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## **A Survival Presentation**

# **When disaster strikes are you prepared for the emergency?**



We have made numerous presentations over the past 2-years about being prepared in case of an emergency. Today will we “refresh” your memory as we prepare for the October 20<sup>th</sup> “The Great Shake” disaster preparedness drill by the State of California. SERT will activate the ERT members on this day and we ask all OHCC residents to display their OK/HELP sign by 7:30 AM on October 20.

- We want you to be prepared to survive when you are **home or away** from home
- You have questions, we have answers

## Family Disaster Plan & Personal Survival Guide

### While You Are At Home

- Your emergency supplies should be enough to sustain you, your family, and pets for a minimum of 72 hours (3-days)
- A two weeks supply of prescriptions and necessary over-the-counter medications is recommended
- When planning, keep in mind you may have guests/family who might be with you, so having extra supplies may be a good idea

The SERT Safety Committee has repeatedly recommended that everyone should have at least 3-days of emergency supplies in case of a disaster. This includes not only items for your immediate household including pets but also some “extra” supplies in case you have guests visiting when the unexpected strikes. Here in OHCC, based on our demographics, we probably have prescriptions and over-the-counter medications that we take on a regular basis. These are in your home and, thinking forward, you should also have a 2-week supply of your essential prescription medications in your “go bag” so if you are NOT at home, you will be prepared.

## Basic Supplies

<b>WATER</b> 1 gallon per day, per person	Watch/Clock (Non-electric)	<b>Portable Radio w/extra batteries</b>	Fire Extinguisher rated "ABC"
Non-Perishable <b>FOOD</b> (Canned, freeze dried, powdered)	<b>Cash</b> (small bills as ATM's may be without power)	<ul style="list-style-type: none"> <li>• <b>Prescription RX's,</b></li> <li>• Over-the counter drugs,</li> <li>• Vitamins</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Whistle,</b></li> <li>• <b>Mirror,</b></li> <li>• <b>Dust Mask</b></li> </ul>
<b>1<sup>st</sup> Aid Kit</b> & Use Manual	Important documents Insurance policies, I.D., Photographs, <b>Medical Records</b>	<ul style="list-style-type: none"> <li>• <b>Back-up glasses,</b></li> <li>• Dentures,</li> <li>• Hearing aids</li> </ul>	<b>Cell Phone, spare charger, hand crank charger, phone numbers</b>
Can Opener - Manual	<b>Blankets/Sleeping Bags</b>	<b>Several flashlights /w extra batteries</b>	Playing cards/games
Duct Tape	Plastic Sheeting	Various small tools (Wrench, pry bar, etc.)	Pet Supplies (food, water, collars, RX)

\* Rotate food items and water every 6-months.

\* Remember to consider people with special needs (infants, elderly, disabled, those with severe allergies).

\* Avoid salty foods as they will make you thirsty.

Here is a list of "Basic Supplies" that you should have in your home in case of an emergency. You will not need all of these for your "go bag" for your vehicle. Items highlighted in RED above are what I consider "essential" items for my vehicle. If your vehicle is habitable, you will have shelter, a radio, and a power source to re-charge your cell phone. This is "assuming" that you have enough gasoline. A good rule of thumb is to re-fill your tank when it gets to ½. This should keep your vehicle running for many hours, if necessary, and could also supply heat or cooling if stranded overnight.

For food items remember to rotate them every 6-months.

## Water Tips

Have at least 1-gallon of purified water, per person, per day and this is just for drinking. If your water is not purified boil water for 1 minute\* or purchase water purification tablets/straws. Without water a person can survive only 5-7 days.

***\*remember - you may not have access to a heat source***



As highlighted in this slide, water is a necessity that must be included in any emergency preparedness kit. For most of us, it is impracticable to carry three gallons of potable water per person, and in our urban environment, finding non-potable water that can be purified may be difficult as well.

Remember –drinking less than one gallon of water per day will cause the body to slowly dehydrate. Studies have shown that dehydration can lead to low energy, headaches, dizziness, and mental confusion.

So – as you build your kit, please consider water as your first supply item.

## Sanitation Supplies

<b>Large plastic bags for sanitation &amp; protection</b>	Hand and liquid soap	Toothbrush & toothpaste	Toilet Paper & Paper Towels
<b>Pre-moistened towelettes</b>	Shampoo	Feminine supplies	Deodorant

## Cooking Supplies

Plastic bags of various sizes	Cooking pots (at least 2)	Charcoal, lighter fluid & Sterno
Paper Plates, Cups & Utensils	Portable BBQ or gas grill	Waterproof matches/lighter

The travel kit discussed in this presentation needs to be of a sensible size so that it fits easily in your vehicle. If it is too large, you may tend to leave it out when preparing for shopping or other activities where space is needed.

In the suggestions above Sanitation Supplies in limited sizes will assist in your personal hygiene, but you may choose to forego carrying the Cooking Supplies in favor of the various forms of ready to eat meals.

If you have a larger vehicle with the ability to carry a larger kit, then condensed backpacking type cooking supplies should be considered.

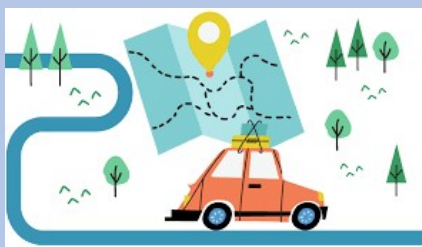
## If Disaster Strikes - *Stay Calm*

- Make sure you and your loved ones are safe first, then consider helping others
- Unless you are ordered to evacuate, stay as close to home as possible
- Wait for further instructions by listening to San Diego County emergency radio:
  - KOGO AM 600 *or*
  - KLSD AM 1360

When disaster strikes your first reaction may be to panic as you assess the situation. The key is to regain control and stay calm as quickly as possible. Your priority is to make sure YOU are safe before you try to help others. If you are at home, stay home unless it is unsafe to do so or ARE told by authorities to evacuate. In San Diego, the two AM radio stations shown on this slide will broadcast emergency information.

## What if you are Away from Home?

- Grocery Store
- Children's House
- Visiting Friends
- At the Theater
- Taking a drive
- Vacation



We are a mobile group here in OHCC. We get out of the house and enjoy our retirement. This takes us AWAY from home where our emergency supplies are located. This can present a real problem if disaster strikes while you are out and about. While our largest concern is an earthquake here in OHCC, if we are traveling around the country other emergency situations may occur (hurricanes, tornados, flooding, forest fires, etc.)

## Shelter in Your Vehicle



- Following a disaster, you may not be able to get back home
  - Stuck on the freeway
  - Exit routes are blocked
- You need to be prepared to survive in your vehicle for 72-hours
- Your emergency supplies are all at home ...

## What to Do

As we stated earlier “Stay Clam” if you are in your vehicle when disaster strikes. If your vehicle is in a safe place stay close to it. Remember that your drive home may be hazardous due to road closures, downed power lines, and fallen trees, etc.

Can you survive for 72-hours (3-days) if you must live in or close to your vehicle? Let’s look at some options for preparing for this situation.



## *Examples* of 72-Hour Vehicle Emergency Back Packs (priced 10-2021)



**From Amazon: \$164.99 2 Person**  
**EVERLIT Complete 72 Hours**  
Earthquake Bug Out Bag  
Emergency Survival Kit for Family.  
Be Prepared for Hurricanes,  
Floods, Tsunami, Other Disasters



**From Amazon: \$104.95 2 Person**  
**First My Family All-in-One**  
72 Hour Bug Out Bag Emergency  
Survival Kit for Family. Be  
Prepared for Hurricanes, Floods,  
Tsunami, Other Disasters



**From Walmart: \$117.98**  
**Ready America 70380 72 Hour**  
Emergency Kit, 4-Person, 3-Day  
Backpack, Includes First Aid Kit,  
Survival Blanket, Portable  
Preparedness Go-Bag for Camping, Car,  
Earthquake, Travel, Hiking, and  
Hunting

A basic search of the internet identified three examples of travel type emergency kits. If you have no idea where to start, these or other similar kits would be a good place. It is best however to customize a kit to your specific lifestyle and needs.

For example, if you routinely travel with a pet, consider carrying pet food, and keep in mind that your pet will need drinking water as well.

As we mentioned earlier, begin with water, food, and medication and build from there. Unless you intend to leave your vehicle and walk – which is not recommended – you do not need a backpack; a simple cardboard box will work just fine.

Do not overthink when you prepare your kit – unless you are in a very remote area, if you stay with your vehicle, help most likely will arrive within three days, so pack accordingly.

If you do plan to be travelling in a remote location, you may want to evaluate your supplies and restock accordingly.

Finally, remember, you are building a personal – one person kit. If you are travelling with others, each should have a similar kit.

## How does one become involved in OHCC SERT?

Want to become a SERT member or become more involved in OHCC SERT?

All you need is a willingness to help your neighbors in OHCC. You can become a general member, become part of the Neighbor-Helping-Neighbor Program or learn how to prepare for and respond to a major emergency or disaster.

If you are interested in finding out more about OHCC SERT, please email us at: [OHCCSERT@gmail.com](mailto:OHCCSERT@gmail.com)



Toward the end of every SERT presentation we encourage you to join the SERT Club if you are not already a member. The SERT Club has several opportunities for you to become involved in serving the community.

General Members support Club activities by their membership dues and provide the SERT Club leadership with ideas and suggestions on what SERT can provide to the community to make it a better place to live.

Members within the Neighbor Helping Neighbor program serve as Safety Coordinators and SERT Ambassadors, assisting their neighbors in emergency preparedness and response.

Members within the Emergency Response Team train and drill throughout the year so they are prepared when disaster strikes.

And members who chose to become Directors help guide community residents to be better equipped to survive.

You do not need special training – we will train you; all you need is a willingness to serve.

The SERT Club email is on the slide – contact us for more information.

## Questions & Answers

- You can submit your question(s) to [OHCCSERT@gmail.com](mailto:OHCCSERT@gmail.com) ,and we will send you a response, usually within 48-hours.
- If you would like us to call you, then please say so in your email and provide us with the best phone number to call you.

Thank you all and Stay Safe!