



Safety, Service and Professionalism



Partners in Preparedness

Prepare Your Family

Develop an Emergency Action Plan with all family members detailing what to do in the event of an emergency. Important items in the plan include:

- * Home evacuation routes with a safe meeting area outside the home
- * Copies of important documents and phone numbers for all family members
- * Establish an out-of state contact for all family members to report
- * Practice the plan with all family members

Identify and Mitigate Hazards in Your Home

- * Strap your water heater and tall furniture to the studs in the wall

Create a Disaster Supply Kit

- * Have enough food and water for every member of the family to survive for a minimum of three days to two weeks

Get Trained

- * Take the Neighborhood Disaster Preparedness Course or enroll in the Community Emergency Response Training (CERT) program offered by the Newport Beach Fire Department

BEFORE

Stay Calm

- * Try to protect yourself and family members. If safe, take appropriate steps to evaluate the severity of the disaster and determine if it is necessary to evacuate the home

DURING

Remain Calm and Activate Family Emergency Action Plan

- * Once disaster ends, assemble available family members, grab the Disaster Supply Kit and proceed to established outside meeting area
- * Help neighbors or other community members who are injured or cannot help themselves
- * Treat injuries, when safe assess damage to neighborhood and home
- * Listen to radio for information and directions: KWVE 107.9 FM
- * Check utilities and turn off if necessary
- * Be patient and prepared for unforeseen emergencies
- * Listen to the radio for important information from emergency personnel

AFTER

What
Newport
Beach
residents can
do
**BEFORE,
DURING
& AFTER** a
disaster



TSUNAMI SAFETY RULES

FROM THE NEWPORT BEACH FIRE DEPARTMENT

A tsunami is a series of traveling ocean waves of extremely long length generated primarily by earthquakes occurring below the ocean floor. Although history has shown that the probability of a tsunami in Orange County is relatively low, we still must always be prepared. The National Weather Service and the National Oceanic and Atmospheric Administration (NOAA) recently distinguished Newport Beach as an official TsunamiReady city. As a nationally recognized TsunamiReady city, the City of Newport Beach has clear emergency plans on what to do before, during, and after a Tsunami has occurred. Follow the guidelines below to better prepare yourself, family, and community for a tsunami.

EARTHQUAKES & TSUNAMIS

- All earthquakes do not cause tsunamis, but many do. When you feel a strong earthquake or hear that an earthquake has occurred, **listen to the radio** for a tsunami warning.
- If you feel a strong earthquake that lasts longer than 20 seconds, evacuate low-lying coastal areas immediately.

WHAT IS A TSUNAMI?

- A tsunami is not a single wave, but a series of waves.
- The first wave may not be the largest. Time between waves can be as long as two hours.
- The Alaska Tsunami Warning System provides tsunami warnings to California. When an ocean-wide warning is issued, a tsunami exists.
- All tsunamis are potentially dangerous, although they may not damage every coastline they strike.

WHAT DO I DO?

- Plan an evacuation route from anyplace where you will be where tsunamis present a risk. If possible, pick an area 100 feet above sea level or go up to two miles inland, away from the coastline. If you cannot get this high or far, go as high as you can. Every foot inland or upwards may make a difference. Ideally, you should be able to reach your safe location on foot within 15 minutes.
- Stay tuned to your AM/FM radio (KWVE 107.9 FM) or television stations during a tsunami emergency—bulletins issued through the Newport Beach Emergency Services Office and National Weather Service can help save your life!
- During a tsunami emergency, the Newport Beach Police, Fire, and Lifeguards will try to save your life. Give them your fullest cooperation and follow all emergency responders' orders.
- For more information on tsunamis, go to www.nws.noaa.gov.

For more information call 949-644-3112 or visit www.nbcert.org

DISASTER SUPPLY CHECKLIST

It is very important to put together a disaster preparedness kit to give your family the best chance of survival in the event of an emergency. The Newport Beach Fire Department has taken the recommendations from the Federal Emergency Management Agency (FEMA), the American Red Cross (ARC) and the California Governor's Office of Emergency Services (OES) and have developed the checklist below. Creating a comprehensive family disaster supply kit, placing it in an accessible area of the home, and checking/renewing supplies every year are measures residents can take to prepare for disasters. Follow the guide below to create your own disaster supply kit.



1. TOP OF CONTAINER

- ___ Flashlight
- ___ Radio
- ___ Extra Batteries

- First Aid Kit (including)**
- MEDICATION**
- ___ Antibiotic ointment
 - ___ Aspirin tablets
 - ___ Prescription medication
 - ___ Syrup of Ipecac



- DRESSINGS**
- ___ Adhesive tape, 2" wide roll
 - ___ Sterile bandage, 2" & 4" wide roll
 - ___ Bandages, large triangular
 - ___ Bandages, plastic strips
 - ___ Cotton-tipped swabs
 - ___ Sterile absorbent cotton
 - ___ Ace bandage
 - ___ Butterfly bandages
 - ___ Gauze pads

- MISCELLANEOUS**
- ___ Scissors
 - ___ Tweezers
 - ___ Thermometer
 - ___ Petroleum jelly
 - ___ Rubbing alcohol
 - ___ Tissues
 - ___ Pocketknife
 - ___ First Aid Handbook



2. MIDDLE OF CONTAINER



- Food and Water**
- Three day supply of food and water requiring no refrigeration. Write out a menu for each day.
- Examples:

- Canned tuna or pork & beans (1/2 lb./person)
- Nonfat dry milk (1/2 lb./person)
- Graham crackers (1/2 lb./person)
- Dried apricots (1/2 lb./person)
- Canned orange or tomato juice
- Peanut butter (1/2 lb./person)

3. BOTTOM OF CONTAINER

Bedding

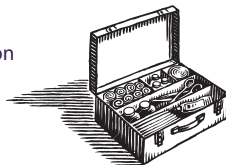
- ___ Sleeping bag/blankets
- ___ Plastic sheet/tarp

Clothing

- ___ One change/person

Personal Supplies

- ___ Toiletries
- ___ Towel
- ___ Good book
- ___ Paper and pencil



Equipment

- ___ Can opener
- ___ Dish pan
- ___ Dishes (disposable)

Utensils (disposable)

- ___ Ax
- ___ Shovel
- ___ Bucket (plastic bag liners)

Infant Needs

- ___ Formula
- ___ Diapers
- ___ Bottle

Money

- ___ Cash
- ___ Coins



Personal Documents

- ___ Photocopies of ID, credit cards, insurance and other important documents

Fuel and Light

- ___ Matches
- ___ Candles
- ___ Signal flare
- ___ Sterno (canned fire gel)

Other

- ___ Water purification tablets
- ___ Liquid chlorine/bleach
- ___ Eye dropper
- ___ Pet food



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Community Emergency Response Team (CERT) Training Program

The Newport Beach Fire Department invites residents to join our Community Emergency Response Team (CERT), a nationally recognized FEMA training program. The purpose of the CERT program is to improve community preparedness in the event of a disaster. The CERT program is available free of charge to residents, schools, and businesses in the Newport Beach community. The 24-hour course covers topics such as: Introduction to Disaster Preparedness, First Aid and CPR, Light Search and Rescue, Fire Suppression, and Disaster Psychology. Residents that complete the entire CERT Training Program are certified Disaster Service Workers ready to help their neighborhoods in the event of a disaster. For further information or to register for an upcoming CERT class call (949) 644-3112 or on-line at www.nbcert.org.

Neighborhood Disaster Preparedness Course

The Newport Beach Fire Department invites residents and community associations to participate in the newly created Neighborhood Disaster Preparedness Course. The half-or full-day course teaches residents basic disaster preparedness, family emergency planning, and home safety measures. Residents will learn about potential disaster threats, how to create a disaster supply kit, how to develop an emergency action plan, and neighborhood disaster response plans. The course is available free of charge to community groups and neighborhood associations. For further information or to schedule a Neighborhood Disaster Preparedness Course for your group call (949) 644-3112.

Partners in Preparedness - Additional Resources

Orange County- www.readyoc.com

Office of Homeland Security- Citizens Corps - www.ready.gov

Federal Emergency Management Agency - www.fema.gov

California Office of Emergency Services - www.oes.ca.gov

American Red Cross- Orange County Chapter- www.oc-redcross.org

National Weather Service - www.nws.noaa.gov



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Contact Information

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