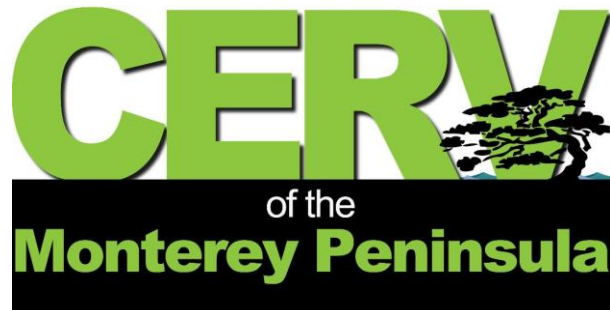


Emergency Preparedness Workshop

The Basics: 3 Easy Steps To Prepare For An Emergency

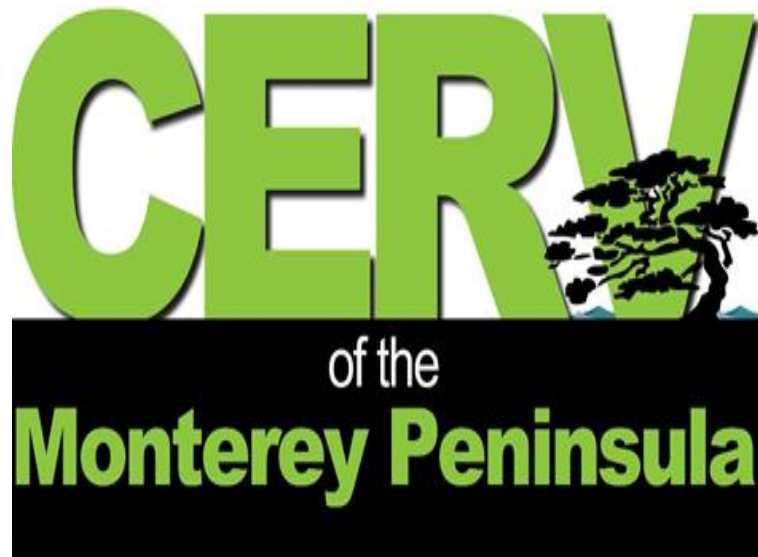
Presentation created in partnership with
The Alliance on Aging Ombudsman Program, CERV of the Monterey Peninsula &
Listos California





- ▶ For the last 50 years, the Alliance on Aging has been the place to turn to for older adult programs and services. We are the sole source provider in Monterey County for essential senior services including:
 - ▶ Benefits Checkup
 - ▶ HICAP Medicare Counseling Program
 - ▶ Ombudsman Program to protect long term care residents against abuse
 - ▶ Outreach
 - ▶ Senior Peer Counseling
 - ▶ Senior Luncheon
 - ▶ Tax Counseling for the Elderly
 - ▶ Transportation Coordination Program
- ▶ In addition, we provide Outreach to communities throughout Monterey County; we are a primary source for information and referral to other services.
- ▶ We pride ourselves on high-quality services provided by friendly, professional staff.
- ▶ Visit the Alliance on Aging website for information about the wildfires and COVID-19 testing:
 - ▶ <https://allianceonaging.org/>
- ▶ You can find information about the Ombudsman Program here: <https://allianceonaging.org/programs/ombudsman/>

Community Emergency Response Volunteers (CERV)



- ▶ CERV of the Monterey Peninsula is a non-profit 501 (c) (3) organization with a mission to support local CERT programs, build public awareness about emergency preparedness, and promote the community's capacity to respond to natural disasters and man-made emergencies. CERV supports local CERT programs and community preparedness through networking, grant writing, workshops, collaborating with local businesses and other organizations, and co-sponsorship of community events.
- ▶ CERV website:
 - ▶ <https://www.cerv501c3.org/>
- ▶ You can find Listos CA Emergency Resources here:
 - ▶ <https://www.cerv501c3.org/pages/cal-e-prep>

Goals of Today's Workshop

- ▶ Identify likely emergencies that could happen in our community
- ▶ Learn how to sign up for Alert Monterey County, our local Emergency Alert System.
- ▶ Learn where to get Monterey County Public Health Information related to COVID-19
- ▶ Build your social network and create an emergency contact list
- ▶ Learn about the differences between Stay-At- Home, Sheltering in Place, Evacuation, or going to a Mass Care Shelter.
- ▶ Receive Emergency Communication Plan templates and begin to develop your personalized plan.
- ▶ Learn about different types of emergency kits and receive an emergency kit supply checklist.
- ▶ Identify items you'll need in your emergency kit based on your individualized needs



Red Cross Three Easy Steps Video

Video link:

<https://www.youtube.com/watch?v=aGS1CpNsMXA>

Stay Safe and Stay Informed

- ▶ **Learn about your community and housing response plans:** Find out about your community's guidance, response plans, evacuation routes and all available resources for preparing and responding to disasters.
- ▶ If you live in housing such as an apartment building or an assisted living residence, find out about the management's guidance and plans to prepare and respond to disasters or emergencies.
- ▶ **Sign up for alerts and warnings:** Learn how to receive national and local alerts and warnings. Understand the meaning of a watch and a warning and learn the actions you'll take for disasters that are likely in your area.
- ▶ **Get trained:** Learn first aid, CPR and the response skills for local disasters that may occur. For most disasters, there are specific actions you can take to help protect yourself from the impact of that disaster.



- ▶ Like most things in life, getting the right information can make all the difference when trying to decide how to act and respond
- ▶ Visit this website: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/common-natural-disasters-across-us.html>
- ▶ West (Pacific) region which includes Alaska, Washington, Oregon, California or Hawaii. We are at high risk of:
 - ▶ **Earthquakes**
 - ▶ Practice DROP, COVER and HOLD ON with everyone in your household.
 - ▶ **Wildfires**
 - ▶ Sign up for the emergency notification systems that your community uses. Be prepared to evacuate at a moment's notice and keep an emergency kit in your car. Listen to local radio and television for the latest on safe evacuation routes
 - ▶ **Landslides**
 - ▶ Learn about local evacuation plans. Talk to everyone in your household about what you'll do if a landslide happens.
 - ▶ **Public Safety Power Shutoff**
 - ▶ High temperatures, extreme dryness and record-high winds have created conditions in our state where any spark at the wrong time and place can lead to a major wildfire. If severe weather threatens a portion of the electric system, it may be necessary for PG&E to turn off electricity in the interest of public safety. Make sure you have back up power supply for your medical devices if needed.

Identify like Emergencies for West (Pacific)

- ▶ West (Pacific) region which includes Alaska, Washington, Oregon, California or Hawaii. We are at high risk of:
 - ▶ Hurricanes (Hawaii)
 - ▶ Keep an emergency kit on hand, and create an evacuation plan for your household, including pets
 - ▶ Volcanoes
 - ▶ Keep a dust mask and goggles on hand for every member of your family, and talk about your plan so everyone knows what to do in case of eruption.
 - ▶ Tsunami
 - ▶ Plan evacuation routes from home, work, school and other places you frequently go. Try to pick safe places 2 miles inland or 100 feet above sea level.

Identify like Emergencies for West (Pacific)



How would you get information about a disaster that was coming or underway?

Alert Monterey County

- ▶ AlertMontereyCounty is the **local emergency alert system** system used by City and County public safety officials to deliver emergency notifications to residents and businesses impacted by, or in danger of being impacted by, an emergency or disaster.
- ▶ AlertMontereyCounty uses the 9-1-1 database to call and deliver a recorded message to all landline phone numbers in a specific geographic area within a City and/or the County.
- ▶ Residents may also be notified on their cell phone, Voice over IP (VoIP) phone or at their email address. Those wishing to receive messages on these devices must register online:
<https://member.everbridge.net/453003085611217/login>
- ▶ **Contact Alert Monterey County @ 831-755-8969**



Nixle

- ▶ Nixle keeps you up-to-date with relevant information from your local public safety departments & schools
- ▶ If you want to receive alerts from local agencies you can TEXT your ZIP CODE to 888777
- ▶ Visit this website for more information: <https://www.nixle.com/>

Looking to Receive Alerts from Your Local Agencies?
TEXT YOUR ZIP CODE TO 888777 TO OPT-IN

Receive alerts for

				
Severe Weather	Criminal Activities	Severe Traffic	Missing Persons	Local Events

Staying Informed During an Emergency

- ▶ Typically, you can count on TV, radio, social media and local government websites to have the latest accurate information. The 2-1-1 information and referral program will also have information
- ▶ FEMA resource: Know your Alerts and Working
 - ▶ https://www.ready.gov/sites/default/files/2020-03/ready_know-your-alerts-and-warnings.pdf
- ▶ NOAA Weather Radio All Hazards (NWR) is a nationwide network of radio stations that broadcast continuous weather information from the nearest National Weather Service office.
 - ▶ NWR also broadcasts alerts of non-weather emergencies such as national security or public safety threats through the Emergency Alert System.
 - ▶ **All NOAA Weather Radio stations broadcast on one of seven frequencies in the VHF Public Service band: 162.400 megahertz (MHz), 162.425 MHz, 162.450 MHz, 162.475 MHz, 162.500 MHz, 162.525 MHz, and 162.550 MHz.**



COVID-19: Monterey County Information

- ▶ Visit this website for more information: <https://www.co.monterey.ca.us/government/departments-a-h/administrative-office/office-of-emergency-services/response/covid-19>
- ▶ **Salinas Valley Memorial Healthcare System Hotline:** 831-755-0793 The hotline is staffed with registered nurses and will be available from 7:00am to 11:00pm, 7 days a week.
- ▶ **Natividad Coronavirus Hotline is (831) 772-7365.** Natividad nurses are available to speak with you in English or Spanish from 7:00am to 11:00pm, 7 days a week.
- ▶ **Health Department Hotline** (Monday-Friday, 8am-5pm). Call: 769-8700 or 755-4521
- ▶ COVID-19 Testing locations: <https://allianceonaging.org/wp-content/uploads/2020/07/COVID19-TestSites7-15FINAL.docx.pdf>



EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

Access Your Needs



- ▶ **Understand how your medical, physical and cognitive needs** may affect your ability to respond to a disaster or emergency.
- ▶ **Think About How You Would Respond:** Consider needs you may have if the power went out, you had to stay home for two weeks or more, or if you had to evacuate your home or community.
- ▶ **Take an inventory of items, like assistive devices, you rely on at home that you'd need to take with you if you evacuated;** include model information. List all items that require electricity—such as refrigerated medicines, a CPAP device or power wheelchair. List all devices to take with you in an evacuation and consider light-weight or portable alternatives where possible.
- ▶ **Plan for battery or generator backup** for all items and where you'll go if these power sources won't last for an extended power outage.



Build a Support Network

- ▶ **Talk about the help you may need** and who could assist you.
- ▶ **Identify Helpers:** Include family, friends, neighbors, caregivers and care providers to build your network of people who may be able to assist you or that you can assist.
- ▶ **Meet with your helpers** to access your needs and plan together.
- ▶ **Plan how you'll communicate with helpers:** Make a contact information list for your helpers and plan how you'll communicate regularly and during a disaster when some communications may be disrupted.

Develop your Emergency Plan



- ▶ **Plan to Stay or Go:** Plan for disasters where you'll need to stay home at least two weeks or evacuate
- ▶ **Plan for local disasters:** Consider all potential disasters in your area that could affect you including home fires, natural disasters and power outages. Plan for the actions you'll take for each
- ▶ **Plan for help to stay in your home:** Plan for how you'll meet your needs if caregivers or care providers aren't able to come to your home and/or you can't get access to essential medical and community services. You may need a plan to evacuate before a disaster, if possible, to maintain access to these supports or identify a nearby friend or neighbor who can learn how to help you.
- ▶ **Help to Evacuate:** If you need help evacuating, plan who will help you. Find out if there are local registries and sign up.
- ▶ **Power Needs:** If you require power to operate medical devices or keep medicines cold, make a back-up plan.
- ▶ **Fire Safety:** Identify two ways out of every room to escape a home fire and plan for the help you may need. Make sure you have smoke alarms and carbon monoxide detectors on every floor of your home, inside bedrooms and outside of sleeping areas. Know two ways out of every room and the assistance you may need to evacuate safely.
- ▶ **Property or Renter's Insurance:** Make sure you have a policy that meets your property and disaster coverage needs.

Pet Emergency Plans and Supplies

- ▶ **Create a Pet Emergency Supply Kit** : food, water, toys, leash, travel needs.
- ▶ **Talk to your pet's veterinarian** about emergency planning and **Make a Pet emergency plan**
 - ▶ Gather contact information for emergency veterinary treatment.
 - ▶ Make a list of contact information and addresses of area animal control agencies including the Humane Society or ASPCA . Keep one copy of these phone numbers with you, and one in your pet's emergency supply kit.
 - ▶ **Obtain “Pets Inside” stickers** and place them on your doors or windows, including information on the number and types of pets in your home to alert firefighters and rescue workers. Consider putting a phone number on the sticker where you could be reached in an emergency.
- ▶ **Evacuation Plan:** Determine how you will assemble your pets and anticipate where you will go. If you must evacuate, take your pets with you, if practical.
 - ▶ If time permits, **remember to write the words “Evacuated with Pets” across the stickers**, should you evacuate your home with your pets.
 - ▶ If you go to a public shelter, keep in mind **your pets may not be allowed inside**. Secure appropriate lodging in advance depending on the number and type of animals in your care.
 - ▶ Consider family or friends outside your immediate area who would be willing to take in you and your pets in an emergency.
 - ▶ Other options may include: a hotel or motel that takes pets or some sort of boarding facility, such as a kennel or veterinary hospital that is near an evacuation facility or your family's meeting place.
 - ▶ https://www.ready.gov/sites/default/files/2020-04/pet-owners-fact-sheet_printer-friendly.pdf



Sheltering

- ▶ Sheltering is appropriate when conditions require that you seek protection in your home, where you work or other location when other emergencies arise.
- ▶ The length of time you are required to take shelter may be short, such as during a tornado warning, or during a pandemic. In all cases, it is important that you stay informed and follow the instructions of local authorities.
- ▶ During extended periods of sheltering you will need to manage water, food and power supplies to make sure you and your family have what you need to get by.
- ▶ Only use generators outside and away from your home and **NEVER** run a generator inside a home or garage or connect it to your home's electrical system.
- ▶ Choosing to take shelter is necessary in many emergencies. This can mean: Stay-At- Home, Sheltering in Place, or going to a Mass Care Shelter



Stay-at-home



- ▶ Remain indoors as much as possible and try to only leave your home when necessary. You can still use outdoor spaces such as patios, porches and yards.
- ▶ Outdoor activities such as walking, jogging and exercise are fine if you practice social distancing (maintaining six feet away from the next person).
- ▶ When outside, try not to touch anything (light signals, poles, signs, playground equipment, benches, etc.) because the COVID-19 can remain on certain surfaces for multiple hours.
- ▶ Essential services such as grocery shopping, the gas station, pharmacies and going to the Post Office are still fine to do.
- ▶ Limit your in-person interactions that are not essential.
- ▶ Try to use video chatting, Skype, Zoom, Facetime, Google meetings.

Sheltering in Place Tips

- ▶ Local authorities may not immediately be able to provide information on what is happening and what you should do.
 - ▶ Use common sense & available information to assess the situation & determine if there is immediate danger.
 - ▶ Watch TV and listen to the radio or check the Internet often for official news and instructions.
 - ▶ Bring your family and pets inside. Go into an interior room with few windows if possible.
 - ▶ Lock doors, close windows, air vents and fireplace dampers.
 - ▶ Keep your emergency supply kit near you unless you have reason to believe it has been contaminated.
 - ▶ If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated you may want to turn off fans, air conditioning and forced air heating systems.
 - ▶ “Sealing a room” is considered a temporary protective measure to create a barrier between you and potentially contaminated air outside. This type of sheltering in place requires pre-planning, by purchasing plastic sheeting and duct tape that you would keep in your emergency kit
 - ▶ Seal all windows, doors and air vents with thick plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
 - ▶ Duct tape plastic at corners first and then tape down all edges.
 - ▶ Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any contamination.

Before an Evacuation

- ▶ Plan how you will leave and where you will go if you are advised to evacuate.
- ▶ Always follow the instructions of local officials and remember that your evacuation route may be on foot depending on the type of disaster.
- ▶ Identify several places you could go in an emergency such as a friend's home in another town or a motel. Choose destinations in different directions so that you have options during an emergency.
- ▶ Be familiar with alternate routes and other means of transportation out of your area.
- ▶ Come up with a family/household plan to stay in touch in case you become separated; have a meeting place and update it depending on the circumstance.
- ▶ Assemble supplies that are ready for evacuation. Prepare a "go-bag" you can carry when you evacuate on foot or public transportation and supplies for traveling longer distances if you have a car.
- ▶ If you have a car:
 - ▶ Keep a full tank of gas if an evacuation seems likely. Keep a half tank of gas in it at all times in case of an unexpected need to evacuate. Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.
 - ▶ Make sure you have a portable emergency kit in the car.
- ▶ If you do not have a car, plan how you will leave if needed. Decide with family, friends or your local emergency management office to see what resources may be available.

During an Evacuation



- ▶ Listen to a battery-powered radio and follow local evacuation instructions.
- ▶ Take your emergency supply kit.
- ▶ Leave early enough to avoid being trapped by severe weather.
- ▶ Take your pets with you but understand that only service animals may be allowed in public shelters.
- ▶ If time allows:
 - ▶ Call or email the out-of-state contact in your family communications plan. Tell them where you are going.
 - ▶ Secure your home by closing and locking doors and windows.
 - ▶ Unplug electrical equipment such as radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding. If there is damage to your home and you are instructed to do so, shut off water, gas and electricity before leaving.
 - ▶ Leave a note telling others when you left and where you are going.
 - ▶ Wear sturdy shoes and clothing that provides some protection such as long pants, long-sleeved shirts and a hat.
 - ▶ Check with neighbors who may need a ride.
- ▶ Follow recommended evacuation routes. Do not take shortcuts, they may be blocked.
- ▶ Be alert for road hazards such as washed-out roads or bridges and downed power lines. Do not drive into flooded areas.

Mass Care Shelter

- ▶ Mass care shelters provide life sustaining services to disaster survivors. Even though mass care shelters often provide water, food, medicine and basic sanitary facilities, you should plan to take your emergency supply kit with you so you will have the supplies you need.
- ▶ Download the [FEMA app](#) for a list of open shelters during an active disaster in your local area.
- ▶ Search for open shelters by texting **Shelter** and a **ZIP code** to **43362**. **Example: Shelter 01234** (standard rates apply).
- ▶ Learn more by visiting: <http://www.disasterassistance.gov/>.
- ▶ Mass care sheltering can involve living with many people in a confined space, which can be difficult and unpleasant.
- ▶ Be prepared to take cleaning items with you such as cloth masks for anyone over the age of 2, soap, hand sanitizer, disinfecting wipes or general household cleaning supplies to disinfect surfaces



After an Evacuation

- ▶ If you evacuated for the storm or fire, check with local officials both where you're staying and back home before you travel.
- ▶ Let friends and family know before you leave and when you arrive.
- ▶ If you are returning to disaster-affected areas, after significant events prepare for disruptions to daily activities and remember that returning home before storm debris is cleared is dangerous.
- ▶ Charge devices and consider getting back-up batteries in case power-outages continue.
- ▶ Fill up your gas tank
- ▶ Bring supplies such as water and non-perishable food for the car ride.
- ▶ Avoid downed power or utility lines, they may be live with deadly voltage. Stay away and report them immediately to your power or utility company.

What are some important things to consider if you must evacuate, shelter in place, or go to a mass shelter?



Wallet size Emergency Contact list

The form is titled "AMERICA'S PrepareAthon! Ready" with the slogan "BE SMART, TAKE PART, PREPARE." and a green checkmark. Below the title is a dashed box for "Write your family's name above" and the text "Family Emergency Communication Plan".

HOUSEHOLD INFORMATION

Home #: _____
Address: _____
Name: _____ Mobile #: _____
Other # or social media: _____ Email: _____
Important medical or other information: _____

Name: _____ Mobile #: _____
Other # or social media: _____ Email: _____
Important medical or other information: _____

Name: _____ Mobile #: _____
Other # or social media: _____ Email: _____
Important medical or other information: _____

EMERGENCY MEETING PLACES

Indoor: _____
Instructions: _____
Neighborhood: _____
Instructions: _____

Out-of-Neighborhood: _____
Address: _____
Instructions: _____

IN CASE OF EMERGENCY (ICE) CONTACT

Name: _____ Mobile #: _____
Home #: _____ Email: _____
Address: _____

OUT-OF-TOWN CONTACT

Name: _____ Mobile #: _____
Home #: _____ Email: _____
Address: _____

Fold lines are indicated with "FOLD HERE" and arrows.

- ▶ **Make an emergency contact list** and plan how you'll reach your support group and important emergency contacts when communications may be disrupted.
- ▶ Ready.gov/ FEMA/ Red cross Fillable wallet size Family Emergency Communication Plan resource:
 - ▶ https://www.ready.gov/sites/default/files/2020-03/family-emergency-plan_wallet.pdf
 - ▶ https://www.ready.gov/sites/default/files/2020-03/family-communication-plan_fillable-card.pdf
 - ▶ <https://www.redcross.org/content/dam/redcross/get-help/how-to-prepare/253901-07%20BRCR%20Emergency%20Contact%20Card%20FINAL.pdf>

Asking for help

- ▶ Create a plan that includes other people helping you if needed.
 - ▶ Make sure helpers have keys to your home.
 - ▶ Make sure helpers know how to help you evacuate.
 - ▶ Make sure helpers know your communication plan and who to contact.
 - ▶ Make sure helpers know what is most important – medications, walkers, glasses, medical equipment, beloved pets, a calm environment.
 - ▶ Make sure helpers know your communication needs, speak and understand your primary language spoken.
 - ▶ Make sure helpers understand risks and your disaster plan.
 - ▶ Ask what help they think they will need.



What are things that you could do to make sure that you are ready for and can stay safe in a disaster?



Emergency Preparedness Kit



- ▶ Having an **emergency preparedness kit** is necessary for the safety of you and your household during disasters or emergencies.
- ▶ You may not have access to your regular food, water, or first aid resources. You will need an emergency kit for short term survival.
- ▶ **You should be prepared with supplies to last at least 72 hours, or 3 days.**
- ▶ Your kit can support you, your family and pets in case of evacuation and relocation, or in case of sheltering in place.
- ▶ You should also be prepared to rely on the materials in your kit for a reasonable time frame after a disaster.
- ▶ The **best kits are homemade**, so you know exactly what's inside and how to use it.

Home Kit: Large kit, not very portable, stays at home, water and food are important. Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

Bedside Kit: Needed near your bed. Safety items to avoid trip hazards, be able to see and dress appropriately

Car Kit: Traveling. Medium size items should focus on safety, warmth, water and some food. This kit is for you, not your car!

Grab-and-Go Kit: Carry on you. Small items, very basic items that will help you for a short while (3 days).

Work Kit: What to have if you are stuck at work. Like all kits, items will vary depending on where you work, the most important thing might be water, sturdy shoes or food. Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a “grab and go” case.

Preparing your Emergency Go Kit

- ▶ **Get Basic Emergency Supplies:** Use a checklist to prepare what you'll need in your home, car or when you evacuate.
- ▶ Store your kit in a **waterproof storage container** or backpack
- ▶ **Keep your kit in an accessible place** and be sure all members of your household know where they kit is stored.
- ▶ **Get extra batteries** to back-up power dependent devices.
- ▶ **Check on your kit** and resupply perishable materials at least twice a year. Supplies should be rotated and stocked up to ensure provisions are fresh and safe to use.





What are 3 things that you think you might need in your Grab-and-Go Evacuation Kit?

Grab-and-go / Evacuation Kit

- ▶ **The Go Kit needs to be easy to carry.** Things in this kit need to be just enough to keep you going when you need to leave in a hurry.
- ▶ Examples of items to include in your kit:
 - ▶ Emergency communication plan and contact list
 - ▶ Water for 3-10 days (1 gallon per person per day)
 - ▶ Food for 3-10 days (including pet food)
 - ▶ Multipurpose tool, duct tape, can opener
 - ▶ First Aid Kit and Instructions
 - ▶ Flashlights (and extra batteries)
 - ▶ Radio (and extra batteries)
 - ▶ Medications (prescription and non-prescription 7-day supply)
 - ▶ Emergency blanket
 - ▶ Sanitation and personal hygiene supplies
 - ▶ Clothing and sturdy shoes
 - ▶ Cash and copies of important documents
 - ▶ Maps of the area
 - ▶ Cell Phone, extra chargers and a back up battery source

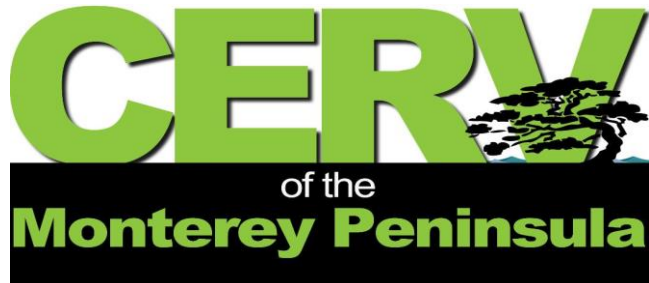


Consider your needs and Customize your Emergency Kit

- ▶ Medical supplies (walker, cane, hearing aids with extra batteries, glasses, contact lenses, diabetes testing, medication and supplies, syringes, etc)
- ▶ Baby supplies (bottles, formula, baby food, diapers)
- ▶ Pet supplies (collar, leash, ID, food, carrier, bowl)
- ▶ Extra set of car keys and house keys
- ▶ Whistle
- ▶ N95 or surgical masks
- ▶ Matches
- ▶ Rain gear
- ▶ Towels
- ▶ Work gloves
- ▶ Tools/supplies for securing your home
- ▶ Hat and sunblock
- ▶ Tarp
- ▶ Household liquid bleach
- ▶ Entertainment items: book, magazine, crosswords, cards
- ▶ Ready.gov Build a Kit link:
<https://www.ready.gov/kit>
- ▶ Ready.gov List can be found here :
https://www.ready.gov/sites/default/files/2020-03/ready_emergency-supply-kit-checklist.pdf



**What was the most important thing
that you learned today?**



Your Participation Makes a Difference!

- ▶ By participating in this workshop, we hope that you feel empowered to prepare and protect yourself, your family, and your friends during a disaster.
- ▶ We shared information on how you can stay informed about disasters, we have provided you with tips to help prepare, and we have shown you how this can be done for free!
- ▶ If after today's training, you take just one of these steps – like preparing your emergency communication plan or putting together a Go Bag – today will have been a success.

Need additional support or resources? Please reach out!

Meggie Pina

Ombudsman Program Manager with Alliance on Aging

Direct line: 831-655-7563

email: mpina@allianceonaging.org

Recourses and Links

- ▶ <https://allianceonaging.org/>
- ▶ <https://allianceonaging.org/programs/>
- ▶ <https://www.cerv501c3.org/>
- ▶ <https://www.cerv501c3.org/pages/cal-e-prep>
- ▶ <https://www.ready.gov/shelter>
- ▶ <https://www.ready.gov/sites/default/files/2020-03/create-your-family-emergency-communication-plan.pdf>
- ▶ https://www.ready.gov/sites/default/files/2020-04/pet-owners-fact-sheet_printer-friendly.pdf
- ▶ <https://www.ready.gov/evacuation>
- ▶ <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/older-adults.html>
- ▶ <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>
- ▶ https://www.redcross.org/store/preparedness?utm_source=RCO&utm_medium=Referral&utm_term=Keep_your_supplies_in_an_easy_to_carry_emergency_preparedness_kit&utm_campaign=Survival_Kit_Supplies

Recourses and Links

- ▶ <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/common-natural-disasters-across-us.html#all>
- ▶ [https://www.redcross.org/content/dam/redcross/get-help/how-to-prepare/Older Adults Disaster Prep 1Pager 07272020.pdf](https://www.redcross.org/content/dam/redcross/get-help/how-to-prepare/Older_Adults_Disaster_Prep_1Pager_07272020.pdf)
- ▶ https://www.ready.gov/sites/default/files/2020-03/ready_emergency-supply-kit-checklist.pdf
- ▶ <https://www.redcross.org/content/dam/redcross/get-help/how-to-prepare/253901-07%20BRCR%20Emergency%20Contact%20Card%20FINAL.pdf>
- ▶ <https://www.ready.gov/business/implementation/emergency>
- ▶ https://www.ready.gov/sites/default/files/2020-03/ready_family-communications-plan_parents.pdf
- ▶ <https://www.seniorliving.org/research/disaster-preparedness/>
- ▶ <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/older-adults.html>