Secure hazards; furniture, glass</td>
</tr>
<tr>
<td>Identify your threats</td>
<td>Get water, food, supplies, 1st Aid Kit</td>
</tr>
<tr>
<td>Know options for each threat</td>
<td>Tools: flashlight, radio, batteries.</td>
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<tr>
<td>Set up family/neighborhood team</td>
<td>Open doors, windows, 2nd story?</td>
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<tr>
<td>Create/practice response/escape plan</td>
<td>Seismic upgrade?</td>
</tr>
<tr>
<td>Include pandemic safety protocols</td>
<td></td>
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<tr>
<td><strong>During</strong></td>
<td></td>
</tr>
<tr>
<td>Protect yourself - Don’t PANIC</td>
<td>Stay or Evacuate?</td>
</tr>
<tr>
<td>Be a leader: Check on others/1st Aid</td>
<td>Check building for damage</td>
</tr>
<tr>
<td>Expect aftershocks</td>
<td>Gas, water, electric, sewer on/off?</td>
</tr>
<tr>
<td><strong>After</strong></td>
<td></td>
</tr>
<tr>
<td>Take care of basic needs.</td>
<td>Secure your building</td>
</tr>
<tr>
<td>Emotional trauma</td>
<td>Check neighbors</td>
</tr>
<tr>
<td>Notify relatives</td>
<td>Make repairs</td>
</tr>
</tbody>
</table>

(Know / Prepare / Get / Practice)
# Public Safety Power Shut-Off Plan

## People: family

### Before
- Medical/special needs?
- CPAP?
- Diabetic?
- Dialysis?
- PG&E Medical Baseline Program
- Pandemic issues?

### During
- Estimate how long PSPS will last?
- Either move to power or supply your own

### After
- Any problems? If so, changes?

## Building: your home

### Before
- Kilo Watt hours used?
- Heat/cooling?
- Food/medicine/insulin refrigeration?
- Electrical water pump
- Options: solar/battery, generator, move to a place with power

### During
- Consume perishable food first, frozen food next, non-perishable last

### After
- Any damage/repairs needed?
DURING A FIRE

Fight or Flight

Fight: a small fire

Or

Flight: evacuate a large fire
PUT OUT A FIRE

AIR

HEAT

FUEL
Use a fire extinguisher to put out a small fire

Test the extinguisher after pulling the pin

Sweep the base of the fire, lasts about 10-15 seconds
Reducing The Risk Of Fire...

- Don’t overload outlets
- Keep hallways clear
- Don’t store items near heater vents
- Maintain smoke/CO$_2$ alarms
- Don’t leave burning candles
- Know where fire extinguishers are and how to use them
In a building . . .

- **DROP** under a desk or table
- **COVER** your head
- **HOLD** onto desk or table leg
- Don’t run outside
DURING A EARTHQUAKE

In a building . . .

Stand in a doorway or kneel next to a large chair or sofa
Earthquake While You Are Sleeping...

- Stay in bed with blanket over you, or
- Lay on floor next to your bed
- Do not run in the dark over unstable ground and broken glass
In a vehicle... 

- **MOVE** to a clear area, away from power lines and overpasses
- **PULL OVER** to the side of the road
- **STAY** in your vehicle
Outside: seek an object to protect you and avoid falling objects...
After An Earthquake....

After the shaking stops...

- Check people for injuries.
- Check building for damage.
- Check for water & gas leaks.
- Turn off leaking utilities

Expect after shocks
Know **HOW** To Turn Off Gas, Electricity & Water
How To Reduce Earthquake Risk

• Latches on cabinets
• Shelf liner
• Secure tall furniture to a wall stud

Secure pictures/mirrors
Know How To Evacuate From An Upper Floor
People with special needs are particularly vulnerable in disasters.

Here are some important things to consider . . .

- Establish a personal support network or “buddy system”
- Record health information and medications
- Identify special transportation needs
- Take extra time to practice evacuation procedures
San Jose Office of Emergency Management Recommends Four types of emergency kits:

- Work Emergency kit (at your desk)
- Grab & Go Kit (by the front door)
- Car Kit
- Home Kit
Having proper documentation is essential.

- Drivers licenses, Passports...
- Insurance policies, mortgage...
- Medical records, medical insurance...
- Phone numbers and contact info....
- Take photo’s of valuables
EMERGENCY SUPPLIES

Plan to be on your own for at least 72 hours!

- **Water** (1 gallon per person per day) Water heater, fill bathtub, toilet tank
- **Food** non-salty/diuretic, non-perishable, re-fresh twice a year
- **First aid supplies, Rx medications.**
- **Radio, flashlight**, multi-purpose knife, can-opener, heavy-duty plastic garbage bags.
- **Clothing, sturdy shoes, rain suit**
- **Cash, ID, Important papers, insurance**
- **Cookware & utensils, WP matches**
- **Camp stove/BBQ, tent, sleeping bag**
- **Personal sanitation, plastic bags, TP, PPE**
• Practice “Evacuation Drills”
• Know where your EXITS are; multi-story exits
• Meeting Place: up wind, up hill, open space
• “Out of the Area” emergency contact
• Write down phone numbers
• Have a list of all medications
• ½ tank of gas
• Refresh supplies on a regular basis
Mitigate crime with the 4 “E”s:

**Education**: know the crimes in your community and how to prevent them, www.local police dept.

**Engineering**: Harden the target with locks, lighting, landscaping and cameras

**Enforcement**: if you see something suspicious, say something: **Call 9-1-1**

**Empowerment**: be alert and notify your neighbors Neighborhood Watch Nextdoor.com
Active Shooter/Mass Casualty Incident

Before:
Have a plan: Run – Hide – Defend
Be alert: As you come and go,
   look for suspicious people and vehicles.
Periodically check the area around your facility.
Monitor your clients; have they seen or heard any threats?
Disgruntled clients or employees; threat assessment.
Be able to lock/barricade your doors/windows.
Practice active shooter drills
Have tools and equipment
Active Shooter/Mass Casualty Incident

During a MCI: Run – Hide - Defend

Communicate: alert occupants and call 9-1-1

**Run** away from the threat using cover/concealment
  - Have escape routes on all sides of building
  - Check area before you enter
  - Have a refuge area

**Hide** if you can’t run:
  - Lock and barricade doors
  - Close blinds, turn off cell phone noise

**Defend** yourself with improvised weapons
Your Next Steps...

Prepare yourself for a disaster

Be prepared to help your neighbors/co-workers

Be a disaster response leader, be a Community Emergency Response Team CERT member
You can’t control disasters.
But you can control how they affect you.

- Know what to do...
- Have emergency supplies...
- Practice your plan...
Resources

- www.ready.gov
- www.redcross.org
- www.fema.gov
- www.sanjoseca.gov
Rich Saito - CADRE
San Jose Office of Emergency Management
Community Emergency Response Team
Japantown Prepared!
Radio Amateur Civil Emergency Service
San Jose Police Reserve
Closing Remarks

Let us know what other workshop topics you would like to see covered in the future...

Scan this QR code with your phone camera to provide your participant feedback to us...
Thank you!