

EMERGENCY PREPAREDNESS KIT

WATER: One gallon per person per day and replace every six months. 8 drops of bleach per gallon of clean water and 16 drops of bleach for cloudy water to purify for drinking and let stand for 30 minutes.

FOOD: Non-perishable, high-protein items (peanut butter, energy bars, crackers, canned food . . .).

FIRST AID KIT: Pack a reference guide. Include: band-aids, gauze pads, cloth strips, adhesive tape, dust mask, latex gloves, tweezers, peroxide, scissors, alcohol wipes . . . Maintain 14 day supplies of prescriptions and non-prescription medications and refresh it periodically.

FLASHLIGHT: Include extra dated batteries. Better option is a hand crank flash light.

BATTERY OPERATED RADIO: Include dated batteries and replace annually. Better option is a hand crank radio.

TOOLS AND EQUIPMENT: Wrench for gas shut off, screw driver, hammer, pliers, knife, scissors, duct tape, waterproof matches, candles, pen/paper, garbage bags and Ziploc plastic bags.

CLOTHING: Provide a change of clothes for everyone, sturdy shoes, warm jacket, hat, gloves and rain poncho.

BLANKETS: Include warm blankets or sleeping bags.

IMPORTANT DOCUMENTS: Retain copies of important papers - include I.D. Cards, insurance policies, birth certificates, photographs of household members . . .

CONTACT INFORMATION: Current list of family phone numbers and e-mail addresses, with one out of state contact number in case local phone service is out.

MONEY: \$100 coins and bills.

EMERGENCY PREPAREDNESS KIT

PET SUPPLIES: Food, water, leash, litter box or plastic bags, tags, medication and vaccination information.

MAP: Mark two evacuation routes from your area.

EYEGLASSES: Extra pair with sunglasses.

FIRE EXTINGUISHER: Check gauge for full charge and know how to use it.

WHISTLE: Use to notify rescuers if you are trapped under debris.

KEYS: Keep an extra set in your kit.

Include any necessary items for infants, seniors, or people with special needs in your kit.

Create and maintain a smaller kit for your vehicle and at work in a backpack or duffel bag in case you get stranded are away from home or need to evacuate.

DEVELOPING YOUR OWN COPE NEIGHBORHOOD TEAM

- 1) **Define Scope** – Include up to 20 homes.
- 2) **Build Neighborhood Teams** – Enlist one leader recruit two other co-leaders.
- 3) **Take Census of Neighborhood** – Names, special skills, special needs, physical limitations and equipment (generators).
- 4) **Record Information on Each Home** – Location of gas, water and electrical meters.
- 5) **Identify Meeting Site and Escape Routes** – Place to meet when an emergency occurs to account for families. Know alternative escape routes with a place to meet outside neighborhood.
- 6) **Schedule and Conduct a Meeting with Residents** – Introduce COPE Team Leaders. Review results of census. Discuss central meeting places, escape routes and team actions during an emergency and communications.
- 7) **Maintain Your Plans and Kit with Ongoing Effort.** Exercise your plan with family and neighbors.

PREPARE YOURSELF

- **Safety Survey your home** - Check each room with earthquake eyes. Sit in each room and ask yourself what would injure you if a major earthquake hit at that moment. Fix any possible hazards.
- **Kitchen** – An unprepared kitchen can be the most hazardous room in the house. Shattered glass, spilled chemicals, gas-fed fires and falling objects are potential hazards.
- **Bedroom** – Are there objects that could fall and injure you in bed or block your escape route? Place shoes, flashlight, and extra set of car keys, glasses and phone numbers of contacts in plastic bag under your bed.
- **Bathroom** – Broken glass presents a hazard; wear sturdy shoes.
- **Living Areas** – Attach tall objects like bookshelves and dressers to wall studs. Place heavy objects on floor or lower shelves.
- **Garage & Laundry Room** – Double strap water heater to studs in wall (good source for emergency water). Gas water heater and stoves should have flexible gas lines that move during an earthquake.
- **Automobile** – Always keep gas tank ¼ to ½ full. Place an emergency kit in trunk of car. Keep a set of eye glasses in glove box and keep a cell phone charger in your car.
- **Exterior** – Thin out shrubs and trees within 10 yards from house. Do not store flammable materials or keep hazardous materials that aren't needed.

EARTHQUAKE PREPAREDNESS

DURING AN EARTHQUAKE

IF INSIDE:

- Seek immediate shelter.
- Drop, Cover and Hold at least 15 feet from any window or try to get under something sturdy.
- In hallway, sit down against a wall and cover your head.
- Never run outside during the earthquake. Debris, glass and electrical wire can fall from buildings and cause injuries.

IF OUTSIDE:

- Move away from buildings to an open area.
- Watch for downed power lines or light poles.



Dome of Sonoma County Court House.

AFTER AN EARTHQUAKE

- Check to see if phones are not shaken off hooks. Only use phone for emergency use.
- Check the situation, call for backup and care for the victims without jeopardizing your safety.
- Put out small fires and clean up spills. If fire larger than trash can, leave room and close door.
- If safe, take a walk around your home and carefully look for damage.
- Go to your prearranged COPE neighborhood meeting site to report what you have seen.
- Get car out of garage and load it with supplies to prepare for evacuation, if necessary.
- Call your out-of-state contact to check on safety of family members and relay messages.
- Turn radio to KZST 100.1 FM or KSRO 1350 AM.

CITIZENS ORGANIZED TO PREPARE FOR EMERGENCIES

City of Santa Rosa
Emergency Preparedness Coordinator
630 Third Street – 2nd Floor
Santa Rosa, CA 95404
(707) 543-3711
cope@srcity.org Web Page: cope.srcity.org

COPE Program Materials are produced in cooperation with the following agencies and supported by Award No. UASI 2006 awarded by the U. S. Department of Homeland Security (DHS), Office of Grants and Training (G&T). The opinions, findings, and conclusions or recommendations expressed in this COPE program material are those of the author and do not necessarily reflect the views of the Department of Homeland Security.

Funded in
part by
DHS



The City of Santa Rosa does not discriminate on the basis of disability in the admissions or access to, or treatment of or employment in, its programs or activities. Requests for alternate formats may be made by contacting the Emergency Preparedness Program at (707) 543-3711.

HOW TO COPE WITH EMERGENCIES

Citizens Organized to Prepare for Emergencies (COPE) was started by residents of the Santa Rosa Community of Oakmont, in cooperation with Santa Rosa Fire Department and American Red Cross. Sue Hattendorf and Al Thomas have over 66% of their 2,800 households participating in this program.

The City of Santa Rosa believes we can and need to repeat this success. With the help of spirited citizen volunteers working in the community to train and educate their neighbors, we can all COPE a little better with disasters that may disrupt our lives such as earthquakes, fire, floods, landslides, terrorism, public health or other community emergency.

The mission of cope is to help residents, families & neighborhoods to be better prepared to respond to and recover from emergency situations. This includes developing individual and neighborhood response plans, maintaining individual emergency supply kits and outreaching to neighborhoods in our community.