12 Steps to Emergency Preparedness

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Why be Prepared?

• Because first responders will be overwhelmed!!

• Infrastructure will damaged

• At any given day hospitals are filled to 90% capacity.
Step 1 – Have a Plan

- Identify hazards (hazard analysis)
- Identify safe spots and danger spots
- Identify evacuation routes
- Identify responsibilities
- Identify utility shut-off’s
- Identify meeting places
Step 2 – Store Drinking Water

• Water in your Car!!! Today?

• Plan for 1 gallon per day per person!

• Consider additional water (pools and spas) for pets, dishwashing, laundry, etc
Water Storage and Purification
Know the steps how to purify water
Step 3 –
Food and Household Goods

- Store one week minimum non-perishable foods for every person

- Keep in a dry, cool spot – a dark area if possible

- Inspect all food for signs of spoilage before use

- Don’t forget: pet foods, baby formula, plate, utensils, hand held can opener and medicines
Disaster Food Supplies
Step 4 – Protection of Family and Business Assets

- Maintain hard copies of vital records, (i.e. birth certificates, driver’s license, bank statements, credit card statements, etc.)

Have cash available

Primarily small bills and coins
Step 5 – Protective Clothing & Equipment

- Heavy gloves and boots
- Goggles/safety glasses
- Comfortable clothes that are seasonally appropriate
- Protection from the elements
Step 6 – First Aid Supplies

• Learn beginning first aid and CPR

• Build first aid kits for home, car, school and work

• Extra prescriptions (preferably a 30 day supply)
Step 6 – First Aid

- Take a basic first aid and CPR class
- Build first aid kits for your car, home and work
- Remember to rotate supplies as they do expire
Step 7 – Alternative Heating and Lighting Sources

- **Heating** –
  - Wood Burning Stoves
  - Extra Blankets, sleeping bags, etc.

- **Lighting** –
  - Flashlights with extra batteries
  - Lanterns
  - Generators
  - LAST RESORT – Candles – (never leave candles on over night while sleeping or around children)
Step 8 – Emergency Prep
Books & Literature

- Earthquake, flooding and fire safety pamphlets
- First aid and healthcare books
- Basic home repair manuals
- Camping and wilderness guides
Step 9 – Alternative Communications

- Battery powered AM/FM radio
  - Local Radio Stations
    - AM – 920, 1010, 1200, 1400 (Spanish)
    - FM – 90.3, 93.7, 96.7 (Spanish), 98.5, 100.5, 103.5 (Spanish), 106.1
- Listen for the Emergency Alert System (EAS)
- Use your out of state contact and text if necessary
- Amateur Radio
  - Take the Technician Level to get started
  - Join RACES
Step 10 – Waste Disposal

- System Disruption – water, sewer, and waste disposal soon become health hazards

- Waste pick-up delays

- What to do with:
  - Human waste
  - Pet waste
  - Trash disposal
  - Hazardous materials
Step 11 – Protecting Your Family and Property

• Get to know your neighbors

• Organize your neighborhood through groups such as “neighborhood watch”, “CERT”, etc.

• Learn to defend yourself in a manner which is in line with your personal values
SAFETY IN NUMBERS
Step 12 – Care for Pets

- Water and food bowls
- Leashes and/or collars
- Medical records and picture’s
- Special Medications or foods
- Learn pet first aid
- Know which shelters allow for animals
Stay Informed!!

Before the disaster:
www.rivcoready.org
www.rcflood.org
www.rvcfire.org
www.redcross.org
www.caloes.ca.gov
www.fema.gov
www.noaa.gov (weather)

After the disaster:
www.rivcoready.org
www.rcflood.org
www.connectriverside.org
www.redcross.org
www.caloes.ca.gov
www.fema.gov

CERT information
http://www.rivcocert.org/
Closing Thought

Disasters don’t always happen someplace else…

*Remember it’s a matter of when NOT if*
Questions??

Thank You,

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