



**American
Red Cross**

**Family Disaster Plan
and
Personal Survival Guide**

**Emergency Services
American Red Cross Bay Area
Diablo Chapter
1300 Alberta Way
Concord, Ca 94521-3705
(925) 603-7400**

Family Disaster Plan and Personal Survival Guide

There are many different kinds of disasters. Earthquakes, floods, fires, airplane crashes, chemical spills, pipeline leaks and explosions, and other, small and large which seldom give warning and are always equally devastating to their victims. This guide is primarily geared to earthquakes, but the planning you and your family do now will be of benefit when and if any disaster strikes you.

Preparation

Family Meetings: At least once a year have a meeting with your family to discuss and update your plan and determine what training, equipment and supplies are needed. Occasional drills will assure quick reaction and avoid injury and panic in an emergency. Share your plans with neighbors, friends, relatives and co-workers.

Training:

1. **How to protect yourselves from falling objects, smoke, fire, caustic fumes, etc.**

2. **First Aid (available through your Red Cross Chapter)**
 Persons Trained: _____ Date _____
 _____ Date _____
 Location of First Aid Kit: _____

3. **How and Where to shut off utilities:** _____
 Location of gas valve: _____
 Location of wrench: _____
 Location of main water valve: _____
 Location of main circuit breaker: _____
 Location of other utilities: _____

4. Draw a Plan of your Home

On a separate piece of paper draw a floor plan of your home showing the location of exit windows ▲ and doors ▲, utility cutoffs ●, First Aid Kit +, emergency supplies □, food, clothing, tools, etc. Be sure everyone in your household is familiar with it. Show it to babysitters and house guests when you're going to be away. They could use it to show someone to a utility cutoff in an emergency.

5. Alternate places to meet around home

Outside _____

Inside _____

6. Alternate reunion locations when family is not at home, e.g. home Red Cross shelter, neighbors, relatives, park, school, etc.

7. Name and telephone number of person outside area for family members to call to report location and condition:

8. What is your school disaster policy? Church? Club? Other? Are medical consent forms complete?

Where are emergency supplies and equipment located?

Portable Radio: _____

Flashlight/Batteries: _____

Water: _____

Food: _____

Sanitation Supplies: _____

Fire Extinguisher: _____

Tools: _____

Blankets: _____

Cooking Equipment _____

Safety Equipment: _____

Prescription Glasses: _____

Medications: _____

Complete set of clothes, shoes, gloves:

Home Emergency Supplies

This list consists of items usually available in a home and used regularly. It is designed to help your family identify and organize for any emergency. Quantities of these emergency supplies should be adequate for at least 48 hours. A 2 week supply is recommended as a minimum reserve of water, food, medicine, and other consumable items.

Survival

- Water -- 2 quarts to 1 gallon per person per day.
- First Aid Kit -- ample and freshly stocked.
- First Aid Book -- know how to use it.
- Food -- canned or dehydrated. Pre-cooked and/or requiring minimum heat and water. Consider infants, pets, and other special dietary requirements.
- Can opener.
- Blankets - or sleeping bag for each member of family
- Radio - Portable, battery operated. Spare batteries.
- Critical medication and glasses -- as required
- fire extinguisher -- dry chemical.
- Flashlight -- fresh and spare batteries and bulb
- Watch or clock -- battter or spring wound

Sanitation Supplies

- Large plastic trash bags -- for trash, waste, water protection, ground cloth
- Large trash cans
- Hand soap , Liquid detergent, Shampoo
- Toothpaste and toothbrush
- Pre-moistened towlettes (wet wipes)
- Deodorant , Dentures, Feminine supplies
- Infant supplies, Toilet Supplies
- Powdered chlorinated lime -- add to sewage to deodorize, disinfect and keep away insects.
- Newspapers- to wrap garbage and waste. Can also be used for warmth.

Safety

- Heavy shoes -- for every family member (boots)
- Heavy gloves -- for every person clearing debris.
- Candles, Matches -- dipped in wax & in waterproof container
- Clothes -- complete change kept dry (in bags, preferably vacuum sealed)
- Knife -- Sharp or razor blades
- Garden hose -- for siphoning and fire fighting

Cooking

- Barbeque -- charcoal & lighter or gas
- Plastic bags -- various sizes, sealable
- Pots -- at least 2
- Paper plates, Paper towels, Plastic utensils

Tools

- Axe
- Shovel
- Broom
- Crescent wrench -- for turning off gas main (Small and Large)
- Screw driver -- (small and large, philips and flathead)
- Pliers
- Hammer -- Claw
- 1/2" Rope -- nylon, 100-200 feet
- Coil of bailing wire
- Tape -- Duct and electrical
- Pen and Paper

Car Mini-Survival Kit

- Non- Perishable food -- Store in coffe cans
- Bottled water
- First Aid Kit Fire extinguisher -- C02
- Sealable plastic bags Flares Blanket.
- Flashlight -- fresh and spare batteries and bulb
- Critical medication
- Tools -- screwdrivers, pliers, wire, short rubber hose -- for siphoning
- small package of tissues
- pre-moistened towelettes (wet wipes)

Water Tips

To Purify drinking water use any of the following methods:

1. Boil for 5-10 minutes
2. Add 10 drops of household bleach per gallon of water, mix well and let stand for 30 minutes. A slight smell or taste of chlorine indicates the water is good to drink.
3. Add household tincture of iodine the same manner as bleach above
4. Use commerical purification tablets such as Halazone or Globaltine.

Learn how to remove the water in the hot water heater and get other water supplies

Important Telephone Numbers

1. Fire Dept

2. Police Dept

3. Emergency Medical

4. Physician

5. Gas Co.

6. Electric Co.

7. Water Co.

8.

9.

10.

Inspect your home:

- 1. Secure water heater, refrigerator, tall and heavy furniture to wall studs.
- 2. Move heavy items to lower shelves.
- 3. Install clips, latches and other locking devices on cabinet doors.
- 4. Provide strong support and flexible connections on gas appliances
- 5. Remove or Isolate Flammable materials

During an Earthquake:

1. If you're indoors get under a table, desk or bed, or brace yourself in a strong doorway. Watch for falling, flying and sliding objects. Stay away from windows.
2. If you're outdoors move to an open area away from buildings, trees, power poles, brick or block walls and other objects that could fall.
3. If you're in an automobile stop and stay in it until the shaking stops. Avoid stopping near trees and power lines, on or under overpasses
4. If you're in a high rise building get under a desk until shaking stops. Do not use the elevator to evacuate, Use the stairs.
5. If you're in a store, get under a table, or any sturdy object or in a doorway. Avoid stopping under anything that could fall. Do not dash for exit. Choose your exit Carefully

If you must evacuate:

1. Prominently post message indicating where you can be found.
2. Take with you:
 - A. Medicines and First Aid Kit
 - B. Flashlight, Radio and Batteries
 - C. Important papers and cash
 - D. Food, sleeping bags/blankets and extra clothes
 - E. Make arrangements for pets

After a disaster

1. Put on heavy shoes immediately to avoid injury from stepping on glass and other debris.
2. check for injuries and give first aid
3. Check for fires and fire hazards
 - A. Sniff for gas leaks, starting at hot water heater. If you smell gas or suspect a leak, turn off main gas valve, open windows, and carefully leave the house. Do NOT turn lights on or off, light matches, or do anything that makes a spark.

Note: Do not shut off gas unless an emergency exists. If time permits call the gas company or a qualified plumber. Do not turn it back until gas company or plumber has checked it out.

- B. If water leaks are suspected shut off water at main valve.
- C. If damage to electrical system is suspected (frayed wires, sparks, or the smell of hot insulation) turn off system at main circuit breaker or fuse box.

4. Check neighbors for injury
5. Turn on radio and listen for advisories. Locate light source, if necessary
6. Do not touch any downed power lines or objects touched by downed wires.
7. Clean up potentially harmful material
8. Check to see that sewage lines are intact before continued flushing of toilets
9. Check house, roof, chimney for damage
10. Check Emergency supplies
11. Do not use phone except for genuine emergencies
12. Do not go sightseeing
13. Be prepared for after shocks
14. Open closets and cupboards carefully
15. Cooperate with public safety officials. Be prepared to evacuate when necessary

American Red Cross Disaster Relief

Red Cross disaster assistance may be in the form of feeding stations, clothing, shelter, cleaning supplies, comfort kits, first aid, or the provision of other basic needs. The Red Cross supplies blood and handles welfare inquiries, and as soon as possible helps with the most urgent needs to enable families to resume living as a unit. Given on the basis of verified need help may include funds for food, clothing housing, fuel, cooking and eating utensils, bed and bedding, cleaning supplies, linens, rent, necessary furniture, medical and health care. prescription drugs, prosthetic devices, eyeglasses, personal occupational supplies and equipment, transportation, and minor home repairs.

All Red Cross help to disaster victims is an outright gift. No repayment is required or requested. All funds used by the Red Cross for this purpose are voluntarily donated by the American People

Red cross disaster services are carried out by trained volunteers supported by a few paid staff, Your local chapter needs your help. Why not call or come in soon to find out how you can become a Red Cross Volunteer