

# Emergency Preparedness & Go-Bag



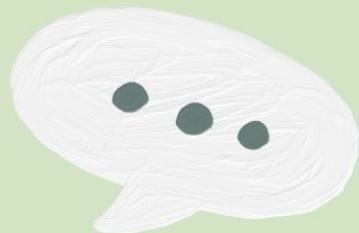
## EMERGENCY PREPAREDNESS TRAINING



Welcome to the emergency preparedness training. This training is being brought to you by Disability Rights of California, Department of Developmental Services and Regional Centers of California.



# Welcome



## What we will cover

- Staying informed of emergencies
- Making an emergency plan
- Your emergency go-bag



Let's get started with what we will be covering in this presentation.

1. Staying informed of emergencies: we will talk about how to alerts about disasters in your area
2. making an emergency plan: we will talk about easy ways to start planning with your household, family, friends, or community
3. your emergency bag: what is an emergency go-kit, what will be in your go-kit and what extra things may need to go in to it



So, What is a emergency?

Disaster?

Have you started planning for an emergency?

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Take a moment to think about the following question: Have you started planning for an emergency?

If you said yes, You can make a list of what you have done or if you are watching as a group take a few minutes to share with others 1 thing you have done to start preparing.

An example of preparing for an emergency is storing food and water or starting a go-kit already.



## Sign up for alerts!

- Visit [calalerts.org](http://calalerts.org)
- Click on Sign Up at the top of the page and find your county.
- In an emergency you will receive an alert to your mobile phone for your county.

The first thing we are talking about is staying informed! That means having a way to know when disasters are happening in your area.

One thing that you can do after this training is visit [calalerts.org](http://calalerts.org). This is a website where you sign up for emergency alerts sent to your cell phone.

When you visit the page, click on the words 'Sign Up' at the top of the page. This will take you to a page with a list of all the counties in California.

When you find your county click on it and follow the steps on the next pages. You will need to create a username and password, enter your address and cell phone number.

After you hit save, it will then ask for your preference on alerts for your whole county or just your city.

If you want just fire alerts you can select red flag fire warnings.

You can make changes to your alerts or delete your account at any time by logging in to [calalerts.org](http://calalerts.org).



## Make a Plan

- Identify three people to check in with after an emergency
- Make a list with the names, phone number, email, and home address of your three contacts
- Keep copies of the list in easy to access places
- Put a copy in your emergency go-kit to take with you in case you must evacuate



Our next topic is Make a plan!

Another great way to start preparing for a disaster is to identify 3 people who agree to check in with you if there is an emergency.

Ask some family or friends or community members who to be a contact.

Try to find one person who does not live in your state in case of a large, statewide emergency. This way there is a chance if the emergency affects the whole state you will have someone who is not near the emergency to contact and let them know where you are and if you are okay or if you need assistance.

Start making a list of the people who agree to be your emergency contact. Write their name, phone number, email, and home address. You will find a guide to preparing for emergencies in your bag that has spaces for you to write your contacts' information.

When you have written the contact information done to want to put this list somewhere easy to access in case of an emergency. Such as on your refrigerator door or by your desk. Make copies of this list and place one in your emergency go-kit.



## What is in Your Emergency Go-Kit?

You will receive an emergency go-kit from your regional center for participating in this training!



What is in your emergency go kit?

There are 6 Bags, Fire Smothering Blanket and Personal Water Filter.

### 1. Shelter and Warmth

Contains - Tube Tent, Sleeping Bag, Body Warmer and Poncho

### 2. Tools and First Aid

Contains - First Aid Kit, Rope and Multi Tool, Whistle and Compass, Gloves and Goggles, Pencil and Paper, Sewing Kit

### 3. Light and Communications

Contains - Flashlight, Radio, Charger, Glow Stick and Candle

### 4. Food and Water

Contains - 9 Water Pouches, 10 Purification Tablets and 9 Food Bars. Enough food and water for 1 person for 3 days.

### 5. Personal Hygiene

Contains - Hygiene Kits, Pocket Tissues, Protective Masks and Waste Bags

### 6. Personal Items

This bag is empty but has reminders on the outside of the bag to put the following items if applicable: Emergency Plans, Glasses / Lens, Local Maps and Keys, Copies of IDs, Financial Records, Phone Chargers, Prescription Medications, Cash and USB Drive with important documents.

The go-kit is the bag you will keep ready to take with you if there is an emergency that requires you to leave your home or where you are living. We call it a go-kit because it should be always packed and kept in an easy to get to place to take when you need to go in an emergency or disaster like wildfires.

This bag won't have every item needed in an emergency. Some items will be special to your needs or disability. Which we will discuss in the next slides.



## Things to Add to Your Go-Kit if You Must Evacuate

- Medicine or medical devices
  - Cash in small bills
  - ID card and important documents
- Extra set of clothes
- Mask/face covering
- Pet food/supplies

### BUT WHAT ELSE???

Things to add to your go kit if you must evacuate.

As I mentioned, your kit will need to be personalized to your needs or disabilities.

1. Things like medicine you use every day will need to be added if you must evacuate or leave your home. Pills or insulin for example. You may also have small portable devices to help you that can be packed if you must leave.
2. You will also need to take cash if you have it. Small bills like \$1, \$5 or \$10 are a good idea to take with you.
3. ID card or driver's license
4. An extra set of clothes to change in case your clothes become wet or damaged during the disaster. one pair of pants, shirt, undergarments, light jacket.
5. Be sure to add a mask or face covering you can use. If evacuating during a wildfire, the outside air will be very dangerous to breathe without a mask.
6. Pet food and medicine if they take any.  
An extra leash, small, lightweight bowl. One of their favorite toys for comfort.

What are some extra things you would need to put in your bag? You can pause again now to take a few minutes to write down or discuss with your group some things you would add to your kit.



## Practice Your Plan

Discuss and practice your plan  
with your household or care  
provider



The last tip for being prepared, practice your plan!

Discuss what you would need to do in an emergency and practice with your household, family or the community you live in.

If you talk about your plan and practice what to do, you will be ready for an emergency.

## Any Questions?

