



EARTHQUAKE PLANNING

The key to surviving any emergency or disaster situation is planning. Take the time to discuss what you hope to do in an emergency with everyone at home. Take a moment over dinner to identify what each of you will do.



- o What escape routes avoid falling hazards?
- o How do you help family members with disabilities?
- o How do you plan for pets?
- o What supplies do you store for 5-7 days?
- o Who do you call?

For More Information:

American Red Cross Emergency Plan: www.prepare.org

How to Prepare a Communications Plan: www.redcrossbayarea.org/beredcrossready

Emergency Supplies: www.redcrossbayarea.org/beredcrossready

APRIL

FIRE SAFETY

Fires are the number one cause of death at home for children under 6, causing millions of dollars in losses every year. Small steps make a big difference in reducing loss and ensuring you and your family's survival.



- o Install and maintain smoke detectors.
- o Plan and practice how to escape from a fire.
- o Be a careful when you cook or barbeque.
- o Keep a working fire extinguisher handy.

For More Information:

Preventing Burns by Conducting a Hazard Hunt: www.usfa.dhs.gov/kids

Installing and Using Smoke Detectors: www.usfa.dhs.gov/citizens/all_citizens/home_fire_prev/alarms

How to Escape Fires and Cook Safely: www.nfpa.org

MAY



SUMMER WEATHER RELATED ILLNESS

As the weather warms up, extreme heat causes discomfort, medical emergencies, and the risk fire. Be prepared to stay cool and keep your family and home safe.

- o Prepare for extreme hot days and cool evenings.
- o Drink non-alcoholic fluids to stay hydrated.
- o Use sunscreen or seek shade when outdoors.
- o Keep pets hydrated and out of the sun.

For More Information:

Remaining Hydrated: <http://bepreparedcalifornia.ca.gov>

Hot Weather Alternative Activities: <http://emergency.cdc.gov/disasters/extremeheat>

JUNE