



# Earthquakes

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## After an Earthquake

### Take Care of Problems: (continued)

- ☐ If there is a water leak, turn off the water at the home's main water shutoff valve.
- ☐ Check around your building for cracks or damage to the foundation, roof, and chimney. If there is obvious damage, do not enter the building until it has been checked for structural soundness.
- ☐ Hang up the receiver on all phones at your location. Avoid using the telephone except to report life-threatening emergencies. If the lines are not working, try your cellular phone from the highest possible location, or use a pay phone. You can also try sending a text message.



# Tsunamis

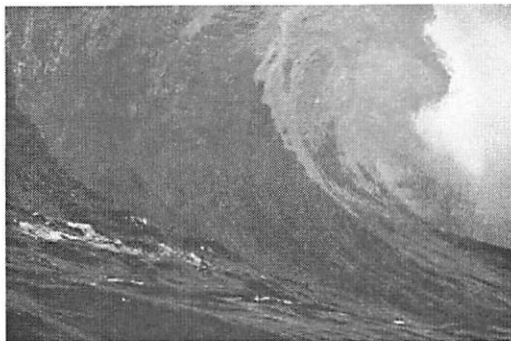
*While rare in the Bay Area, tsunamis are possible in Northern California, and you should know what to do.*

## What is a Tsunami?

A **tsunami** is a series of sea waves most commonly caused by earthquakes beneath the sea floor. In the open ocean, tsunami waves travel at speeds up to 600 miles per hour. As the waves enter shallow water, they may rise rapidly. The first wave is often not the largest; successive waves may be spaced many minutes apart and continue arriving for a number of hours. The waves can kill and injure people and cause great property damage ashore.

If a large earthquake displaces the sea floor near the California coast, the first waves may reach the shore minutes after the ground stops shaking. This does not give authorities enough time to issue a warning. Large earthquakes in the Pacific Ocean, as far away as Alaska or Japan, may generate tsunami waves that can take many hours to reach the California coast. There may not be warning in this situation.

The Tsunami Warning Center alerts local officials, who may order evacuation. **A sudden drop or rise in sea level is a good indication of a tsunami, and impending danger. Move inland or to higher ground immediately.**



Tsunamis can occur at any time of day or night, under any and all weather conditions, and in all seasons. Beaches open to the ocean, bay or tidal flats, and the shores of large coastal rivers are especially vulnerable to tsunamis. If you live close to the bay, plan your evacuation routes now.



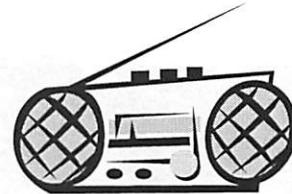
## What should you do if there is a tsunami warning?

### Remember:

- ***Never go to the coast to watch for a tsunami if you hear that a warning has been issued.*** Tsunamis move faster than a person can run. Any incoming traffic in the coastal area hampers safe and timely evacuation.
- Large tsunamis most frequently come onshore as a rapidly rising turbulent surge of water carrying large amounts of debris.
- All tsunamis are potentially dangerous, And our coastlines are vulnerable. Understand the hazard and learn how to protect yourself.

### If there is a tsunami warning, the best general advice available today is:

- ☐ Get to higher ground as far inland as possible. Go as high and as far as you can. Every foot inland or upwards may make a difference.
- ☐ If a strong coastal earthquake occurs lasting about 20 seconds or longer, and you are near the coast or the bay, you may need to evacuate. Listen to your radio for information.
- ☐ Listen for specific evacuation instructions because traffic, damage to roads, downed power lines and other earthquake debris May block your planned evacuation route.
- ☐ Return home only after local officials tell you that it is safe. Remember that a tsunami is a series of waves and can continue for hours.





# Fires

*Know the location of all exits (doors and windows) from each room in your home. If escape ladders and ropes are necessary, keep them easily accessible and learn how to use them.*

## During a Fire

*Get everyone, including your pets, out of the building quickly and safely, and stay out of the building.*



### Remember:


- ☐ Do not open any door without first testing it from bottom to top with the back of your hand to see if the door is hot. If it is hot, do not open the door. Get out another way if possible.
- ☐ If the room or hallway is already filled with smoke, cover your mouth and crawl on your hands and knees under the smoke. Heat rises, so cleaner air will be near the floor.
- ☐ Cover your head and shoulders with a wet towel or blanket to help protect you from smoke or flying embers.
- ☐ Once outside, do not re-enter the building. Call the fire department (**911**) from the nearest phone. You do not need coins to call 911 from a pay phone. From your cell phone, in Oakland, call **510-444-1616**.
- ☐ If your clothes catch on fire, **Stop, Drop and Roll** until the flames are extinguished. Remove clothing and jewelry immediately and cool burned skin with cool water. Seek medical attention.



## Fires

### A Fast-Burning Fire Near You Home

#### Prepare to Evacuate:

- ☐ Listen to emergency broadcast radio stations **KCBS, 740 AM**; KNBR, 680 AM; or KGO, 810 AM for updates on the fire's direction and the safest escape routes.
- ☐ Use a detailed map with your primary evacuation routes already highlighted. Having your map ready is especially important in areas where roads can be difficult to find and follow.
- ☐ **Identify several evacuation routes** going in different directions away from your neighborhood. Assess these routes for potential impediments like downed trees, power lines, or overpasses. Your route might include hiking trails, bicycle paths, or gates through a neighbor's yard.
- ☐ Move your car off the street so that you don't block emergency vehicles.
- ☐ Park with the front of the car facing the street. Shut the doors and roll up the windows.
- ☐ Begin assembling your irreplaceable possessions (e.g., photo albums, original art, medications, address book, vital documents). **Choose these items ahead of time.**
- ☐  Confine your pets so they don't run away and you can bring them with you if you need to leave quickly.
- ☐ Arrange temporary housing at a friend's or relative's home outside the threatened area.





# Fires

## Evacuation

Assemble your disaster supplies to take with you.



### If time permits, before leaving your house:

- ☐ Close windows, vents and doors.
- ☐ Remove flammable window coverings and move other flammable items away from the windows into the center of the room.
- ☐ Open the fireplace damper, and close the screen.
- ☐ Let people know you are okay by hanging something white, (e.g. sheet, pillow case, cloth napkin, shirt/blouse) that is visible from the street. **Mark your Pet Alert sticker “evacuated” or “not here.”**
- ☐ Go to one of the predetermined places near your home and wait to meet your family.
- ☐ If the roads out of your neighborhood become impassable due to abandoned vehicles or the approaching fire, evacuate on foot or bicycle using trails.



# Fires

## After a Fire

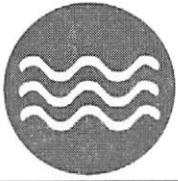
*Whether a single structure or an entire area has burned, fire victims can protect their property to make recovery easier and faster.*

### Decisions and Actions Immediately After a Fire:

- ☐ To protect your property from further damage, weather, and vandalism, attach plywood over broken windows and doors. Take any valuables with you.
- ☐ Contact your local disaster relief services whether you are insured or not. The Red Cross or Salvation Army can help you arrange for temporary housing, food, eyeglasses, medication, and other essential needs.
- ☐ If you can't bring your pets with you, make sure they are sheltered in a clean, safe environment, such as at a friend's house or a kennel.

### Notify the Following Parties of Your Situation & Your Relocation Address:

- ☐ Family and friends
- ☐ Insurance agent
- ☐ Mortgage company
- ☐ Employer
- ☐ Children's school
- ☐ Bank
- ☐ Utility companies
- ☐ Post Office (to hold or forward your mail)
- ☐ Newspaper or magazine companies
- ☐ Fire Department (if the fire is under investigation)
- ☐ Department of Motor Vehicles



# Winter Storms

## Floods and Landslides

*If it has been raining hard for several hours or steadily for several days, be alert to the possibility of floods, landslides, or mudslides.*

**Floods** are generally caused by heavy rains, broken pipes, levee or dam failure. Paved areas do not absorb rainfall and tend to increase water runoff.

### If you live in a flood prone area:

- ☐ Obtain Supplemental Flood Insurance. Homeowner's policies do not cover flooding.
- ☐ Prepare and practice a flood evacuation plan.
- ☐ Keep important documents in a water-proof box.

**Landslides** are a rapid shift in land mass that are typically associated with periods of heavy or prolonged rainfall.

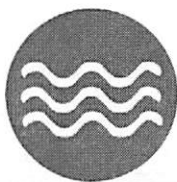
### Landslides and mudslides can be caused by:

- Prolonged rainfall that saturates the ground
- Clogged storm drains
- Drainage patterns that concentrate or block the natural flow of water
- Hillside construction sites with exposed piles of soil or construction materials
- Undercut hillside slopes
- Inadequate retaining wall structures
- Areas of uncompacted fill on a hillside

### Preventative measures:

- ☐ If flooding is likely, use sandbags, plywood, plastic sheeting, and lumber for emergency waterproofing.
- ☐ Keep storm drains cleared or call the City of Oakland's Public Works Agency at 615-5566 to report problems. Find out how you can participate in the "Adopt-a-Drain" program.
- ☐ Clean out gutters and downspouts.
- ☐ Cover exposed piles of soil or materials with plastic sheets or temporary roofs.





# Winter Storms

## Storm Watches and Warnings

A winter storm **watch** means that a storm with severe cold weather or heavy rain is possible. A winter storm **warning** means that severe cold or flooding is occurring or will occur very soon. Your local radio and TV stations will provide current storm information.

### When a “watch” for winter storm or flooding is issued:

- ☐ Continue listening to your radio or TV to get more information.
- ☐ Be alert to changing conditions.
- ☐ Avoid unnecessary travel.



### When a “warning” is issued:

☐



Fill your car's gas tank in case an evacuation notice is issued.

- ☐ If you must travel in the storm, let someone know your destination, your route and when you expect to arrive. If you do not arrive, help can be sent along your predetermined route.
- ☐ Use your telephone only for family emergency needs or to report dangerous conditions.
- ☐ If you are not at home, go to high ground and stay away from the flooding areas.
- ☐ Do not try to pass through flowing water that is above your knees. You could be swept away by strong currents.
- ☐ **Do not try to drive on a flooded road.** You could become stranded, trapped or swept away.
- ☐ If your car stalls while you are driving in flooding areas, abandon it immediately and go to higher ground. Many people drown while trying to rescue their cars.



# Winter Storms

## After The Storm

*Although floodwaters may recede in some areas, many dangers might still exist.*

### Keep Listening to the Radio or TV

The media will provide news about what to do, where to go, or places to avoid.

The media will also provide information on assistance that may be available through local, state, and federal government, as well as disaster relief organizations.

### Exercise Caution if You Travel

Roads may be closed if they have been damaged or covered with water and mud.

If you see a flooded road or barricade, go another way.

### If you must walk or drive in areas that have been flooded:

- ☐ Stay on firm ground.
- ☐ Keep away from standing water that may be electrically charged from underground or downed power lines.
- ☐ **Travel with care.** Roads and walkways will be very slippery, especially when covered with mud.

### The Cleanup Process

As soon as possible, get a free copy of the book ***Repairing Your Flooded Home*** from the local Red Cross online at [http://www.redcross.org/static/file\\_cont333\\_lang0\\_150.pdf](http://www.redcross.org/static/file_cont333_lang0_150.pdf), or write to: FEMA at P. O. Box 2012, Jessup, MD 20794-2012 for a hard copy.

### This guidebook will tell you how to:

- ☐ Enter your home safely
- ☐ Check for gas or water leaks and how to have services restored
- ☐ Protect your home and belongings from further damage
- ☐ Record damage to support insurance claims and requests for assistance
- ☐ Clean up appliances, furniture, floors, and other belongings

If you hire cleanup or repair contractors, be sure they are qualified to do the job, and check references, including a City Business License. Be wary of people who drive through the neighborhood offering to help clean up or repair your home. Many are not licensed contractors.



# Heat Waves

A **heat wave** is a prolonged period of excessive heat, often combined with high humidity and poor air quality.

**The elderly, the very young, and those with special needs are at risk from extreme heat.** A heat wave lasting more than two days causes a significant rise in medical emergencies such as heat cramps, heat exhaustion, and heat stroke.

## **Call 911 for any serious heat-related medical emergency:**

- **Heat cramps** are muscular pains and spasms resulting from heavy exertion. Heat cramps are often the first signal that the body is suffering from excessive heat.
- **Heat exhaustion** is a form of mild shock that typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating, drawing blood flow away from vital organs.
- **Heat stroke** is a life-threatening condition in which the temperature control system that produces sweating to cool the body stops working. The body temperature can rise to the extent that brain damage and death may result if the body is not cooled quickly.

*People suffering from heat related illness may become irritable, and they lose their sense of thirst. They may need to be encouraged to drink plenty of water or fruit juice and to find ways to lower their body temperature.*

## **Preparing for a Heat Wave:**

- ☐ Keep a solar or battery-powered radio, clock, flashlights, and extra batteries for power outages.
- ☐ Store at least two gallons of water per person per day and remember to store extra water for your pets.
- ☐ Keep easy-to-prepare, nonperishable foods available (packaged snacks, fruits, and juices).
- ☐ Set up a “Buddy” system in which family, friends, or others can check on each other via phone or visits. Do “check-ins” before, during, and after the hottest part of the day.
- ☐ Keep essential medicines and prescription information available, along with a small first aid kit.
- ☐ Have the names, addresses, and telephone numbers of your doctors and pharmacists readily available.
- ☐ A whistle or hand-held alarm can alert someone if you need help.



# Heat Waves

## During a Heat Wave:

- ☐ **Avoid direct sun and heat.**
- ☐ **Avoid strenuous activities** during the hottest period of the day, 11 am to 3 pm. Heat-related illnesses can strike quickly, especially for those who perform strenuous work during the heat of the day.
- ☐ **Wear lightweight, light-colored, loose-fitting clothing.** Light colors reflect the sun's rays better than dark colors, which absorb the heat. Protect your face and head by wearing a wide-brimmed hat.
- ☐ **Seek air conditioning.** If your home does not have air conditioning or an electric fan, the following public buildings may provide refuge during the warmest part of the day:
  - Libraries
  - Senior Centers
  - Community Centers
  - Movie Theaters
  - Shopping Malls
  - Places of Worship
  - Grocery Stores
- ☐ **Drink plenty of water and other fluids** throughout the day and evening. Dehydration can occur quickly and can be unnoticed or mistaken for other illnesses. Increasing fluid intake on a hot day, even if you are not thirsty, can reduce the risk of dehydration. Avoid caffeine, sugar and alcohol.
- ☐ **If you are on fluid-restricted diet** (e.g. those with kidney disease), consult your doctor before increasing fluid intake.
- ☐ **Check on family members and neighbors** who do not have air conditioning or who have medical problems that make them particularly susceptible to heat related illnesses.
- ☐ **Do not leave people or pets alone in parked cars**, even for a short time.
- ☐ **Eat small meals.** Avoid fats and proteins. Avoid cooking if possible.
- ☐ **Close blinds, drapes, doors, and windows** to keep heat out during the day.
- ☐ Open windows and doors once it is cooler outside than in.
- ☐ Keep electric lights turned down or off. They generate heat.
- ☐ If you have a baby, be aware of heat risks. Consider a cool (not cold) water bath.
- ☐ **Apply cool damp towels** to your wrists and to the back of your neck. Sit in front of a fan to increase evaporation.



# Hazardous Materials Incidents

Hazardous materials are part of our everyday lives.

**Potential sources of hazardous materials can include:**

- **Industrial plants**
- **Service stations** which store and dispense gasoline and diesel fuel
- **Hospitals** that store a range of radioactive and flammable materials
- **Hazardous materials waste sites**, of which there are approximately 30,000 in the United States
- **Transport vehicles** including trucks, trains, ships, and aircraft

Hazardous materials incidents can range from a chemical spill on a highway to groundwater contamination by naturally occurring methane gas. Incidents can occur anywhere, including your home.

The **Alert & Warning Siren System** will be activated if there is a significant hazardous materials incident in your area. Listen to an emergency broadcast radio station (**KCBS, 740 AM**; KNBR, 680 AM; or KGO, 810 AM) to find out what to do. Follow instructions and be prepared to “shelter in place” or evacuate.

## **SIN** (Safety, Isolation, Notification)

**If you suspect a hazardous materials spill, remember the acronym “SIN”:**

**Safety:**

- Always assume that spilled chemicals are extremely toxic.
- Do not approach a spill. Stay at a safe distance.
- Mixtures of chemicals can be very dangerous  
(for example: bleach mixed with ammonia creates toxic fumes).

**Isolation:**

- Close off the contaminated area, and mark the outside of the building.

**Notification:**

- Notify 911 and/or the National Response Center at **1-800-424-8802** for toxic chemical or oil spills.



# Hazardous Materials Incident

## Hazardous Materials (continued)

### If you suspect a hazardous materials incident:

- ☐ **Leave the area immediately.** Report the emergency from a safe location **uphill and upwind** from the emergency site.
- ☐ If you witness (or smell) a hazardous materials incident, **call 911**, the **National Response Center** (toxic chemical/oil spills) **1-800-424-8802**, or the **Fire Department**, as soon as possible.
- ☐ If you hear the warning sirens, **listen** to an emergency broadcast radio station (**KCBS 740 AM**, **KNBR 680 AM**, or **KGO 810 AM**) for further information and **follow instructions** carefully.
- ☐ **Stay away from the incident site** to minimize the risk of contamination.
- ☐ **Avoid contact** with spilled liquids, airborne mists, or condensed solid chemical deposits. Keep your body fully covered to provide some protection. Wear gloves, socks, shoes, pants, and a long-sleeved shirt.
- ☐ **Do not eat food or drink water that may have been contaminated.**
- ☐ **If you are caught outside, try to stay upstream, uphill, and upwind.** Remember that gases and mists are generally heavier than air. Hazardous materials can be quickly transported by water and wind.
- ☐ **If you are in a vehicle, stop and find shelter** inside a building if possible. If you must remain in your car, keep car windows and vents closed, and shut off the air conditioner, heater, and fan.
- ☐ **If you are instructed to evacuate your home, do so immediately.** If authorities indicate that there is enough time, close all windows, shut vents, and turn off attic, heating, and air conditioning fans to minimize contamination.





# Hazardous Materials Incident

## Hazardous Materials (continued)

### If you are asked to Shelter in Place, take the following steps:

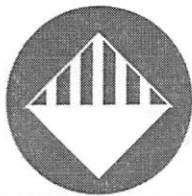
- ☐ **Get household members and pets inside quickly.**
- ☐ **Close and lock all exterior doors and windows.** Close vents, fireplace dampers, and interior doors.
- ☐ **Turn off air conditioners and ventilation systems.**
- ☐ **Go into a preselected safe room** (a room with the fewest openings to the outside). Take a battery-powered radio, water, food, sanitary supplies, a flashlight and your disaster supply kit (which may include precut plastic sheeting for windows and vents, duct tape, modeling clay for sealing cracks, and a towel for under the door).
- ☐ Cover each window, door, exhaust fan and vent in the room with plastic sheeting or garbage bags, taping around all edges to provide a continuous seal.
- ☐ Fill any cracks or holes in the room, (e.g. those around pipes entering a bathroom), with modeling clay or other similar material.



**In large buildings**, the person in charge of the building maintenance should set all ventilation systems to 100 percent internal recirculation so that no outside air is drawn into the building. If this is not possible, ventilation systems should be turned off.

- ☐ **Stay in the safe room** listening to emergency broadcasts on the radio until authorities advise you to leave your shelter.
- ☐ If you think chemical fumes have entered your home, cover your mouth and nose with a wet cloth. You may need to move to a different room or evacuate, depending on the circumstances.
- ☐ **Call 911 only to report life-threatening emergencies**, including hazardous materials entering your home.
- ☐ When authorities advise it is safe, open all doors and windows and turn on air conditioning and ventilation systems.





# Hazardous Materials Incident

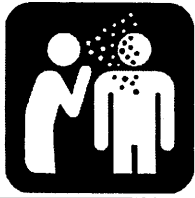
## Hazardous Materials (continued)

### Actions you should take after exposure to hazardous materials:

- ☐ If evacuated, **do not return home until local authorities say that it is safe.**
- ☐ **Follow decontamination procedures** for persons or items that have been exposed to a hazardous chemical.
- ☐ Listen for decontamination instructions on TV and radio.
- ☐ Depending on the chemical, you may be advised to take a thorough **cool** shower, or to stay away from water and follow another procedure.
- ☐ Seek medical treatment for unusual symptoms as soon as possible.
- ☐ If medical help is not immediately available, remove all of your clothing. Cut off potentially contaminated clothing rather than pulling over the head and avoid contact with your eyes, ears, nose and mouth.
- ☐ Change into fresh, loose clothing, and seek medical help as soon as possible.
- ☐ Place exposed clothing and shoes in tightly sealed containers. Do not allow them to have contact with other materials. Ask local authorities about proper disposal.
- ☐ Advise everyone who comes into contact with you that you may have been exposed to a toxic substance.
- ☐ **Find out from local authorities how to clean up your land and property.**
- ☐ **Report any lingering vapors** or other hazards to your local emergency service office.







## CORE I – Part Four

# Infectious Disease Outbreaks

*People and trade goods travel around the world quickly in our global economy. Infectious diseases can “hitchhike” with people, goods, and animals, and can potentially spread worldwide much faster than in the past.*

A widespread outbreak of an infectious disease such as a new strain of influenza or SARS (Severe Acute Respiratory Syndrome) is a **Public Health Emergency**.

A **Pandemic** disease is one that affects large groups of people or a number of countries.

**A pandemic influenza occurs when a new influenza virus develops, and all of the following conditions also exist:**

- There is little or no immunity in the human population
- It is easily passed from human to human
- It is found in many countries, and

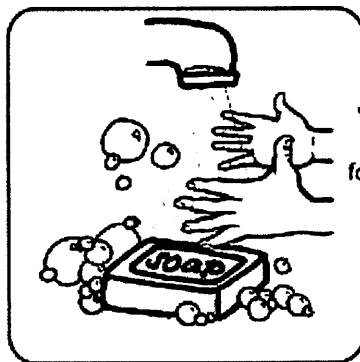
In the case of a Public Health Emergency, always follow the most current advice of the U.S. Department of Health and Human Services and the local Public Health Department.

## Protect Yourself and Reduce the Spread of Infectious Disease

### Practice Good Hygiene

Make good hygiene a part of your daily life and teach it to your children by example. Take these common-sense steps to limit the spread of germs every day.

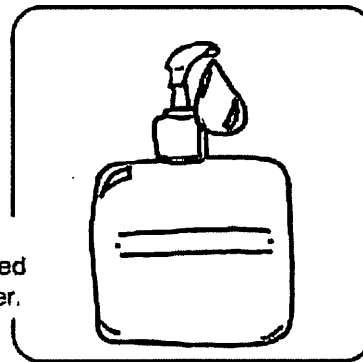
- ☐ Clean your hands often by washing with soap and warm water for at least 20 seconds, or by using an alcohol-based hand sanitizer.

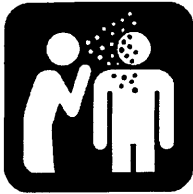


Wash hands  
with soap and  
warm water  
for 20 seconds

or

clean with  
alcohol-based  
hand cleaner.



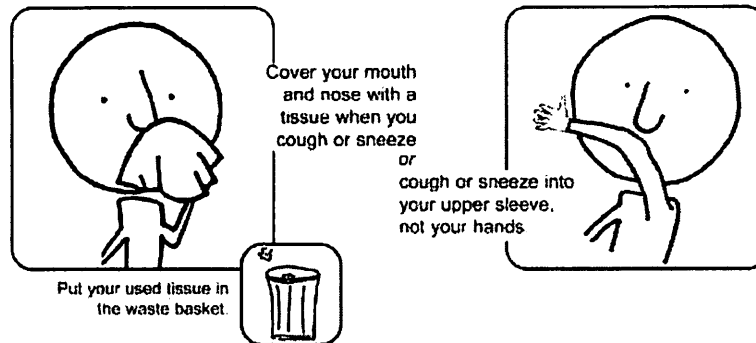


## CORE I – Part Four

# Infectious Disease Outbreaks

### Practice Good Hygiene (continued)

- ☐ Cover your mouth and nose with a tissue when you cough or sneeze. Put used tissues in a wastebasket and clean your hands afterward



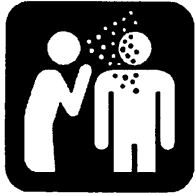
- ☐ Keep your hands away from your eyes, nose, and mouth to prevent germs from entering your body.

### A person who is sick should:

- ☐ Stay home and avoid contact with other people. Isolate yourself from other people.
- ☐ Consider wearing a surgical mask when you are around others. This can help slow the spread of disease.

### Staying Healthy:

- ☐ Although living a healthy lifestyle is not a guarantee against getting sick from an infectious disease, starting out healthy gives you a better chance of withstanding the effects of an epidemic.
- ☐ Eat a balanced, nutritious diet.
- ☐ Exercise regularly and get plenty of rest.
- ☐ Seasonal flu is an infectious disease, so get a flu shot each year to help protect yourself. A seasonal flu shot won't protect you against pandemic influenza, but it will help protect you from the severe forms of influenza circulating that year.
- ☐ Make sure that your family's immunizations are up-to-date.
- ☐ Get a pneumonia shot to prevent secondary infection if you are 65 years old or older or have a chronic illness such as diabetes or asthma. For specific guidelines, talk to your health care provider or **call the Centers for Disease Control and Prevention (CDC) Hotline at 1-800-232-4636.**



# Infectious Disease Outbreaks

## Scenario

*To reduce the spread of disease, public health officials may request that people isolate themselves from others. They may also quarantine people, requiring that they stay at home for an extended period of time.*

### Definitions:

- **Isolation** is the restriction of movement of persons having or suspected of having a communicable disease in order to minimize contact with susceptible persons.
- **Quarantine** is the restriction of movement of persons known or suspected to have been in contact with contagious persons and may, therefore, become contagious in the future.

*The National Association of County and City Health Officials and CDC*

**If isolation or quarantine is necessary**, there will be widespread disruption that will potentially affect services, transportation, supplies, businesses, schools, and individuals.

- Public facilities such as hospitals and other health care facilities, banks, stores, restaurants, government offices and post offices may be shut down.
- Public gatherings of all kinds may be canceled.
- Services for people with special needs may not be available.
- Going to work may be difficult or impossible.
- Income may be reduced or lost if you are unable to work, or your place of employment is closed. Find out what public health emergency plan your business or employer has in place. What is their payroll policy in case of work disruption?
- Schools may be closed for an extended period of time. What plan does your school have in case of a public health emergency? Do you have teaching/learning materials at home in case the schools are closed?
- Public transportation may be limited or nonexistent during a pandemic.

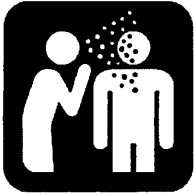


# Infectious Disease Outbreaks

## How You Can Prepare for a Pandemic

- ☐ **Store at least a two-week supply of water and food.**  
(Some experts suggest a one-month supply.)  
During a pandemic, store shelves may be empty so keep extra supplies at home.
- ☐ **Check your regular prescription medications** to ensure that you have an adequate supply in your home. Keep copies of your prescriptions.
- ☐ **Keep a supply of over the counter drugs and other health supplies** including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- ☐ Talk with family members and loved ones about how they would be cared for if they got sick and what will be needed to care for them at home.
- ☐ Find out about **Family Leave Policies** from your employer in case you need to stay at home to care for a family member or in case you become sick.
- ☐ Fill in the **Family Emergency Health Information** form (in *Additional Materials*, page 104), and keep it with your emergency supplies. At a mass vaccination clinic, you may need to provide information about your medical history. Update your family health records regularly.





# Infectious Disease Outbreaks

## Resources for Pandemic Preparedness

*If a pandemic occurs, having accurate and reliable information will be critical.*

**Follow current guidelines from Public Health officials.**

### **For more information on pandemics:**

- **Pandemic Flu.gov** [www.pandemicflu.gov](http://www.pandemicflu.gov)
- **The Centers for Disease Control and Prevention (CDC)** Hotline: 1-800-CDC-INFO (1-800-232-4636). This line is available in English and Spanish, 24 hours a day, 7 days a week. TTY: 1-888-232-6348. Questions can be e-mailed to [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov).
- **Listen to local and national radio**, watch news reports on television and read your newspaper and other sources of printed and Web-based information
- **Talk to your local health care providers and public health officials.**
- **World Health Organization website:** <http://www.wpro.who.int/home.htm>



CORE I – Part Four

## Public Health Tips

### When a Household Member is Sick with a Respiratory Infectious Disease

*Many respiratory viruses are spread when contaminated droplets exit the mouth and nose of an infected person and the virus comes in contact with others.*

#### Tips to Protect Yourself and Other People in Your Home:

- ☐ Wash your hands often, particularly after contact with respiratory secretions.
- ☐ Do not cough or sneeze in someone's face. Use a tissue or your sleeve.
- ☐ Keep everyone's personal items separate. Avoid sharing computers, pens, papers, clothes, towels, sheets, blankets, food, or eating utensils.
- ☐ Disinfect doorknobs, switches, refrigerator handles, toys, toilet seats, and other surfaces that are commonly touched around the home.



#### Disinfectant

1 gallon water  
¼ cup unscented bleach  
Mix a fresh bath each time you use it.

Or use other EPA approved disinfectant. Some experts recommend using a viracide such as Lysol for viruses.

- ☐ It is okay to wash everyone's dishes and clothes together. Use detergent and very hot water. Wash your hands after handling dirty laundry.
- ☐ Wear disposable gloves when in contact with or cleaning up body fluids.
- ☐ One person should be the caregiver. He or she may benefit by wearing a properly fitting N-95 mask when giving care.
- ☐ Caregivers should wash their hands thoroughly before and after giving care. Dry your hands thoroughly with a paper towel and use it to turn off the faucet. Shared towels spread germs.
- ☐ Ventilate the rooms/house.

**Always follow the most current advice of the U.S. Department of Health and Human Services and the local Public Health Department.**



# Public Health Tips

## Dehydration

People who are ill often become dehydrated. Prepare these solutions for adults and children when you need them. Infants and toddlers should be given commercial solutions, i.e. Pedialyte or equivalent.

### Basic Electrolyte Solution for people over 12

4 cups clean water  
½ tsp baking soda (sodium bicarbonate)  
½ tsp salt  
¼ cup sugar  
¼ cup salt substitute (potassium chloride)

Mix until ingredients are dissolved.

Optional: Flavor with 6 tablespoons lemon/lime juice or ½ package Kool-Aid® unsweetened soft drink mix.

### Basic Oral Re-hydration Solution



4 cups clean water  
1 tsp salt  
8 tsp sugar

Mix well to dissolve.

**Check with your doctor if you have sugar or salt restrictions.**



# Terrorist Events

***Terrorism is not a new threat and you can do things to protect yourself.***

## **Definition of Terrorism:**

The U.S. Department of Justice's definition of terrorism is:

**“...the unlawful use of force or violence committed by a group or individual against persons or property to intimidate or coerce a government, the civilian population, or any segment thereof, in furtherance of political or social objectives.”**

Both foreign and domestic individuals or groups have committed acts of terrorism. Although the United States has not had as many incidents as some other countries, we have had several serious attacks.

## **The goal of these attacks is to cause disruption in our lives such as:**

- Inflicting mass casualties
- Disrupting critical resources, vital services, and the economy
- Causing individual and mass panic

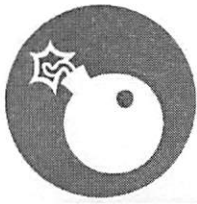
Incidents can occur with or without warning and often evolve as a series of events. A secondary attack or explosion may be planned to occur after people rush to the scene to offer aid, causing additional casualties and confusion.

## **Accept Responsibility for Your Own Safety:**

Our best defense against terrorism events is to be aware of what is around us, and to be informed. If something just doesn't seem “right,” report it to the appropriate authorities.

- Be aware of your surroundings. Notice where emergency exits are located. Think ahead about how to evacuate from a building, subway, or congested public area in a hurry.
- Report suspicious objects, packages, vehicles, or persons to the appropriate authorities.
- Look for unusual, hidden or abandoned objects, or items hanging from under a car.
- Take precautions when traveling. Be aware of unusual behavior. **Do Not** accept packages from strangers. **Do Not** leave your luggage unattended.





# Terrorist Events

Cooperate with security procedures at your place of work and in public places. If you are told to stay inside your home, follow the “shelter in place” guidelines.

## **Beware of mail that:**

- Is unexpected or comes from an unfamiliar sender
- Is addressed to someone who no longer lives or works at the address
- Has no return address
- Is of unusual weight given its size or is lopsided or oddly shaped
- Has protruding wires, strange odors or stains
- If you are suspicious about a piece of mail, do not open it, and call the police.

## **B-NICE**

Five categories of potential terrorist weapons have been identified. The acronym **B-NICE** will help you to remember them.

- **B**iological agents
- **N**uclear weapons and radiological dispersal devices
- **I**ncendiary devices
- **C**hemical agents
- **E**xplosive devices



**Biohazard**

## **Biological Agents**

- Biological agents are organisms or toxins. For example, they can be dispersed as airborne particles used to contaminate food or water and to have illness-producing effects.
- Some agents, such as smallpox, are contagious. Others are not.
- Some agents take days or weeks for symptoms to appear. This type of biological attack may remain unnoticed for some time. The agents can spread far beyond their initial point of contamination as people move about.
- Most biological agents are very delicate and are easily destroyed by heat, light and other environmental factors. The agents are difficult to manufacture and to deliver.

***Anyone exposed to a biological agent should consult a doctor immediately.***



# Terrorist Events

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## Nuclear Weapons



- Nuclear agents are substances that generate harmful radiation. Nuclear weapons, although potentially very destructive, are so difficult to obtain that they present a low risk.
- Radiation dispersal devices (RDDs) or “dirty bombs” are considered a high threat because radiological materials are easier to obtain than enriched nuclear materials and the technology required to detonate an RDD is similar to that for detonating conventional explosives.

## Incendiary Devices



- Incendiary devices are mechanical, electrical, or chemical devices used intentionally to initiate combustion and start a fire. Incendiary devices are relatively easy to make.

## Chemical Agents



- Chemical agents are poisonous gases, liquids, or solids. The agents are difficult to manufacture and to deliver in quantity.
- If a chemical attack occurs, authorities may instruct residents to either **evacuate** immediately or to **shelter in place**.

## Explosive Devices



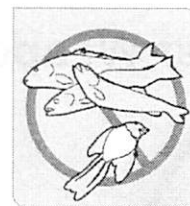
- The most common weapon used by terrorists continues to be conventional explosives. Explosives are easily manufactured and transported.
- Improvised Explosive Devices (IEDs) include any devices that are created in an improvised manner, incorporating explosives or other materials designed to harm people or property.



# Terrorist Events

## B-NICE Indicators

Be alert for environmental changes that can be indicators of biological or chemical contamination.

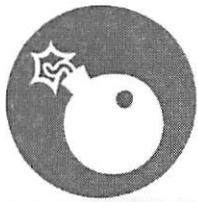


### These might include:

- Numerous **sick or dead animals, fish or birds**. Wildlife are often more sensitive to chemical or biological agents than are humans.
- **Unscheduled spraying** or abandoned spray devices.
- **Vapor clouds or mists** that are unusual for the area or for the time of day.
- The **absence of crops, wildlife or insects** that are common for the area, time of day, or time of year. What is **not** there may be very important information.
- **Unattended or out-of-place packages, boxes or vehicles**.
- **Leaking packages** may be harmless but could also signal that someone is trying to disperse a biological or chemical agent.
- **Unusual materials or equipment for the locations**. Dispersal devices, lab equipment, or quantities of hazardous materials that are not typically located in the area could indicate an impending terrorist incident.
- **Small explosions** that disperse liquids, mists or gases are a sign that something is wrong.
- **Unusual odors or tastes**

### You may observe unusual physical indications such as:

- **Multiple casualties without obvious signs of trauma**. This scenario may indicate a biological or chemical attack.
- **Multiple victims exhibiting similar symptoms**. Symptoms may range from difficulty breathing to skin discoloration or injury such as deep blisters or burns, to uncontrolled salivating, uncontrolled muscle twitching, or convulsions.
- **Large numbers of people seeking medical attention with similar symptoms** that are not characteristic of the season. The symptoms of many biological agents mimic influenza and or other common illnesses.



# Terrorist Events

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## CORE Protocols for Terrorist Events

- CORE members should treat possible terrorist events as a **STOP SIGN**. Your safety is the first priority. CORE teams are not equipped or trained to respond to terrorist events.
- Size up the whole situation from a distance. If any of the indicators of a terrorist incident are present, **do not proceed** with a CORE response.



### If you observe any of the indicators of a terrorist incident:

- **Do Not** touch it!
- Move away from the object or area.
- Report the information to authorities immediately.

CORE members should always report suspected explosive devices via a landline telephone.

**Do not use cellular phones and two-way radios.** They create static electricity and may detonate explosive devices.



# Terrorist Events

## What To Do During a Terrorist Event

Three factors significantly affect safety at a terrorist incident:

### Time

- ☐ Limit time spent in the area of an incident to reduce exposure.

### Distance

- ☐ Evacuate the area
- ☐ Move upwind and uphill from the incident site.

### Shielding

- ☐ The shielding provided by a sturdy building or a wall can increase protection from contamination, radiation, or blast effects.

**Time, distance, and shielding** requirements are based on an initial size-up of the situation.

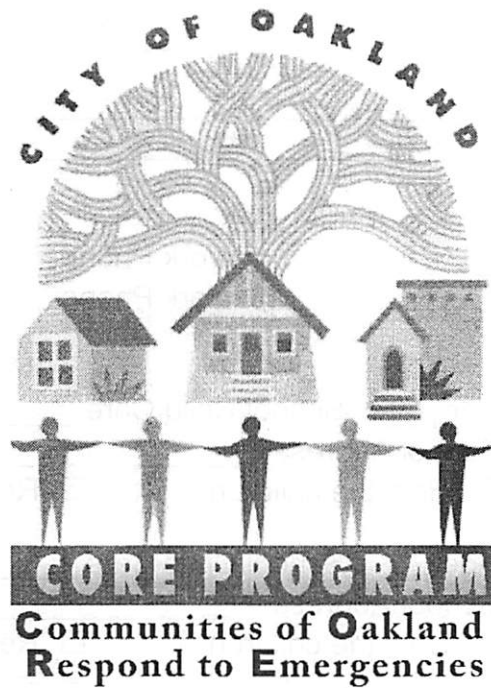
**If you are inside a building that is not in immediate danger, listen to Emergency Alert System (EAS) radio broadcasts on KCBS 740, KGO 810, or KNBR 680 for information about whether to evacuate or shelter in place.**



If you believe that chemical, or radiological contamination has occurred in your area put distance between you and the agent or incident immediately.

**Remember, your personal safety should be your primary concern. Take measures to protect yourself first.**

# Additional Materials



## Home and Family Preparedness



# Family Emergency Information

The best time to prepare for an emergency is before it happens. Fill in these sheets and keep a copy by each phone in your house, vehicle, and your Emergency Supply Kit or "Go-Bag." Update these forms.

**Family name(s)** \_\_\_\_\_

**Address** \_\_\_\_\_

**Language(s) spoken** \_\_\_\_\_

**Home Phone #1** \_\_\_\_\_ **#2** \_\_\_\_\_

**Cell Phone #1** \_\_\_\_\_ **#2** \_\_\_\_\_

## Adults in Household

**Name** \_\_\_\_\_ **Work Phone** \_\_\_\_\_

**Name** \_\_\_\_\_ **Work Phone** \_\_\_\_\_

## Children

**Name** \_\_\_\_\_ **Age** \_\_\_\_\_ **School/Child Care** \_\_\_\_\_

**School Phone** \_\_\_\_\_ **School Address** \_\_\_\_\_

**School Policy is to:** ☐ Hold the children ☐ Release the children

**Name** \_\_\_\_\_ **Age** \_\_\_\_\_ **School/Child Care** \_\_\_\_\_

**School Phone** \_\_\_\_\_ **School Address** \_\_\_\_\_

**School Policy is to:** ☐ Hold the children ☐ Release the children

**Name** \_\_\_\_\_ **Age** \_\_\_\_\_ **School/Child Care** \_\_\_\_\_

**School Phone** \_\_\_\_\_ **School Address** \_\_\_\_\_

**School Policy is to:** ☐ Hold the children ☐ Release the children

**Adults authorized to pick up children:** \_\_\_\_\_

## Local Emergency Contact (ICE)

**Name** \_\_\_\_\_ **Relationship** \_\_\_\_\_

**Home Phone** \_\_\_\_\_ **Work Phone** \_\_\_\_\_

## Out of Area Emergency Contact

**Name** \_\_\_\_\_ **Relationship** \_\_\_\_\_

**Home Phone** \_\_\_\_\_ **Work Phone** \_\_\_\_\_



# Family Emergency Information

page 2

## Pets

Name \_\_\_\_\_ Breed/Description \_\_\_\_\_ ☐ Indoor ☐ Outdoor

ID chip: ☐ yes ☐ no Notes \_\_\_\_\_

Name \_\_\_\_\_ Breed/Description \_\_\_\_\_ ☐ Indoor ☐ Outdoor

ID chip: ☐ yes ☐ no Notes \_\_\_\_\_

## Pet Buddy

Name \_\_\_\_\_ Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

## Veterinarian

Name \_\_\_\_\_ Address \_\_\_\_\_

Work Phone \_\_\_\_\_

## Reunification Sites where we will meet

Outside of our home \_\_\_\_\_

Away from our neighborhood \_\_\_\_\_

## Location of Neighborhood Incident Command Post (NICP):

## Utility Shutoff Locations

Gas Shutoff Valve \_\_\_\_\_

Main Electrical Box \_\_\_\_\_

Water Shutoff Valves \_\_\_\_\_

## Emergency Supplies Locations

Water \_\_\_\_\_

Food \_\_\_\_\_

Tools \_\_\_\_\_

First Aid Supplies \_\_\_\_\_

"Go Bag" \_\_\_\_\_

Other \_\_\_\_\_

Radio Emergency Broadcast Stations: KCBS 740 AM, KGO 810 AM, KNBR 680 AM

Other Information: \_\_\_\_\_





Sample Information Form

# Family Emergency Health Information

## Family Health

Fill in the information for all family members and keep it with your emergency supplies.

<b>Family Member</b>				
<b>Blood Type</b>				
<b>Allergies</b>				
<b>Functional Needs</b>				
<b>Past/Current Medical Conditions</b>				
<b>Current Medications and Dosages</b>				
<b>Doctor Name, Phone &amp; Address</b>				
<b>Dentist Name, Phone &amp; Address</b>				
<b>Pharmacy Name, Phone &amp; Address</b>				
<b>Hospital Names, Phone &amp; Address</b>				
<b>Health Insurance Policy #</b>				
<b>Medical Record #</b>				

**\*Current Medications and Dosages:**

How much should be taken? How many times per day? What time of day should it be taken?  
Should medication be taken with or without food?

Date this information was filled out \_\_\_\_\_ and by \_\_\_\_\_



## California State EMA Response to "Triangle of Life"

*Note: Since this memorandum was issued, the term "duck" has been changed to "drop." The phrase is now, "**Drop, Cover, and Hold On.**"*

**State of California  
MEMORANDUM**

**Governor's Office of Emergency Services**

**TO:** OPERATIONAL AREA COORDINATORS

**FROM:** Richard Eisner, Coastal Regional Administrator  
Stephen Sellers, Southern Regional Administrator  
Charles Wynne, Inland Regional Administrator

**DATE:** September 7, 2004

**SUBJECT:** **DUCK, COVER AND HOLD PROCEDURE**

Recently you may have received information via email and other sources promoting a protective measure called the "**triangle of life**" and questioning the "**duck, cover, and hold**" procedure recommended for use during earthquakes here in California and in other areas of the United States.

Because buildings constructed in California are built to much stricter codes and standards than those in the rest of the United States and those in other countries, including Mexico, Iran and Turkey, collapses here are very rare.



Extensive research into the causes of earthquake injuries and deaths supports the use of the **Duck Cover and Hold** procedure recommended by OES, the California Seismic Safety Commission and the American Red Cross.

Most injuries in California earthquakes occur when building occupants attempt to exit buildings or move to a different location in the building. In the recent San Simeon earthquake, two people were crushed by falling debris when they exited the building. Studies of the 1979 El Centro, 1987 Whittier, 1989 Loma Prieta and 1994 Northridge earthquakes confirm this pattern of injuries, and that use of the **Duck, Cover and Hold** procedure reduces the likelihood of serious injury from a collapsed building and falling objects.

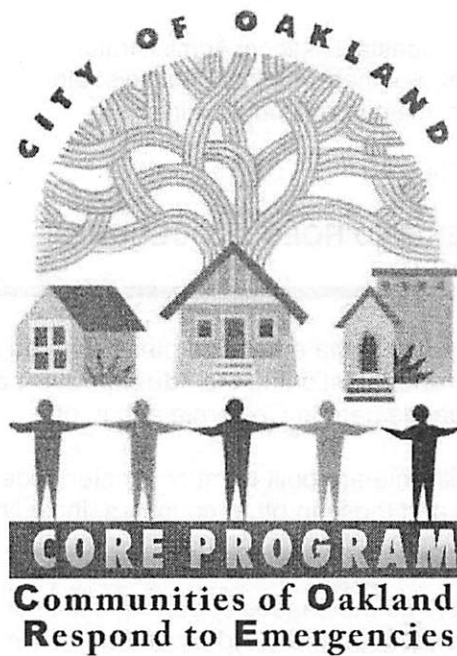
After each disaster, OES attempts to learn from behavioral research and other studies, and apply lessons learned into safety action recommendations.

There is, of course, no guarantee that people will not be injured in an earthquake. Earthquakes can shake buildings violently and cause extensive damage. The key to injury prevention is making sure buildings are safe, contents are secured, and occupants are trained to **Duck Cover and Hold**.

Please share this information with jurisdictions and special districts within your operational area. Feel free to contact one of us if you have any questions or need additional information.

# CORE I

## Home and Family Preparedness



**Contact Oakland Fire Department, Office of Emergency Services**

**Tel: 510.238.6351 ~ Fax: 510.238.7761**

**Web: <http://www.oaklandcore.org>**

**Email: [core@oaklandnet.com](mailto:core@oaklandnet.com)**

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