

Are *YOU*

Prepared?



**The Combat Center's
Individual and Family
Emergency Preparation Guide**

*For more information on preparing for emergencies,
visit the following websites:*

www.fema.gov

www.calema.ca.gov

or call:

(760) 830 - 6074



Create a Family Communications Plan and Emergency Kit

To be completely prepared for any emergency, you should prepare a family communications plan for you and your family. You also need to create an emergency kit that will provide enough supplies to keep your family safe for up to 72 hours. The following information will assist you in completing both these steps.

Communications Plan →

You and your family might not be together during an emergency. You should plan in advance how each of you will get to a safe place, how you will contact each other, and how you will get back together. You should also make plans for different situations such as if a child is at school or if a parent is at work or in the field.

On the FEMA website www.ready.gov, you can download a template for a family communications plan (shown to the right). Using their template will ensure you don't miss anything when creating your family's plan.

Also on the www.ready.gov website, you can download [emergency contact cards for your children](#). These give children or their guardians quick access to important phone numbers during an emergency.

Source: www.ready.gov

Emergency Kit →

The following items need to be in your emergency kit:

Click on the photo to access the www.ready.gov family communications plan template.

Essential Emergency Kit items:

- Water (It is normally recommended that you have one gallon of water per person, per day for at least three days. Because we live in the desert, the amount of water per person doubles to two gallons of water per person per day for at least three days.)
- Food (At least a three day supply of non-perishable food for each person)
- Battery-powered or hand crank radio and a NOAA weather radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- Whistle to signal for help
- First Aid Kit (for first aid kit items, visit www.ready.gov)
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to create shelter
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger
- Command Muster Information

Other Emergency Kit items:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and water for your pet
- Cash or travelers checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. You can use the Emergency Financial First Aid Kit (www.ready.gov)
- Emergency reference material such as this booklet
- Sleeping bag or warm blanket for each person
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes
- Household chlorine bleach and medicine dropper (when diluted, nine parts water to one part bleach, it can be used as a disinfectant.)
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels, and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

Are you prepared for...

Extreme Heat?

Living in the desert, summer temperatures can soar well above 100 degrees Fahrenheit. It is important that you take care of yourself and your family on these days in order to avoid heat exhaustion and heat stroke.

Before Extreme Heat →

- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Keep blinds or insulated drapes closed to help reduce cooling loss.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
- Listen to local weather forecasts and stay aware of upcoming temperature changes.
- Know those in your neighborhood who are elderly, young, sick or overweight. They are most likely to become victims of excessive heat and may need help.
- Get training in first aid to learn how to treat heat-related emergencies.

During Extreme Heat →

- Listen to local radio station for critical updates from the National Weather Service (NWS).
- Never leave children or pets alone in closed vehicles.
- Stay indoors as much as possible & limit sun exposure.
- Stay on the lowest floor and out of the sunshine if air conditioning is not available.
- Postpone outdoor games and activities.
- Spend the warmest parts of the day indoors.
- Eat well-balanced, light, and regular meals.
- Drink plenty of water; even if you don't feel thirsty.
- Avoid drinks with caffeine and alcoholic beverages.
- If you must go outside, dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible and protect your face and head by wearing a wide-brimmed hat.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat and take frequent breaks.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Avoid extreme temperature changes.
- Check your animals frequently to ensure they are not suffering from the heat.
- Go to a designated public cooling shelter if your home loses power during periods of extreme heat or if you become uncomfortably hot.

Extreme Heat terms you should know:

Heat Wave: Prolonged period of excessive heat, often combined with excessive humidity

Heat Index: A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Heat Cramps: Muscular pain and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

Heat Exhaustion: Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. The result is a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke: A life-threatening condition. The victim's temperature control system stops working. The body temperature can rise so high that brain damage and death may result if not cooled quickly.

Sun Stroke: Another term for heat stroke.

Excessive Heat Watch: Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Excessive Heat Advisory: Heat Index values are forecast to meet locally defined advisory criteria for 1 to 2 days (daytime highs = 100-105 degrees Fahrenheit).

Excessive Heat Warning: Heat Index values are forecast to meet or exceed locally defined warning criteria for at least 2 days (daytime highs = 105-110 degrees Fahrenheit).

Are you prepared for... the Flu?

Influenza (the flu) is a contagious respiratory illness caused by several types and subtypes of viruses. One or more virus strains cause a surge in flu nearly every year. The viruses undergo continuous genetic changes, so people don't achieve permanent immunity, and vaccines must be updated annually to combat the anticipated predominant strains.

Preventative Measures & Healthy Living Habits →

- **Get a flu vaccine** every year. Vaccines are available at the naval hospital as well as several local drug stores.
- **Avoid close contact** with others who are sick. When you are sick, stay away from others in order to avoid spreading your sickness.
- **Cover your mouth and nose** with a tissue when you cough or sneeze. It may help prevent others around you from getting sick.
- **Wash your hands** often. This will help protect you from germs.
- **Avoid touching your eyes, nose or mouth.** Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

Click on the picture to learn more about the flu and how to keep yourself healthy.



Flu terms you should know:

Flu Season: In the United States, flu season occurs in the fall and winter. Seasonal flu activity peaks in January or February, but it can occur as early as October and as late as May.

Seasonal flu: The illness that strikes every flu season, infecting 5%–20% of the U.S. population. Flu-related complications require 200,000 hospitalizations annually and kill 36,000 people on average.

Are you prepared for... a Flash Flood?

It may seem unlikely since we live in the desert, but floods do happen here. Most often, the floods we experience are dangerous flash floods. Flash floods occur in the desert because the soil doesn't soak up a lot of water from a torrential rainfall which can then produce flooding very fast and without warning.

Before a Flood →

- Avoid building in a floodplain unless you elevate and reinforce your home
- Elevate the furnace, water heater, and electric panel in your home
- If feasible, construct barriers to stop floodwater from entering the building

During a Flood →

- If you are in a flood prone area and there is a possibility of a flash flood, move to higher ground immediately. Do NOT wait for instructions to move.
- Do not walk through moving water. Six inches of moving water can make you fall. IF you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.

After a Flood →

- Avoid floodwaters as they may be contaminated.
- Service damaged septic tanks as soon as possible as these are serious health hazards.

Driving during a Flood:

- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling
- A foot of water will float many vehicles
- Two feet of rushing water can carry away most vehicles including sport utility vehicles and pick ups.
- Do not attempt to drive through a flooded road. The depth of water is not always obvious. The roadbed may be washed out under the water, and you could be stranded or trapped.
- Do not drive around a barricade. Barricades are there for your protection. Turn around and go the other way.
- Do not try to take short cuts. They may be blocked. Stick to designated evacuation routes.
- Be especially cautious driving at night when it is harder to recognize flood dangers.

Flood Terms you should know:

Flood Watch: Flooding is possible. Tune into NOAA Weather Radio, commercial radio or television for information

Flood Warning: Flooding is occurring or will occur soon; if advised to evacuate, do so immediately

Flash Flood Watch: Flash flooding is possible. Be prepared to move to higher ground; listen to NOAA Weather Radio, commercial radio or television for information

Flash Flood Warning: A flash flood is occurring; seek higher ground on foot immediately

Are you prepared for... an Earthquake?

Earthquakes are hard to predict and that can lead to a lot of stress, especially for those who are new to the area. In order to combat this anxiety, there are several things to do prior to and during an earthquake that will help you stay safe.

Before an Earthquake →

- Fasten shelves securely to walls so they won't fall over.
- Place large or heavy objects on lower shelves.
- Store breakable items such as bottled foods, glass and china in low, closed cabinets with latches.
- Fasten heavy items such as pictures and mirrors securely to walls and away from beds or seating areas.
- Brace overhead light fixtures and top heavy objects.
- Secure your water heater, refrigerator, furnace and gas appliances by strapping them to the wall studs and/or bolting to the floor. Seek professional assistance if you see structural damage.
- Be sure the residence is firmly anchored to its foundation.
- Store weed killers, pesticides, and flammable products in closed cabinets with latches and on bottom shelves.
- Locate safe spots in each room under a sturdy table or against an inside wall. Reinforce this information by moving to these places during each drill.
- Hold earthquake drills with your family members. Practice the three steps: drop, cover, and hold on.

During an Earthquake →

If Indoors:

- DROP to the ground; take COVER by getting under a sturdy table or other piece of furniture; and HOLD ON to the furniture until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors and walls, and anything that could fall.
- Stay in bed if you are there when an earthquake strikes, unless you are under a heavy light fixture. Hold on and protect your head with a pillow.
- Don't use a doorway unless you know it is a strongly supported, load bearing doorway and it's close to you.
- Stay inside until the shaking stops and it is safe to go outside. Research has shown that most injuries occur when people inside buildings attempt to move to a different location.
- Don't use elevators.
- Be aware that electricity may go out or the sprinkler systems or fire alarms may turn on.

If Outdoors:

- Stay there.
- Move away from buildings, streetlights, and utility lines.
- Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls.



A surface rupture from an earthquake. Photo courtesy of the USGS.



Building damage after an earthquake. Photo courtesy of the USGS.

During an Earthquake (cont.) →

If in a moving vehicle:

- Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near buildings, trees or power lines.
- Proceed cautiously once the earthquake has stopped. Avoid roads that may have been damaged.

If trapped under debris:

- Do not light a match (there may be a gas leak).
- Do not move about or kick up dust.
- Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

After an Earthquake →

- When the shaking stops, look around and make sure it is safe to move. Then, exit the building.
- Expect Aftershocks. These secondary shockwaves are usually less violent than the main quake, but can be strong enough to do additional damage to weakened structures and can occur in the first hours, days, weeks or even months after the quake.
- Help injured or trapped persons. Remember to help your neighbors who may require special assistance such as infants, the elderly and people with access and functional needs. Give first aid where appropriate. Do not move seriously injured persons unless they are in immediate danger of further injury. Call for help.
- Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
- Inspect utilities including gas lines, electrical system, water and sewage pipes. Turn off the gas supply at your meter until you are sure there are no leaks or extinguished pilot lights.
- Listen to a battery-operated radio or television for the latest emergency information.
- Use the telephone only for emergency calls.
- Stay away from damaged areas. Keep away unless police, fire, or relief organizations have specifically requested your assistance. Return home only when authorities say it is safe.
- Be careful when driving after an earthquake and anticipate traffic light outages.
- After it is determined that it's safe to return, your safety should be your primary priority as you begin clean up and recovery.
- Open cabinets cautiously. Beware of objects that can fall off shelves.
- Find out how to keep food safe during and after an emergency by visiting: www.ready.gov.
- Put on long pants, a long-sleeved shirt, sturdy work shoes and work gloves to protect against injury from broken objects.
- Clean spilled medicines, bleaches, gasoline, or other flammable liquids immediately. Leave the area if you smell gas or fumes from other chemicals.
- Inspect the entire length of chimneys for damage. Unnoticed damage could lead to a fire.
- **When you are in a safe place, report to your command.**

Earthquake terms you should know:

Aftershock: An earthquake of similar or lesser intensity that follows the main earthquake.

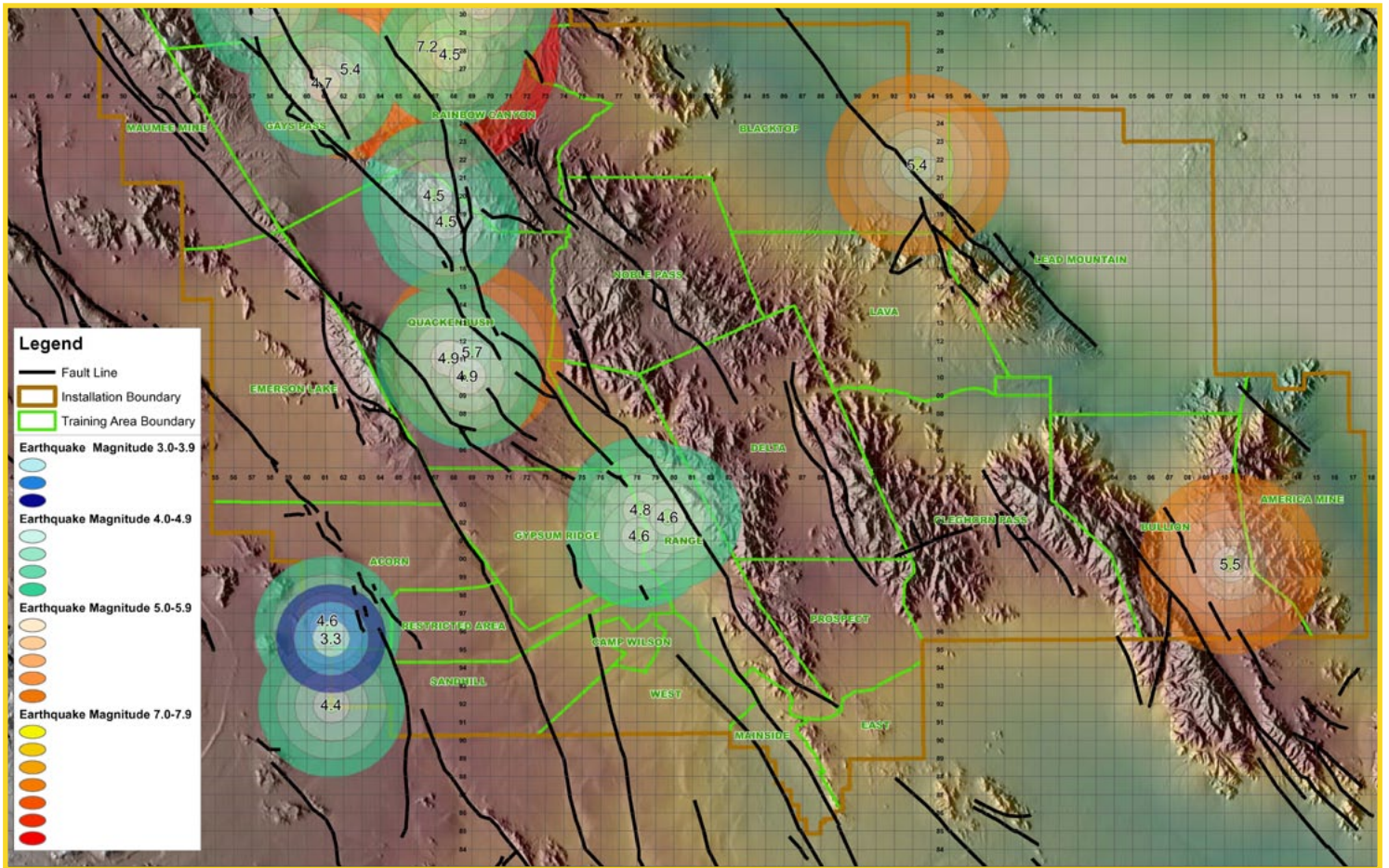
Earthquake: A sudden slipping or movement of a portion of the earth's crust that causes a series of seismic waves.

Epicenter: The place on the earth's surface directly above the point on the fault where the earthquake rupture began. Once fault slippage begins, it expands along the fault during the earthquake and can extend hundreds of miles before stopping.

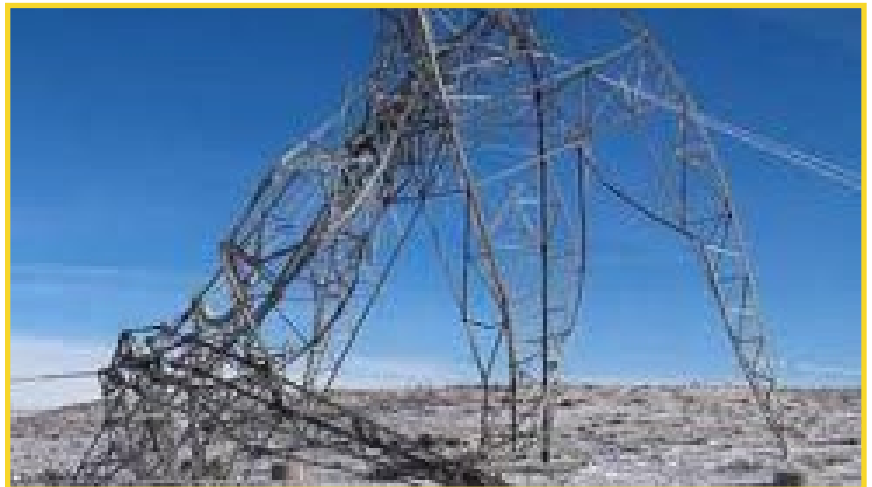
Magnitude: The amount of energy released during an earthquake, which is computed from the amplitude of the seismic waves. A magnitude of 7.0 on the Richter Scale indicates an extremely strong earthquake.

Seismic Waves: Vibrations that travel outward from the earthquake fault at speeds of several miles per second. Although fault slippage directly under a structure can cause considerable damage, the up-and-down or back-and-forth vibrations of seismic waves cause most of the destruction during earthquakes.

For more information on what to do after an earthquake, click on the photo above.



The map above shows faultlines and earthquake magnitude in MCA GCC's general area. The photos below show the extensive damage that can be rendered by an earthquake.



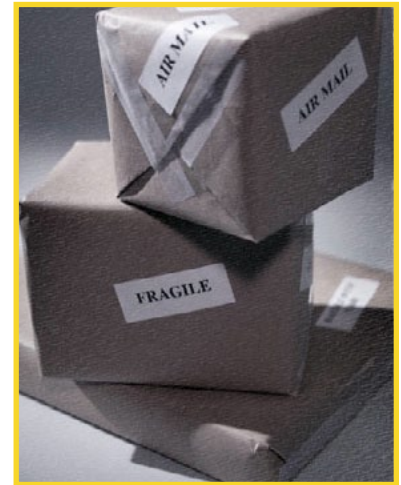
Are you prepared for...

a Terrorist Attack?

There's always a possibility that our Marine Corps installation will be the target of a terrorist attack. Though we can't know if one will ever happen, being prepared and knowing what to do during these events is the best thing you can do for your family. As with other emergencies, once you are in a safe place, report to your command.

How to Prepare yourself →

- Watch out, particularly at work, for unexpected, suspicious letters and packages that could contain explosives, or biological, chemical, or radiological agents. Physically, they could be large or oddly shaped and have excessive packaging material, protruding wires or aluminum foil, strange odors, or stains. More likely, postage and markings will be suspicious:
 - The return address is missing, unfamiliar, unverifiable, or different from the postmark.
 - Postage is excessive or foreign.
 - The address is vague, incorrect, to no specific person, or to someone never or no longer there.
 - Markings are misspelled, crude, threatening, or otherwise inappropriate.
- If you detect such a parcel, leave immediately, keep others away, and alert security and authorities. If you handle a suspicious parcel, don't sniff or smell it, and wash with soap before touching anything, drinking, or eating.
- If you receive a telephoned bomb threat:
 - Try to keep the caller on the line and note everything said.
 - Get as much information as possible about the bomb and the caller:
 - When will the bomb explode?
 - Where is it right now?
 - What does it look like?
 - What will cause it to explode?
 - What kind is it?
 - Did you place it? Why? What is your name?
 - What is your address?
 - Notify PMO and building management.



What to do →

If you are indoors when there is an explosion:

- Get under a sturdy table or desk until things stop falling around you.
- Leave the building as soon as possible. Do not slow down to make phone calls or retrieve anything other than an emergency supply kit.
- Don't use elevators.
- Watch for weakened floors and stairways, falling debris, fire, and other hazards.

If there is a fire:

- If there is smoke, crawl low.
- If possible, use a wet cloth to cover your nose and mouth.
- Use the back of your hand to feel up and down closed doors. If the door is hot, do not open it -- look for another way out. If the door is not hot, brace yourself against it and open slowly.
- If you catch on fire, do not run. Stop, drop, and roll to put out the fire.

What to do (cont.) →

If you are trapped in debris:

- To keep dust down, avoid unnecessary movement.
- Cover your nose and mouth with anything that will filter the air.
- Signal your location to help rescuers find you -- Use a flashlight and whistle, if available. Tap on a pipe, wall, or any hard surface.
- Shout only as a last resort -- It may increase inhalation of dangerous dust.

Once you are out:

- Move away from windows, glass doors, or other potential hazards.
- Make sure the fire department has been alerted.
- Move off of sidewalks and streets to make way for emergency responders or others still exiting.
- Never go back into a burning building.
- Follow your family emergency plan for assembly and communication -- account for your family members, and carefully supervise small children.

For more information on how to be prepared for all types of terrorist attacks, click the photo above.

Good to Know →

- There can be significant numbers of casualties and/or damage to buildings and the infrastructure. So employers need up-to-date information about any medical needs you may have and on how to contact your designated beneficiaries.
- Heavy law enforcement involvement at local, state and federal levels follows a terrorist attack due to the event's criminal nature.
- Health and mental health resources in the affected communities can be strained to their limits, maybe even overwhelmed.
- Extensive media coverage, strong public fear and international implications and consequences can continue for a prolonged period.
- Workplaces and schools may be closed, and there may be restrictions on domestic and international travel.
- You and your family or household may have to evacuate an area, avoiding roads blocked for your safety.
- Clean-up may take many months.

Recovering from Disaster

Recovering from a disaster is usually a gradual process. Safety is a primary issue, as are mental and physical well-being. If assistance is available, knowing how to access it makes the process faster and less stressful. This section offers some general advice on steps to take after disaster strikes in order to begin getting your home, your community and your life back to normal.

Click on the pictures below to learn more about recovering after a disaster.

Health and Safety
Guidelines

Returning
Home

Seeking Disaster
Assistance

Coping with
Disaster

Emergency Numbers

If there is an emergency, dial **911** from a land line or call **(760) 830-3333/3334** from your cell phone.

If you have a non-emergency issue, call the following numbers:

PMO: (760) 830-6800

MCAGCC Fire Department: (760) 830-5239

Naval Hospital (appointment line): (760) 830-2752

Report suspicious terrorist activity (Eagle Eye): (760) 830-3937

Command Duty Office: (760) 830-7200

Lincoln Housing Maintenance: 1-888-578-4141

Public Works: (760) 830-6271

Unit OOD phone number: _____

Work phone number: _____

Other important phone numbers: _____

All information in this booklet was found on www.ready.gov, www.calema.ca.gov and www.flu.gov. While it is a good source to begin your preparation for disasters, it does not hold all the answers to disaster preparation. Please visit www.ready.gov, www.fema.gov or www.calema.gov for more information on what to do in the event of an emergency.