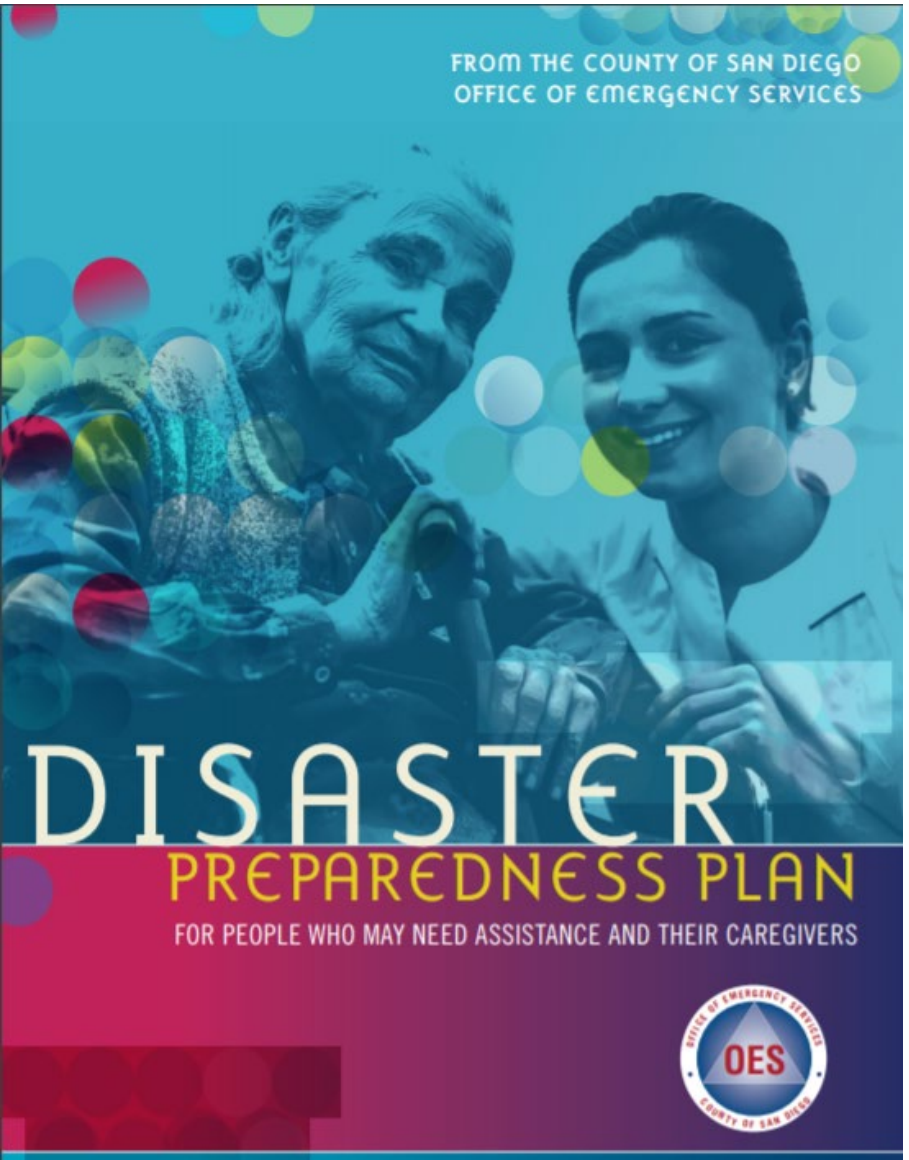
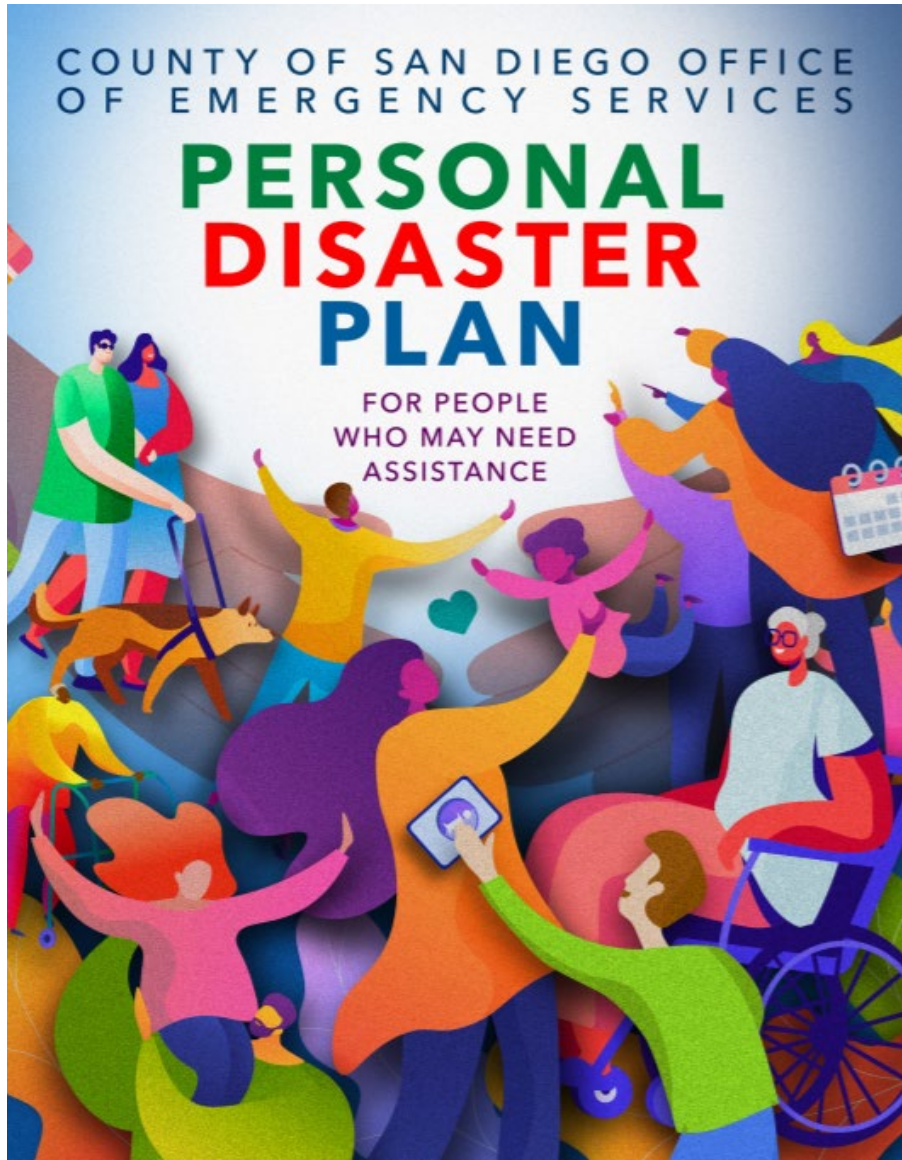
2012

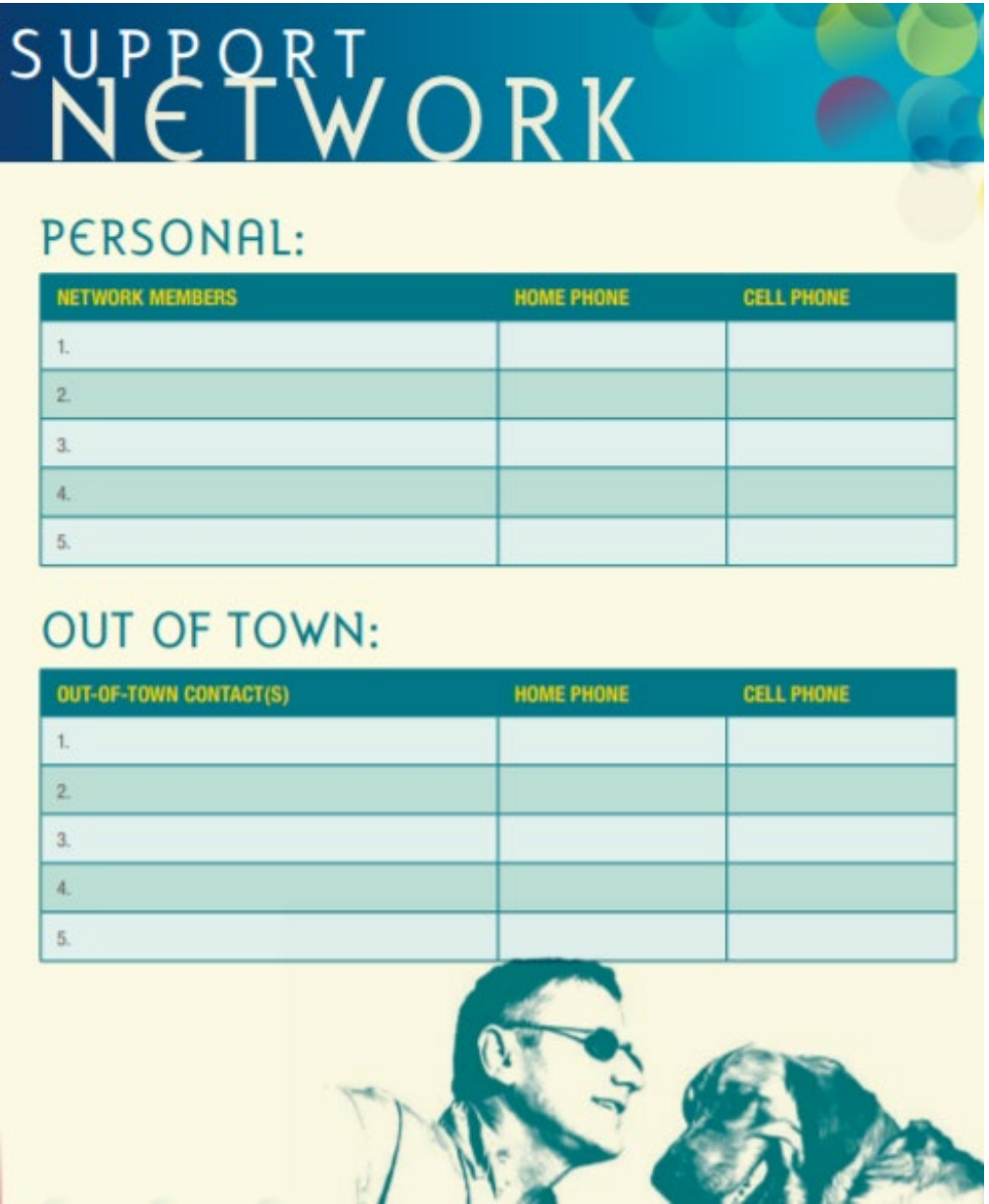


- ADA Compliant
- Large Print
- Inclusive imagery
- 32 pages vs 48 pages
- 12 Languages
- English and Spanish Audio
- Interactive web version with clickable links
- Developed by Aging & Independence Services, AFN Working Group, and OES

2020



GET CONNECTED



SUPPORT NETWORK

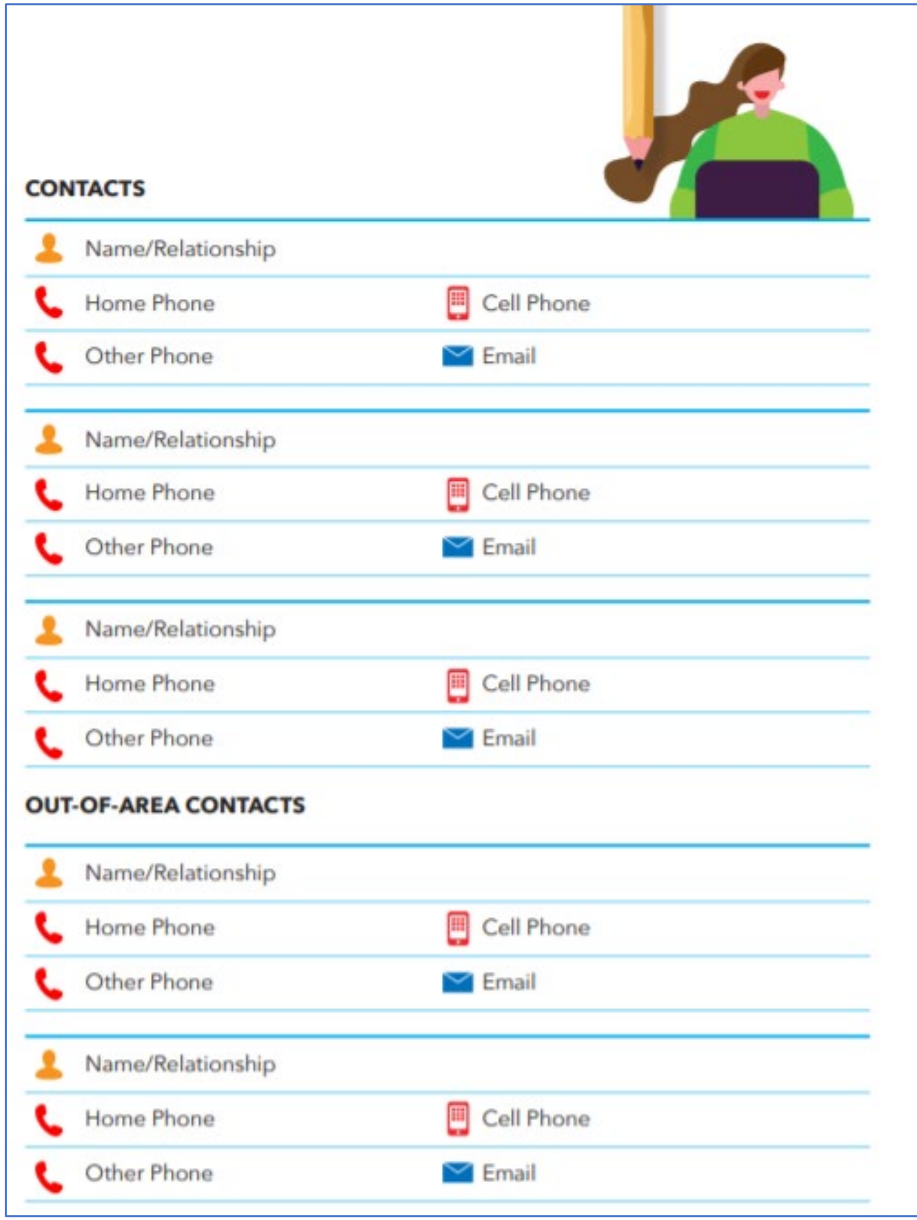
PERSONAL:

NETWORK MEMBERS	HOME PHONE	CELL PHONE
1.		
2.		
3.		
4.		
5.		

OUT OF TOWN:

OUT-OF-TOWN CONTACT(S)	HOME PHONE	CELL PHONE
1.		
2.		
3.		
4.		
5.		

- 3 pages vs 7 pages
- 2-1-1 information page
- CERT and NET information page



CONTACTS

Name/Relationship
Home Phone | Cell Phone
Other Phone | Email

Name/Relationship
Home Phone | Cell Phone
Other Phone | Email

Name/Relationship
Home Phone | Cell Phone
Other Phone | Email

OUT-OF-AREA CONTACTS

Name/Relationship
Home Phone | Cell Phone
Other Phone | Email

Name/Relationship
Home Phone | Cell Phone
Other Phone | Email

MAKE A PLAN

DURING A DISASTER

In this section you will find tips on what to do in each disaster situation to be prepared. You will also identify safe places to go during each type of disaster.

Fires

- Plan two escape routes
- When a door feels hot, do not open
- If trapped, close doors and signal
- If deaf, install vibrating alarms and visual smoke detectors
- If your clothes are on fire Stop, Drop and Roll

Earthquake

- Anchor telephone and life support systems
- Protect your head and neck
- Standing: Drop, sit down, cover your head and neck and hold on to something sturdy
- Using a wheelchair: Go into the doorway, cover head and neck
- Outside: Move away from buildings, streetlights and utility wires
- Trapped: Cover your mouth, tap on the wall or pipe and do not light a match
- Prepare for aftershocks

Severe Weather (Heat or Cold)

Extreme Heat

- Seek air conditioning or a fan
- Take a cool bath
- Drink cool, non-alcoholic, non-caffeinated beverages
- If you feel ill, call a doctor or 9-1-1 immediately

Warning signs of heat stroke vary but can include:

- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness, nausea, confusion, or unconsciousness
- An extremely high body temperature (above 103°F)

Extreme Cold

- Stay indoors
- Wear warm, comfortable, dry clothing
- Watch for frostbite, hypothermia or overexertion
- Do not use a charcoal or gas grill for heat inside your home

Warning signs of hypothermia:

- Shivering, weak pulse
- Slow, shallow breathing
- Progressive loss of consciousness
- Clumsiness, lack of coordination, drowsiness/low energy
- Slurred speech, mumbling, confusion or difficulty thinking
- Poor decision making (e.g. trying to remove warm clothes)

Flooding

- Monitor TV and radio for flood watches or warnings
- Don't go near, swim or drive through flood waters
- Move valuables to upper floors
- Store or tie down outdoor furniture
- If instructed, turn off water and electricity and unplug appliances
- Avoid downed power lines

Tsunami

- Move to higher ground, inland and/or up
- Listen to your radio or TV for emergency instructions
- Leave immediately if ordered to do so
- Do not go sightseeing – stay away from the coast
- Do not return to the hazard zone until local safety officials give the "all clear"

Terrorism

- Report suspicious activities to authorities
- Don't accept packages from strangers
- Monitor TV or radio for information
- Follow instructions from emergency officials
- Be ready for instructions to shelter in place or evacuate
- Remain calm, patient and contact someone in your personal support network

Water Contamination

- When power goes out, water purification systems may not be functioning
- Do not use contaminated water to wash dishes, brush your teeth, wash or prepare food, wash your hands, make ice, or make baby formula
- If using bottled water, be sure it came from a safe source
- If your water is not safe, you need to boil or treat it before use
- Bringing water to a rolling boil for one minute will kill most organisms
- Monitor TV and radio for additional information
- Use only bottled, boiled, or treated water until your supply is tested and safe

- 10 pages vs 24 pages
- Before/During Disaster Specific information
- PSPS / Power Outage
- Pandemic (COVID)
- Alert & Warning definitions
  - Evacuation Order
  - Evacuation Warning
  - Shelter in Place

Earthquakes

Before:

- Secure furniture to walls.
- Identify safe spots in each room, like sturdy tables and desks.
- Identify dangerous spots near windows, mirrors, and hanging objects.
- Learn how to shut off gas, water, and electricity.

During:

- Don't rush outside. Get under a desk or table.
- If outside, move away from buildings, trees, streetlights, or powerlines.
- If driving, pull over and stop away from buildings and trees.
- Using a wheelchair: Go into a doorway, lock wheels, cover head and neck.
- Be ready for aftershocks.
- Watch for tsunamis on the coast

MAKE A PLAN

HOW TO COMMUNICATE WITH YOUR NETWORK MEMBERS

- Complete your disaster plan and share it with your network members
- Agree on how you and your network will contact each other during an emergency
- Ask your network to notify you of an emergency you may not know about
- Arrange with your network to check on you immediately if local officials give an evacuation order or if a disaster impacts your location
- Consider giving a trusted member of your network all the necessary keys to get into your home, car, etc. or keep keys in a location that your support network can access
- Give your network your travel dates if you will be out of town
- Choose an emergency meeting place you are familiar with where you and others can reunite after exiting a building
- Keep in mind that phone lines may be inundated and that text messaging and landline phone calls may be a better option during a disaster to communicate with your network

COMMUNICATING ABOUT YOUR EQUIPMENT AND SERVICE ANIMALS

- Be able to explain and show someone else how to operate your equipment
- Ask your network members to practice operating your equipment
- Label your equipment and attach instruction cards on how to use and move each item in case of evacuation; identify critical supplies (such as catheters, colostomy supplies, etc.) that must be taken along; consider placing an envelope with all this information on the front of your refrigerator for easy access and reference – in case you are unable to communicate for some reason
- If you have a service animal, make sure your service animal knows and trusts the people in your network

- Vial of Life form
- 12 unique AFN considerations
- SDG&E resources
  - Medical Baseline
  - CARE
  - FERA
  - ESA

People with Developmental Disabilities

- Practice your disaster plan with your support network to help you feel safe.
- Ask emergency responders to repeat directions if you don't understand.
- Practice how you might quickly describe your disability to a rescuer.

People with Speech/Communication Disabilities

- Carry an instruction card on how to communicate with you.
- Carry communication devices, phrase cards, or picture boards, like on page 43 and 44.
- Know how to replace your assistive device if damaged.

People with Mobility or Other Physical Disabilities

- Identify paratransit or accessible transportation options.
- Plan for damaged ramps, rails, or elevators.
- Bring an extra wheelchair battery, tire repair kit, and seat cushion.

GATHER SUPPLIES

BASIC DISASTER SUPPLIES KIT

A disaster supplies kit contains food, water, tools, and other things you and/or your service animal will need immediately after a disaster strikes. Your kit should have enough food, water, and supplies to sustain you and those you live with for at least three days, preferably seven days or more. Supplies related to your specific needs – including medications you take on a regular basis – should last a minimum of seven days. Your kit should be stored in an easy to access location.

Location of Disaster Supplies Kit:

Six basics you should stock for your home

- Non-perishable food and water (Keep in mind your specific dietary needs)
- Items for your family (such as infant formula, diapers, etc.)
- First aid supplies
- Clothing and bedding
- Tools and emergency supplies
- Special items, like medication
  (keep the items that you would most likely need during an evacuation in an easy-to-carry container)

Water

- ❑ Store water in plastic containers, such as large soft drink bottles
- ❑ Avoid using containers that will decompose or break, such as milk cartons or glass bottles
- ❑ A person who is generally active needs to drink at least two quarts of water each day
- ❑ Children, nursing mothers, and ill people will need to drink even more
- ❑ Store a minimum of three gallons of water for each person in the household (one gallon for each day and for each person – two quarts for drinking, two quarts for food preparation and sanitation)
- ❑ Rotate your water every 6 months to ensure it has not been contaminated

Food

- ❑ Store at least a three-day supply of nonperishable food. Select foods that require no refrigeration, minimal preparation, or cooking and little or no water (if you must heat food, pack a can of portable fuel source and matches)
- ❑ Select food items that are compact
- ❑ Include food items similar to what you normally eat and that meet any special dietary restrictions you may have
- ❑ Include a selection of the following foods:
  - Ready-to-eat canned meats
  - Canned fruits, dried fruits, and nuts
  - Canned vegetables
- ❑ Rotate your food every 6 months to ensure it is safe to eat
- ❑ Hand-operated can opener

- 8 pages vs 7 pages
- Go Kit / Home Kit
- Communication Boards

Go Kit

Most disasters are unexpected and happen fast. You might not have time to shop or pack. Pack a "Go Kit" for when you must leave in a hurry.

Check off items you have and add those you will need:

- ☐ Bottled water and nonperishable food, such as granola bars
- ☐ Copies and/or a USB flash drive of your important documents in a waterproof container (identification, insurance, photos of family and pets for identification)
- ☐ List of the medications you take, why you take them, and their dosages
- ☐ If any medication needs to be refrigerated, keep an extra ice pack in the freezer
- ☐ Contact information for your household and members of your support network
- ☐ Flashlight, hand-crank or battery-operated AM/FM radio, and extra batteries
- ☐ Cash, in small bills
- ☐ Notepad and pen
- ☐ Antibacterial wipes and hand sanitizer

STAY INFORMED

Safe Place Identified:

Identify and arrange in advance for an alternate place to stay, such as with friends, family, or at a hotel or motel outside your area if you have been told to leave your home.

TYPE OF DISASTER	CONTACT INFORMATION FOR SAFE LOCATION *(Name, phone, address)*
Fires	
Earthquake	
Severe Weather	
Flooding	
Tsunami	
Terrorism	

Become familiar with the emergency or disaster/evacuation plan for your office, school, or any other location where you spend a lot of time.

Keep your automobile fuel tank at least half full at all times and stock your vehicle with a small disaster supplies kit that will meet your needs.

Register your cell phone for emergency notifications at AlertSanDiego.org

Resource	Description
ReadySanDiego.org	The official site for extensive resources for emergency preparedness, including the ability to sign up for: AlertSanDiego
SDCountyEmergency.com	The official source of information from the County of San Diego during a large-scale emergency
Call 2-1-1 or visit: 211sandiego.org	The official resource to connect you with community, health and disaster relief services

- 1 section vs 2 pages
- Short URLs
- Behavioral Health, Mental Health, Substance Abuse resources

Stay Informed

ReadySanDiego.org
Prepare. Plan. Stay Informed.

AlertSanDiego

ACCESSIBLE AlertSanDiego

San Diego County

Twitter.com/ ReadySanDiego

Facebook.com/ ReadySanDiego.

- County's preparedness website: **ReadySanDiego.org**
- Register your cell phone number, **VoIP** phone number and email at **ReadySanDiego.org/AlertSanDiego.** This is the county's emergency mass notification system used by first responders to send evacuation instructions and other disaster information through calls, text, and email.
- Download the free **SD Emergency App**, available in English and Spanish for iOS and Android mobile devices. Visit **ReadySanDiego.org/SDEmergencyApp**.
- During an emergency, visit **AlertSD.org** or the **SD Emergency App** for incident updates, shelter locations, evacuation areas, hazard perimeters, official social media feeds, and more.
- The main **Emergency Alert System** radio stations for San Diego County are ***KOGO AM 600*** and ***KLSD AM 1360***.
- For recovery information, visit **RecoverSD.org**.
- For non-emergency questions and updated disaster information, call **2-1-1**.
- If you are experiencing a life-threatening emergency, call **9-1-1**.