

In Response

san francisco

card

A Publication of San Francisco Collaborating Agencies Responding to Disaster
made possible by support from the Pacific Gas and Electric Company and the United Way

In Response is SFCARD's monthly newsletter for current information
on disaster preparedness in the San Francisco community.

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Issue 25, June 2004

The Three-Minute CARD Update

Three Important PERSONAL Preparedness Tips

1. Shelter in Place
If officials say to "Shelter in Place," stay inside your home, vehicle or workplace until it is safe to come out.
2. Meeting Place
Decide where you and family members would meet if the emergency affects your home, or if officials have to evacuate your neighborhood.
3. Extra Cash
Have extra cash in your disaster kit (ATMs and credit Cards won't work if power is out)



Upcoming CARD Information Meetings

1. July 8 -- Neighborhood Emergency Preparedness. Learn how joining the SFFD's model NERT program can strengthen your agency's preparedness.
2. August 5 -- Managing Your Response to Disasters. Learn how to implement SEMS (the Standardized Emergency Management System).
3. September 2 -- Best Practices in Agency Preparedness. A panel of SF organizations will share their keys to success in planning for emergencies.

For more information see SF CARD's 2004 Information Exchange Calendar at:
<http://www.sfcad.org/InformationExchange0409.pdf>

Three Important AGENCY Preparedness Tips

1. Define Your Organization's Disaster Mission
Following a disaster, will your agency continue to provide the same services, or will you expand services, or perhaps provide new and different services?
2. Protect Vital Records
Maintain a back up of vital records (computer and paper files).
3. Educate People You Serve
Give the people you serve some basic information on steps they can take now to prepare for emergencies; for information go to <http://www.prepare.org>



Out-of-Town Contact Card

Copy, clip and complete the following card for each member of the family.

Out-of-town contact: _____

Contact telephone number: _____

Family meeting place: _____

Special needs: _____

Cardholder's name: _____

Address: _____

Phone: _____

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Recap of June 3 Information Exchange on Personal Emergency Preparedness

My Home Preparedness Index *

(Give yourself 10 points for each item that is true for you)

* Taken from the American Red Cross Bay Area Chapter

I Have Made a Home Disaster Plan

- My family and I have identified two places to meet after a disaster
- My family and I have identified an out of area phone contact
- My family and I have identified two places to meet after a disaster

I Have Built a Home Disaster Supplies Kit

- I have a 3-day supply of food, water, and special items for all members of my household
(Special items may include emergency supplies for your pet, extra eyeglasses, baby food, prescription medications, etc.)
- I have a flashlight, battery-powered radio, and extra batteries
- I have a well-stocked first aid kit

I Have Been Trained

- I have learned how to drop, cover and hold on in case of an earthquake
- I have learned how to shelter in place if needed
- I have learned how to evacuate safely or signal for help if I am unable to exit in case of fire
- I am currently certified in first aid and CPR

My total Home Preparedness Score

90-100 points = excellent / 80 points = very good / 70 points = a solid foundation / < 70 points still more to do



Recommended Supplies to Include in a Basic Disaster Supplies Kit

- Water, one gallon of water per person per day
- Food, a 3-day supply of non-perishable food
- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Moist towelettes for sanitation
- Garbage bags/plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener (if kit contains canned food)