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
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.

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 open windows. When told to shelter-in-place, quickly bring your family and pets inside.

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

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 your home and an out-of-area meeting location.

Three Steps to Creating a Family Disaster Plan

1. Plan
2. Prepare
3. Practice

The three steps to creating a successful family disaster plan are to Plan, Prepare, and Practice. Involve the entire family in what you do and how you do it. Everyone must know what to do in an emergency.

Go to: http://www.redcross.org/ to keep contaminated air outside. Temporarily measure included in place is a temporary measure intended to keep contaminated air outside.

Visit your local Emergency Alert System (EAS) radio station for emergency information, such as shelter locations. See: EAS located on inside back page. Practice: Involve the entire family. Let everyone know what to do in an emergency.
San Bernardino County Emergency Information Line
(909) 355-8800 — Recorded Information Only
To report an emergency, call 9-1-1

San Bernardino County Emergency Information Line

To report an emergency, call 9-1-1

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
- 102.3 FM KZXY Victor Valley
- 98.9 FM KHWY High Desert
- 93.3 FM KBHR Big Bear Valley
- 95.1 FM KFRG Valley/High Desert

Additional information available at:
- www.sbcfire.org
- www.redcross.org
- www.oes.ca.gov
- www.ready.gov
- www.fema.gov
- http://newweb.wrh.noaa.gov/sgx/

EVACUATION TIPS

You have been asked to leave:

- Drive calmly with special attention to public safety vehicles.
- Do not attempt to re-enter the area until safety vehicles.
- Drive slowly with your headlights on for visibility.
- Do not leave garden sprinklers on as they can waste critical water pressure.
- Official documents are safe with the instructions of your local emergency officials.
- Listen to your battery-powered radio and where you are going.
- Post a note telling others when you left and be ready to leave.
- If instructed to do so, shut off water, gas, electrically before leaving.
- If instructed to do so, shut off water, gas.
- Wear protective clothing and sturdy shoes.
- Take your family disaster supply kit.
- Buy a weather radio.
- After a weather forecast, be sure to have extra batteries on hand.
- Leave exterior lights on, it helps firefighters find the house in the smoke.
- Do not leave garden sprinklers on, they can waste critical water pressure.
- Find the house in the smoke.
- Leave exterior lights on, it helps firefighters.
- Might snag refrigerator hose lines.
- Cleanse lawn furniture and other things that might snag refrigerator hose lines.
- Lock your home.
- Open curtains and window coverings.
- Be sure that all windows and doors are closed.
- And if there’s time...

Additional information available at:
- www.sbcfire.org

http://www.sbccounty.org/sheriff
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 need to stay safe and be more comfortable during and after 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.

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, eyeglasses, 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:

- Jacket or coat
- Long pants and long sleeves shirt
- Sturdy shoes
- Hat, gloves, and scar
- Sleeping bag or warm blanket
- Extra clothing and blankets

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.
- Extra batteries.
- Filter mask for each member of the family.
- Bleach to sanitize water.

Consider using a small wheeled piece of luggage or a disaster supply kit bag. Secure the kit with sturdy straps so that it will close firmly and open easily. Consider using a small wheeled piece of luggage or a disaster supply kit bag. Secure the kit with sturdy straps so that it will close firmly and open easily.

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.

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.

If you live in a cold climate:

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- Long pants and long sleeves shirt
- Sturdy shoes
- Hat, gloves, and scarf
- Sleeping bag or warm blanket
- Extra clothing and blankets

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.

Sanitation and hygiene items (hand sanitizer, moist towelettes, plastic garbage bags and ties, and toilet paper).

First aid kit and first aid manual.

Flashlight with extra batteries.

Rechargeable and extra batteries.

Battery operated radio/television and extra batteries.

Water (one gallon per person per day) for three days.

When ordered to evacuate, a kit will help you respond.

Assemble a disaster supply kit and keep it up to date. A kit will help you respond.

Your vehicle and the work vehicle may be the only things you need to shop for the supplies you need to stay safe and be more comfortable during and after a disaster. Consider using a small-wheeled piece of luggage or a disaster supply kit bag. Secure the kit with sturdy straps so that it will close firmly and open easily.
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 involved. Meet with neighbors and make plans to assist.

Prepare to survive for at least 72 hours and possibly up to seven days without outside assistance. Besides the emergency supplies, keep the gas tank of your car at least half full at all times.

Be Weather Wise. Listen for Watches, Warnings, and other weather related information from the National Weather Service. Flash floods happen.

Prepare your Disaster Supply Kit and replace items that are date expired or damaged. Make sure 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.

Check pesticides and/or working condition of smoke detectors and carbon monoxide monitors.

Update parts of the plan that have changed such as telephone numbers, school and work locations.

If the plan did not work, change the plan to make it work or to improve the plan. Talk about the practice drill with your family. It is a part of the plan. Prepare the Family twice a year.

Practice evacuating from your home and meeting outside.

Practice the plan is the weekend that daylight savings starts and ends.

Prepared for the Family continued.

Practice the plan twice a year. A good time to practice the plan is the weekend that daylight savings starts and ends.

Step 3 to Creating a Family Disaster Plan — Practice Your Plan

Prepare yourself. Prepare the family. Prepare the community.

Prepare the family for disaster. Practice the plan twice a year. A good time to practice the plan is the weekend that daylight savings starts and ends.

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Take a Community Emergency Response Team (CERT) training class and a first aid/CPR class. For more information or to receive CERT training, contact CERT office. Take a Community Emergency Response Team (CERT) training class and a first aid/CPR class. For more information or to receive CERT training, contact.

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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 cannot 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, or cooking.

- Boil water for one minute and let cool before using.
- If a "boil water" order is issued, residents should use water that has been boiled or treated, bottled, or treated water.
- For drinking, washing dishes and utensils, and personal hygiene, bottled water or treated water is not usable.

**FOOD SAFETY**

Food may not be safe to eat during and after an emergency due to power outages.

- 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 canned foods that have an unusual odor, color, or texture.
- Discard food that has come in contact with floodwater or storm water.
- Remove and isolate contaminated clothing and shoes.
- Remove and isolate contaminated clothing and shoes before using.

**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 power sources or fuel for electricity for heating, cooling, or cooking.

- Pre-label the cans.
- Re-label the cans.
- If canned food has come in contact with floodwater or storm water, remove the label, wash the can, and add eight drops (1/4 teaspoon) of household bleach, such as Clorox or Purex, per gallon of clear water or 16 drops (1/2 teaspoon) per gallon of cloudy water. Mix well and let stand for 30 minutes before using.
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**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 hazardous sources.

- Remove and isolate contaminated clothing and shoes.
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For more information to prepare for a Public Health emergency call (800) 782-4264, or go to the website at: www.sbcounty.gov/dph
**Evacuation Tips**

- 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.
- Be sure that all windows and doors are closed.
- Open curtains and window coverings.
- 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.
- Follow the instructions of local emergency officials.
- Post a note telling others when you left and where you are going.

**Additional Information Available at:**

http://www.sbcounty.org/sheriff

**Emergency Alert System (EAS)**

**Post a note telling others when you left and where you are going.**

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

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- **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

**EAS Stations:**

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**Additional Information Available at:**

- www.sbcfire.org
- www.redcross.org
- www.oes.ca.gov
- www.ready.gov
- http://newweb.wrh.noaa.gov/sgx/

**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.**

- **Buy a Weather Alert capable radio and listen to it whenever severe weather is forecast.**
- Be sure to have extra batteries for the radio.

**If there's time...**

- Wear protective clothing and sturdy shoes.
- Wear your family disaster supply kit.
- Take your family disaster supply kit.
- Buy a Weather Alert supply kit.

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