

Get Your Community Ready

Interested in making sure your family, school, co-workers and community are prepared? The American Red Cross Bay Area Chapter is in the community every day with a variety of programs and courses to help get everyone ready before disaster hits.

- **Be Red Cross Ready Online Course:** Learn more about how to prepare your family from the comfort of your home. Take the course online at www.redcrossbayarea.org
- **Be Red Cross Ready On-site Training:** Bring free training to your workplace or community organization. Offered in English, Cantonese, Mandarin, Tagalog, Korean, Japanese, Spanish and Vietnamese. Train-the-trainer program and do-it-yourself disaster preparedness courses are also available.

Get Even More Involved

- The Red Cross relies on the support of people in the Bay Area community to complete its mission. You can help by becoming a volunteer or by donating to the Red Cross. For more information, visit us online at www.redcrossbayarea.org or call 1-888-4-HELP-BAY.
- **First Aid and CPR Courses:** Attend community classes or have the Red Cross provide training in lifesaving first aid and CPR at your workplace. Sign up for classes online at www.redcrossbayarea.org.

Photos by Gene Dailey and Talia Frenkel

www.redcrossbayarea.org



1 (888) 4-HELP-BAY
1 (888) 443-5722

www.redcrossbayarea.org



Be Red Cross Ready

Actions for Personal Preparedness





Are You Ready?

What will you do if you can't return to your home after a fire or flood? How will you reconnect with your family and friends if you become separated following a major disaster? Do you have the right items in your disaster kit? Do you know what to do to protect yourself in an earthquake?

Every single person in the Bay Area needs to ensure they are personally prepared for disasters large and small. Only in this way will all of us in the community be able to ensure the safety of our loved ones and assist our neighbors.

Take the actions now to get prepared.

Make a Plan

Planning ahead is the first step to ensure your household is prepared for a disaster.

- **Develop a Communication Plan:** It's often easier to make a long-distance call after disaster, so identify an out-of-area contact who will serve as a central connection point. Have everyone report his or her status to this contact who will pass the information along to others. Let your out-of-area contact know your communication plan. For a smaller event, like a home fire, keep local emergency contacts on hand.
- **Decide Where to Meet After a Disaster:** Choose a place near home in case of sudden emergency, such as a house fire. Choose a second place outside your neighborhood in case you can't return home. Also know the evacuation sites at work and school or day care.
- **Determine Escape Routes:** Find two ways out of each room in your home and know your neighborhood evacuation routes.
- **Plan for Your Pets:** Prepare a list of family members, friends, boarding facilities, veterinarians and pet-friendly hotels to shelter your pets in an emergency.
- **Personalize Your Plan:** If you have special needs, make sure to arrange for a network of neighbors, friend or relatives to check on you in the event of an emergency.
- **Review and Practice Your Plan**

Get a Kit

Store enough supplies for everyone in your household for at least three days. Include any necessary items for pets, children, seniors and people with disabilities. Prepare kits for your home, workplace and car.

- **Non-perishable Food:** Pack items such as energy bars, canned soup or peanut butter.
- **One Gallon of Water Per Person Per Day**

- **Flashlight, Battery-operated or Crank Radio, Essential Tools and Maps:** Include batteries, wrench to shut off the gas in case of a leak, can opener, screwdriver, hammer, pliers, knife, duct tape and garbage bags.
- **First Aid Kit and Medications**
- **Clothing and Sturdy Shoes**
- **Personal Items and Sanitary Supplies:** Pack important documents, hygiene supplies and comfort items such as books and toys.
- **Cash in Small Denominations**
- **Emergency Contact Information**

Be Informed

Learn how to protect yourself before, during and after disaster.

- **Learn How to Protect Yourself:**
 - Earthquake* – If indoors, DROP, take COVER under a heavy piece of furniture or against an interior wall and protect your head, and HOLD ON until the shaking stops. If outdoors, move away from buildings and trees, DROP, COVER and HOLD ON.
 - Fire* – Get out. Check doors for heat before opening. Through smoke, drop to the floor and crawl. If you're trapped, signal for help from a window. Once out, stay out.
 - Flood* – Evacuate immediately. Move to higher ground away from rivers, streams, creeks and storm drains. Do not drive around barricades. If your car stalls in water, abandon it and climb to higher ground.
 - Chemical Spills and Airborne Illnesses* – Shelter in place. Close and lock doors, windows, and heating and cooling vents. Place wet towels or duct tape any place where air may enter. Stay at ground level or above.
- **Get First Aid & CPR Training:** Sign up for classes at www.redcrossbayarea.org.
- **Obtain Accurate Information:** Tune into 740 AM, 810 AM and 88.5 FM in the Bay Area. Follow instructions from local officials.