



CONTRA COSTA COUNTY FIRE PROTECTION DISTRICT
FIRE • RESCUE • EMS



FAMILY AND PERSONAL PREPAREDNESS

Reasons to Plan



Be prepared to stay or go!
Make plans for sheltering in place or evacuating.

The disaster will be less stressful and traumatic for you and your household if you have plans in place for your and your family's comfort and care.

Planning Gives You Control

The likelihood that you and/or your family will recover from an emergency tomorrow often depends on the planning and preparation done today.

Each person's abilities and needs are unique. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

Get Ready Now - In 3 Simple Steps!

Step 1: Create Evacuation Plan

Step 2: Build your Go Bag(s)

Step 3: Be Informed



Step 1 – Where to go?

Locate several places you can send, or go with, your family and pets if you must evacuate

- A. AHotels (pet friendly?) / Keep a list of them in your “Go” bag/kit
- B. Family or friend’s home
- C. If you have an RV, trailer or motor home / Keep a list of campgrounds you can stay at
- D. Red Cross Shelter or other shelter locations / Be advised some of these shelters will not allow pets



Step 1 - How To Go

- Identify alternative evacuation routes (Plan A, B, C, etc.) and practice taking these routes during daytime and nighttime.
- Practice evacuating – it helps your family know the drill and makes evacuation less stressful



- Crate Train your animals for a quick and easy evacuation.
 - Tip: Leave the crate near the front door and toss treats in often to easily “crate train” your pets.

Preparedness Buddy

If you can't self evacuate consider leaving with a neighbor, friend or family member. (Preparedness Buddy)

A Preparedness Buddy is a person who can help you or someone you know that may be older or have a disability during an emergency. Ideally it's a good idea to have more than one buddy in case one is not available during an event. This person can be a friend or family member and can play a key role in an individual's preparedness plan.

Reminder: If your Preparedness Buddy lives outside your evacuation zone, they will not be able to enter your zone to take you out if the evacuation order has already been issued for your zone.

Possible Buddies:

- Neighbors
- Family
- Close friends
- Pet sitter



When it's time to GO!

PLEASE

Please

Leave

Early

and

Safely

Evacuate

WHERE TO GO

Leave to a predetermined location (it should be a low-risk area, such as a well-prepared neighbor or relative's house, a Red Cross shelter or evacuation center, hotel, etc.)

HOW TO GET THERE

Secure paper maps from AAA for all your possible evacuation destinations.



WHAT TO TAKE?

Take your Go Bags containing your family and pet's necessary items.

Step 2 – Evacuation / Go Bag



**How will you carry
all that stuff?**



be prepared

build a kit

✓Customize your kit
✓Pack enough for 3 days
✓Refresh twice a year

The infographic features a large orange suitcase icon with a list of items to include in a go bag: "✓Customize your kit", "✓Pack enough for 3 days", and "✓Refresh twice a year". Below this is a grid of 12 icons with their respective labels:

- First aid kit
- Non-perishable food
- Crank radio
- Water (4L/person/day)
- Flashlight
- Medication
- Documents & cash
- Batteries & chargers
- Clothing & blankets
- Personal items

Items to consider for Go Bags

- K-95 respirator type mask
- \$300 cash in small bills
- Medications and directions
- First aid kit
- Day to day toiletries
- Drinkable water or Purifying tablets
 - Suggestion: 1 gallon per person per day
- Food: at least a 3 day supply / non perishable
- Small tool kit
- Books, games, puzzles or other activities
- Cell phone chargers and backup battery
- Flashlight / extra batteries
- Hearing aid batteries
- Notepad and pencil/pen
- Important paperwork in a protective cover / Insurance, etc
 - (take pics and keep in your cell phone for easy access)



Step 2 – Grab and Go



Step 2 – Go Bag Storage Locations

Home:

- Keep your go bag in a designated place and have it ready in case you have to leave your home quickly. Make sure all household members know where the kit is kept.

School/Work:

- Be prepared to shelter at school or work for at least 24 hours. Make sure you include water, snacks, medicines you may need.

Car:

- In case you are stranded, customize your bag, to match your environment, your car, and your commute to be prepared for any emergency.



Emergency supplies for family members with special needs

- Daily plan of care
- How to use medical equipment
- Recipe for formula
- Catheterization schedule
- Allergy information
 - food and medication allergies
 - type of reaction
 - what to do if there is a reaction
- Surgeries
- Diagnosis by body system
- List of doctors with contact info
- Pharmacist
- Equipment providers
- Medication and supplies
 - including stock numbers
 - basic desc. of product
 - comparable substitutions
- Insurance information
- Case manager for medicaid
- Any legal documentation
 - Medical POA
- Biographical information:
 - Likes & dislikes
 - Hobbies & interests
 - Triggers that can cause stress of discomfort

It is ideal to keep a one month supply of medical supplies in your Go Bag.

Depending on the scope of the situation, you may be evacuated longer than 24 hours.

Emergency planning for family members with special needs

Children and adults with special healthcare needs may be more vulnerable during an emergency. They may have difficulty moving from one location to another, urgent or persistent medical needs, difficulty communicating or have trouble with transitioning to different situations. A disaster can present all these difficulties at once. Knowing what to do can help maintain calm in your family and keep them safe.

More resources:

https://www.cdc.gov/disability-emergency-preparedness/?CDC_AAref_Val=https://www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html

<http://ready.gov/kids>

https://www.redcross.org/get-help/how-to-prepare-for-emergencies/inclusive-preparedness-resources.html?srsltid=AfmBOorIqq61VIx7KwlqIDVCTfBdVmHaEVDSLAIEpN_mUkdSaoUcX0Lq

Pets need plans too!

Plan for your animals

- Have pet food and supplies in a Go Bag
- Keep pets indoors if there is smoke outside.
- Collar and confine cats to a single room so they can be easily caught in the event an evacuation is necessary.
- Microchip your animals. A microchip is your Pet's Ticket Home.
- Have photos of yourself with your animal to prove ownership should you become separated.
- Be prepared to transport or shelter your animals in place.



Step 3 – Be Informed

It's very important to stay informed before, during and after an emergency or disaster. You should be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from public agencies or authorities.

Above all, stay calm, be patient and **THINK BEFORE YOU ACT!**

Make simple preparations now, so you can be ready for the unexpected!

**Before an emergency happens -
be sure you are getting the info.**

Stay informed: text alerts, emails, phone calls & weather radios



Step 3 – Stay Informed

Coordinate & Planning:

- Have a plan in case you are not at home
- Define tasks - know ahead of time who will be doing what if there is an evacuation order and your child is home alone



Family Communication Plan



Family Communication Plan

Emergencies can happen at any time. Do you know how to get in touch with your family if you are not together?

Let them know you're OK!

Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

Text,
don't talk!

Unless you are in immediate danger, send a text. Texts often have an easier time getting through during emergencies, and you don't want to tie up phone lines needed by emergency responders (like 911).



Family Communication Plan

Know the Numbers!

Home: _____

Parent: _____

Cell: _____

Work: _____

Parent: _____

Cell: _____

Work: _____

My cell: _____

Sibling: _____

Cell: _____

Sibling: _____

Cell: _____

Adult: _____

Home: _____

Cell: _____

Neighbor: _____

Home: _____

Cell: _____

Neighbor: _____

Home: _____

Cell: _____

Out of state friend/relative:

Home: _____

Cell: _____

*Memorize your home and parents'
cell phone numbers!*

Step 3 – How to get information

It's very important to stay informed before, during and after an emergency or disaster. You should be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from public agencies or authorities.

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Stay informed: text alerts, emails, phone calls & weather radios



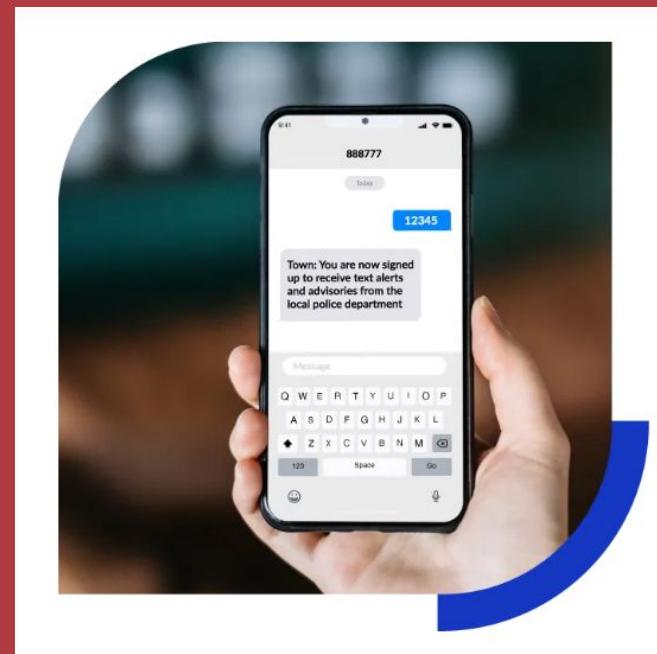
Step 3 – Staying informed

Nixle

Receive alerts for severe weather, criminal activities, severe traffic, missing persons or local events. Nixle keeps you up-to-date with relevant information from your local public safety department and schools.

Residents can immediately opt into Nixle by texting your zip code to **888777**

You can also opt in for email alerts if you choose



Know Your Zone

<http://protect.genasys.com/>

The purpose of Genasys Protect is to provide the community with a public-facing platform to view the status of their zone. Emergency responders update the status of zones to communicate their appropriate level to the public.

Knowing your zone is critical to staying safe during a public safety emergency such as a wildfire, flood, tsunami, hurricane, earthquake, or active shooter incident. Zones will be used in emergency alert notifications to clearly communicate who is impacted by an emergency and what actions should be taken.

Zonehaven Aware is now Genesys Protect. [Learn More](#)

[Back](#)

Zone **CNC-E005**
Area 05

 Concord, CA, USA

 Status **NORMAL**

No current knowledge of active incidents in your area.

 **CRITICAL NOTIFICATIONS**

Never miss an alert, and receive critical notifications on the go with the Genesys Protect mobile app

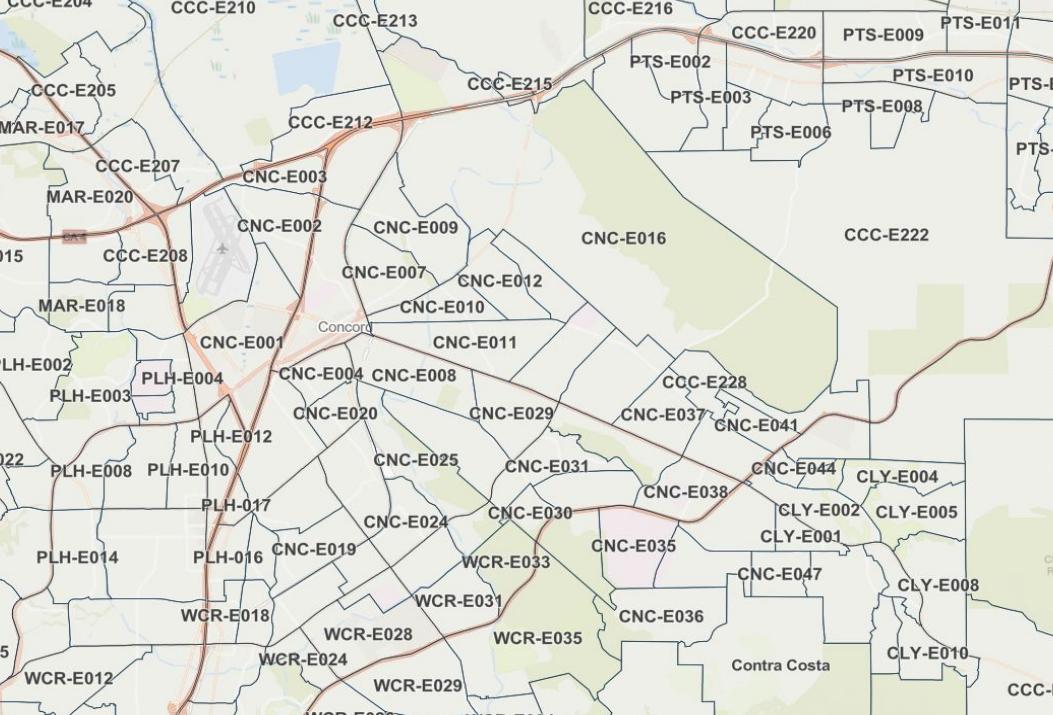
[Download app now](#)

ZONE INFORMATION

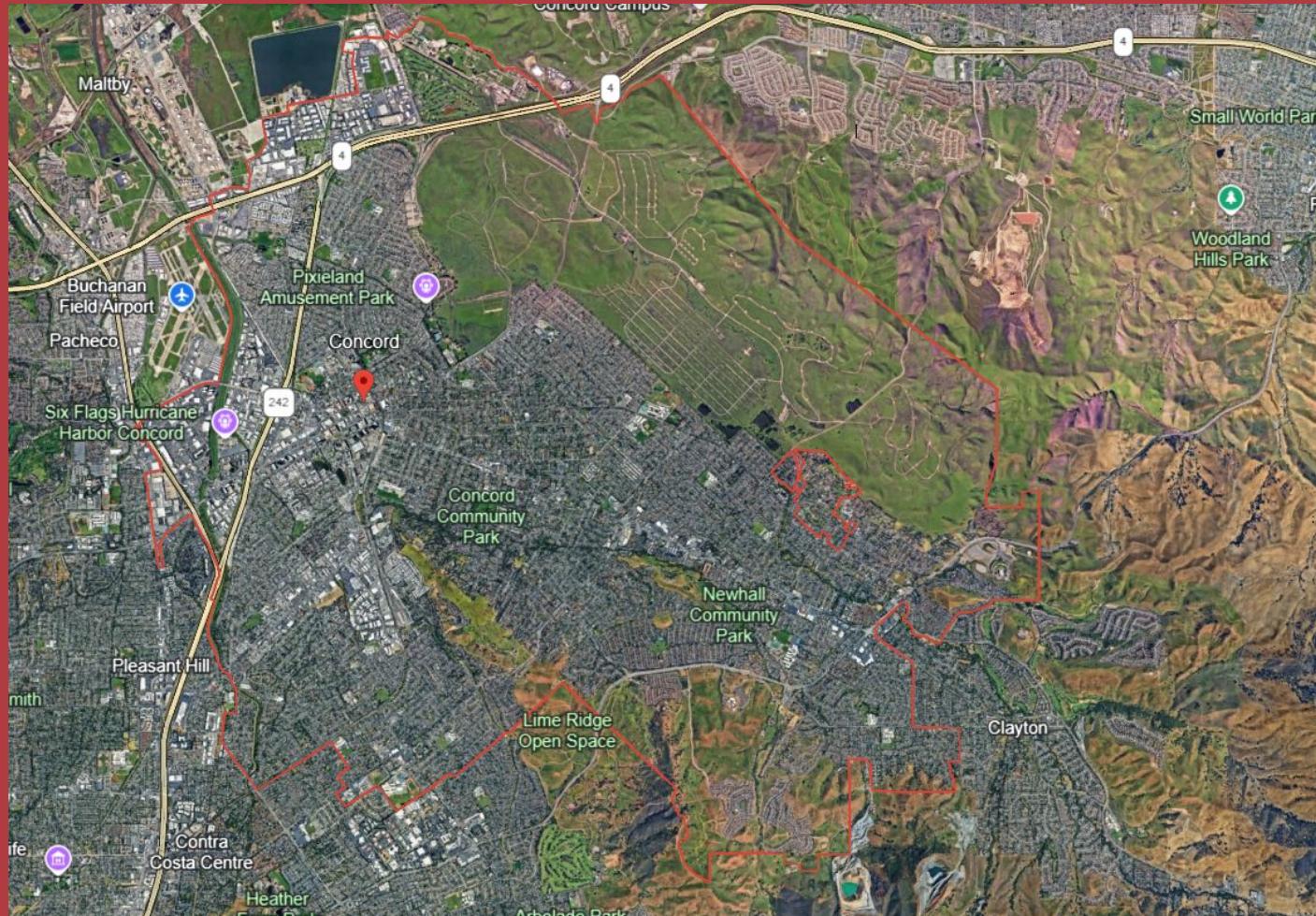
Area 05



NORTH OF Clayton Road
SOUTH OF Port Chicago Highway, Thunderbird Drive
EAST OF California Highway 242
WEST OF Port Chicago Highway



Google earth image / Concord - Clayton



Concord is a city in California northeast of San Francisco. Nearby, Briones Regional Park features views of the Diable Valley and a trail to Diablo Foothills Regional Park, with wildflowers and views of San Francisco Bay. A former coal-mining site, Black Diamond Mines Regional Preserve includes grasslands, pepper trees and lilies. The multi-use Iron Horse Regional Trail connects Concord to the city of Pleasanton.

Concord, CA

ci.concord.ca.us

Save to project

3D

Wetland

Small World Park

Woodland Hills Park

TODOS SANTOS PLAZA

Concord

Concord Campus

Maltby

Buchanan Field Airport

Pacheco

Six Flags Hurricane Harbor Concord

Concord Community Park

Newhall Community Park

Lime Ridge Open Space

Arbolado Park

Pleasant Hill

Contra Costa Centre

Heather Farm Park

242

4

4

Small World Park

Woodland Hills Park

TODOS SANTOS PLAZA

Concord

Concord, CA

ci.concord.ca.us

Save to project

3D

Wetland

Boundary Oaks Zone

Zonehaven Aware is now Genasys Protect. [Learn More](#)

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Zone
WCR-E035
All the neighborhoods adjacent to Boundary Oak Golf Course.

Status **NORMAL**

No current knowledge of active incidents in your area.

CRITICAL NOTIFICATIONS
Never miss an alert, and receive critical notifications on the go with the Genasys Protect mobile app

[Download app now](#)

ZONE INFORMATION

All the neighborhoods adjacent to Boundary Oak Golf Course.

NORTH OF Timberleaf Court, Arbolado Drive
SOUTH OF Blue Oak Trail, Ygnacio Valley Road
EAST OF Oak Grove Road, Ygnacio Valley Road
WEST OF Lime Ridge Trail, Paraiso Trail

55.6°F
Partly Cloudy

Map showing the Boundary Oaks Zone, which includes neighborhoods like CNC-E024, CNC-E029, CNC-E030, CNC-E032, CNC-E035, CNC-E036, CNC-E039, WCR-E022, WCR-E023, WCR-E024, WCR-E025, WCR-E026, WCR-E028, WCR-E029, WCR-E030, WCR-E031, WCR-E032, WCR-E034, and WCR-E036. The map also shows roads such as Arbolado Drive, Oak Grove Road, Lime Ridge Trail, and Ygnacio Valley Road. A callout box highlights the WCR-E035 neighborhood with a status of 'NORMAL' and a location of 'State - CA'.

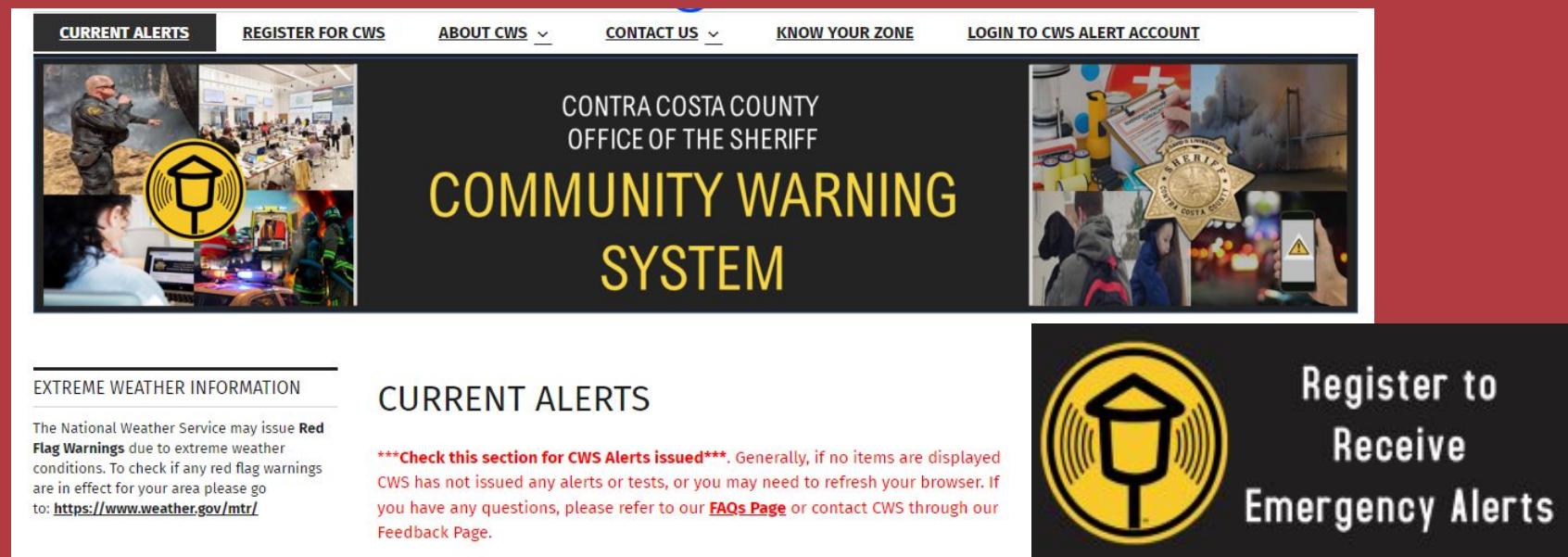
Powered by Esri | Map data (c) OpenStreetMap contributors, Microsoft, Facebook, Google, Esri Community Maps contributors, Map layer by Esri

CCC Community Warning System

What kind of alerts does the CWS system send?

CWS can alert residents and businesses within Contra Costa County that are impacted by or are in danger of being impacted by an emergency.

The CWS message will include basic information about the incident and what specific protective actions (shelter in place, lockdown, evacuate, avoid the area , etc.) are necessary to protect life and health.



The screenshot shows the homepage of the CCC Community Warning System. At the top, there is a navigation bar with links for "CURRENT ALERTS", "REGISTER FOR CWS", "ABOUT CWS", "CONTACT US", "KNOW YOUR ZONE", and "LOGIN TO CWS ALERT ACCOUNT". Below the navigation bar, there is a collage of images related to emergency preparedness and community safety, including a firefighter, a control room, a person at a computer, and a bridge. The main title "CONTRA COSTA COUNTY OFFICE OF THE SHERIFF COMMUNITY WARNING SYSTEM" is displayed in large, bold, yellow text. Below the title, there is a section for "EXTREME WEATHER INFORMATION" with a link to the National Weather Service's Red Flag Warnings page. There is also a "CURRENT ALERTS" section with a note about checking for issued alerts. On the right side, there is a large yellow circular icon with a speaker symbol and the text "Register to Receive Emergency Alerts".

CURRENT ALERTS

REGISTER FOR CWS

ABOUT CWS

CONTACT US

KNOW YOUR ZONE

LOGIN TO CWS ALERT ACCOUNT

CONTRA COSTA COUNTY
OFFICE OF THE SHERIFF

COMMUNITY WARNING
SYSTEM

EXTREME WEATHER INFORMATION

The National Weather Service may issue **Red Flag Warnings** due to extreme weather conditions. To check if any red flag warnings are in effect for your area please go to: <https://www.weather.gov/mtr/>

CURRENT ALERTS

Check this section for CWS Alerts issued. Generally, if no items are displayed CWS has not issued any alerts or tests, or you may need to refresh your browser. If you have any questions, please refer to our [FAQs Page](#) or contact CWS through our [Feedback Page](#).

Register to
Receive
Emergency Alerts

CWS is generally NOT used for traffic notifications or other non-life threatening incidents.

Other App's to Consider



The FEMA app allows you to receive real-time weather alerts, locate emergency shelters in your area, prepare for common hazards, and more. [**https://fema.gov**](https://fema.gov)



The My Shake app allows you to receive timely, potentially life-saving early warning alerts in CA, OR and WA. Uses USGS system to deliver alerts for earthquakes 4.5 or greater several seconds before the shaking arrives. Also provides safety and preparedness details. [**https://myshake.berkeley.edu/**](https://myshake.berkeley.edu/)



Free emergency app to help you prepare. Lets you customize 40 different weather alerts with fast notifications. Easily find Red Cross shelters. Choose English or Spanish language alerts. Also accessible to people with disabilities. Compatible with Apple Watch and Android devices. [**Text: GETEMERGENCY to 90999**](https://www.redcross.org/get-emergency)

Alerts & Warnings - Terminology



Fire Weather Watch: Upcoming weather conditions could result in extensive wildland fire occurrence or extreme fire behavior. A watch means critical fire weather conditions are possible but not imminent or occurring



Red Flag Warning: The National Weather Service issues Red Flag Warnings when fire conditions are ongoing or expected to occur shortly. During these times use extreme caution.



(Voluntary) Evacuation Warning: Alerts people in an affected area of potential threat to life and property. People who need additional time may consider evacuating at this time.



(Mandatory) Evacuation Order: Requires the immediate movement of people out of an affected area due to imminent threat to life. Choosing to stay could result in loss of life. Staying will also impede emergency personnel.

Alerts & Warnings - Terminology



Shelter In Place: Advises people to stay secure at their current location by remaining in place as evacuating will cause a higher potential for loss of life or major injuries.



Rescue and Recovery: Emergency actions taken within the affected area to recover and remove injured or trapped citizens.



Safety Zone: Safety Zones will be identified in emergency alerts. Click on the link in the alert for full instructions on how to stay safe.



Know Your Zone: Residents must know their evacuation zone because emergency alerts may not refer to street addresses.

Red Flag Warning



EQUIPMENT USE

- Mow before 10 a.m., but never when it's windy or excessively dry
- Mowers are designed to mow lawns, not weeds or dry grass
- Metal blades striking rocks can create sparks and start fires
- Don't drive your vehicle onto dry grass or brush
Hot exhaust pipes and mufflers can start fires



CAMPFIRE SAFETY

- Obtain a campfire permit and understand campfire safety:
<http://www.preventwildfireca.org/Campfires/>



VEHICLE MAINTENANCE

- Secure chains
- No dragging parts
- Check tire pressure
- Properly maintain brakes



DEBRIS BURNING

- Learn how and when to safely burn debris:
<http://www.preventwildfireca.org/Debris-Burning/>

Re-cap & Extra Tips

- Create a home fire escape plan and share with anyone living in your home.
- Practice your escape plan during the day and at night when no emergency is happening.
- Make sure a phone is next to your bed and within reach at all times.
- Keep your slippers or shoes, eye glasses, keys, and hearing aids (if necessary) within reach next to your bed.
- Keep your pathway to your front door clear of clutter, tripping hazards and storage.
- Do not stop to gather personal belongings.
- Have 'Go Bag' ready & located near an exit.
- If possible, back your car into your garage, driveway or carport for quick egress. Make sure you and your family know how to operate the garage door if the electricity goes out.

Where to find more preparedness info

EMERGENCIES DO HAPPEN.



Know your neighbors. Plan together. Be ready.

www.cccfpd.org



www.ready.gov

FEMA

www.fema.gov



www.emergency.cdc.gov

Ready

www.readyforwildfire.org/prepare-for-wildfire/ready-set-go