



# Alameda County DD Council

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**Cal OES**  
GOVERNOR'S OFFICE  
OF EMERGENCY SERVICES

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## ABOUT THE LISTOS CALIFORNIA CAMPAIGN

- Enabled by Governor and State law makers
- Designed to better prepare people most at risk for natural disasters
- Enable you to better protect yourself, your family, and your community



# Common disasters in California



Wildfires



Earthquakes



Floods



Power outages



Landslides and mudslides



Extreme heat



Tsunami

# Your Experience

- Who feels confident they know what to do when disaster strikes?
- Raise your hand if you do not feel confident about what to do and are happy to do this training today?
- Who has already taken some steps to help make yourself better prepared for a disaster?





# Why do I need to be prepared?

Disasters are happening more frequently and sometimes without any warning. The impacts of disasters on communities are devastating but even more so for those with Access and Functional Needs (AFN), people with disabilities, and seniors.

Preparedness is everyone's duty. Everyone should plan and prepare for disasters now because rescue may not come for you in time.

YOU AND ME



<https://www.youtube.com/watch?v=QLjKltuzu5k>



## HELP YOURSELF, HELP OTHERS

- Learn the emergency preparedness steps.
- Decide whether you are able to share the knowledge with others.





# What Do I Need To Do To Be Prepared?

Step 1: Find Your 5 Trusted Allies and Share Your Plan

Step 2: Prioritize Your Health Needs and Create Lists

Step 3: Create Your Emergency Supplies Kit

Step 4: Plan How and When to Evacuate



# Step 1: Find Your 5 Trusted Allies and Share Your Plan

- Find 5 people who will become your trusted allies during a disaster or emergency. Create a list with their complete contact information.
- When you are creating your contact list of trusted allies, ask each person the best way to contact them. Explain what you are asking them to do for you during an emergency or disaster. Make sure they understand and agree.



# Who Should I Include?

- Do not depend on one person
- Include those who can assist you during an emergency and share your disaster plans with them.
  - Friends
  - Neighbors
  - Coworkers
  - Other people you see regularly, such as people from church, bingo, library, social club, etc.
  - Someone who does not live in the area (out of state)



# Collect contact information

Once you decide and discuss with your 5 Trusted Allies, create a list with their complete contact information:

- Physical address
- Phone numbers
- Email address
- Social media (Facebook, Instagram, Snapchat, Twitter, Google Hangout)
- Note which is the best way to contact them
- Keep the list updated



# Make several copies

- Keep them where it will be easy to find.
  - For example: on your refrigerator, inside the front door, in your purse or wallet, in your car glove box, saved in your mobile phone or on another electronic device, etc.
- Share a copy with each member of your trusted allies
- Put a copy in a sealed plastic bag in each of your kits (go bag, car kit, keep it with you kit, etc.).



# Make a digital list, if you can

- Think about creating a digital contact list:
  - Google document
  - In your email
  - Free app on your phone
    - For example: ICE – Emergency Contact

# Exercise 1



## Create Your 5 Trusted Allies List

Some things to think about...

- Do I see them often? Where do I see them?
- Can they help me in an emergency?
- Are they willing to help?
- Did I list someone out of the area?
- What are the different ways I can contact them?



## Step 2: Prioritize Your Health Needs and Create Lists

- These are lists of your medication, disability-related supplies or equipment, and anything else you need daily.
- This information can be useful to your trusted allies, first responders, or shelter staff.
- You may consider creating a digital copy of this list (notes on your phone, google documents, email drafts, etc.).



# Create Your Health Needs List

- Your health needs list should include:
  - All your medications, including your prescribed medications. List the name of medication, dosage, and frequency
  - Decide what equipment you need every day to be independent



# Some Disability and Aging Specific Items

- Medications – for at least 7 days
- Adaptive equipment/assistive technology/durable medical equipment
- Extra batteries for adaptive equipment
- Recharging devices/cords
- Mobility devices – tools, tire repair, inner tubes, instructions
- Speech or communication devices – laptop, iPad, communication device, car adapter plug
- Hearing Issues – carry note pad and pre-printed phrase messages
- Vision Issues – high-powered flashlight, magnifying devices
- Sensitivities, breathing conditions – N95 Mask, respirator to filter air
- Service Animals – food, water, blanket, wastes disposal, medications

# Prescription Medication Tips



- If your prescription medications are low, get your refills prior to a public safety power shutoff, if possible.
- If you were unable to evacuate with your medications, a pharmacy should be able to assist you in obtaining your medication. Providing your medication list will assist the pharmacist in ensuring you have all of the medications.
- To find an open pharmacy during an active emergency, visit [www.RxOpen.org](http://www.RxOpen.org), which has maps that include open and closed pharmacies. In addition to locations of American Red Cross shelters and infusion centers.



# Go digital, if you can

There are free apps for your phone to store your medication list

For example:

- List Meds
- Medical ID
- My Meds
- Medication List & Medical Records



# Exercise 2

## Write down daily medication and equipment

Some things to think about:

- What medication do I take everyday? Where are they? How much do I take? How many times a day?
- Do I need equipment to help me walk?
- Do I need a special device to see? Hear? Sleep? Breathe? Eat? Bathe?
- Do I have specific dietary needs?
- Do I have health needs that require specific medication?



## Step 3: Create Your Emergency Supplies Kits

Pack different kits for different places:

- **Keep It With You or Carry-on Kit** – for all essential items
- **Grab and Go Kit** – easy to carry if you have leave home in a hurry
- **Home Kit** – all the items to be self-sufficient for a couple of days at home (water, food, emergency supplies, disability specific items)
- **Bedside Kit** – has items if trapped in or near your bed
- **Car Kit** – items you need to evacuate the area





# Important Documents

- Birth certificate
- Photo ID
- Health insurance card
- Home/car insurance
- Guardianship papers
- Proof of address
- Financial information (ex. banking numbers, etc.)

# Food & Water

- Store at least a three-day supply of non-perishable food
  - Select foods that require no refrigeration, preparation or cooking, and little or no water
  - Pack a manual can opener, paper cups, plates, and plastic utensils
  - Plan for 1 gallon of water, per person, per day
- Ready-to-eat canned meats, fruits and vegetables
  - Protein or fruit bars
  - Dry cereal or granola
  - Peanut butter
  - Dried fruit
  - Nuts
  - Crackers
  - Canned juices





# Hygiene & Sanitation Items

- Hand sanitizer
- Deodorant
- Tissue
- Toothbrush & toothpaste
- Shampoo & conditioner
- Comb/brush
- Moist toiettes
- Lotion
- Contact lens case & solution
- Denture cleaning solution
- Toilet paper
- Feminine hygiene products
- Soap
- Trash bags
- Ziplock bags
- Animal waste disposal bags



# Exercise 3

## Write a list of items for your kits

- What kind of food items do I include?
- Medication and medical device and equipment I need daily?



## Step 4: Plan How and When to Evacuate

- You do not need to evacuate in all emergencies.
- Make sure you know when to evacuate usually a city, county, or first responder will let you know.
- If it looks dangerous though, use your best judgement.
- Be familiar with all possible routes out of your home or office and to get out of your neighborhood.



# Plan Ahead

- It is important that you plan your evacuation strategy ahead of disasters.
- Develop a plan for yourself and your animal(s) on what to do in case of emergency or disaster: know when to evacuate, where to go, and what to take with you.



# Be Informed – Sign up for alerts

- Sign up for local alerts and warnings for your area so you know if and when you need to evacuate.
- There are many emergency services apps and news outlets available. Make sure you use trusted news sources.
- National Apps:
  - FEMA
  - Red Cross
  - National Oceanic and Atmospheric Administration (NOAA)
  - Weather Channel





# Local alert systems in your area...

- Register with AC Alert at [www.acalert.org](http://www.acalert.org).
- Download the AC alert app on your phone
- Dial 211 – This number gives you information and referrals to social services for everyday needs, and for times of crisis, about shelters, pets & service dogs, traffic, etc.
- PG&E PSPS – <https://psps.ss.pge.com/> to check address specific service issues and sign up for PG&E alerts.
- Text 97633 to sign-up and follow the prompts

## AC Alert Sends You Emergency Messages in Alameda County





# Transportation Planning

- During an evacuation, often more people need transportation than available resources can support.
- If you have a vehicle, make sure to keep fuel tank full.
- If you do not have a vehicle:
  - Identify a support team
  - Call local transportation providers, ask if they can help in an emergency



# Create an evacuation plan

- Write down your exit plans and evacuation routes in detail and where to meet for home, work, or wherever you usually are, including how you will evacuate and where you will go. If you have animals, include them in your evacuation plan.
- Make sure you, your family, and trusted allies have a meet-up location away from your neighborhood in case you are separated in an emergency or disaster.



# Practice your evacuation plan

- Get familiar with it and see if anything should be changed, added, or removed.
- Make sure everybody in your plan knows the plan



# Exercise 4

## Write down your evacuation plan

- Write down evacuation plan
  - Do you drive? How will you evacuate? Who can help you?
  - Where can you go outside of your neighborhood?
  - Where can you go outside of the area? In a different city?

# STORIES OF CHANGE



Iram Herrera  
San Bernardino



Teresa Greenhalgh  
San Diego



Homar Maximiliano  
San Francisco

# JOIN THE MOVEMENT TODAY!

Facebook	<a href="http://www.facebook.com/ListosCalifornia">www.facebook.com/ListosCalifornia</a>
Instagram	<a href="http://www.instagram.com/listoscalifornia">www.instagram.com/listoscalifornia</a>
YouTube	search "Listos California"
Twitter	<a href="http://www.twitter.com/ListosCA">www.twitter.com/ListosCA</a>
Website	<a href="http://www.ListosCalifornia.org">www.ListosCalifornia.org</a>

#ListosCalifornia

#CaliforniaForAll





# Resources for Emergency Preparedness

- Pacific ADA Center – <https://www.adapacific.org/emergency-preparedness-publications-resources>
- FEMA's Ready Campaign – <https://www.ready.gov/>
- California's Office of Emergency Services – <https://www.caloes.ca.gov/individuals-families>
- California's Health & Human Services Agency – <https://www.chhs.ca.gov/blog/2019/10/25/public-safety-power-shutoffs-resource-guide/>
- American Red Cross – <https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html#prepare-by-type-of-need> & <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/disaster-safety-for-people-with-disabilities.html>
- California Department of Public Health – <https://www.cdph.ca.gov/Programs/EPO/Pages/PrepareanEmergencySupplyKit.aspx>
- California Department of Developmental Services' Feeling Safe, Being Safe - <https://www.dds.ca.gov/ConsumerCorner/EmergencyPreparedness.cfm>



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Questions?

