



Contra Costa County

Advisory Council on Aging

and its

Area Agency on Aging



DISASTER PREPAREDNESS

Photo courtesy of Scott Hein

CCC Area Agency on Aging Preparedness and Response

- ❖ Area Agency on Aging's (AAA) primary focus in disaster planning is serving CCC Seniors and Disabled Persons.
- ❖ For disaster response, the AAA is responsible for information sharing and education.
- ❖ We want to facilitate a coordinated emergency response.
- ❖ We strive to provide Contra Costa seniors with the resources necessary to ensure their safety and security in the event of a disaster or emergency situation.

Preparedness and Response

Regional Planning Partners

- CCC Sheriff's Department Office of Emergency Services
- American Red Cross
- CCC Health Services Department
- CCC Employment & Human Services Department
- CCC Advisory Council on Aging
- Area Agency on Aging Provider Network
- Interagency Committees
- 2-1-1 Contra Costa
- Contra Costa County Crisis Center
- Contra Costa Cities and Towns (including unincorporated areas)
- Community Based and Faith Based Organizations



Preparedness and Response

- ❖ Contra Costa County Sheriff's Department Office of Emergency Services is the primary disaster planning agency.
 - County Sheriff's Office interfaces with the State Office of Emergency Services
- ❖ Area Agency on Aging has a presence at the planning table to assure that the needs of vulnerable older and dependent adults will be considered in the emergency management plan.

Contra Costa County Potential Disasters and Emergencies



- ❖ **Earthquake**
- ❖ **Fire**
 - Wildfires, post earthquake, ancillary to explosions
- ❖ **Flood**
 - Levy breaks, post wildfires
 - Storm surges
 - Mudslides
- ❖ **Releases of hazardous material**
 - Refineries, truck and rail accidents
- ❖ **Explosions**
 - Pipelines, refineries, chemical plants
 - Terrorist attack
- ❖ **Damage or destruction of infrastructure**
 - Power stations, transformers
 - Water supply
 - Communications
 - Bridges, highways, freeways, major city arteries, your home's street
 - BART
 - Amtrak

Contra Costa County



Disaster Priorities



Why Discuss Emergency Preparedness?

To assist in helping you plan for the wellbeing of yourself and your family.



When Is The Best Time To Prepare?

1. **Now** and Anytime
2. **Ongoing** – Always



Safety Checklist

- ❖ Secure water heater, bookcases, and other tall objects to wall studs
- ❖ Secure lighting fixtures, hanging objects such as plants, pictures and mirrors
- ❖ Secure objects that slide or roll on the floor
- ❖ Do not keep heavy objects above your sleeping areas
- ❖ Do not keep items near exits or ramps where debris can block an escape route
- ❖ Refill cars when the fuel tank is half empty

How Do You Prepare?

Make Yourself Aware of the Key Elements of Emergency Preparedness

- ❖ Adopt a Survival Attitude
- ❖ Make a Plan (Note hazards and resources) and rehearse it.
 - Know your resources
 - Practice and discuss your plan
 - Have a back-up plan
 - Periodically review and maintain your plans
- ❖ Assemble Disaster Kits for Home and Car
- ❖ Stay Informed / Communications



For How Many Days Should I Prepare?

- ❖ Depending on the nature of the emergency you could need to be entirely self-sufficient for 3 to 7 days and up to two (2) weeks.
- ❖ You are preparing for the disaster itself, **AND** for the aftermath and recovery.



What Information Does a Good Plan Contain?

GET A KIT & MAKE A PLAN
Family Preparedness

- ❖ Know your environment, both safe spots and danger zones
- ❖ Know your paths of exit and keep them clear
- ❖ Identify a meeting location/place
- ❖ Identify multiple exits and fire extinguisher location(s)
- ❖ Decide in advance how you will communicate
- ❖ If there's a fire and you're leaving your neighborhood, where do you plan to go? If there's a flood and you're going to higher ground, where is it and what route will you take?
- ❖ Be aware of others who may need YOUR help – older neighbors, the disabled, and families with several young children. Anyone who may need assistance.

HOW TO PREPARE

MAKE A PLAN

Rehearse

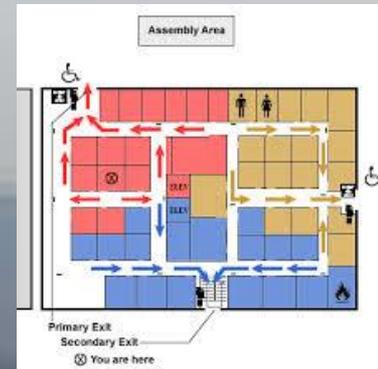
Have a kit at home and in your car

Stay Informed

Get Involved

Trainings

Drills and Exercises



Disaster Kit Contents

For Your Immediate Needs:

- ❖ **Food and Water**
- ❖ **Medications** for you, those with special needs and don't forget your pets.
- ❖ **First Aid Kit**
- ❖ **Health Information Sheet and Assistive Devices**
- ❖ **Identification**
- ❖ **Flashlight** with back-up batteries plus candles and matches
- ❖ **Radio** with backup batteries (though you may also be able to use your car radio)
- ❖ **Cell phone** with charger, inverter or solar charger
- ❖ **Whistle**
- ❖ **Water purification tablets** (or bleach - 8 drops per gallon using an eye dropper or teaspoon)
- ❖ **Wrench** or pliers to turn off utilities (ONLY if line is damaged or leaking)
- ❖ **Sanitation/hygiene** (toilet paper, plastic bags, bucket, towelettes)
- ❖ **Specific shelter-in-place supplies** – dust masks, duct tape, towels, plastic sheeting
- ❖ Have a list of **contact numbers**
 - ❖ Doctor, caregiver, your contact person, veterinary, neighbors, etc. *(For friends and family, contact one out-of-area person and ask that they relay information to others on your behalf. Provide them with a list in advance.)*

Disaster Kit Contents

After Day One, You'll Need:

- ❖ Keys (or combination) to safes, cars, house, etc.
- ❖ Cash, credit cards and/or Traveler's Checks
- ❖ Head-to-toe clothing
- ❖ Blankets or Sleeping Bags
- ❖ Food for you, your children, your pets and a manual can opener
- ❖ Medical needs

Disaster Kit Contents

If You Evacuate, You Will Need:

- ❖ Important Documents
 - Birth, Marriage, Death Certificates and Wills
 - Licenses and Passports
 - Insurance Records, Loan Papers and Deeds
 - Bank Account Numbers
 - Mortgage Account Number
 - Medical Insurance Information
 - Car Titles
 - Social Security Cards
 - Immunization Records
 - A utility bill to show proof of residence
 - Vaccination Records for Pets
- ❖ A Disk or CD with computer files backed up
- ❖ Photos or Video/DVD of your belongings

Remember some documents can just be scanned and stored on a flash (jump) drive.



What Our Disaster Kits Contain



2	2400 Cal Food Ration	3	12 Hour Light Sticks
2	Aqua Blox Water 3-Packs	1	36 Piece First Aid Kit
2	Solar Blankets	1	Vinyl Gloves (pair)
2	Ponchos Adult	1	Duct Tape 10 yards
2	Pocket Tissue Pack	1	Safety Whistle
1	Water Purification Tablets (50)	1	Swiss Style Pocket Knife
1	Box Waterproof Matches	2	Nylon Cord 50'
1	Out of State and Emergency Info Pack	1	Gas Shut Off Wrench
1	Bag Toilet Chemicals	1	Work Gloves (pair)
12	Toilet Liners	2	Tube Tent – two person
1	Honey Bucket Port-a-Potty with Lid	2	Dust Masks
1	AM/FM Dynamo Radio/Flashlight/Cell Charger	1	Emergency Information Packet

Protective Action

❖ Evacuation

❖ Shelter-in-Place •

- Close windows, doors, vents and fireplace dampers. Depending upon level of alert, you may need to seal (duct tape and plastic sheeting) these areas so no outside air contaminates your environment.

❖ Disaster Specific

- Earthquake
- Fire
- Flood
- Hazardous Material



Utilities

- ❖ You and your family members should be familiar with the location and operation of water, gas and electricity.
- ❖ Know how and when to turn off utilities.
 - Water, Gas and Electricity
 - If public water supply is unavailable, know that your water heater and toilet tanks house multiple gallons of potable drinking water.
 - NEVER drink pool/spa water.
 - If your well-being is dependent upon power for mechanical equipment, you need a generator.
 - Have a pair of pliers or wrench available
 - Be aware of smell, visible breaks in pipes and lines, and/or excessive dial rotation on your meters.

Turning Your Gas Off



- ❖ Do not shut off the gas unless you smell gas, hear gas escaping, see a broken gas line or you suspect a gas leak. Once the gas is shut off at the meter, **do not try to turn it back on** yourself.
- ❖ In an emergency, your gas can be turned off at the main gas service shutoff valve normally located near your gas meter. Using an adjustable pipe or crescent wrench, give the valve a quarter turn; the valve is closed when the tang (the part you put the wrench on) is crosswise to the pipe.
- ❖ If your gas service is configured differently from the above, please go to PG&E:

<http://www.pge.com/safety/gaselectricsafety/turngasoff/>

Seniors and the Disabled

SPECIAL NEEDS

- ❖ Your unique needs? You need more time to prepare and prioritization is more crucial. Make sure you go over your plans with an adult child or trusted relative or friend to be sure you've remembered everything.
- ❖ Install a security light in each room
- ❖ Food and Special Dietary Foods
- ❖ Medications – particularly life sustaining meds!
 - Make provisions for medications that require refrigeration.
- ❖ If you wear them and an emergency occurs in the night, remember dentures
- ❖ Prescription eyewear
- ❖ Hearing aids and batteries
- ❖ Medic Alert Bracelets (allergies, etc.)
- ❖ Canes and/or walkers
- ❖ Oxygen
 - Plan with provider in advance to determine if a reduced flow rate may be used in the event of a disaster to prolong the life of the system.
- ❖ Service Animals or Pets
- ❖ **NO one knows your special needs like you – plan for them!**



When Disaster Strikes



- ❖ Stay away from heavy furniture, electrical appliances, large panes of glass, shelves with heavy objects and fireplaces.
- ❖ Listen to your portable radio for instructions
- ❖ In the event of an earthquake, prepare for aftershocks. If you are in bed or sitting down, do not stand up as you could be thrown to the floor.
- ❖ **If you evacuate, leave a note at your home stating when you left (date and time), the route you were planning to take and where you were going.**

Stay Informed

- Alert
 - ❖ Community Warning System (CWS)
 - Sirens
 - Telephone Emergency Notification System (TENS)
 - Landlines and Cellular
 - Emergency Alert System (EAS) via television and radio
 - TV: Tune to Channel 2 (KTVU)
 - Radio: Tune to Channels 540AM, 740AM, 810AM



Pets and Service Animals

- ❖ Food and Water
- ❖ Immunization Records
 - Without same, your animal may be quarantined
- ❖ Supplies – bowls, leash, muzzle
- ❖ Collar with ID Tag
- ❖ Photo
- ❖ Have your companion micro-chipped whenever possible
- ❖ Medicines
- ❖ Transport (or protection/confinement) carrier



NOTE: Many emergency shelters will have accommodations for your pets and service animals.

Resources

U.S. Dept. of Homeland Security: www.ready.gov

Federal Emergency Management: www.fema.gov NOTE: *This site has a link to the County IPAWS Alerting Authority (CC Sheriff)*

State Governor's Office <http://myhazards.calema.ca.gov>

The CA Office of Emergency Services: www.oes.ca.gov

Centers for Disease Control and Prevention: www.cdc.gov/features/beready/

CA Dept. of Aging: www.aging.ca.gov

Contra Costa Health Services www.cchealth.org

Contra Costa County Sheriff's Office www.cocosheriff.org

Community Awareness and Emergency Response www.cococaer.org (*register here for alerts from CCC CWS*)

Community Warning System: www.cws.cccounty.us

California Volunteer Disaster Corps – www.californiavolunteers.org/disastercorps/

Community Emergency Response Teams: www.citizen corps.gov

Questions?

Please ask! If we don't know the answer we'll find it for you.





Contra Costa County Employment & Human Services Department

Advisory Council on Aging and the
Area Agency on Aging

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