

Bateman Neighborhood

Disaster Preparedness Guide

2018



DISASTER READINESS: LISTS AND LAYERS

The abundance of information about how to prepare your household for possible disasters can easily become overwhelming. We have prepared this small set of materials to summarize the most important steps we need to take to achieve a basic level of disaster readiness. (It will be posted on our Google drive so you can modify it for your own use).

We are calling it “Lists and Layers”:

- “**Lists**” refer to lists of basic procedures, supplies, and resources. We have tried to simplify the development of a list by organizing it in terms of basic categories.
- “**Layers**” suggests a way of organizing one’s preparations and supplies, described in detail in Kit VanBuskirk’s “Layered Readiness” booklet.

This packet includes information about the following:

1) **Family Survival Plan**

This is an overview of the family’s plan for responding to a disaster: What to do, who to contact (at least one contact person outside the area), how (text only), where to locate critical supplies, and how to work with neighbors.

2) **Personal Readiness Survival Go-Bags**

For each person in house, and another in car, these Go-Bags include three layers, all of which may be stored in a laundry bag, which would allow you to grab one item as you leave your bedroom and house.

First, “escape suit”—clothes and equipment you need in order to get out of your bedroom or the house. Additional clothing could be included in the laundry bag, as well as in the outside cache.

Second: lightweight backpack. This contains essential emergency equipment and a small amount of supplies (e.g. water, non-perishable food)

Third, small fanny pack (or satchel) containing essentials you would wear on your body—e.g. wallet, keys, cell phone.

3) **Household Survival Cache**

This is where you put additional equipment and supplies outside the house to allow you to survive after a disaster for up to two weeks on your own.

4) **Neighborhood Survival Plan**

Working together will be essential to ensuring the maximum safety and recovery after a disaster. We all need to be part of a neighborhood disaster response plan.

5) **Resources**

Finally, we have included a list of resources: sources of additional information and places where supplies can be purchased.

Also, at the end of the packet is information to remind us **how to protect ourselves** in various situations in an earthquake.

FAMILY EARTHQUAKE PLAN **DATE:** _____ *(put into a wallet, purse, car, and/or backpack)*

When the ground stops shaking (and depending on where we are) this is what we each agree to do:

IF I AM AT HOME:

Name: _____

1. Safety Check:

Check that others in the house are safe.
Have Emergency Packs with you.

2. First Aid: Attend to injuries as needed.

3. Fires: Put out any small fires.

4. Secure the house: check for gas and water leaks including gas meter.

5. Report status

TEXT the following people in order:

-
-
-

6. Stay secure:

If possible stay at home. If not home, walk there if possible

7. Neighborhood: Check with neighbors according to block plan. Beth is one of neighborhood CERT reps.

8. News: Listen to radio for instructions*

9. Food and Shelter: Unpack earthquake kit and food as needed.

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IF I AM NOT AT HOME:

Name: _____

1. Report personal status (where you are, how you are and what you will be doing): by TEXTING the following people in this order:

-

-

2. Next steps: Follow instructions under #6-9 above.

Name: _____

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-

-

2. Next steps: Follow instructions under

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-

-

2. Next steps: Follow instructions under #6-9 above.

OUTSIDE CONTACTS:

Name

Phone(s)

Email

LOCAL CONTACTS:

Name

Phone(s)

Email

FAMILY CONTACT LIST:

Name

Phone(s)

Email

Other things to know and do (ALL):

1. **First Aid:** Know basic first aid.
2. **Pay phones:** If house or cell phones don't work, try pay phones (may still be connected). Closest phones to home are at College & Russell, by Sweet Dreams.
3. **Turn off gas:** Know where the house gas shut-off valve is. Know how to use the wrench to close the valve.
4. **Turn off water:** Know where the water shut-off valve is for the house. Know how to use the wrench to close the valve.
5. **Fires:** Put out *small* fires. Fire extinguishers are : _____.
6. **Earthquake kits - personal** are located : _____; **family earthquake kits and first aid kit** and supplies for humans (and dogs?) are located _____.
7. **Camping gear** is located in small shed by driveway.
8. **Cell phones:** All cell phone should have all phone numbers above stored in memory.
9. **Money:** always travel with at least \$20 (and \$2 in change)
10. **Out-of-Area 800 Service Emergency Information Line: 1-800-705-9998**
11. **Emergency Info Radio Stations:** **KCBS 740 AM, KGO 810 AM** will have most immediate news. Berkeley stations: **WNZV 1610 AM, KALX 90.7 FM**
12. **Emergency Info Web site:** emergency.berkeley.edu

PERSONAL READINESS – SURVIVAL “GO BAGS” FOR HUMANS & DOGS

Three layers of preparedness for personal readiness: Primary level contains first response escape suit & tools. Primary level laundry bag also holds backpack and fanny packs. Backpack holds basic necessities, especially important if one needs to move from the area. Fanny pack holds important papers, cash and other items that one needs to keep close-by.

ESCAPE SUIT & TOOLS – (in laundry bag, goes under each person’s bed)

- laundry bag (large, drawstring)
- crowbar, small (place next to bag)
- shoes or boots (place next to bag)
- socks
- pants (sweats, jeans)
- shirt
- jacket (warm, light, water repellant)
- gloves (workmen)
- headlamp or flashlight
- N95 mask
- backpack
- fanny pack

BACKPACK – (escape suit can also fit in this later)

- backpack (lightweight, waterproof) (e.g. Mengar 35L ultralight)
- shoes (second pair if desired)
- tee and long sleeve shirt (or two)
- sweatshirt or fleece
- pants (sweats, leggings)
- socks (2 pairs, warm and light)
- hat
- baby wipes (cottenelle are great)
- toiletries, Rx (small bag of soap, shampoo, toothpaste/brush etc., Rx for 2 weeks)
- extra pair of glasses, with strap
- duct tape
- water (bottle and/or individual packs)
- energy bars
- water purification tabs
- extra batteries for headlamp etc
- plastic bags (various sizes)
- small radio; hand crank is best (this could also be in cache)

FANNY PACK - SATCHEL

- money
- copies of credit cards and ID
- headlamp
- cell phone & charger
- spiral pad of paper (small)
- pens – ballpoint & sharpie
- lighter
- mylar space bag
- knife (swiss army type)
- whistle on a string
- sunscreen stick
- tissues
- first aid kit (small)
- bandana

FIRST AID KITS (PERSONAL – store in small bag in fanny pack or backpack)

- these are smaller versions of the large medical kit, described below
- bandaids (various sizes)
- antibiotic cream (single use packet or tube)
- sterile gauze pads (various sizes)
- alcohol packets
- betadine packets
- hydrocortisone (single use packets)
- disposable nitrile gloves (2 pair min.)
- Ibuprofen (Advil, Motrin), naproxen (Aleve) (in labeled small plastic bags or other container)

MEDICAL KIT

Pack in draw-string bag to easily see contents. Bag similar items in plastic ziplock bags for ease of use

- scissors (bandage cutting)
- tweezers
- disposable nitrile gloves (multiple pair)
- bandaids (lots, various sizes)
- sterile gauze pads (various sizes)
- first aid tapes (2-3 rolls)
- antibiotic creams (single use packet and/or tubes)
- betadine spray
- alcohol wipes
- baby wipes
- hydrogen peroxide wipes
- hydrocortisone cream (single use packet and/or tubes)
- ace bandages
- sling
- tourniquets (2)
- duct tape
- water purification tabs
- plastic bags – a few large and small
- Ibuprofen (Advil, Motrin), naproxen (Aleve) (in labeled small plastic bags or other container)

DISASTER PREPAREDNESS KIT FOR DOGS

- freeze dried food
- water bottles or single use packets
- any Rx needed
- poop bags
- foldable water/food bowl
- LED neon collar, USB rechargeable
- Vetericyn all animal wound & skin care
- Vet wrap tape (self adhering)
- other first aid can come from human kits
- booties or rubber socks to protect feet

HOUSEHOLD SURVIVAL CACHE: BASIC CATEGORIES

*An outside cache is essential in case we cannot re-enter our homes: it should provide what we would need for a 1-2 week camping trip. We have provided **categories** rather than a comprehensive list to make it easier to review **the kinds of things** we need and to create a kind of **mental checklist** as we review our preparations. (Some of these things will be in our Go-Bags which we will take with us when we leave our house.)*

- **Updating is critical:** Store items in waterproof and bug-proof containers and develop a system (e.g. a spreadsheet) to keep track of what's in your cache and replace expired items.
- **Emergency equipment:** emergency utility turnoff locations identified (gas, electricity, water), turnoff tools/instrux kept nearby. Fire extinguishers, hoses, gloves, masks, goggles, crowbars, shovels, etc. Solar chargers.
- **Water supply:** e.g. 1 gal/person/per day, plus pets, X 5-7 days; durable container(s) made for H2O—both large (55 gal) and portable; chlorine bleach, water purification tablets, water filter.
- **Light:** lanterns, flashlights, headlamps, fresh batteries, solar powered lights.
- **Communications:** battery-run and crank-activated radios, batteries, cell phones and chargers, walkie-talkies, tablets and laptops, writing materials, fat Sharpie pens, small pads.
- **Shelter:** Tent(s) with rain fly, sleeping bags, extra blankets, pillows, mylar blankets, sleeping mats?
- **Sanitation:** Latrine/large bucket with lid, TP, kitty litter, shovel, garbage bags, hand sanitizer
- **Medical:** well-supplied first aid kit, first aid manual, week's supply of unexpired medications, splints and bandages for severe injuries
- **Cooking and eating equipment:** manual can opener! Camping stove and fuel, utensils, storage
- **Food:** Long shelf-life: canned and dehydrated foods. Shorter shelf-life: cereals, nuts, power bars.
- **Pet supplies:** crate, food, bowl, leash, medications, etc.
- **Cleaning supplies:** soap, sponges, gloves, buckets, bleach
- **Clothes:** rain gear, warm things (hats, gloves), thermal underwear, shoes & socks, sun hat
- **Personal items:** comb or brush, toothbrush, toothpaste, sunblock, notebook, pens, games, books.
- **Documents:** copies of personal ID; medical cards, insurance policy and bank account numbers, first aid & disaster instruction manuals; neighborhood roster, hard drive backup of important documents and records (finance, insurance, tax, professional, etc.) offsite, and also in the "cloud".
- **Storage inside the house:** if we can get back into our houses, having extra non-perishable or less perishable (e.g. apples, cheese) food on hand would no doubt improve our dried food meals!

OUR NEIGHBORHOOD SURVIVAL PLAN

Neighbors helping neighbors will be essential to surviving a disaster, and recovering. We in the Bateman neighborhood have begun the process of preparing to respond as effectively as possible to any potential disaster.

Bateman Neighborhood boundaries: Telegraph to College, Ashby to Woolsey.

Bateman Neighborhood Association (BNA): www.batemanneighborhood.org;

Bateman Neighborhood Association Google drive for sharing documents:
<https://drive.google.com/drive/folders/0BxmQNZaiidJOaXJTOHpUaGZBWEU?usp=sharing>

Bateman Neighborhood Block Groups: e.g. Hillegass Ave, Woolsey East, Benvenue.

- Groups organized by block constitute the foundation of our neighborhood organization as well as our neighborhood disaster planning.
- Block groups are small enough so that most neighbors can know each other, can meet as needed in someone's home, and can develop the kind of trust needed to work together to meet common problems.
- Block groups generally share an email list as well as a roster. Block captains maintain the list and the roster.
- Disaster preparation teams develop in each block group and also work with teams in other block groups.

BNA Disaster Preparation Steering Committee: The DPSC includes representatives from the block groups that have become active in disaster preparation. We are working to implement the critical steps we need to take to become a better prepared neighborhood and to develop a comprehensive survival plan.

These critical steps include:

At the block group level

- Developing effective block group organizations, including block captains, email lists, rosters, and meetings during which neighbors can get to know each other.
- Establishing a team committed to developing disaster preparedness in the block.
- Encouraging neighbors to take CERT classes—Community Emergency Response Teams
- Creating an inventory of household needs and resources: needs in case of an emergency, and resources and skills they can share in meeting an emergency.
- Identifying a meeting place and plans for responding “on the day of....”

At the neighborhood level

- Developing CERT teams: neighbors who have taken CERT classes and who will take the lead in different areas of response “on the day of”—e.g. search and rescue, disaster first aid, etc. Please watch the 19-minute “CERT in action: training video” at <https://www.fema.gov/media-library/assets/videos/109481>. It will show you how a community should be organized to respond to a disaster.
- Applying for a City of Berkeley emergency cache: The cache includes equipment such as a generator, floodlights, a canopy. BNA has only one cache. Obtaining a cache is competitive and requires neighborhoods to have CERT-trained leaders.

DISASTER PREPAREDNESS RESOURCES: PARTIAL LIST

BASIC INFORMATION

City of Berkeley

Office of Emergency Services: <http://www.ci.berkeley.ca.us/Ready/>

General site for all disaster preparedness programs, including:

- Preparing a Disaster Plan
- Creating a Disaster Supply Kit
- Community Emergency Supply Caches

The CERT training schedule: <https://www.cityofberkeley.info/certclassschedule/>

Basic Disaster Preparedness, 88 page comprehensive manual

<http://www.ci.berkeley.ca.us/uploadedFiles/Fire/Basic%20Manual-JPS6.pdf>

PG&E Emergency Preparedness Guides

https://www.pge.com/en_US/safety/emergency-preparedness/emergency-preparedness.page

USGS: <http://www.nehrp.gov/library/publicsafety.htm>

Excellent collection of guides for earthquake preparation and recovery.

Bateman Disaster Preparedness Committee Google Drive

<https://drive.google.com/drive/folders/0BxmQNZaiidJOaXJTOHpUaGZBWEU?usp=sharing>

Information and suggestions from Bateman neighbors.

Check it out—and add to it!

SOME KEY SOURCES FOR SUPPLIES:

Online

SOS Survival Products. <http://www.SOSproducts.com>

SOS offers a large array of products and will send a free catalogue.

More Prepared: <https://www.moreprepared.com/>

Emergency Kits: <https://www.emergencykits.com/>

Reviewing the contents of emergency kits is a good way to plan your own.

Amazon has a huge collection of items.

And if you google “earthquake supplies” you’ll find many more options.

Local

Disaster Supply Center, San Rafael. <https://disastersupplycenter.com/>

http://cdn.shopify.com/s/files/1/0367/6129/files/ESC_Checklist.pdf

Costco: <http://www.costco.com/emergency-kits-supplies.html>

REI: great source for camping equipment.

Hardware stores, drugstores, and places like Target

where you can find the items you need to put together your own kit.

WHAT TO DO IN AN EARTHQUAKE : Drop, Cover, and Hold On

Taking the proper actions, such as “Drop, Cover, and Hold On”, can save lives and reduce the risk of injury. Everyone, everywhere, should learn and [practice](#) what to do during an earthquake, whether at home, work, school or traveling.

In MOST situations, you will reduce your chance of injury if you:

DROP where you are, onto your hands and knees.

- This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.

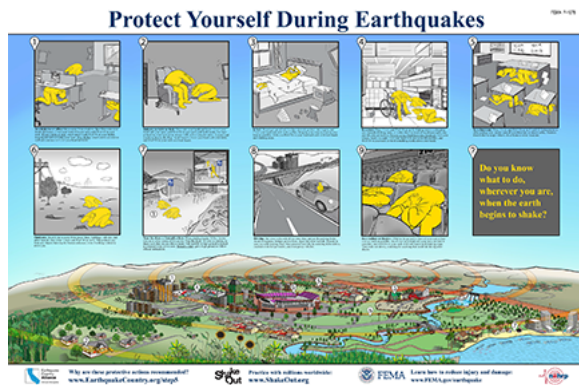
COVER your head and neck with one arm and hand

- If a sturdy table or desk is nearby, crawl underneath it for shelter
- If no shelter is nearby, crawl next to an interior wall (away from windows)
- Stay on your knees; bend over to protect vital organs

HOLD ON until shaking stops

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
- No shelter: hold on to your head and neck with both arms and hands.

This new FEMA poster (<https://www.fema.gov/media-library/assets/documents/123936>) depicts how to appropriately respond to an earthquake in a variety of settings. It is important to think about what you will do to protect yourself, wherever you are, when the earth begins to shake. What if you are driving, in a theater, in bed, at the beach, etc.?



Indoors: Drop, Cover, and Hold On. Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and kitchen cabinets with heavy objects or glass. However, do not try to move more than 5-7 feet before getting on the ground. Do not go outside during shaking! The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to break away. If seated and unable to drop to the floor: bend forward, *Cover* your head with your arms, and *Hold On* to your neck with both hands.

In bed: Do not get out of bed. Lie face down to protect vital organs, and *Cover* your head and neck with a pillow, keeping your arms as close to your head as possible, while you *Hold On* to your head and neck with both hands until shaking stops. You are less likely to be injured by fallen and broken objects by staying where you are.

In a high-rise: Drop, Cover, and Hold On. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.

In a classroom Drop, Cover, and Hold On. Laboratories or other settings may require special considerations to ensure safety. Students should also be taught what to do at home or other locations.

In a store: Drop, Cover, and Hold On. Getting next to a shopping cart, beneath clothing racks, or within the first level of warehouse racks may provide extra protection. For more details, download a simple PDF fact sheet about [Earthquake Safety in Stores](#).

Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards. Then *Drop, Cover, and Hold On*. This protects you from any objects that may be thrown from the side, even if nothing is directly above you.

Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking stops, then proceed carefully by avoiding fallen debris, cracked or shifted pavement, and emergency vehicles. If a power line falls on the car, stay inside until a trained person removes the wire.

In a stadium or theater: *Drop* to the ground in front of your seat or lean over as much as possible, then *Cover* your head with your arms (as best as possible), and *Hold On* to your neck with both hands until shaking stops. Then walk out slowly, watching for anything that could fall during aftershocks.

Near the shore: Follow instructions above for your particular location. Then as soon as shaking reduces such that you are able to stand, walk quickly to high ground or inland as a tsunami may arrive soon. Don't wait for officials to issue a warning. Walk, rather than drive, to avoid traffic, debris, and other hazards.

Below a dam: Follow instructions above for your particular location. Dams can fail during a major earthquake. Catastrophic failure is unlikely, but if you live downstream from a dam, you should know flood-zone information and have prepared an evacuation plan for getting to high ground.

Persons with Disabilities: See [EarthquakeCountry.org/disability](https://www.EarthquakeCountry.org/disability) for recommendations for people who use wheelchairs, walkers, or are unable to drop to the ground and get up again without assistance.

Additional Resources [Earthquake Safety Video Series](#): Simple videos demonstrating what to do to protect yourself in various situations (near a table, no table nearby, in a theater/auditorium, at the shore, ETC)