

MAG-11 HQ FAMILY READINESS WEEKLY BULLETIN: DISASTER PREP



MAG-11 FRO

Katrina Langley

858-577-1624 (office)

858-349-7196 (cell)

katrina.langley@usmc.mil

This is a special supplement to the regular Unit Personal and Family Readiness News.

SPOTLIGHT ON : **DISASTER PREPAREDNESS**

Living in San Diego/Southern California brings a unique set of challenges. We are susceptible to Earthquakes, Tsunami, Wildfire, Mudslides, Heavy Snow in the Mountains, Pandemic Influenza, terrorism and localized flooding.

San Diego also has the challenge of having only two main roads North and South and two main roads East and West. If disaster strikes, what is your plan? Do you have one developed?

Disaster Information for MCAS Miramar:

Marine Corps Air Station Miramar's Public Affairs Office will use Twitter to push out breaking news and information during an emergency. They can be followed at www.twitter.com/MCASMiramarCA

After a disaster strikes, listen to **KOGO AM 600** for the San Diego Emergency Alert System. The secondary station is **KLSD AM 1360**.

For general and updated disaster information, call 211.

Are you ready with your disaster plan?

San Diego County Office of Emergency Services has an online Family Disaster Plan and Personal Survival Guide available at

<http://www.sdcounty.ca.gov/oes/docs/FamilyDisasterPlan.pdf>



When disaster strikes, San Diego County has an Alert system that works like **Reverse 911**. It will automatically call all Listed and Unlisted landlines, but not Cell Phones...UNLESS YOU REGISTER!

Register your cell phone at

<http://www.sdcounty.ca.gov/oes/ready/signup.html>

Develop a
Pet Disaster
Plan with
emergency
supplies for
each pet.
Get more
information
at
[http://www
.sddac.com/
pet_disaster
_plan.asp](http://www.sddac.com/pet_disaster_plan.asp)



County of San Diego Office of Emergency Services

Phone: (858) 565-3490

Website: www.ReadySanDiego.org



What should you have in your home kit?

Basic

Water* – minimum of 1 gallon per person per day

Blankets or sleeping bags for each member of the family

Non-Perishable Foods*

First Aid Kit and Manual

Can opener – non-electric

Watch or clock – non-electric

Plug-in analog telephone

Cash

Important documents

Activity items for adults (e.g. deck of cards) and kids (e.g. coloring books with crayons)

Radio – portable, with spare batteries

Prescription and over-the-counter medications*

Additional equipment – glasses, dentures, hearing aids

Flashlight – spare batteries and light bulb

Fire extinguisher – multipurpose labeled “ABC”

Whistle

Dust mask

*Rotate food, water, and medications as necessary. Remember to consider household members with unique needs: infants, elderly, disabled, allergies.

As needed items: Diapers/formula, pet food and water.

Avoid salty foods, as they will make you thirsty.

Sanitation Supplies

Large plastic trash bags for waste, sanitation, and protection

Pre-moistened towelettes

Hand soap and liquid detergent

Shampoo

Toothpaste & toothbrush

Feminine supplies

Infant supplies

Toilet paper and paper towels

Deodorant

Safety

Knife, razor blade, and multipurpose tool Heavy gloves for each adult

Clothes – complete change for each family member

(Preferably long pants and long sleeves for protection)

Heavy shoes for each family member

Cooking

Plastic bags - various sizes, sealable

Paper plates, plastic utensils, paper towels

Pots (cooking) - at least two

Barbecue or gas grill; charcoal and lighter or propane (**for outdoor use only**);

Sterno® stove

Pets

Carrier	Collar with ID tag and harness or leash
Food	Water
Medications	Sanitation items – Litter and litter box if appropriate
Important documents such as vaccination records and license information	

Car Survival Kit

Non-perishable food	Sealable plastic bags
Flares	Flashlight with batteries
Bottled water	Tools and rubber hose
First Aid Kit and Manual	Critical medications
Fire extinguisher	Pre-moistened towelettes and tissues
Blanket	Extra clothing

Make a list of important telephone numbers

The above list contains items usually available in your home. It is recommended that they be organized and located together for easy access during an emergency. Your emergency supplies should be sufficient to sustain you, your family and pets for a *minimum of 72 hours*. A two (2) week supply of prescription and necessary over-the-counter medications is recommended.

IN EVENT OF EVACUATION

If you have to **evacuate** your home, **MAKE SURE TO TAKE IDENTIFICATION WITH YOU!** Many residents tried to return home after the wildfires, but were turned away by the police due to lack of identification stating residence.

Other things to take with your if you evacuate:

Medicines and first aid kit	Flashlight, radio, batteries
Important Documents and Cash	Blankets and extra clothes
Personal Sanitary Items	Any additional items you feel are necessary (e.g. photos, heirlooms, jewelry, etc.)
Make Arrangements for Pets	

After a disaster Strikes, listen to KOGO AM 600 for the San Diego Emergency Alert System. The secondary station is KLSD AM 1360.

For general and updated disaster information, call 211.

San Diego Police Department requests that all Military Personnel and Dependents evacuate to a Military Installation if possible due to the safety, security and infrastructure in place to support. This infrastructure may not be in places that the general public will evacuate to.

IT IS MUCH EASIER TO BE READY “BEFORE” AN EMERGENCY STRIKES!

*Help Kids
Prepare for
Disaster*

You can find a list of emergency preparedness games and worksheets for kids of all ages at

<http://www.sdcounty.ca.gov/oes/ready/kids/>

WHAT TO DO

WHEN AN EMERGENCY STRIKES?

EARTH -QUAKE

Earthquake:

Stay away from heavy furniture, appliances, large glass panes, shelves holding objects, and large decorative masonry, brick or plaster such as fireplaces. Stay away from kitchens and garages, which tend to be the most dangerous places because of the many items kept there. During the quake, **Drop, Cover, and Hold on!**

DROP down onto your hands and knees (before the earthquake knocks you down). You won't fall in this position and still have the ability to move if needed.

COVER your head and neck (and your entire body if possible) under a sturdy table or desk. If there is no shelter nearby, only then should you get down near an interior wall (or next to low lying furniture that won't fall on you), and cover your head and neck with your arms and hands.

HOLD ON to your shelter (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

Do Not run outside or to other rooms during shaking. The area near the exterior wall of a building is a dangerous place to be. If you are already outside, stay outside.

Do Not stand in the doorway. In modern homes, they are no stronger than the other external walls. This is a myth.

<http://www.earthquakecountry.info/dropcoverholdon/>

What do you do if you are driving, in a theater, in bed, at the beach etc.?

In a stadium or theater: Stay at your seat and protect your head and neck with your arms. Don't try to leave until the shaking is over. Then walk out slowly watching for anything that could fall in the aftershocks.

Near the shore: Drop, cover and hold on until the shaking stops. Estimate how long the shaking lasts. If severe shaking lasts 20 seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake. Move inland 3 kilometers (2 miles) or to land that is at least 30 meters (100 feet) above sea level immediately. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.

Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards.

Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If a power line falls on the car, stay inside until a trained person removes the wire.

ADVICE FOR THOSE WITH DISABILITIES WHO CANNOT DROP/COVER/HOLD can be found at <http://www.shakeout.org/downloads/>

Wildfire:

The most important rule to follow is “if you are threatened by a wildfire and consider yourself to be in immediate danger, don’t wait for mandatory evacuation orders, take the necessary steps to keep you and your loved ones safe.”

- **During a fire pull a car out of the garage and park in the driveway** in case you need to evacuate during a power outage. If evacuations seem likely, put all essential items into your car for swifter evacuation. Suggestions of essential items: Household members’ names and ages; wallet/purse: credit and ATM cards, extra cash; pets and animals; family valuables: photographs, videos, and heirlooms; important documents: identification with current address, driver’s license, passports, birth/marriage/immigration certificates, tax documents; bank investments; insurance and other financial documents; vehicle titles; address book; computer back up files, laptop, palm pilot, and other information storage devices; items to pass the time: favorite toys, cards, books, puzzles, portable dvd; car chargers for electronic devices.
- **Prepare 3-day emergency supply kits in advance** for each person and pets stored in backpacks or sturdy plastic containers for easy transport. Each kit should contain 3 days of water and dry/canned food, change of clothing, personal toiletries, pet needs, medicines.
- **If evacuating your home be sure to turn all lights on** so firefighters can see better if they must enter your house, close all doors and windows to protect the interior of the home, turn off pilot lights, and wet down shake or shingle roofs.
- **During a fire you may call 2-1-1** or visit www.sdcountyemergency.com for information about evacuation shelters.
- **If outside during a fire** it is suggested that you wear a mask or bandanna over your mouth to minimize smoke inhalation.



WHAT TO DO WHEN AN EMERGENCY STRIKES? WILD FIRE

Tsunami:

**WHAT TO DO
WHEN AN
EMERGENCY
STRIKES?**

A tsunami is a series of sea waves most commonly caused by an earthquake beneath the sea floor. In the open ocean, tsunami waves travel speed of up to 600 miles per hour. The first wave is often not the largest. Successive waves may be spaced tens of minutes apart and continue arriving for a number of hours.

NEVER go to the coast to watch for a tsunami if you hear a warning has been issued. They move faster than a person can run.

Tsunami's **ARE NOT** surfable.

If you feel an earthquake at the beach, it may trigger a tsunami. A major Tsunami-producing earthquake will likely shake the ground for 30 seconds or longer. If you are on the coast and count 20 seconds of very strong shaking, evacuate as soon as it is safe to do so.

Move to higher ground or inland away from the coast **IMMEDIATELY**. You should get at least 2 miles inland or to land that is at least 100 feet above sea level.

DO NOT return to the shore after the first wave. Waves may continue to arrive for hours.

Listen to your radio for an "all clear" before returning to the beach.

MCAS Miramar's elevation level is 478 feet and is located approx 9 miles inland.

For more information on All Hazards Awareness, go to

[http://www.miramar.usmc.mil/documents/Disaster Preparedness %20Newsletter Vol 1.doc](http://www.miramar.usmc.mil/documents/Disaster%20Preparedness%20Newsletter%20Vol%201.doc)