

Disaster Preparedness Course

Sponsored By: CDR3

(Christian Disaster Relief-Recovery-Rebuild Organization)



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Captain Costa Mesa Fire Department

What To Expect After A Disaster (Why You Should Be Prepared)



No Utilities!

- Natural gas: effects cooking, heating, drying laundry, hot water
- Electricity: effects lights, communication (phones, radios, TV, email), cooking, laundry operations, hot water, pumps, alarms, heating/AC, refrigeration, appliances, power tools, rechargeable batteries, computers
- Water: effects drinking supply, personal hygiene, cooking, cleaning, sanitation, cooling systems (AC)
- Phones/cell phones: no service or overwhelmed

Destroyed Utilities



Broken Water Main



Down Distribution Lines



Broken Gas Line



Down Electrical & Phone Lines

Banks Closed!

- ATMs will not work (no power or destroyed)
- Will not have access to get money (cash)
- Credit cards machines will not work (no power)
- Automatic deposits may not happen (local)
- Automatic withdrawals may still be processed (out of area/State)
- Making change (breaking large bills) most likely will not occur – short supply

Can't Get Money



Out of Order – No Power



Credit Cards Can't Be Processed



Destroyed Bank



Flooded Credit Union

Transportation Limited!

- Destroyed or flooded roads, bridges, overpasses, tunnels, grid lock traffic, traffic/car accidents, debris in streets
- Gasoline supplies are destroyed, limited or not available (pumps don't work – no electricity)
- Your car maybe destroyed or gasoline tank siphoned
- Public transportation may not be working
- Curfews or travel restrictions may be implemented

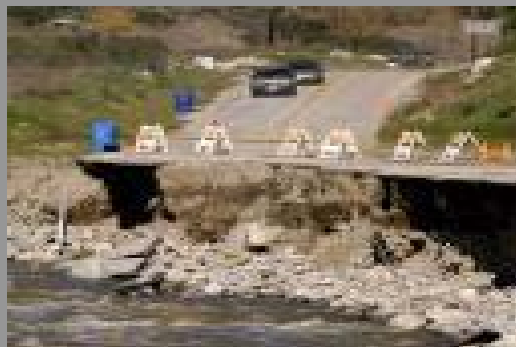
Destroyed – Flooded - Grid Lock



Destroyed Freeway By Earthquake



1994 Northridge Earthquake



Destroyed Road By Flood



Grid Lock

No Shelter!

- Your home, work place, car may be destroyed
- You may need protection from the weather
- Shelters may take a couple of days to set up
- Water and food will be limited to not available
- Shelters will be overwhelmed and chaotic (example: New Orleans Super Dome)

New Orleans Super Dome Katrina 2005



First Responders Overwhelmed

- City population 110,000+
- Assume 10% are injured or needing rescue (11,000)
- Fire department = 32 personnel on duty (5 engines, 2 trucks, 1 rescue rig)
- Assume all resources are available (meaning equipment is not destroyed or fire personnel are not injured)
- Ratio = 1 fire personnel per 344 victims
- Ratio = 1 apparatus per 1375 victims

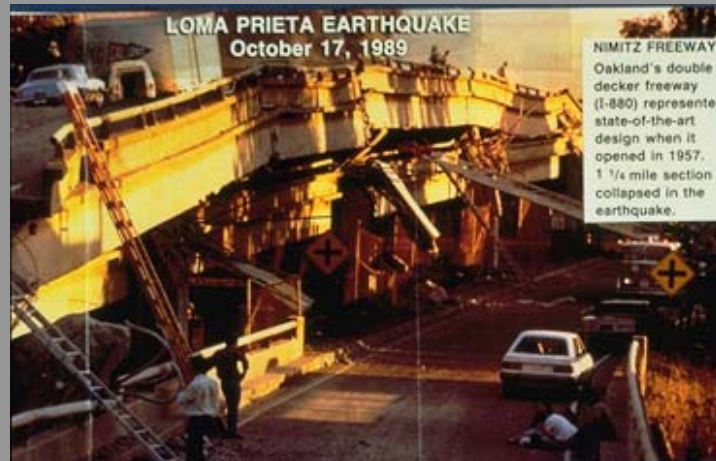
How Long Until Help Arrives?

- Small scale disaster (1 county affected) 1-2 days
- Medium scale disaster (multiple counties affected) 3-7 days
- Large scale disaster (State wide or multiple States affected) 7-14 days
- Note: Type of disaster, any warning, location, weather conditions, size of disaster, status of infrastructure (local government, transportation, communication), availability of mutual aid, number of injuries and deaths are just a few factors that will have some affect on how long it will take for help to arrive.

Disaster Threats For California?

- Annually occurrences: Wild land fires, flooding, mud slides, small earthquakes
- Sporadic occurrences: Civil disturbances, large earthquakes, commercial airliner crashes
- Possibilities: Terrorism events and disease epidemics
- Our Biggest Threat = Large Earthquakes
- **California is the second top earthquake State, 23% of earthquake in USA with magnitude 3.5+**

Large Earthquakes



Large Earthquakes Facts

- No warning
- Overwhelms local governments
- Destroys infrastructure (roads, communications, pipelines, hospitals, etc)
- Covers large areas
- Thousands of injuries and deaths
- Costly - Billions
- Causes other disasters: fires, flooding, epidemics
- Long recovery process

FEMA Has No Plans For “The Big One”

- February 2006, abc7 (Los Angeles) reported “there is surprising news about earthquake readiness. The Federal Emergency Management Agency has no plan to deal with a catastrophic earthquake in southern California”.
- Senator Barbara Boxer, among others, has called for an inquiry into the lack of a federal plan for California.
- Let me paraphrase it, we are on our own!

Disaster Preparedness

- How to prepare your home
- How to prepare your car
- How to prepare for your pets
- How to prepare for special needs people
- How to prepare your neighborhoods
- How to prepare your work place
- Disaster food and storage
- Water usage and storage

How To Prepare Your Home

- **Have a disaster plan**
 - Test your plan so all members in your family know what to do
- **Conduct practice drills so you and your family know the safe locations in your home during an earthquake (Drop, Cover, & Hold) or other disasters**
 - Know the safe spots in each room – under sturdy tables, desks, or against interior walls
 - Know the danger spots in each room – near windows, mirrors, hanging objects, fireplaces, and tall unsecured furniture

How To Prepare Your Home

- **Choose an out-of-State friend or relative that family members can call after a disaster to report their whereabouts and conditions**
- **Decide how and where your family will reunite if separated during a disaster**
 - if you were at work, at school, or doing errands
- **Identify a common meeting place outside your home in case you have to evacuate quickly**
 - Ex: during a fire, make sure everyone gets out safely
 - Identify two locations, one just outside your home and one outside your neighborhood in case you are told to evacuate

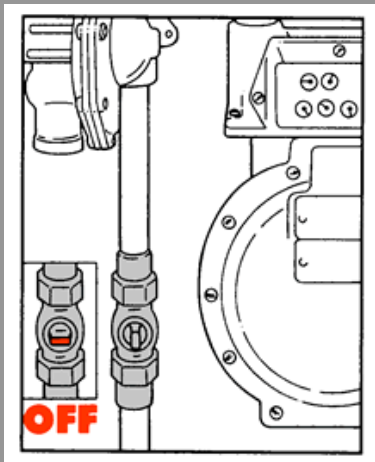
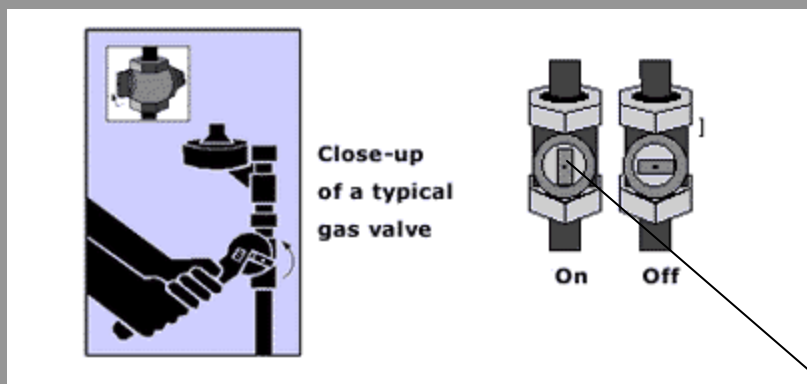
How To Prepare Your Home

- **Identify potential hazards in your home and begin to fix them**
 - Hanging objects – secure them (earthquake putty)
 - Book cases and tall furniture – secure to walls
 - Mirrors and windows – secure and avoid
 - Water heater – secure with straps into studs
 - Ensure that all window safety bars have emergency releases
 - Store flammable liquids and highly reactive chemicals in approved cabinets and according to the manufacture's recommendations

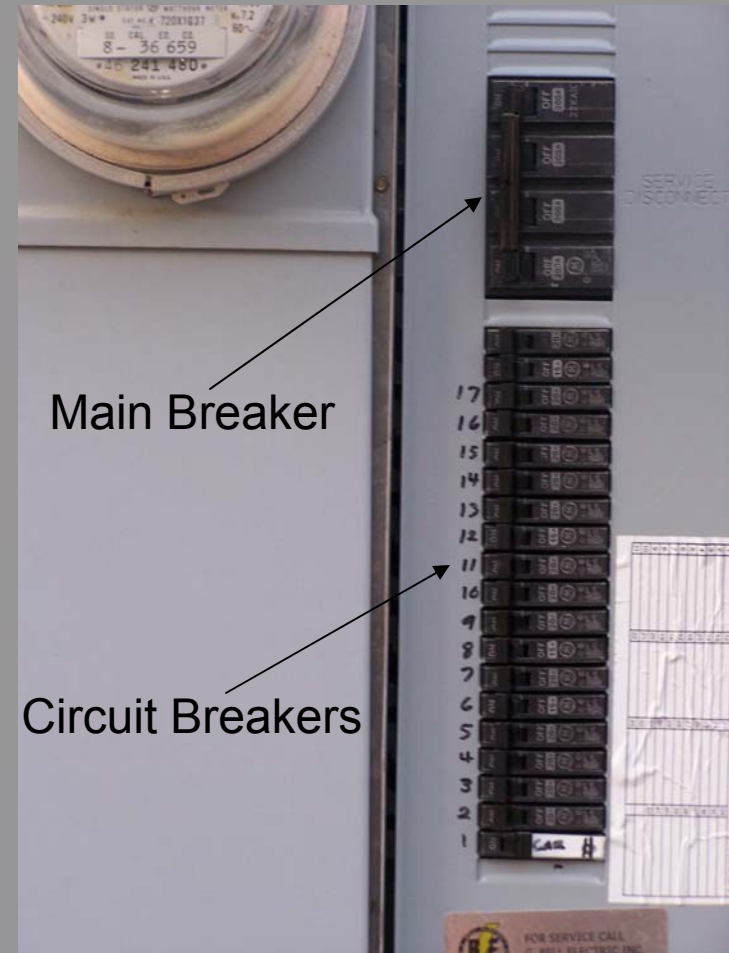
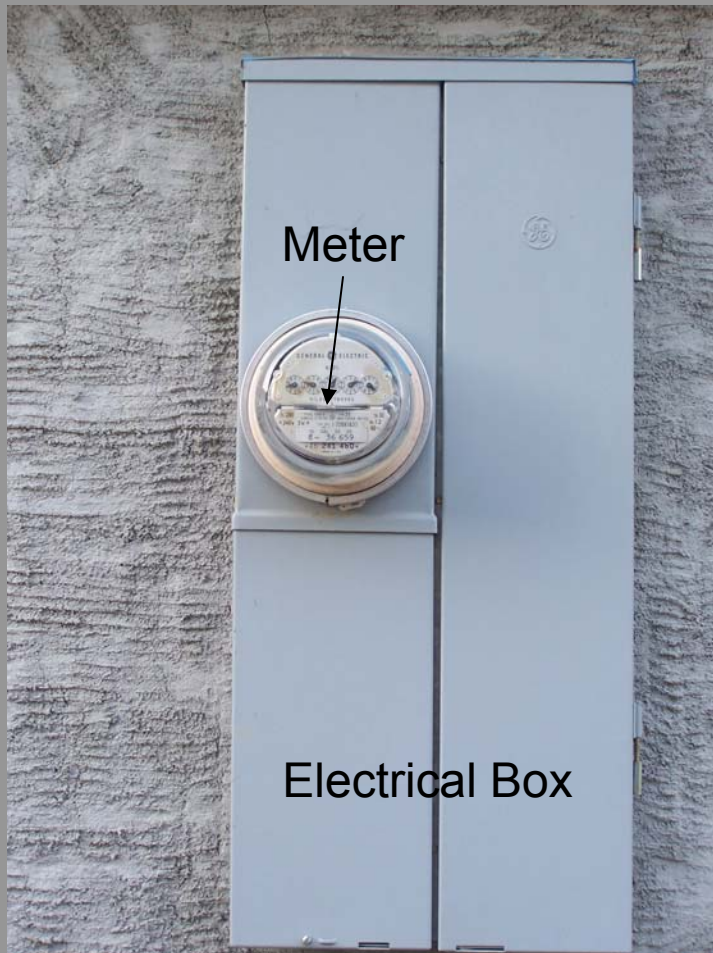
How To Prepare Your Home

- **Identify potential hazards continued**
 - Always have two ways out of each room especially bedrooms
 - Know how to shut off the natural gas supply at the meter (quarter turn)
 - Know how to turn off the electrical supply (circuit breakers in the electrical box)
 - Know how to shut off the water supply (righty tighty/clockwise = close or off & lefty loosely/counter clockwise = open or on)
 - Note: Have tools nearby for gas and water valves – crescent wrench/adjustable wrench

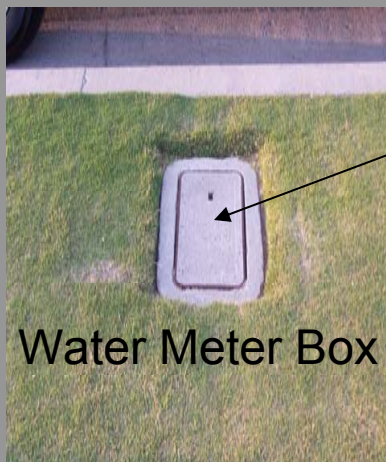
Natural Gas Meters



Electrical Box/Circuit Breakers



Water Meter & House Valve



How To Prepare Your Home

- Know your child's school or day care disaster/evacuation plan
- Keep a working flash light and shoes by your bed at night in case you have to get up fast
- Have a portable battery operated radio with extra batteries
- Get a fire extinguisher (minimum 2A10BC rating) and learn how to use it (taught in CERT training)

How To Prepare Your Home

- Keep an inventory with photos and/or video of your belongings
- Create a grab bag (essentials, 5 minutes)
- Install smoke detectors
 - Test monthly
 - Replace batteries annually or when the detector emits a chirping sound (low battery signal)
 - Recommended to install in every bedroom, top of stairs (two-story homes), garage, attic area, basements kitchen/dining area, living room area, long hallways, utility rooms, laundry rooms, and work shop areas.

How To Prepare Your Home

- Keep a couple hundred dollars of cash and coins at home (small bills – ones, fives, tens)
- Have a first aid kit
- Know CPR and First Aid (**CDR3 offers a combined course for \$25**)
- Identify special requirements for Special Needs Individuals (infants, elderly, special medical needs, physically/emotionally/mentally disabled)
- Keep copies of essential documents in a waterproof fire resistive container (scan all documents into a computer and save on a memory stick)

First Aid Kit

- The Common Injuries/Medical Situations: control bleeding, remove splinters, splint fractures & dislocations, clean & cover cuts, diarrhea & constipation, headaches, allergies, sunburn, and dehydration.
- To get a copy of the First Aid Kit list go to www.cdr3.org then **Get Involved Tab** then **Disaster Preparedness Worker** then **Course Handouts** then **Disaster Preparedness Checklists** then **“First Aid”**

Essential Documents

- To get a copy of the this checklist go to www.cdr3.org then **Get Involved Tab** then **Disaster Preparedness Worker** then **Course Handouts** then **Disaster Preparedness Checklists** then **“Essential Documents”**
- Scan everything into a computer and save on a memory stick
- Send a copy to your Out-of-State contact

How To Prepare Your Car

- Have an extra set of car keys (hidden key)
- Have local area and State highways maps
- Keep gasoline tank always at least ½ full
- Have flash light, jumper cables, inverter, blanket, warm clothes, walking shoes, toiletries, flares, spare fuses, two cans “Fix a Flat”, water, spare cash, non-perishable food (energy bars), phone numbers (Out-of-State contact), duct tape, first aid kit, gloves, tool kit, and air in the spare tire
- Know how to change your tire (tools: Jack, tire iron/lug nut tool, tire gauge)

Car Tool Kit

- Standard flat screw driver, Phillips screw driver, channel locks, adjustable wrench, needle nose pliers, regular pliers, vise grip, hammer, leather work gloves, electrical tape, duct tape, flashlight with spare batteries & bulb, 2A10BC fire extinguisher, knife, razor blade knife with extra blades, whistle, air tire gauge, personal protection device, and J-B Weld Cold Weld
- Vehicle owner's manual

How To Prepare For Your Pets

- Food, water, medicine, pet toy
- Have leashes and carriers to transport pets
- Ensure pet has proper ID and up to date vaccinations (on collar, dog tags, pet's name, owner's name, phone number)
- Have a photo of your pets in case they get lost
- Note: Human evacuation shelters normally do not allow animals or pets so plan for this

Plan For Your Pets



How To Prepare For Special Needs People

- Identify needs and anticipate challenges
 - Mobility impaired (wheel chairs, walking aids)
 - Visually impaired (Seeing Eye dogs, spare glasses)
 - Hearing impaired (extra batteries for hearing aid)
 - Special diets (storage, preparation, refrigeration)
 - Medicine (30-60 day supply, refrigeration)
 - Non-English speakers
 - Non drivers or families without vehicles
 - Single parent families

How To Prepare Your Neighborhoods

- Educate your neighbors on disaster preparedness (this course)
- Know your neighbor's disaster plan
- Know your children school's disaster plan
- Share resources
- Plan together
- CERT training (Community Emergency Response Teams)

What Is CERT?

- Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills.
- Contact Brenda Emrick at (714) 327-7406 or bemrick@ci.costa-mesa.ca.us, Costa Mesa Fire Department, for more info or to sign up for the next CERT training.

How To Prepare Your Work Place

- Participate in disaster drills and training
- Identify hazards and shortfalls
- Take steps to minimize hazards and correct shortfalls
- CERT training for businesses
- Educate your co-workers on disaster preparedness (this course)
- Know your work place disaster plan

Disaster Food & Storage

- Store foods that are familiar
- Consider any dietary restrictions, preferences, and requirements you may have (infants – baby food & formula)
- Mark a rotation date on the food containers
- Store in airtight, pest-resistant containers in a cool, dark place
- Have at least a 14-day supply

Ideal Disaster Foods

- Shelf stable (no refrigeration required)
- Low in salt
- Do not require cooking
- High in fiber (cereals and nuts)
- Nutritious & balanced vs. junk foods
- Contains water or liquid
- Samples: canned fruit, vegetables, soups, and meats; peanut butter; jam; nuts; cereals; energy bars; dried fruit; jerky; juices; non-fat dry milk; shelf milk; and low-salt crackers

Food Storage Time

- Most canned foods can be stored for at least 18 months
 - Low acid foods like meat products, fruits, or vegetables can last at least 24 months
- Dry products use within six months
 - Like cereals, crackers, dried fruit, jerky, powdered milk, energy bars
- After power outage, keep refrigerator door closed and consume within four hours and freezer foods can remain safe for 2 days

Water Usage & Storage

- Refer to the “Water Usage Chart For Disaster Planning” Handout at the CDR3’s website at www.cdr3.org then go to **Get Involved Tab** then **Disaster Preparedness Worker** then **Course Handouts** then “**Water Usage Chart For Disaster Planning**”

Water Usage & Storage

Water Usage Chart For Disaster Planning							
	1 Day	2 Days	3 Days	4 Days	5 Days	6 Days	7 Days
1 Consumer	1-3 gal	2-6 gal	3-9 gal	4-12 gal	5-15 gal	6-18 gal	7-21 gal
2 Consumers	2-6 gal	4-12 gal	6-18 gal	8-24 gal	10-30 gal	12-36 gal	14-42 gal
3 Consumers	3-9 gal	6-18 gal	9-27 gal	12-36 gal	15-45 gal	18-54 gal	21-63 gal
4 Consumers	4-12 gal	8-24 gal	12-36 gal	16-48 gal	20-60 gal	24-72 gal	28-84 gal
5 Consumers	5-15 gal	10-30 gal	15-45 gal	20-60 gal	25-75 gal	30-90 gal	35-105 gal
6 Consumers	6-18 gal	12-36 gal	18-54 gal	24-72 gal	30-90 gal	36-108 gal	42-126 gal
7 Consumers	7-21 gal	14-42 gal	21-63 gal	28-84 gal	35-105 gal	42-126 gal	49-147 gal
8 Consumers	8-24 gal	16-48 gal	24-72 gal	32-96 gal	40-120 gal	48-144 gal	56-168 gal
9 Consumers	9-27 gal	18-54 gal	27-81 gal	36-108 gal	45-135 gal	54-162 gal	63-189 gal
10 Consumers	10-30 gal	20-60 gal	30-90 gal	40-120 gal	50-150 gal	60-180 gal	70-210 gal

Note 1: Minimum requirement is 1 gallon of water/day/consumer for drinking.

Note 2: Minimum requirement is 3 gallons of water/day/consumer for drinking, cooking, personal hygiene, and sanitation.

Note 3: A consumer represents people and pets.

Note 4: It is recommended to have 7-14 days of water stored to be prepared for any type of disaster (natural or man made).

Purification of Water with Bleach

Water Amount	Cloudy Water	Clear Water
One Quart	4 Drops	2 Drops
One Gallon	16 Drops	8 Drops
Five Gallons	1 Teaspoon	1/2 Teaspoon

Use chlorine bleach (5.25% sodium hypochlorite) non-sudsing and let stand for 30 minutes. There should be a chlorine scent after treating. If not, repeat dosage and let stand another 15 minutes.

Other Water Tips

- Store water in a cool dry dark location in a sturdy plastic opaque container designed for water storage
- Strain out any sediments or particles from the water by pouring it through several layers of coffee filters or cheese cloth
- Another method to purify water is to boil it for 5-10 minutes
- The water heater is a good source of stored water (should flush it out annually)
- Water weighs 8+ pounds per gallon

Water Storage Containers



55 Gallon = 460 lbs
35 Gallon = 293 lbs



15 Gallon = 125 lbs



Pump



Barrel Wrench

Disaster Preparedness Checklists

Essential Documents

- Cash and coins to use for at least two weeks (small bills: ones, fives, and tens) (banks could be closed and ATMs may not work due to damage or no electricity)
- Credit cards phone numbers and account numbers
- A photocopy of your credit cards
- Fire insurance papers
- Car insurance papers
- Mortgage documents and loan papers
- Wills, living trust, deeds documents
- Stocks and bonds documents
- Phone numbers to all your utilities companies (water/gas/electricity/phone)
- Phone numbers to all your banks with account numbers
- Phone numbers to all your extra services such as cell phones, cable/satellite TV, internet providers (you may need to cancel or apply for refunds due to lack of service)
- Keep a back up copy of all important computer files/records on a memory stick
- Copy of your drivers license
- Copy of your social security card (for everyone in your family)
- Copy of your passports
- Copy of medical cards
- Copy of immunization records
- Copy of birth/marriage/divorce/death certificates
- Photos of family members and pets for identification purposes
- List of allergies for each member in your family (medications, food, insects, etc.)
- Disposable camera
- Inventory of household goods
- Video tape of household goods and of home

Disaster Preparedness Checklists

First Aid

- First aid kit
- First aid book
- Medicine dropper (eye dropper)
- Rubbing alcohol
- Germicidal hand wipes or waterless alcohol-based hand sanitizer
- Hydrogen peroxide
- Regular bandages (for minor cuts)
- Sterile bandages (different sizes)
- Ace bandages
- Adhesive tape 1" & 2" width (Transpore)
- Coban tape roll
- Splinting material
- Tissues
- Antiseptic/antibacterial ointments or creams
- Gauze/dressings (Kerlex rolls, 2x2, 4x4, pads)
- Cotton-tipped swabs
- Cold pack
- Tongue depressor blades or popsicle sticks
- Latex or non-latex (if allergic to latex) gloves
- Scissors
- Tweezers
- Finger nail clippers
- Nail file
- Assorted sizes of safety pins
- Thermometer
- Pocket knife
- Needles (for removing splinters)
- Triangle bandage with safety pins (36" x 36" x 51")
- Tube of petroleum jelly or other sterile lubricant
- Sunscreen
- CPR breathing barrier such as a face shield
- Aspirin and non-aspirin pain reliever (Tylenol, Advil)
- Benadryl or an allergy relief medicine
- Anti-diarrhea medication
- Antacid medications for upset stomach
- Laxative
- Bee sting kit (EpiPen, if allergic to bees)
- Snake bite kit with extractor

Plan for the most common injuries or conditions: control bleeding, removing splinters, splint fractures & dislocations, clean & cover cuts, diarrhea & constipation, headaches, and allergy relief.

Disaster Preparedness Checklists

Clothing

- Hat
- Change of clothing
- Extra socks and underwear
- Weather appropriate clothing (cold weather, rain gear/ poncho, etc.)
- Sunglasses
- Sturdy work shoes or boots
- Protective goggles
- Leather work gloves
- Shower shoes or sandals
- Tennis shoes
- Belt
- Earplugs
- Bandana

Food

- Food – (minimum one week supply, preferable two weeks)
- Write out a menu for each day
- Ice chests
- Can meat, chicken, fish, beans, soups, vegetables, fruit
- Shelf milk (comes in boxes and does not need refrigeration)
- Energy bars
- Low-sodium crackers
- Cereals
- Nuts
- Granola bars
- Trail mix
- Dehydrated fruit and meat (beef jerky)
- Vitamins
- Powdered drinks like milk, orange juice, and lemonade
- Bottled fruit drinks and juices
- Peanut butter
- Jelly
- Honey
- MRE (Meals Ready to Eat) Thermometer

Disaster Preparedness Checklists

Pets

- Food (have a minimum of 14-day supply)
- Water (one gallon/day, 14-day supply)
- Restraint (leash or carrier) to secure and transport your pets
- Ensure vaccinations are current and have veterinarian records on hand
- Ensure pets have proper ID (dog tags) with their name, your name, address, and phone number
- Have a current photo of your pets in case they get lost
- Medicine if required (have a minimum of 30-day supply)
- Pet toy

Note: Most human evacuation centers/shelters do not allow animals or pets so you need to identify shelters for your pets before a disaster happens

Sanitation

- Toilet paper
- Sanitation/disinfectant wipes (moistened towelettes)
- Waterless disinfectant soap
- Anti-bacterial hand soap/cleaner
- Bar soap and liquid detergent
- Regular liquid chlorine bleach (5.25% sodium hypochlorite)
- Plastic garbage bags with ties (heavy duty)
- Plastic bucket with tight lid (have plastic bags that can line bucket)
- Latex or non-latex (if allergic to latex) gloves
- Shovel

Shelter

- Blankets and/or sleeping bags and pillow
- Cots or camping mat to sleep on
- Regular tent & Tube tent
- Rope
- Portable lighting (lanterns: gas/battery operated)
- Light sticks
- Chairs (camping/folding) & Camping table
- Plastic sheeting/tarp
- Umbrella
- Duct tape

Disaster Preparedness Checklists

Personal

- Essential medications (prescription drugs & over the counter medicines for adults/children/infants)
- A copy of prescriptions such as for medications, eye glasses, and hearing aids
- Extra pair of eyeglasses (sunglasses) if required to wear eyeglasses
- Contact lenses and supplies if applicable
- Denture supplies if applicable
- Extra batteries for hearing aids if applicable
- Feminine supplies
- Personal hygiene items
- Multi vitamins
- Toothpaste, toothbrushes, and floss
- Bathing towel
- Wash cloth
- Sunscreen
- Insect repellent
- Mirror
- Chapstick
- Games (cards or board type) and book to read
- Favorite toys and games for children

- Paper and pencils/pens
- Permanent marker
- Back pack/day pack
- Butt/fanny pack
- Whistle
- Put together a “Grab & Go Bag” for every family member to include pets (5 minutes to evacuate)
- Learn CPR and First Aid (CDR3 offers a combined course for \$25)

Special Needs Individuals (infants/elderly/physically disabled/special medical needs)

- Baby supplies: formula, powered milk, bottles, pacifier, baby soap, baby powder, diaper rash crème, medicines, clothing, blankets, baby wipes, disposable diapers, canned foods, and juices
- Special supplies and equipment for “special needs people”
- Medications (some may need refrigeration)
- Blind or visually impaired (Seeing Eye dogs, walking stick, or lack of mobility)
- Hearing impaired (extra batteries for hearing aids)
- Mobility impaired (wheelchairs, walking aids, batteries for electric chairs, etc.)

Disaster Preparedness Checklists

Special Needs Individuals

cont.

- Special diet requirements
- Specialized, dialysis, etc.) medical equipment (oxygen, pumps, catheters)
- Elderly (may not drive and need help during evacuation)
- Non-English speakers (may not understand directions or warnings and act confused)
- Single parent families (children may need help if parent is separated from them)
- Families without vehicles (may need help during evacuation)

Cooking

- Can opener (non-electric)
- Heavy-duty aluminum foil
- Camping stove with spare fuel (caution: never use inside a building or confined space; make sure there are no gas leaks; and never use charcoal indoors)
- Camping table
- Ice chest

- Matches in water proof container (one box of water proof matches)
- Gas lighter stick
- Sterno (canned fire gel)
- Pots and pans
- Plates, cups, knives, forks, spoons (disposable)
- Utensils
- Paper towels
- Resealable plastic bags (quart and gallon size)
- Plastic storage containers
- Disinfectant wipes
- Latex or non-latex (if allergic to latex) gloves
- Three 5-gallon plastic buckets (soap rinse/bleach rinse/water rinse)
- Sponges
- Dish towels
- Dish scrubber
- Clothes pins
- Tooth picks

Disaster Preparedness Checklists

Tools/Equipment

- Portable radio with spare batteries and 110 volt A/C plug
- Flashlights with spare batteries (one per person)
- Leather work gloves
- Dust masks
- Protective goggles
- Fire extinguisher (A-B-C- type)
- Whistle
- Matches (in waterproof container) and gas lighter stick
- Candles
- Razor blade knife (box cutter) with extra blades
- Pocket Knife
- Rope (100' of 1/2" rope)
- Sash cord (clothes line rope)
- Tarps and plastic sheeting
- Garden hose
- Regular pliers and needle nose pliers
- Wire cutters
- Channel lock pliers
- Vise-grip pliers
- Duct tape
- Adjustable wrench (crescent wrench) for turning off the gas and water valves
- Basic socket set
- Allen wrenches
- Claw hammer
- Hacksaw
- Crowbar
- Cordless drill/screw driver
- Course drywall screws (11/4" – 3")
- Tape measure
- Electrical extension cord
- 5-gallon plastic buckets
- Axe or hand saw
- Shovel
- Broom
- Nails (assorted sizes)
- Staple gun with assorted length of staples (3/8" – 9/16")
- Flat screw driver
- Philips screw driver
- Bungee cords
- Needles and thread
- Pencils, pens, paper, envelopes and stamps

Disaster Preparedness Checklists

Vehicles

- Extra set of house and car keys
- Maps of local area and state highway maps
- Inverter for car (converts direct current (DC) to alternating current (AC))
- Keep your vehicle's gasoline tank always at least ½ full
- Phone numbers to out of state relatives
- Flash light with spare batteries and bulb (test monthly)
- Jumper cables
- Blanket
- Warm clothes
- Walking shoes
- Toiletries
- Water (check monthly)
- Non-perishable food (energy bars) (check monthly)
- Flares
- Spare fuses for vehicle
- Spare cash (small bills)
- Two cans of "Fix A Flat"
- Duct tape
- First aid kit
- Leather work gloves (example for use would be changing a flat tire)
- Car tool kit (Sample: standard flat screw drivers (assorted sizes), Phillips screw drivers (assorted sizes), channel locks, adjustable wrench, needle nose pliers, regular pliers, vise grips, hammer, leather work gloves, electrical tape, duct tape, flashlight with spare batteries & bulb, 2A10BC fire extinguisher, pocket knife, razor blade knife with extra blades, and whistle)
- Tire pressure gauge
- J-B Weld Cold Weld
- Make sure you have the tools to change a flat tire
- Make sure you know how to change a flat tire
- Air in your spare tire
- Vehicle owner's manual
- Personal protection device
- Mirror for signaling
- Two quarts of motor oil
- Snow chains (if live in possible snow areas)
- Cash
- Large trash bags

Disaster Preparedness Checklists

Water

- Water – 1 gallon per person & pet per day for drinking purposes (minimum one week supply, preferable two weeks) (up to 3 gallons per person per day if you want to include cooking and sanitation)
- A copy of the “Water Usage Chart For Disaster Planning” @ www.cdr3.org
- Water purification kit
- Paper coffee filters or cheese cloth (for filtering water)
- Eye droppers for adding bleach (keep it for this purpose only)
- Regular liquid chlorine bleach (5.25% sodium hypochlorite)
- Portable water bottles for carrying on you (quart size)
- Portable water containers (1 gallon to 5 gallon sizes - water weighs 8+ pounds/gallon)
- 5-gallon collapsible water container
- Water storage containers (15 gallon to 55 gallon sizes – for bulk storage: may need pump and barrel wrench depending on the type and size of container)
- Store water in a cool dry dark location in a sturdy plastic opaque container designed for water storage
- Strain out any sediments or particles from the water by pouring it through several layers of coffee filters or cheese cloth
- Purification of water with bleach refer to the “Water Usage Chart For Disaster Planning”
- Another method to purify water is to boil it for 5-10 minutes
- The water heater is a good source of stored water (should flush it out annually)

Disaster Preparedness Checklists

- To get a copy of the these checklists go to www.cdr3.org then **Get Involved Tab** then **Disaster Preparedness Worker** then **Course Handouts** then “**Disaster Preparedness Checklists**” (Clothing, Cooking, Essential Documents, First Aid, Food, Personal, Pets, Sanitation, Shelter, Special Needs Individuals, Tools & Equipment, Vehicles, Water)
- This is a 90% solution, customize it to your needs, finances, and storage space

CDR3 Overview

WHAT IS CDR3?

CDR3 is a Christian non-profit organization comprised of Christ followers trained in disaster preparedness and response to provide immediate relief aid, assist in recovery, and support rebuilding efforts.

Founding churches of CDR3 are **ROCKHARBOR** (Costa Mesa, CA) and Mariners Church (Irvine, CA).

Member churches include Newport Mesa Church (Costa Mesa, CA), The Crossing Church (Costa Mesa, CA), St. Andrews Presbyterian (Newport Beach, CA) and Celebration Church (New Orleans, LA).

CDR3 partners with Hope Force International. www.hopeforce.org

OUR VISION

Christian Disaster Relief-Recovery-Rebuild (CDR3) is dedicated to be a resource for those in need and trouble as a result of a disaster by being a catalyst for assistance and hope thereby changing lives.

CDR3 Overview

OUR MISSION

CDR3 is a community of Christ followers dedicated to serve and help their neighbors (locally, nationally, and internationally) prepare for and recover from the effects of a disaster.

OUR CORE VALUES

We are committed to:

- Love, obey, and serve God
- Love others unconditionally
- Pursuit of excellence in all our actions and behaviors
- Display a heart of servanthood
- Acknowledge God in all we do
- Demonstrate the highest standards of professionalism
- Offer assistance through local Christian churches, organizations or agencies

CDR3 Overview

HOW DO WE ACCOMPLISH OUR MISSION?

CDR3 accomplishes the following utilizing the resources made available from the affiliated churches:

Disaster Preparation Phase: CDR3 will provide Disaster Preparedness Workshops to educate members in our congregations and citizens in our communities on how to be prepared for a disaster.

Disaster Awareness & Communication: CDR3 will monitor disaster activity and communicate disaster data, activity of organizations, early readiness for potential deployment of CDR3 member resources, and frequent status reports of any disaster CDR3 is supporting.

CDR3 Overview

Disaster Relief Phase: CDR3 will train, mobilize, and coordinate volunteer Rapid Response Teams (RRT) and Disaster Support Teams (DST) to meet immediate humanitarian needs of: food, water, ice, medical – over the counter (OTC), toiletries, clothing, crisis counseling, and ministering. As appropriate, CDR3 will apply organizational of structure and financing to support the Disaster Relief Phase.

Disaster Recovery Phase: CDR3 will evaluate, recommend, apply organizational structure, financial, and volunteer resources to assist in demolition, clean up, disposal, trauma counseling, and ministering.

Disaster Rebuilding Phase: CDR3 will provide financial and volunteer resources to assist in repairs, new construction, counseling, and ministering.

CDR3 Overview

GENERAL OBJECTIVE

1. To serve communities during the preparation (before) and response (after) phases of a disaster.
2. To continue to support ongoing disaster relief efforts throughout our nation and worldwide.
3. To teach the citizens of Orange County to effectively prepare for and respond to a disaster.
4. To establish and maintain liaisons with local authorities, Salvation Army, Hope Force International, FEMA, and other disaster response organizations to assist in disaster preparedness and disaster response.
5. To administer emotional (listening), physical (water, food, clothing, etc.), and spiritual (praying), support to disaster victims and disaster workers.
6. To establish locations for warehouse space to operate a warehouse/bulk distribution center to support temporary centers in disaster areas.
7. To establish Rapid Response Teams (RRT) capable of deploying within 24-72 hours of a disaster to evaluate needs, provide organizational structure, and trained overhead (personnel).
8. To establish Disaster Support Teams (DST) capable of supporting disaster relief, recovery, and rebuilding.
9. To establish a Personnel Solicitation Program and maintain a contact list of trained potential personnel.
10. To be recognized as a credited disaster response organization by the Salvation Army, Hope Force International, and FEMA.

CDR3 Information & Certifications

www.cdr3.org

- CDR3 Overview
- CDR3 Disaster Certification Overview
 - Disaster Preparedness Worker
 - [CDR3 Disaster Preparedness Course \(2 hours\)](#)
 - Basic Disaster Responder
 - [CDR3 Rapid Deployment Course \(8 hours\)](#)
 - Hope Force International Reservist
 - www.hopeforce.org
 - Community Emergency Response Team (CERT)
 - CPR/First Aid Certification

Additional Disaster Information And Training

- Salvation Army Organization and Training
- American Red Cross
- FEMA's Independent Study Program
 - <http://training.fema.gov/EMIWeb/IS/crslist.asp>

Disaster Preparedness Information

- <http://earthquake.usgs.gov>
- www.72hours.org
- www.citizencorps.org
- www.citizencorps.gov/cert/
- www.fema.gov
- www.fema.gov/areyouready/
- CERT Training, Call Brenda @ (714) 327-7406
(Costa Mesa Fire Department)

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Any Questions

www.cdr3.org