



## How Ready Are YOU???

With all the recent disaster activity, preparedness has been on our minds. When a disaster hits home, that's when a well thought out plan is most important. Let's talk about the minimum things we can do to be more prepared for when disaster strikes:

### Make a Plan

Make a plan today. Your family may not

be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

### Step 1:

Put together a plan by discussing these

4 questions with your family, friends, or household to start your emergency plan.

How will I receive emergency alerts and warnings?  
What is my shelter plan?  
What is my evacuation route?

What is my family/household communication plan?

### Step 2:

Consider specific needs in your household.

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some of these factors when developing your plan:

- Different ages of members within your household

- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children



### :Step 3

Fill out a Family Emergency Plan

Download and fill out a family emergency plan or use them as a guide to create your own.

[Emergency Plan for Parents \(PDF\)](#)

# Build a Kit

## :Step 4

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find, and any one of them could save your life. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets, or seniors.

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for at least 72 hours. A disaster supplies kit is a



collection of basic items your household may need in the event of an emergency.

### Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- Water one gallon of water per person per day for at least three days, for drinking and sanitation  
⇒ <https://www.ready.gov/water>
- Food - at least a three-day supply of non-perishable food  
⇒ <https://www.ready.gov/food>
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to  
⇒ <https://www.ready.gov/shelter>
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities  
⇒ <https://www.ready.gov/safety-skills>
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery



# Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

## Prescription medications

- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lens solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

## Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

Keep canned [food](#) in a cool, dry place

- Store boxed food in tightly closed plastic or metal containers
- Replace expired items as needed
- Re-think your needs every year and update your kit as your family's needs change.

## SHAREABLES LINKS

- [Wallet Sized Emergency Communication Plan](#) (PDF)
- [Family Emergency Communication Guide](#) (PDF)
- [Emergency Plan for Parents](#) or [\(PDF\)](#)
- [Emergency Plan for Kids](#) or [\(PDF\)](#)
- [Emergency Plan for Commuters](#) (PDF)
- [Pet owners PDF](#)
- [Steps to make a plan](#) (PDF)
- [Tips on emergency alerts and warnings](#) (PDF)
- [Protect Critical Documents and Valuables](#) (PDF)
- [Document and Insure Your Property](#) (PDF)
- [Emergency Financial First Aid Kit](#) (PDF)
- [Make A Plan](#) (Video)

# YOU CAN MAKE A DIFFERENCE IN YOUR COMMUNITY

## GET PREPARED TODAY!

### What is CERT?

The **C**ommunity **E**mergency **R**esponse **T**eam (**CERT**) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.

Using the training learned in the classroom and during exercises, **CERT** members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help.

CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.



*"DOING THE GREATEST GOOD, FOR THE GREATEST NUMBER, IN THE SHORTEST AMOUNT OF TIME"*

### REGISTER TODAY!

To register for **County or City** sponsored **CERT** Classes or to get more information about classes in your area call:

(951) 955-4700 Mon - Thurs. 8 am - 5:00pm or register on the [REGISTRATION](#) page.



## Are you ready for the ShakeOut?

### OCTOBER 19th @ 10:19



# DSR

## Department Safety Representative

Its time to update our records please complete the survey by clicking the link below:

[Link](#)

To be completed by current DSR's only