

Disaster Preparedness Guide

Special Edition ~ Pull out and keep for your records ~

WHEN YOU NEED HELP

CALL 911 FIRST

LOCAL AREA COMMUNITY SERVICES:

SHERIFF - NON EMERGENCY MATTERS

760-245-4211

CHP - NON EMERGENCY MATTERS

760-241-1186

SBC FIRE - NON EMERGENCY MATTERS

760-245-5022

SO CAL EDISON

800-655-4555

CSD WATER - SEWER - TRASH

760-951-0006

SOUTHWEST GAS - OFFICE

760-241-9321

COMMUNITY PATROL – ALLIED UNIVERSAL

760-245-9442

SOUTHWEST GAS – **EMERGENCY**

760-241-8120

COUNTY ANIMAL CONTROL

800-472-5609

RAILROAD TRAIN MASTER

909-386-4061

Please note: This resource is a compilation of general emergency and disaster preparedness information obtained from sources believed to be reliable. However, there is no guarantee as to the medical validity of the info or the results obtained from using this info. This does not represent that every acceptable safety procedure contained herein or that abnormal or unusual circumstances may not warrant or require further additional procedures.

EARTHQUAKE INFORMATION

BEFORE:

Gather a Kit:

- First Aid, fire extinguisher
- Battery powered radio, flashlight & batteries.
- Assemble water, food for 3 days- research your family’s needs including medicine.
- Learn First Aid.
- Learn how to turn off gas, water and electricity.
- Make a family plan for meeting afterwards
- Remove heavy objects from shelves.
- Anchor heavy furniture, cupboards and appliances to walls or floor.
- Learn earthquake plan for school, your business and the community.

DURING:

- Stay Calm** – if you are inside - stay inside
- If outside – stay outside
- Indoors** – stand against a wall, crawl under heavy furniture near center of building
- Stay away from windows and outside doors.
- Outdoors** – stay in open – away from buildings, power lines – anything that can fall
- Don’t use matches, candles or any flame.
- Gas lines could ignite.
- If in your car** - STOP – stay in your car
- DO NOT use elevators

AFTER:

- Check yourself and others for injuries
- Check water, gas, electric lines for damage
- Smell gas – evacuate and report to authorities
- Turn on radio. Use phone for emergencies only
- Check for broken glass and debris. Be sure everyone has sturdy shoes, boots.
- Be careful of chimneys – they can fall
- Stay away from beaches – tsunamis possible
- Stay away from damaged areas
- If at school or work – follow their emergency plan

EXPECT AFTERSHOCKS

DO YOU HAVE A PLAN FOR YOUR FAMILY?

You need to plan now for the emergency/disaster that will come to Silver Lakes.

- Start with your water supply – 1 gallon/day/person
- Purchase and store a 3 day minimum. Will be used for personal and sanitation needs.
- You will need food and supplies for meal prep and serving. Get non-perishable basics – what are your family favorites – pack them up so that they are convenient in a hurry.
- Have a flashlight for everyone – with extra batteries. Lanterns are cheap – have extra batteries for them too..
- Package a 3 day supply of meds into your kit – keep them current and have a typed list for reference.
- Get a whistle. It will help others find you.
- Put some blankets, hats. Coats in a bag for “in case”
- Make a list of people to contact – in case you cannot call yourself – put on the refrigerator for responders to find.
- Tell your extended family or friends who they can call if they cannot reach you.
- Go to <http://readydl.com/san-bernardino-county>
- Select – App Store, click “get” – launch the App
- Or go online to SBCfire.org
- Select “Emergency services”
- Select OES Documents
- Select “Your family disaster plan”

**TAKE CARE OF YOURSELF FIRST, THEN YOUR FAMILY
CHECK ON YOUR NEIGHBORS AND FRIENDS NEXT**

PETS – DISASTER SAFETY

BEFORE:

- Make a plan for taking your pets with you.
- Know where you can house them – motels, hotels, etc.
- Make sure vaccinations are current.
- Make sure pets have secure collars with up to date information.
- Have them microchipped
- Have 3 days of food, water, medicine, medical records ready.
- Have a first aid kit and instruction guide for your pets.
- Have a travel container for your pet.
- Have a current photo of your pet with their name in case they get lost.
- Have info on feeding schedule, medical conditions, behavior problems, name and phone number of your vet
- Have sanitation items – pet litter and a box, paper towels, plastic bags.
- Cleaning solution (1 part bleach – 9 parts water)
- Bring along a favorite toy or blanket – may alleviate stress yours and the pets.

Plan ahead – make up a kit now for travel later.

AFTER:

- Behavior may change after disaster – become aggressive
- Insure safety of people and other animals
- Check fences and gates that may have been damaged
- Pets may become disoriented and scent markers affected.
- Check area for harmful debris, spills etc.

**IN CASE OF DISASTER, DISPLAY SIGN THIS SIDE OUT IN FRONT WINDOW
OF HOUSE OR VEHICLE IF YOU DO REQUIRE ASSISTANCE.**

HELP

What to do during an earthquake



What to do after an earthquake

TURN OFF

water, electricity
and gas



USE

the stairs



DO NOT USE

elevators



PUT OUT

any fire



LIGHT

with flashlights,
not fire



DO NOT ENTER

damaged
buildings



Cover your mouth
and nose; don't
shout because you
can suffocate in the
dust. Hit with an
object to show your
position.



Do not move seriously
injured people unless
they are in imminent
danger of being
harmd.



Be alert to the possible
aftershocks that might
occur

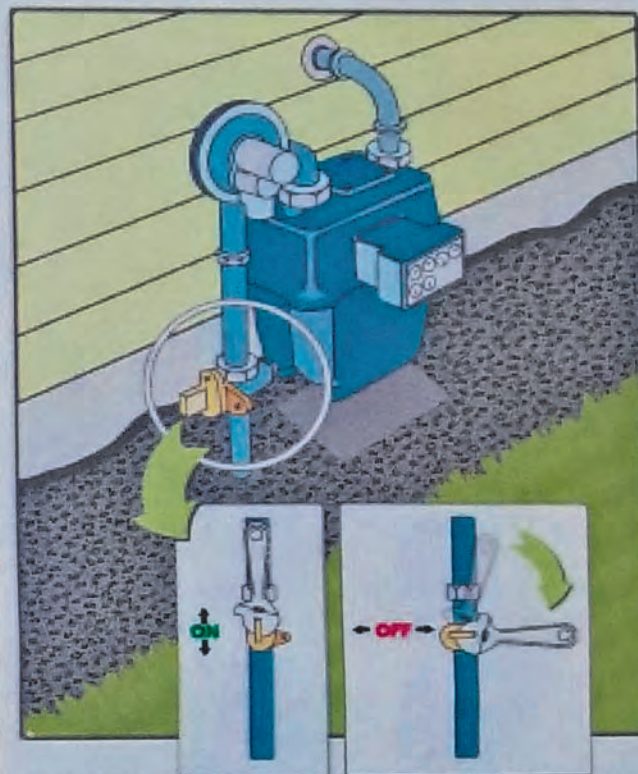


Do not use the phone
unless absolutely
necessary



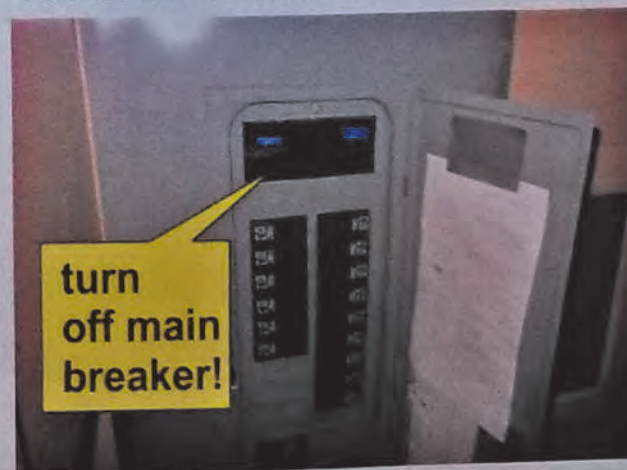
Pay attention only to
information from the
authorities

How to turn off gas:



NOTE: Once you have shut off the gas at the meter, do not try to turn it back on yourself. If the gas service shutoff valve is closed, a qualified professional should perform a safety inspection before the gas service is restored and appliance pilots are relit.

How to turn off electric:



**IN CASE OF DISASTER, DISPLAY SIGN THIS SIDE OUT IN FRONT WINDOW
OF HOUSE OR VEHICLE IF YOU DO NOT REQUIRE ASSISTANCE**

OKAY

WHICH WAY TO GO – WE HAVE TO GO NOW

You need a escape plan when an emergency happens.

What are the escape routes?

Vista Road to National trails (Route 66) (If bridge is open)

North to Hwy 58 - then West to Bakersfield
East to I - 15 Barstow (I-40)

National Trails - east to I-15

Any road to Shadow Mountain - to Hwy 395 then
North or South to leave area

Shadow Mountain road - west of Hwy 395 to Palmdale

Helendale road - south to Adelanto - Air Expressway
Helendale road - north to Hwy 58 - then east or west
Helendale road - to Wild road - to National trails – to Barstow

HAVE A PLAN - TELL SOMEONE - FOLLOW THE PLAN

BE READY - TEACH YOUR FAMILY - GOT YOUR SUPPLIES?

HOW AND WHEN TO TURN OFF UTILITIES

GAS WATER ELECTRICITY

Locate shut off point for each type service
Know what tools are needed for each service
Be sure all enclosures that contain valves, switches are ACCESSIBLE.
Clear debris.
Purchase correct tools for shutting off service.

Understand the need to shut off service.
Water can flood. Gas and electric can cause fires.
Make sure area is safe for shut off. If your property is on fire – do not enter to turn service off.
Understand the PRIORITY of shutting off utilities.
Shut off gas and water before electric – you may need light to effect your evacuation.

TIPS: Secure your property as well as possible before shutting of utilities.
Leave a note to let Emergency Responders know which utilities you have shut off and where you can be reached.
WARNINGS: turn off appliances before restoring electric power – this will prevent power surges.
Shutting off gas will require professional assistance to restart service.

FIRE EXTINGUISHERS FOR YOUR HOME

Every homeowner should be prepared for unexpected fire emergencies

A household extinguisher has multi-purposes for: oil, grease, gasoline and live electrical fires. Small wood, cloth, paper, rubber, and most plastic fires can also be controlled with an in home extinguisher.

A Class ABC extinguisher is an all-in-one unit easily purchased at most home improvement stores. Class ABC units can put out almost any kind of fire.
Five (5) and (10) pound fire extinguishers represent over 80% of units sold.
Each unit should be inspected annually to insure operable condition. Read all instructions included with the unit you purchase.

You should only attempt to put out a fire in the early stages – when it is small and contained – and ONLY when there is a clear path of escape behind you.
Be sure that the extinguisher is large enough to put out the small fire. Many portable type units will discharge completely within a matter of seconds. If the fire has spread beyond the early (small) stage – **evacuate.**
Call 911 if possible.

AUTOMATED EXTERNAL DEFIBRILLATOR

Our Association has made AED units available in strategic locations around the Community (see location listed below) and has trained the Association staff in the use of the devices. While these AED units can require some training the units themselves provide all the instruction needed in an emergency.
*Should you suspect that someone has a heart related emergency –
CALL 911
Or ask someone near you to call while you assist the patient.
Quick action is necessary to be the most help to the patient.*

WHAT IS AN AED: The defibrillator is a portable device that checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm by treating a **sudden cardiac arrest** (SCA).
The AED diagnoses the heart rhythm and determines if a shock is needed. Two pads are supplied with the unit and are placed in such a way as to sandwich the heart.
Each unit has complete instructions for the placing of the pads. If shock is advised, the unit guides the user through the process. No one touches the patient to prevent being shocked themselves.

The Association units are charged and ready for use. They are located in the Pro Shop, Administration office, Security office, Pool area and the Silver Lakes Restaurant.

EMERGENCY FIRST AID

3 KEY THINGS TO REMEMBER WHEN FACED WITH AN EMERGENCY SITUATION

1. IMMEDIATELY CALL 911 FOR MEDICAL ASSISTANCE.
2. QUICKLY STABILIZE THE INJURY, USING CALM AND CORRECT FIRST AID.
3. NEVER MOVE THE PATIENT UNLESS IT SIMPLY CANNOT BE AVOIDED. DO SO CAREFULLY.

CPR

IT'S AS EASY AS C-A-B



Compressions
Push hard and fast on the center of the victim's chest.



Airway
Tilt the victim's head back and lift the chin to open the airway.



Breathing
Give mouth-to-mouth rescue breaths.

ADMINISTERING CPR

1. Call 911 or ask someone else to do it for you.
2. Shout, and tap or gently shake the victim's shoulder to get the victim to respond - if there is no response, roll the person onto their back.
3. Begin chest compressions by placing the heel of your hand in the middle of the victim's chest. Place your other hand on top of the first, interlacing your fingers.
4. Press down hard enough to compress the chest at least 2 inches in adults and children, and 1.5 inches in infants. One hundred compressions a minute or even a little faster is the optimal speed.
5. If you have been trained in CPR, you can now open the victim's airway by tilting the head and lifting the chin.
6. Pinch closed the victim's nose, take a normal breath and cover the mouth of the victim with yours to create an air-tight seal. Give two 1-second breaths as you watch for the chest to rise.
7. Continue with the cycle of compressions-and-breaths (30 compressions and 2 breaths) until assistance arrives.

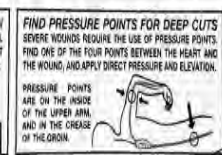


SEVERE BLEEDING

YOU MUST STOP THE FLOW UNTIL HELP ARRIVES. A CARE GIVER WORKING ALONE MUST STOP THE BLEEDING BEFORE CALLING FOR MEDICAL HELP. WEAR PROTECTIVE GLOVES WHEN POSSIBLE AND COVER ANY OPEN WOUND YOU MAY HAVE.



USE ALL THREE METHODS TOGETHER - DIRECT PRESSURE, ELEVATION, AND DIRECT PRESSURE ON PRESSURE POINTS.



BROKEN BONES

DO NOT MOVE A PERSON WHO MAY HAVE BROKEN BONES, UNLESS ABSOLUTELY NECESSARY. TELL THE VICTIM NOT TO MOVE. NECK OR BACK INJURIES COULD CAUSE PARALYSIS OR DEATH.

ANAPHYLACTIC SHOCK

Anaphylactic shock can be deadly, and is the result of a severe allergic reaction to a sting, insect bite or certain types of food. Watch for symptoms that include breaking out in hives, swelling of the throat or overall weakness. Call for medical assistance immediately. See if the victim has their own medicine. Artificial respiration may be required.

HEART ATTACK TIME IS CRITICAL

Symptoms of a heart attack include: shortness of breath or difficulty breathing; pain and/or pressure in the center of the chest; jaw and back pain, or pain that radiates down the left arm; cold sweat; nausea; vomiting or light-headedness.

If you experience any one of these symptoms, go immediately to the nearest emergency room or call 911 and sit or lie down until medical aid arrives.

Automated external defibrillators (AEDs) are life-saving heart devices. Know the location of any AEDs your company may have, and who is trained to operate one. Never attempt to use an AED if you have not been trained to do so.



CHEMICAL OVEREXPOSURE

If the victim has been splashed by a poisonous substance, or has inhaled or swallowed a chemical:

SKIN OR EYES - Flush with water for 15 minutes.

INHALATION - Move the victim to fresh air and give artificial respiration or CPR if necessary. Seek medical attention immediately.

SWALLOWING - Follow MSDS instructions and call the local poison control center. Seek medical attention immediately. Never give fluids to an unconscious person.

There may be exceptions to normal procedures:

1. Consult MSDS and the chemical's labeling, and get medical advice.
2. Before any emergency, check that labels and procedures are up-to-date.
3. Be certain not to contaminate yourself while administering first aid.
4. Keep the phone number of the poison control center at each phone.

EPILEPTIC SEIZURE

Do not attempt to constrict convulsive movements. Move furniture or any nearby objects that might cause injury. Do not put anything into the victim's mouth. Keep people away from the victim. After the seizure ends, the victim may still be confused and disoriented. Make sure they have recovered fully, and obtain further medical aid if necessary.

BURNS

IF THE VICTIM IS ON FIRE, STOP THE BURNING BY ROLLING THEM ON THE GROUND. DOUSE THEM WITH WATER, OR SMOTHER THE FLAMES WITH A COAT, RUG OR BLANKET.

- Cut away any loose clothing, but do not remove any clothing that is still on the burn.
- First and second degree burns may be immersed in cold water for relief of pain. Avoid rubbing the body. Do not break any blisters.
- Do not use ice, lotion or ointment on the burn.
- After soaking first or second degree burns, cover the burned skin with a moist, sterile dressing.
- Immobilize and elevate any severely burned limbs.
- Treat victim for shock and watch closely for any breathing problems.

1st DEGREE
Reddened skin

2nd DEGREE
Reddened skin
Blisters

3rd DEGREE
Skin & Tissues
Damaged &
Charred

HEAT STROKE

Heat stroke is life-threatening.

Body temperature soars and the skin becomes hot, red and dry. Extreme fatigue can occur. Call an ambulance immediately, then attempt to cool the victim down by dousing them in large quantities of cool water. Wrap the victim's body in cold wet towels, and watch for loss of consciousness.

ELECTRICAL SHOCK

DO NOT TOUCH A PERSON WHO MAY BE IN CONTACT WITH A LIVE ELECTRICAL CURRENT.



TURN OFF THE POWER AT THE MAIN SWITCH OR FUSE.

If you must remove a person from a live wire be very careful. Don't use anything that is metal, wet or damp. Push the person with a dry stick or board.

Once victim is free, check for heart-beat and breathing and give artificial respiration or CPR as necessary.

TRAUMATIC SHOCK

A SERIOUSLY INJURED PERSON MAY GO INTO SHOCK, AND SHOCK CAN KILL!

ASSUME THAT YOUR VICTIM WILL GO INTO SHOCK.

After first aid has been given and help is on the way, treat for shock.

1. Lay the victim down flat and lightly cover them.
2. Raise the feet above the level of the heart.
3. Check often that the victim is still breathing.
4. Do not give the victim anything to drink.

CHEMICAL IN EYES



FLUSH WITH WATER IMMEDIATELY, FOR AT LEAST 15 MINUTES.
DO NOT ATTEMPT TO REMOVE AN OBJECT FROM THE EYE. WAIT FOR MEDICAL HELP AND LET THEM REMOVE IT!

AFTER THE EYES HAVE BEEN RINSED THOROUGHLY, CLOSE BOTH EYES, COVER WITH A CLEAN CLOTH AND SEEK MEDICAL ATTENTION IMMEDIATELY.

HEIMLICH MANEUVER

Position yourself behind the victim and wrap your arms around their waste. Place a fist (with thumb side in) below the ribs but above the navel. With your other hand grab your fist and use sharp, in and upward thrusts to dislodge the object stuck in the airway. Repeat as needed.

