

A.D.A.P.T.

Atherton Disaster and
Preparedness Team

The First Three Hours

Personal & Family Disaster Response

April 3, 2021 Community Meeting

Introduction



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Goals during the first 3 hours of a community-wide disaster:

- 1) Personal & family safety
- 2) Long-term sustainability (7 days)
- 3) Then... your neighborhood

Handouts:

- www.getreadyatherton.org/resource-library

Please ask questions along the way

Personal & Family Disaster Response

These are your step-by-step instructions for checking yourself, your family, and your home following a major disaster, such as an earthquake. The order and details may vary based on the situation.

Immediate Response: Duck and cover; get safe.

1. Check your personal health condition
 - Fall down arms, head, torso, legs
 - Check for open wounds, sprains, fractures, internal pain
2. Assemble your family
 - Gather everyone in your household and assess their health
 - Call 911 if necessary, but understand their response may be limited
 - Follow your Family Emergency Plan for reconnecting, etc.
3. Perform any necessary family triage or first aid
 - Evaluate health conditions of household and prioritize first aid response and treatment
4. Organize your family members
 - Decide immediate tasks and assign them to household members
5. Create a communications network
 - Create a way to communicate with each other (radio, voice, whistle)
6. Check on your pets
 - Assess pet health condition and impact; look for freeze, light, flight response
7. Perform property reconnaissance
 - Based upon disaster, walk around entire property to determine whether to camp out or evacuate
 - Also check the 2 homes on either side, the 3 in front, and the behind
8. Move your car to edge of driveway facing out
 - Pack with Bug Out Bags and other items identified in your Family Emergency Plan
9. Decide whether to evacuate or stay
10. Prepare your backyard campout for seven (7) days in case of major earthquake
 - See Disaster Campout Basics handout

After you've tended to your home and your family, assemble with your neighbors to assess and determine what critical next steps are needed. See the *EAP Disaster Response Checklist* for step-by-step neighborhood action items.

For more information about disaster response, see www.getreadyatherton.org.

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Immediate Response

- Depends on situation (duck and cover)
- Get safe. Call 911 if needed.
- Now and throughout – use “OODA”

Observe – **O**rient yourself – **D**ecide – **A**ct



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Step 1 – Check Personal Condition

- Pat yourself down: first your arms, then head, then torso, then legs
- Move slowly
- Pay attention – adrenaline rush may impair judgement



A volunteer checks his personal health condition during the 2019 Atherton Community Emergency Drill


Step 2 – Assemble Your Family

- Call out & gather
- Follow *Family Emergency Plan*
 - Bug Out Bags
 - Connect with those at work or school
 - Notify out-of-area contact if possible
- Assume that within 30 minutes of a major earthquake there will be NO cell, phone, or Internet service



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Family Emergency Plan for _____

Where will you go if you have to evacuate? How will you communicate if you're separated and phones aren't working? See below and decide on these items now; you won't have time to discuss them in the middle of a disaster.

Your Home

Escape Routes
Have you identified escape routes for every room? How many ways can you evacuate from a second story room? Note possible escape routes here.

Utility Shutoffs
Where are your utility shutoffs located? Do you know how to turn them off safely in what circumstances? Water: check the walls facing the street. Electricity: find your circuit breakers. Gas: look outside. Important: only shut off the gas if you suspect a leak, and never try to turn it back on; instead, call PG&E.

Emergency Supply Locations
Where are Bug Out Bags and Home Essentials kept? Which cars have emergency kits?

Your Neighborhood

Emergency Assembly Points
Which EAP will you visit once your family is safe? See all EAPs at www.getreadyatherton.org.

Neighbors
Who in your neighborhood has equipment or resources that might be helpful (medical skills, etc)? Who might need extra support to stay safe? List the names, addresses, and phone numbers for those who may give or need help. Also note your Area Coordinator's info - see www.getreadyatherton.org.

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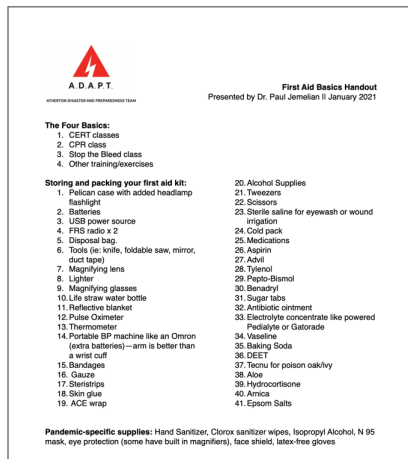
Step 3 – Perform Needed First Aid



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- Same procedure as personal self-assessment (Step 1)
- See *Emergency First Aid*



The Fogelbergs show how to make a splint in the Dec 2019 A.D.A.P.T. Community Meeting

Step 4 – Organize, Assign Functions

- Leader
- Scribe
- Communications
- Medical
- Reconnaissance
- Shelter
- Evacuation



Scribe



Medical

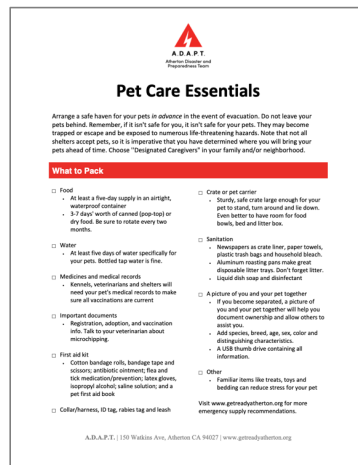
Step 6 – Check on Your Pets



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- Secure your pets; large scale disaster can disorient them
- See *Pet Care Essentials*



Jon Mosby shows how to care for your cat in the Feb 2020 A.D.A.P.T. Community Meeting

Step 7 – Check Your Property



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- Which areas?
 - Your home
 - 2 homes next door + 3 in front + 3 in back
- What to look for?
 - Potential hazards (trees, poles)
 - Gas, water, electrical
 - Structural damage (slanted structure, damaged roof)
 - Note weather & other conditions
 - Be ready for aftershocks



Zach Whitman performs a property assessment in the 2019 Atherton Community Emergency Drill

Step 8 – Move Car to Driveway



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- Inside your car:
 - Bug Out Bags
 - Fire extinguishers
 - Boost Oxygen
 - Extra water
- Vehicle can provide:
 - Shelter/warmth
 - Source of fuel and power
 - Security
 - Information/radio



Car in driveway facing out

What Now?



What if...

- There are aftershocks
- Exits are blocked
- Your home's structural stability is uncertain
- Family members need comfort & shelter

Backyard disaster cache: accessible location for camping gear & other supplies

Sample Backyard Disaster Caches



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Canopy,
tent &
tarps

Port-a-
potty

Water
storage

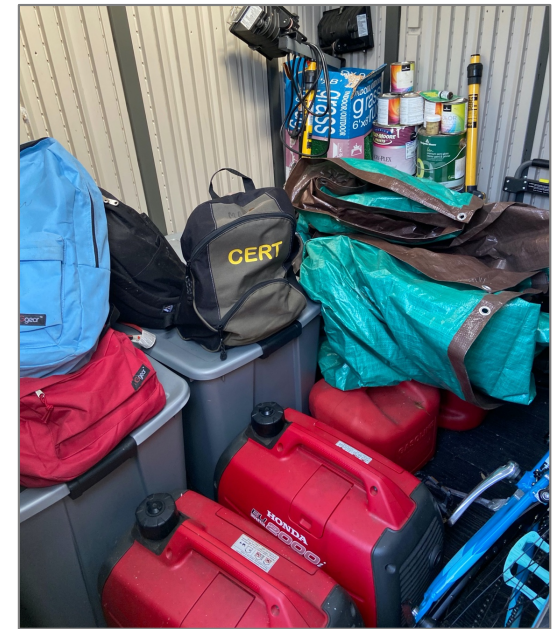


Folding chairs

Food & first aid

Sleeping bags

Camping equipment & *Home Disaster Essentials*
in an accessible location (1/3 of existing shed)



Generators, Go Bag, tarps, lighting & more


Step 10 - Prepare Your Backyard



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- Security perimeter
- Non-lethal self-defense:
 - Bull horn
 - One-mile whistle
 - 1000 – 3000 lumen flashlight
 - Boat horn
 - Wasp spray
 - Fire extinguisher



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Disaster Camping Basics

In a severe disaster where your home has been compromised, you should be prepared to camp out. We recommend creating a backyard disaster cache now, consisting of the supplies below, so that you're ready to create a backup shelter for your family if needed. Many of these items can be found at Simpler Life Online, Redwood Trading Post, Ace Hardware, and Target.

<ul style="list-style-type: none">• Tarps• Tents• Canopies• Lanterns• Headlamps & flashlights• Water filter bottle• MREs• Freeze-dried food• Port-a-potty• Trash bags	<ul style="list-style-type: none">• Camp clothing• Ponchos• Sleeping bags• Blankets• Matches• BBQ• Personal hygiene kits• Coleman stove• Folding tables & chairs• Tent repair kit	<ul style="list-style-type: none">• Air mattresses• Cots• Whisk broom• Non-lethal self-defense:<ul style="list-style-type: none">- Bull horn- One-mile whistle- 1000-3000L flashlight- Wasp spray- Boat horn- Fire extinguisher
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Below are the recommended components for setting up shelter operations in your backyard. The order may depend on the circumstances.

Weather-safe shelter Tarp, tent, and canopy Lighting (lanterns, headlamps, flashlights)	Specialized care Supplies and conditions to support elderly, handicapped, children, and pets
Food and water Refrigerator (-8 hrs) and freezer (-48 hrs)	Hygiene Personal hygiene kits, water, towels
First aid, medications, and vitamins	Food preparation BBQ with spare propane canister Propane stove
Sanitation Port-a-potty, toilet paper Shovel, lye, plastic bags	Fire fighting Pool, utility source, pump, 100-ft hose (1") Fire extinguishers Shovels and dirt
Warmth Clothing (caps, coats, ponchos, gloves) Sleeping bags and blankets Fire starting tools and outdoor BBQ/fire pit	Debris clearing Chain saw (e.g., 2.5 kW Genset) Shovels, rakes
Security Mark perimeter Non-lethal self-defense (see above)	Critter remediation

For more information about Atherton disaster response, please visit www.getreadyatherton.org.

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Step 10 - Prepare Your Backyard



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Weather-safe shelter

- Tarp, tent, canopy

Food & water

- Start with refrigerator, then freezer


First aid, medications, vitamins

- Set up a medical area

Communications & special needs

Lighting

- Lanterns, LED headlamps, flashlights, solar lights


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Warmth

- Clothing, sleeping bags, heat


Sanitation & hygiene

- Port-a-potty, personal hygiene kits

Food preparation

Fire fighting

Debris clearing & critter control


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Remember:

- Maintain hydration
- Watch for low blood sugar & exhaustion
- Check in regularly as family unit
- Watch for psychological cues/stress
- Know that you & family members are OK, *before* you leave

To be continued in May: The Next Five Hours



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Wrap-Up

- Thank you for participating!
- Handouts are online:
www.getreadyatherton.org/resource-library
- Sign up for emergency alerts:
www.smcalert.org
- Q&A

