



Oakridge at Blackhawk

EMERGENCY PREPAREDNESS

RESIDENTS GUIDE

2013

EMERGENCY WATER PLANNING

“You will need at least one gallon of stored water per day for each member of your household for drinking, hygiene and cooking. Always store a minimum three day 72-hour supply of drinkable water.”

As the saying goes “*the glass is either half full or half empty.*” Which scenario do you prefer in an emergency? An adequate supply of water should be your highest priority. Store at least one gallon of drinkable water per day for every member of your household and a three day supply is recommended. Consider these five basic planning steps:

- >Total number of inhabitants in your home.
- > Special health needs such as abnormal dehydration.
- > Senior dependency and pets.
- > Extreme weather heat conditions.
- > Anxiety and stress causes us to consume more water.

The easiest way to prepare your water supply is to buy commercially sealed jugs or bottles of pure, drinkable water. BUT, avoid bottled water that has a less than 1 year “use by” date.

A less costly alternative is to build your own supply of water right from the tap but there are some factors to keep in mind. For example, do not use glass bottles that could shatter; or cartons that may contain residual toxins or micro particles which can cause illness. Always wash your containers with common dish soap before using. Swish containers with clean water (include one teaspoon of household chlorine liquid bleach.) Then, fill the containers with cold tap water and date. Store containers in a cool, dark and easily accessible location. **TIP.** One gallon of water weighs about 8 pounds.

In an emergency, water can be obtained from these sources including your:

- > 50 gallon hot water tank.
- > Toilet tank.
- > Spa, pool, water bed.
- > Residual water in water pipes.

For more information or help in building your own supply of emergency water, contact your Oakridge CERT representative.

EMERGENCY FOOD PLANNING

Emergency Food planning TIPS

- *In the event of a power outage, first consume perishable refrigerated foods; then frozen foods.*
- *Inventory your stored foods every six months. Replace old foods that have passed their labeled “use-by” due date.*
- *Have 1-2 extra filled propane tanks available for your gas grill.*
- *A can opener, matches, knife, plastic utensils plates/cups/utensils, salt/pepper, hand wipes, paper towels, toilet paper*

The Red Cross recommends that we store enough emergency food to provide a minimum 1,200 calories per person each day. Translated, they mean that food types such as canned fruits, vegetables, meats, sardines and soups will supply the needed carbohydrates, vitamins and calories to sustain the average person's physical and mental stamina each day. A minimum 72-hour emergency supply of enriched food is recommended.

You should also supplement your pantry supplies with pre-packaged “dry” goods which are sold in supermarkets, disaster emergency specialty stores and outdoors retail stores who cater to hikers, skiers and camping enthusiasts.

Pre-packed dry foods are high in calories, carb's and typically have an average shelf life of 5-7 years. Food supplies can be rationed especially among children and pets. ***Never rely just on pantry foods as you may be prevented from safely accessing your home pantry during an emergency situation.***

STORAGE OF FOOD

FEMA recommends that foods such as crackers, dried fruits, granola, nuts, etc. be stored in metal “air tight” containers for longer shelf life. You can use new paint cans that are sold at Home Depot or Lowes for this purpose. Also, plastic containers and zip lock bags work well. Keep in mind, recent consumer reports reveal that polycarbonate plastics contain Bisphenol –A which can cause cancer. Local specialty stores sell BPA free plastic containers. ***Never use glass jars or used milk cartons to store food.*** Label containers with a “USE BY” date to avoid contamination and sickness.

To extend the longevity of food supply, stock food in a dry, cool place (garage or shed) that is safe from animals. Avoid extreme sunlight and heat locations. Mark all food containers with an “expiration date.”

EMERGENCY RADIO COMMUNICATIONS PLANNING

We expect significant Contra Costa telephone/cell disruption in the aftermath of a major disaster emergency. Substantial earthquake, fire or flood/mudslide damage could marginalize our communications network for hours, days or weeks. In 2012, Hurricane Sandy was proof that communications mayhem follows the unknown. Initial response emergency teams have “first” priority over operational phone lines and cell towers. Are you ready for this response? **“Sorry your call cannot be completed at this time.”** Be prepared.

- Blackhawk Village Emergency Management Team (EMT) hosts a monthly 2-way radio check. YOU are welcome to participate and, in doing so, become more comfortable with the use of your 2-way FRS/GMRS radio. EMT members will train you to understand radio jargon, use of channels and operational care for your radio so that you can rely with full confidence on your personal radio skills in time of need. We recommend that all Oakridge homeowners and family members take advantage of this important opportunity.

Blackhawk is committed to having a reliable back-up emergency radio communications program so that residents can send and receive vital information. There are three simple steps that you MUST follow:

- > **Purchase a portable AM/FM radio.**
- > **Purchase 2-way FRS/GMRS 2-way radios and be operationally proficient in their use.**
- > **Routinely participate in our monthly Oakridge Radio Check Program.**

tune your radio to the Emergency Broadcasting System either 740AM or 106.9FM for the most current information and instructions.

You should also own a pair of FRS/GMRS 2-way “walkie-talkie” radios. These hand held radios will enable you to send and receive vital information directly with the Blackhawk/Tassahara Incident Command Post. You can purchase both portable and 2-way radios at local retail stores such as Radio Shack, Best Buy, Lowes, Home Depot, Sports Chalet, ACE Hardware and Any Mountain. If you’re an internet shopper, Amazon.Com has wide selection of name brand radios including Motorola, Cobra, Emerson and Garmin. These are all top of the line quality FRS/GMRS 2-way radios.

A portable shortwave radio costs about \$30-\$50. A pair of good 2-way radios including battery charger ranges for about \$40-\$75. If you are unsure about which model radio to purchase, contact an Oakridge EMT member before you buy; and remember that we will gladly instruct you on the proper use of your radios.

EMERGENCY UTILITY SHUT-OFF PLANNING

Gas odor, hissing or spinning meter dials tells you that there is a natural gas leak. **SHUT DOWN YOUR GAS IMMEDIATELY.** Never try to re-ignite a gas stream to your home such as a hot water heater or stove or fireplace. Let PG&E manage this task for you.



Other tips include:

1. Know exactly where your gas meter is located.
2. Remove all debris and plants that surround your gas meter that could hinder a quick valve shut off.
2. Locate the MAIN shut-off valve and paint it RED.
3. Purchase 3/4" gas shut-off valve tool or a 10" galvanized crescent wrench. Keep tool nearby or attached to your meter.
4. To turn off gas meter, with your wrench turn the main shut off valve 1/4" clockwise.
5. Homes with new self shutoff devices can disregard.

Electric...*Natural gas and electric power do not mix!*

Locate the MAIN electric circuit box(s) to your home, your pool/spa and air conditioner. You may have a fuse box to your A/C and while they are not typically combustible, they could cause a short circuit and explode.

Turn off the MAIN circuit breaker FIRST. This action should result in the shut down of all electricity to your home. To be safe, shut down any residual circuit breakers and fuse boxes. NEVER STAND NEAR OR IN ANY PUDDLED WATER WHEN YOU POWER OFF ELECTRIC BREAKERS IN YOUR HOME.



Water is essential for your survival. Harmful bacteria can rapidly back-up into your water pipes following an earthquake. Drinking this water can cause vomiting and fever. Locate your MAIN water gate valve (typically a straight line from EBMUD meter box.) Turn off (clockwise) your MAIN gate valve next to your house. Your 50 gallon hot water heater drinkable water. Never drink tap water after you shut down the main water supply to your home.

EMERGENCY FIRST AID KIT PLANNING

A well stocked First Aid emergency preparedness Kit is vital to keeping your family safe for at least 72 hours. Your Kit should reflect what you and your entire family (pets too) need to survive including commonly overlooked prescription medicines, extra pair of glasses or contacts/solution, toothpaste, shampoo, diapers, etc. If you build your own first aid kit, the Red Cross recommends that you purchase these basic items for your home Emergency First Aid Kit.



- **Building your own home-made Emergency First Aid Kit can save you money. However, there are some very good pre-made First Aid Kits for sale. Check out these sources.**

- > [Red Cross](http://www.redcross.org) www.redcross.org
- > [Readygov](http://www.ready.gov/) - www.ready.gov/
- > [FEMA](http://fema.gov/areyouready) - fema.gov/areyouready
- > [CDC Prep](http://www.bt.cdc.gov) -www.bt.cdc.gov
- > [Healthy](http://www.healthy.scr.net)-www.healthy.scr/net
- > [Web MD-first aid](http://firstaid.webmd.com).[webmd.com](http://firstaid.webmd.com)
- > [Costco](http://Costco.com) -[Costco Almanac.com](http://Costco.com)
- > [Direct First Aid](http://DirectFirstAid.com)-(Kevin Paiva-866-648-3198) Oakridge contact.
- > [CVS](http://CVS.com), [Walgreens](http://Walgreens.com), [Rite-Aid](http://RiteAid.com), and [Safeway stores](http://Safeway.com).

- * Gauze pads of various sizes
- * Adhesive bandages of various sizes
- * Adhesive tape (paper tape recommended)
- * Ace bandages
- * Antiseptic or alcohol wipes in ziper bag
- * Hydrocortisone cream
- * Disposable cold pack
- * Scissors
- * Tweezers
- * Plastic sterile gloves
- * Face mask
- * Hydrogen Peroxide
- * Aspirin, Aleve, Advil, etc.
- * Liquid or bars of soap.
- * Sanitary wipes
- * Plastic bags—all sizes
- * Paper towels
- * Toilet paper
- * Small mirror/comb/brush
- * Extra LED flashlight with batteries
- * Personal health profile including allergies, required medicines, blood type, primary physician's name & location, etc.

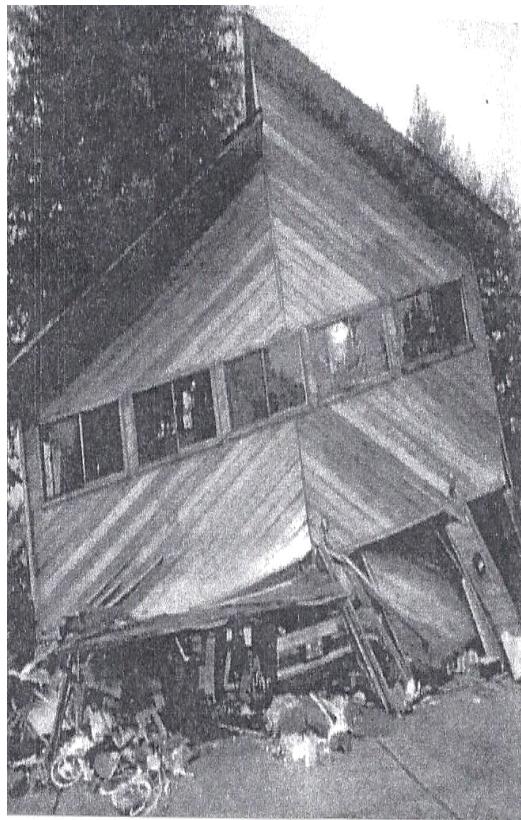
Building you own 72-hour food, water and first aid emergency requires thought, time and patience.

EMERGENCY CHECKLIST

In the event of a 5.0 magnitude or greater earthquake, you need to take the following immediate actions.

If you are home, locate a protective crawl space (dining room table, desk, work bench) that is away from glass then DROP, DUCK AND COVER. Remain there until the shaking stops. Exit your home when it is safe. Wear hard sole shoes. Stay away from fallen objects like walls, trees & chimneys.

If you are in your car, stay in your car. Do not park underneath an overpass or a bridge. Also roadways may be impassable due to fallen bridges, trees, utility poles and panic stricken drivers. Do not leave Oakridge unless instructed by a local fire or law enforcement official.



In addition to having a minimum 3-day supply of emergency food and water stored at or near your home, here are some useful disaster emergency planning tips to incorporate into your plan

- Talk with your children about their school disaster emergency plan.
- Know how to shut-off gas, water and electric to your home.
- Listen to AM 740 or FM 106.9 for emergency updates on you portable.
- Periodically test your two-way radios to make sure they are operational.
- Prepare a “Go Kit” for each family member of food, water & clothing.
- Identify an out-of-state emergency family member to text or call.
- Purchase a battery crank or solar operated cell phone charger.
- Always keep at least one-half tank of gas in your car at all times.
- Keep an ample emergency stash of cash (small bills and coins.)
- Take a formal 4-hour CPR/First Aid course.
- Identify a central rendezvous location in case of family separation.
- Relocate all flammable and toxic liquids from living areas.
- Secure a “File of Life” Kit from the San Ramon Fire Department.
- Visit www.SRVFD.org for more information and training schedules.