

# NOTICIAS

## FOUR SIMPLE THINGS YOU CAN DO TO PREPARE YOUR HOUSEHOLD FOR DISASTER

**The worst approach to disaster preparedness is assuming it will never happen to you.**

The Federal Emergency Management Agency (FEMA) defines a disaster as a natural catastrophe, technological accident, or human-caused event resulting in severe property damage, deaths, or multiple injuries. In Belle Haven, East Palo Alto, North Fair Oaks, and Redwood City, we face two primary threats: **floods and earthquakes**.

Being prepared for a disaster is important because there is still time to make and execute a plan once a disaster strikes. **East Palo Alto has an increased risk of flooding over the next 30 years**. A single flood can have devastating consequences for the community. **Additionally, there is a 72% chance for a major earthquake in our region (6.7+ magnitude) during the next 30 years (Association of Bay Area Governments)**. Given this potential, it's essential to prepare.

Thinking about disasters is scary, but there are simple steps you can take to prepare. By getting your household ready, you can help your family feel more confident and less worried.

1. If you can access the main gas shutoff valve in your home, learn how to turn off the gas system. Only do this during a disaster if you think there's a leak. (<https://bit.ly/42pnfGV>)
2. Learn the evacuation routes in your neighborhood.
3. Know who your emergency contacts are. Make sure kids and other dependents know them too. You can find a worksheet to fill in this information at [Ready.gov/plan](https://www.ready.gov/plan).
4. Keep an emergency kit in your home with supplies for at least three days. The City of East Palo Alto made a list to help you with this task (<https://bit.ly/3KRKPW1>).

Besides these top four things, there are a few more to think about. Sign up for free emergency notification systems. Choose one that works best for you. SMC Alert can send texts, calls, and emails in different languages. Ready.gov has information in different languages and links to more resources. For evacuation information during emergencies, you might find the ZoneHaven app helpful. Lastly, California now has an app for earthquake warnings you can download on your phone.

**Scan the QR codes below for easy access to these resources.**



SMC ALERT



READY.GOV



ZONEHAVEN



EARTHQUAKE

## BEFORE DISASTER

### Consider your household's special needs when preparing for emergencies.

Are there any special circumstances in your household? This could include disabilities, the need for prescription drugs, young children, elderly family members, or pets. Make sure your emergency plan takes these factors into account and addresses them appropriately.

### Do you have flood insurance?

If you live in an area that is prone to flooding, it's important to consider protecting your belongings. You can do this by purchasing flood insurance or, if you rent, renters' insurance. A renters' insurance policy with contents coverage will help reimburse you for personal items that are lost due to flooding, such as clothing, digital equipment, furniture, and home décor (but it does not cover vehicles). You can usually buy this insurance from your current insurance provider. Give them a call and ask about contents coverage. Ready.gov has more information on insuring your assets.



## BECOME PART OF THE SOLUTION

Get CERT training (Community Emergency Response Team). Stay updated on upcoming training opportunities through [Resilient East Palo Alto Community Team \(rEPACT\)](https://repact.org/). They are recruiting 100 block captains to join the CERT Team and help strengthen resilience in East Palo Alto. Block captains will receive training on emergency terminology, operational procedures, and communication resources. Find more information, visit their website at (<https://repact.org/>)

## DURING DISASTER

**Avoid downed power lines and areas with down trees.** Once you leave a structure do not go back in. After the disaster has passed, assess how safe it is to go back.

**Never go near a damaged power line that dangles in the air or has fallen to the ground.**



Source: PG&E

Always assume downed electric lines are energized and dangerous. Stay away, keep others away & call 911.

**Drop, cover, and hold on during an earthquake.** Find a safe spot away from the windows and objects that could be dangerous if they fall. Protect yourself by covering your head. Good places to seek shelter are doorways or under a sturdy table.



Source: Earthquake Country Alliance

## IF YOU NEED SHELTER DURING A DISASTER

FEMA and California Office of Emergency Services typically use the San Mateo County Event Center as a hub for disaster relief. While this location is not currently open, when disaster strikes it may re-open to serve the community.

**San Mateo County Event Center**  
**1346 Saratoga Dr, San Mateo, CA 94403**

**CALL 2-1-1 FOR ASSISTANCE &**  
**SIGN UP FOR SMC ALERT**