

# 10 Ways **We** Prepare for Disasters



**When a disaster strikes...**

**Will you and your family be ready?**

**Do you know what to do?**

**Do you have a plan?**



**“In California, WE Prepare for disasters by having a plan and being ready to take care of ourselves, our families and our communities. I urge all Californians to get ready.”**

California First Lady  
Maria Shriver

## 10 Ways **WE** Prepare for Disasters

When disaster strikes...will you and your family be ready? Do you know what to do? Do you have a plan? Get ready today by following these 10 preparedness tips.

### 1. **WE** Identify Our Risks

Identify dangers where you live and work, and where your children go to school. Find out what natural or man-made disasters pose a risk for you and your family. Do you live or work in a flood plain, near a major earthquake fault or in a high-fire danger area?

- Contact your local Office of Emergency Services (OES) or local chapter of the American Red Cross, and get informed.
- Check with your insurance company to see if your home is in a high-risk area for fire, flood or earthquakes. Make sure your insurance coverage is up to date on an annual basis.

### 2. **WE** Create a Family Disaster Plan

WE Prepare by creating a family plan.

- Designate a meeting place outside of your home. This is where family members can go if you have to evacuate.
- Identify an out-of-state “family contact.” It is often easier to call long-distance following a disaster.
- Know and understand your plan. Involve all members of your household in the creation of your plan, especially children.
- Learn how to get important information in your community and how to talk to family members, if you become separated.
- Take care of your family pets. Store food and water for them in your disaster supply kit and keep their tags up to date.

### 3. **WE** Practice Our Disaster Plan

After working with your family to develop your plan — practice it. Start by having family members meet at a designated spot outside your home. Know how to respond in a disaster — whether to stay put indoors, or whether to evacuate your neighborhood.

### 4. **WE** Build a Disaster Supply Kit for Our Home and Car

In order to be self-sufficient until help arrives, you need to have a disaster supply kit. Your home kit should have at least the following items and be kept in containers that can be easily carried such as backpacks, plastic totes or wheeled trash cans. Carry a smaller kit in your car.

- Have at least a three-day supply of nonperishable and canned food, and water for all family members. Replace water every six months. Don't forget to restock food items.
- First aid kit.
- Battery-powered flashlight, portable radio and extra batteries. Replace batteries on a regular basis.
- Change of clothing and footwear, and one blanket or sleeping bag for each family member.
- Extra set of car keys, a credit card and cash.
- Extra medications.
- Sanitation supplies (such as soap, cleaning supplies, shampoo, toilet tissue, etc.)
- Extra prescription glasses.
- Keep important family documents in a waterproof container.



### 5. **We** Prepare Our Children

The more informed and involved children are in disaster planning, the more prepared they will be. Talk to your kids about risks and what your family will do if disaster strikes. Empower your children to help develop your family plan, build your disaster supply kits and lead practice drills.

### 6. **We** Keep in Mind Unique Needs

Remember to prepare for unique needs that you or your family members have. Do you have small children or are there seniors or individuals with disabilities in your family? Make sure you have infant supplies, medications or durable medical equipment that you or your family members may need. Have enough supplies to last at least three days. Contact the National Council on Disability at [www.ncd.gov](http://www.ncd.gov) for more information.

### 7. **We** Learn CPR and First Aid

Contact your local chapter of the American Red Cross today and get trained on first aid and CPR. Your training could save the life of a loved one or neighbor following a disaster.

### 8. **We** Secure Our Space at Home and the Workplace

Secure the contents of your home or office to reduce potential dangers, especially during shaking from an earthquake or an explosion. Strap large electronics, anchor tall furniture, secure cabinet doors and overhead objects such as ceiling fans and pictures. Find out how you can make your home fire safe by contacting your local fire department or CalFire.

### 9. **We** Understand Threats of Man-Made Disaster

There are many types of disasters. Some are natural occurrences, such as earthquakes and floods. Others are man-made and can range from chemical spills and power outages to terrorist attacks. WE Prepare by understanding and being ready for both types of disasters.

### 10. **We** Serve

In California, one way WE Prepare is by helping others. There are many ways you can get involved to help make sure your community is ready for disasters. Log on to [www.CaliforniaVolunteers.org](http://www.CaliforniaVolunteers.org) and Volunteer Now! In the search by interest box select Public Safety & Disaster Preparedness to find out where to donate blood or how to join a local Community Emergency Response Team (CERT), the American Red Cross, Fire Safe Council or other volunteer organizations in your area.



**Did you know that less than half of Californians have a disaster plan?  
Visit [www.CaliforniaVolunteers.org](http://www.CaliforniaVolunteers.org) to customize your family disaster plan  
and personalize your children's book.**

