



City of Riverside Office of Emergency Management



Preparing today for tomorrow's emergencies

EMERGENCY SURVIVAL PROGRAM

A Citizen's Guide to Emergency Preparedness



2007

ESP FOCUS

Floods



Severe storms can cause damage!

From 1975-1998, winter storms claimed the lives of 103 residents, caused approximately 600 injuries and more than \$61 billion in property and agricultural losses. The winter storms of 1995 and 1997 alone combined to cause 36 deaths and more than \$3 billion in property losses.

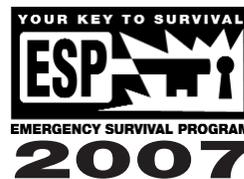
The El Niño phenomenon in late 1998 and early 1999 brought record rainfall to Santa Barbara, Ventura, and several other California cities. It also caused 17 deaths and more than \$550 million in property losses statewide.

Each year, severe storms cause flash floods, contaminate the drinking water supply, disrupt electrical service and damage homes and contents. They also can strand individuals playing near or crossing streams, rivers, flood control channels and intersections.

The table below shows how rainfall in several Southern California cities and towns during El Niño compared with their average totals.

Anaheim	Orange	31.43 in.	14.60 in.
Bakersfield	Kern	14.66 in.	5.72 in.
Bridgeport	Mono	9.88 in.	9.14 in.
El Centro	Imperial	4.94 in.	2.68 in.
Independence	Inyo	8.27 in.	5.27 in.
Los Angeles	Los Angeles	31.01 in.	14.77 in.
Riverside	Riverside	21.41 in.	10.00 in.
San Bernardino	San Bernardino	22.71 in.	16.68 in.
San Diego	San Diego	17.78 in.	9.90 in.
San Luis Obispo	San Luis Obispo	43.98 in.	23.46 in.
Santa Barbara	Santa Barbara	46.99 in.	16.98 in.
Ventura	Ventura	42.70 in.	14.32 in.

Use this information and the recommendations on the reverse side of this *Focus Sheet* to help reduce your risk of death, injury, and property losses from flooding wherever you live, work, or play.



JANUARY

Before the Flood Warning or Watch

Be prepared to respond to flooding by taking the following actions before the rains and flooding begin:

- Assemble emergency supply kits for your home, place of work, and vehicle.
- Store the following materials for protecting your home in a location away from potential flooding:
 - Sandbags
 - Plastic sheeting
 - Plywood
 - Lumber
- Store a seven-day supply of water (at least one gallon per person, per day) in closed, clean containers.
- Teach children not to play in or near rivers, streams, or other areas of potential flooding.
- Maintain fuel in your cars; electrical outages might make gasoline pumps inoperable.
- Identify safe routes from your home or work place to high, safe ground. Determine whether you can use these routes during flooding or storms. Be familiar with your geographic surroundings.
- Check with your local public works, building or planning department to see if you live in an area subject to flooding.
- Clear debris and overgrowth from on-site drainage facilities.
- Notify your local department of public works about debris and overgrowth in public drainage facilities.
- Work with neighbors to solve potential drainage problems and to avoid diverting debris onto their properties. Consult a licensed civil engineer if you're in doubt.
- Identify an out-of-state contact so that friends and relatives can obtain information about your condition and whereabouts.

When There's a Flood Warning or Watch

- Relocate valuables from lower to upper floors.
- Be prepared to move to a safe area, before flood waters cut off access, when local authorities advise.
- Disconnect all electrical appliances or turn off electric circuits at the fuse panel or circuit breaker panel before evacuating.

During the Flood

- Avoid unnecessary trips.
- Do not drive or walk through moving water. (A car can float in three inches of water)
- Do not "sightsee" or enter restricted areas.
- Stay away from streams, rivers, flood control channels and other areas subject to sudden flooding.
- Move to higher ground if you're caught by rising waters.
- Abandon your car immediately if it stalls. Seek higher ground. Attempts to move stalled vehicles have caused many deaths.
- Listen to the radio or watch television for information and instructions.

- Use the phone only to report dangerous conditions or emergencies that are life threatening. Report damaged utilities to the appropriate agencies.

After the Flood

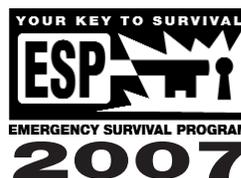
- Listen to the radio or watch television for information and instructions from local officials.
- Call your utility companies to restore service.
- Do not use fresh or canned foods that have come in contact with flood waters.
- Follow the instructions of local officials regarding the safety of drinking water. Boil or purify water if you're in doubt. Pump out wells and test the water before drinking.
- Avoid going into disaster areas.
- Stay away from live electrical equipment in wet areas. Check electrical equipment or appliances that come in contact with water before using them.
- Maintain a safe distance from downed power lines and broken gas lines; immediately report them to the appropriate utility.
- Use flashlights, rather than lanterns, candles or matches, to check on the condition of buildings. Flammables may be present.

Flood Insurance

Damage and other flooding losses are not covered by most homeowner's insurance policies. However, the Federal Emergency Management Agency (FEMA) offers special flood insurance through its National Flood Insurance Program. Contact your insurance agent or call FEMA at (800) 638-6620 or visit www.fema.gov for more information.

Extracted and adapted from "Be Winter Wise," published by the California Governor's Office of Emergency Services, and "Be Flood Aware," published by the Los Angeles County Department of Public Works.

Avoid floodwaters. Keep contact time with floodwaters to a minimum. Keep all children and pets out of the floodwaters when possible. The water may be contaminated by oil, gasoline or raw sewage. It is especially important to keep the water out of your mouth, eyes, and nose. Wash your hands frequently with soap and clean water if you are exposed to floodwaters.



This Focus Sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties; Southern California Edison; the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.

ESP FOCUS

Landslides



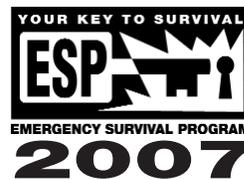
The ground can move without a quake!

When most people think about ground movement, they probably envision images of the ground below them moving from side to side, or up and down, during an earthquake.

It's important that residents of steep hillsides and canyons prepare for slides. After large-scale wildfires, areas left barren of grasses, plants, shrubs and trees are vulnerable to landslides through sliding, falling and flowing soil, rock, mud, brush and trees, particularly during and after heavy rains.

Slow-moving landslides can cause significant property damage, but they usually don't cause injury or death. Mudslides, however, are much more dangerous. According to the California Geological Survey, mudslides can easily exceed speeds of 10 miles per hour and often flow at rates of more than 20 mph. Because mudslides travel much faster than landslides, they can cause deaths, injuries and significant property damage.

Wherever you live, work, or play, use the recommendations on the reverse side of this *Focus Sheet* to help reduce your risk of death, injury and property losses from landslides, mudslides and other types of ground failure.



F E B R U A R Y

Before the Landslide

You can reduce the potential impacts of land movement by taking steps to remove yourself from harm's way:

- Assume that burn areas and canyon, hillside, mountain and other steep areas are vulnerable to landslides and mudslides.
- Build away from steep slopes.
- Build away from the bottoms or mouths of steep ravines and drainage facilities.
- Consult with a soil engineer or an engineering geologist to minimize the potential impacts of landslides.
- Develop a family plan that includes:
 - Out-of-state contact
 - Place to reunite if family members are separated
 - Routes to evacuate
 - Locations of utility shut-offs
- Store the following emergency supplies:
 - Food
 - Water
 - First aid kit
 - Flashlights and batteries
 - Battery-operated radios
 - Special medications/eye care products
- Store an evacuation kit that includes:
 - Cash (small bills and change)
 - Important documents
 - Birth certificates
 - Insurance policies
 - Marriage certificates
 - Mortgage documents
 - Irreplaceable objects
 - Games, toys for children
- Purchase supplies to protect your home:
 - Hammer
 - Nails
 - Plywood
 - Rain gauge
 - Sand
 - Sandbags
 - Shovel
- Limit the height of plants near buildings to 18 inches.
- Use fire-retardant plants and bushes to replace highly combustible vegetation.
- Water landscape to promote early growth.
- Eliminate litter and dead and dry vegetation.
- Inspect slopes for increases in cracks, holes and other changes.
- Contact your local public works department for information on protection measures.

When it Rains

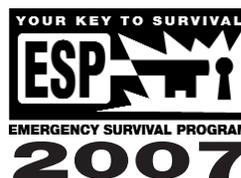
- Monitor the amount of rain during intense storms. More than three to four inches of rain per day, or 1/2-inch per hour, have been known to trigger mudslides.
- Look for geological changes near your home:
 - New springs
 - Cracked snow, ice, soil or rocks
 - Bulging slopes
 - New holes or bare spots on hillsides
 - Tilted trees
 - Muddy waters
- Listen to the radio or watch television for information and instructions from local officials.
- Prepare to evacuate if requested to do so.
- Respect the power of the potential mudslide. Remember, mudslides move quickly, can cause damage and kill.
- Prioritize protection measures:
 - Make your health and safety and that of family members the number one priority.
 - Make your home the number two priority.
 - Make pools, spas, patios and other elements the next priority.
- Implement protection measures when necessary:
 - Place sandbags
 - Board up windows and doors

Key Considerations

- Use permanent measures, rather than sandbags, if possible.
- Deflect, rather than stop or dam, debris.
- Use solutions that do not create problems for your neighbors.

Extracted and adapted from the Los Angeles County Department of Public Works publication "Homeowners Guide for Flood, Debris and Erosion Control" and the California Department of Conservation publications "Hazards from Mudslides – Debris Avalanches and Debris Flows in Hillside and Wildfire Areas" and "Landslide Facts."

During a landslide, water and sewage pipelines may break leading to a contaminated water supply. It is important to listen to your radio or television for the latest news on health and safety updates for the affected communities.



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ESP FOCUS

Tsunamis



You can't surf these waves!

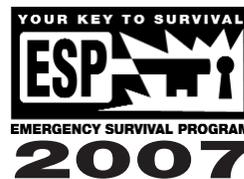
You may not live near the coast, but you may visit beaches and coastal cities. Wherever you live, work, or play, use the information on the reverse side of this Focus Sheet to learn more about the tsunami threat and what to do if a tsunami occurs or if a tsunami watch or warning is issued.

Contrary to popular belief, a tsunami isn't one giant wave. It is a series of waves most commonly generated by great earthquakes below the ocean floor. Underwater landslides also can cause tsunamis.

Tsunamis can travel at speeds up to 500 miles per hour in the open sea and reach heights of up to 100 feet in shallow coastal waters. Usually, however, tsunamis that reach California average 10 feet in height and peak in the 20-40 foot range.

The first tsunami wave may not be the highest or the last. Waves may continue to arrive for several hours, spaced minutes to hours apart. In fact, hundreds and perhaps thousands of people in the affected south Asian nations died in the catastrophic 2004 tsunami when they went to the ocean to see the impacts of the first waves and were swept to their deaths when subsequent waves struck.

The time it takes for tsunami waves to reach the coast depends on where the earthquake or underwater landslide occurs. A tsunami caused by an earthquake a few miles off the coast is called a "locally generated" tsunami. It will arrive within minutes of the quake. Residents of coastal communities probably will feel such an earthquake. The earthquake may be the only warning of an approaching tsunami so it is important to respond quickly.



M A R C H

The Threat in California

Tsunamis caused by large earthquakes centered near Alaska and other distant parts of the Pacific Ocean are called "distant source" tsunamis. The first waves from these events take several hours to reach the California coastline. The West Coast and Alaska Tsunami Warning Center in Alaska will issue a Tsunami Warning or Tsunami Watch if an Alaskan or Pacific tsunami threatens California.

More than a dozen tsunamis with waves three feet high or more have struck California since 1812. Six caused damage. The tsunami generated by the 1964 Alaska earthquake killed a dozen Crescent City residents and caused more than \$34 million in damage. Three tsunamis flooded Santa Barbara during the 1800's; a tsunami resulting from a Chilean earthquake damaged a pier in San Diego Harbor in 1960; and one-foot waves resulting from the 1992 Cape Mendocino earthquake were detected near Santa Barbara.

Historically, while tsunamis have caused greater casualties and damage in northern California, and while the threat of local and distant tsunamis is greater on the north coast, southern California also has significant risk because of its large coastal population.

Before the Next Tsunami or Tsunami Watch

- Determine the elevation of your home and how far it is from the coast. Know whether you live in a tsunami danger zone.
- If you live within a couple of miles of the coast, identify a location to go if a tsunami watch or warning is issued or if you feel an earthquake lasting for 15-20 seconds. The location should be at least two miles inland or 100 feet above sea level.
- Learn the signs of an approaching tsunami. If the tide rises or recedes rapidly, move immediately inland to higher ground.
- Ask local emergency officials or your planning department what areas are susceptible to the flooding from a tsunami.
- Locate refuge areas and learn evacuation routes that are safe.
- Develop or update your family's emergency plan.
- Assemble an emergency supply kit, if you haven't done so. Include a portable radio. (Consider the purchase of a NOAA weather radio.)
- Identify a friend or relative living in another state as your family point of contact.
- Learn first aid.
- Teach family members how and when to turn off the utilities.
- Start or join a Community Emergency Response Team.

During and After the Tsunami or Tsunami Warning

- If you feel an earthquake, **Drop, Cover, and Hold on** until the shaking stops. Estimate how long the shaking lasted. If severe shaking lasted 20 seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake.
- Move inland two miles or to land that is at least 100 feet above sea level immediately. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.
- Stay away from coastal or low-lying areas until an "all clear" notice has been issued by local emergency officials. Waves might continue to arrive for several hours.
- Use common sense. Do not go to the coast to see a tsunami. Tsunamis are not like regular waves. They are much faster, higher, and are filled with debris.
- Obey evacuation notices. Listen to the radio or watch television for emergency information and instructions from local officials about re-entry.
- Contact your local office of emergency services for more information about preparing for tsunamis.

Extracted and adapted from "Tsunami! How to Survive This Hazard on California's North Coast," Humboldt Earthquake Education Center, Humboldt State University, Arcata, CA; Other sources included the FEMA publication "Are You Ready? Your guide to disaster preparedness," and from information provided by the Governor's Office of Emergency Services, Earthquake and Tsunami Program.

After tsunamis, the primary public health concerns are clean drinking water, food, shelter, and medical care for injuries. Floodwaters can pose health risks such as contaminated water and food supplies. Listen to your radio or television for news and instructions.



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Earthquakes



California is earthquake country!

Thousands of earthquakes occur in California each year, but most are too small to be felt. A damaging earthquake strikes somewhere in California every two years, on average. Most only cause moderate damage and injuries in a small area.

Seismologists believe that one or more major earthquakes—magnitude 7 or larger—is likely to occur somewhere in California anytime within the next 30 years. If these major earthquakes are in populated areas, the losses will be substantial.

Because the San Andreas fault is the longest fault in the region, it produces the largest earthquakes. Scientists estimate that large earthquakes on the San Andreas occur about every 130 years. The largest earthquake on the southern portion of the San Andreas in recorded history occurred in 1857. The fault ruptured all the way from Parkfield in southern Monterey County to Cajon Creek in San Bernardino County. Scientists estimate its magnitude at 7.9. A repeat of this earthquake today would cause extensive damage, deaths, and injuries throughout Southern California.

Recent events have shown that earthquakes on other faults can also have considerable impacts. The Northridge earthquake in 1997 caused 57 deaths, more than 9,000 injuries, and \$40-\$42 billion in losses. Scientists estimate that more than 200 faults in the area are capable of causing an earthquake of magnitude 6 or greater, large enough to cause significant damage. Most everyone in Southern California lives within 30 miles of one of these faults.

No one knows when or where such a quake will occur, but everyone can reduce their risk of death, injury, and property loss in an earthquake by following the *Seven Steps to Earthquake Safety* outlined on the reverse side of this Focus Sheet, wherever they live, work, or play.



A P R I L

www.espfocus.org

The Seven Steps to Earthquake Safety

The following steps are excerpted from "Putting Down Roots in Earthquake Country." The full text can be viewed and ordered at www.earthquakecountry.info.

Step 1: Fix potential hazards in your home

- Install latches on kitchen cabinets.
- Secure TVs, stereos, computers, etc. with velcro straps. Use putty or wax adhesive for smaller items.
- Hang mirrors and artwork from closed hooks.
- Secure top-heavy furniture and appliances to walls.
- Install flexible connectors on gas appliances.
- Strap water heaters correctly to the wall.
- Store flammable or hazardous materials on lower shelves or on the floor

Step 2: Create a disaster plan

- Practice "drop, cover, and hold on."
- Keep shoes and a flashlight next to each bed.
- Take a Red Cross first aid and CPR course.
- Know how and when to shut off utilities.
- Learn how to properly use a fire extinguisher.
- Select a safe place outside of your home to meet your family or housemates after the earthquake.
- Designate an out-of-state contact person who can be called to relay information.
- Keep your children's school release card current.

Step 3: Create disaster supplies kits

Keep a *personal disaster supplies kit* in your home, in your car, and at work, with at least the following:

- Medications and important medical information
- First aid kit and handbook
- Spare eyeglasses or contact lenses
- Bottled water and snack foods
- Whistle (to alert rescuers to your location)
- Emergency cash, in small bills.
- List of out-of-state contact phone numbers
- Working flashlight with extra batteries and bulbs
- Personal hygiene supplies
- Copies of personal identification
- In addition to your personal disaster supplies kits, store a household disaster supplies kit with a three-day to one-week supply of items needed to live without normal services (water, electricity, etc.) and to begin recovery.

Step 4: Fix your building's potential weaknesses.

If your building needs the following retrofitting, you likely need to consult a professional:

- The framing of your house should be bolted at least every 6 feet to the perimeter of the concrete foundation (every 4 feet in a multistory building).
- Homes with a crawl space should have plywood connecting the studs of the short "cripple" walls.
- Larger openings in the lower floor, such as a garage door, should be properly reinforced.
- Masonry walls and chimneys should be reinforced.

For those who rent: You control which apartment or house you rent. Ask the landlord these questions:

- What retrofitting has been done on this building?
- Have water heaters been strapped to the wall studs?
- Can I secure furniture to the walls?

Step 5: During earthquakes and aftershocks:

Drop, Cover, and Hold On.

- During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly.
- If you are in bed, hold on and stay there, protecting your head with a pillow.
- The area near outer walls is very dangerous. Do not try to go outside during shaking.
- If outside, move to a clear area if you can safely do so; avoid power lines, trees, and other hazards.
- If driving, pull over to the side of the road, stop, and stay in your car until shaking stops.

Step 6: After the earthquake, check for injuries and damage.

Check for injuries:

- If a person is bleeding, put direct pressure on the wound. Use clean gauze or cloth, if available.
- Administer rescue breathing if necessary.
- Carefully check children or others needing special assistance.
- Do not move seriously injured persons unless they are in immediate danger of further injury.
- Get medical help for serious injuries.

Check for damage:

- If possible, put out small fires immediately.
- Shut off the main gas valve only if you suspect a leak. Wait for the gas company to turn it back on.
- Shut off power at the main breaker switch if there is any damage to your house wiring. Unplug broken lights or appliances as they could start fires.
- Hazardous materials such as bleach, chemicals, and gasoline should be covered with dirt or cat litter.
- Stay away from chimneys or brick walls with visible cracks. Don't use a fireplace with a damaged chimney.
- Stay away from downed power lines and objects in contact with them.

Step 7: When safe, continue to follow your disaster plan.

The first days after the earthquake...

Until you are sure there are no gas leaks, do not use open flames or operate any electrical or mechanical device that can create a spark. Never use the following indoors: camp stoves, gas lanterns or heaters, gas or charcoal grills, or gas generators. These can release deadly carbon monoxide or be a fire hazard in aftershocks.

- Turn on your portable or car radio for information and safety advisories.
- Call your out-of-state contact, tell them your status, then stay off the phone.
- Check on the condition of your neighbors.
- If power is off, plan meals to use up refrigerated and frozen foods first.
- If your water is off or unsafe, you can drink from water heaters, melted ice cubes, or canned vegetables.
- Report damage to your local building department and to your local office of emergency services.

If you cannot stay in your home...

Because shelters will likely be overcrowded, do not leave home just because utilities are out of service or your home and its contents have suffered only moderate damage. If you do evacuate, tell a neighbor and your out-of-state-contact where you are going, and take your personal disaster supplies kits and other essentials.

After an earthquake, expect services at local hospitals to be overwhelmed and seek medical treatment only as needed. Listen to your radio or television for news and instructions.



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ESP FOCUS

Public Health Emergencies



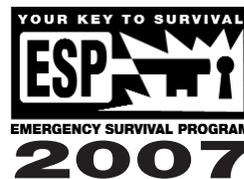
What are Public Health Emergencies?

Public Health Emergencies may be related to incidents or outbreaks of infectious disease (example: pandemic flu, West Nile virus), food and waterborne illnesses (examples: Salmonella, E. coli) and other threats to the public's health and safety. Although the nature of each threat varies greatly, there are steps that you can take to protect yourself.

Pandemic Flu

Pandemic influenza (flu) is a worldwide outbreak of a new flu virus for which there is little or no immunity (protection). Health experts are concerned about the potential for a pandemic flu.

No one can predict when the next pandemic flu will occur or how severe it will be. What is known is that flu pandemics have occurred three times (1918, 1957 and 1968) in the last century. A flu pandemic occurs when a new flu virus emerges. It spreads easily from person-to-person, may cause serious illness, and can sweep across the country and around the world in a very short time. A flu pandemic may come and go in waves, each of which might last for six to eight weeks. If the next flu pandemic to hit the U.S. is severe, life as we know it could be seriously disrupted. To protect yourself and your family, take the time to know the facts and plan ahead to be prepared.



M A Y

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Be Prepared

Follow these steps to prevent the spread of flu and teach your children to do the same.

- Wash your hands often. This will help protect you and others against germs. When soap and water are not available, use alcohol-based disposable hand wash or gel sanitizers.
- When coughing or sneezing, cover your mouth and nose with a tissue. If you don't have a tissue, cough or sneeze into your sleeve, not your hands.
- Avoid close contact with people who are sick.
- If you are sick, stay home and away from other people, as much as possible, to protect them from getting sick as well. Get plenty of rest and check with your doctor.

Practice other good health habits.

- Keep healthy: get plenty of sleep, exercise daily, manage stress, drink plenty of fluids, and eat a balanced diet.
- Avoid smoking. Smoking may increase the risk of serious consequences if you get the flu.

Discuss important health issues with your family and loved ones.

- Talk about how/where they would be cared for if you become sick and what would be needed to care for them at home.
- Make a plan for someone to care for children/people with special needs if all adults in the household are sick. Are there other family members or neighbors who can fill in? Make those plans now and discuss with all who need to know.

Food/waterborne Risks

An outbreak of foodborne illness can occur when groups of people eat the same contaminated food and two or more of them come down with the same illness. It may be a group that ate a meal together somewhere, or it may be a group of people who do not know each other at all, but who all happened to buy and eat the same item from a grocery store or restaurant. There are many opportunities for food to become contaminated as it is produced and prepared. To keep food safe, follow these simple steps:

CLEAN: Wash hands and surfaces often

SEPARATE: Don't cross-contaminate!

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

COOK: Cook to proper temperature

- Cook ground meat, where bacteria can spread during grinding, to at least 160°F.
- Cook eggs until the yolk and white are firm, not runny.
- Cook fish to 145°F or until the flesh is opaque and separates easily with a fork.

CHILL: Refrigerate promptly

- Refrigerate or freeze meat, poultry, eggs, and other perishables as soon as you get them home from the store.
- Keep raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables in refrigerator or freezer.

Public Emergency Preparedness

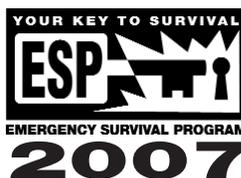
Have two weeks worth of medical and health supplies on hand for you and your family. Examples of supplies are:

- Soap or water free alcohol based handwash
- Medicines for fever such as acetaminophen (Tylenol) or Ibuprofen.
- Cough syrup
- Thermometer
- Fluids with electrolytes such as Pedialyte, Gatorade, or other oral rehydration solutions

Oral rehydration solutions are used for people who have diarrhea, vomiting or fever. These solutions contain water and salts in specific proportions to replenish both fluids and electrolytes. Oral rehydration products are readily available in most drug stores. The secret is to begin giving fluids early in the course of an illness instead of waiting until the situation becomes urgent.

- Prescription drugs: If you or a family member regularly takes prescription drugs, talk to your doctor and insurance plan about having enough medicine on hand to last for several weeks.

To prevent the spread of flu, there are several key steps that you can take now to stay healthier: wash your hands with soap and water frequently, cover your cough and sneezes, stay home if you are sick and stay away from others so they will not become sick, and get a seasonal flu shot.



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ESP FOCUS

Hazardous Materials



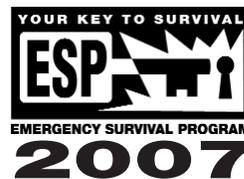
Your home can become a hazmat site!

Perhaps you've been stuck in traffic on the freeway or watched on television as local responders have worked to remove oil, acid or other hazardous materials that have spilled. Such incidents can affect hundreds, if not thousands, of people.

The Seacliff train derailment in 1992 closed Highway 101, cutting off the main access from Ventura to Santa Barbara and forcing the evacuation of more than 300 residents of Seacliff, La Conchita, and Mussel Shores for six days. In February 1996, a five-car train carrying dangerous chemicals derailed in San Bernardino County's Cajon Pass and caught fire. About 100 patrons of two nearby gas stations, a motel and a restaurant were voluntarily evacuated.

Hazardous materials aren't restricted to the highway, local refinery or manufacturing firm. Motor oil, paint, pool chemicals and other common household products could make your home a potential site for a mini hazardous materials (hazmat) incident, particularly in an earthquake. Strong ground shaking could topple and break bottles and cans containing hazardous materials.

Use the information on the reverse side of this *Focus Sheet* to identify common household products that pose a danger and how to handle and dispose of them wherever you live, work, or play.



J U N E

Hazardous Household Products

Hazardous products and substances are classified into four categories based on the property or properties they exhibit. **Corrosive** substances or vapors deteriorate or irreversibly damage body tissues with which they come in contact and erode the surface of other materials. **Flammable** substances are capable of burning in the air at any temperature. **Toxic** substances may poison, injure or be lethal when they are eaten, absorbed through the mouth and stomach, absorbed through the skin or inhaled into the lungs. **Reactive** substances can produce toxic vapors or explode when they react with air, water or other substances.

Corrosive Products

Abrasive cleaners, scouring powders*
 Ammonia, bleach-based cleaners*
 Car batteries
 Chlorine bleach
 Disinfectant and oven cleaners*
 Drain openers and cleaners*
 Glass and window cleaners*
 Photographic and pool chemicals*
 Rug and upholstery cleaners**
 Toilet bowl cleaners**

Flammable Products

Air fresheners
 Coin, floor, furniture or shoe polish*
 Enamel or oil-based paints*
 Engine cleaners and degreasers*
 Furniture and paint strippers*
 Gasoline and diesel fuel*

Hair spray, deodorants
 Kerosene*
 Motor oil* and transmission fluid*
 Paints and primers*
 Rug and upholstery cleaners**
 Rust paints*
 Solvent-based glues*
 Solvents for cleaning firearms*
 Spot removers*
 Stains and varnishes**
 Wood preservatives

Toxic Products

Antifreeze
 Artist and model paints
 Batteries
 Car wax containing solvents
 Chemical fertilizers
 Drugs, medicines, pharmaceuticals

Fungicides, herbicides, weed killers
 Insecticides
 Latex, oil or water-based paints
 Mothballs
 Nail polish and nail polish remover
 Pet products, flea collars, flea sprays
 Rat, mouse, snail and slug poisons
 Roach and ant killers

* *chemical also contains toxic properties.*
 ** *chemical also contains flammable and toxic properties.*

Avoid mixing chemical products or cleaners. Mixing chemical products or cleaners can cause toxic or poisonous reactions.

Alternative cleaning Products

Several non-hazardous materials are available for use in cleaning carpets, dishes, upholstery, windows and other items, deodorizing sinks, as well as removing rust and stains. They include ammonia, baking soda, cornstarch, lemon juice, soap and water, steel wool and vinegar.

Buying Household Products

Consider the following tips when you buy household products:

- Read directions and health warnings.
- Look for the least-hazardous product.
- Purchase child-resistant substances.
- Use multipurpose cleaners.
- Buy only what you need.

Storing Household Products

Consider the following tips when you store household products:

- Use original containers for storage.
- Regularly check containers for wear and tear.
- Use larger, clearly marked containers to store leaking packages.
- Store materials in a cool, dry place.
- Separate incompatible products.

Using household products

Keep in mind the acronym **LIES**:

- L**imit amount of materials stored.
- I**solate the products in enclosed cabinets and keep containers tightly covered.
- E**liminate unused or unneeded supplies.
- S**eparate incompatible materials.

Also do the following when you use household products:

- Note and post the number of the local poison control center.
- Read and follow directions carefully.
- Use only the amount indicated.
- Avoid mixing chemical products or cleaners.

- Avoid splashing.
- Wear protective clothing, a dust mask and safety glasses.
- Work in well-ventilated areas.
- Take frequent breaks for fresh air.
- Keep away from children, expectant mothers.

Disposing Household Products

There are several ways you can dispose of hazardous household products. Options include using the entire supply, recycling unused portions, taking unused supplies to a household collection event and donating unused supplies to photo shops, local swimming pools, etc.

Extracted and adapted from "Hazardous Household Products: A Guide to the Disposal of Hazardous Household Products and the Use of Non-Hazardous Alternatives," California Department of Health Services, Toxic Substances Control Program.

If you have been exposed to hazardous materials, you may be instructed to remove and dispose of your clothing right away and then wash yourself. Removing your clothing and washing your body will reduce or remove the hazardous materials.



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ESP FOCUS

Bomb Threats



You may receive a strange call or package!

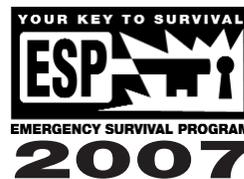
Terrorists use violence or the threat of violence to advance their political, social, or religious goals. In recent years, bombing has been a popular weapon for terrorists around the world.

Explosive devices can be simple and home made, or technically complex. Bombs can be large or small, and can easily be disguised. They can be thrown into an area, left behind and triggered remotely or when they are disturbed. They also can be carried or driven into a target area by a suicide bomber.

Most of the bombings in this country are attributed to vandalism or mailbox bombings. Professional terrorists, on the other hand, look for targets that symbolize their causes and that will gain them maximum attention: government buildings, corporations, banks, airports, embassies, cultural landmarks, animal laboratories, abortion clinics, and tourist attractions.

The Department of Homeland Security and law enforcement agencies have taken extensive measures to prevent explosive attacks by terrorists. Public places, airports, critical infrastructure, and governmental facilities have implemented far greater security measures than before September 11, 2001.

Use the information on the reverse side of this *Focus Sheet* to help you respond effectively to a Bomb Threat.



J U L Y

What You Can Do Now

Prepare at Work

- Review your company's procedure for dealing with bomb threats. If one does not exist, work with the appropriate personnel to establish a policy or procedure.
- Canvass work areas to become familiar with objects that belong there.
- Establish a signal that receptionists and others who answer phones can use to indicate that they are receiving a threat.
- Develop a bomb threat checklist.
- Identify and practice using evacuation routes.
- Be familiar with fire escapes.

If You Receive a Bomb Threat

- Keep your voice calm and professional. Do not interrupt the caller, and keep the caller on the line as long as possible.
- Signal a co-worker that you have received a bomb threat, and have him or her notify your security officer and local law enforcement immediately.
- Advise the caller that there are people in the building and innocent persons could be killed or injured.
- Ask the caller to repeat the message, with as much detail as possible.
- Immediately after the call, write down every detail that you remember, and give a copy of your notes to your security officer or supervisor.
- Examine work areas as well as common areas such as lunchrooms, mail rooms, and restrooms to identify suspicious packages. What is here that doesn't belong?

If You Locate a Suspicious Package

Whether at work or in a public place, you should regard unattended or unusual packages or luggage with suspicion.

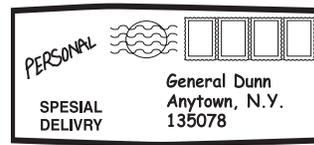
- Look for possible owners.
- Get a detailed description of the article (size, color, markings, odors, sounds).
- Note the exact location and approximately when the item was first noticed.
- Using a conventional, wired telephone, contact a supervisor, security officer, or the police.
- Do not use a cordless phone, cellular telephone, walkie-talkie or radio.
- Do not touch or move the object. Do not turn lights or thermostats on or off. Treat the object as potential evidence.
- Prepare for possible evacuation.

If you are suspicious of a mailing and you can't verify the contents with the sender or the addressee:

- Don't open it.
- Treat it as suspicious.
- Isolate it.
- Using a conventional, wired phone, call **9-1-1**.

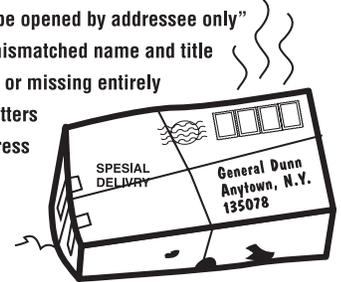
How to Identify a Possible Mail Bomb

Here's what to look for:



- Too much postage
- Bulges or soft spots
- Unbalanced weight
- Misspelled words
- Sounds

- Restrictive markings: "Personal," "To be opened by addressee only"
- Addressed to someone's title only, or mismatched name and title
- Return address is fictitious, unfamiliar, or missing entirely
- Badly typed or written; cut-and-paste letters
- Postmark city different from return address
- Wrapped with string or retaped
- Protruding wire or aluminum foil
- Oily stains on wrapping
- Strange odor



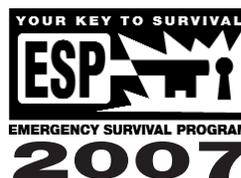
If There Is an Explosion

- Take shelter under a desk or a sturdy table.
- Exit the building as quickly as possible.
- Do not use elevators.
- Check for fire and other hazards.
- Take your emergency kit if time allows.

If There Is a Fire

- Crawl below the smoke level and exit the building immediately.
- Use a wet cloth to cover your mouth and nose, if possible.
- Feel the top of a closed door with the back of one hand. If the door is hot, look for another exit.
- If you catch on fire, do not run. **STOP, DROP, and ROLL** to smother the flames.
- Never re-enter a burning building. Gather at a pre-designated meeting point.
- Call the fire department.

Remain calm and assist people as necessary. Make sure you use your dust mask. Help others who are hurt or need assistance. If you see someone who is seriously injured, seek help. Do not try to manage the situation alone. Listen to your radio or television for news and instructions.



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ESP FOCUS

Heat Wave



It can get too hot!

During an average summer, some 200 people across the country die due to heat injuries from exposure to high summer temperatures.

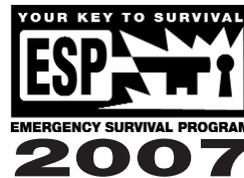
Clearly, heat can be a force, particularly in Southern California, where temperatures exceeding 100 degrees in the suburban valleys and 110 degrees in the low desert areas are not uncommon during the summer and fall.

Heat-wave emergencies can strike very quickly. In 1995, for example, the city of Chicago's medical examiner received reports regarding the first heat-related fatalities at 9 p.m. on a Friday night. By 8 a.m. the following morning, an additional 87 people had died. These deaths were caused directly by the heat.

Exposure to sunlight is a mixed blessing. Although sun is necessary for life, exposure to ultraviolet (UV) radiation is potentially dangerous and can damage the skin. Varied burns result from prolonged exposure to UV rays, but some people also may burn from very little exposure. UV rays can significantly keep the skin from compensating for the excess heat.

Overexposure to heat or excessive exercise in the heat also can cause other injuries. The severity of such injuries increases with age; heat cramps in a younger person may be heat exhaustion in a middle-aged person, but may be heatstroke in an elderly person. This occurs because the person has not adapted to the heat and is unable to adjust to changes in the body.

The reverse side of this *Focus Sheet* offers recommendations designed to help you avoid heat-related death and injury wherever you live, work, or play.



A U G U S T

Heat Conditions, Symptoms and First Aid

What you might see in a heat injury

1. Sunburn is usually a first-degree burn that involves just the outer surface of the skin. Symptoms include redness and pain. Severe cases may cause swelling, blisters, fever of 102 degrees or above and headaches.

First Aid: Use ointments, as well as cool baths or compresses, for less severe cases. Don't break the blisters; if blisters do break, use a dry germ-free dressing. In severe cases consult a physician. Drink plenty of water.

2. Heat cramps often are related to dehydration. Symptoms include increased sweating with painful muscle spasms of the arms, legs and occasionally the abdomen.

First Aid: Remove the victim from the hot environment. Apply pressure on or gently massage the spastic muscles to relieve spasms.

3. Heat exhaustion is the inability to sweat enough to cool yourself. Symptoms include fatigue, weakness, dizziness, nausea or vomiting as well as cold, clammy, pale, red or flushed skin. A marked body temperature rise will not occur.

First Aid: Remove the victim from the heat. Lay the victim down and loosen the clothing. Apply cold compresses and cool the body by fanning the victim or placing the victim in a cool environment. Consult a physician if vomiting continues.

4. Heatstroke occurs when the body stops sweating but the body temperature continues to rise. Symptoms include visual disturbances, headache, nausea, vomiting, confusion and, as the condition progresses, delirium or unconsciousness. The skin will be hot, dry, red or flushed even under the armpits. This condition is a severe medical emergency that could be fatal.

First Aid: Consult a physician immediately or call 9-1-1. Remove clothing and place victim in a cool environment, sponge the body with cool water or place the victim in a cool bath. Continue the process until temperature decreases. **DO NOT PROVIDE FLUIDS** to an unconscious victim.



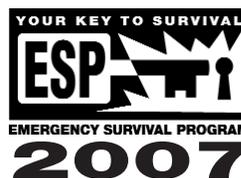
Preventing Heat Injuries

What you can do to prevent heat injuries

- Avoid the sun from 10:00 a.m. to 3:00 p.m. when the burning rays are strongest.
- Reduce physical activity.
- Wear a wide-brimmed hat and light colored, lightweight, loose-fitting clothes when you're outdoors. This type of clothing reflects heat and sunlight, which helps you maintain a normal body temperature.
- Avoid sudden changes of temperatures, (i.e., air out a hot car before getting into it).
- Avoid hot, heavy meals that include proteins. They increase your metabolism and water loss, and raise your body's natural way of cooling.
- Set your air conditioning thermostat between 75 and 80 degrees. If you don't have an air conditioner, take a cool bath or shower twice a day and visit air-conditioned public spaces during the hottest hours of the day.
- Drink plenty of fluids even if you aren't thirsty. Eight to 10 glasses of water a day are recommended. Drink even more if you are exercising or working in hot weather.
- Do not drink alcohol or caffeine since they are diuretics (i.e., promote water loss).
- Use a sunscreen with a sun protection factor (SPF) of at least 15 if you need to go out in the sun.

Extracted and adapted from "Heat Illness Prevention," American College of Sports Medicine, Indianapolis, IN.

During a heat wave keep yourself cool at air-conditioned facilities like public libraries, malls, or community centers and check with your local Public Health Department for "cooling centers" in your community.



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ESP FOCUS

Volcanoes



Volcanoes are a part of our environment!

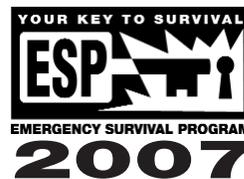
Volcanic eruptions are not as common as earthquakes in California, but, like earthquakes, they have played a significant role in shaping the landscape along the eastern Sierra Nevada range.

Scientists estimate that eruptions have occurred in the area for nearly four million years and that two volcanic systems — the Long Valley Caldera and the Mono-Inyo Craters volcanic chain — are responsible for most of the activity.

Long Valley Caldera is a large depression in Southern California located about 12-1/2 miles south of Mono Lake. The caldera stretches over 450 square kilometers or about 175 square miles. The caldera was formed approximately 760,000 years ago as the result of an eruption that spewed molten rock, or magma, and sent airborne ash as far away as what is now Nebraska. Scientists estimate that eruptions from the caldera have occurred approximately every 200,000 years since then. They believe that the last caldera eruption occurred about 100,000 years ago.

Mammoth Mountain, the Mono Craters and Inyo Craters also owe their existence to volcanic activity in the Mono-Inyo Volcanic Crater chain. Scientists believe volcanic activity in the chain began 60,000 to 400,000 years ago. They estimate that much smaller eruptions in the vents along the chain occur every 250 to 700 years, with the two most recent occurring about 250 and 500 years ago.

The reverse side of this *Focus Sheet* features information about the volcanic history, current monitoring efforts and the meaning of threat classifications issued by the United States Geological Survey (USGS). Use this information to reduce your risk of injury wherever you live, work, or play.



SEPTEMBER

Recent Events: Cause for Concern?

Seismic activity in the past two decades has centered in the area near Mammoth Lakes. A series of four temblors in the magnitude-6 range shook the area in 1980, attracting the interest of the USGS.

Since then, between 10 and 20 earthquakes with magnitudes of less than magnitude-3 have struck the area on an average day. On a few occasions swarms with an earthquake in the magnitude 4 and 5 range have occurred in the area.

In 1980, USGS scientists discovered about a one-foot rise in the dome at the center of the caldera caused by rising magma. Since then, the dome has risen about another foot over a 100-square-mile area.

Scientists also discovered high concentrations of carbon dioxide at the southwestern edge of the caldera in 1990. The gas emissions have been linked to the killing of pine, fir and other cone-bearing trees.

The USGS considers a future eruption in the Inyo-Mono volcanic chain more likely than one in the caldera. It estimates the yearly odds of such an eruption as similar to the annual probability of a magnitude-8 earthquake on the San Andreas Fault in Central California — less than one per cent. However, during periods of moderate to strong unrest such as earthquake swarms, the odds increase significantly.

What Status Designations Mean

Until recently, the USGS used a series of letters from A to E to indicate the level of potential threat. E-Status represented “weak” unrest, and A-Status represented a likely eruption.

To alleviate confusion among the media and the public, the USGS in 1997 began using color-coded designations to describe unrest in the area. Following is a summary of what each color signifies:

Condition **green** signifies “weak,” “minor” and “moderate” unrest. Events in these designations range from an increase in small earthquakes or a quake larger than magnitude-3 to a magnitude-4 event or a total of more than 300 quakes in a single day. The USGS might issue status green designations several times per year, but the occurrence of the aforementioned events poses no immediate danger to the public.

One or more magnitude-5 events or the detection of deep magma movement through ground deformation indicates “intense unrest” and triggers condition **yellow**. Under such circumstances, the USGS will increase monitoring and issue a “watch” to the Governor’s Office of Emergency Services. OES will notify local authorities. A watch is expected to occur about once every 10 years.

The detection of magma movement at shallow depths triggers condition **orange** and indicates that an eruption is likely. The USGS will issue a Geologic Hazards Warning to the governors of California and Nevada, as well as others charged with advising the public.

Condition **red** indicates an actual eruption. The USGS estimates such an alert will be issued once every few centuries.

What to Do Before, During and After

Before

- Learn the meanings of designations issued by the USGS and other agencies.
- Discuss response and evacuation plans with local officials and family members.
- Update emergency kits. Include dust masks.

During

- Listen to the radio or watch television for instructions and information.
- Cooperate fully with local officials.
- Avoid the volcano site.
- Stay upwind from the volcano.
- Watch for flying rocks and mudflows if there’s an eruption.
- Unless roof collapse is likely, stay indoors if ash is falling.

After

- Avoid driving in heavy dust.
- Eliminate heavy ash and dust from rooftops and rain gutters.

Sources included the USGS web page, the USGS fact sheet “Reducing the Risk of Volcanic Hazards” and the FEMA publication “Are You Ready? Your guide to disaster preparedness.”

Exposure to ash can harm your health, particularly the respiratory (breathing) tract. Pay attention to warnings, and obey instructions from local authorities. Stay indoors until your local Public Health Department tells you it is safe to go outside. Listen to local news updates for information about air quality, drinking water, and roads.



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ESP FOCUS

Wildland Fires

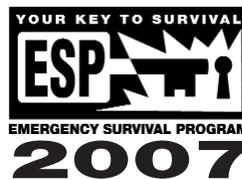


That dry brush is waiting to burn!

In October of 2003, Southern California experienced the most devastating wildland fire disaster in California's history; The facts speak for themselves— 739,597 acres burned, 3,731 homes lost and 24 people killed, including one firefighter. At the peak of the fire siege over 15,000 firefighters battled to save lives and property from more than a dozen major fires. People who were in the path of the fire were responsible for their own safe evacuation.

Southern California is prime for another major fire disaster due to a persistent drought, urban sprawl of communities encroaching into areas of wildland, and millions of acres of vegetation that have not burned in many years. Preparedness is the key to surviving wildland fires.

Following the simple steps on the reverse side of this Focus Sheet may save your life, those of your family, and protect your home from the devastating effects of wildland fires.



O C T O B E R

Your Home

- Follow all local building, fire and hazard abatement codes.
- Install non-flammable screens with mesh 1/2 inch or less on chimneys.
- Keep roofs and rain gutters free of needles, leaves or other debris.
- Enclose the underside of balconies and decks with fire resistant material, such as aluminum decking.
- Enclose all roof eaves with fire resistant material such as aluminum or steel and place metal mesh over all attic or roof vents.
- Inspect and maintain chimneys and screens twice annually.
- Install a smoke detector on each level of your home, especially near bedrooms, and test them monthly.

Your Yard

- Clear the brush away from your home (a minimum of 30 feet - 200 feet).
- Trim all trees and tree branches away from electrical lines and chimneys. (Use a professional to trim near utilities and power lines)
- Remove weak, dead, and leaning trees and bark beetle infested trees.
- Stack firewood at least 30 feet away from your home or other structures.
- Store all combustible or flammable liquids in approved storage containers.
- Locate all propane tanks at least 30 feet from any structure.

Emergency Access

- Ensure that your street is clearly marked and posted.
- Ensure your house numbers are clearly visible both day and night from the street.
- Know at least two exit routes from your neighborhood in case of emergency.
- Make sure large emergency vehicles can access your property.

Plan for Evacuation

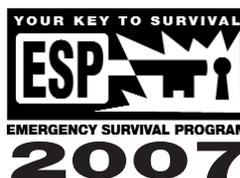
- Develop and practice a home evacuation plan. Your plan should include:
 - A floor plan with all escape routes
 - Easily accessible exits for young children, seniors and persons with disabilities. (Locate their rooms as close to exits as possible)
 - A list of valuables to take in an emergency. (Store them together in one location, if possible.)
 - Identify the most important papers to take if you have to leave, such as insurance policies, medical records, and driver's license

- Take medications and eyeglasses
- A place to reunite after evacuation
- The location of animal shelters or other sites that house pets
- Practice drills
- Work with neighbors to assist:
 - People with special needs
 - People who need transportation to other sites
- Work with local emergency officials to identify:
 - Several routes out of your neighborhood
 - Likely evacuation sites or safe refuge areas

When Wildfire Approaches

- Listen to the radio or watch television for instructions.
- Evacuate as soon as directed by public safety officials or when danger is perceived.
- Park your vehicles facing the direction of escape with windows rolled up.
- Place your disaster kit and evacuation kit along with valuables and other essentials in your vehicle.
- Secure pets and livestock and prepare them for evacuation.
- Leave your electricity on and leave inside lights on.
- If time permits, cover up by wearing long pants, a long sleeved shirt, goggles, cap, and bandanna. 100% cotton is preferable.
- Close doors behind you when evacuating to slow down the flames, smoke, and heat.
- Help young children, seniors, and persons with disabilities to evacuate safely.

Smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases. Smoke may worsen symptoms for people who have pre-existing respiratory conditions, such as respiratory allergies, asthma, and chronic obstructive pulmonary disease (COPD). Listen and watch for news or health warnings about smoke. Pay attention to local air quality reports.



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ESP FOCUS

Windstorms/ Tornadoes



You don't want to be blown away!

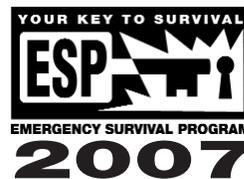
High winds, particularly the hot, dry Santa Ana winds that visit Southern California every fall, are another force of nature with which residents must reckon.

High winds can cause structural and nonstructural damage, down power lines and increase the risk of wildfire. In some isolated canyon areas, Santa Ana gusts can reach speeds of more than 100 miles per hour, increasing the threat.

Although tornadoes are more common in midwestern and southern states such as Iowa, Kansas and Texas, Southern California is not immune.

The region averages about 20 tornadoes or water spouts per year. According to the National Weather Service, tornadoes usually occur along the coast during the cold of winter, but they can occur during the summer.

Wherever you live, work, or play, use the recommendations on the reverse side of this *Focus Sheet* to help reduce your risk of death, injury and property losses from high winds and tornadoes.



N O V E M B E R

Before a Windstorm or Tornado

Take the following actions to reduce your risk of death, injury and property damage:

- Develop an emergency plan for your family. It should include:
 - Name, address and phone number of an out-of-state contact
 - Location of safe spots:
 - Basements Storm cellars
 - Lower-level closets Lower-level hallways
 - Sturdy desks or tables on lower floors
 - Location of danger spots:
 - Windows Doors
 - Location of emergency shelter or place where family members can reunite
 - Plans for placing pets if family members evacuate
- Check and update emergency supply kits.
- Locate utility shut-offs:
 - Electricity Gas Water
- Teach responsible family members when and how to turn off utilities.
- Learn first aid and CPR.
- Inventory documents and valuable possessions. Store them in a safe deposit box or another safe location.
- Work with representatives from local government and the American Red Cross to identify possible shelter sites.
- Check your home and roof for compliance with local building codes.
- Secure antennas, satellite dishes and other roof fixtures.
- Install storm shutters or board windows with 5/8" exterior plywood.
- Trim tree branches in contact with or near the roof and other parts of your home.
- Conduct practice and evacuation drills.
- Make sure your gas tank is full. Power outages might make fuel pumps unusable.

Before or During a Watch or Warning

- Listen to an Emergency Alert System (EAS) radio or television station and/or purchase a weather alert radio. (NOAA Weather Radio).

During the Windstorm or Tornado

Take the following actions to reduce the risk of injury:

- Evaluate the impact of the winds on the fire hazard in your area.
- Go indoors. Avoid areas near windows and doors. Take cover under sturdy desks or tables located in an interior room on the lowest floor of your home. Protect your head and neck with your arms. Interior rooms include:
 - Bathrooms with no windows
 - Closets
 - Hallways
- Avoid using elevators. High winds may cause a power outage.

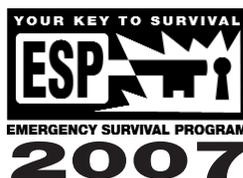
- If outdoors, get away from trees, walls, signs, power lines and other objects that could fall and injure you.
- Listen to the radio or watch television for Information and instructions from local officials.
- Use the phone only to report life-threatening emergencies or damage to local officials.
- Review emergency and evacuation procedures with family members, including:
 - Shelter site or meeting place
 - Out-of-state contact
- Prepare to evacuate if asked to do so by local emergency officials.
- Drive only in a life-threatening emergency.
- Avoid disaster areas.
- Cooperate fully with local emergency officials.

After the Windstorm or Tornado

- Check yourself and family members for injuries. Treat those with minor injuries. Transport those with major injuries to the emergency room.
- Keep family members together.
- Discuss what happened with children.
- Check for and document damage and hazards:
 - Broken windows
 - Ceilings, roofs, walls
 - Damaged utilities
 - Electricity Gas Water
 - Downed or damaged trees
 - Downed signs or power lines
- Stay out of obviously damaged buildings.
- Cooperate with local emergency officials.

Sources for this document included the FEMA publications "Tornado Safety Tips" and "Hurricane-floods: Safety Tips for Coastal and Inland Flooding."

Windstorms can irritate your eyes and respiratory system. During a windstorm it is important to stay indoors and use protective eye wear and a dust mask as needed. Also, keep yourself hydrated by drinking water.



This Focus Sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties; Southern California Edison; the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.

ESP FOCUS

Terrorism



Earthquakes, floods and wildfires are frightening experiences for most of us. Fear is a natural human reaction to natural disasters and other events that hit suddenly and seem to threaten our safety, our loved ones, and our daily lives. Terrorists use this natural reaction to multiply the effect of their actions in order to advance their political or social goals. Like bullies in the schoolyard, terrorists want to intimidate and frighten others to get their own way.

Until recently, many Americans believed that terrorism only affected other countries. Now we know that it **can** happen here, but we don't know where or when. Much of the fear caused by terrorism—or the threat of it—is based on this uncertainty: not knowing whether it will hurt us or our loved ones directly, or whether it will target our own community or workplace.

Governmental officials are working hard to find terrorists and to limit their ability to harm Americans. At the same time, there is a lot that **each of us** can do to limit the terrorists' ability to frighten us.

The terrorists are **not** in charge. We have control over our peace of mind and can help ensure our safety by taking some of the same actions that we would take to prepare for earthquakes, floods, or fires. We can also contribute to the safety of others by becoming more aware of our surroundings and reporting suspicious activities or items to local officials.

The simple steps on the reverse side of this Focus Sheet will help you maintain your sense of control, and they could make a big difference in your personal safety in any emergency.



D E C E M B E R

WHAT YOU CAN DO NOW

Preparing for terrorist attacks is the same as preparing for earthquakes, fires, and other emergencies. It all starts with a family emergency plan.

- Evacuation:** Whether you are at home, at work, or in a public place, think of how you could leave quickly and safely. Locate stairways and emergency exits. Pay attention to posted evacuation signs in buildings, subways and crowded public areas.
- Out-of-state contact:** Think how you will get in contact with your family if you become separated. Choose an out-of-state contact that your family members or friends can call to check on each other.
- Meeting place:** Decide where you and family members will meet if the emergency affects your home, or if officials have to evacuate your neighborhood.
- School plans:** Learn the emergency plans at your children's schools, and make sure the school has your updated emergency contact information. Give written permission to a trusted friend or neighbor to pick up your children from school or day care in case you cannot get there on time.
- Preparation for children:** Teach your children what to do in an emergency, and make sure they know their own names and addresses, as well as the full names and contact information for parents and a second adult emergency contact.

Finally, review your emergency plan and assemble and maintain an **emergency supply kit** at home, at work, and in your car.

WHAT YOU CAN DO DURING AN ATTACK

Terrorists are counting on surprise, fear, and confusion to add to the impact of their actions. If you realize an attack is underway, gather all your strength to pause and think. Look around you to see what is happening, and what immediate steps you can take to protect yourself and others.

- If there is flying debris, **drop** down; **take cover** under something sturdy, and **hold on** to it with one hand while protecting your head and neck with the other.
- If there is smoke, get near the floor, cover your mouth and nose with a cloth, and move carefully toward the nearest marked exit.
- If it is necessary to evacuate, try to do so calmly. Use only marked exits and stairways. Never use elevators. Help others who are moving more slowly or who may be disoriented.

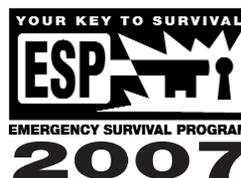
If you are not directly affected by the attack, try to stay calm, think before you act, encourage others, and comfort children. Turn on news radio or television, and listen for official instructions. Follow the directions of authorities.

WHAT YOU CAN DO AFTER AN ATTACK

Try to stay calm. Think before you act. Don't let terrorists get what they want most: to hurt a few people in order to intimidate many.

- Stay informed. Listen to official reports and instructions on the radio or television.
- If officials order an evacuation, cooperate quickly and follow their instructions regarding evacuation routes and shelter locations.
- If officials tell you to "Shelter in Place," they mean for you to stay inside your home, vehicle or workplace until it is safe to come out. They will provide you with detailed instructions.
- Do not leave your sheltered location or return to the evacuated area until local officials confirm that it is safe to do so.
- Implement your family emergency plan, and notify your out-of-state contact of your location and status.
- Be aware of the psychological impact that terrorism can inflict, even when it happens to people you do not know personally.

Acts of terrorism may result in little physical damage, but they can bring fear, confusion and uncertainty into everyday life. It is important to understand that strong emotional reactions to such events are normal. Re-establish daily routines for work, school, play, meals, and rest. Work with the support networks within your community.



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For additional information on the Emergency Survival Program or other emergency preparedness programs, please contact:

City of Riverside Fire Department
Office of Emergency Management

(951) 826-5550