



Family



Disaster

Preparedness



Kit



*Created for the
Mariposa Community
by the
Mariposa County Health Department*

Workbook Contents

Home Preparedness Kit

Mobile Preparedness Kit

Family Photos

Emergency Contact Numbers

Home Emergency Exits

Meeting Locations

How to Turn Off Water

How to Turn Off Gas

How to Turn Off Electricity

Animal Considerations

How to Practice Your Plan

Plan Review

References

Taking the First Steps in Preparedness

Thank you for taking the first steps to prepare yourself and your family for an emergency or disaster. Each year in Mariposa County, there are several reports of power outages, fires, flooding and landslides. As a member of a rural community, it is important to acknowledge these incidences and prepare accordingly.

This dynamic booklet has been created to assist you and your family in preparing for local emergencies or disasters. Each year, your family should review the preparedness items and make appropriate changes. Locations to meet family may change, phone numbers may change, and family member portraits will change, also.

An electronic copy of this workbook is available that you may update the pages as needed. Please do not keep the information in electronic format since electricity failure is an anticipated hazard in any emergency or disaster. The accessibility to your plan is as imperative as your planning.

Feel free to share this workbook with your friends and family members. For an emailed electronic copy, please contact the Mariposa County Health Department at 209-966-3689 or download the workbook from our website: www.mariposacounty.org/healthdepartment.

Mariposa County Health Department

Home Emergency Preparedness Kit

72 Hour Recommended Supplies

Supply	Contents and Quantity
Water	One gallon / per person / per day (two quarts for drinking, two quarts for food preparation.)
Food	<p>Ready to eat canned meats, fruits, and vegetables</p> <p>Canned juices, milk, soup</p> <p>Staples— sugar, salt, pepper</p> <p>High energy foods—peanut butter, jelly, crackers, granola bars, trail mix</p> <p>Vitamins</p> <p>Foods for infants, elderly persons or persons on special diets</p> <p>Comfort/stress foods—cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags</p>
First Aid Kit	<p>Sterile adhesive bandages in assorted sizes</p> <p>2 inch sterile gauze pads (4-6)</p> <p>4 inch sterile gauze pads (4-6)</p> <p>Hypoallergenic adhesive tape</p> <p>Triangular bandages (3)</p> <p>2-inch sterile roller bandages (3 rolls)</p> <p>3-inch sterile roller bandages (3 rolls)</p> <p>Scissors</p> <p>Tweezers</p> <p>Needle</p> <p>Moistened Towelettes</p> <p>Antiseptic</p> <p>Thermometer</p> <p>Tongue blades (2)</p> <p>Tube of petroleum jelly or other lubricant</p> <p>Assorted sizes of safety pins</p> <p>Cleansing agent/soap</p> <p>Latex gloves</p> <p>Sunscreen</p> <p>3 day supply of all prescription meds</p> <p>Non-Prescription Meds: Aspirin, Tylenol, Immodium, TUMS</p>

Home Emergency Preparedness Kit

72 Hour Recommended Supplies

Supply	Contents and Quantity
Tools and Supplies	<p>“Old Fashioned” Phone with Cord that requires <i>no electricity</i></p> <p>Mess kits, or paper cups, plates and plastic utensils</p> <p>Emergency Preparedness Manual</p> <p>Battery operated AM/FM radio and extra batteries</p> <p>Flashlight and extra batteries</p> <p>Cash and change</p> <p>Non — electric can opener, utility knife</p> <p>Fire extinguisher: small canister, ABC Type</p> <p>Tube tent</p> <p>Pliers</p> <p>Tape</p> <p>Compass</p> <p>Matches in a waterproof container</p> <p>Aluminum Foil</p> <p>Plastic storage containers</p> <p>Signal flare</p> <p>Paper, Pencil</p> <p>Needles, thread</p> <p>Medicine dropper</p> <p>Shut-off wrench, to turn off household gas and water</p> <p>Whistle</p> <p>Plastic Sheeting</p> <p>Map of the area (for locating shelters)</p> <p>SANITATION</p> <p>Toilet paper, towelettes</p> <p>Soap, liquid detergent</p> <p>Feminine supplies</p> <p>Personal hygiene items</p> <p>Plastic garbage bags, ties (for personal sanitation uses)</p> <p>Plastic bucket with tight lid</p> <p>Disinfectant</p> <p>Household chlorine bleach</p>

Home Emergency Preparedness Kit

72 Hour Recommended Supplies

Supply	Contents and Quantity
---------------	------------------------------

Clothing and Bedding	Sturdy shoes or work boots Rain gear Blankets or sleeping bags Hat and gloves Thermal underwear Sunglasses
-----------------------------	---

Special Items	
----------------------	--

	FOR BABY
--	-----------------

	Formula
	Diapers
	Bottles
	Powdered milk
	Medications

	FOR ADULTS
--	-------------------

	Heart and high blood pressure medication
	Insulin
	Prescription drugs
	Denture needs
	Contact lenses and supplies
	Extra eye glasses

	ENTERTAINMENT
--	----------------------

	Games, toys and books
--	-----------------------

	IMPORTANT FAMILY DOCUMENTS
--	-----------------------------------

	(Keep these records in a waterproof portable container.)
--	--

	Will, insurance policies, contracts, deeds, stocks and bonds
--	--

	Passport, social security cards, immunization records
--	---

	Bank account numbers
--	----------------------

	Credit card account numbers and companies
--	---

	Inventory of valuable household goods, important telephone numbers
--	--

	Family records (birth, marriage, death certificates)
--	--

Mobile Emergency Preparedness Kit

72 Hour Recommended Supplies

Supplies for ONE Person:

- **2 Quarts of Water**
- **1 Water Container (2.5 Gallon Capacity)**
- **2 Boxes High Protein Food Rations (Granola Bars or Emergency Supply Stores Carry Special Food Rations)**
- **1 Pair Heavy Duty Work Gloves**
- **6 Moist Towelettes**
- **1 Personal First Aid Kit**
- **1 Family First Aid and Emergency Preparedness Booklet**
- **1 Battery-Operated Radio, with batteries**
- **3 Light Sticks**
- **1 Whistle**
- **1 Battery Powered Flashlight, with batteries**
- **1 Plastic Sheeting**
- **1 Roll of Duct Tape**
- **1 Emergency Survival Blanket**
- **1 Rain Poncho**
- **Comfort Items (Hard Candy, Lollipops, Instant Coffee Packets, Small Toys for Kids)**

Family Photos

Update Frequently

Paste Photo Here

Paste Photo Here

Name _____ **DOB** _____

Name _____ **DOB** _____

Hair _____ **Eyes** _____

Hair _____ **Eyes** _____

Height ____ **Weight** ____

Height ____ **Weight** ____

Paste Photo Here

Paste Photo Here

Name _____ **DOB** _____

Name _____ **DOB** _____

Hair _____ **Eyes** _____

Hair _____ **Eyes** _____

Height ____ **Weight** ____

Height ____ **Weight** ____

Emergency Contact Numbers

Disaster Information in My Community: **Mariposa County**
209-966-1133 / 888-966-1133

Out of State/Area Contact Number: (_____) _____

Nearest Relative Contact Number: (_____) _____

Your Home Phone Number: (_____) _____

Your Cell Phone Number: (_____) _____

Household Family Phone Numbers: (_____) _____

(_____) _____

(_____) _____

Physician: _____

(_____) _____

Pharmacist: _____

(_____) _____

Dentist: _____

(_____) _____

Bank (s) and Phone Numbers: _____

(_____) _____

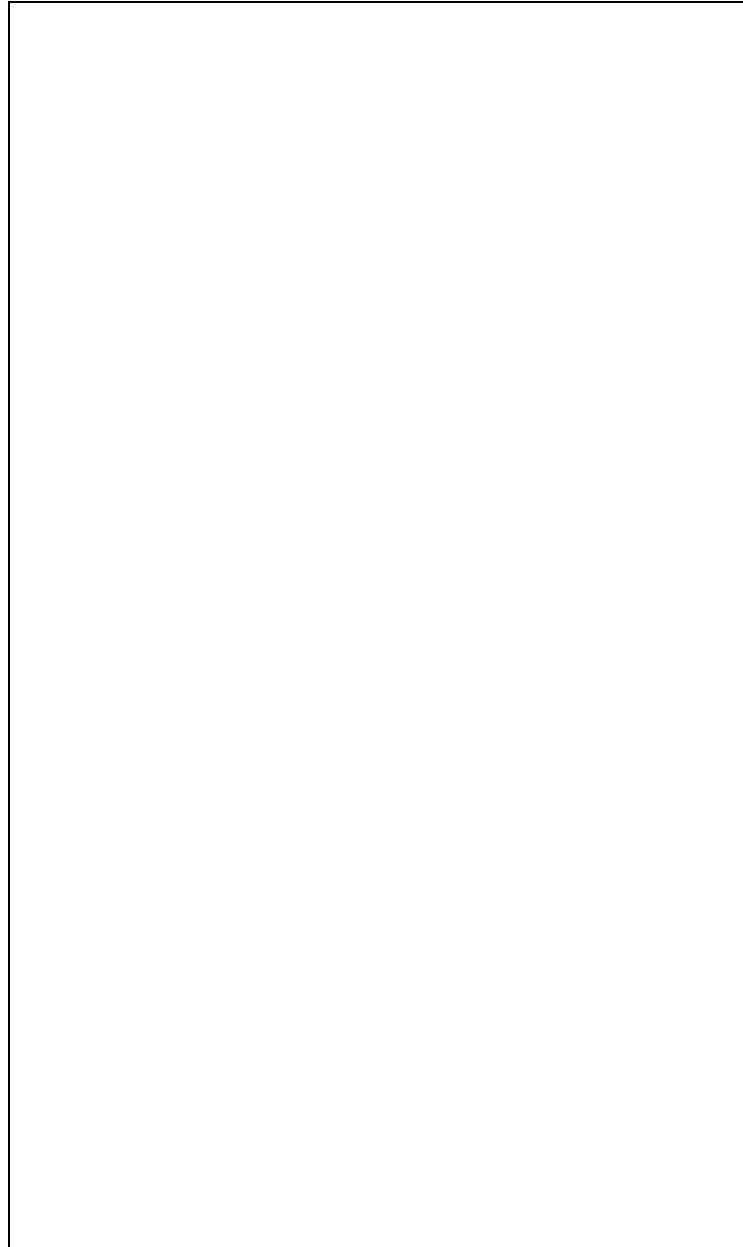
Credit Card Company (s) _____

Name and Phone Numbers: _____

(_____) _____

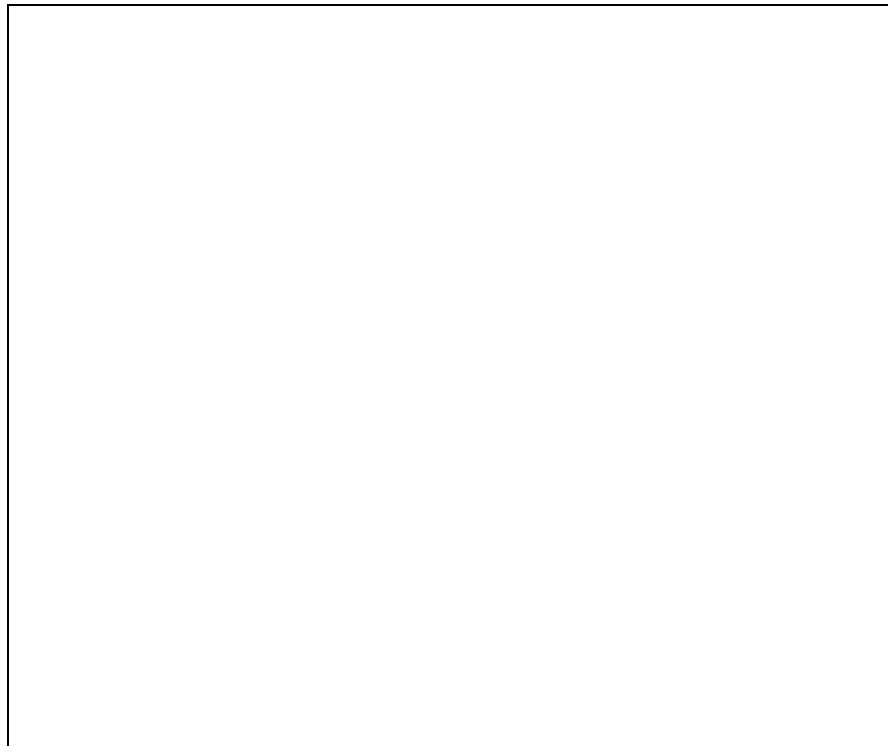
Home Emergency Exits

Use this diagram to illustrate possible emergency exits from your home



Home Emergency Exits

Use this diagram to illustrate possible emergency exits from your home



Meeting Locations At Home

Pick one meeting place and one back up place around the home for family members to meet together following an emergency affecting your home like fire or earthquake. The second place should be chosen since it is possible the first place may also be dangerous or unavailable after a disaster.

The first place my family should meet is:

If the first choice is affected by the emergency, the back up place is:

Meeting Locations Away From Home

During an emergency, your home and neighborhood may be affected and you will not be able to return. Knowing your family members are safe is an important part of responding to an emergency. If you can not return to your home and/or neighborhood, decide with other family members where a good meeting place away from home will be.

If our neighborhood is affected, we will meet at:

If our first choice is a part of the emergency and we can not go there, we will meet at:

How to Turn Off Gas

If you need to have your gas shut off, call your gas company to do it, if possible. However, in an emergency when you need the gas shut off immediately, take these steps:

- Locate the shutoff valve on the riser pipe (the pipe running through the ground or foundation wall to your meter). To turn the valve, you will need a crescent or pipe wrench, or a special wrench available from your local gas company.
- When the valve head is parallel to the riser pipe, it is in the “on” position. Turn the valve head crosswise to the pipe and it will be in the “off” position. There are also shutoff valves on the lines feeding individual gas appliances.
- Once the gas is off, leave it off. Call the nearest gas company office when you are ready for the gas to be turned back on. A qualified technician will check your system, turn on your service and relight the pilot for you.

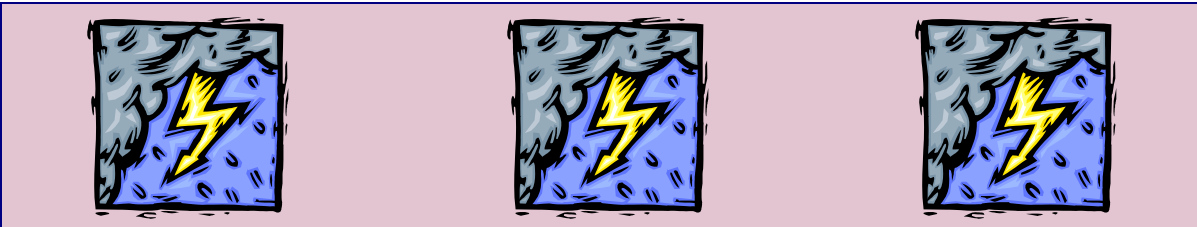
Any odor inside your home may indicate a leak. Follow these steps if you detect a leak:

- Do open windows and doors
- Do evacuate all persons from the building
- Do call your local gas company from a neighbor’s phone or a phone far away from the building
- Don’t use the telephone (including cell phones and other portable communications devices with a battery). These can spark and create an ignition source
- Don’t light matches or create any other source of ignition
- Don’t turn lights off or on, or operate any electrical switches (either off or on). This could create a source of ignition.

How to Turn Off Water and Electricity

WATER

Earthquakes or severe freezing weather can interrupt water supplies. It's important to turn off the water quickly to avoid flooding or possible contamination of your water system. Locate the main water valve, often near the wall in a basement or garage. Label it for quick identification. If you need to turn the water off, turn the valve clockwise until it stops.



ELECTRICITY

If the power goes out:

- Check your fuse or breaker box for blown fuses or tripped circuits. If they're okay, check to see if your neighbors are without power.
- Call your power company immediately to report the outage. Please call only once so other customers can get through.
- Turn off all electrical equipment, including your water heater, electric furnace or heaters, stove, washer, and dryer, stereo and TV, to help prevent overloading the system when power is restored. (Major appliances can be turned off at the breaker box). Do, however, turn on a porch light and one inside light so you and repair crews will know when service is restored.
- Listen to the radio (batter-powered) for updates on major storm outages. You can also call your power company for information on when power will be restored.
- If your neighbor's power comes back on but your's does not, call your power company again.
- If your lights are very dim or very bright once power is restored, turn off the power at the breaker or fuse box and call your power company.

Animal Considerations

Disaster plans should include pets, too.

Have a safe place to take your pet because evacuation shelters cannot accept pets due to Health and Safety Regulations (unless the animal is a Service Animal). It may be very difficult, if not impossible to find shelter for your animals in the midst of a disaster, so plan ahead. Do not wait until disaster strikes to do your research.

I have ____ Pets

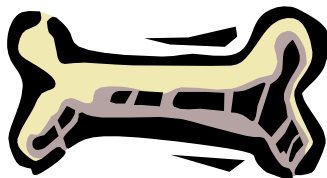
Type of Pet	Quantity	Locations to take in Emergencies

Animal Considerations

PET DISASTER SUPPLY KIT

- Medications and medical records (stored in a waterproof container) and a first aid kit.
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape.
- Current photos of your pets in case they get lost.
- Food, potable water, bowls, cat litter/pan, and manual can opener.
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets.
- Pet beds and toys, if easily transportable.

Make sure all dogs and cats are wearing collars and securely fastened, up-to-date identification. Attach the phone number and address of your temporary shelter, if you know it, or of a friend or relative outside the disaster area. You can buy temporary tags or put adhesive tape on the back of your pet's ID tag, adding information with an indelible pen.



How to Practice Your Plan

Understanding potential hazards that exist within your home and community should not create fear. It is important to realize many people become fearful because incidents like disasters create a sensation of losing control over their lives. Preparing and training to respond to a disaster is the first step in maintaining control. With a plan, you know what your next step should be and how to take it. If you practice, you already know how to do it because you've done it before. If you practice on a regular basis you will likely respond to a situation correctly without having to consciously remember.

The more likely an event may happen, the more often the plan to respond to that event should be practiced. For instance, in Mariposa County, fires are a common natural disaster. Maintaining an evacuation kit and practicing evacuation routes from home and from the area should be regular practice. Blizzards, on the other hand, are not as common. Though we should keep a few extra blankets for severe cold during power outages, purchasing a snow plow attachment for the tractor is not a reasonable cost for most people.

How should you practice your plan?

First, pick a regular date, time of year, and time to practice.

Then, determine what you would like to test:

- The time it takes to get through the plan
- How easy the plan is to follow
- Changes you have made since the last practice

Use these "objectives" and pretend there has been an emergency affecting your household. Follow your plans from beginning to end, testing only one or two objectives each time. Discuss with the family what works and what didn't work. Then, make necessary changes and practice again—right away. Sometimes we make improvements, but don't know until we practice again whether the improvements really work.

72 Hours without TV? That's an ETERNITY! Have you gone mad???

For intense training, consider a 72-hour practice with the family. Pretend there is no electricity, no water, and no gas for the full three days and use only your reserved supplies day to day. Keep a pen and note pad ready to take notes about what you would have liked to have had. Then include those items in the kit for a real event (or the next 72-hour practice.)

An intense practice like above should not be continued if safety or health is jeopardized. Practice is good, but not worth your life or a loved one's. Please consider the safety of all family members and pets.

Plan Review

RECOMMENDED:

Review and update your plan. Initial that you have completed according to the bi-monthly schedule.

January _____

March _____

May _____

July _____

September _____

November _____

ACCEPTABLE:

Review and update your plan *when the time changes* (twice yearly.)

Plan to practice your plan during this time, too.

It is also a good idea to change and check your smoke alarm batteries at the same time.

References

- **American Red Cross:**
 - Pets and Disasters: Get Prepared *Brochure*
 - Your Family Disaster Supplies Kit *Brochure*
 - 3 Actions You Should Take To Be Prepared In an Emergency *Brochure*
 - Disaster Preparedness For Seniors By Seniors *Booklet*
 - www.redcross.org
- **Federal Emergency Management Agency (FEMA)**
 - Preparing for Disaster

For More Information

- **www.mariposacounty.org/health**
- **www.redcross.org**
- **www.beprepared.gov**
- **“Emergency Contact Card”**
<http://www.redcross.org/prepare/ECCard.pdf>
- **“Emergency Preparedness Shopping List”**
<http://www.redcross.org/flash/brr/Emergency%20Preparedness%20Shopping%20List.xls>