Be Red Cross Ready

American Red Cross
Northern California Coastal Region
What is the Red Cross?

World’s largest non-profit humanitarian organization
What We Do

- Service to Armed Forces
- Health and Safety
- Blood Services
- International Services
- Disaster Cycle Services
- Youth Services

American Red Cross
Northern California
Coastal Region
Wherever you live, you should be prepared for these common emergencies:

**Home Fires**
Hundreds of home fires happen every day. Be prepared with working smoke alarms and a home escape plan.

**Flooding**
Too much rain or melted snow can cause any river or stream to overflow, flooding roads and towns built near the water.

**Thunderstorms and Lightning**
There are more than 100,000 thunderstorms every year in the U.S. They can happen anywhere, at any time.

**Extreme Winter Storms**
In the north, too much snow and ice can close roads and knock out power. In the south, even a little snow and ice can do the same.

* Based on hazard maps produced by the U.S. Geological Survey and the American Red Cross. This map shows where different types of hazards are most likely to happen in the U.S. It does not show every emergency that can happen in every state and territory. For example, wildfires have been reported in 46 states, but they happen most often in the states shown on the map.
What emergency situations can happen in our area?

- Earthquakes
- Fires - house/wildland /large apartment
Be Red Cross Ready

1. Get a Kit
2. Make a Plan
3. Be Informed
1. Get a Kit

Recommended Supplies

✓ **Water**: 1 gallon a day per person for 3 days
✓ **Food**: non-perishable, canned, dried; **can opener**
✓ **Medication, prescription and non-prescription**
✓ **First Aid Kit**
✓ **Flashlight + batteries**
✓ **Battery-powered radio/crank radio**
✓ **External battery pack**
1. Get a Kit

Other supplies:
✓ Toiletries & sanitation supplies
✓ Blanket
✓ Cash and coins
✓ Important papers
2. Make a Plan

**Talk**
- Talk with members of your household
- Learn each person’s needs and abilities
- Assign roles and work together

**Plan**
- Two exits out of your home
- Two meeting locations
  1) Near home
  2) Outside neighborhood
- Out-of-state contact

**Practice**
- Practice earthquake and fire drills twice a year
- Participate in the Great Shakeout in October
3. Be Informed

Information Sources

- Television
- Radio
- Internet/Social Media
- Telephone/Text Message
- Local Emergency Warning System
- Other people

Other Ways of Being Informed

- First aid and CPR
- Earthquake safety
- Fire safety
- Practice your plan
3. Be Informed

- KCBS 740AM/106.9FM is the official emergency radio station.
- The alternate is 88.5 KQED.
What emergency situation does the Red Cross respond to the most?

Home Fires!
SF Responses from January 1, 2018 to June 1, 2018

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<th>Responses</th>
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<tr>
<td>No Response</td>
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<tr>
<td>Clients</td>
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<tr>
<td>Adults</td>
<td>124</td>
</tr>
<tr>
<td>Children</td>
<td>11 (8%)</td>
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<tr>
<td>Responder Miles Driven</td>
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<tr>
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<tr>
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<td>Items Given</td>
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<tr>
<td>Comfort Kits</td>
<td>24</td>
</tr>
<tr>
<td>Blankets</td>
<td>13</td>
</tr>
</tbody>
</table>
Steps to Fire Safety

▪ To evacuate from a fire:
  ▪ Stay low to avoid smoke
  ▪ Feel closed doors with the back of your hand for heat
  ▪ **Get out - stay out - call 911**

▪ If you cannot get out:
  ▪ Move to room furthest from fire
  ▪ Close the door, put cloth under the door to stop smoke
  ▪ Hang a cloth out the window to signal for help
Defend Against Home Fires

Smoke Alarms

- Most effective defense against home fires!
- Have at least one on each level of your home
- Test every 6 months

Request Free Smoke Alarms and Fire Safety education:
www.soundthealarm.org/norcalcoastal

American Red Cross
Northern California Coastal Region
What other emergency situation is common in California?

Earthquakes!
What do you do during an earthquake?

1. DROP!
2. COVER!
3. HOLD ON!
If you are inside...

**Drop, Cover, & Hold On…**

- Under a sturdy table, desk, or other object
- By an interior corner or wall
- If in bed, cover head with pillow
If you are outside...

**Drop & Cover**
- Open space is best
- Away from buildings, trees, telephone lines, etc.

*If driving...*
- Pull over in an open space
- Stay in your car
After an Earthquake

Check yourself for injuries, then help those injured or trapped around you.

- Stay tuned to local radio for information
- Stay out of damaged buildings and return home only if authorities say it is safe
- Leave the area if you smell gas or chemical fumes

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Safe and Well

After a disaster, letting your family and friends know that you are safe and well can bring your loved ones great peace of mind. This website is designed to help make that communication easier.

https://safeandwell.communityos.org
Safe and Well

Register Yourself as “Safe and Well”

- Click on the “List Myself as Safe and Well” button to register yourself on the site.

- If you are visiting the US from another country or are a foreign national living in the US, please also remember to contact your consular office or embassy to inform them of your well-being.

https://safeandwell.communityos.org
Safe and Well

Search for Loved Ones

- Concerned family and friends can search the list of those who have registered themselves as “safe and well” by clicking on the “Search Registrants” button.

- The results of a successful search will display a loved one’s first name, last name and a brief message.

- You must enter either a pre-disaster phone number (home, work or cell) or a complete home address.

https://safeandwell.communityos.org
What Can You Do Today?

✓ Start your kit
✓ Sign up for a CPR and First Aid class
✓ Share your preparedness knowledge with members of your household
✓ Practice your escape plan

American Red Cross
Northern California
Coastal Region
Red Cross mobile apps offer vital information for you to prepare and respond to emergencies.

To download:

✓ Visit redcross.org/apps

✓ Search “American Red Cross” in your mobile app store
Contact

American Red Cross of the Bay Area

- 1663 Market Street
  San Francisco, CA 94103
- **Phone**: (415) 427-8000
- **Email**: arcbainfo@redcross.org
- **http://www.redcross.org/local/california/northern-california-coastal**

- For general inquiries
  - Prepare.org