

# The First 72-Hours After A Disaster

- **What to expect**

In a major disaster be prepared to **be on your own** for the first 72-hours (3-days)!

- **What does “shelter in place” mean**

Often, when there is an imminent threat or hazard, the public is told to “**shelter in place.**” Sheltering in **place** is a precautionary routine to keep you as safe as possible while indoors during an emergency event.

Most likely for OHCC this will mean **stay home** and stay off the streets. Make sure you and others living with you are safe.

Back your car into the driveway in case you need to evacuate and always have a ½-tank of gasoline in your vehicle.

- **How to prepare your home for an earthquake**

**Earthquake Safety Checklist:** From FEMA this 18-page PDF file provides a general coverage of what to do and what to expect.

[https://www.fema.gov/media-library-data/1510153676317-82124ab3b0a31ea239f60acc8d46c2ba/FEMA\\_B-526\\_Earthquake\\_Safety\\_Checklist\\_110217\\_508.pdf](https://www.fema.gov/media-library-data/1510153676317-82124ab3b0a31ea239f60acc8d46c2ba/FEMA_B-526_Earthquake_Safety_Checklist_110217_508.pdf)

- **How to set up your mobile device for emergency calling & medical information**

**iPhone: Emergency SOS** on an iPhone is a feature that allows you to immediately call **emergency** services after you quickly click the power button (also known as the Sleep / Wake button) five times in a row. After pressing the power button five times in a row, an **emergency SOS** slider appears.

**Android:** Open your phone's settings, go to “Personal,” select “Privacy and **Emergency,**” and click “Send **SOS** Messages.” First, enable the feature by clicking the toggle at the top right. It will prompt you to agree to a disclaimer. Once you accept the terms, you will be able to set up **SOS** Messages.

- **How to use a fire extinguisher**

- PULL... Pull the pin. This will also break the tamper seal.
- AIM... Aim **low**, pointing the extinguisher nozzle (or its horn or hose) at the base of the fire. ...
- SQUEEZE... Squeeze the handle to release the extinguishing agent.
- SWEEP... Sweep from side to side at the base of the fire until it appears to be out.

<https://www.youtube.com/watch?v=BLjoWjCrDqg>

- **How to shut off your electricity**

To **turn off power** to the entire **house**, start by flip all individual circuit breaks to off then flip **off** the main breaker, usually a double-width **switch** located at the top of the service panel. To **turn on the power** flip **on** the main breaker then each of the individual breakers.

<https://www.hometips.com/diy-how-to/electricity-power-turn-off.html>

When your power is off, minimize the opening of your refrigerator and freezer. This will keep from food items fresh longer. Remember if your ice melts this fresh water you can drink.

- **How to open your garage door manually**

Pull **the** emergency cord to disconnect **the door** from **the garage door opener**. **The** cord usually has **a** red handle and will hang down from **the** center rail of **the garage door** mechanism. Lift **the garage door** straight **up** until **the door** is fully **open**. Make sure **the door** will remain fully **open** before leaving it unattended.

<https://www.clopaydoor.com/blog/post/2011/02/01/how-to-manually-open-your-garage-door-when-the-power-is-out>

- **How to turn off your natural gas if you smell gas**

**Follow the procedure below to shut off a gas meter:**

1. Locate the **shutoff** valve on the riser **pipe** from the ground to **your** meter or, on newer meters, the service **line** going from **your** meter into the house.
2. Use an adjustable **pipe** or crescent-type wrench to **turn** the valve a quarter **turn** in either direction. The horizontal valve side be **across** the pipe.
3. **DO NOT** turn the gas back on until instructed by the gas company

<https://www.socalgas.com/stay-safe/emergency-information/shut-off-natural-gas>

- **How to shut off water to the house**

- **Locate** the outdoor shutoff valve, it will be by the curb by the street in front of your home.
- Lift off the cover.
- To shut **off** the **water** supply, **turn** the valve clockwise to close.
- To **turn** the **water** back on, simply **turn** the valve counter-clockwise.
- **Turn** it on and **off** slowly, never force it.
- If you over tighten or use excessive force to operate the stop tap you may damage it.

<https://www.youtube.com/watch?v=RvE6n7rTGnM>

- **How to drain your water heater for emergency drinking water**

**Method 1 Getting Drinking Water from Your Water Heater**

1. Turn off **the** electricity or gas to **the water heater**.
2. Preserve **the** cleanliness of **the water** in **the tank** by closing **the** supply valve to **the tank**.
3. Find **the** valve at **the** bottom of **the tank** for **draining**.
4. Turn on **the** hot **water** from any **tap** in **the** house.

<https://www.wikihow.com/Get-Emergency-Drinking-Water-from-a-Water-Heater>

- **How to contact loved ones**

From FEMA, they recommend using **TEXT MESSAGING** to communicate in times of an emergency to someone **out of state**.

[https://www.fema.gov/media-library-data/1530826217620-10775bfcb5d7600be8e6b88308b24d8c/P1094\\_CreateYourFamilyEmergencyCommunicationPlan\\_070318.pdf](https://www.fema.gov/media-library-data/1530826217620-10775bfcb5d7600be8e6b88308b24d8c/P1094_CreateYourFamilyEmergencyCommunicationPlan_070318.pdf)

- **How to care for your pets**

- Leash, collar with ID, and harness.
- Appropriate-sized **pet** carriers with bedding and toys.
- Food (in airtight waterproof containers or cans) and water for at least 2 weeks for each **pet**.
- Food and water bowls and a manual can opener.
- Plastic bags for **dog** poop and a litter box and litter for cats.

<https://www.cdc.gov/features/petsanddisasters/index.html>

- **How to prepare your important papers**

Here's how to prepare an evacuation "go bag" that you can quickly grab in case you ever need to evacuate.

**Choose a bag.** Each member of the family should have his or her own. Start with a backpack or a nylon camper's laundry bag with a drawstring.

**Take photos of all the rooms in your home, along with all your valuables.** Store these photos on a cloud server, and back them up on a flash drive.

**Scan all your important documents and save them on a flash drive.**

You could also save them onto a cloud server if you have an encryption service you trust.

These documents include:

- Driver's license
- The deed to your house
- Your will and/or trust
- Proof of insurance
- Medical records
- Passports
- Social security cards
- Birth certificates
- A list of personal contacts with their addresses and phone numbers
- Your kids' immunization records
- Your pet's paperwork for vaccinations and medical history

Include the flash drives of your photos and important documents in your bag.

- **How to replace important papers**

How to Replace Your Lost or Destroyed Vital Records:

- Replace your **birth certificate**. Find the vital records office in the state where you were born.
- Replace your **driver's license**.
- Replace your **marriage certificate**.
- Replace your **Social Security card**.
- Replace your **passport**.
- Replace other **important documents**.

<https://www.usa.gov/replace-vital-documents>