



San Francisco Fire Department

## Neighborhood Emergency Response Team

**NERT training** is an 18-hour comprehensive hands-on disaster preparedness & response class held over six sessions. The instructors are professional firefighters. No experience is required. Contact 415-970-2022 or [sffdner@sf.gov](mailto:sffdner@sf.gov) or visit [www.sfgov.org/sfnert](http://www.sfgov.org/sfnert) for a schedule of **FREE** training offered in San Francisco neighborhoods.



### Got kids? Make Kid Kits!

- Contact info** for you and your out-of-state contact
- List of people** authorized to pick up your child(ren)
- Family reunification plan** with a note from you that everything will be alright
- Favorite book or toy**, especially for little ones
- Favorite snacks and juice box**
- Change of clothes**
- Medication** with clear instructions

### Once a Year

Check and rotate water, food, batteries and clothes. Anniversaries are good reminders!

### Home Preparedness Kit

- Water:** 1 gallon per person per day for at least 3-5 days
  - bleach, to purify domestic water if needed; use 2-4 drops per quart
- Food:** enough to feed your family for 3-5 days. Choose foods that:
  - are easily stored, ready-to-eat, and have a shelf-life of at least 1 year; canned and dried foods, soups, canned juice and milk are perfect emergency supplies
  - are low in salt and require little or no water to prepare
- Cooking supplies:** alternates such as grill or camp stove (outdoors), utensils, manual can opener, foil and plastic wraps, matches, zip plastic bags
- Clothing:** light & heavy layers of clothing for each person, stored so it stays dry; gloves, rain ponchos
- Safety Supplies:** flashlight & portable radio with extra batteries, duct tape, good pair of scissors, whistles, rope, sharp knife, fire extinguisher, and a wrench for utility shut-off
- General Supplies:** money (no ATMs!), pencil and paper, city/area maps, extra sets of house and car keys, copies of important documents, emergency contact information and reunification plans
- Shelter:** Consider a tent indoors or in your yard if windows are broken in your home
- Hygiene Supplies:** hand

sanitizer, liquid detergent, shampoo, toothbrush and paste, toilet paper, sanitary supplies (sanitary napkins make excellent pressure bandages)

- Medical Supplies:** first aid kit: purchase in stores or assemble your own, first aid book, medications, extra eye-glasses, and prescriptions for both, list of doctors
- Special items** for infants, children, elderly & people with disability

Tip! Find out your employer's plan for:

- Evacuation
- Sheltering in place
- Contacting you after a disaster
- Expectation for your role

- Special Items** for pets—they need their own water, food, leashes, meds, carrier or shelter
- If you evacuate** you may need a tent, sleeping bags, a means for moving all your supplies (i.e. wheeled cans or luggage), and activities like games, cards or a book

### Workplace & Car Kits

A simple kit that will allow you to get to your home or reunification site, sometimes called a go-bag.

- Comfortable walking shoes
- Flashlight
- Portable radio
- Small amount of water and food
- Money
- Basic first aid kit
- Contact information, maps
- Change of clothes

Tip! Make sure you keep the **gas tank full!** Never let it go below half a tank. We may be without electricity and/or road access!

# Create A Personal Disaster Plan



Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and earthquakes to children. Plan to share responsibilities and work together as a team.

- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Make sure everyone knows where to find your disaster supply kit and **Go kits**. (Go-Kits are emergency kits you pack in advance so that if an emergency strikes, you just pick up the kit and GO!)
- Have a flashlight, a pair of shoes and clothes in a plastic bag under everyone's bed in case there is an earthquake during the night.
- Determine the best escape routes from your home. Try to identify two escape routes.
- Pick two places to meet:
  - Right outside your home in case of a sudden emergency, like a fire.
  - Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.
- Ask an out-of-state friend to be your "check-in contact." After a disaster, it's often easier to call long distance. Other friends and family members should call this person and provide a check in status. Everyone must know your contact's phone number in advance.
- Discuss what to do in an evacuation.
- Plan how to take care of your pets.
- Practice your 1) Evacuation Routes 2) Drop, Cover & Hold 3) Stop, Drop & Roll drills.
- Create emergency response cards for each of your family members.
- Next, find out about the disaster plans at your workplace, your children's school or daycare center and other places where your family spends time.
- Make copies of important documents and inventory valuables. Keep these in a safe deposit box or with someone outside of the immediate area.

## Personal Disaster Activation Plan

After a disaster, each person should call the designated check-in person to report his/her location and condition. This person should be out-of-state because it is often easier to call long distance after a disaster. Use texting when possible. Consider posting a current status on Social Media. Head to your designated meeting place if you are unable to make contact.

Designated Out-of-State Contact Name: \_\_\_\_\_

Phone # (Day): \_\_\_\_\_ (Night): \_\_\_\_\_

Local Emergency Contact Numbers:

| Name | Work # | Home/Cell# |
|------|--------|------------|
|      |        |            |
|      |        |            |

Emergency Meeting Places:

|                |  |
|----------------|--|
| Near Home      |  |
| Secondary Site |  |
| Workplace      |  |
| School/Daycare |  |