



Multi-Unit Buildings

Multi-Unit Buildings (continued)

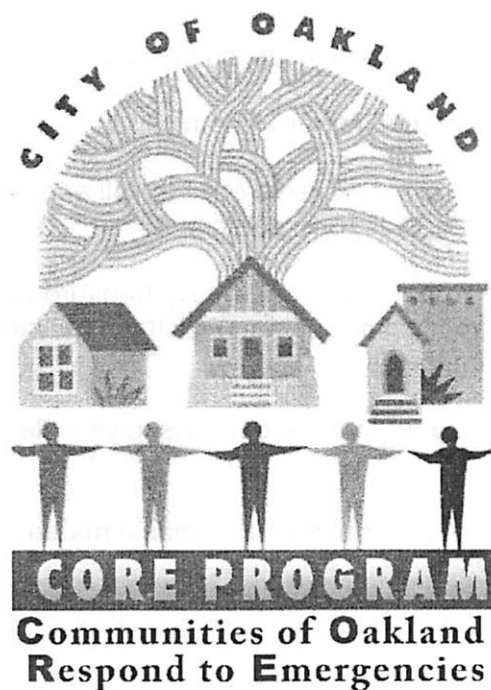
Write down questions to ask the owners or Board of Directors such as:

- What measures have been taken to ensure the seismic safety of this building?
- Have water heaters been strapped to the wall studs?
- May I secure bookshelves and furniture to the walls?



On the web, go to <http://quake.abag.ca.gov/fitit/> and take a quiz to see if your apartment building or condominium might need retrofitting. The website also has links to information that can help your landlord find appropriate ways to improve the strength of your building.

Part Two: Minimize Potential Hazards In & Around Your Home



Home and Family Preparedness



Home Hazards Overview

In an earthquake, fire or other incident, many items in the home can become hazards. Take steps now to protect yourself and minimize the amount of damage to your property.

Condominium owners and renters should check CC&Rs and Bylaws, or with landlords before making changes to their units (e.g. bolting furniture to wall, latches on cupboards), but there are still many things that you can do to protect yourself.



In each room of your home, look all around you to see what potential hazards you can find.

- Every home is different, but you may find some of these potential hazards:
 - Kitchen: cabinet contents, appliances, chemicals
 - Bathroom: cabinet contents, mirrors, chemicals
 - Bedroom: pictures/mirrors, breakable objects, tall and/or heavy furniture (e.g. wardrobes, bookcases), electronic equipment
 - Living Room/Family Room: tall and/or heavy furniture (e.g. bookcases, entertainment centers, display cabinets), pictures, electrical equipment, breakable objects, fireplaces
 - Office: tall and/or heavy furniture (e.g. bookshelves, file cabinets), electrical equipment
 - Garage/Basement: hot water heater, flammable materials
 - Utility Room: large appliances, chemicals

Outside of your home, check:

- House and Curb Numbers
- Chimneys
- Roofs and Gutters
- Landscaping and Vegetation Management
- Standing Water



CORE I – Part Two

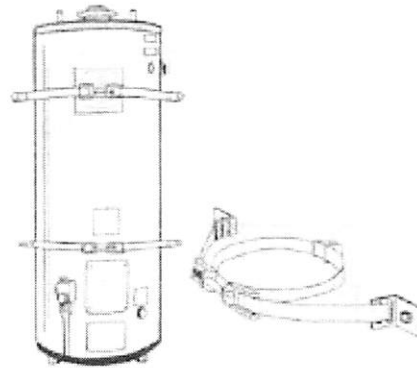
Evaluate Your Home for Seismic Safety

In an earthquake, unsecured objects can fall or fly across the room causing damage and injury.

Hot Water Heater

If your water heater tips over or breaks in an earthquake it can cause injury, possible explosion, or fire if the gas line breaks. You can lose a valuable source of ~~non-potable~~ water and cause flooding of the home or garage.

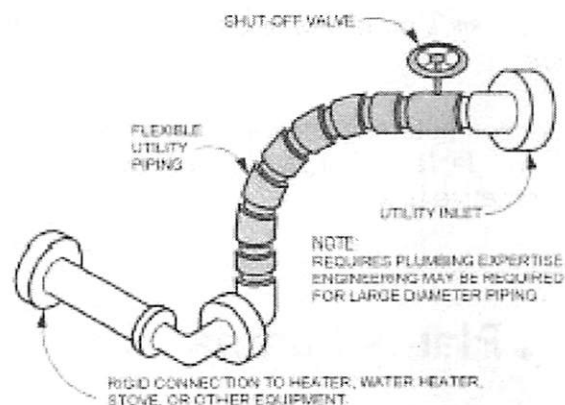
- Strap your water heater securely to the wall studs in two places with a water heater strapping system or metal plumber's tape.
- Use flexible gas and water connectors.



Large Gas and Electrical Appliances

Movement during an earthquake could pull on the cords, fraying them, and creating a potential for fire. Broken gas lines can cause explosions and/or fire.

- Check electrical cords to make sure that they are long enough to allow for movement of up to a few feet.
- All gas appliances should have flexible connectors. Have a qualified professional replace all short, non-flexible gas lines or connectors with longer, flexible connectors.





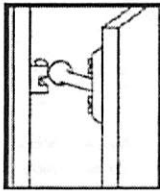
CORE I – Part Two

Evaluate Your Home for Seismic Safety

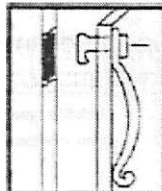
Cabinets

Kitchens and bathrooms can be dangerous during an earthquake. Be careful when opening cabinet doors after an earthquake because items may have shifted and could tumble out.

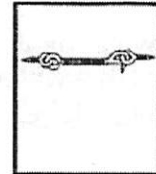
- Lay soft rubber shelf covering on dish and canned good shelves.
- Install strong latches or bolts on kitchen, laundry room and bathroom cabinets to keep the contents from flying out and/or spilling.



Alligator Latch
(push door to open)



Childproof Latch
(out-of-sight,
inexpensive,
easy to install)

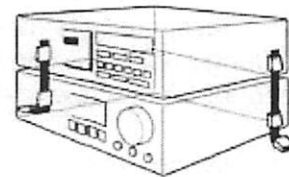


Hook and Eye Latch
(suitable for garage cabinets)

Electronic Equipment

Heavy items can slide off tables or desks and cause breakage and/or injuries.

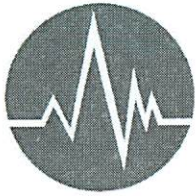
- Secure computers, microwave ovens, stereos, and other items with fasteners or straps such as hook-and-loop tape.
- An alternative is to build a rim around table or shelf edges.



Hanging Plants/Lamps

Hanging plants and lamps might swing and break a window, mirror, or picture during an earthquake.

- Move hanging items away from glass.
- Make sure they can swing freely without hitting anything.



CORE I – Part Two

Evaluate Your Home for Seismic Safety

*Bookcase storage straps
Furniture straps
attach to stud
masonry.*

Heavy Breakable Objects

Heavy breakable items can become flying objects during an earthquake and may cause injury.

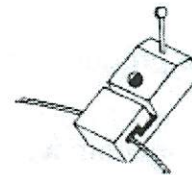
- Secure vases, lamps, and art objects with two-sided hook fasteners or with products such as quake (museum) wax or gel which are designed to secure items to flat surfaces.



Pictures and Mirrors

The shaking of an earthquake can cause pictures to "jump" off walls and break the glass into sharp shards.

- Fasten large pictures and mirrors securely by hanging them with a wire on a closed or "maze" hook.
- Use clear acrylic plastic instead of glass to cover pictures.
- Avoid having glass and heavy objects around or over your bed.

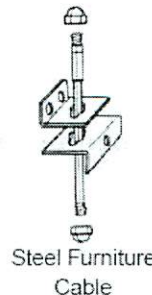
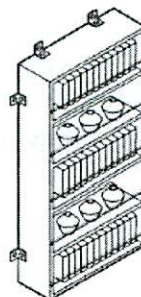


Tall and Heavy Furniture

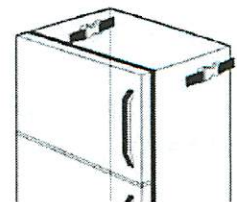
Top-heavy furniture such as bookshelves, entertainment centers or dressers, can tip over during an earthquake causing injury or damage. Large pieces of furniture, such as pianos or trunks, can move across a room or smash into a wall, especially if they are on wheels.

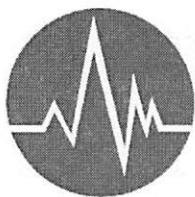
- To keep large furniture from falling over, securely fasten bookcases, file cabinets or curio cabinets to the wall studs with metal "L" brackets, cable straps or specially designed flexible hook-and-loop straps that allow slight movement during an earthquake.
- Place nonslip coaster cups under furniture "feet" where appropriate.

Check your local hardware or earthquake supply store for fasteners and instructions.



Steel Furniture Cable





Evaluate Your Home for Seismic Safety

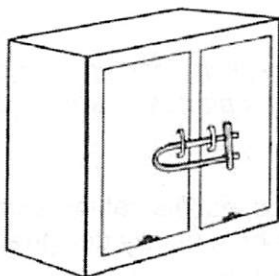
Household Chemicals

During an earthquake, containers of household chemicals can tip over and spill, causing potentially dangerous conditions. Some household chemicals are flammable or corrosive, and when mixed together, can produce toxic fumes or cause a fire.

You can protect yourself from household chemical emergencies using the L.I.E.S. procedure:

- **L**imit the amount of hazardous materials in storage.
- **I**solate products in approved containers. Store chemicals in their original containers in a shallow pan on a low shelf or inside cupboards that can be securely latched to limit possible leaking, splashing or dripping. Protect the products from sources of ignition.
- **E**liminate products that you no longer need, disposing of them properly.
- **S**eparate incompatible materials (e.g., chlorine products and ammonia).

Read the labels on all products, and follow the safety precautions recommended by the manufacturers.



Store Chemicals in Latched Cupboard



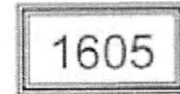
If you do have a potentially dangerous spill, open the windows and turn on fans. Evacuate if necessary.



Hazards Around Your Home

Make sure that first responders can find you, and that you minimize hazards outside of your home.

House and Curb Numbers



Provide street address numbers on your building/structure that are clearly visible from the roadside both day and night. The required minimum height is 2 inches.

- If you live in a heavily wooded area, you can paint your address on the roof so it is visible from the air.

Roofs and Gutters

- Replace wood roofs and gutters with Class A fire resistant materials at the earliest opportunity.

Chimneys

Chimneys damaged by shaking from an earthquake can fall and cause injury. Buildup of residue, or cracks in a chimney can cause a house fire.

- Have chimneys frequently cleaned and inspected for cracks by a qualified professional.
- People who use a lot of pressed-wood fireplace logs should clean their chimneys annually.
- Screen chimneys and stovepipes with a spark arrester.

For specific information about chimney and fire safety, contact the
City of Oakland Fire Prevention Bureau
at 510-238-3851.

Overhanging Structures with Exposed Undersides

Heat and flames intensify under overhanging structures such as eaves, balconies, decks, and projecting floors.

- Enclose, cover, or skirt overhanging structures with fire-resistant sheathing to keep fire out from under these areas.





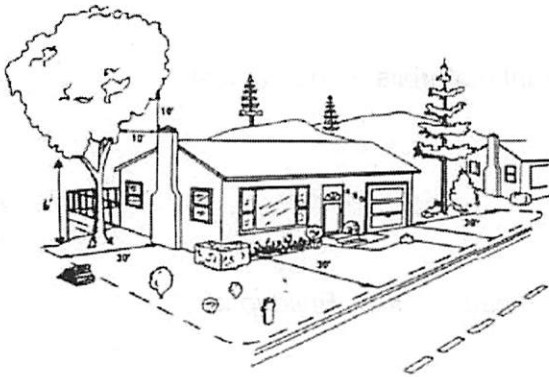
Hazards Around Your Home

Storm Drains

To prevent flooding, keep storm drains cleared of debris or call the City of Oakland **Public Works Agency at 510-615-5566** to report problems. Find out how you can participate in the "Adopt-a-Drain" program by calling 238-7630 or visit www.oaklandpw.com.

Landscaping and Vegetation Management

Heavy, overgrown brush, weeds, or dry grass around your house increases the probability of a fire that could destroy your home. Unstable trees can fall in severe weather.



- California law requires homeowners to maintain a 30 to 100 foot **defensible space** around all buildings and structures, depending on property slopes and height of trees.
- Clear vegetation from around your home.
- Group your landscaping into distinct areas.
- Include gravel or stone walkways to make fuel breaks.
- Keep landscape watered and ground cover trimmed because fire can travel up brush "ladders" to treetops or roofs.
- Keep roofs and gutters free of leaves, needles, or other dead/dying wood.
- Eliminate highly flammable trees and shrubs, such as those with high oil or resin, or with little moisture in their leaves, needles, and branches (e.g., Scotch Broom, Eucalyptus, Acacia, Monterey Pine, and Juniper).
- Remove portions of trees that are within 10 feet of your house, chimney, or stovepipe outlets.
- Remove tree limbs up to six feet above the ground when the tree is large enough.
- Trim tree branches to keep them from growing around overhead power lines.



Hazards Around Your Home

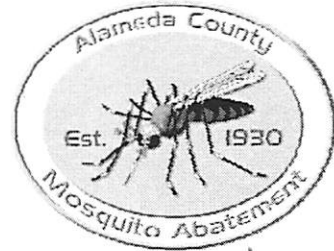
Landscaping and Vegetation Management (continued)

- Remove tree limbs up to six feet above the ground when the tree is large enough.
- Trim tree branches to keep them from growing around overhead power lines. Check trees for signs of damage (e.g., root rot, freeze, pests, bark beetles).
- Remove dead or dying vegetation from your property.
- Store firewood away from your home.

Call the Oakland Fire Prevention Bureau, **Vegetation Management Unit** at 510-238-7388 for current guidelines.

Standing Water

- *Protect yourself from mosquito bites and the possibility of West Nile Virus.*
- **Drain** all sources of standing water that support mosquito breeding.
- Avoid spending time outside when mosquitoes are most active.
- Apply insect repellent containing DEET or Picaridin according to label instructions.
- When outdoors, wear long pants and long sleeved shirts.
- Install **screens** on your doors and windows.



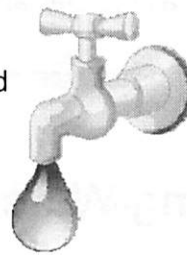
For more information, contact the
Alameda County Mosquito Abatement District
online at www.mosquitoes.org or call 510-783-7744.



Hazards Around Your Home

General Safety Tips

- Store fireplace and barbecue ashes in a metal bucket to cool for several days. Stir the ashes to make sure they are cold before you dispose of them.
- Equip motorized garden tools with spark arresters.
- Do not store flammables such as gasoline in open or breakable containers.
- Keep all objects away from overhead power lines.
- **Keep fire suppression tools available, such as:**
 - Garden hoses connected to each of the outdoor faucets around the perimeter of your property
 - A rake, axe, handsaw, bucket, and shovel that can be used to create firebreaks around your defensible space





CORE I – Part Two

Seismic (Earthquake) Safety

Quiz

Take this Structural Safety Quiz for a Single Family Home or Duplex

If you live in a single-family home or duplex, the strength of your home depends on when it was built, its style of construction, and its location.

1. **When was your home built?**
 - ☐ Before 1960 = 5 points
 - ☐ 1960-1978 = 3 points
 - ☐ 1960-1978 = 3 points
2. **How tall is your home?**
 - ☐ 2 or more stories with living areas above a garage = 5 points
 - ☐ Split-level, on a hillside or gentle slope = 6 points
 - ☐ 3 or more steps up to the front door = 4 points
 - ☐ Less than 3 steps up to the front door = 1 point
3. **How hard is the ground likely to shake under your home?**
 - ☐ All parts of Oakland = 7 points

Total Points = _____

If your home scores 13 or more points on the quiz, you should have an engineer, architect, or contractor who specializes in seismic retrofitting evaluate it unless it has been strengthened in the past few years. They can help you identify potential structural hazards.

*The Structural Safety Quiz and illustration are courtesy of USGS,
"Putting Down Roots in Earthquake Country."*

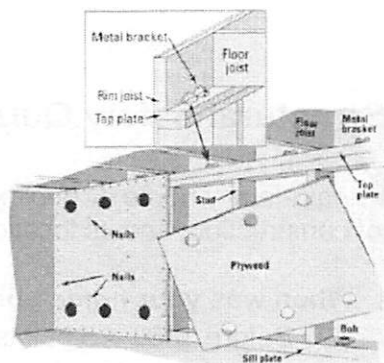


Seismic (Earthquake) Safety

Earthquake Safety

Ask the following questions:

- Does your home have enough bolts connecting the sill plate to the foundation?
- Is there plywood on the inside surface of the crawl space extending from the sill plate to the base of the floor joist above to prevent the wall studs from collapsing (shear wall)?
- Are there metal brackets connecting the rim joists to the top plates?
- Is the ground floor a large open space lacking interior walls (weak or “soft” story)?
- Are there large openings in the walls of the lower story, such as a garage door, that should be better braced? These weak or “soft” first stories may lean or collapse in an earthquake.
- Is your home a hillside house that was not adequately designed to withstand strong earthquake shaking?
- Are renovations sound, and are room additions securely attached?
- Are porches and balconies securely attached?
- Has the house been weakened from settling (especially crucial on sloping sites)?
- Is pest damage or wood decay undermining the structural integrity?



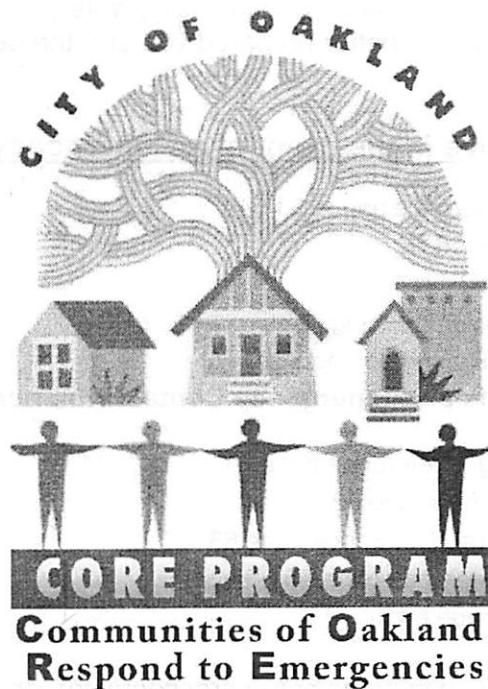
Select a licensed engineer or contractor with experience in seismic work. Check references and call the Contractors' State License Board (see number below) to check the work record.

If you want to learn how to do some of the work yourself, you can obtain brochures and other material from:

Building Education Center	510-525-7610
California Contractors' State License Board	800-321-2752
California State Office of Emergency Services.....	800-321-2752

Check the **ABAG** (Association of Bay Area Governments) website for information on making your home safer:
<http://www.abag.ca.gov/bayarea/eqmaps/fixit/fixit.html> or call 520-464-7900.

Part Three: Emergency Supplies



Home and Family Preparedness



CORE I – Part Three

Emergency Supplies Overview

After a major earthquake or other disaster, it usually takes about 3 days for agencies from outside of the affected area to begin to arrive with assistance for the most urgent life safety situation.

Plan to be self-sufficient, with enough supplies to last at least 7 to 10 days after a disaster occurs.

Immediately after an earthquake, there may be no electricity, water, gas, home phone service, medical aid, or stores with supplies. The better prepared you are, the better you will be able to help your family and neighbors.

Basic supplies you should have in the event of an emergency:

- ☐ **Fire Extinguisher** - Reference pages 53-54
- ☐ **Water** - Reference pages 55-56
- ☐ **Food** - Reference page 57
- ☐ **First Aid Supplies** - Reference page 58
- ☐ **Tools and Supplies** - Reference page 59
- ☐ **Household Documents and Emergency Contact Numbers**
Reference pages 60
- ☐ **Clothing and Bedding** - Reference page 61
- ☐ **Under-Bed Kit** - Reference page 62
- ☐ **Personal/Special Items** - Reference page 63
- ☐ **Mini Survival Kits** - Reference page 65
- ☐ **Pet Items** - Reference page 64



Place supplies needed for evacuation in an easy-to-carry container, or “Go-Bag”. These supplies are marked with an asterisk () on the next few pages. Each home is unique and there is not one “best” place to keep your emergency supplies.*

Store supplies in a places that are:

- Seismically safe
- Accessible
- Dry and cool



Look for closets or rooms on each floor of your building in which to store community supplies.





CORE I – Part Three

Fire Extinguishers in Your Home

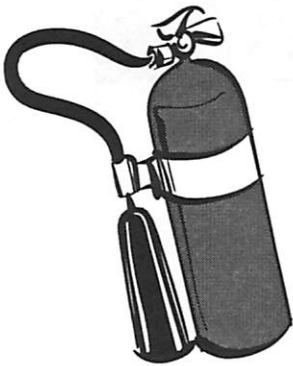
Small fires can grow quickly if you don't have a fire extinguisher and know how to use it.

An **A-B-C** type extinguisher should be easily accessible on each floor of the house, in any garage or shop or workroom, and near the kitchen. Make sure everyone in the house, including childcare providers and guests, know where extinguishers are located and how to use them.

A - fires involving combustibles such as wood, paper, or cloth

B - fires from oil, grease and gasoline

C - fires in electrical equipment and appliances



- Fire extinguishers should be visible and functional. Carefully follow the manufacturer's guidelines for use and maintenance.
- If your fire extinguisher has been discharged, even for just a few seconds, it must be recharged by a qualified professional or replaced as soon as possible.
- Check the pressure gauge and inspect your fire extinguishers at least twice a year (when you change your clocks at Daylight Savings and Standard time). If the pointer is not in the green area, the extinguisher will not work properly. It must be recharged by a qualified professional or replaced.
- To prolong the useful life of your extinguisher, when you check the pressure gauge, turn the extinguisher upside-down a couple of times to mix the dry chemicals inside.
- Fire extinguishers in commercial establishments and multi-unit buildings must be inspected annually.
- Fire extinguishers should be professionally inspected, and either recharged or replaced after about 5 years.
- Plastic extinguishers cannot be recharged. When they are more than about 5 years old, or have been discharged, replace them.
- Practice using old or partially discharged extinguishers by discharging into a box.



CORE I – Part Three

Fire Extinguishers in Your Home

- To find certified dealers for servicing, look in the Yellow Pages of your phone book under “Fire Extinguishers.”
- Dispose of your old fire extinguishers properly by taking them to your local Hazardous Waste disposal site. Do not put them in the garbage.
- Take further CORE training to learn when and how use a fire extinguisher.



Using a fire-extinguisher

“Pass” the fire-extinguisher please!

- P** - Pull out the safety pin at the top of the extinguisher
- A** - Aim toward the base of the fire.
- S** - Squeeze the handle of the extinguisher.
- S** - Sweep from side to side at a moderate rate of speed until the fire goes out.



Some multi-unit buildings may have only type “A” or water extinguishers, and a fire hose in the hallways. Make sure that you have an “A-B-C” type extinguisher in your unit.



Water

Water is the most important life-saving item you can store.

Storage

Water is safe to drink only if it is tap water that you have properly stored, or if it is purchased, bottled water, properly stored and sealed in airtight containers.

- Store **two gallons of water per person per day**. Keep a 7 – 10 day supply of water for each person in your home. Store additional water for your pets.
- Store two gallons of purchased distilled water for any person with chronic health problems, including a weakened immune system.
- Store tap water in clean, **food-grade** plastic or stainless steel containers. Do not store water in used plastic milk containers as these tend to leak.
- Place containers in a cool accessible location that is secure from animals. Avoid storing the water in a garage or an attic where it can get too hot.
- **Replace your stored tap water every six months** and label the containers with the date stored. Change the water when you reset your clocks to Daylight Savings or Standard Time. Use the old water for washing or for your plants.
- Specially sealed, airtight pouches of water may be stored up to five years. Check the label for the expiration date. These water pouches can be purchased where earthquake supplies are sold.
- Earthquake supply outlets have large-capacity barrels to store water that can be used with a preservative to safely keep water for up to 5 years.

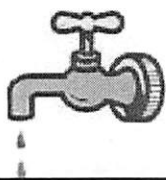


Water Purification

It will be necessary to treat your stored water if:

- Labels show the water has been stored longer than six months
- The water has an unusual odor.
- The container is leaking.
- The seal does not appear to be airtight.
- You have *any* concerns about the water's safety.

If there is **sediment in the water**, first strain the water through a cheesecloth, a sheet, coffee filters or any clean porous material. Next treat the water by boiling or use chlorine.



Water

Boiling

Boiling is the preferred method of purification. Bring water to a rolling boil for at least 3 minutes. Let it cool, then it should be safe to drink the water or use it to prepare food. Stir the water to replace oxygen and make it taste better. If you are still not sure about the safety of the water, treat it with chlorine.



Chlorine (Bleach)



- Use **only** regular, unscented, liquid, household bleach to kill most bacteria in your water.
- Be sure the label states that sodium hypochlorite is the only active ingredient.
- Do not use scented or color-safe bleach; or that with added cleaners.

Use a measuring spoon or medicine dropper to add $\frac{1}{4}$ teaspoon or 16 drops of bleach to each gallon of cloudy water. Shake or stir the water and let it stand for 30 minutes. A slight chlorine taste and smell is normal, safe and expected. If you cannot taste or smell some chlorine, treat again, or do not drink the water.

After using this method to purify your water, you can improve the taste by pouring the water back and forth between two clean containers or by stirring it.

Ratios for Purifying Water in Bleach

Water Quantity	Bleach Added to Cloudy Water	Bleach Added to Clear Water
1 quart	4 drops	2 drops
1 gallon	16 drops, or $\frac{1}{4}$ teaspoon	8 drops
5 gallons	1 teaspoon	$\frac{1}{2}$ teaspoon

Water Purification tablets are also available at some camping stores but have a limited shelf life.

Emergency Sources of Non-Potable (Not Drinkable) Water

Water from the toilet tank, pool, or hot tub can be used with soap for washing down surfaces, cleaning tools, and washing your body.

If you run out of purified drinking water, you can use the water from your water heater by following these steps:

1. Turn off the gas or electricity to the water heater.
2. Shut off the water inlet to prevent contaminated water from entering the tank.
3. Strain the water to remove sediment by pouring it through a clean cloth, cheesecloth or coffee filters, etc.
4. Purify the water following the directions above.



Food

Store at least a 7 - 10 day supply of non-perishable food.

Select foods that:

- Need little or no refrigeration or cooking
- Are compact and light weight
- Do not need to have water added
- You like to eat
- Are low in sodium
- Have a long shelf-life



Suggested Foods

- Canned meats, beans, fruits, vegetables, juices, milk (canned or powdered), and soup
- High-energy foods such as peanut butter and jelly, crackers, granola bars, trail mix, and nuts
- Comfort foods such as cookies, hard candy, cereal, and instant coffee or tea.
- Canned or jarred baby food and formula

General Tips

- Most emergency food should be stored in a cool and dry place at 40° to 60°F.
- Store food in airtight, sealed plastic or metal containers. Take precautions to keep out insects and rodents.
- Use a permanent marking pen to write the purchase date on each package. Rotate your supplies every 6 to 12 months to keep them fresh.
- Do not store food near gasoline, oil, or petroleum products because the odor can be absorbed into the food.
- If the electricity goes out, the food in your refrigerator will stay cold for up to 24 hours with the door closed. If it is still in good condition, eat the perishable food in the refrigerator first, and the food from the freezer next. Then eat the non-perishable food in the cupboard or your emergency supplies.



First Aid

Assemble a complete First Aid Kit for your home and a smaller one for each car.

Items marked with an asterisk (*) are suggested for an evacuation kit or "Go-bag."

Items in your home's first aid kit should include:

- | | |
|--|---|
| <input type="checkbox"/> Sterile adhesive bandages in assorted sizes | <input type="checkbox"/> Prescription drugs (monitor expiration dates)* |
| <input type="checkbox"/> Sterile gauze pads (6+) | <input type="checkbox"/> Cleansing agent, soap, hydrogen peroxide |
| <input type="checkbox"/> Triangular bandages (3) | <input type="checkbox"/> Magnifier |
| <input type="checkbox"/> Hypo-allergenic adhesive tape | <input type="checkbox"/> Hand purifier (waterless cleaner)* |
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Activated charcoal |
| <input type="checkbox"/> Tweezers | <input type="checkbox"/> Latex or non-latex gloves (2 pairs)* |
| <input type="checkbox"/> Instant hot and cold packs | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Ace bandage | <input type="checkbox"/> Fluids with electrolytes |
| <input type="checkbox"/> Needle | <input type="checkbox"/> Insect Repellent |
| <input type="checkbox"/> Moistened towelettes | <input type="checkbox"/> Sterile saline solution to wash burns |
| <input type="checkbox"/> Thermometer | <input type="checkbox"/> First aid manual (see the free "First Aid and Survival Guide" in the phone book white pages) |
| <input type="checkbox"/> Assorted sizes of safety pins | |

If you or someone in your family requires special medication, be sure to have a 14-day supply.

In addition, keep a supply of:

- | | |
|--|--|
| <input type="checkbox"/> Nonprescription drugs | <input type="checkbox"/> Antidiarrheal medication |
| <input type="checkbox"/> Pain reliever | <input type="checkbox"/> Antacid for upset stomach |
| <input type="checkbox"/> Vitamins | <input type="checkbox"/> Laxative |

Mark medications with the date acquired, and check the expiration dates of all items.



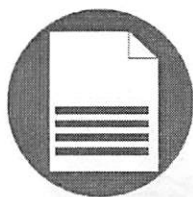
Tools and Supplies

Having the right tools and supplies can be essential.

Items marked with an asterisk (*) are suggested for an evacuation kit or “Go-bag.”

Suggested items are:

- Battery-operated, solar or crank radio, •extra batteries *
- Flashlight, extra batteries *
- Light sticks *
- Fire extinguisher (Type A-B-C)
Reference Pages 54 and 55
- Shutoff tools for gas and water
- Shovel
- Crowbar
- Pliers
- Duct tape
- Plastic sheeting
- Signal flare
- Tent or tarp with clothes pins
- Rope
- Camp stove, BBQ or grill, and fuel
- Plastic storage containers and zipper bags
- Sewing kit, needles, thread
- Mess kits, paper cups, plates, plastic utensils *
- Multipurpose knife or scissors
- Nonelectric can opener
- Matches (waterproof)
- Toilet paper, moist towelettes *
- Tissues
- Soap, liquid detergent *
- 5-gallon buckets with lids
- Garbage bags with ties
- Aluminum foil
- Compass
- Work gloves with leather palms
- Medicine dropper
- Whistle
- Map of area (for location of shelters and services)
- Paper, pencils and pens
- Cash (small bills and coins)
- Credit Card
- CORE manuals *
- Proof of current residency *



CORE I – Part Three

Household Documents and Contact Numbers

Keep this information in your “Go Bag” in case you need to evacuate.

- Personal identification, health care card*
- Copies of important documents from pages 35 and 36
- Emergency contact list with phone numbers*
- Map of the area and phone numbers of places you could go*
- An extra set of car keys and house keys*
- Identification numbers, records for each pet*

Important documents I have Included in my “Go Bag” include:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



CORE I – Part Three

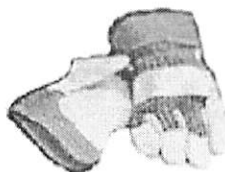
Clothing and Bedding

Include at least one complete change of clothing and footwear per person.

Items marked with an asterisk (*) are suggested for an evacuation kit or “Go Bag.”

Pack the following items:

- Sturdy shoes or work boots *
- Long pants, long-sleeve shirt (natural fiber) *
- Hat, cap*
- Heavy work gloves *
- Rain gear *
- Dust mask and eye protection *
- Blankets or sleeping bags *
- Thermal Underwear
- Sunglasses *



I have also packed the following items in my “Go Bag”:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



CORE I – Part Three

Under-Bed Emergency Kit

Place the following items in a container attached to your bed:

- A pair of sturdy shoes
- A set of clothing
- A light stick or sealed flashlight
- A small crowbar
- A whistle



I have also stored the following items under the bed:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



Personal Items

Remember family members with special needs, such as infants, the elderly or disabled persons.

Items marked with an asterisk (*) are suggested for an evacuation kit or “Go Bag.”

Adults

- Prescription drugs (e.g., heart, high blood pressure, diabetes)*
- Dental needs, dentures*
- Contact lenses, supplies*



- Extra eyeglasses or the prescription*
- Extra cane*
- Hearing-aid batteries
- Personal hygiene, sanitary supplies *



Infants and Children

- Disposable diapers*
- Powdered milk, formula*
- Bottles*



- Medications*
- Special foods*
- Toys, stuffed animals, games, comfort items, blankets*



Remember the following PERSONAL items for the “Go Bag”:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



CORE I – Part Three

Pet Emergency Items

Remember your pets have needs too.

- Always keep a collar and ID tag on all of your pets, including indoor-only pets.
- Microchips are now required for all dogs and are recommended for all cats.
- Store 7-10 day supply of animal food, water, dishes, litter and box.
- If you evacuate with your dog in a car, bring a leash.
- Have carriers large enough to comfortably confine your animals, and a sturdy carrier or crate.
- Keep a strong rope or chain available and a large screw-in device to restrain your dog in case fences are down.



Contact the Office of Emergency Services for a copy of the **Emergency Pet Preparedness Packet, A “How-to Guide”** available with more information. Call 238-6351 or download it from the CORE website: www.oaklandcore.org.

I have also need the following items in my “Go Bag” for our pets:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



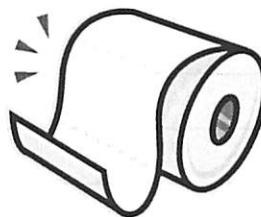
CORE I – Part Three

Mini Survival Kits for Car and Work

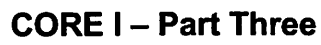
You may not be at home when a disaster strikes. Keep a small emergency pack in your car and at your workplace to help you survive until you can get home.

Some supplies you might include are:

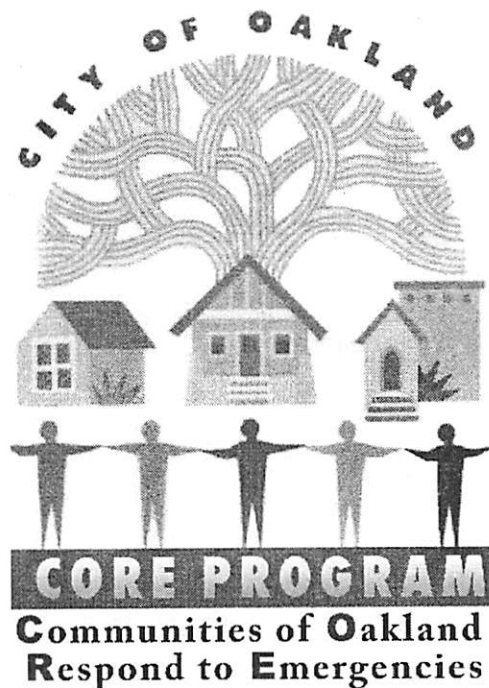
- Comfortable, flat, sturdy, closed-toe shoes
- Small First Aid Kit and manual
- Toilet paper, zipper bags
- Fire extinguisher (A-B-C type)
- Flashlight, extra batteries
- AM radio, extra batteries
- Heavy gloves
- Small tool kit
- Cash (small bills and coins), credit card
- Snacks
- Water
- Flares
- Mylar blanket
- Medication
- Whistle
- Local maps



Remember to keep your gas tank at least half full.
If the power is out, gas station pumps will not work.



Part Four: What To Do During and After a Disaster



Home and Family Preparedness



CORE I – Part Four

Types of Disasters

Disasters and emergencies come in many different forms. Know how to respond to each different situation.

In this section, you will learn how to respond to:



Earthquakes



Tsunamis



Fires



Severe Winter Storms



Heat Waves



Hazardous Materials Incidents



Infectious Disease Outbreaks



Terrorist Events



Earthquakes

During an Earthquake

When the ground begins to shake, **stay calm**.

If you are inside a building when you feel an earthquake, **Drop, Cover and Hold On**.



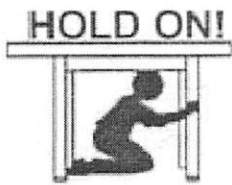
DROP!

- ☐ **DROP** to the ground.



COVER!

- ☐ Seek **COVER** under a desk or sturdy table to protect yourself from falling objects. If you are not near a desk or table, move against an interior wall and protect your head and neck with your arms.



HOLD ON!

- ☐ **HOLD ON** so you move with the desk or table. Stay there until the shaking stops.

Stay Away from:

- Windows
- Bookcases
- File cabinets
- Refrigerators
- Swinging doors
- Heavy mirrors or pictures
- Hanging plants
- Heavy objects that could fall
- Unsecured cabinets
- Fireplaces

Do not run outside during an earthquake.

Your chance of being hit by falling objects and being injured increases if you run outside during the shaking.





Earthquakes

During an Earthquake (continued)

Tips for Specific Locations:

- ☐ If you are in a **high-rise** and not near a desk or table, move against an interior wall and protect your head and neck with your arms. Do not use the elevators. Do not be surprised if the fire alarm or sprinkler system is activated.
- ☐ If you are **outdoors**, move to a clear area away from trees, signs, buildings, overhead or downed electrical wires and poles.
- ☐ If you are on a **sidewalk near tall buildings such as in a downtown area**, take shelter in a doorway or in the building to protect yourself from falling bricks, glass, plaster or other debris.
- ☐ If you are **driving**, turn on your emergency flashers, pull over to the side of the road, and stop in a safe place. Avoid overpasses, power lines and other hazards. Stay inside the vehicle until the shaking stops.
- ☐ If you are in a **crowded store or other public building**, do not rush for the exits. Move away from display shelves containing objects that could fall.
- ☐ If you are **in bed**, stay there. Get under the covers and put a pillow over your head.
- ☐ If you are **in a wheelchair**, stay in it. Move to cover if possible, lock your wheels, and protect your head.
- ☐ If you are in a **stadium or theater**, stay in your seat and protect your head and neck with your arms. Do **not** try to leave until the shaking stops, and then you should leave in a calm, orderly manner.
- ☐ If **no cover is available**, sit with your back against an interior wall. Make yourself as small as possible and cover your head and neck with your hands and arms.



Earthquakes

After an Earthquake

Be prepared for aftershocks and plan where you will take cover when they occur.

When the Shaking Stops:

- ☐ Take a moment to collect yourself, breathe, and remember your training.
- ☐ Check yourself and the people around you for injuries. Provide Disaster First Aid if necessary.
- ☐ Do **not** strike a match, light a fire, turn on light switches, use a flashlight, or use a cell phone until you are sure there are no gas leaks.
- ☐ If it is dark, use a light stick to look for dangerous conditions such as gas leaks or structural damage.
- ☐ If you need help, make as much noise as possible to attract attention. Use a whistle or bang on something with your hand or another object.

Take Care of Problems:

- ☐ If you hear or smell a gas leak, turn off the gas valve immediately. Ventilate the rooms if possible and go outside. Remember, once you turn off the gas it is never safe to turn it back on yourself. Only **PG&E (1-800-743-5000)** or a licensed plumber can safely turn on the gas once it has been turned off.
- ☐ Locate your emergency supplies, and put your disaster plan into action.
- ☐ Refer to your CORE manual and the AT&T phone book White Pages for the "First Aid and Survival Guide."
- ☐ Listen to your battery-powered radio for emergency information and instructions on **KCBS, 740 AM; KNBR, 680 AM; or KGO, 810 AM.**
- ☐ Look for smoke. If it is safe and possible, extinguish small fires.
- ☐ If electrical cords are severed or damaged, turn off the electricity at the fuse or circuit breaker box. Disconnect the damaged cords, then turn the electricity back on if it is safe to do so.