American Red Cross | PrepareSanDiego

Be Red Cross Ready



Make a Plan.



Get a Kit.



Be Informed.

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Today's Agenda

1. **About the Red Cross**
   and how we are prepared for disaster
2. **Personal & Family Preparedness**
   Red Cross Preparedness Booklet
3. **Questions and Answers**



"Just because the river is quiet does not mean the crocodiles have left."

- Malay proverb

affected? 3 disasters

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San Diego Major Disaster Threats

Earthquakes

Wildfires



Floods





#1 Killer

The American Red Cross

Prevent and alleviate human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

- Disaster Services
- Services to the Armed Forces
- International Services
- Blood Donations
- Community & Workplace Education (health, safety, & preparedness)



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Your Local Red Cross Chapter

Focus: *Prevent, prepare for, and respond to emergenci*

- Covers: San Diego County
  Imperial County
  American Samoa
- 8th largest chapter in USA (of 264)
- About 30 paid staff and over 2,000 active volunteers



San Diego Major Disaster Preparedness & Response

Preparing our Region:

- 797 shelter locations identified
- 54 strategically located emergency supply trailers
- Large & small feeding sources
- Hundreds of trained feeding, sheltering, logistics, and communications volunteers
- Deployments supporting disasters nationwide



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Number 1 Killer: House Fires

More people are killed by home fires than all natural disasters combined!

Nationwide (2016):

- 352,000 home fires
- 2,735 deaths & 10,750 injuries

San Diego County (2017):

- Red Cross responded to over 340 local incidents (mostly home fires)



Main Causes: ***Cooking, Heating, Smoking*** ***(most fatalities), Electrical, Candles***

Prepare San Diego Initiative

Established in 2013 to help San Diego residents prepare for disasters.

Initiative Goal

Guide every San Diegan to take preparation steps





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Imagine… When the "Big One" Happens

Where will you be?

Where will your family be?

What will you do?





Missing?

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Life After the “Big One”

- Electricity, Gas, Gasoline
- Water & Sewage
- Telecom (phones, internet)
- Transportation (Road & Rail)
- Emergency Services (fire, police)
- Medical Services
- Flooding (broken pipes, dams)
- Fires, Landslides, Mudslides
- Downed live power lines
- Banks & ATM’s
- Supermarkets, Drug Stores….

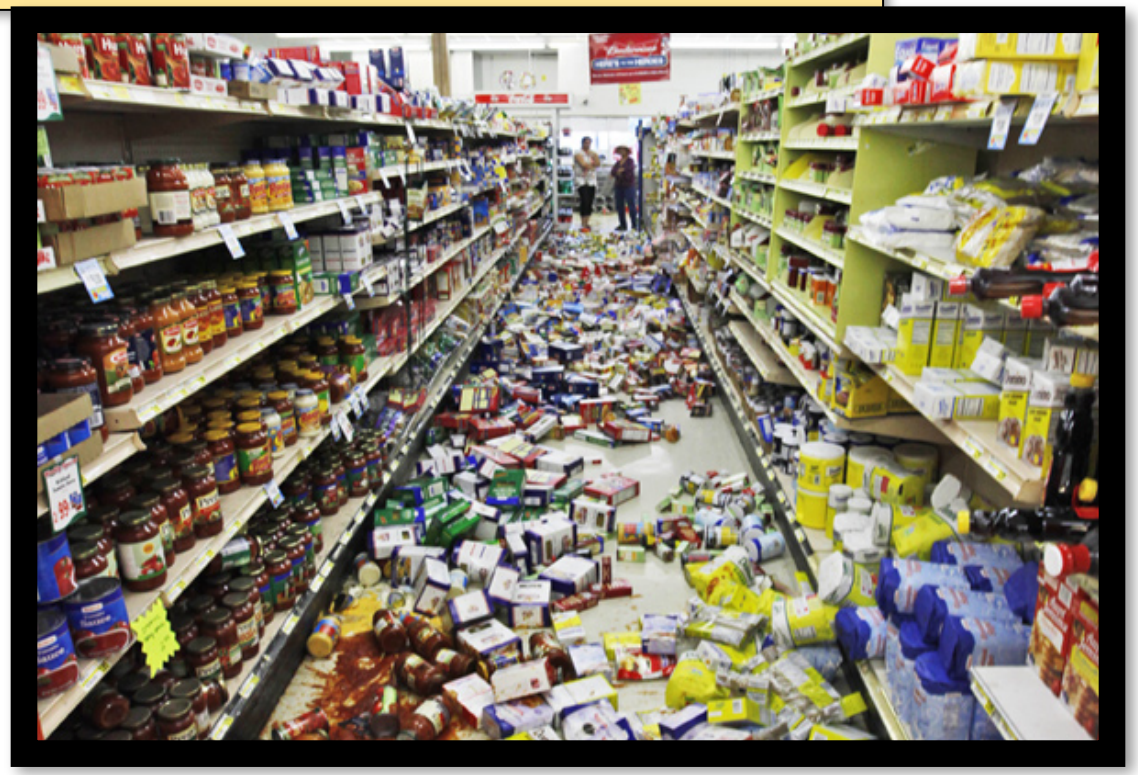


The First 72 Are Up to You!

Police, fire, other responders… likely not available

With your emergency teams… prepare to be sufficient for *at least 3 days to 2 weeks.*

No: Running Water
Electricity or Gas
Telephones or Internet
Retail Stores



The First 72 is on YOU

Your Preparation Guide

1 Make a Plan

2 Get a Kit

3 Be Informed



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1. Make a Plan

Pages 4, 5, 6

- Communication Plan
- Meeting Places (home & away)
- Utility Shutoff Tools
- Vital Records, Documents, Photos

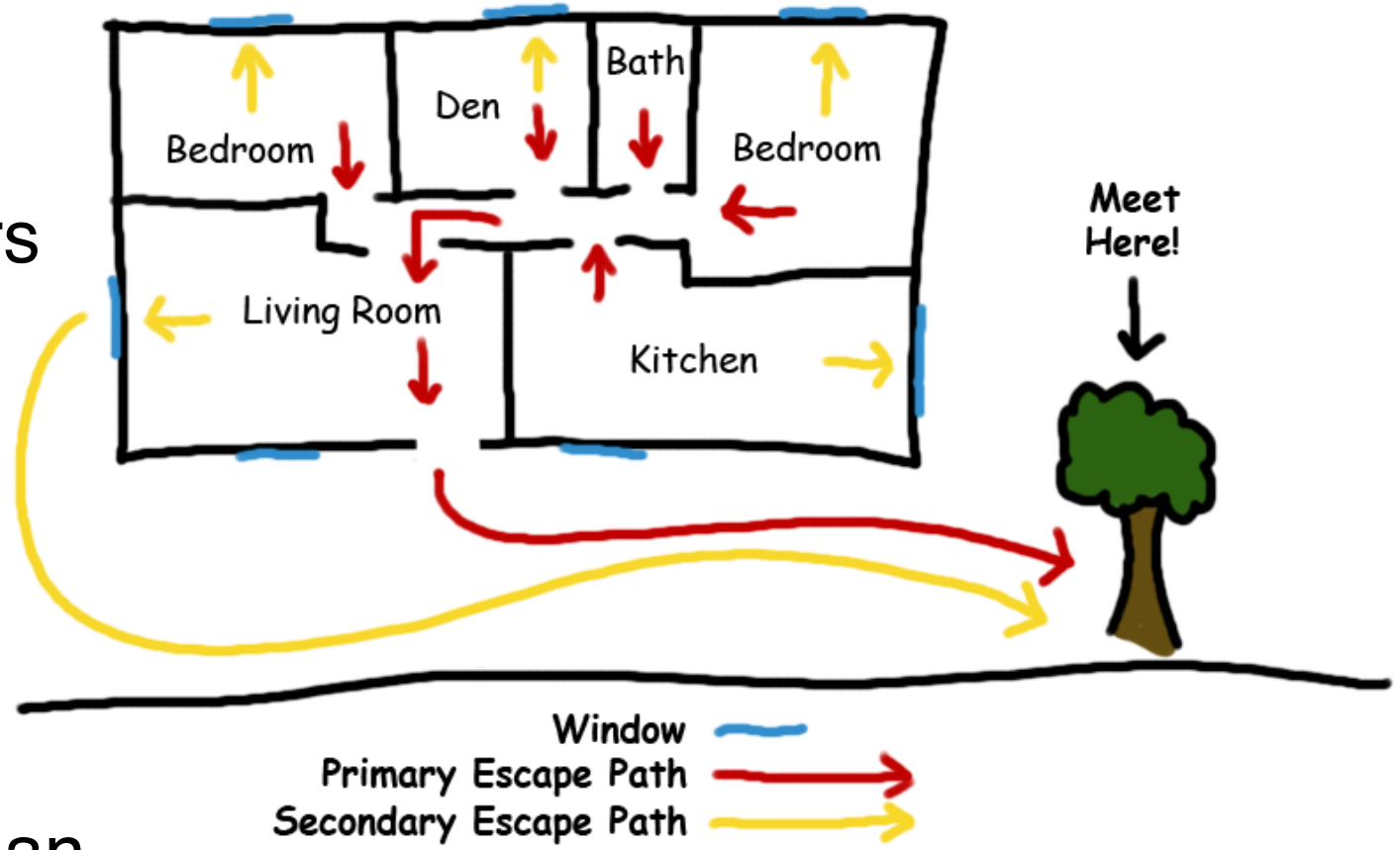


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Make a Home Escape Plan

Page 21

- Children
- Locked Windows & Doors
- Security Bars
- Upper Floor Windows
- Check Doors Before Opening
- Smoke Alarms
- Share & Practice Your Plan



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2. Get a Kit



Pages 7, 8, 13

- For Every Family Member (pets too)
- For Home, Car, Work

- Purchase or build your own
  - Starting suggestions on page 8
  - Cash, Paper Map
  - Insurance Information



Page 9

- Medications List (pets too)

Keep your kits refreshed!

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Get a kit





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Example Preparation Go-Kit for car



- Backpack
- Water (several bottles)*
- Snack Bars & Trail Mix*
- First Aid Kit (e.g., Surviveware); plus:
  - Tourniquet (CAT, RATS, etc.)
  - Trauma Pad (combine ABD)
  - Blood Clotting Gauze
  - Burn-Fix Dressing
  - Triple Antibiotic Packets
  - First Aid Guide
- Rain Ponchos (disposable)
- Thermal Blankets (foil mylar)
- LED Headlamp & Batteries
- Whistle (loud – hiking, marine)
- Sanitizer Hand Gel
- Tissues, Toilet Paper, Paper Towels
- Large Plastic Trash Bag

**Refresh these items as needed*

Example Preparation Go-Kit for home

- Rolling Suitcase or Dufflebag
- First Aid Kit (e.g., Surviveware)
  - Tourniquet (CAT, RATS, etc.)
  - Trauma Pad (combine ABD)
  - Blood Clotting Gauze
  - Burn-Fix Dressing
  - Triple Antibiotic Packets
  - First Aid Guide
- Rain Ponchos (disposable)
- Thermal Blankets (foil mylar)
- LED Headlamp & Batteries
- Radio & Batteries
- Whistle (loud – hiking, marine)
- Duct Tape
- Breathing Masks (N95)
- Paracord (rope)
- Notebook & Pen



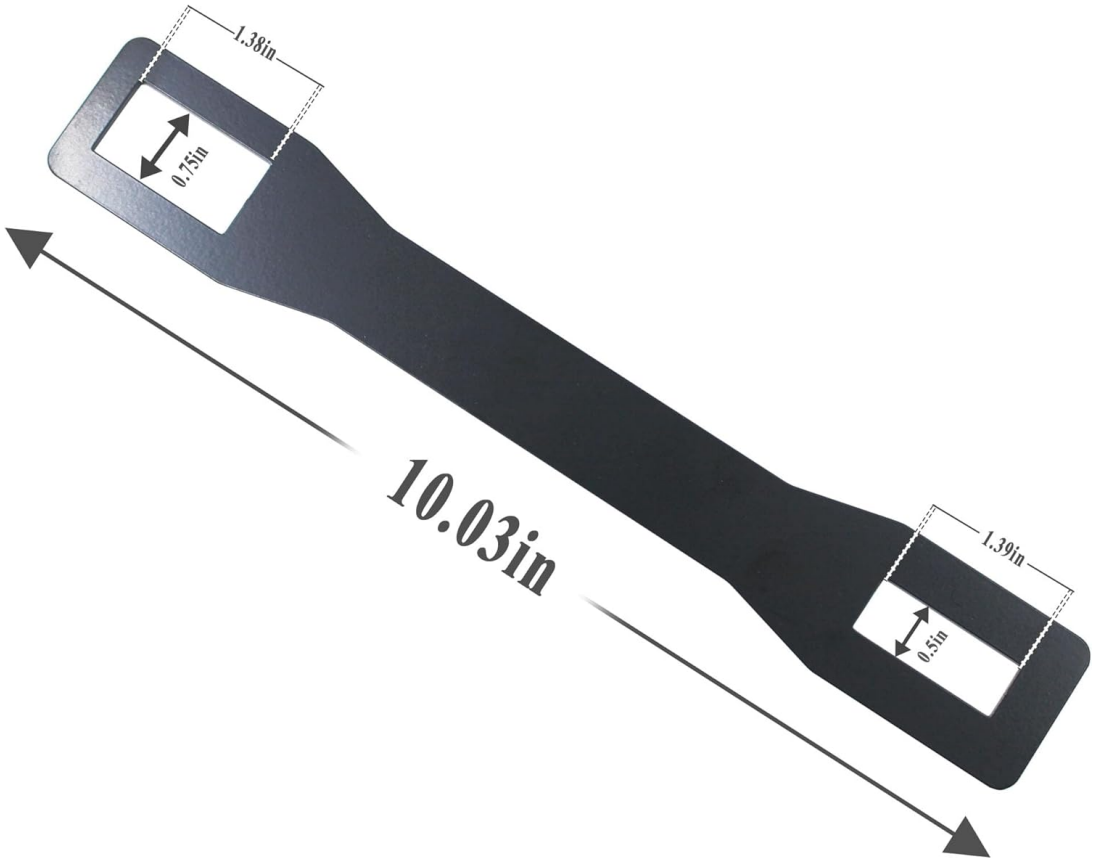
- Water (several bottles)*
- Snack Bars & Trail Mix*
- Dehydrated Food*
- Cooking Stove (hiking)
- Cooking Kit
- Matches (damp resistant)
- Eating Utensils (Sporks)
- MultiTool Knife
- Water Filter & Bag
- Sanitizer Hand Gel
- Tissues, Paper Towels, TP
- Wet Wipe Toilettes
- Large Plastic Trash Bags
- Tarp

**Refresh these items as needed*

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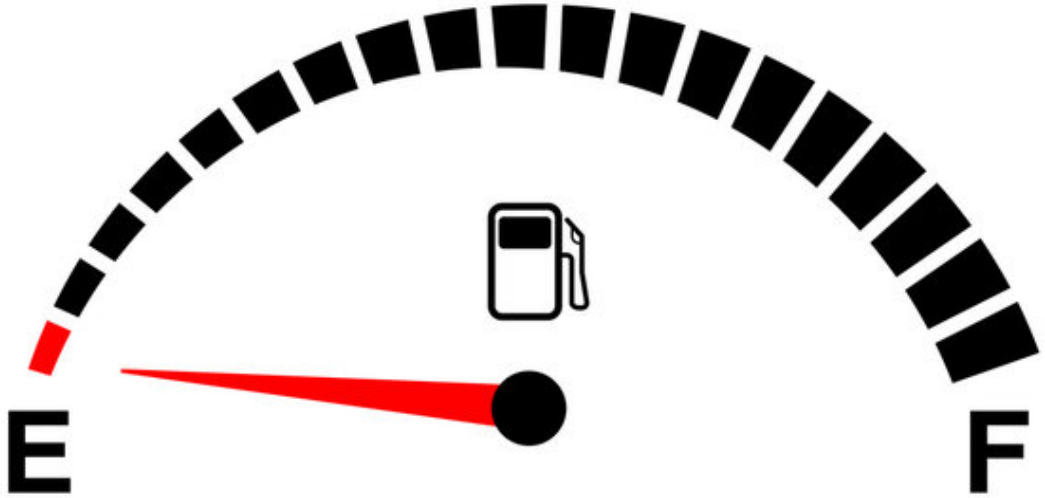
Important





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BE PREAPARED





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3. Be Informed

Page 10

- CPR, First Aid, Emergency Communication training
- Connect with neighborhood groups:
  - Neighborhood Watch
  - Neighborhood Associations (e.g., HOA's)
  - Parent-Teacher Associations (PTA)
  - Community Emergency Response Teams (CERT)
- Access official information sources

Local Emergency Alert System Stations

KOGO-AM: 600 KHz

KOGO-FM: 95.7 MHz

KLSD-AM: 1360 KHz

NOAA Weather Radio

KEC62: 162.400 MHz

Receive Critical Information on Your Mobile Phone

Reverse 911 Emergency Notification

readysandiego.org/alertsandiego

Communications





Candles





Pets and Disasters

Pages 12 – 15

- Emergency Shelter Arrangements
- May not be permitted in Red Cross shelters
- Medications in Emergency Kit
- Safely confine during emergency



Protecting Yourself During an Earthquake

Page 16

- *If inside*, stay inside
- Avoid glass, shelves, and heavy objects
- ***Drop… Cover… Hold On!***



- *If in bed*, stay in bed, curl up, pillow protecting head, hold on!



- *If outside*, stay outside, drop down in a clear spot (away from buildings, powerlines, trees, and streetlights)
- *If in a vehicle*, pull over, stop, set brake, stay inside

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How You Can Help

- Volunteer
  - Red Cross
  - Community Team (e.g., CERT)
  - Home Fire Campaign
  - ????
- Donate (redcross.org)
- Prepare:
  - Your Family
  - Your Business
  - Your Community



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Start Your Preparation Actions Today!



Recommended First Steps:

1. **Get a Kit***
2. **Make Home Escape Plan**
3. **Use Preparedness Guide**

*Email me for my kit lists:

steve.deal@redcross.org



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Resources for *Action!*

Preparedness Guide



Get a kit. Make a plan. Be informed

Websites

Page 25 of Preparedness Guide, plus:

- **CalFire**
  readyforwildfire.org
- **Earthquake Country Alliance**
  earthquakecountry.org

Red Cross "Emergency" App

Download on the App Store

Get it on Google play

Connect With Us

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Q & A Session

Questions?



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