

Preparedness: The Path to Safety



Oakland Community Preparedness & Response Program Workshop

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Oakland Community Preparedness & Response

OCP&R is a community program...
that provides education,
information and support...
to increase disaster preparedness
and improve disaster response...
for all of Oakland.

Complements CERT (CORE) training



What Does OCP&R Cover?

Most important steps to take:

- 1) Get alerts and notifications
- 2) Make a family emergency plan
- 3) Understand evacuations/Zonehaven
- 4) Build Go-Bags/Stay-Box
- 5) Be able to help family, neighbors and friends

Plus, much more:

- ✓ Power outages, communications, Firewise
- ✓ Hardening against wildfire/earthquake
- ✓ Responding during a disaster
- ✓ Safety after a disaster

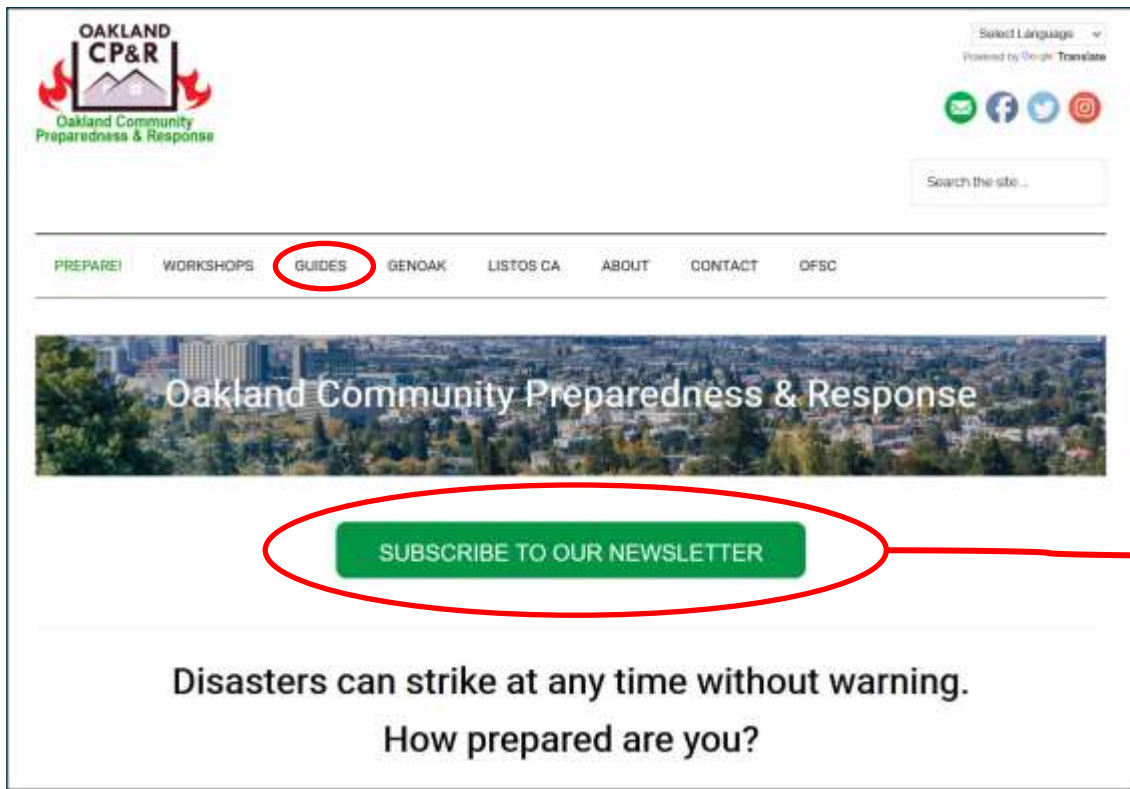


All information is online
on our site:

www.oaklandcpandr.org
(www.cpandr.org)

Detailed Guides are Available!

www.oaklandcpandr.org

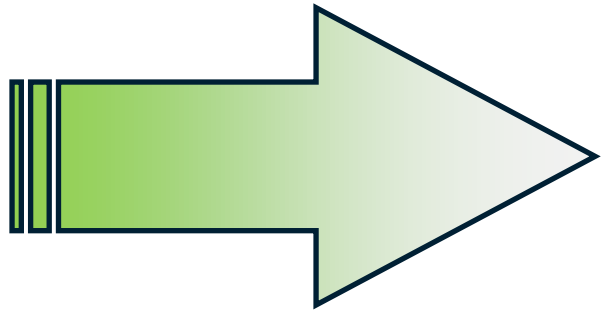


Workshop Focus

- ✓ Why we need to prepare
- ✓ How to prepare (5 Steps plus more)
- ✓ How best to respond
- ✓ How best to recover
- ✓ Actions to take

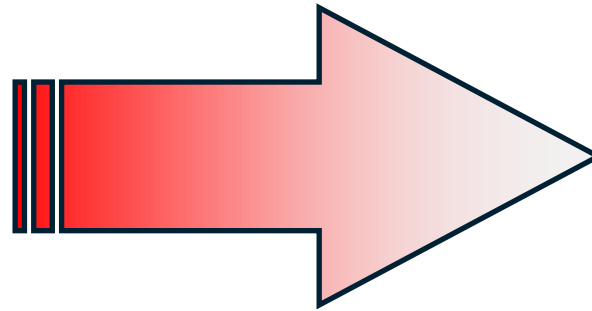
Process Flow

Organize and Prepare



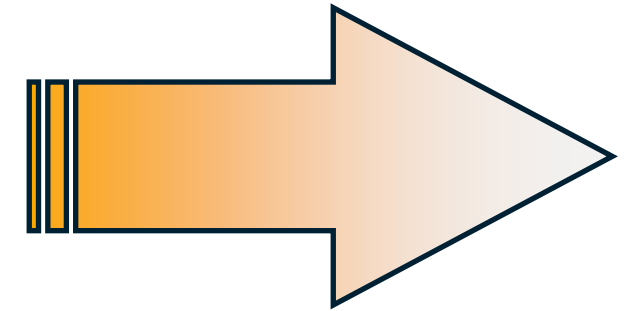
Before an
Emergency

Respond



During an
Emergency

Recover



After an
Emergency

Why We Need to be Prepared



We Respond First*

“We are the help until
help arrives”

* However, most of us are **not**
First Responder professionals!

We need to be able to care
for ourselves, our families
and our neighbors for
several days, as first
responders will likely be
engaged elsewhere.

To do this requires being
prepared!

PREPARE

BEFORE AN EMERGENCY

- ✓ **Be Organized**
- ✓ **Be Ready!**

1) Receive Alerts and Notifications



- Will deliver emergency information and instructions to your **home phone, cell phone and/or by email**
www.acgov.org/emergencysite
- Cell Wireless Emergency Alerts (WEA)
- Zonehaven
- Nixle, Twitter, Citizen, Nextdoor, etc.
- GENOAK 2-way radio network
www.genoak.org

AM/FM Radio Alerts

- Emergency Broadcast News
 - **KCBS - 740 AM**
 - KGO - 810 AM
 - 530 AM (emergencies only)
- FM Stations
 - **KQED - 88.5 FM**



AM/FM/NOAA Radio

Follow all instructions given by police, fire or emergency responders!

Watches, Warnings and Orders

- Fire Weather Watch: Prepare for Wildfire
- Red Flag Warning: **Exercise Caution – Be Ready!**

- Evacuation Warning: Prepare to Evacuate
- Evacuation Order: **Take Action – Leave!**

- Tsunami: Watch/Advisory/Warning

- Shelter-in-Place: Stay Put

- Oakland Emergency Siren System: Monitor



2) Create Your Emergency Plan

- ✓ Study a map to identify routes in every direction that may be potential evacuation options, plus local potential refuge areas
- ✓ Designate meeting locations to reunite with family members and an out-of-area contact to update
- ✓ Make copies of important documents
- ✓ Have a checklist of items to quickly grab
- ✓ Have your Go-Bags/Stay-Box packed and accessible
- ✓ Know which neighbors may need help, plan to assist
- ✓ For pets have carriers, harnesses and water/food/supplies ready
- ✓ Review and practice!



3) Understand Evacuations/Zonehaven

- Follow all orders and instructions and your plan!
- Monitor AC Alert, AM/FM radio, Zonehaven, social media and your surroundings
- Have animals secured, bring them with you
- Assist neighbors that need help, take one vehicle or carpool
- Remember all your possible ways out
- Seek a refuge area if all your escape routes are blocked
- Schools will protect children
- Remain as calm as possible



4) Build Your Go-Bag to Survive 1 - 2 Days

GO-BAG BASICS

YOU CAN USE A BACKPACK, GYM BAG, SHOPPING BAG, ETC.



WATER
FOOD



FIRST AID
PPE



TOILETRIES



EMERGENCY CONTACTS LIST



TECH EQUIPMENT
HEADLAMP, BATTERIES



CLOTHING



SPARE GLASSES
EXTRA MEDS



DON'T FORGET NEEDS
OF PETS, KIDS AND OTHER
SPECIAL CONSIDERATIONS



Build Go-Bags for
your home,
vehicles
and workplace

Build Your Stay-Box to Survive a Week+

To create your Stay-Box, store Go-Bags in or next to large container(s) with:

- ✓ Extra food and water
- ✓ Fire extinguishers
- ✓ Sanitary supplies
- ✓ Camping supplies, etc.



5) Help Family, Friends and Neighbors

- ✓ Build a connected community/organized neighborhood to better know and help each other
- ✓ Trusted support network
- ✓ Alert each other to an emergency (phone tree, 2-way radios)
- ✓ Become a Firewise USA[®] community
- ✓ Be Neighborhood Watch trained
- ✓ Encourage everyone to prepare

Address parking and traffic concerns!



Photo: Paul Chinn, The Chronicle

Prepare for Power Outages/PSPS

Be Ready (note: PSPS typically on RFW days)

- Sign-up at PG&E's Website for notices and information
- Prepare for your own medical needs
- Charge your devices and backup batteries
- Know how to open your garage door manually, consider installing a garage door opener battery back-up
- Consider an alternate power source such as a medium sized storage battery, solar power system or generator
- Know that cell phone service isn't guaranteed!



www.pge.com



Why Embers are Dangerous!

Insurance Institute for Business & Home Safety



© Insurance Institute for Business & Home Safety

<https://vimeo.com/79340385>

Harden Your Home Against Wildfire

Embers, radiant heat and direct flame contact will ignite structures!

- Create 5' of no combustibles around your home
- Limb tree branches 6' or more up from ground level
- No overhanging limbs within 10 feet above the roof
- Install vent screens (1/8" mesh or less) to prevent embers from entering
- Remove flammables on or under porches and decks
- Fences should have non-combustible sections next to structures
- Ensure roof is Class A rated, tempered double-pane windows ideal



Regularly clean roofs and gutters!

Harden Your Home Against Earthquake

Minimize structural and non-structural hazards inside and outside your home!

- Secure appliances, bookshelves, water heater, etc.
- Install safety latches on cabinets
- Ensure porches and decks are secured to the house
- Have chimneys frequently cleaned and inspected
- Label utility shut-offs, consider installing an Auto (Seismic) Gas Shutoff Valve
- Have your home inspected by a contractor or engineer certified in seismic work and consider recommended seismic upgrades



Photo: Joe Pugliese / Los Angeles Times

Insurance

- ✓ Prepare by conducting a home inventory
 - ✓ List all contents in home, garage, etc.
 - ✓ Take videos or photographs
 - ✓ Store online, give storage drive to trusted contact
- ✓ Ensure you have the right amount and type of insurance
- ✓ NFPA Firewise USA[®] program may help retain insurance
- ✓ Work with United Policyholders: www.uphelp.org



Photo: American Family Insurance

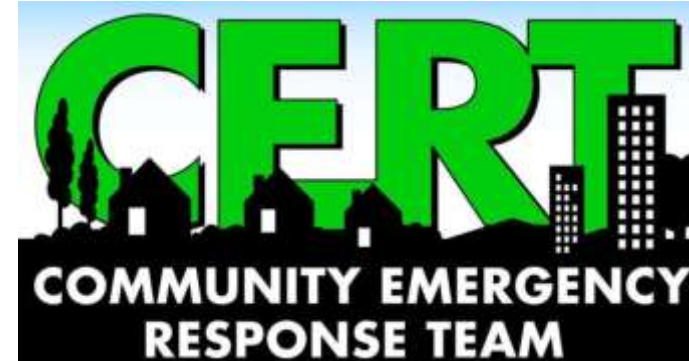
Additional Training

CORE: Communities of Oakland
Respond to Emergencies



CORE is an umbrella program that includes volunteer opportunities

CERT: Community Emergency
Response Team (FEMA)



CERT is the training curriculum for neighborhood groups

<https://www.oaklandca.gov/topics/oaklandcert>

RESPOND

DURING AN EMERGENCY

- ✓ **Take Action**
- ✓ **Be Safe!**

What Should I Do?!



If a wildfire approaches

- Monitor AC Alert, AM/FM radio, 2-way radio and surroundings
- Evacuate if ordered, or if you feel unsafe at any time, leave
- Help others in your neighborhood if possible
- When evacuating it's usually best to remain in your vehicle

What Should I Do?!



If a major earthquake occurs

- Drop, Cover and Hold On until the shaking stops
- Check yourself, family and home, go outside if home is damaged
- Monitor surroundings, watch for fires, expect aftershocks
- Help others in your neighborhood
- You may not need to evacuate (unless ordered or if you feel unsafe)

RECOVER

AFTER AN EMERGENCY

- ✓ **Be Aware**
- ✓ **Be Helpful!**

Evaluate and Be Safe

- ✓ Breathe, recompose and check yourself
- ✓ Evaluate your family's health
- ✓ Wear a mask, gloves, eye protection, hard-soled shoes, long sleeves and pants
- ✓ Check your home for unsafe conditions
- ✓ Do not consume water, food or medicines that have been exposed to fire or smoke



Help Others and Check In

- ✓ Provide caring support to others, “See the Need, Say the Need”
- ✓ Check in with your contacts
 - ✓ Get in touch with your out-of-area contact
 - ✓ Send text messages during limited cell service
 - ✓ Post your status on social media
- ✓ City and American Red Cross may open shelters



Next Steps!

Your Next Steps

1. Register for AC Alert: www.acgov.org/emergencysite
 2. Make a family emergency plan
 3. Understand Evacuations/Zonehaven
 4. Create your Go-Bags/Stay-Box
 5. Be ready to help others
- ✓ Prepare for power outages, smoke, etc.
 - ✓ Harden your home against wildfire and earthquake
 - ✓ Take additional training (CERT) and practice



And Finally

Take preparedness steps one at a time

Anything you do, you are better off than before!

Review the OCP&R Guides as well as online sources like LISTOS California, Ready.gov, PG&E, Oakland

Encourage your friends and neighbors to prepare

Reach out to us with any questions

Contact Us

Oakland Community Preparedness & Response

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www.oaklandcpandr.org

www.oaklandfiresafecouncil.org

www.genoak.org

