

Feel a New Confidence Through **Personal Emergency Preparedness**

While police, fire, and emergency medical services can be at your location within seconds after calling 911, do you know what to do until they arrive? And if an earthquake, severe weather, natural disaster, or other regional event occurs, it might be a few days or a week until emergency services can respond.

Feel empowered by knowing what to do until help arrives. It's easy to learn, and it's a great feeling to be prepared.

Learn about free Community Emergency Response Team (CERT) training at **smcready.org** then sign up by calling 650.616.7096.

Sign up for SMCAAlert, a notification system used to contact you during urgent or emergency situations with useful information and updates.

Visit smcalert.info



What Can You Do To Be Prepared?

We may have to be self-sufficient for at least 72 hours after an earthquake, severe rainstorm, or flood while public services are tending to more urgent matters.

It does not cost a lot to be prepared – A good resource for personal safety and security of homeowners is available at www.PrepareNow.org and the United States Small Business Administration (SBA) provides valuable information at tinyurl.com/kjr6aq.

Here are some actions that you can perform now to ensure that you are ready:

1. Make a plan—Know two ways out of each room in your house, identify close-by and remote meeting points, and designate an out of town contact for all family members.
2. Make a kit—start with a flashlight, whistle, portable radio, batteries, medicines, and food and water for 72 hours. Add additional items for protection and comfort.
3. Stay informed—Listen to KCBS, KSOL, and KQED for information.
4. Evaluate your home and work—Secure furniture and objects so that they cannot fall and be damaged, or worse, injure someone. Ensure that you have smoke alarms in all sleeping areas and that you change the batteries at least once a year.
5. Practice “duck, cover, and hold” drills at home and at work.
6. Become an amateur radio operator (ham), and/or a Community Emergency Response

Team (CERT) member. Visit www.smcready.org/ for CERT information and call 650.616.7096 to express interest.

7. Sign up for SMCAAlert— an alert notification system used to immediately contact you during urgent or emergency situations with useful information and updates. www.smcalert.info/
8. Visit www.smcready.org and www.smhealth.org/ for more detailed information.

It’s not that hard to be prepared and a lot of the work can help you get through other events such as a road closure, power failure, flooding, or a building evacuation.

This brochure is sponsored by the San Bruno Community Preparedness Committee, which meets on the third Thursday of each month at 6:00 P.M. in the Emergency Operations Center at City Hall. The Emergency Operation Center is reached by a set of stairs located between Conference Room #115 and #113. City Hall is at 567 El Camino Real. Visit us on the web at http://sanbruno.ca.gov/committee_preparedness.asp

