

Evacuation & Get Home Bags, and Car Kits

We suggest starting with a “wake up, something happened” (WUSH) bag tied to or near your bed. This would contain clothes and shoes and a flashlight and headlamp.

Next, prepare a “grab and go” bag for immediate evacuation. Also keep emergency supplies in your car and a bag at the office. You might be in your car or office, miles from home, when disaster strikes.



SMC Alert

SMC ALERT is an alert notification system used during urgent or emergency situations. **To enroll**, please visit <https://hsd.smcsheriff.com/smcalert>

If you turn on Do Not Disturb, please favorite these numbers so the alert will come through – 89361, 88911 and 87844. You should also add smcalert.info to your email favorites

About MPC Ready

The MPC Ready organization’s mission is to work collaboratively to help build disaster prepared, and climate-change ready, neighborhoods through advocacy, education and training, resources, organization and support.

In a disaster, studies show that our most immediate source of help will be the neighbors living closest to us. Emergency response personnel will be overwhelmed and there won't be nearly enough to go around.

Neighborhood-level disaster preparedness efforts, such as those from MPC Ready, help to meet *major gaps* in community-wide disaster preparedness. These efforts will increase our community’s resiliency and hasten recovery following a disaster.

For More Information

Visit www.mpcready.org. Call 650-380-3028 or email info@mpcready.org.

Daniel P. Aldrich. *Building Resilience: Social Capital in Post-Disaster Recovery*.

Kathleen Tierney. *Disasters: A Sociological Approach*.

Amanda Ripley. *The Unthinkable: Who Survives When Disaster Strikes – and Why*. 2008.

Oregon Office of Emergency Management:
Two Weeks Ready & Central United States Earthquake Consortium: Two Weeks Ready

Disaster Preparedness Overview

Don't be scared, but get prepared!



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Introduction

For years, experts advised us to have three days' worth of supplies. This is a good start and helpful for short-term power outages or a temporary evacuation. But a disaster, such as a large earthquake, may disrupt our region's transportation routes. Delivery of assistance and supplies may be difficult or impossible initially. People will have to rely on each other to be safe until professional responders can arrive.

The Federal Emergency Management Agency asks us to take simple steps to prepare for and respond to emergencies and disasters. At minimum, we should 1) Build an emergency supply kit; 2) Make a family emergency plan and 3) Be informed about the different types of hazards facing our community so we can be prepared.

Be informed about hazards

In our area, hazards include winter storms which can cause flooding and landslides, summer heat waves, wildfires that could cross into urban areas, and a major earthquake eruption with experts predicting that the Hayward fault will erupt next.

Stay informed by registering for SMC Alert and monitor social media. Check out www.ready.gov for the latest preparedness information.

Make An Emergency Plan



Talk with your family and household members about what you'll do when disaster strikes and you are not together. Discuss how you will contact each other, where you'll meet and what you'll do in different situations. Learn more at: <https://www.ready.gov/plan>.

Recommended Items -- Basic Emergency Kit

Being prepared can be done over time. Please start with storing water. Each family member will need one gallon of water, per day, for 7-14 days. The human body can survive weeks without food but most people can only survive 2-4 days without water. Water is also needed for sanitation.

- Water, at least one gallon per day, per person for 3-14 days.
- Food (non-perishable)
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
- Flashlight and extra batteries
- Extra cell phone battery or charger
- First Aid kit
- Whistle to signal for help

- Dust mask (to help filter contaminated air), plastic sheeting and duct tape
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Non-sparking wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps (for evacuations)

Additional items to consider adding:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food, water and supplies
- Copies of important family financial and identity documents stored in a portable waterproof container
- Cash and change
- First aid book
- Sleeping bag or warm blanket for each person
- Complete change of clothing (long sleeved shirt, long pants, sturdy shoes)
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and disposable utensils, paper towels
- Paper and pencil
- Books, games, puzzles
- Toilet paper and tissue paper