



# JANUARY

Resolve to be Ready!

Preparing for a disaster or emergency may be easier than you think. Begin by taking some small steps each month that will help you, your family and pets be ready when a disaster strikes. **Stay Kits** will provide essentials for 2 weeks after a disaster when you remain at home and stores may be inaccessible. Designate a closet, cabinet or other dry, cool area for storage. **Go Bags, Pet Kits** and **Car Kits** provide 48 hours of essentials in case you and your family need to leave quickly. Let's start building your Kits!

## ACTION ITEMS for January. See LINKS for How-To information.

1. Resolve to be ready with Stay Kits and Go Bags. Start building yours now.
2. Make a family emergency plan and include a reunification plan. Discuss a family home evacuation plan and practice a fire drill. Establish and review assembly points.
3. Check emergency plans at your work and child's school. Establish a family out-of-state contact.
4. Sign up for preparedness training classes this year - [CERT](#) can help!

### Stay Kit **HARDWARE LIST** (1 of 4)

- adjustable crescent wrench
- duct tape
- bungee cords
- extra phone charger, personal computer charger & cords

### Stay Kit **GROCERY LIST** (1 of 11)

- 8 gallons of water (plastic containers should be replaced every 6 months)
- 4 large (32oz) sport drinks
- hand operated can opener
- instant coffee, tea etc.
- pet food and supplies for 1 week

Preparedness guide is for a family of 4 & 1 pet. Adjust to your needs.

### Items to Install January and February

- ✓ strapping for hot water heater
- ✓ safety latches for cupboards
- ✓ smoke/CO detectors and batteries
- ✓ "Quake Hold" to secure figurines, vases
- ✓ L-brackets to secure furniture to walls
- ✓ hook-and-loop or other fasteners to secure movable objects

### ACTION GOAL for the year

EBMUD warns that water systems may be compromised for 3-7 days after a disaster and recommends storage of a 3-7 day supply of water. Additionally, EBMUD advises to *keep a container to obtain water* should emergency supplies run out. *That could mean waiting in line for water.* CERT recommends storage of at least 1 gallon per person/per day and more for pets for a **30-day supply of water**. Visit [Lamorinda CERT](#) to purchase Samson Water Storage containers. There are many options to fit your budget, needs, and preferences. These high-grade containers do **not** need to be replaced every 6 months. A Samson 30-gallon package will help your family begin to store the water needed. This guide plan recommends adding, rotating, and replacing water and other beverages throughout the year to keep your Stay Kit & Go Bags ready. Replace plastic water storage containers every 6 months.



### FUN FACTS

- Do not store plastic water containers on concrete. Harmful chemicals will leech through the plastic.
- Save those silica packs to use in your battery cache.

### LINKS

1. [Ready.gov Plan](#)
2. [Listos Disaster Guide](#)
3. [Ready.gov Communication](#)
4. [Ready.gov Kit](#)
5. [EBMUD](#)

### REMINDER

Mark expiration dates on all stored perishables including water, beverages, canned food and bleach. Purchase items you like to consume, rotate your supplies, and use older items first.



For more information visit your Martinez Area Community Emergency Response Team, (CERT) [www.martinezcert.org](http://www.martinezcert.org)

This guide is designed to break down large tasks into monthly steps to be less overwhelming. The guide lists many items to be purchased early in the year, before the distractions of the holiday season. While perishables must be replenished, hardware purchases should be mostly one-time expenses. Time purchases to work best for you!



# FEBRUARY *Love Your Life!*

Show your home and your family some preparedness love this month. A few steps can begin to secure your home and avoid bigger problems during a disaster. Let's continue to work on your Stay Kit this month and complete some simple safety tasks.

## **ACTION ITEMS for February** See LINKS for How-To information.

1. Build a first-aid kit for your Stay Kit.
2. Strap your hot water heater - top and bottom - to secure wall studs.
3. Install smoke/ Carbon Monoxide (CO) detectors.
4. Check around your home to ensure that heavy objects are secure and away from beds, couches and children's play areas.

## **Stay Kit GROCERY LIST (2 of 11)**

- 8 gallons of water  
*plastic containers should be replaced every 6 months*
- 4 16-oz cans fruit
- 4 13-oz cans ready to eat meat
- 2 14.5-oz cans vegetables
- family-size box of crackers
- special-needs food for 2 weeks
- 4 large (32oz) sport drinks
- Infant/baby food and supplies for 2 weeks
- toothpaste
- jar of nut butter
- extra reading glasses
- personal toiletry items
- 2 20-oz cans ready to eat soup
- permanent marking pens
- 4 8-packs of 12-fl oz cans flavored water

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## **+** DRUG STORE First-aid Stay Kit

- aspirin/acetaminophen
- cold compresses
- rolls of gauze
- first aid tape
- adhesive bandages
- thermometer
- tweezers
- antiseptic
- scissors
- all medications needed for 2-4 weeks
- hand sanitizer/wipes

*First aid kit should be customized for your family's unique needs*

*Assemble a small First-aid Kit for your car: aspirin/acetaminophen, adhesive bandages, your medications needed for 2-4 weeks, antiseptic, hand sanitizer, disinfecting wipes, personal toiletry items.*

## **GOT WATER?**

To access the water in your hot-water tank, first be sure that plumbing fixtures and the water heater are not submerged by water. Turn the electricity or gas off and turn off the water intake valve. Start the water flowing by opening the drain at the bottom of the tank and turning on a hot-water faucet. Refill tank before calling PG&E to restore your gas service. See LINKS for more info.

## **LINKS**



1. [How to Brace a Water Heater](#)
2. [LA County.gov Smoke Alarms](#)
3. [Drop Cover and Hold On](#)
4. [Red Cross Build a First Aid Kit](#)
5. [Alameda County Emergency Water](#)

## **REMINDERS**

- ✓ Check batteries in all smoke and CO detectors. Perform a test on each one to ensure they all work.
- ✓ Check your battery cache – replace or replenish. Store with silica pouches.
- ✓ Replenish your first-aid kit.
- ✓ Finish installing L-brackets, safety latches, water heater strapping and securing movable objects.



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# MARCH *It's Not Luck!*

It's not luck – It's being prepared! Understand the risks you and your community may face and prepare now. There are many benefits to preparedness, the most important of which is staying safe and having the tools and resources you and your family will need to recover.

## **ACTION ITEMS for March.** See LINKS for How-To information.

1. Know your risks: Earthquake. Fire. Flood. Mobility.
2. Do you have renters or homeowners insurance? Does your current policy cover your current situation?
3. Review/Refine your emergency plans. Just starting? See links at right to get started.
4. Make it a habit to fill your car's gas tank when it reaches the half full mark.  
Gas stations may be inaccessible after a disaster.

### Stay Kit 'Glamp-at-Home' LIST

- portable AM/FM radio and extra batteries
- blanket or sleeping bag for each family member
- portable waterproof plastic container for paper documents and momentos
- battery powered camping lantern and extra batteries
- extra battery back-up for phone
- large tarp
- camp stove, cook pot, and fuel

### Stay Kit GROCERY LIST (3 of 11)

- 8 gallons of water  
*plastic containers should be replaced every 6 months*
- 4 20-oz cans ready to eat soup
- liquid dish soap
- unscented liquid bleach
- heavy duty garbage bags
- saline solution and contact case
- 4 large (32oz) sport drinks
- large plastic food bags
- 1 box of 12 energy/protein bars
- 4 rolls paper towels
- sunscreen
- 2 16-oz cans ready to eat beans
- 4 8-packs of 12-fl oz cans flavored water

*Preparedness Guide is for a family of 4 & 1 pet - adjust to your needs.*



## FUN FACT

Do not store batteries inside your devices. The batteries will corrode and ruin the device. Instead, store the batteries, and a silica pack or two, in a small plastic bag.

## LINKS

1. [Ready.gov Know Your Risks](#)
2. [Ready.gov Plan](#)
3. [Listos Disaster Guide](#)
4. [Ready.gov Communication](#)

## REMINDERS

Mark expiration dates on all stored perishables including water, drinks, canned food and bleach. Purchase items you like to consume, rotate your supplies, using older items first.



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# APRIL

## Get Emergency Alerts

Register to receive voice, text, and email alerts free of charge from several agencies. Bookmark reliable websites for timely and accurate local information. Many apps are available free of charge that will provide emergency alerts.

### ACTION ITEMS for April. See the links at right for more information.

1. Sign up for emergency alerts at Contra Costa's **Community Warning System** (CWS) CWSALERTS.com. Read location-based alerts at COCOCWS on Facebook or @COCOCWS on Twitter.
2. Sign up for **NIXLE** alerts at the Everbridge app, nixle.com or @EVERBRIDGE on Twitter
3. Check your emergency portable radio. Set the tuner to KCBS 740 AM.
4. Sign up for alerts at **PulsePoint** at the PulsePoint Respond app.



- [Listos california](#) - info to get ready and stay safe
- [NOAA weather](#) - weather safety, alerts and an app
- [CA Fire](#) - fire preparedness, road info and fire maps
- [211 CA](#) - or dial 211 for evacuation routes and shelters
- [CalOES](#) - guides, alerts and resources for all disasters
- [Ready.gov ALERTS](#) resources to prepare for any disaster
- [CWS Alerts](#) - CWS is recognized as one of the nation's most modern and effective all-hazard public warning systems
- [Pulsepoint](#) - provides an early heads up to local threats such as wildfires, and floods

### Stay Kit GROCERY LIST (4 of 11)

- 8 gallons of water  
*plastic containers should be replaced every 6 months*
- 4 16-oz cans fruit
- 4 13-oz cans ready to eat meat
- 4 14.5-oz cans vegetables
- paper plates
- quick energy snacks
- eating utensils
- paper cups
- 4 large (32oz) sport drinks
- 4 20-oz cans ready to eat soup
- 4 8-packs of 12-fl oz cans flavored water

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### Stay Kit HARDWARE List (2 of 4)

- extra batteries
- whistle
- masking tape
- ABC fire extinguisher
- hammer
- pliers
- vice grips
- assorted nails, wood screws  
and the correct tools to use them



The Contra Costa County CWS is a partnership of the office of the Sheriff, the Health Services Department, and other government agencies offering a comprehensive, integrated system for alerting people in Contra Costa County to imminent threats to their life or health. CWS can alert residents and businesses within Contra Costa that are impacted by or are in danger of being impacted by an emergency. Sign up [here](#)



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# MAY

## Wildfire Preparedness Month

Every year, fires threaten homes and properties as a result of combustible debris and vegetation. Every property owner is ultimately responsible for managing their vegetation to meet Fire District requirements.

### ACTION ITEMS for May. See LINKS for How-To information.

1. Identify two alternative routes out of your neighborhood. Practice traveling them.
2. Assess your home's defensible space. Rake, sweep and remove combustible fuel from your surroundings.
3. Clear debris around your house, roof, outbuildings, under decks and stairs.
4. Check your wood piles. They should NOT be closer than 30 feet to your home.
5. Can your home's address be seen clearly from the street day and night?

### Stay Kit GROCERY LIST (5 of 11)

- 8 gallons of water  
*plastic containers should be replaced every 6 months*
- quick energy snacks, trail mix etc.
- family size cereal
- safety pins
- 4 large (32-oz) sport drinks
- 4 20-oz cans ready to eat soup
- heavy duty garbage bags
- facial tissue
- family-sized box of graham crackers
- 8 8-packs of 12-fl oz cans of flavored water
- assorted plastic containers with lids

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Adjust to your needs.

### Stay Kit HARDWARE LIST (3 of 4)

- 2 flashlights with batteries
- extra batteries (Store with silica packs in plastic bag. Check 2x/yr. for corrosion.)
- camping or utility knife
- purchase emergency escape ladder for second story bedrooms
- crow-bar or pry-bar
- 30' paracord, clothesline, or heavier rope
- N95 masks
- flash drives

### EVACUATION PREPAREDNESS

- ✓ Can you open your garage door if your home is without power? Practice & prepare now.
- ✓ Keep your gas tank at least ½ full.
- ✓ Pre-load a first aid kit, Go Bag and extra drinking water in your car (see LINKS for more info).
- ✓ Always know where your car keys are.
- ✓ Be ready to leave before the mandatory evacuation order is issued. Consider leaving early.



### FUN FACT

Send text messages to reach family and friends after a disaster. Phone systems will likely be overwhelmed. Texts may go through while calls may not.

### LINKS

1. [Contra Costa County Fire Protection District](#)
2. [Ready.gov Wildfires](#)
3. [CCCFPD Wildland Fire Guide](#)
4. [LA County.gov Smoke Alarms](#)
5. [Ready.gov Go Bag](#)
6. [Ready.gov Car Kit](#)

### REMINDERS

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# JUNE *Pet Awareness Month*

Pets are important family members too and their needs should be considered in your family's emergency plans. This month we're encouraging you to build a **Go Bag** for your pet. A little preparation now will avoid stress and critical time delays during an emergency or disaster. Summer celebrations can present safety challenges for your pets too – read the summer safety tips to increase your awareness.

## **ACTION ITEMS for June.** See LINKS for How-To information.

1. Build your Pet's Go Bag. Don't have a pet?  
Check with a family member or neighbor who does.
2. Check your Stay Kit for pet supplies.
3. Place a Pet Alert sign by your entry door.
4. Keep an Emergency Pet Wallet Card in your wallet.
5. Practice putting your pet in a carrier.

## **Stay Kit GROCERY LIST** (6 of 11)

- 8 gallons of water  
*plastic containers should be replaced every 6 months*
- 4 rolls paper towels
- 4 large (32-oz) sport drinks
- large plastic food storage bags
- plastic wrap
- aluminum foil
- 8 20-oz cans ready to eat soup
- pet food and supplies for 2 weeks
- 8 8-packs of 12-fl oz canned flavored water

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## **Stay Kit HARDWARE LIST** (4 of 4)

- FRS battery operated radio for each family member and extra batteries. Practice using your radios!
- utility shut-off tool
- heavy work gloves
- screwdriver
- multi-tool
- portable charger for phone/laptop. Charge it!
- safety goggles

## **WHAT'S IN A PET GO BAG?** *Glad you asked!*

Here is a sample list. LINKS have more info.

- pet carrier
- water
- bowl
- toys
- medications
- contact info of vet
- current photos of your pet with you/your family



- leash/halter/harness
- blanket
- 3–7-day supply of food
- waste disposal bags
- vaccine records
- pet ID chip info
- pet first-aid kit

*Adjust for your pet's specific needs*

## **5 TIPS**

### **Summer pet safety**

See LINKS for more info.

1. **Fireworks.** Loud sounds can frighten! Provide a safe, secure, and quiet place for pets.
2. **Sun & heat.** Lookout for signs of over-heating and thirst. Always provide water.
3. **Toxic chemicals.** Keep pets safe from insecticides, citronella products and toxic sprays.
4. **Party food.** Don't feed pets grapes, raisins, onion, avocado or chocolate. All are toxic.
5. **Hot cars.** Do not leave your pet in the car – even for a few minutes.

## **LINKS**

1. [Red Cross Pet Preparedness](#)
2. [ASPCA Disaster Pet Safety](#)
3. [Ready.gov Pets](#)
4. [ASPCA Pet Wallet Card](#)
5. [ASPCA Hot Weather](#)
6. [CERT video FRS Radio](#)



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# JULY *Utility IQ*

Familiarize yourself on how to shut off your power and water. After a disaster you may need to turn off your gas as utility professionals may be overwhelmed. If you see a power line down in your area **NEVER TOUCH IT**. Call 9-1-1. If you smell gas (rotten egg smell) leave the area immediately, call 9-1-1. Always call PG&E at 1-800-743-5000 to restore your power or turn on your gas. Visit PG&E Safety Action Center at the link below for more information.

## **ACTION ITEMS for JULY.** See LINKS for How-To information.

Familiarize yourself and family with:

1. Water Service shut off.
2. Gas Service shut off.
3. Electrical Service shut off.

## *Stay Kit GROCERY LIST (7 d 11)*

- 4 20-oz cans ready to eat soup
- 4 16-oz cans ready to eat beans
- 4 16-oz cans fruit

○ 4 13-oz cans ready to eat meat

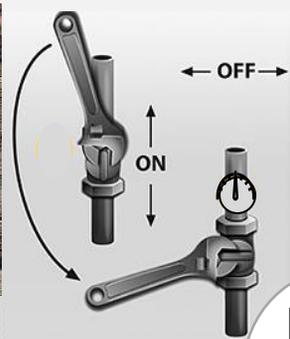
○ 4 14.5-oz cans vegetables

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*Adjust to your needs.*

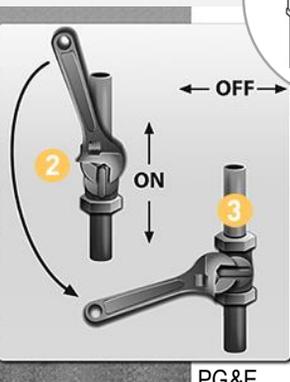


Water Main



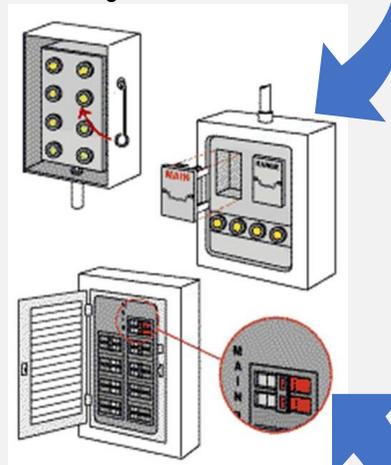
Gas Main

- 1 Gas Main
- 2 On position
- 3 Off position



PG&E

**Fuse Box:** Remove main fuse block. Pull straight out.



**Circuit box with shutoff:**

Turn power **OFF**. Turn off individual breakers **first**, then turn off the main switch.

Turn power **ON**. Turn on the main switch **first**, then switch on the individual breakers.



## REMINDE**R**s

- ✓ Check batteries in all smoke and CO detectors. Perform a test on each one to ensure they all work.
- ✓ Check your battery cache – replace or replenish. Store with silica bags.
- ✓ Replenish your first-aid kit.

## LINKS

1. [LISTOS Preparedness Guide](#)
2. [LISTOS Prep Booklet](#)
3. [PG&E Safety Action Center](#)



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# AUGUST *Digital Preparedness*

Rebuilding your life after a disaster will be stressful and challenging. Personal financial, insurance, medical and other records are crucial for starting the recovery process quickly and efficiently. Take steps now to prepare for your recovery.

## **ACTION ITEMS for August.** See LINKS for How-To information.

Copy all items to a flash drive and up to the cloud (see Get Tech Ready link). Put the flash drive on your key ring, in your Go Bag, or ask someone out of the area you trust to hold in case of emergency. Perhaps all three?

- 1 Gather and scan your financial and legal records (or save the digital files).  
Examples: Mortgage payments, bank records, retirement accts, estate planning, tax documents, titles to house and autos, etc.
- 2 Collect your personal and medical papers (pet info too!) Examples: Driver's license, Social Security cards, passports, birth certs, military ID, pet tags, list of medications, marriage/divorce papers etc. Scan and save.
- 3 Pull together your insurance and household documents. Examples: residence address and list of occupants, mailing address, employment info, insurance policies. Scan, and/or save digital files.
- 4 Prepare and save a list of all contacts including an out of state contact.  
Examples: Names and contact info of children, spouses, family and out of state contacts. Photos of you, your spouse, family, and pets.  
Keep a paper print-out of your contacts in your Stay Kit and Go Bag.

### Stay Kit **GROCERY LIST** (8 of 11)

- 8 16-oz cans fruit
- 8 13-oz cans ready to eat meat
- 8 14.5-oz cans vegetables
- 8 20-oz cans ready to eat soup

- 4 16-oz cans ready to eat beans
- 4 cartons of 8-pack (12-fl oz cans) flavored water

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## FUN FACT

The app [CamScanner](#) for iOS and Android 5.0 and up is free and easy to use.

## LINKS

1. [Ready.gov Financial Preparedness](#)
2. [Consumer Finance](#)
3. [Get Tech Ready](#)

## REMINDERS

- ✓ Mark expiration dates on all stored perishables including water, beverages, canned food and bleach. Purchase items you like to consume, rotate your supplies, and use older items first.
- ✓ Did you get your Samson water storage containers? Check back with [LAMORINDA CERT](#) for their Fall sale.
- ✓ Sign up for **Fall** [CERT Basic Training](#).



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# SEPTEMBER *Preparedness Month*

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. This month let's build your **Go Bag**, so you are prepared!

## **ACTION ITEMS for September.** See LINKS for How-To information.

1. Talk with family about emergency, evacuation, and reunification plans.
2. Involve your family in preparing your Go Bags: A Go Bag should have supplies for at least 48 hours; use a backpack or duffle bag. Store your bags in an easily accessible place.
3. Have extra water in your vehicles.

**GO BAG LIST (1 of 1)** A Go Bag per person. Keep a list within easy reach of grab 'n go items: items in your Stay Kit or in daily use that you might want to grab quickly as you leave. *Adjust to your family's unique needs.*

- list of emergency contacts - include your out-of-state contact
- important papers etc. Keep papers in water-proof pouch or on a flash drive
- warm weather-resistant jacket
- pair of sturdy shoes and warm socks
- energy bars, trail mix, jerky etc.
- phone charger and cord
- money in small denominations: \$1s, \$5s, \$10s.
- a hat and gloves
- long sleeve shirt
- long pants
- a knife/multi-tool
- a lighter or water-proof matches
- extra house and car keys
- water (store extra in your vehicles)
- small flashlight, extra batteries
- emergency blankets
- first-aid kit
- books, stuffed toys for children
- battery powered AM/FM radio and extra batteries
- whistle



### What items to grab 'n go?

- ✓ personal computer, cord / charger
- ✓ FMS radios and extra batteries
- ✓ your pet's Go Bag
- ✓ portable charger - keep it charged!
- ✓ your keys, wallet, and cell phone

### **First-aid Kit**

- aspirin/acetaminophen
- adhesive bandages
- medications needed for 2-4 weeks
- hand sanitizer & disinfecting wipes
- roller bandages
- tweezers
- exam gloves
- cold compress
- absorbent dressing
- antiseptic ointment
- personal toiletry items

**3**

## **A PERSON CAN SURVIVE**

- ✓ 3 minutes without air
- ✓ 3 days without water
- ✓ 3 weeks without food

## **LINKS**

1. [Emergency Planning with Kids](#)
2. [Ready.gov Preparedness Month](#)
3. [Ready.gov Go Bag](#)
4. [Red Cross First Aid Kit](#)

## **REMINDERS**

Fire season has nearly become an all-year condition. Preparedness Month is a good time to review and practice your evacuation plans. Preemptive power outages may occur leaving you without power. Be ready for the unexpected!



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# OCTOBER *Earthquake Preparedness Month*

The best time to prepare for a disaster is before one happens. Earthquakes happen without warning; you need to know what to do ahead of time. A small jolt can be the start of a bigger quake so do not delay. Get to safety and protect yourself right away.

## **ACTION ITEMS for October.** See LINKS for How-To information.

1. Practice Drop, Cover and Hold On! Practice with your household.
2. Identify safe spots in every room – such as desks or tables.
3. [Secure your space!](#) using tips from Earthquake Country.org. Secure bookcases, TVs, artwork, top-heavy items, and secure smaller items with museum wax or Quake Hold.
4. Participate in national [Shake Out](#) day – third Thursday in October.

### *Stay Kit GROCERY LIST (9 of 12)*

- 8 16-oz cans fruit
- 8 13-oz cans ready to eat meat
- 8 14.5-oz cans vegetables
- 8 20-oz cans ready to eat soup
- 8 16-oz cans ready to eat beans

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## **FUN FACT**

Almost 80% of all the planet's earthquakes occur along the rim of the Pacific Ocean – *that includes you, Bay Area!*

## **LINKS**

1. [Earthquake Country Alliance](#)
2. [Ready.gov Earthquake](#)
3. [Shake Out!](#)
4. [My Shake app](#)
5. [Putting Down Roots](#)

## **REMINDERS**

Offshore winds happen in Fall and Winter in California. Be alert to Red Flag Warnings. A Red Flag Warning means warm temperatures, very low humidity, and stronger winds are expected to combine to produce an increased risk of fire danger. Check your Go Bags now. Stay alert. Stay safe.



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# NOVEMBER *Holiday Safety*

If you plan to travel during the holidays, be sure to check weather forecasts, avoid driving in bad weather and be sure to have your **Emergency Car Kit**. When cooking, be mindful of fire risks.

## **ACTION ITEMS for November.** See LINKS for How-To information.

1. Prepare an **Emergency Car Kit**.
2. Check expiration dates on your perishable items and replenish your food cache.
3. Test your smoke alarms and review home fire escape plan.
4. Practice safe kitchen habits: Stay in the kitchen when using the stovetop. Use timers to remind you of cooking times for oven and stove-top. Never use water to put out a cooking fire. Cover, use extinguisher or baking soda to put out a fire.

## **EMERGENCY KIT FOR YOUR CAR**

In addition to the items you used to build your Go Bag, add these:

- Flares, blinking safety lights or reflective triangle
- Cat litter or sand for better traction in snow and ice
- Jumper cables or portable battery pack
- Car cell phone charger
- Maps
- Blanket
- Ice scraper

*Stay Kit GROCERY LIST (10 of 11)*

- 4 16-oz cans fruit
- 4 13-oz cans ready to eat meat
- 4 14.5-oz cans vegetables
- 4 20-oz cans ready to eat soup
- 4 16-oz cans ready to eat beans

*Preparedness Guide is for a family of 4 & 1 pet.  
Adjust to your needs.*

## **FRYING THE TURKEY?**

### **Cook away from the house.**

Set up more than 10' from your home.

**Cook on flat ground.** Hot oil should be always steady.

### **Be certain turkey is thawed and dry.**

Water in hot oil will cause the oil to bubble and spill over.

### **Monitor the temperature.**

Lids and handles get hot too!

**Be prepared!** Have a multi purpose fire extinguisher at hand.

## **FUN FACT**

Holiday season is a great time to donate to a local food pantry. Most are happy to accept perishable items that are close to their expiration date.



## **LINKS**

1. [Ready.gov Home Fires](#)
2. [PBS Frying Turkey](#)
3. [Ready.gov Car Kit](#)

## **REMINDERS**

Mark expiration dates on all stored perishables including water, beverages, canned food and bleach. Purchase items you like to consume, rotate your supplies, using older items first, or donate them!



For more information visit your Martinez Area Community Emergency Response Team, (CERT) [www.martinezcert.org](http://www.martinezcert.org)

This guide is designed to break down large tasks into monthly steps to be less overwhelming. The guide lists many items to be purchased early in the year, before the distractions of the holiday season. While perishables must be replenished, hardware purchases should be mostly one-time expenses. Time purchases to work best for you!



# DECEMBER *Be Merry and Safe*

Winter holidays are a fun time in our communities but may pose additional risks. Following a few simple tips will help us all have a safe holiday season.

## **ACTION ITEMS for December.** See LINKS for How-To information.

1. Put a fire extinguisher in your kitchen.
2. Build a support network. Talk with your neighbors about their needs and yours.
3. Discuss disaster plans with household, family and caregivers. If you or a household member have special needs, plan for skilled helpers to assist with evacuations.
4. Share keys with trusted friends to rescue your pets.

### Stay Kit GROCERY LIST (11 of 11)

- 4 16-oz cans fruit
- 4 13-oz cans ready to eat meat
- 4 14.5-oz cans vegetables
- 4 20-oz cans ready to eat soup

Preparedness Guide is for a family of 4 & 1 pet. Adjust to your needs.

- ✓ Choose decorations that are flame resistant or flame retardant.
- ✓ Replace any string of lights with worn cords. Check for indoor or outdoor use.
- ✓ Make sure that indoor holiday trees do not block exits and are at least three feet from any heat source such as fireplaces, radiators, space heaters, candles or vents.
- ✓ Ask smokers to smoke outside.
- ✓ Keep matches and lit candles away from children and pets.
- ✓ Use clips, not nails, to hang cords so the cords do not get damaged.
- ✓ Always sleep with your bedroom door closed. This simple act may buy you and your household time to escape a house fire.



In less than 30 seconds a small flame can turn into a major fire. "Today, with the prevalence of synthetic materials in the home, occupants have roughly 2 to 3 minutes to get out," said Consumer Safety Director John Drenenberg of Underwriters Laboratories (UL). Plan ahead – what are your escape routes out of your home? Practice using them.

## LINKS

1. [Ready.gov Home Fires](#)
2. [NFPA](#)
3. [Ready.gov Winter Kit](#)

## REMINDER

Sign up for **Spring** [CERT Basic Training](#)



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