

What Not to Do in an Emergency

Do NOT go to the hospital except in the case of a medical emergency.

Do NOT light matches or turn electrical switches on or off if you smell gas or think there may be a leak. It is safe to use a flashlight.

Do NOT use a regular phone. Cell phones are safe to use.

Do NOT turn off any utilities unless you have been told to by emergency authorities—or unless you know there has been some damage to gas pipes, water pipes, or electrical lines.

Do NOT drive your vehicle unless you have been advised to evacuate or you have a medical emergency. Be sure to check on road conditions or travel restrictions.

Do NOT call 9-1-1 except in the case of a life-threatening situation. It is very important to keep these lines open for true emergencies.

HOW TO GET INFORMATION IN AN EMERGENCY

Local radio and television stations will provide information in the event of a major emergency. In some instances, the Emergency Alert System may be activated.

Specific emergency instructions will be broadcast by:

◆ **KMPG 1520 AM**

Helpful Web Sites

San Benito County Public Health ----- www.sanbenitoco.org
U.S. Dept. of Homeland Security ----- www.ready.gov
Centers for Disease Control and Prevention ----- www.bt.cdc.gov
San Benito County ----- www.san-benito.ca.us

Important

PUBLIC HEALTH AND PUBLIC SAFETY

PHONE NUMBERS

The following are numbers for emergency related help.

San Benito County

Office of Emergency Services 911
Fire Department 911
Office of the Sheriff..... 911
Emergency Medical Dispatch 911

CalTrans (highway conditions) 800-427-7623

American Red Cross

San Benito County Chapter 831-636-2100

California Poison Control Center ... 800-876-4766

Please contact (831) 636-4106 about your Community Emergency Response Team (CERT).

Your Own Important Numbers

Write down important numbers and keep them close. These include friends and family home and cellular numbers, your doctor or clinic, and your child's school.

This guide can help you in the event of a major emergency. It has information on how to plan for and respond to natural and man-made disasters. Helpful web sites and phone numbers are also included. Please read your guide carefully and keep it close at hand.

SAN BENITO COUNTY HEALTH & HUMAN SERVICES AGENCY PUBLIC HEALTH DIVISION

Quick Guide to **Emergency Preparedness**

**Your safety.
That's why
public health
is working.**



Public Health Division
San Benito County

To learn more, visit us at www.sanbenitoco.org
or call 831-637-5367

YOUR BEST PROTECTION IS PREPARATION

There are many types of emergencies. This Guide offers information about those that are large-scale disasters, specifically earthquakes and acts of terrorism involving nuclear (radiological), biological, and chemical agents.

If such a disaster occurs, you may be asked by authorities to take one of two different actions: **SHELTER IN PLACE** (remain in your home or workplace), or **EVACUATE** (leave your home or workplace). In either case, it is important that you and your family have an **EMERGENCY PREPARATION PLAN**.

The American Red Cross provides all the information you need to make your Emergency Preparation plan. You can call the Red Cross at 831-636-2100 or visit their Web site at www.redcross.org. In the meantime, it makes good sense to put together some emergency supplies for your home, workplace, and car.

EMERGENCY SUPPLIES SHOULD INCLUDE:

- ◆ A battery powered radio.
- ◆ Flashlights with fresh batteries.
- ◆ A First Aid Kit, including emergency medications.
- ◆ A cell phone (*make sure it's charged*).
- ◆ Stored water in sealed unbreakable containers: One gallon for each person for each day up to one week. Water should be replaced every six months.
- ◆ A water purification kit in the event you can't boil water if a "Boil Water Order" is issued by health and safety officials.
- ◆ A one week supply of food that doesn't need refrigeration, a manual can opener, and eating utensils.
- ◆ Trash bags, duct tape, sheets of plastic, and disposable gloves.
- ◆ Fire extinguishers.
- ◆ Add a shovel, booster cable, fix-a-flat, and flares for your car.

When Your Child is at School

Every school has an emergency plan that includes evacuation destinations. Call your child's school now to find the location and write down.

Ensure your child has identification and phone numbers to reach family or friends.

Shelter in Place:

PROTECTING YOURSELF AT HOME OR WORK

In the event of a radiological, chemical, or biological emergency, authorities may direct you to SHELTER IN PLACE or EVACUATE. The term "Shelter In Place" means remaining inside your home or place of work and protecting yourself there.

If emergency officials advise you to Shelter in Place:

- 1 Stay calm.
- 2 Bring children and pets indoors immediately.
- 3 Close and lock all windows and outside doors.
- 4 Turn off all fans, heating and air conditioning systems, close exterior doors and windows.
- 5 If you have a fireplace, close the damper.
- 6 Gather your disaster supplies and battery powered radio.
- 7 Go to an interior room, ideally without windows. In case of a chemical threat, a room above ground is preferable because some chemicals are heavier than air and may seep into the basement.
- 8 Use duct tape (*wet towels if you are out of duct tape*) to seal doors, exhaust fans, vents, and windows.
- 9 Listen to the radio or TV for emergency instructions and Shelter In Place until you are told all is safe.

Evacuation: Prepare a "Grab & Go"

EMERGENCY KIT

In some emergencies, you may be asked to evacuate.

In that case, you will want an easy-to-carry container, like a backpack or duffle bag, with adequate emergency supplies in a convenient location. It's good idea to keep some cash in your emergency kit. Also, be sure that everyone in the family has a list of important phone numbers and that you've decided on two alternative places to meet in case you become separated.

In the event of an

Earthquake

Earthquakes

and their potential for loss of life, injury, and property are a concern for Californians.

The following tips can help keep you safe:

Have a Plan: Practice **DROP, HOLD, and COVER** and teach children how to do it. This means: drop under something sturdy like a table, hold on to it, and cover your eyes by pressing your face against your arm.

Prepare an Emergency Supplies Kit: Make sure you have the food, water, medical supplies, and other materials you'll need for at least 3 days after an earthquake.

When the Shaking Starts: **DROP, HOLD, COVER**. Stay indoors until the shaking stops. If you're outside, find a clear spot away from buildings, trees, and power lines and drop to the ground. If you're in a car, slow down and drive to a clear place.

After the Shaking Stops: Get to a safe place outdoors if you think the structure you're in is unsafe. Give first-aid to anyone injured and seek medical attention for anyone seriously injured. Assume there will be aftershocks. Secure anything heavy that could fall and eliminate fire hazards. Listen to the radio for instructions regarding turning off gas and water. If you smell gas, or think it is leaking, shut it off. **REMEMBER:** Only a professional should turn it back on.

For more information visit the
Office of Emergency Services
Web site at <http://www.oes.ca.gov>