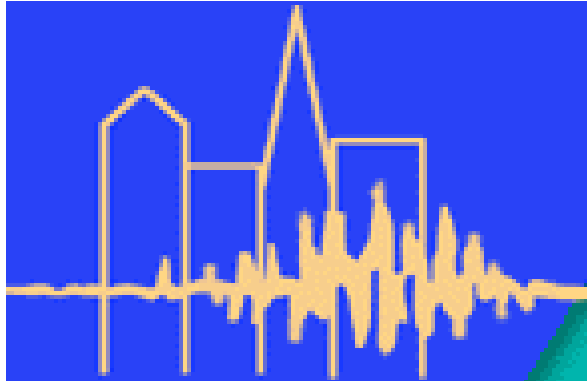


# Emergency Preparedness by the Numbers

## Are You Prepared?

### Earthquake Preparedness Tips for Oakland Residents



Preparedness Tips from Mayor Jean Quan

April 27, 2011

### Greetings!

For Oakland, sitting on the Hayward fault and within the urban/wildland interface, it's not a matter of if, but a matter of when the next earthquake or wildfire may hit.

This **Saturday, April 30 from 9 am-Noon**, nearly a thousand **C.O.R.E.** (Citizens Organized to Respond to Emergencies) trained residents fire fighters and other city staff will participate in a city-wide Disaster Exercise to practice their response and communication skills.



**Seventy five CORE groups in Oakland have signed up to participate in this Saturday's exercise--up from 50 last year. And this year, 15 similar groups from Berkeley's CERT program are coordinating their efforts with our city-wide exercise. I encourage you to observe or participate if there is an exercise in your neighborhood.**

If you are coming to our town hall meeting for District 2 Town Hall Meeting **on Saturday, April 30, 10 am-12:30, Regeneration Church, 238 E.15th St** or are otherwise committed this Saturday, consider taking a free city CORE class later or use the tips below to develop or update your personal plan.

A major disaster will overwhelm first responders, **leaving many community members on their own for the first 72 hours or longer after the emergency.** Since its inception in 1990, the CORE program has provided free, community-based training to more than 20,000 residents. Oakland residents who are interested in signing up for free CORE training or who would like help forming CORE groups in their own neighborhoods can contact CORE at 238-6351 or [core@oaklandnet.com](mailto:core@oaklandnet.com). CORE groups are a great way to build stronger neighborhoods where we look out for each other.

**Mayor Jean Quan**

## 3 Easy Steps to Preparedness

[Join Our Mailing List !](#)

### 1. Make a Plan

- Who are the people you care about most? How can you reach them in an emergency?
- Who can be the out of state contact for your family? How can he/she be reached in an emergency?
- Who can be counted on to care for your pets, children or senior in the home if you are not there? How can you reach him/her in an emergency?
- If you have to evacuate, where will you meet?
- If you have to evacuate, what 3 items in your home are the most important to you and where are they located? Is there a back up plan (for example, if you worry about saving photographs, you can scan them and put them on a CD that you send to your out-of-state contact for safekeeping.)

### 2. Build a Kit- your basic kit should include your "Go Kit"-- in a backpack

- Flashlight
- Radio - battery operated and batteries
- Whistle
- Dust mask
- Pocket knife
- Emergency cash in small denominations and quarters for phone calls
- Sturdy shoes, a change of clothes, and a warm hat
- Local map
- Some water and food
- Permanent marker, paper and tape
- Photos of family members and pets for re-identification purposes
- Extra prescription eye glasses, hearing aid or other vital personal items
- Prescription medications and first aid supplies
- Toothbrush and toothpaste
- Extra keys to your house and vehicle
- Any special-needs items for children, seniors or people with disabilities. Don't forget to make a Go-bag for your pets.

These can be easily added to your cell phone so that you have important information with you at all times.

- List of emergency point-of -contact phone numbers
- List of allergies to any drug (especially antibiotics) or food
- Copy of health insurance and identification cards

A list of items for your family emergency kit can be found in the front of the phone book or at [www.72hours.org](http://www.72hours.org)



### Earthquakes on the Hayward Fault Occur About Every 140 years

October 21, 2008 marked the 140th anniversary of the 1868 Hayward earthquake, which was the first great "San Francisco Bay earthquake" and one of the most damaging earthquakes in the nation's history. This Magnitude 6.8 earthquake broke a section of the Hayward Fault from the location of present-day Fremont to probably just north of Oakland. *(Above) Hayward Flour Mill damaged in 1868 Hayward Earthquake*

Experts forecast major impacts on the Bay Area when a similar earthquake occurs on the Hayward Fault:

- Losses to property worth more than \$500 billion
- 5 million people in six surrounding counties strongly impacted
- 1.5 million jobs affected--with health care, social assistance and educational services most affected, along with manufacturing and retail.
- Total residential and commercial economic losses, including damage to private buildings and contents, business interruption and additional living expenses will exceed \$120 billion.
- Less than 10% of homeowners and 15% of businesses carry earthquake insurance to cover these losses.
- Major disruption to transportation: airports and nearly all the region's port facilities are built on landfill strongly susceptible to damage by liquefaction and strong shaking.

### 3. Get Involved

- Take a [CORE class](#) and organize your block
- Take a [Red Cross class](#) in First Aid, Shelter Management and other disaster preparedness readiness
- Participate in [CORE Exercises](#) to practice your skills.
- Consider becoming a [HAM radio operator](#) to assist with communication in a disaster.

- Interstate 580 could be offset horizontally by as much as 6 feet. Bridge and BART tunnels are currently being retrofitted; but if not completed in time, more than 180,000 daily commuters using these transportation links will have to seek alternatives.
- More than 1,100 roads will be closed--900 in Alameda County alone.
- If buildings are not retrofitted up to 15,000 casualties
- Oakland could lose about one third of its rental housing.

## 22 Ways to Prepare for Emergencies

### 1. Make a List of Important Contact

**Information To Carry With You:** List the contact information for those who live with you, and for 1 or 2 out-of-state relatives or friends who can be contacted in a disaster. Make copies for children and seniors and carry with you at all times.

### 2. Store Sufficient Water and Rotate Every 6

**Months:** Each person will need 1 gallon of water a day; store sufficient supplies for 5 - 7 days. Don't forget your pets!

### 3. Pack a Disaster Go-Bag for Each Family

**Member:** A pair of sturdy gloves, shoes, extra socks, a change of clothes, a flashlight, extra batteries (or a hand cranked one), spare eyeglasses, extra medicine if needed, pencil, paper and a transistor radio. Be sure to pack water, snacks-a hat and sun lotion, just in case

### 4. Practice in Advance How to Protect Yourself

**During Earthquake Shaking:** If you are indoors and feel strong earthquake shaking, drop to the floor, take cover under a sturdy desk or table, and hold on firmly until the shaking stops. Do not head for the doorway which cannot protect you from falling debris--MOST EARTHQUAKE INJURIES ARE FROM FLYING DEBRIS.

### 5. Strap Your Water Heater:

Broken gas lines following an earthquake can lead to gas leaks and fire. For instructions on how to correctly strap your water heater to the studs of your house using metal straps and lag screws, go to [www.72hours.com](http://www.72hours.com). Most hardware stores carry kits.

### 6. Take an Emergency Preparedness Class from

**Oakland's C.O.R.E. Program:** Citizens of Oakland Respond to Emergencies (C.O.R.E) has trained more than 20,000 volunteers to prepare their homes and neighborhoods for earthquakes, fires and other disasters. Call 238-6351 or go to [www.oaklandnet.com/fire/core/about.html](http://www.oaklandnet.com/fire/core/about.html).

### 7. Stock Emergency Supplies:

Basic supplies should be in an accessible location at work, home and in your car: fire extinguisher; portable radio; flashlights; extra batteries (hand-cranked or solar radios/flashlights); can opener, canned food & powdered milk for at least a week; medications, glasses; pipe or crescent wrenches to turn off gas and



## Your Cell Phone in an Emergency

As more and more of us carry cell phones, they become a useful tool in an emergency. Most of us have pre-programmed our phones with contact information for our loved ones and out of state contacts. But did you know that your cell phone can do a lot more?

- **Program under ICE**-In Case of Emergency- put the person in the cell phone you would want Emergency Responders to contact
- Use the phone list to plug in your **medical prescriptions**--use "meds" as the last name and then plug in the name of your prescription as the first name and the RX number as the nickname
- You can do the same with **other important information**--just keep in mind that you don't want to post anything so personal that you would have a problem should you lose your phone. There are applications available that will automatically shut off your phone should you lose it.
- Check for applications to **upload a LED flashlight**.

[Click here for more ideas from \*\*CARD-Collaborating Agencies Responding to Disasters\*\*, helping nonprofits prepare for emergencies.](#)

water supplies, small bottle of chlorine bleach to disinfect drinking water ; blankets, warm clothes and sturdy shoes,, waterproof, heavy-duty plastic bags for waste disposal. Inspect twice a year for leakage and quality.

**8. Organize Your Neighborhood for Disaster**

**Preparedness:** In a major disaster, neighbors must rely on each other for help, as the city's first responders may not be immediately available. First step is to get to know each other and share contact information. Learn more at [www.oaklandnet.com/fire/core/about.html](http://www.oaklandnet.com/fire/core/about.html).

**9. Know Where Your Gas Shut Off Valve is**

**Located:** Turn off ONLY if you smell leaking gas. The main gas supply is located next to your meter on the inlet pipe. If you do not have an automatic gas shut off valve, use a crescent or pipe wrench and give the valve a quarter turn in either direction. The valve will now run crosswise on the pipe. **DO NOT TURN ON THE GAS AGAIN; LET THE GAS COMPANY DO THIS.**

**10. Agree on a Meeting Place:** Plan for a safe meeting place; be sure everyone has contact information for your out-of-state contact who can relay information. In a disaster, it is sometimes easier for phones to connect to someone out of state than to someone nearby.

**11. Bolt Bookcases, Other Tall, Heavy Items**

**to the Wall:** Injuries following an earthquake are primarily due to falling and flying objects. Bolt bookcases to the wall. Hardware stores sell products to strap TVs and other electronic equipment to tables and desks and to hold pottery and glass to shelves.

**12. Plan an Evacuation Route in Advance, and**

**Practice:** Plan for at least two ways out of your neighborhood, including walking out, if necessary. Some neighborhoods in the hills have public pathways that connect streets. Check them out in advance, keep them from becoming overgrown (great Earth Day projects) and practice walking the route with the entire family.

**13. Consider Retrofitting Your Older Home**

:Single family homes built before 1978 may need to be strengthened through retrofitting in order to keep the house from failing during a high magnitude earthquake. You will need a building permit; retrofitting generally runs about \$5,000 depending on your particular needs. Be sure to hire a reputable contractor. For details, go to [www.abag.ca.gov/bayarea/eqmaps/fixit/FAQs.html](http://www.abag.ca.gov/bayarea/eqmaps/fixit/FAQs.html).

**14. Make Special Arrangements for Children:**

Be sure to put a trusted neighbor on your emergency card list so that in a disaster, the school will be able to release your child if you cannot get to the school yourself. Pack an emergency kit or small day pack with basic emergency supplies, a photograph of your family and a familiar stuffed animal to provide comfort when you are apart. Resources for kids: [quake.abag.ca.gov/students/](http://quake.abag.ca.gov/students/)

**15. Consider Installing an Automatic Gas Shut**



**Take a Free Emergency Preparedness Class**

from the [Oakland's CORE](#) program (Citizens of Oakland Respond to Emergencies).

**Assemble an Emergency Kit**

Try the [Red Cross Website](http://Red Cross Website or 72hours.org) or [72hours.org](http://72hours.org)

**Take An On-Line Emergency Preparedness Course**

**Useful Links**

**Pet Preparedness**

**9-1-1 Registry for People With Special Needs**

**Virtual Tour of the Hayward Fault**

**Tips from the United States Geological Service**

**Association of Bay Area Governments Fault & Liquefaction Maps**

**1868 Hayward Alliance**

**Did You Feel It?**

**Report or Get Information on Earthquakes & Help Research**

**Amateur Radio Volunteers for Emergency Communications**

**More Links**

**Learning from the 1995 Kobe**

**Off Valve:** Automatic gas shut off valves and gas flow interrupt valves cut off the flow of gas to your house should a major earthquake or change in the gas pressure occur-especially important when you are not at home.

- 16. **Register Special Needs Populations and Frail Seniors with the City:** The City's 9-1-1-Disaster Registry for Special Needs Populations and Frail Seniors is a voluntary data base that assists dispatchers responding to 9-1-1 calls and facilitates emergency sheltering operations in collaboration with the American Red Cross. Go to [www2.oaklandnet.com/Government/o/DHS/s/Resources/OAK022486](http://www2.oaklandnet.com/Government/o/DHS/s/Resources/OAK022486)
- 17. **Take a First Aid Course:** Learn basic First Aid by taking a course from the American Red Cross. Go to [www.bayarea-redcross.org/training/register.htm](http://www.bayarea-redcross.org/training/register.htm)
- 18. **Store Flammable or Hazardous Material in Secure, Low spaces:** If cleaning supplies, garden chemicals or other hazardous materials spill in a major earthquake, the resulting mix of chemicals can be extremely dangerous. Store these supplies in low areas that are secure. Install a childproof, earthquake or boat safety latch.
- 19. **Create a Financial Disaster Recovery Kit:** After a damaging earthquake, you will need copies of essential financial documents, as well as emergency cash. Keep these items together, current and store them in a fire-proof document safe. For details, go to [www.redcross.org/preparedness/FinRecovery/FinPlan/](http://www.redcross.org/preparedness/FinRecovery/FinPlan/)
- 20. **Visit the Gateway Emergency Preparedness Center:** A great way to learn about disaster preparedness-with a great view across the Bay. Located on Caldecott Lane above Highway 24.
- 21. **Keep Shoes and a Flash Light Near Your Bed.** One of the most common injuries after the last major southern California earthquake in the early morning was cuts caused by walking on broken glass in the dark.
- 22. **If You Are a Medical Professional or Veterinarian** Consider Joining the Oakland Medical Reserve Corps.

## Earthquake



**CORE Classes are available in Chinese & Spanish.**

*(Above) Recruiting CORE volunteers in Chinatown.*



**Free Grants and Low Interest Loans for Retrofits in**

## Redevelopment Zones

If you meet Federal low income requirements and living on one of Oakland's Redevelopment Zones, you may be eligible for up to a \$5,000 grant for 1/2 the cost of seismically retrofitting your single-family home. No-interest home improvement loans can help make up the difference.

The City also offers grants and low-cost loans to low income Oakland residents for other types of home improvements:

- [Access improvement for homeowners \(owner-occupied\)](#)
- [Access improvement for rental property owners](#)
- [Central City East Homeownership Rehabilitation Program](#)
- [Emergency Home Repair](#)
- [Home Maintenance & Improvement Loan](#)
- [Lead Safe Housing and Paint Program](#)
- [Minor Home Repair Program](#)
- [Neighborhood Housing Rehabilitation Program](#)
- [Weatherization and Energy Retrofit Loan Program](#)

**For details, contact the Housing and Community Development Division at 238-3015.**



Try it FREE today.