Emergency Preparedness during COVID-19
Our new landscape
During this time of shelter-in-place:

What are our priorities:

1. Stay healthy
   - stay at home
   - social distancing
   - face covering
   - hand washing

2. Stay informed
   - Alert Marin & Nixle

3. Stay connected
   - zoom family & friends
   - virtual activities
   - ask for help if you need it

4. Help others
   - friendly phone calls to each other
Today’s message is to not forget the principles of being prepared.

What are still Marin County’s Local Hazards?

- Fire
- Flooding
- Earthquake
- Winter Storms/landslides
- Tsunami
- Bridge Collapse
- Terrorist Attack
- Pandemic
Still at risk for earthquake

Loma Prieta Earthquake
October 17, 1989
Marina District Liquefaction
Magnitude 6.9

72% chance of significant EQ in next 25 years
Earthquake Facts

- 93% probability of significant earthquake in Northern California in next 20-25 years.
- 72% probability of significant (6.7 or greater) earthquake in Bay Area in next 20-25 years.
Emergency Supplies at home

Food and Storage

• Have at least a 5-7 day supply of non-perishable food that you will actually eat

• Consider dietary restrictions (infants – baby food & formula; elderly with heart disease)

• Mark a rotation date & store in airtight, pest-resistant containers in a cool dark place
Water & Storage

• One gallon/per person/day
• Many ways to store
• Don’t forget that hot water heater is source of water (30-50 gallons)
• Water not to use: pools, water beds & back of toilet
What else in your emergency supplies?

- 2-3 days supply of medications
- Extra pair of glasses
- Hearing aid batteries
- Small set of toiletries
- First aid kit
- Flashlights/lanterns
- Extra set of clothes
- Radio
Still at risk for wildland fire
Butte County Fire 2018
Guidelines for Evacuation

• Be aware & informed
• Plan ahead
  - Grab & Go Bag
    What will you take?
  - Communication plan
• Where will you go?
  - 2 ways out/ 3 modes
  - Consider Temporary Safe Sites or Community Refuge Areas (CRAs).
• Ok to leave early and drive safely
• Are there neighbors who need help? Will you need help?
If you have to evacuate, what to take?

- What to store in your Grab & Go? (masks)
- What to add at the last minute?
  - 2-3 days meds
  - phone charger
  - wallet /IDs & cash/credit cards
  - jewelry
  - keys
Still at risk for winter storms

What to have and what to do to be prepared:

• Store flashlights/head lamps and lanterns (& batteries)
• Keep your car ½ full at all times.
• Consider all downed power lines as ‘live’.
• Be informed-listen to radio
• Keep in touch with family & friends
Imagine no utilities for 7-14 days!

- Electricity
- Natural gas
- Water
- Phones/cell phones
- Sewage

Could be from winter storm, earthquake or PSPS:
- Lighting
- Communications
- Heat
- Refrigeration
Possible PG&E Power Outages

- Food Plan (ice/cooler)
- Communication Plan
  - neighbor to check on you; you check on a neighbor
- Stay with family/friend who has power
- Lights (lantern/flashlight/headlamp)
- During the day, exercise- get out.
- Evenings- keep mind engaged.
First Responders Will Be Overwhelmed!

- Population of your town?
- How many fire personnel on duty at any time? Police personnel?

How long before help arrives?

Who else would be available to help?

- Neighbors (NRGs/Block Captains)
- Trained emergency volunteers
  - Red Cross, CERT and Marin Medical Reserve Corp
  - Marin Humane and Salvation Army
How To Be Prepared

- Out of Area Contact
- Reunification – where will you & your family meet?
- Gas Shut-Off: Know when & how to turn off the electrical supply (panel or circuit breakers)
- Water – how to turn off
- Have tools nearby for gas and water valves
Communication is so important

www.alertmarin.org  Nixle (888777)

TELEPHONE EMERGENCY
NOTIFICATION SYSTEM
Reverse 911

• Home & work numbers, cell phones
• Can be geographically programmed
• Can leave messages.
How To Be Prepared

• Flash light and shoes by your bed at night
• Know your child’s school emergency plan
• Stock fire extinguishers (minimum 3A40BC rating) and learn how to use them
• Battery operated radio/ extra batteries – Stay informed
  - KCBS 740 AM or KQED 88.5 FM
  - KWMR 90.5, 89.9 and 92.3 FM (WM)
  - Telephone emergency notification
    www.alertmarin.org/ Nixle 888777
How To Be Prepared

• Household Inventory with photos and/or video
• **Scan essential documents/store on thumb drive**
  - store in safety deposit & online
• Is your **will/advance healthcare directive** up to date?
• Test **smoke detectors** monthly (Red Cross can help)
  – Check batteries annually
  – Where? -every bedroom & on every level (top of stairs), including attic area & basement.
  – On levels without bedrooms- kitchen (10 ft. away from appliances) & garage.
How To Be Prepared

• Have emergency supplies in your car
  - food/water
  - cash in small bills
  - 1st aid kit
  - small fire ext.

• Learn CPR and First Aid
How To Prepare For Your Pets

• Leashes/ carriers to transport pets
• Proper ID and up to date vaccinations
• Food, water, and medicine for 5-7 days
• Photo of your pets in case they get lost

Note: Red Cross shelters do not allow animals/ pets in dormitory; may provide for pet area outside dormitory but owners are responsible.
How To Prepare Your Neighborhoods

• Educate your neighbors (Get Ready and CERT)
• Know your neighbor’s disaster plan
• Share resources
• Plan together
• Form Neighborhood CERT teams

• Neighborhood Response Groups
  www.nrgmarin.org / www.nrgmillvalley.org
In the event of a disaster, don’t become isolated
Recovery

MARIN COUNTY
COVID-19 | Phases of Recovery

www.marinrecovers.com
Questions ???

Resources:
www.readymarin.org
www.cityofmillvalley.org
www.townoffairfax.org
www.marinhhs.org
www.marinrecovers.org

415-457-INFO (4636)
415-473-7191 non-medical ?s about Coronavirus