

# CERT Basic Training

## Unit 1: Disaster Preparedness



**FEMA**

# *Personal Emergency Preparedness*



- Before you can help others, you need to have your home and family prepared.
- Basic Necessities
- Home Preparedness
- Communication and Family Meeting Plan
- Emergency Bags
- Transportation and Evacuation Plans

• PM 1-10



# *Rule of Threes*



- 3 minutes without air
- 3 days without water
- 3 weeks without food



# How Much Water Do You Need



1 gallon of water  
per person  
per day

Minimum:

3 days if evacuating

14 days if you shelter at home



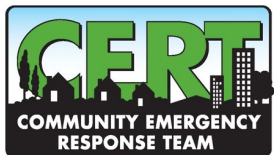
Don't forget the pets!



# Storing Water



- Purchase Water or Do It Yourself
- Store for 6 months, then replace or refill
- Keep out of direct sunlight
- Do not store plastic water bottles in car
- Keep plastic containers off concrete



# Water – After Earthquake



- Shut off water at your house to keep contaminated water out
- Listen to local news reports for emergency information
  - 1680 AM for Sunnyvale
  - Boil Advisory



# Food



Store what you eat,  
eat what you store.

2 weeks worth is ideal

3 days minimum



# Don't Forget the Can Opener



Otherwise, you will need the first aid kit!





# Cooking if Utilities are Off



- Indoor – Butane Stove Only!!



- Outdoor – Grill, camping stove, fire pit, solar stove

Never use these indoors!  
Carbon monoxide poisoning!



# Preparing Your Home



SEESL

NEESWOOD

# Secure Your Home



## Secure furniture:

- Tall furniture, such as bookcases
- Pictures and paintings
- Hot water heater
- Items on shelves
- TVs and monitors



# Communication Online Resources



- **AlertSCC** - [www.sccgov.org/sites/alertscc](http://www.sccgov.org/sites/alertscc)

- Sends local alerts via text/ phone/ email

[alertthebay.org](http://alertthebay.org)      [calalerts.org](http://calalerts.org)



- **Nixle** - [www.nixle.com](http://www.nixle.com)

- Text your zip code to 888777 to receive alerts or signup online



- **MyShake** - <https://myshake.berkeley.edu/>

- App: Earthquake early warning notifications



- **Watch Duty** - [www.watchduty.org](http://www.watchduty.org)

- App: Warns you of nearby wildfires



# Emergency Contact Form



<p style="text-align: center;"><b>Emergency Contact Numbers</b></p> <p>Local:</p> <hr/> <p>Out of state:</p> <hr/> <p>Other:</p> <hr/> <p style="text-align: center;"><i>Last updated:</i></p>	<p style="text-align: center;"><b>Evacuation Site: Outside</b></p> <p>Home:</p> <hr/> <p>Block:</p> <hr/> <p>City:</p> <hr/> <p style="text-align: center;"><i>Tune in to Radio 1680am for emergency info</i></p>
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# Family Meeting Plan

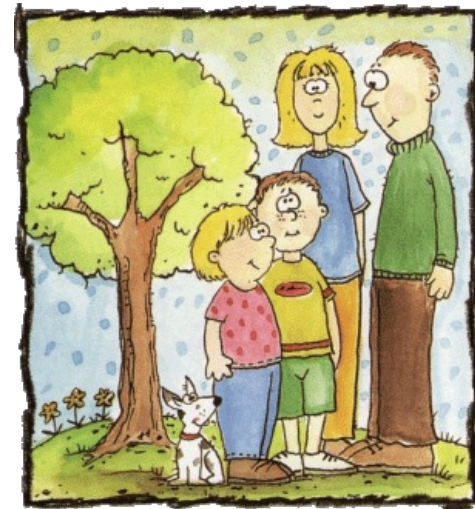


Make a plan

Decide where everyone will meet

– Three levels

- Outside your home
- On your block
- In your city





# Emergency Bags



There are many types of bags...

- Emergency binder
- Emergency backpack
- Bedside bag
- First aid kit
- Emergency bag for car
- Emergency bag for work

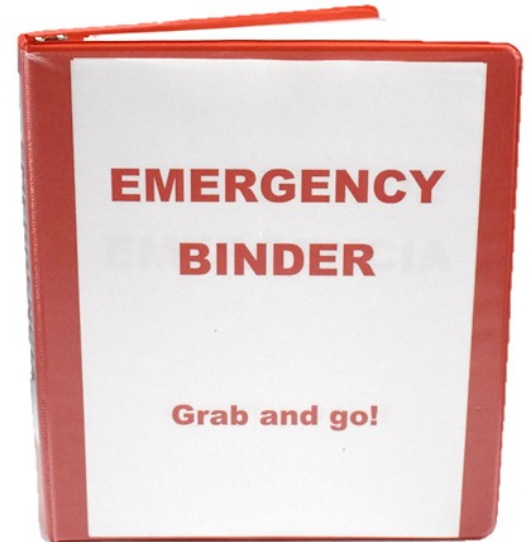


# *Emergency Binder*



Copies of:

- Birth certificates
- Passports
- Immigration documents
- Driver's license
- Social security cards
- Medical records
- Automobile title
- Car, life, homeowner's or renter's insurance
- Apartment lease
- List of phone numbers





# Emergency Backpack



- Emergency Binder (important documents)
  
- Medications
- Irreplaceable items
  - External hard drives
  - Pictures
- Phone charger
- Eyeglasses
- Money
  - Quarters
  - Small bills of \$1 and \$5
  - Credit Cards



# *Transportation Plan*

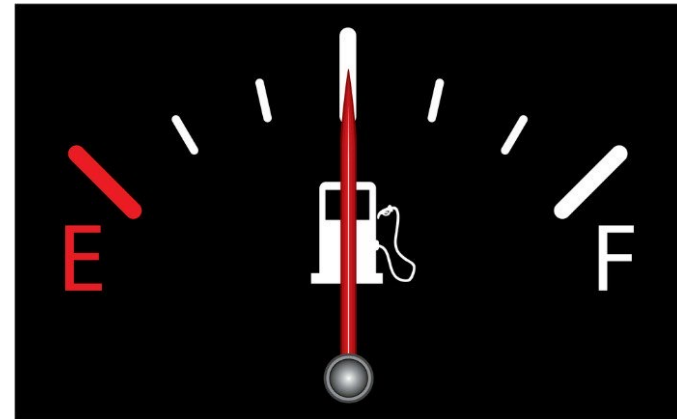


Are you running on gas fumes?

- Fill your tank when it is half empty

Don't wait until after an incident

- If there is no electricity, you cannot get gas
- There will be long lines
- It can be dangerous



# Evacuation Plan



Have a list ready of what you would take if you have a warning of:

- 5 minutes
- 15 minutes
- 1 hour

Put the list next to the door

Evacuate when it's first advised



# *Evacuation Exercise*



- Use the Evacuation Grab and Go handout and write down what you would take if you had 5 minutes to evacuate.