

NLWJC - Kagan

DPC - Box 072 - Folder-007

[Neighbor Helping Neighbor]



YOGI, THE BE-PREPARED BEAR
P R E S E N T S

A SELF-HELP
COMMUNITY
BASED
EARTHQUAKE
PREPAREDNESS
PLAN

NEIGHBOR HELPING NEIGHBOR

YOGI SAYS, "AN EARTHQUAKE IS NO PICNIC SO HERE'S
SOME WORDS TO THE WISE..."



HOW NEIGHBORS CAN PREPARE TO SURVIVE A DISASTER TOGETHER

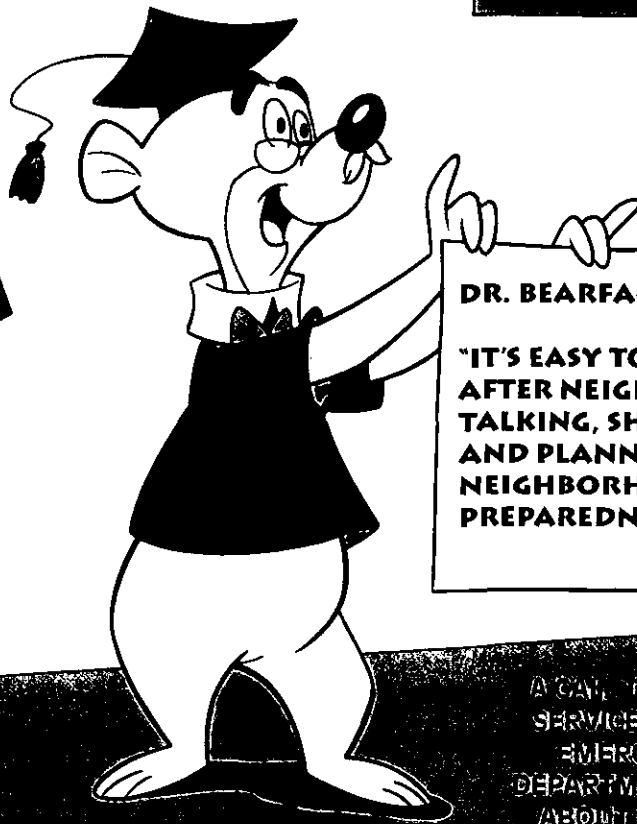
NEIGHBORHOOD PREPAREDNESS

"BOO BOO, AS PREPAREDNESS SPOKESBEAR FOR MY NEIGHBORS IN JELLYSTONE PARK, DR. BEARFACTS TOLD ME SOME MORE WORDS TO THE WISE...."

"YOGI, SINCE YOU'RE SMARTER THAN THE AVERAGE BEAR, HOW CAN NEIGHBORS HELP EACH OTHER GET PREPARED FOR A DISASTER?"



2



DR. BEARFACTS SAYS...

"IT'S EASY TO GET PREPARED AFTER NEIGHBORS BEGIN TALKING, SHARING, CARING AND PLANNING. THAT'S WHAT NEIGHBORHOOD EARTHQUAKE PREPAREDNESS IS ALL ABOUT."

A CALL TO YOUR OFFICE OF EMERGENCY SERVICES CITY AND COUNTY OFFICE OF EMERGENCY MANAGEMENT OR FIRE DEPARTMENT WILL PROVIDE INFORMATION ABOUT NEIGHBOR HELPING NEIGHBOR.



SPOKESBEAR YOGI CALLED THE OFFICE OF EMERGENCY SERVICES IN JELLYSTONE PARK TO FIND OUT HOW TO START A "NEIGHBOR HELPING NEIGHBOR" PLAN. DR. BEARFACTS—DIRECTOR OF EMERGENCY SERVICES—TOLD HIM TO START THE FOLLOWING WAY

- 1. CALL** a meeting of neighbors to organize a block-by-block, floor-by-floor or complex-by-complex preparedness plan. This same approach may be developed for homes, condos, apartments and mobile home parks.
- 2. ASK** for volunteers to serve as area coordinators. Their job is to canvass the neighborhood to establish an information bank of skills, tools and equipment that can be useful following an earthquake.
- 3. INVENTORY** neighborhood vehicles such as pick-up trucks, four-wheel drive, motorcycles, vans, motorhomes for possible use during an emergency.
- 4. FORM** specific committees and make assignments so that each neighbor has a particular role to play. For example: first aid, supplies, communication, transportation, search and rescue.
- 5. ENCOURAGE** neighbors to take training for first aid, CPR, fire suppression, search and rescue, damage assessment, amateur radio communications, (Red Cross and fire departments offer this training). Also, learn creative first aid (see page 10).
- 6. ESTABLISH** an area for reuniting and checking-in following an earthquake; identify areas for triage and first aid; determine a central place to store vital survival supplies for the neighborhood.
- 7. DEVELOP** a communications network among other neighborhoods for sharing skills and available resources.
- 8. MAKE** special plans for the elderly and disabled, as well as for those who have limited English skills.
- 9. AUTHORIZE** one volunteer to turn off neighbors' utilities if necessary for safety.
- 10. MEET** twice a year! One meeting should be a drill to practice the preparedness plan and everybody's role in it. The other meeting should review and up-date your neighbor-helping-neighbor program and involve any new neighbors.



**NEIGHBORHOOD
PLANNING MEETING**

- Organize area coordinators
- Share skills, equipment and tools
- Identify neighbors who have special needs
- Learn first aid and practice creative first aid
- Seek information on how to make homes quake-safe both inside and outside
- Combine neighborhood needs into a community survival kit



4

AT THE MEETING THE NEIGHBORS WERE TOLD —

THE NEIGHBOR HELPING NEIGHBOR SELF-HELP PLAN MERELY SERVES AS A GUIDELINE TO START UP A PROGRAM. WITH THIS IN MIND, NEIGHBORS SHOULD DEVELOP A PLAN SPECIFICALLY SUITED FOR THEIR PARTICULAR NEIGHBORHOOD AND THE PEOPLE INVOLVED.

NEIGHBORHOOD PREPAREDNESS

YOGI MEETS WITH NEIGHBORS AND ASKS FOR A LIST OF SKILLS, SUPPLIES AND RESOURCES.



"YOU CAN USE OUR GARAGE FOR STORING SURVIVAL SUPPLIES"

"I HAVE LOTS OF TOOLS AND A PICKUP TRUCK"



CINDY BEAR TALKS TO NEIGHBORS ABOUT NEIGHBOR HELPING NEIGHBOR PLAN AND ALSO REMINDS THEM TO REMEMBER DO'S & DON'TS DURING AN EARTHQUAKE.



DURING A QUAKE

DROP, DUCK, COVER & HOLD



INDOORS...

GET UNDER A HEAVY TABLE OR AN INSIDE CORNER. Avoid windows & mirrors, fireplaces, falling plaster & tiles, and tall cabinets.

OUTSIDE...

GET INTO THE OPEN. Avoid buildings, trees, walls and power lines.

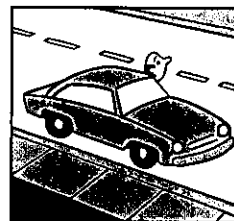


IN A HIGH-RISE...

STAY CALM AND WAIT FOR HELP. Chances are power may go out, alarms go off, sprinklers go on and elevators stop. Find a safe place away from windows and cabinets.

IN A CROWDED PUBLIC PLACE...

DO NOT RUSH TO DOORWAYS.



IN A CAR...

STOP AT A CURB. Avoid overpasses, power lines and bridges.

**GUIDE TO
STRUCTURAL
EARTHQUAKE
HAZARDS**

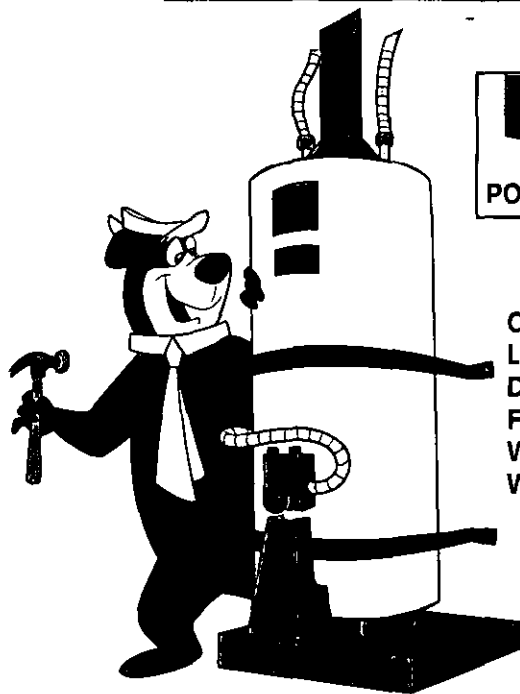


**"ALWAYS CONSULT
WITH A LICENSED
ENGINEER OR
ARCHITECT BEFORE
REPAIRING HOME
EARTHQUAKE
HAZARDS."**

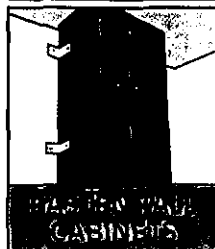
**PLACES TO CHECK
FOR HAZARDS**

- | | |
|-----------------------------------|---------------------------------|
| 1. UNREINFORCED FOUNDATION | 6. RENOVATION |
| 2. NO FOUNDATION | 7. SETTLEMENT |
| 3. DETACHED FOOTING | 8. PORCHES AND BALCONIES |
| 4. NO FOUNDATION BOLTS | 9. WEAK CHIMNEY |
| 5. UNBRACED CRIPPLE WALL | 10. WEAK TREES |

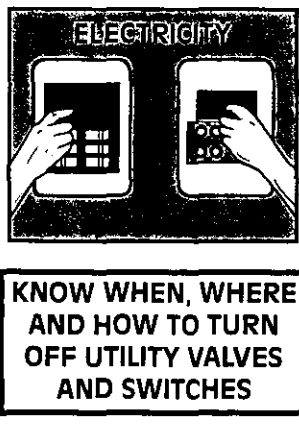
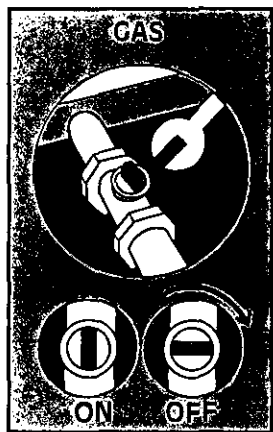
SECURE LOOSE ARTICLES AND FURNITURE



CONTACT YOUR LOCAL BUILDING DEPARTMENT FOR PROPER WAY TO STRAP WATER HEATER

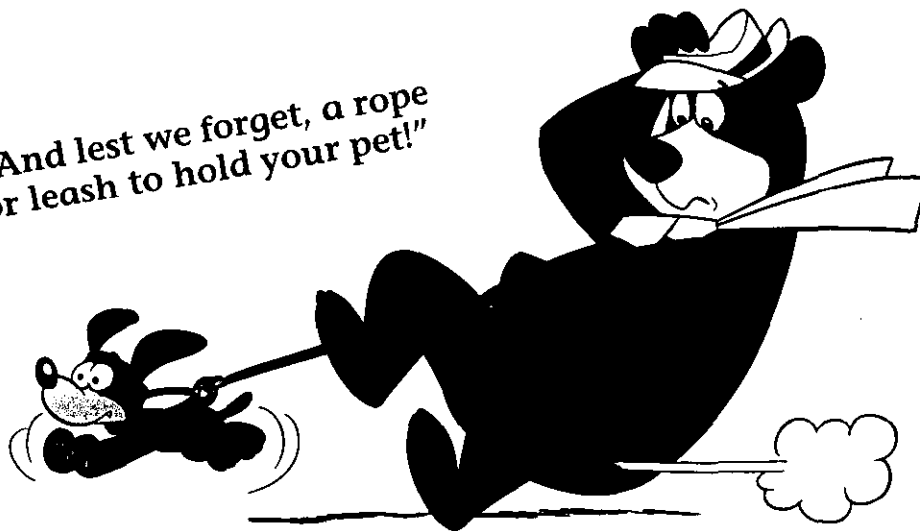


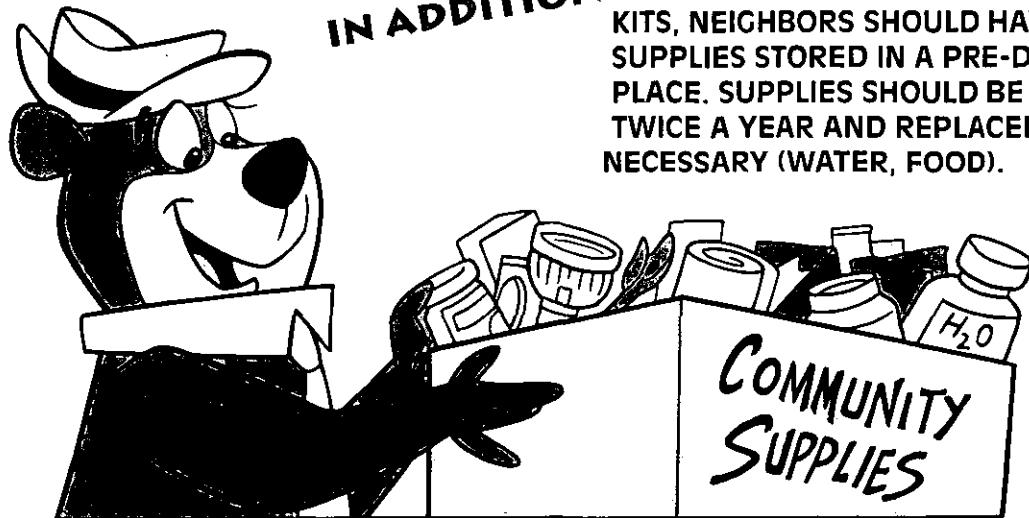
TALL FURNITURE



INSTALL METAL "L" BRACKETS BETWEEN FURNITURE AND WALL STUD AT TOP. THE "L" BRACKET CAN BE INVERTED SO THAT IT WILL BE HIDDEN FROM VIEW.

"And lest we forget, a rope or leash to hold your pet!"





IN ADDITION TO PERSONAL AND FAMILY SURVIVAL KITS, NEIGHBORS SHOULD HAVE EXTRA SUPPLIES STORED IN A PRE-DESIGNATED PLACE. SUPPLIES SHOULD BE CHECKED TWICE A YEAR AND REPLACED IF NECESSARY (WATER, FOOD).

THE LISTED ITEMS ARE SUGGESTED FOR A NEIGHBORHOOD SURVIVAL KIT

- ◆ Canned foods such as fish, pudding, peanut butter, and packaged food such as trail mix, granola bars, candy bars, dried fruit, nuts
- ◆ Pre-moistened towelettes, paper cups and plates, plastic spoons, manual can opener
- ◆ Lantern/flashlight with radio and siren, extra batteries, light sticks, whistle
- ◆ Blankets or aluminum foil space blankets
- ◆ Fire extinguisher (A-B-C Type)
- ◆ Heavy-duty aluminum foil, plastic tape, duct tape, plastic sheeting
- ◆ First aid kit, list of emergency numbers
- ◆ Bottled or packaged water and bottled, canned or packaged juices
- ◆ Large plastic trash bags for waste and trash
- ◆ Garden hose, gloves
- ◆ Tools: Crescent wrench, axe, crowbar, screwdriver, pliers, hammer, shovel, mop, broom, knife, scissors
- ◆ Barbeque grill/camp stove, fuel
- ◆ Large trash bins (survival supplies may be stored in trash bins, which later are useful for other purposes)
- ◆ Cash (including roll of quarters), pens, writing paper, cellular phone

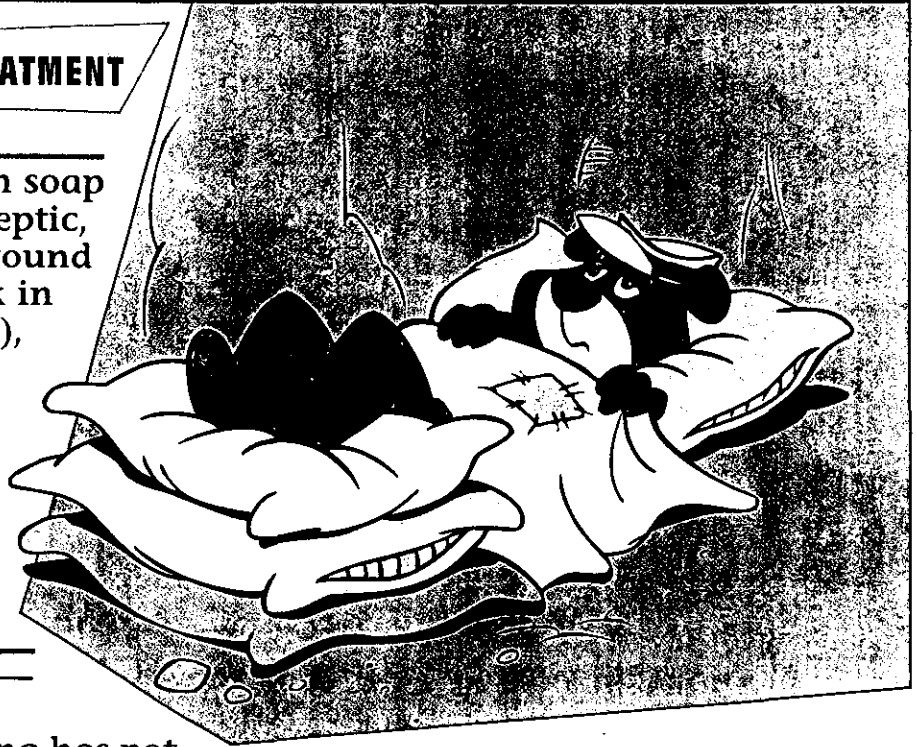
8

IN THE EVENT THAT POWER GOES OFF AFTER AN EARTHQUAKE, NEIGHBORS MAY DECIDE ON SHARED DINING. FIRST, GATHER UP ALL EDIBLE FOODS IN REFRIGERATOR. NEXT, USE AS MANY FREEZER FOODS AS POSSIBLE. THEN, START ON THE NON-PERISHABLE SUPPLIES.

BASIC FIRST AID TREATMENT

WOUNDS

Cleanse injury with soap and water or antiseptic, then bandage. If wound has an object stuck in it (glass, wood, etc.), **DO NOT REMOVE OBJECT!** Place bandage around object securely so that object will not move.



BLEEDING

DIRECT PRESSURE—

Cover wound with bandage. If bleeding has not stopped after bandaging, place hand over bandage and press firmly. If bleeding does not slow down or stop after a few minutes, apply another bandage over the original. *Continue direct pressure.* If possible, elevate bleeding area to reduce blood flow.

TOURNIQUET—

Use only as a last resort.



SHOCK

If person becomes pale, cold or drowsy, lay person down, elevate legs and cover for warmth.

RESCUE

Do not move injured person unless necessary. If injured person must be moved for safety, pull person **LENGTHWISE, NOT SIDEWISE.**

BURNS

Most burns should be covered with a clean covering, moistened with cool water. **DO NOT** use ice, butter or ointment on **ANY** burns. For extreme burns (white, charred skin, no pain), cover with **DRY** sterile dressing. If possible, elevate burned hands, arms and legs above heart. Keep burned person warm with covering.

**CREATIVE FIRST AID SERVES A
TEMPORARY PURPOSE THAT
NEIGHBORS WILL FIND HELPFUL
IN AN EMERGENCY.**



10

ITEMS FOUND IN THE HOME

<u>ITEM</u>	<u>USE</u>
Baseball bats, broom handles, magazines, newspapers, pieces of wood, cardboard boxes, skis, pillows	Splints
Masking, duct or electrical tape, stockings, sheets, handkerchiefs, dish towels	Splint ties
Pantyhose, neckties, belts, torn sheets	Slings
Ironing board, ladder, door, table top, surfboard	Stretcher
Sanitary napkins, disposable diapers, shirts, tablecloths, handkerchiefs	Bandages, Compresses
Plastic baggies (fill with ice water or ice cubes)	Swelling
Blankets, newspapers, plastic wrap, aluminum foil	Covers for shock victim
Soap and clean water	Cleansing
Hydrogen peroxide	Disinfectant
Clean rags, sheets, towels, T-shirts	Burns
Large plastic bags (when toilets are unavailable use over bucket or waste basket)	Sanitation
Child's wagon or chair lifted by two people	Transportation



NOTE:

CREATIVE FIRST AID IS A GUIDE FOR EMERGENCIES ONLY AND DOES NOT TAKE THE PLACE OF REGULAR FIRST AID TRAINING. FOLLOWING ANY EMERGENCY SEEK PROFESSIONAL MEDICAL AID AND TREATMENT AS SOON AS POSSIBLE.

FOR STRETCHERS

Use ladders, doors, table tops, ironing boards, surf boards or blankets secured with poles, baseball bats and broom handles.

FOR WARMTH

Use aluminum foil, plastic wrap, blankets and newspapers to cover shock victims.

FOR ICE BAG

Fill plastic baggies with ice cubes (or frozen vegetables) for swelling and sprains.

FOR SPLINT TIES

Use masking, duct or electrical tape, stockings, torn sheets, dish towels, neckties, belts and handkerchiefs.

FOR BANDAGES AND COMPRESSES

Use sanitary napkins, disposable diapers, t-shirts and torn sheets to cover wounds and bleeding.

FOR SPLINTS

Use magazines, tightly-rolled newspapers, pieces of wood, baseball bats, cardboard boxes, broom handles, skis and pillows to make satisfactory splints for broken bones.



FOR BROKEN BONES

1. Splint above and below broken area.
2. DO NOT move broken bone to apply splint.
3. DO NOT try to straighten broken arms or legs.
4. DO NOT secure splint so tight that circulation is cut off.

FOR SLINGS

Use pantyhose, neckties, towels, belts and torn sheets. These items may also be used to tie splints in place.

A baseball bat or a broom make a very handy walking stick.

NEIGHBORHOOD PREPAREDNESS

LIST OF NEIGHBORS AS WELL AS THEIR SPECIAL NEEDS

ADDRESS _____ HOME PHONE _____
 ADULT NAME _____ WORK PHONE _____
 ADULT NAME _____ WORK PHONE _____

CHILDREN

NAME	AGE	SCHOOL	PHONE

PERSONS AUTHORIZED TO PICK UP CHILDREN AT SCHOOL

(SCHOOL POLICY REQUIRES NAMES ON FILE)

NAME _____
 NAME _____

DISABLED OR ELDERLY RESIDENTS

NAME _____
 NAME _____

SPECIAL MEDICAL CONDITIONS

NAME _____ SPECIAL CONDITION _____
 NAME _____ SPECIAL CONDITION _____

12 ALLERGIES

NAME _____ TYPE _____
 NAME _____ TYPE _____

MEDICATIONS

NAME _____ MEDICATION & DOSAGE _____
 NAME _____ MEDICATION & DOSAGE _____

OUT OF AREA CONTACT FOLLOWING A DISASTER

NAME _____ PHONE _____

NEIGHBORHOOD PREPAREDNESS

INFORMATION AND ASSIGNMENTS FOR NEIGHBORHOOD PREPAREDNESS

BLOCK COORDINATOR _____
ADDRESS _____ PHONE _____

INFORMATION

POST DISASTER MEETING PLACE _____

WATER, FOOD, SUPPLIES STORED AT _____

NEAREST FIRE STATION _____

NEAREST POLICE STATION _____

ASSIGNMENTS

NEIGHBORS WITH SPECIAL NEEDS CONTACTED BY:
--

DAMAGE ASSESSMENT OF BLOCK SUPPLIED BY:

UTILITIES INSPECTION HANDLED BY:

INJURED PERSONS EVALUATED BY:

UNATTENDED CHILDREN CARED FOR BY:

UNATTENDED PETS CARED FOR BY:

MISSING NEIGHBORS CHECKED ON BY:

SAMPLE WORKSHEET FOR NEIGHBORHOOD PREPAREDNESS

AVAILABLE NEIGHBORHOOD EQUIPMENT AND SKILLS

EQUIPMENT	NAME	SKILL	NAME
AXE		ARCHITECT	
BICYCLE		CARPENTER	
BATTERY TV		CHILD CARE	
CELLULAR PHONE		COMPUTER	
CHAIN		COOK	
CHAIN SAW		CPR/FIRST AID	
CROWBAR		DENTIST	
EXTENSION CORDS		DOCTOR	
GENERATOR		ELECTRICIAN	
HAM RADIO		ENGINEER	
HEAVY JACK		FIREFIGHTER	
LADDER (EXTENSION)		NURSE	
PORTABLE LIGHTS		PET CARE	
SHOVELS		PHARMACIST	
STRONG ROPE		PLUMBER	
WALKIE-TALKIE SET		POLICE OFFICER	
WHEELBARROW		PSYCHOLOGIST	
WHEELCHAIR		RADIO OPERATOR	
WIRE CUTTER		OTHER	

SAMPLE WORKSHEET FOR NEIGHBORHOOD PREPAREDNESS

NEIGHBORHOOD DAMAGE SURVEY FOLLOWING AN EARTHQUAKE

TYPE OF DAMAGE	ADDRESS
FIRE	
BROKEN GAS LINE	
BROKEN WATER PIPE	
POWER LINE DOWN	
HOME OFF FOUNDATION	
COLLAPSED WALLS	
CRACKED OR TOPPLED CHIMNEY	
ENTRANCE BLOCKED	
BROKEN WINDOWS	
FALLEN TREES	
DRIVEWAY AND LAWN UPROOTED	
COLLAPSED FENCE	
DEBRIS BLOCKING STREET	
CRACKS IN STREET	
"HELP" SIGN IN WINDOW	

AFTER AN EARTHQUAKE EVERYONE NEEDS A HUG



PREPARED IN COOPERATION WITH: Federal Emergency Management Agency
California Governor's Office of Emergency Services

PROGRAM AND BROCHURE DEVELOPED BY: Margaree Klein

SPECIAL THANKS: LA City Councilman, Hal Bernson; Chairman City of Los Angeles
Earthquake Recovery Committee; Robert Lorsch, Private Sector Coordinator
Creative First Aid prepared under supervision of Los Angeles
Fire Department Paramedics and Red Cross

PREPARED BY: Hanna-Barbera Productions, Inc.

CLINTON LIBRARY PHOTOCOPY

© 1994 HANNA-BARBERA PRODUCTIONS, INC.