

If you and your loved ones are separated during a disaster, each person should call the designated contact person to report his/her location and condition. This contact should be out of state because it is often easier to call long distance after a disaster.

LOCAL _____
Name _____ Home/Cell _____ Work _____

1800 June 2006

OUT-OF-STATE _____
Name _____ Home/Cell _____ Work _____

EMERGENCY MEETING PLACES
So you can reunite your loved ones in case of a disaster, identify your own meeting places and know the evacuation sites for school and work.

Near Home (example: across the street, street corner)

Out of the Neighborhood (example: park, public building)

Workplace evacuation site (example: across the street, street corner)

School / day care phone number & evacuation site

EMERGENCY CARD

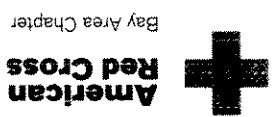
FIRE

In case of fire:
Choose the safest escape route from the building.
If you are behind a closed door, feel the door before you open it.
If the door is hot, find another way out.
If you must exit through smoke, drop to the floor and crawl.
Get out as fast as you can.
Once you are out, STAY OUT! Never go back into a burning building.
If you cannot exit safely, go to a window and signal for help or call for help.
Think PASS to use a fire extinguisher. In small fires:
Pull the pin.
Aim the nozzle at the base of the fire.
Squeeze the handle.
Sweep the nozzle from side to side.

ALLOW LOCAL EMERGENCY OFFICIALS ADVICE

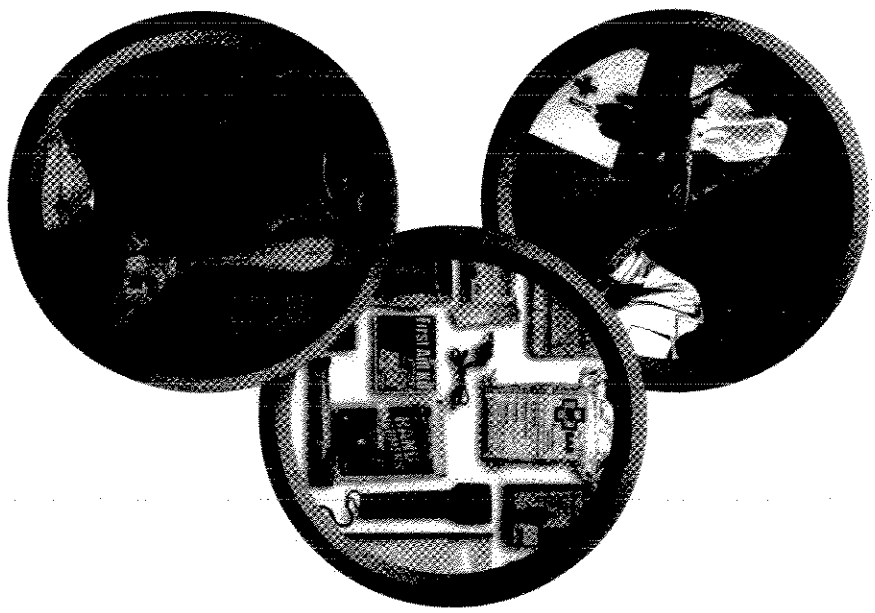
If Asked to:
Evacuate - Take your disaster supplies, family pet(s) and secure your home.
Shelter in Place - Close and lock windows, doors and heat-cooling vents. Place wet towels under the doors or any place outside air may enter.
Extended Home Stay - If a pandemic occurs, you may be asked to limit your public exposure. Follow the instructions of the Public Health Department. Reduce your need to go outside of local (or pandemic by stocking extra food, water and supplies at home

Listen to your radio or television for further instructions



Bay Area Chapter

ACTIONS FOR EMERGENCY PREPAREDNESS



American Red Cross

Bay Area Chapter

www.redcrossbayarea.org

PREPAREDNESS

Are you and your loved ones ready for an earthquake or fire?

Do you know what to do in a life-threatening emergency?

The American Red Cross Bay Area offers free preparedness training. You can host a Disaster Preparedness Course for your workplace, neighborhood, school, faith community, service group, or community agency. Or register for a course at one of our office locations.

Disaster Preparedness course description:

Learn how to prepare you and your loved ones for all types of disasters.

- Courses are offered in English, Spanish, Cantonese, Mandarin and Tagalog
- Option to add a component on first aid reminders
- Courses are 60 minutes, minimum of 20 participants
- Courses are FREE

For more information visit our website www.redcrossbayarea.org (click on courses link)

Call (510) 595-4459 (English)
(510) 595-4429 (Spanish)
(415) 427-8911 (Chinese)

Learn how to become a Disaster Preparedness Facilitator for the Red Cross or your organization.

For more information about Train the Trainer courses
Call (510) 595-4459

DISASTER RESPONSE

The American Red Cross responds to disasters such as hurricanes, floods, earthquakes and fires, or other situations that cause human suffering or create human needs that those affected cannot alleviate without assistance. Volunteers from across the counties are trained to respond to needs caused by all sizes of disaster - from a single home fire to catastrophic events. The Red Cross volunteers work with government, business, labor unions, faith-based organizations, community organizations, and other voluntary agencies to plan and execute a coordinated and efficient response. The Red Cross organization also provides access to significant material, personnel and technological resources from community chapters across the counties.

GETTING INVOLVED

There are many opportunities for individuals, community groups, organizations and businesses to get involved with the American Red Cross Bay Area:

- Volunteer directly and get trained to respond locally or nationally
- Volunteer as a group or team
- Assist with sheltering, feeding, determining family needs, meeting health and mental health needs
- Help Interpret for the deaf or non English speakers
- Help with identifying and meeting the needs of a specific community of people
- Your organization can become a community shelter
- Your community group can help with feeding, handling donated goods, and organizing donation efforts
- Businesses can provide volunteers, goods and services, and expertise
- Become a Disaster Preparedness Facilitator to help your community get the training they need
- Become a volunteer instructor to teach people lifesaving CPR and first aid skills

To volunteer, call: 415-427-8052 or www.redcrossbayarea.org

HEALTH & SAFETY

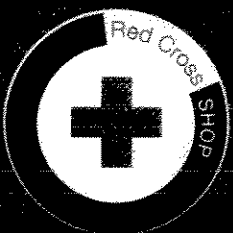
Learn First Aid & CPR

Teaching valuable life-saving skills is a core service of the American Red Cross. Hands-on courses prepare students to respond to breathing and cardiac emergencies, recognize and provide basic care for injuries and sudden illnesses, and use an automated external defibrillator (AED) until medical personnel arrive. Advanced courses certify our professional rescuers and child care workers in these vital skills. Specialty training offered through the Red Cross includes courses in workplace safety, babysitter training, sport safety, and pet first aid. Our trained Health and Safety volunteers are available to operate first aid stations at community events which raise funds and awareness for the American Red Cross locally.

To register or inquire about schedules, please visit our website www.redcrossbayarea.org/cprfirstaid or call (800) 520-5433

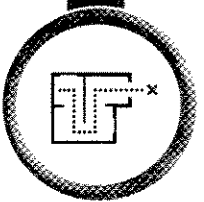
The American Red Cross Bay Area has disaster kits and first aid kits available for purchase for your home, school, and office.

Please call (800) 520-5433 for more information or visit www.redcrossshop.org for a complete list of products and descriptions.



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MAKE A PLAN



Planning ahead is the first step to a calmer and more assured disaster response.

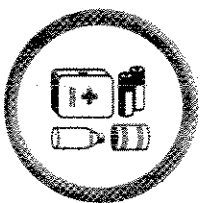
- 1. Talk.** Discuss with your family the disasters that can happen where you live. Establish responsibilities for each member of your household and plan to work together as a team. Designate alternates in case someone is absent.
- 2. Plan.** Choose two places to meet after a disaster:
 - Right outside your home, in case of a sudden emergency such as a fire.
 - Outside your neighborhood, in case you can not return home or are asked to evacuate your neighborhood.
- 3. Learn.** Each adult in your household should learn how and when to turn off utilities such as electricity, water and gas. Ask someone at the fire department to show you how to use the fire extinguisher you store in your home.
- 4. Check supplies.** Review your disaster supplies and replace water and food every six months. (More information on disaster supplies appears in the following section.)
- 5. Tell.** Let everyone in the household know where emergency contact information is kept. Make copies for everyone to carry with them. Be sure to include an out-of-area contact. It may be easier to call out of the area if local phone lines are overloaded or out of service. Keep the information updated.
- 6. Practice.** Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on a map in case main roads are impassable or grid-locked. Practice earthquake, tornado and fire drills at home, school and work.
- 7. Sheltering-in-Place.** Chemical or airborne hazards require a special response called sheltering-in-place. If local officials advise you to shelter-in-place:
 - a. Close and lock all windows and exterior doors.
 - b. Turn off all fans, heating and air conditioning systems.
 - c. Close the fireplace damper.
 - d. Get your disaster supplies kit out and make sure the radio is working.
 - e. Go to an interior room without windows that is above ground level. (In the case of chemical threat, an above-ground location is preferable because some chemicals are heavier than air and may seep into basements even if the windows are closed).
 - f. Using duct tape, seal all cracks around the door and any vents into the room.
 - g. Listen to your radio or television for further instructions. Local officials may call for evacuation in specific areas.

Resources to help your action steps

- To host a free preparedness course for your organization or register for a course at the chapter:
www.redcrossbayarea.org/prepare
- Dedicated preparedness information:
www.prepare.org
Call (510) 595-4459 (English)
(510) 595-4429 (Spanish)
(415) 427-8911 (Chinese)
- www.preparebayarea.org 1-877-PREPBAV
- Disaster supplies and kits are available for sale at the Red Cross Store:
www.redcrossshop.org
Call (800) 520-5433
- To register for First Aid, CPR and for AED courses:
www.redcrossbayarea.org/CPRFIRSTAID
Call (800) 520-5433
- To make an appointment to donate blood today,
www.givelife.org
Call 1-800-GIVE LIFE (1-800-448-3543)

2

GET A KIT



Store enough supplies for everyone in your household for at least three days. Include any necessary items for infants, seniors and people with disabilities in your kit. Store your disaster supplies in a sturdy but easy-to-carry container. Keep a smaller version of the kit in your vehicle.

- 1. Water.** Have at least one gallon, per person, per day.
- 2. Food.** Pack non-perishable, high-protein items, including energy bars, ready-to-eat soup, peanut butter, etc. Select foods that require no refrigeration, preparation or cooking, and little or no water.
- 3. Flashlight.** Include extra batteries.
- 4. First aid kit.** Pack a reference guide.
- 5. Medications.** Don't forget prescription and non-prescription items.
- 6. Battery-operated radio.** Include extra batteries.
- 7. Tools.** A wrench to turn off gas if necessary, manual can opener, screwdriver, hammer, pliers, knife, duct tape, plastic sheeting, and garbage bags and ties.
- 8. Clothing.** Provide a change of clothes for everyone, including sturdy shoes and gloves.
- 9. Personal items.** Remember eyeglasses or contact lenses and solution; copies of important papers, including identification cards, insurance policies, birth certificates, passports, etc.; and comfort items such as toys and books.
- 10. Sanitary supplies.** You'll want toilet paper,towelettes, feminine supplies, personal hygiene items, bleach, etc.
- 11. Money.** Have cash. (ATMs and credit cards won't work if the power is out.)
- 12. Contact information.** Carry a current list of family phone numbers and e-mail addresses, including someone out of the area who may be easier to reach if local phone lines are out of service or overloaded.
- 13. Pet supplies.** Include food, water, leash, litter box or plastic bags, toys, any medications, and vaccination information.
- 14. Map.** Consider marking an evacuation route on

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BE INFORMED

Learning basic First Aid and CPR/AED skills can give you the confidence and ability to help anyone in your family, community and at work in the event of an emergency.

When a major disaster or local emergency occurs your life can change in an instant. Loved ones can be hurt and emergency response can be delayed. You can acquire the knowledge and skills necessary to recognize and provide basic but critical care for injuries and sudden illnesses, including the use of an automated external defibrillator (AED) for victims of sudden cardiac arrest, until EMS arrive. You can do this! The critical three steps below can help you react well in an emergency:

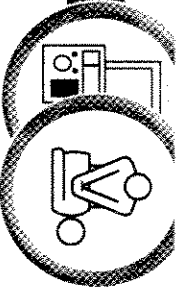
- **Check the scene for safety** and the victim for life-threatening conditions.
- **Call 9-1-1** or your local emergency number and request professional assistance
- **Care for the victim** until emergency assistance arrives.

\$5 Off

CPR/AED course or
First Aid course or
Two Person Disaster Kit

American Red Cross training will give you the skills and knowledge you need to respond in the event of an emergency, (e.g. cardiac arrest, sudden illness or major disaster). This coupon can be redeemed by calling our customer service line 800 520-5433 or visit www.redcrossshop.org. For course information, please visit our Website: www.redcrossstorebyarea.org. Offer expires 12-31-07.

Limited to one per individual.
Coupon may not be combined with other offers.



**Actions to take when disasters occur:
During and after an Earthquake
DROP, COVER and HOLD ON.**

If you are indoors: Drop to the floor, take cover under a piece of heavy furniture, cover your head, and hold on to the furniture with your other hand

If you are outdoors: Move into the open, away from buildings, lights, trees and utility wires
Following an earthquake: Be prepared for aftershocks

In case of fire, take action quickly:

- Always plan two escape routes from every room
- If a fire occurs and you are behind a closed door, feel the door before you open it. If the door is hot, find another way out.
- If you must exit through smoke, drop to the floor and crawl; get out as fast as you can
- Once you are out, STAY OUT—never go back into a burning building
- If you cannot escape safely, go to a window and signal for help or call for help

Take steps to prepare for a Pandemic

Practice Healthy Hygiene

- Clean hands often—Wash with soap and water or with hand sanitizer
- Cover mouth and nose when you sneeze or cough and wash hands afterwards
- Keep hands away from face
- If you are sick, stay home and avoid contact with others.

Prepare at Home

Determine what supplies you will need to provide care at home.

Stock Up Now

- Reduce your need to go out during a local flu pandemic by stocking extra food, water and supplies at home.
- If you do get sick and have extra supplies on hand, you will help reduce the spread of pandemic flu by staying home.

For more information on action steps to take in a disaster visit: www.prepare.org

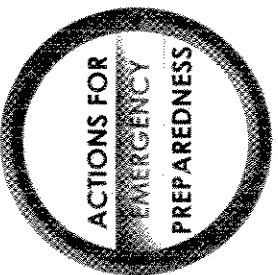
IF YOU ARE INJURED

Emergency Action Steps:
Check the victim's breathing.
Call 911.
Life threatening injury.
Care for the victim until emergency assistance arrives.

During the earthquake:
Drop, Cover, and Hold On.
Cover your head and neck with your arms.
Hold on to your arms.
If you are in a car, stay in the car.
If you are in a building, stay in the building.
If you are in a street, get to the sidewalk or street.
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If you are in a street, get to the sidewalk or street.

EMERGENCY CARD

1-877-762-7272 | www.redcross.org



American Red Cross

Bay Area Chapter

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