

- ___ learn how to shut off utilities
- ___ discuss all possible exit routes from each room of your home and neighborhood with family members
- ___ learn your community's evacuation routes
- ___ ask about workplace emergency plans
- ___ learn about emergency plans for your children's school or day care center
- ___ decide where to reunite after the disaster
- ___ conduct drills or reviews with the family every 6 months
- ___ always keep your gas tank at least half full (gas stations may not have power)
- ___ post emergency phone numbers near telephones
- ___ pick one out-of-state and one local friend for family member to call if separated
- ___ instruct children how and when to call 911
- ___ show family members how to turn on the radio and find emergency information (1080 AM is best in our area)
- ___ be sure your home's number is visible from the street
- ___ install smoke alarms throughout the home – test them every 6 mos. and replace the batteries yearly
- ___ keep at least one ABC type fire extinguisher on each level of your home – check every six months for charge
- ___ secure items throughout your home for earthquake safety.

The internet is rich with further ideas on how to prepare for an emergency. Take a look at:

“Emergency Preparedness Checklist”

www.redcross.org

“How would you survive for 72 hours?”

www.72hours.org.

There are many other great ones online as well as resources for emergency supplies.

With this checklist in hand,
take the next step and

START PREPARING!

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Cabrillo Host Lions Club

**Preparing for
Emergencies &
Disasters**



Be Ready

When will we have our next emergency? We know that Santa Cruz County has had its share of disasters over the span of history and we will have more in the future. It is recommended that we all be prepared for at least three days until vital services are restored. Here are some things to consider in order to be ready:

Set up a 'go to' collection containing the following (you may need to evacuate):

- food (non-perishable) for 3 to 7 days*
- water for 3 to 7 days (min 1 gal/person or pet/day changed out every 6 months)
- medium-sized first aid kit with handbook
- flashlights
- battery operated radio
- extra in-date batteries
- non-electric can opener
- toilet paper
- personal hygiene supplies
- 7 day supply of personal medications
- driver's license or i.d. card
- copy of health insurance card
- one or more major credit cards
- checkbook
- cash in small denominations
- pepper spray
- cell phone



- whistle
- small tool kit
- blankets or sleeping bags
- camp stove
- matches
- cooking pot
- fry pan
- paper plates, cups and utensils
- small bottle of bleach
- disposable gloves
- a roll or two of paper towels
- extra pair of eye glasses
- large garbage bags
- change of clothing
- head covering
- sturdy shoes
- umbrella/rain clothing
- dust mask
- pen
- pad of paper
- tape
- extra set of car keys
- Bible
- current photos of family members
- list of emergency phone numbers
- list of family phone numbers
- medical consent forms for children
- favorite toy
- deck of cards
- books for children
- special items for infants, elderly or disabled family members
- disposable diapers



- pet food
- work gloves
- impact resistant glasses
- crowbar
- hammer
- staple gun
- adjustable wrench (to turn off gas supply).

Store your 'go-to' materials in a location where you will be able to access them when needed, such as a weather sealed shed, on-site camper etc. For easy identification of materials, assemble them into large semi-transparent storage boxes with lids marked "**emergency.**"

Check www.efoodsdirect.com for a basic 7 day food kit with a 15 year shelf life

Prior to any emergency consider and determine what kind of disasters could occur in your community and how best to respond:

- keep copies of important documents (passport, marriage license, will, deeds, insurance policies, inventory of your valuable items, a few checks etc.) in an offsite location such as a safety deposit box