

The Crosby Estate at Rancho Santa Fe Masters Association Emergency Preparedness Manual

January
2021

A guide to help you learn how to prepare yourself, your family and to evacuate safely in the event of an emergency.



HOW TO USE THIS MANUAL

This manual is set up in sections. It begins with important phone numbers and websites, followed by home preparedness tips and a basic first aid guide. Next are sections addressing the most common disasters, including recommendations on how to best respond to them; then advice on how to prepare for your animals' needs. An explanation of 10 quick tips for evacuation.

Potential routes for evacuation and a map of The Crosby are at the back of the manual. It's always your personal decision whether to stay or leave in an emergency. The Crosby developed this guide for you as part of our overall preparedness plan. The information obtained was researched, borrowed and created by and for The Crosby residents. A lot of the information is from public government websites. This manual is too brief to cover every situation or emergency that could occur; we encourage you to perform additional research on your own.

On the inside of the back cover, you may write the phone numbers of your personal emergency contacts. You should include at least one number out of the area, as well as your children's school numbers.

ACKNOWLEDGEMENTS

We think of The Crosby Estate at Rancho Santa Fe as a unique community. It has many families with young children and lots of older residents who are retired but very active. We spoke with local Sheriff and fire departments. We sought guidance from local CERT members and the city and county of San Diego. We hope the information in this manual is useful and will be a reference and comfort in the time of an emergency. We are pleased to present this document to The Crosby.

Sincerely,

Board of Directors

The Crosby Estate at Rancho Santa Fe Master Association

January 2021

The information contained in this manual is provided for information purposes only and should not be construed as medical or safety advice on any subject matter. You should not act or refrain from acting on the basis of any content included in this manual without first seeking professional advice.

EMERGENCY NUMBERS AND WEBSITES

Notice: phone numbers, addresses, and hours of operation are subject to change by government offices, businesses, and agencies. These numbers were valid at the time of printing but are subject to change beyond our control.

SHERIFF	911
Back office only 8 a.m.-5 p.m.	858-565-3037
Admin. Center Front Desk	858-974-2222
Non-emergency dispatch phone (Operates 24/7)	858-565-5200

FIRE	911
Non-emergency phone M-F 8:00 a.m.-5:00 p.m. (excluding most major holidays)	858-756-5971
County of San Diego Fire-Rescue Dept.	www.rsfire.org
Emergency Radio Station	
Primary	KOGO AM 600 / FM 95.7
Secondary	KLSD AM 1360

The Crosby HOA Numbers and Website		
The Crosby	Physical Address	18029 Calle Ambiente, Suite 515 Rancho Santa Fe, CA 92067
	Mailing Address	P.O. Box 5000, PMB 534, Rancho Santa Fe, CA 92067
	Crosby Estate onsite Office	858-381-5615 – phone 877-577-6462 – emergency
	General Manager- Von Yacoubian	858-381-5615 vyacoubian@keystonepacific.com
	Executive Assistant – Katie Kalivas	858-381-5615 kkalivas@keystonepacific.com
	The Crosby Website	www.crosbyestate.org
	dwellingLIVE registration	www.community.dwellinglive.com
	Community texting service	Please call the management office to have your mobile number(s) added to this service
	KPPM Portal	Receive emails from the Board by enrolling at: www.kppmconnection.com
The Crosby Golf Club	General information/club office	858-756-6310
	The Crosby Club Website	www.thecrosbyclub.com
	Address	17102 Bing Crosby Blvd, San Diego, CA, 92127, San Diego County
Gate Numbers	North Gate	858-759-3755
	South Gate	858-227-0173

Website and App	
AlertWildfire webcams	http://www.alertwildfire.org/sdge/
ALERT SAN DIEGO	Register cell phone numbers and e-mails for emergency notification. Regional notification system for San Diego County for emergencies or disasters. Landlines are already included in database; San Diego County will call to notify you of a disaster in your area. www.sdcountry.ca.gov/oes/ready/signup.html
SD Emergency App	https://www.readysandiego.org/SDEmergencyApp/

County of San Diego	
2-1-1 San Diego A local non-profit operating 24 hour a day, 365 days per year, 211 San Diego is the regions trusted source for access to community, health, social, and disaster services. 211 is free, confidential and available in 200+ languages.	https://211sandiego.org/
CERT Community Emergency Response Team CERT is an all-risk, all-hazard training. It is a course that is designed to help you protect yourself, your family, your neighbors, and your neighborhood in an emergency situation.	https://www.sandiegocounty.gov/oes/community/oes_jl_CERT.html
San Diego County Emergency Information Provides information about resources and services in San Diego	858-300-1211
	www.sdcountryemergency.com www.ReadySanDiego.org www.wildfirezone.org
Office of Emergency Services	858-565-3490 (Information on disasters)
County of San Diego Operator Assistance	858-694-3900
“Just Call” 24/7-- for frequently asked questions	858-549-1161
	www.sandiego.gov
Office of Emergency Services	858-565-3490
Chemical Emergency	800-852-7550
Olivenhain Water After-Hours Emergency	760-753-6466
Office of Homeland Security	619-533-6760
Missing Person San Diego Sheriff dispatch non-emergency #	619-531-2000
Missing Child (or at-risk adult)	911

Utilities		
OMWD	Address	1966 Olivenhain Rd, Encinitas, CA 92024
	Number	760-753-6466
	Website	www.olivenhain.com
SDGE	Emergency number	800-611-7343
	Customer Service	800-411-7343
	Website	www.sdge.com

State of California	
General information (8 a.m. – 5 p.m. M-F)	1-800-807-6755
Dept. of Forestry & Fire Protection (CAL FIRE) (non-emergency—ask for communication center)	619-590-3100
California Missing Children Hotline (call local police number first)	1-800-222-3463

Federal Government	
Federal Bureau of Investigation (San Diego division)	858-565-1255
U.S. Marshals Service (Southern District of Calif.-Dial “1” for San Diego office)	619-557-6620
FEMA General information	202-646-2500 www.fema.gov
Weather (San Diego)	858-675-8706 www.weather.com

Earthquake Information	
Southern California Earthquake Center (USC)	213-740-5843
California Fault Map	http://earthquake.usgs.gov/earthquakes/recenteqscanv/

San Diego Animal Services		
Animal Control Will remove domestic animals when incident is caused by natural disaster		619-236-4250
Dead Animal Removal (6:30 a.m. to 5 p.m.)		858-694-7000
Animal-Related emergency		619-236-2341
Rancho Santa Fe Fire- Snake removal		858-756-5971
Emergency Veterinary Hospitals	Veterinary Specialty Hospital	858-875-7500 10435 Sorrento Valley Rd., San Diego 92121
	California Veterinary Specialists	760-291-8510 22310 Faraday Ave., Carlsbad 92008
	VCA Emergency Animal Hospital	619-299-2400 2317 Hotel Circle South, San Diego 92108
	Helen Woodward Animal Hospital	858-756-4117 Emergency phone: 858-756-4117 ext. 8 6523 Helen Woodward Way Rancho Santa Fe, CA 92067
24/7/365 locations for Emergency Vet Information	AKC Vetline	844-870-1400
	ASPCA Animal Poison Control Center	888-426-4435

Medical-Related Numbers	
American Red Cross (8 a.m. – 4 p.m. M-F) Register when looking for someone or when you have to evacuate	1-800-500-6411 1906 Oceanside Blvd, Oceanside, CA 92054 www.sandiegowic.org
California Poison Control	1-800-222-1222 – Emergency 1-415-345-0823 – Education www.calpoison.org
Center for Disease Control	1-800-232-4636 General information 8 a.m. – 8 p.m. EST M-F
	770-488-7100 24-hour emergency # for state and local government
	www.cdc.gov
Radiation (questions or problems)	http://emergency.cdc.gov/radiation/emergencyfaq.as
National Response Center for Toxic Chemical and Oil Spills (takes report and sends to proper agency)	1-800-424-8802

Medical Facilities		
Pomerado Hospital	General information	858-613-4000
	Address	15615 Pomerado Rd., Poway 92064
Scripps Memorial Hospital	General information	858-626-4123
	Address	9888 Genesee Ave., La Jolla 92037
Sharp Memorial Hospital	Emergency Room	858-939-5611
	General information	858-939-3400
	Address	7901 Frost St., San Diego 92123
Sharp Rees-Stealy Urgent Care 8 a.m. - 8 p.m. daily	Urgent Care	858-521-2300
	Address	16899 W Bernardo Dr., San Diego, CA 92127
Arch Health Medical Group 8 am – 5 pm M-F	Urgent Care	858-312-1440
	Address	9878 Carmel Mountain Rd., San Diego 92129
Scripps Clinic - Carmel Valley 7 am – 7pm M-F	General information	858-764-3000
	Address	3811 Valley Centre Dr., San Diego 92130
Scripps Clinic - Del Mar Family Medicine 7:45 a.m. - 5 p.m. M-F	General information	858-793-2727
	Address	12395 El Camino Real, Suite 120 Del Mar 92130
Scripps Clinic—Rancho Bernardo 8 a.m. - 5 p.m. M-F	General information	858-487-1800
	Urgent Care 8 a.m. – 8 p.m./ Daily	858-605-7171
	Address	15004 Innovation Dr., San Diego 92128
UCSD Medical Center	General Information	858-657-7000
	Address	200 W. Arbor Drive, La Jolla

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The Crosby HOME PREPAREDNESS

The first step to successfully surviving an emergency is to be prepared at home. You can prepare in advance for almost any type of emergency. Being prepared before a disaster strikes empowers you with knowledge of what to do, giving you the ability to remain calm and think clearly.

HAVE A PLAN FOR REUNITING

1. Know where you will reunite. Plan where you'll meet if communication service is interrupted. List two or three locations in case one isn't usable, e.g., a friend's house, school, place of worship.
2. Provide all family members with a list of important contact phone numbers. Put emergency contacts in your children's phones, or a physical list in their backpacks.
3. Establish out-of-area and/or out-of-state contact. Phones can quickly become overloaded in an emergency. Communicating through someone who's not local may be your only option following an emergency.
4. Be familiar with school and office emergency procedures. Will your children be released? Will they be held at the school until an authorized adult arrives? Will they be transferred to another location? Is their school an evacuation site? Is the list of who can pick up your children current?

PREPARE YOUR HOME

1. Consider your defensible fire space outside and in your garage. Keep foliage out of eaves and away from the roof. Store flammable products in well-ventilated areas and away from combustible items.
2. Secure earthquake straps, L brackets, and/or fasteners on tall and heavy furniture to prevent toppling during earthquakes. Anchor bookshelves, heavy electronics, and shelving in your home and garage into studs with long screws. Use museum putty for smaller valuables. Don't hang heavy items over beds.
3. Address utility safety by familiarizing family members with the location of gas shutoff valve and wrench, water valve, and breaker panel. **DO NOT RESTORE GAS** once it's turned off. A professional must do this.



4. Replace smoke and carbon monoxide alarm batteries annually. (Or twice a year with daylight savings time change.)

PREPARE TO EVACUATE

1. Make an evacuation checklist of items to pack, such as:
 - a. Important documents packet or hard drive (see Prepare Important Documents below)
 - b. Cell phones and chargers
 - c. Medicines
 - d. Photos/videos
 - e. Family records
 - f. Personal/family treasures
 - g. Written list of passwords

Prioritize items in order of importance and create a plan to efficiently gather them in an emergency. Post the checklist in several locations throughout house, including bedrooms and the garage. Update as needed

2. Keep shoes and a flashlight by your bed in case a nighttime disaster results in shattered glass.
3. Prepare a “Go Bag” (see next page)
4. Take a map of San Diego with you (or keep one in your car). Your GPS or phone may not work.

Emergency authorities warn us that we may need to survive on our own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least seven days, preferably longer.



PACK A “GO BAG”

A Go Bag is usually a backpack with pockets, pre-prepared so you can grab it at a moment's notice to evacuate. Items in it are meant to sustain you for at least three days. Think food, water, clothes, medical supplies, medication, etc. Start now and add to your Go Bag when you think of things you might need or want if you're away from home. You should be able to carry it with you.

What should you put in your Go Bag? Here are some suggestions:

- ✓ At least a three-day supply of non-perishable food. Consider ready-to-eat canned meats, fruits, and vegetables, trail mix, dried fruit, crackers and cheese spread, granola and food bars, instant meals like Cup O’Noodles and oatmeal, foil packet beverages, juice, coffee, candy, and cookies.
- ✓ Mess kits or paper cups, plates and plastic utensils, paper towels, a can opener
- ✓ Battery-powered radio, extra batteries, or hand-cranked NOAA weather radio
- ✓ Flashlights, extra batteries
- ✓ First aid kit (see on page 13)
- ✓ Prescription medications
- ✓ Sunscreen
- ✓ Glasses and/or hearing aid
- ✓ Whistles to signal for help
- ✓ Important documents (see below on next page)
- ✓ Certified N95 mask to help filter contaminated air (1-2 masks per person)
- ✓ Matches in a waterproof container
- ✓ Plastic sheeting and duct tape to shelter-in-place
- ✓ Clothing, including a long-sleeved shirt, pants, socks and sturdy shoes
- ✓ Garbage bags and plastic ties for personal sanitation, toilet paper
- ✓ Feminine supplies and personal hygiene items
- ✓ Wrench or pliers to turn off utilities
- ✓ Cash and small bills
- ✓ Paper and pencil for communication
- ✓ Local maps
- ✓ Books, games, puzzles or other activities for children
- ✓ Pocket knife or multi-tool

You may also want to consider:

- ✓ Infant supplies, formula, diapers
- ✓ Sleeping bag and shelter for each person
- ✓ Household chlorine bleach and medicine dropper (When diluted—nine parts water to one-part bleach—bleach can be used as a disinfectant. In an emergency, you can treat water by using 16 drops of regular household liquid bleach per gallon of water. Don’t use scented, color-safe or bleaches with added cleaners.)
- ✓ Fire extinguisher
- ✓ Food and supplies for your pet (see Instruction for Pet Owners on page 38)

One essential item to take with you:

- ✓ Water, one gallon per person per day for at least three days, for drinking and sanitation (This may not fit in your bag, but should be with you.)

All these items may not fit in your bag or be needed by you. They are suggestions to help you get started. *Source:* **www.Ready.gov**

PREPARE IMPORTANT DOCUMENTS

1. Locate important documents such as vital records, banking information, assets, deeds, trusts, insurance declaration pages (homeowners/renters, auto, health, life)
2. Scan documents and organize their images into files.
3. Copy files to portable storage, such as a flash drive, cloud environment, or external drive. Storage in at least two locations is recommended.
4. Keep a copy of your important documents in your Go Bag in the event of evacuation. (Update drive when needed)

STORING WATER

1. Store enough water in your home for **two weeks**. That's a minimum of **14 gallons per person**, based on estimating use of one gallon/person/day.
2. Commercially packaged water is the safest and most reliable. Keep it in original bottles.
3. To store water yourself, use only food-grade bottles. The bottom will be stamped with **HDPE (High Density Polyethylene)** and coded with the recycle symbol and a "2" inside.
4. Clean and sanitized two-liter soda bottles work well. **Don't use milk jugs.**
5. To store water in 55-gallon drums, the American Red Cross recommends adding ¼-cup household bleach when filling.
6. **Store water out of sunlight; away from fumes; off cement; and in a cool, dark area.**
7. Water can last indefinitely if it's not contaminated. Commercial water should last five years. It's recommended that home-stored water be rotated every six months.
8. Aeration improves the taste of stored water. This can be accomplished by pouring back and forth between containers.
9. **To sanitize water**, no method is perfect. A combination of the following methods is often the best solution:
 - a. High-quality filter
 - b. Boil one minute, cool 30 minutes, and then add ¼-teaspoon unscented household bleach, 5.25% sodium hypochlorite, per gallon
 - c. Purification tablets (watch expiration date)

STORING FOOD TO SHELTER IN PLACE

1. Consider the food in your pantry. Most dry packed or canned foods have a 1-year shelf life or longer. Bring home a few extra cans or boxes of food when you shop to deepen your pantry.

2. Have food on hand that's quick and easy to prepare, as well as favorite snacks. Familiar foods during a disaster are important for everyone, especially children; they help normalize life.
3. Consider low-salt foods that won't increase thirst, and foods that require little water in case water service is disrupted.
4. Buy MREs (Meals Ready to Eat), which are convenient and nutritious. They require no water, and have a five-year shelf life and a fairly economical price tag.
5. Stock up on freeze-dried or dehydrated food, which is nutritious, but does require water (up to 14 ounces per serving). It has a seven-year or longer shelf life and is inexpensive. You'll need a source of fruit to counter constipation.
6. Make sure you have plenty of high-energy food bars. This convenient option ranges from 200 to 3,600 calorie per bar, providing important calories and nutrients to sustain energy in a crisis.

FIRST AID KIT

In any emergency, cuts, burns or other injuries often follow. Having a good first aid kit provides you with tools to help stop bleeding, prevent infection, and aid in decontamination until professional medical attention is obtained. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid or CPR class. You can buy a kit or build your own, making sure it has something from each of these groups:

- ✓ Antiseptics (something to kill germs to prevent infection)
- ✓ Injury treatment (butterfly enclosures or cold compresses)
- ✓ Bandages (a variety of sizes)
- ✓ Instruments (tweezers, barrier gloves)
- ✓ Medicines (analgesics at a minimum)

THINGS YOU SHOULD HAVE IN YOUR FIRST AID KIT:

- ✓ Several pairs of Latex, or other sterile gloves (if you are allergic to Latex)
- ✓ Sterile dressings to stop bleeding, different sizes
- ✓ Cleansing agent/soap and antibiotic towelettes to disinfect
- ✓ Antibiotic ointment to prevent infection
- ✓ Burn ointment to prevent infection
- ✓ Adhesive bandages in a variety of sizes
- ✓ Eye wash solution to flush the eyes or as general decontaminant
- ✓ Thermometer
- ✓ Prescription medications you take every day such as insulin, heart medicine and asthma inhalers (periodically rotated to account for expiration dates)
- ✓ Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies
- ✓ Scissors

Extra Items to consider include:

- ✓ Cell phone with charger
- ✓ Tube of petroleum jelly or other lubricant

- ✓ Non-prescription drugs: anti-diarrhea medication, laxatives
- ✓ Antacid (for upset stomach)
- ✓ Aspirin or non-aspirin pain reliever
- ✓ Potassium Iodide for exposure to radiation

Source: American Red Cross www.redcross.org

ITEMS THAT MAY BE NEEDED TO TAKE CARE OF SPECIAL NEEDS

Your emergency preparation will need to be tweaked to handle the special needs of Infants, children, seniors and pets. Below we provide items we recommend you have in your Go Bag to address the infants, children and seniors in your family; for pets, we've provided an entire section starting on page 38.

INFANTS AND CHILDREN

- | | |
|---|--|
| 1. Bowl and spoon | 8. Medicine dropper and medications |
| 2. Change of clothes (at least two) | 9. Pedialyte, electrolyte replacement solution |
| 3. Diapers and wipes | 10. Sunscreen |
| 4. Firm-soled shoes | 11. Thermometer |
| 5. Formula, disposable bottles, nipples | 12. Toys, books, stuffed animals |
| 6. Instant baby cereal | |
| 7. Light jacket | |

SENIORS

- | | |
|--|---|
| 1. Food for special diet needs | 4. List of models and serial numbers of medical devices |
| 2. Medication, and prescriptions not older than one year | 5. Special supplies: oxygen, catheters, etc. |
| 3. Hearing aid batteries, wheelchair, etc. | 6. Personal sanitary items |

CAR EMERGENCY KIT

- | | |
|--|---|
| 1. Emergency phone numbers | 14. Personal items: eyeglasses, toothbrush, moist towelettes |
| 2. Fire extinguisher | 15. Pocket knife/multi-tool |
| 3. First aid kit (see above) | 16. Space blanket |
| 4. Flares | 17. Special needs (medication, diapers, infant formula, etc.) |
| 5. Flashlight (extra batteries) | 18. Sweater or jacket, extra clothing |
| 6. Food (canned, dehydrated, snacks) | 19. Tools: screwdriver, pliers, wire, crowbar, rope, etc. |
| 7. Good walking shoes | 20. Water |
| 8. Jumper cables | 21. Work gloves |
| 9. Maps of your most often traveled routes | |
| 10. Matches (waterproof) | |
| 11. Money | |
| 12. Portable Car jack | |
| 13. Pencil and paper | |

Recommended activity: Once a year, review and update your home preparedness with your family, including the evacuation plan, the meeting place(s), phone numbers, gas valve shutoff process, your Important Document Packet, and the Go Bag (ensuring it has new food, current clothes/shoes, etc.). You may find it helpful to plan this with daylight savings time or another annual reminder. Being prepared is a state of mind.

Preparedness isn't an event that happens overnight. It's a step-by-step process that becomes a normal part of life.

My Evacuation List

This image shows a full page of blank handwriting practice paper. It features approximately 20 evenly spaced, horizontal blue lines running across the entire width of the page. The lines are thin and consistent in color, providing a guide for letter height and placement. There are no margins, text, or other markings on the paper.

A GUIDE TO FIRST AID



Following a major disaster, the injured need attention. Successful administering of first aid is predicated on each resident having an adequate first aid kit available. Refer to the Home Preparedness section, which lists items to have in a first aid kit on page 13.

The following information is provided as a basic guide to administering first aid until professional medical treatment is available.

HEART ATTACK

Warning signs include: severe squeezing pains in chest; pain that radiates from the chest into the arm, neck or jaw; sweating/weakness; nausea or vomiting; pain that extends across the shoulders to the back



Two critical life-threatening symptoms occur: breathing slows down or stops and the heart may slow down or stop pumping blood.

Basic first aid treatment:

- The American Heart Association (AHA) recommends that witness laypersons initiate CPR for presumed cardiac arrest even if there is not a certified individual in the vicinity. The risk of harm towards the patient is low if one proceeds to compressions (Hands-only CPR) and they are not in cardiac arrest.
- The AHA stresses hands only CPR over rescue breathing if there is no certified individual on site.
- If the collapsed individual does not show any signs of choking there is no need to check the airflow.
- It is important to compress 100-120 times per minute and between 2 to 2.4 inches deep into the chest. More than 2.4 inches can cause slight damage to the patient.
- A good way to keep track with the recommended speed of compressions is to sing "Stayin' Alive" by the Bee Gees. This will help with consistent compressions.

HEAD INJURIES

- ✓ Bleeding from an ear can indicate a skull fracture.
- ✓ Always suspect a back injury when there's a serious head injury. Immobilize the head and neck.
- ✓ Bleeding from the scalp can be very heavy even when the injury isn't too serious. Don't press too hard. Be extremely careful when applying pressure over the wound so bone chips from a possible fracture won't be pressed into the brain.
- ✓ Call for emergency help. Let a medical person clean the wound and stitch it, if necessary.
- ✓ Don't give the victim alcohol, cigarettes or other drugs that mask important symptoms.

BLEEDING

Before providing care, put on protective gloves or use a barrier between you and the victim to reduce the chance of disease transmission. Cleanse your hands thoroughly with soap and water when finished.

Basic first aid treatment:

- ✓ Call 911 for medical assistance.
- ✓ Keep the victim lying down.
- ✓ Apply direct pressure using a clean cloth or sterile dressing directly on wounds.
- ✓ DON'T take out any object lodged in a wound; see a doctor for help in removal.
- ✓ Carefully elevate wounds above the heart if there are no signs of a fracture in the injured area.
- ✓ Keep victims warm with a blanket once bleeding is controlled, continuing to monitor for shock.

CLEANING & BANDAGING WOUNDS

- ✓ Wash your hands, put on protective gloves, cleanse the injured area with soap and water, and blot dry.
- ✓ Apply antibiotic ointment to minor wounds and cover with a sterile gauze dressing or bandage that's slightly larger than the actual wound.

EYE INJURIES

- ✓ If an object is impaled in the eye, call 911 and DON'T remove it.
- ✓ Cover both eyes with sterile dressings or eye cups to minimize the movement of the injured eye.
- ✓ DON'T rub or apply pressure, ice or raw meat to the injured eye.
- ✓ If the injury is a black eye, apply ice to the cheek and area around it, but not on the eyeball.

How to flush the eyes: If the chemical is in only one eye, flush by positioning the victim's head with the contaminated eye down to prevent flushing the chemical from one eye to the other. Flush with cool or room temperature water for 15 minutes or more. If applicable, remove contact lenses after flushing.

BURNS

First-degree burn: Skin appears red and may be swollen or painful. Generally, doesn't require medical attention.

Second-degree burn: Skin appears red, blistered and swollen. May require medical attention. **Third-degree burn:** Skin is visibly charred and may be white. Very painful. Requires medical attention. **Basic**

first aid treatment for first-degree and some second-degree burns:

Submerge burn area immediately in cool water until pain stops. If affected area is large, cover with cool, wet cloths. Don't break blisters if they're present. If pain persists but no medical assistance is needed, apply medicated first aid cream or gel and cover with sterile dressing. If medical attention is needed, don't apply any cream; just cover with a dry, sterile dressing and seek medical help immediately.

Basic first aid treatment for third-degree and some second-degree burns: Call 911! Third-degree burns must receive immediate medical attention! Don't try to remove clothing stuck to the burned area. Cover with sterile dressing or a clean sheet. Don't apply creams or gels.

CHEMICAL BURNS

- ✓ Flush the affected area with cool running water for at least 15 minutes.
- ✓ Remove all clothing and jewelry that's been contaminated.
- ✓ Monitor victim for shock and seek medical assistance.
- ✓ Flush eye chemical burns continuously with water and seek medical attention immediately.
- ✓ Take potassium iodine to protect your thyroid gland if healthcare authorities recommend it after a nuclear incident.

SUNBURN

- ✓ Avoid any further exposure to direct sunlight.
- ✓ Drink plenty of water to prevent dehydration.
- ✓ Don't apply cold water or ice to a severe burn.
- ✓ Use over-the-counter remedies to eliminate discomfort.
- ✓ Seek medical attention If burn is severe and blisters develop.

CHOKING

- ✓ Ask the victim, "Are you OK?"
- ✓ Don't interfere or give first aid if the victim can speak, breathe, or cough.
- ✓ Ask someone to call 911 and then perform the Heimlich maneuver (abdominal thrust) if the victim can't speak, breathe, or cough. Perform the Heimlich maneuver by positioning yourself behind the victim with your arms around his/her stomach. Place the thumb-side of your fist above the victim's navel and below the lower end of the breastbone. Take hold of your fist with your free hand and pull it upward and in, quickly and firmly. Continue with thrusts until the object is dislodged or the airway is clear.

INFANT CHOKING

- ✓ Access the situation. Listen for breathing through the infant's nose and mouth.
- ✓ Inflict some kind of response by flicking the bottom of the infants' foot.
- ✓ If there is no reaction and there is a continued struggle or lack of breathing call 911.
- ✓ While waiting for professional assistance, place the infant face down on your forearm, supporting the head and neck with your hand. Rest your hand on your knee with the infant's head lower than its body.
- ✓ Deliver fast and hard blows the back, right in between the shoulder blades, to dislodge the object.
- ✓ Turn the infant over, place two fingers on the center of the infant's breast bone (just below the nipples) and perform up to five chest thrusts.
- ✓ Repeat until the obstruction is clear.
- ✓ Seek medical attention after any choking incident, since complications may arise.

POISON

- ✓ Call your local Poison Control Center or 911 for immediate medical attention.
- ✓ Don't follow antidotes on labels unless instructed by a physician; they may be wrong!
- ✓ Never give anything by mouth (milk, water, Ipecac, etc.) until you've consulted with a medical professional.
- ✓ Keep a one-ounce bottle of Ipecac on hand at all times in case of an emergency, and give only when instructed by a physician.
- ✓ Flush poisons on the skin with water for 15 minutes, then wash and rinse with soap and water.
- ✓ Flush poisons in the eye with lukewarm water for 15 minutes. Adults can stand under the shower with their eyes open.
- ✓ Always consult medical professionals after any eye injury has occurred.

ANIMAL BITES

- ✓ Control any bleeding by applying direct pressure to the wound or elevating it. To avoid risk of infection, don't close it.
- ✓ Rinse the bite thoroughly, holding it under running water. Cleanse with soap and water and hold under water again for five minutes.
- ✓ Don't put ointments or medicines on the wound. Cover with dry sterile bandage or gauze.
- ✓ Seek medical assistance immediately.
- ✓ Note: report animal and human bites to local police and/or health authorities.

BEE STINGS

- ✓ If possible, remove stinger by scraping it off with a blunt edge (e.g., credit card).
- ✓ Clean the wound and apply cold compress to reduce swelling.
- ✓ Remove tight clothing and jewelry from areas near the bite in case swelling occurs.
- ✓ Watch for signs of shock or allergic reaction. Signs include swelling or itching, dizziness, nausea, or difficulty breathing. Seek medical attention immediately if any of these signs occur.
- ✓ Continue monitoring victim for shock until medical help arrives.
- ✓ Check victim's airway, breathing, and circulation. If they're impaired, call 911 and begin CPR.
- ✓ IMPORTANT: Only a trained and qualified person should administer full CPR.

UNCONSCIOUSNESS

- ✓ Don't leave an unconscious victim alone except to call 911 for medical help.
- ✓ Assess victim's state of awareness by asking if he/she is OK.
- ✓ Check the victim's airway, breathing and circulation (ABCs).
- ✓ Perform CPR if the victim's ABCs aren't present. IMPORTANT: a trained and qualified person should administer CPR if present, however, laypeople are encouraged to administer hands-only CPR if a trained individual is not on site.
- ✓ Place victim on his/her side with his/her chin toward the ground to allow for secretion drainage if ABCs are present and spinal injury isn't suspected.
- ✓ Cover the victim with a blanket to keep him/her warm and prevent shock. If the victim communicates feeling warm, remove the blanket.

BROKEN BONES

- ✓ Don't move the victim unless he/she is in immediate danger of further injury.
- ✓ Check for breathing; give Rescue Breathing if needed.
- ✓ Check for bleeding; apply direct pressure over the site.
- ✓ Check for shock; keep victim calm and warm. Does he/she know the day, time, or his/her name?
- ✓ Don't try to straighten out a fracture or push a broken bone back into place if it's sticking out of the skin. Do apply a moist dressing to prevent drying out. Don't permit the victim to walk. Splint fractures to prevent motion.

WILDFIRES



Wildfires are a regular occurrence in San Diego County. Be prepared for the next one.

WHAT TO DO BEFORE THE FIRE

- ✓ Keep plants and trees trimmed and spaced properly.
- ✓ Regularly thin plants and adequately water them.
- ✓ Clear leaves and debris from your roof, gutters, decks and yard.
- ✓ Locate woodpiles and other flammable materials away from your home and flammable vegetation.
- ✓ Agree on an out-of-state friend or family member who can be contacted if family members are separated and can't communicate directly with one another.

WHAT TO DO AS THE FIRE APPROACHES

- ✓ Move your car off the street so it doesn't block fire trucks. Park it in the driveway its front facing the street. Fill up your fuel tank if possible.
- ✓ Communicate/coordinate with immediate family members and agree on a safe meeting location in case of evacuation.
- ✓ Dress in a long-sleeved shirt and long pants. Wear durable and sturdy shoes.
- ✓ Begin gathering evacuation items. Refer to the Home Preparedness section on pages 9-14 for what to take and what goes in your Go Bag. (Consider taking irreplaceable possessions, important documents, cell phone chargers, medications, water, and a portable radio).
- ✓ Locate your pets and secure them. Refer to the Pets section on page 38 for items to take (food, cages, medicine, vaccination records and carriers/leashes).
- ✓ Check on your neighbors; make sure they're aware of approaching fire and know what to do.
- ✓ Move outdoor furniture or large items such as trash bins inside your house or garage.
- ✓ Move any items that can catch fire at least 30 feet away from your house.
- ✓ Don't climb on your roof to wet it down. Our roofs contain non-combustible materials



TIME FOR EVACUATION

- ✓ **Leave immediately** if told to evacuate
- ✓ **Gather** your Go Bag.
- ✓ **If there's time, protect your home:** close metal blinds and interior doors, and connect garden hoses to outside spigots so they're available for firefighters
- ✓ **Wear a certified N95 mask** to protect your lungs from harmful particles in the air
- ✓ **Inform** your neighbors
- ✓ **inform family** members of your evacuation and destination. Plan your route. Advise your out-of-state contact of the destination and location of family members.
- ✓ **Identify destination** and routes to it (understanding that some routes may be unavailable).
- ✓ **Make sure you have lots of water.** You may be in your car for a long time.
- ✓ **Gather your pets** and their evacuation supplies.
- ✓ **Bring toys** for children/reading materials



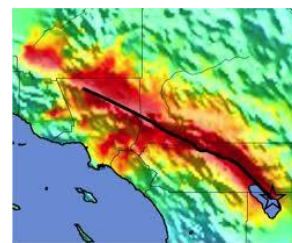
WHAT TO DO TO SHELTER IN PLACE

The Shelter in Place concept is only a last resort. It is recommended that people evacuate early. Only if you cannot get out of your home is it recommended that you Shelter in Place.

- ✓ Due to the landscape maintenance and the design and construction of homes in The Crosby, we may be instructed to Shelter in Place (not evacuate during a wildfire).
- ✓ Sheltering in place means staying inside a house or structure that's fire-resistant and airtight and remaining there until the emergency is over.
- ✓ Listen for fire updates on television or radio. (Make sure you have a battery- or solar-powered radio and extra batteries.) Note the emergency numbers in the front of the manual.
- ✓ Bring pets inside.
- ✓ Inform your out-of-state or out-of-area contact that you're sheltering in place.
- ✓ Check on your neighbors.
- ✓ Be aware of whether it's necessary to pick up children from school. Many schools have emergency procedures to shelter or evacuate children.
- ✓ If you must go outside, wear long-sleeved shirts and pants and cover your nose and mouth with a damp cloth to prevent smoke inhalation.
- ✓ Turn off all fans and air conditioning/heating units.
- ✓ Close all glass doors to fireplaces and close dampers if possible.
- ✓ Close all windows and doors to prevent embers from entering your house.
- ✓ Draw all draperies and window coverings wide open past the perimeter of the window. to prevent radiant heat from catching window coverings on fire.
- ✓ Move interior furniture away from windows.
- ✓ Shelter in rooms at the opposite end of your home from where the fire is approaching. Stay away from perimeter walls. If the interior of your house catches fire and the sprinklers don't activate, go to a safe area of your yard. Once the fire has passed, check your house and yard for any spot fires or embers, and extinguish them with fire extinguisher or hose.

EARTHQUAKES

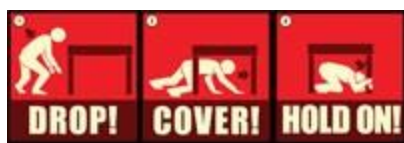
Over the past several decades, San Diego County hasn't experienced any major earthquakes like the ones in Northern California and the greater Los Angeles area that caused extensive damage. However, San Diego area residents are far more susceptible to earthquake damage than you might think. The San Andreas, San Jacinto, and Rose Canyon faults are all close enough to our community to pose a threat of earthquakes causing serious damage. The information below is intended to help you prepare before the next earthquake strikes and give you tips on what to do during and after the quake.



PREPARING YOUR HOUSE AND FAMILY BEFORE THE NEXT EARTHQUAKE

- ✓ Do a “hazard hunt” for items that might fall during earthquakes and secure them. This includes high and top-heavy objects, mirrors, large picture frames, water heaters, etc.
- ✓ Learn how to turn off the master gas valve, the water valve at the street, and the power circuits in your master electrical panel, in the event these procedures become necessary.
- ✓ Review the other sections of this guide for information on emergency numbers, home preparedness and first aid.
- ✓ Create a personal or family disaster plan.
- ✓ Practice how to protect yourself on a regular basis. When you do, you'll be more likely to react quickly when shaking begins. A great opportunity to practice is by participating in the “Great California ShakeOut,” which occurs each year during October. More information is available at **www.shakeout.org**.

WHAT TO DO IMMEDIATELY WHEN SHAKING BEGINS



Your past experience in earthquakes may give you a false sense of safety. Maybe you didn't do anything, or you ran outside, yet you survived with no injuries. Or, perhaps you got under your desk and others thought you overreacted. Regardless, you likely have never

experienced the kind of strong shaking that's possible in much larger quakes: sudden and intense back and forth motions of several feet per second will cause the floor or ground to jerk sideways out from under you, and every unsecured object around you could topple, fall, or become airborne, potentially causing serious injury. This is why you must learn to immediately protect yourself after the first jolt...don't wait to see if the earthquake's shaking will be strong!

In most situations, you'll reduce your chance of injury if you:

- **DROP down onto your hands and knees** (before the earthquake knocks you down). This position protects you from falling, but allows you to still move, if necessary.
- **COVER your head and neck** (and your entire body if possible) under a sturdy table or desk. If there's no shelter nearby, only then should you get down near an interior wall (or next to low-lying furniture that won't fall on you), and cover your head and neck with your arms and hands.
- **HOLD ON to your shelter** (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.
- **STAY in your wheelchair** (if applicable). Move into a doorway or to an inside wall away from bookcases, glass, etc. Lock the wheels and cover your head with your arms.
- **MOVE to an open area** away from buildings, power lines and trees if you're outside when the shaking begins. Duck, cover and hold if a shelter is available.

WHAT NOT TO DO WHEN THE SHAKING BEGINS

Based on years of research about how people are injured or killed during earthquakes, and the experiences of U.S. and international search and rescue teams, the following three actions aren't recommended to protect you during earthquakes:

DON'T run outside or to other rooms during shaking. The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of a building to collapse. To keep away from this danger zone, stay inside if you're inside and outside if you're outside when the shaking begins.

DON'T stand in a doorway. In modern houses, doorways are no stronger than any other part of the house, and they don't protect you from the most likely source of injury: falling or flying objects. You also may not be able to brace yourself in the door during strong shaking. You're safer under a table, unless you're in a wheelchair, as noted in the previous section.

WHAT TO DO WHEN THE SHAKING STOPS

- ✓ **Check yourself and the people around you for injuries.** If any require medical assistance, refer to the Emergency Numbers section at the front of this manual for emergency treatment locations near our community. If the earthquake has caused significant damage in The Crosby and surrounding areas, normal channels for medical care may not be available.
- ✓ **Don't turn on a light switch or light a match** until you're sure there are no gas leaks; use a flashlight.
- ✓ **Turn off the gas line** to your house if you hear or smell a gas leak, and open the windows and doors to ventilate the house if possible.
- ✓ **Shut off the damaged and nonessential circuits** in the master electrical panel if you smell hot insulation or see damaged appliances.
- ✓ **Protect your water supply.** Your water lines may be broken, especially at the water heater and toilets. If that happens, shut off the water at the main valve located near the street. Shut the main inlet and outlet valve to your water heater to preserve the water in the tank for future use.
- ✓ **Check for structural damage to your house.** If your walls have become badly cracked or bowed, out of plumb, offset, or otherwise seriously altered, or if there's separation between walls and ceilings, get out of the house. An aftershock could bring it down.
- ✓ **Check on your immediate neighbors** and provide assistance if needed.
- ✓ **Review your exit routes** as detailed in Evacuation Routes for The Crosby Community section on page 41 if you evacuate. Post a notice on the front of your house that the structure is unsafe and empty of inhabitants.

POWER OUTAGES

In 2003, the biggest power blackout in U.S. history occurred, leaving nearly 50 million people in the Northeast without electricity, heat or light. In 2011, San Diego learned that extended power outages can occur in our community and that we need to better prepare ourselves for future outages. We've become accustomed to a very high level of power availability in our homes and communities; we're rarely affected by extreme weather conditions that disrupt power for days at a time in other parts of the country. This section provides advice on home and personal preparedness and lists some of the recent backup power enhancements that have been installed in our community.

HOME PREPARATION

- ✓ Refer to the Home Preparedness section on pages 12-13 for tips on storing food, water and medical supplies. Have an emergency kit. Make a family communications plan.
- ✓ Invest in the latest lighting technology. One of the most immediate needs during a power outage is lighting.
- ✓ Consider installing outside lighting to greatly enhance the security of your home. Solar- powered lights are inexpensive and readily available. Having several of these lights integrated into your landscaping scheme will serve as an immediate backup to your regular outdoor lighting.
- ✓ Know where the manual release lever for your garage door opener is and how to operate it.
- ✓ Think about purchasing a backup generator for your house, for added convenience and security. These systems vary in functionality and price. We suggest you contact an electrician to determine the best solution for your personal needs.

PERSONAL PREPARATION

- ✓ Ensure that the gas tanks in your vehicles are always at least half full. During a major power outage, most gas stations won't be able to pump gas.
- ✓ Fill plastic containers with water and place them in the refrigerator and freezer. Leave an inch of room in the ones you put in the freezer for expansion. Chilled or frozen water helps keep food cold during a power outage by displacing air.
- ✓ Be aware that most medication that requires refrigeration can be kept in a closed refrigerator for several hours without a problem.
- ✓ Know your neighbors and be prepared to check on their safety and personal needs.
- ✓ Think about purchasing hand-cranked or battery-operated cell phone chargers. Your home phone may be disabled, but there's a good chance your cell service will be available, because most cell towers have backup power sources.

DURING A BLACKOUT

- ✓ Use your flashlights for emergency lighting. If candles are used, be sure to put them out when the power returns. Be aware of the fire hazards candles can present.
- ✓ Keep the refrigerator and freezer doors closed as long as possible to keep food fresh.
- ✓ Turn off or disconnect appliances or electronics that were in use when the power went out. Power may return with momentary surges or spikes that can damage them.
- ✓ Leave on one light so you'll know when the power returns.
- ✓ Use the phone only for emergencies. Don't call 911 for information. Listen to your battery-operated radio for news.
- ✓ Don't run a generator inside your home or garage. If you use a generator, connect the equipment you want to run directly to its outlets.
- ✓ Move to your home's lowest level if it's hot. Wear lightweight clothing. Drink plenty of water.
- ✓ Put on layers of warm clothing if it's cold. Don't use your oven as a source of heat. Don't burn charcoal for heating or cooking indoors.
- ✓ Eliminate unnecessary travel. Most traffic signals won't be working and the pumps at gas stations that use electricity to operate them will probably not be working.

AFTER A BLACKOUT

- ✓ Check the food in your refrigerator. If it was exposed to 40 degrees F temperatures (or higher) for two or more hours, or it has an unusual odor, color or texture, it should be thrown away.
- ✓ Refreeze the food in your freezer if it's colder than 40 degrees F and has ice crystals on it.
- ✓ Turn on your appliances and electronics, but not all at once. Reset the electronic clocks.

Source of some information: **www.ready.gov/blackouts**

BIOLOGICAL

What is bioterrorism? It's the intentional use of a biological substance to cause serious harm or death. This is a potential but unlikely threat. If the substance is dispersed through the air or in our water, we're unlikely to know about it immediately. Determining the source and type of substance can take time.

IF YOU HEAR ABOUT A POTENTIAL BIOLOGICAL THREAT

- ✓ Listen to your radio. The emergency stations should have the most accurate information.
- ✓ Check your list of emergency numbers.
- ✓ Assemble your emergency kit; get your Go Bag ready.
- ✓ Prepare to use a mask to cover your mouth and nose.
- ✓ Choose an internal room to use as a shelter if you're staying home, and turn off all ventilation.
- ✓ Get upwind of the contaminated area and find shelter if you're in an unprotected area.
- ✓ Cooperate with authorities if you're directed to a location to obtain medication or an injection and then told to return home or evacuate. Take food and water with you. Gas up your car.

WHAT TO DO AFTER THE DISASTER

- ✓ Listen for official information about the threat on the radio or TV, if available.
- ✓ If you come into contact with a biological substance, remove all your clothes, wash yourself, and call your family doctor or seek medical attention. Put the contaminated clothes in a bag.
- ✓ Contact your family doctor if you notice any symptoms or signs of disease.

WELL-KNOWN BIOLOGICAL SUBSTANCES

ANTHRAX

Anthrax is a spore-forming bacteria transmitted to humans especially by handling products from infected animals or breathing in anthrax spores. It's characterized by external ulcerating nodules or lesions in the lungs. It can spread quickly over a large area through the air. It doesn't spread from one person to another. Gastrointestinal anthrax is from eating undercooked meat from infected animals.

SMALLPOX

Smallpox, which is caused by the variola virus, can be minor or severe. It is spread from person to person, generally by direct and fairly prolonged face-to-face contact or direct contact with infected bodily fluids or contaminated objects. Symptoms start with a rash on the tongue and in the mouth that spreads over the body. It's also associated with fever, malaise, body aches and sometimes vomiting. This disease has been eradicated by vaccination, but laboratory stockpiles exist that can be used as an agent of bioterrorism.

Sources: www.sdcounty.ca.gov/oes and www.cdc.gov

NUCLEAR

BEFORE A NUCLEAR POWER PLANT EMERGENCY

This section of the manual is for informational purposes only. The closest nuclear power plant is the San Onofre Nuclear Power Plant which was decommissioned in 2013. The process of transferring the fuel rods into dry storage is a long process and may continue into 2021.



Here are things you can do to protect yourself, your family and your property from the effects of a nuclear power plant emergency:

- ✓ Build a Go Bag, as explained on page 11 in the Home Preparedness section. Add potassium iodide, plastic sheeting, duct tape and scissors to be better prepared for a nuclear power plant incident.
- ✓ Gather important documents and make a first aid kit. Refer to the Home Preparedness and A Guide to First Aid sections, on pages 12 and 16, respectively.
- ✓ Make a Family Emergency Plan. Have a plan for reuniting. Your family may not be together when disaster strikes, so it's important to know how you'll contact one another and get back together and what you'll do in case of an emergency.
- ✓ Check www.ready.gov/build.a.kit for additional suggestions.

DURING A NUCLEAR POWER PLANT EMERGENCY

If an accident at a nuclear power plant releases radiation in our area, local authorities will activate warning sirens or another alert method. They'll also provide instructions through the Emergency Alert System (EAS) on local TV and radio on how to protect yourself and your family. Refer to Emergency Numbers in the front of this manual.

- ✓ Follow the EAS instructions carefully.
- ✓ Minimize your exposure by increasing the distance between you and the source of the radiation. This could be evacuating or remaining indoors.
- ✓ Keep car windows and vents closed, using re-circulating air, if you're told to evacuate.
- ✓ Turn off the air conditioner, ventilation fans, furnace and other air intakes, and close fireplace dampers if you're advised to remain indoors.
- ✓ Shield yourself by placing heavy, dense material between you and the radiation source. Go to a basement or other underground area, if possible.
- ✓ Don't use the telephone unless absolutely necessary.
- ✓ Stay out of the incident zone. Most radiation loses its strength fairly quickly.

AFTER A NUCLEAR POWER PLANT EMERGENCY

Here are guidelines for the period following a nuclear power plant emergency:

- ✓ Go to a designated public shelter if you've been told to evacuate or feel it's unsafe to remain in your home. Text **SHELTER + your ZIP code to 43362 (4FEMA)** to find the nearest shelter in your area. Refer to the shelter numbers in the contact section of this manual.
- ✓ Act quickly if you've come in to contact with or have been exposed to hazardous radiation.
- ✓ Follow decontamination instructions from local authorities. You may be advised to take a thorough shower.
- ✓ Change your clothes and shoes; put exposed clothing in a plastic bag; seal it and place it out of the way.
- ✓ Seek medical treatment for unusual symptoms, such as nausea, as soon as possible.
- ✓ Take potassium iodine if instructed to do so by healthcare authorities (something that may or may not happen if there's a significant radiation threat). It may or may not protect your thyroid gland, which is particularly vulnerable to radioactive iodine exposure.
- ✓ Listen to local radio or television stations for the latest emergency information.
- ✓ Return home only when authorities say it's safe.
- ✓ Keep food in covered containers or in the refrigerator. Food not previously covered should be washed before being put into containers.

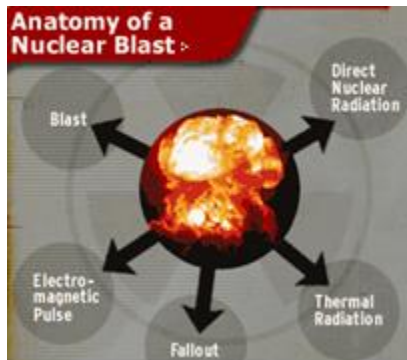
BEFORE A RADIOLOGICAL DISPERSION DEVICE EVENT

There's no way of knowing how much warning time there will be before an attack by terrorists using a Radiological Dispersion Device (RDD), so being prepared in advance and knowing what to do and when to do it is important. To prepare for an RDD event, you should do the following:

- ✓ Build a Go Bag, as explained in the Home Preparedness section on page 11. Also include a roll of duct tape and scissors.
 - During heightened threat periods, increase your disaster supplies to last for up to two weeks.
- ✓ Make a Family Emergency Plan. Plan on how and where you're going to reunite.
 - Plan places where your family will meet, within and outside your immediate neighborhood.
 - Consider designating an out-of-town contact as your family's "communications point person," since it may be easier to make a long-distance phone call than call across town.
 - Choose an internal room in which to shelter, preferably one without windows. These places include basements or the windowless center area of middle floors in high-rise buildings. In The Crosby homes, consider windowless rooms like a wine cellar, home theatre or interior washroom.

Taking shelter during an RDD event is absolutely necessary.

DURING AN RDD EVENT



While the explosive blast will be immediately obvious, the presence of radiation won't be known until trained personnel with specialized equipment are on the scene. Whether you're indoors or outdoors, at home or work, be extra cautious. As you seek shelter from any location (indoors or outdoors) and there's visual dust or other contaminants in the air, breathe through the cloth of your shirt or coat to limit your exposure. Even if you manage to avoid breathing radioactive dust, your proximity to the radioactive particles may still result in some radiation exposure.

If you are:

OUTDOORS	INDOORS
<p>Seek shelter indoors immediately in the nearest undamaged building.</p> <p>If appropriate shelter isn't available, cover your nose and mouth and move as rapidly as is safe upwind, away from the location of the explosive blast. Then, seek appropriate shelter as soon as possible.</p> <p>Listen for official instructions and follow directions.</p>	<p>If you have time, turn off ventilation and heating systems, close windows, vents, fireplace dampers, exhaust fans, and clothes dryer vents. Retrieve your disaster supplies kit and a battery-powered radio and take them to your shelter room.</p> <p>Seek shelter immediately, preferably underground or in an interior room of a building, placing as much distance and dense shielding as possible between you and the outdoors where the radioactive material may be.</p> <p>Seal windows and external doors that don't fit snugly with duct tape to reduce infiltration of radioactive particles. Plastic sheeting won't provide shielding from radioactivity nor from the blast effects of a nearby explosion.</p> <p>Listen for official instructions and follow directions.</p>

AFTER AN RDD EVENT

After finding safe shelter, if you may have been exposed to radioactive material, you should decontaminate yourself. To do this, remove and bag your clothing (and isolate the bag away from you and others), and shower thoroughly with soap and water. Seek medical attention after officials indicate it's safe to leave shelter.

Source: **www.ready.gov**

SOLAR STORMS/SOLAR FLARES

The information below is offered because of the immense effect a solar storm can have. It may not be as likely as some of the other disasters discussed in this manual, but we feel it's important to share some of the information available with you. The suggestions are just that and we encourage you to do your own research.

WHAT IS A SOLAR STORM?

A solar storm is a massive burst of energy coming from the sun. They occur all the time. Most go unnoticed, flowing past our planet with little effect. Roughly every 11 years, the sun goes through peak solar activity. Should it strike the earth with full force, one solar storm of extreme proportions could cause a tremendous amount of damage that might last for weeks or months. It could knock out satellites, the Internet, our navigation systems, and/or communication; halt commerce; and cause a blackout of cities. One extreme storm could halt life as we know it and take us back to before we had electricity.

In most disaster situations, aid can flow into the affected area from outside, but with a solar storm, there may be no "outside." The last gigantic storm that occurred was in 1859; it shut down use of the telegraph and made the compass useless. In 1989, part of Canada was shut down due to a typical solar storm, not a giant one. Repairs took months and affected six million people.

ADVANCE WARNING

NASA watches for solar activity and monitors how it's affecting Earth. Depending on where on the sun the eruption occurs and its speed, we expect to have a few hours warning of a significant solar storm.

HOW TO PREPARE

Have a pre-designated safe room in your house. You may need a 6- to 12-month food supply. Dried food like rice, beans, dates, raisins, bananas, powdered milk, and beef jerky have a long shelf life. Have three or four handheld reverse osmosis water filters. Plan for one gallon of water per person per day. Stock up on necessities like toilet paper, toothpaste, toothbrushes, plastic drinking cups, shampoo, soap, laundry detergent and aspirin. Have an emergency medical kit. Having a bicycle may be helpful. Refer to the Home Preparedness section on pages 9-14 for a more complete list.

You may want to have a small cooking stove. You can use bottled gas as fuel, but when it's used up, you need another tank. Liquid fuel, which you pour into a tank, is more readily found and replaced.

If you make it home after notice of an impending storm, park your car at the end of your driveway or in the street 50 feet from your home.

ELECTRONICS

To try to save your electronics, it's recommended that you unplug everything when you're told of an impending solar flare. A massive solar storm that hits the Earth could collect enough electrical energy to burn out the circuit board in every appliance, car, cell phone, and electronic device in your home and cause a fire. If the solar storm hits when you're in your car, it's likely the car's electronic system will fail and you'll be stranded. Planes' electrical systems are also likely to fail, as well as all navigational equipment at airports.

During a very large solar storm, banks' computer systems will probably fail. You won't be able to get at your money via an ATM and your bank may not be able to give you money, either. Consider having a stash of cash or other liquid assets to trade for food and other supplies. Even if power is restored, it may only be temporary for a while. Use that time wisely to obtain more supplies. If most electronic devices are permanently disabled, it will take years to set up manufacturing and replace them. Life as we know it would change drastically.

MEDICAL ISSUES

Prolonged exposure to high levels of electromagnetic energy that super solar storms produce can lead to serious health issues. The radiation produced by a solar storm for an extended time can lead to cancer and other serious health conditions. Establishing professional medical help in our neighborhoods might be essential when other systems fail, as hospitals will be overrun.

Source: **www.solar-storm-warning.com**

CIVIL UNREST



During a long-term disaster, the likelihood of looting or other civil unrest increases dramatically. Electricity may be out for an extended period of time. Telephone and Cell service may be interrupted. Demands on Law Enforcement are increased. The Crosby residences may be targeted in part due to the low density of homes. Even if you are able to reach law enforcement by phone during a widespread disaster, it may take police a very long time to reach your home. Because the home will be more

vulnerable when the grid goes down consider preparations and having some alternative security features for your home.

- ✓ **Maintain adequate emergency food and supplies on hand.** You are generally much safer remaining in your home during civil unrest than if you have to go out to seek food, water, medication or other necessities. Have at least one week's worth of food, medication and water. Refer to pages 9-14 on Home Preparedness for suggestions on what to have on hand.
- ✓ **Install reinforced door locks / Install a peep hole in your door.**
- ✓ **Install solar powered garden lights.** This will ensure there will be some illumination around your property at night.
- ✓ **Camera systems should be considered.** If electricity is available, these systems can be a great security measure.
- ✓ **Know your neighbors.** Communicate with neighbors during an emergency; there is safety in numbers that can prevent crime. Establish a watch system and communication system in an emergency.
- ✓ **Listen to the radio during civil unrest for updates on looting activity/police updates.** Make sure you have a battery-operated or solar-powered radio.
- ✓ **Consider Pets.** A barking dog would be a great detection system for anyone trying to break in. And, if the pet is trained properly, could assist in protecting the family.
- ✓ **Establish a safe room/emergency exit.** Determine a location where you could hide if your home is breached while you are there. Depending on the nature of the situation, it may be safer to exit your home in the event of unauthorized entry. If upon arriving at your home, you realize there is an unauthorized intruder, DO NOT ENTER your home. Go to a neighbor's home or to security.
- ✓ **Cooperate with The Crosby security.** The SMA has contingency plans for emergencies but such will require the cooperation and patience of residents.



OBEY THE LAW - EVEN IF OTHERS ARE BREAKING THE LAW, YOU CAN STILL BE CIVILLY OR CRIMINALLY LIABLE IF YOU USE EXCESSIVE FORCE RELATIVE TO THE THREAT YOU FACE OR IF YOU DAMAGE PROPERTY BELONGING TO OTHERS. IF YOU HAVE FIREARMS, KNOW THE LAW ON USING GUNS IN SELF-DEFENSE AND KNOW HOW TO SAFELY USE AND SECURE FIREARMS. YOU ARE MUCH MORE LIKELY TO MAKE A MISTAKE IN A STRESSFUL SITUATION.

Pandemic Safety



A Pandemic is a disease outbreak that spans several countries and affects a vast amount of people. In pursuit of decreasing the risk of the spread of said illness, daily routine will certainly change. Panic amongst citizens may become evident. Events will be cancelled. The Crosby residents along with other home owner associations may be issued a shelter in place. Hospital care will become limited as hospitals will likely become overwhelmed with caring for pandemic patients. It is vital that within this period of uncertainty and anxiety that The Crosby residents remain calm, collected, and as prepared as possible.

How to prevent illness:

- ✓ **Disinfect surfaces at home or at work.** A key part to making sure that viruses do not spread is if used spaces are disinfected often. It is important to train yourself to become aware to the objects and surfaces that you come in contact with. Objects such as door knobs, light switches, keyboards, countertops, phones, and desks should be cleaned often. Follow CDC guidance.
- ✓ **Wash your hands for at least 20 seconds.** A thorough handwashing is always good, however, during a pandemic it is necessary. Washing your hands should be a regular occurrence.

Key times to wash your hands:

- **Before, during and after** preparing food
- **Before** eating
- **Before** and after caring for an ill or wounded individual
- **After** using the toilet
- **After** caring for infant or child hygiene
- **After** blowing your nose, coughing, or sneezing
- **After** caring for pets
- **After** touching any kind of waste such as taking out the garbage



Steps to correctly wash your hands

- **Wet** your hands with clean and running water. Turn off the water and apply soap.
- **Lather** your hands by rubbing them together to create soap suds. Lather the backs of your hands, between your fingers, under your nails, and around your wrists.
- **Scrub** your hands for at least 20 seconds which is about as long as the “Happy Birthday” song when sung twice.
- **Rinse** your hands under clean and running water.
- **Dry** your hands with a clean towel or air dry.

- ✓ **Use hand sanitizer when there is no soap or water but not above washing your hands.** Hand sanitizer is an excellent tool to keep yourself clean when out and about but it **DOES NOT** kill all types of germs.
- ✓ **Avoid close contact. Six feet distance is recommended at all times.** Become aware of who is sick and work to make sure you are distanced from them. Stay home as much as possible and only go out when necessary. Stay connected with loved ones through phone and video calls.
- ✓ **Cover your mouth and nose with a CDC approved face covering.** This is a selfless act that will protect others in case you are infected and are unaware.
- ✓ **Always cover your coughs and sneezes.** Use a tissue to cover your mouth and nose then throw the used tissue into the trash as soon as possible. Be sure to wash your hands before coming into contact with any used surfaces or other people.



If you are sick:

- ✓ **Stay at home and call your doctor.** Medical advice is needed in this situation in order to determine if a visit to the medical office is necessary. If an individual has any underlying health conditions, call your doctor as soon as possible.
- ✓ **Separate yourself from other people in your home.** Avoid sharing any household items or food and drink. Keep hygiene on the top of the priority list as this will prevent the illness from spreading.
- ✓ **Wear a face covering around family.** The safety and health of others is important to keep in mind. The simple act of wearing a face covering protects the people that you love.

Some recommended sites:

- <https://www.cdc.gov/>
- <https://www.hrsa.gov/>
- <https://www.sandiegocounty.gov/hhsa/programs/phs/>
- <https://www.chhs.ca.gov/>

INSTRUCTIONS FOR PET OWNERS

We love our pets. We need to plan for them.



BEFORE THE DISASTER

1. Assemble a pet evacuation/disaster kit (see below). Include your pets in any evacuation plan. You may not be able to go back for them.
2. Place stickers on your front and back doors to notify emergency personnel of the presence of pets. The sticker should indicate the number and species of pets, e.g., 3 pets: 2 dogs, 1 cat. If your pets have favorite hiding places, you should consider noting this as well, e.g., cat hides under table in dining room. You may not be home when a disaster occurs.
3. Designate a neighbor to take care of your pets should a disaster occur when you're not home. That neighbor should have a key to your house and know where your pet disaster kit is located. He/she should be informed in advance of any of your pet's medical problems and medications.
4. Each of your pets must have identification. Ideas for ID include microchips, collar tags, and neck bands. Collars may get lost, so consider adding a microchip ID even if you have collars in place. Have a recent picture of your pet.

ANIMAL EVACUATION KIT

We recommend having the following items in your animal evacuation kit:

1. At least a three-day supply of food, medicine, and water for each pet (one ounce of water per pound of pet each day)
2. Food and water bowls, preferably "non-spill" bowls
3. Copies of veterinary records, including name and phone number of veterinarians, proof of vaccinations, list of current medications and dosages, and microchip number (if applicable)
4. Leash and collar or harness for each pet
5. A collapsible cage or airline-approved carrier for each pet, labeled with your contact information (Large dogs might do better with a stake/tie than confined to a cage for long periods. Remember that pets must be controlled at all times.)
6. A flashlight with extra batteries, can opener and spoon for canned food, paper towels, trash bags, familiar bedding, toys
7. Disposable poop bags for dogs; a litter pan, litter, and scoop for cats (Also suggested is a pair of protective cat handling gloves, which are found in pet stores. Frightened pets may act irrationally.)
8. Current picture(s) of your pet(s)
9. A letter authorizing veterinary care and your willingness to accept financial responsibility if you're not present when the disaster occurs (See next page for a sample authorization letter.)

Pets aren't typically allowed in shelters. If you can leave your pet with a friend or relative who's not in immediate danger, that may be better for your animal, until you're able to return home or establish a permanent alternate residence.

AFTER THE DISASTER WHEN YOU SHELTER IN PLACE

When evacuation isn't possible or advisable:

- ✓ **Home:** If there are earthquakes or high winds, your animals are likely to be nervous and afraid. Try to remain calm and reassure them. Make sure your pet evacuation kit is ready in case you have to leave suddenly.
- ✓ **Earthquake:** Your home may not be habitable. You may have to stay outside in your yard. Include your pets in any plans. You'll need the same supplies as are in your evacuation kits, but plan on a full week or more. For cats, it may be advisable to have a wire-type cage large enough to house the cat(s), litter box, and food/water bowls, in addition to standard carriers. If you have a tent for shelter (recommended), make certain it's large enough to house your pets and your family. Many dogs will do better staked than in cages if long time periods are involved.
- ✓ **Biological, Chemical, or Radiation Emergencies:** You and your family will be confined inside your home. You'll need to set aside an area for pets to urinate and defecate. Always have a good supply of disposable bags for pet waste.

Sample Authorization Letter:

To whom it may concern:

Please be informed that I'm willing to take financial responsibility for my pet(s) should they require medical treatment in an emergency. My pets' names, ages, sexes and breeds are:

- ✓ Felix: canine 3Y, CM, Labradoodle
- ✓ Mittens: feline, 13Y, CM, DSH
- ✓ Leo: feline, 8Y, CM, Somali

Sincerely, Marc Doolittle

Include your address, contact phone numbers, and e-mail address, and sign the letter. Keep it with the pets' vaccination records.

10 QUICK TIPS FOR EVACUATION

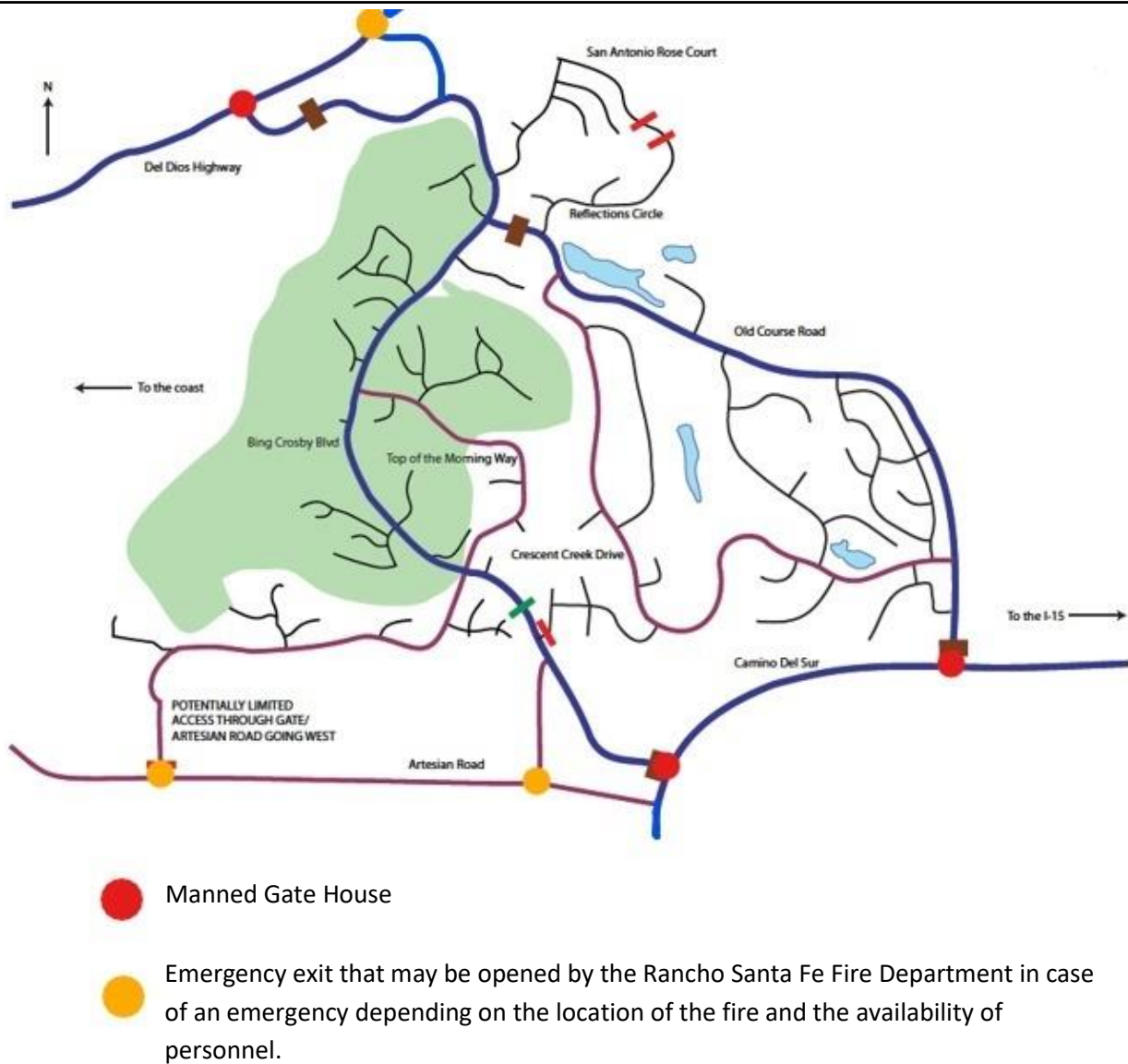
1. **Get your Go Bag.** Review your list of things to take and get them. Bring your cell phone and charger.
2. **Think about the type of disaster and where you plan to go.** Contact the location if possible and verify it can take you. Determine the best route and possible alternates. Take the Thomas Brothers map with you.
3. **Take enough food and water for a week** for you and your family, including your pets. If you don't have enough for a week, stop at a store and buy food and water as soon as you can. Bring pet carriers, leashes, records of pet vaccinations, and all medications you and your pets are taking.
4. **Contact a person outside the disaster area;** tell him/her where you're going and provide a contact number.
5. **Check on your neighbors** to see whether they need any assistance in evacuating.
6. **Turn off all the lights in your house;** unplug all lamps, clocks, toasters, coffee makers, etc.
7. **Turn off the water faucets and automatic sprinklers.**
8. **Don't turn off the gas unless there's a gas line rupture.** If you have to turn off your gas, leave a note that it's off. You must have assistance from SDG&E to turn the gas back on.
9. **Listen to AM 600 for information** about the emergency.
10. **Fill up your gas tank** as soon as possible.



YOUR Emergency Contact

Name:
Phone:
E-mail:

MAP



Cite: <https://www.rsf-fire.org/preparing-for-wildfire/>

CONTACTS

EMERGENCY CONTACTS

NAME	SERVICE	Primary Phone	Alternate Phone	Email Address

FAMILY REUNION PROCEDURES

Inside or near home	Inside:
	Outside:
Away from home	Priority Location: (neighbor, relative, etc.)

Identify reunion places where family will meet if house cannot be entered
Leave note in a designated place where you will meet

OUT-OF-AREA CONTACT

NAME	ADDRESS	HOME	WORK/CELL	EMAIL

10 MINUTE EVACUATION LIST

ITEM	LOCATION	ITEM	LOCATION