

Disaster Preparedness Planning

COUNTY OF SAN DIEGO OFFICE
OF EMERGENCY SERVICES

PERSONAL DISASTER PLAN

FOR PEOPLE
WHO MAY NEED
ASSISTANCE



Steps To Help Prepare

- **Get Connected**
- **Make A Plan**
- **Gather Supplies**
- **Stay Informed**



Planning for the Whole Community

- **People with Pets or Service Animals**
- **Older Adults**
- **Rural Communities**
- **People with Developmental Disabilities**
- **People with Speech/Communication Disabilities**
- **People with Mobility or Other Physical Disabilities**
- **People who are Blind or who have Low Vision**
- **People with Dementia**



Planning for the Whole Community

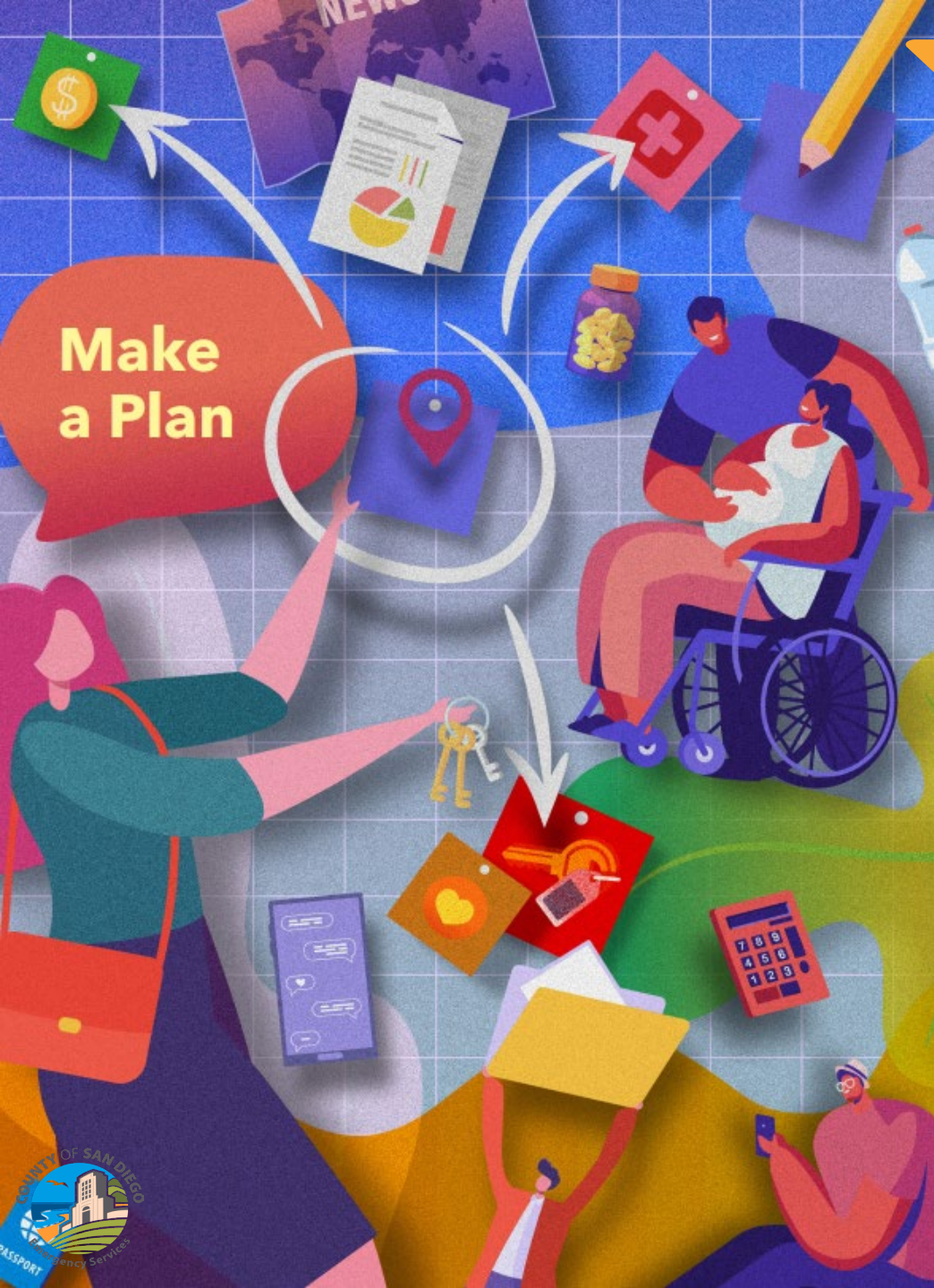
- **Pregnant women and families with infants**
- **Transportation Challenged**
- **People who speak Limited English**
- **New Californians**



Make A Plan

Developing a disaster plan will help you:

- Identify how you will get to a safe place during an emergency.
- Identify how you will contact family members during an emergency.
- Identify how you will find family members if you are separated during an emergency.
- Identify what you will do in different emergency situations.

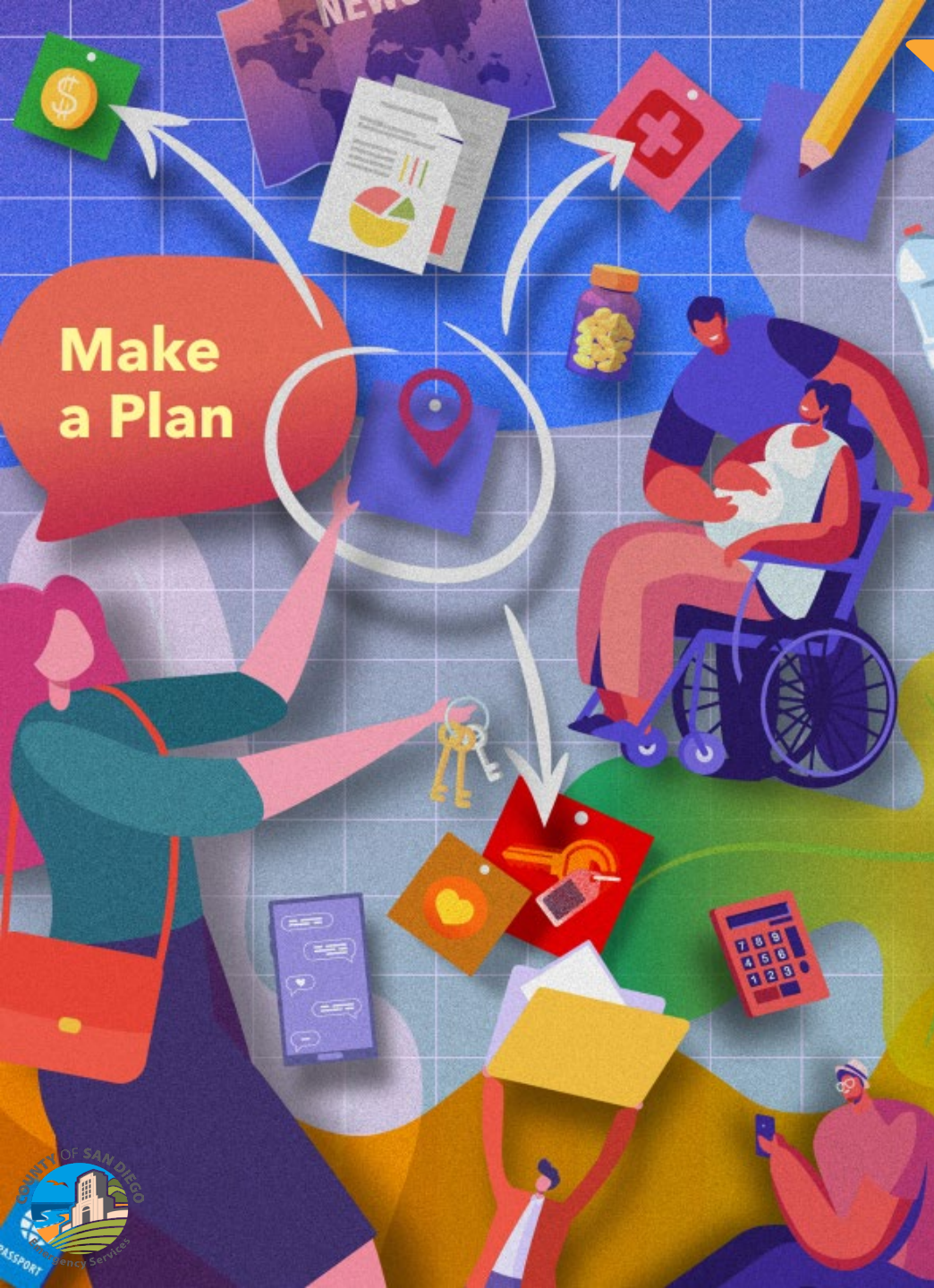


Make A Plan

Develop a plan with your family that includes:

- Location of shut-off valves for utilities.
- A meeting place outside your home.
- Location of emergency supplies in your home.
- A list of important contacts, including an out-of-town contact.
- An evacuation plan (consider pets and access and functional needs).

Share your plan with your neighbors!



Planning with a Support Network



Communicate with and involve the support network in the planning:

- Share disaster plan
- Ask network to notify person in need when there is an emergency
- Discuss contact strategies
- Consider trusted person keeping copies of house and car keys
- Choose an emergency meeting place

Make A Plan

Vial of Life

- A medical information form
- A vinyl envelope and magnet
- A Vial of Life sticker
- To request a fee kit, call (800) 339-4661



VIAL OF LIFE



Information & Assistance

1-800-339-4661

Updated On

/ /

Name _____

Blind Deaf Alzheimer's Disease or Related Dementia

Address _____ City _____ Zip _____

Phone # _____ Male Female Date of Birth _____

Social Security Number (last four digits) _____

Medicare Number (last four digits) _____

Other Insurance _____ Policy Number _____

Do you have an Advance Health Care Directive? Yes No

If yes, location _____ Agent _____ Phone # _____

Do you have a "Do Not Resuscitate Order" Yes No

Registered with Sheriff's "Take Me Home"? Yes No

Emergency Contacts

Name _____ Relationship _____ Phone # and E-mail _____

Name _____ Relationship _____ Phone # and E-mail _____

Caregiver _____ Phone # and E-mail _____

Clergy _____ Phone # and E-mail _____

Pet's Information Name & Type _____

Veterinarian _____ Phone # _____

Medical Information

Primary Doctor _____ Phone # _____

Secondary Doctor _____ Phone # _____

Hospital _____ Phone # _____

Height _____ Weight _____ Blood Type _____

Normal Blood Pressure _____

Allergies to drugs or foods _____

Please list any medical conditions that apply (for example: cardiac, diabetes, hypertension, stroke) _____

Surgeries (type and date)

Do you?

Wear dentures? Yes No

Wear glasses? Yes No

Wear contacts? Yes No

Use Oxygen? Yes No

Wear hearing aids? Yes No

Wheelchair? Yes No

Other Important Emergency Information

Immunizations

Where do you keep your medications?

Medications

(Prescription, Over-the-counter Drugs, Vitamins, Herbal Supplements)

Name	Dose-Frequency	Purpose
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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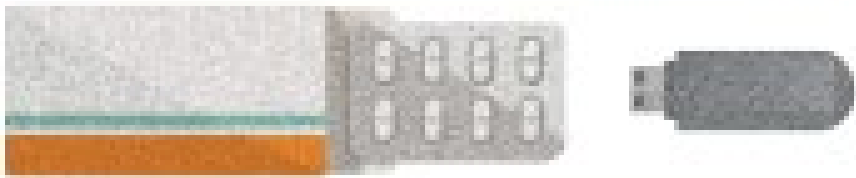
Please record all information in a manner easy to read by emergency medical personnel.



Gather Supplies – Go Kit

Pack a “Go Kit” for when you must leave in a hurry.

- Bottled water, non-perishable food (granola bars)
- Copies/hard drive w/ important documents
- List of meds, why you take them, and dosages
- Extra ice pack in freezer for refrigerated meds
- Contact info for household and support network
- Flashlight, hand-crank or battery-operated radio w/ extra batteries
- Cash (small bills)
- Notepad & pen
- Antibacterial wipes and hand sanitizer



Build a Kit

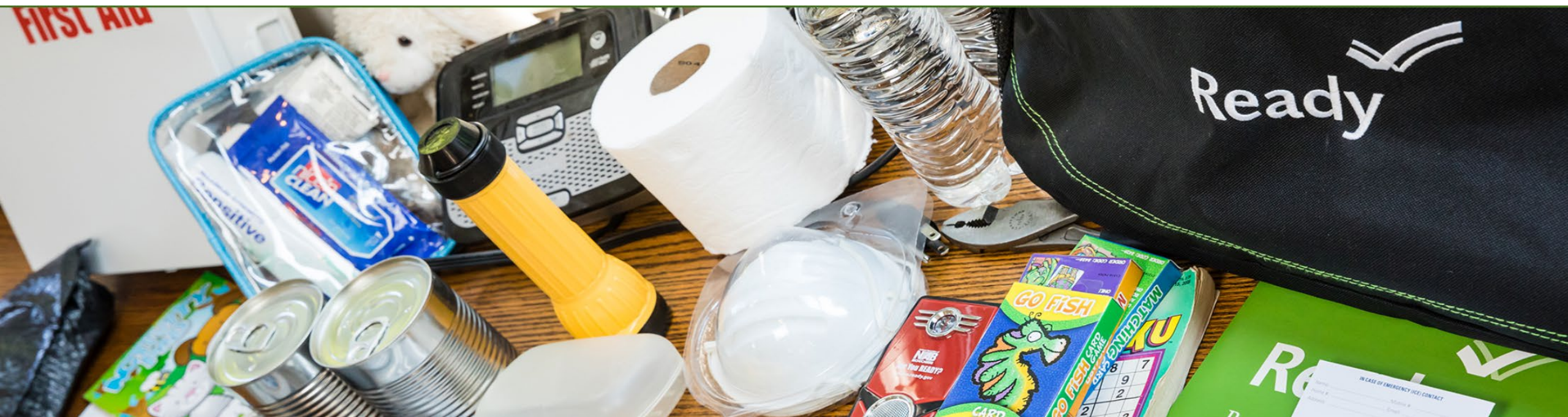
- One gallon of water per person per day
- Nonperishable food
- Flashlight and batteries
- Hand-cranked radio
- First Aid kit
- Prescription medication
- Extra clothing
- Blankets
- Sanitation supplies
- Cash

Other Items:

- Backup medical equipment (e.g., oxygen, medication, hearing aids, mobility aids, glasses)
- Consider adding entertainment items – playing cards, books, etc.
- Include family photos - store them in a plastic bag.
- Keep a copy of insurance cards, list of medications, copies of home and vehicle deeds, rental agreements.
- Special items for infants, pets, etc.

Build a Kit

- Make sure you have a 3 to 5 day supply of water – ideally two weeks.
- Pack supplies in a portable container.
- Consider having disaster kits in your home, car, and office.



Gather Supplies – Home Kit

Prepare a “Home Kit” to survive for at least three days w/out water or electricity.

- 1 gallon of water per person, per day
- Food that won't spoil
- First-aid kit
- Medications, list of medications you take
- Flashlight or battery-powered lantern, battery operated AM/FM radio, extra batteries, or wind-up radios that do not require batteries
- Whistle or bell
- Backup medical equipment (e.g., oxygen, medication, scooter battery, hearing aids, mobility aids, glasses, facemasks, glove)
- Style and serial number of medical devices (pacemakers) and usage instructions



Communication Tools

I need a translator

Necesito un traductor

Tôi cần một người phiên dịch

محتاج مترجم

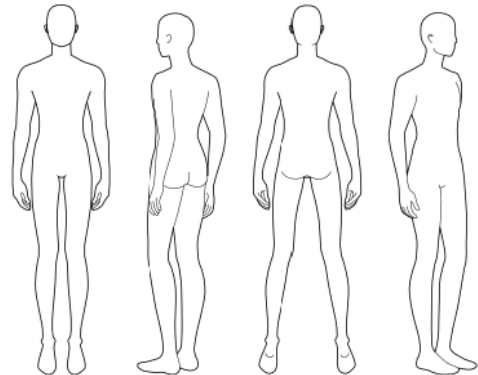
Kailangan ko ng tagasalin

我需要翻



How am I doing?	What day/time?	What is happening?	When is tube coming out?
IV	Remove restraints	Exercise	Massage
leave me alone	Don't leave	Come back later	Pray
Bathroom	Cool cloth	Pillow/blanket	Glasses/Socks
Wash face	Shampoo/Bath	Comb/Brush	Teeth brushed

PAIN CHART | LEVEL OF PAIN



I want pain medicine

Dull

Sharp

Radiating

Shot

One pill

Two pills

Itches

Sings

Hurts/aches

Burns

Can't move/numb

I WANT

To be suctioned	Lip moistened	Water/Ice	To be comforted
To sleep	TV/Video/DVD	Call light/Remote	It quiet
Lights Off/On	To go home	To sit up	To lie down
To turn left	To turn right	Head of bed up/down	Get out of bed

I AM

Short of breath	In pain	Choking	Feeling sick
Hungry/Thirsty	Cold/Hot	Tired	Dizzy
Angry	Afraid	Frustrated	Sad

I WANT TO SEE

Doctor

Nurse

Family

Chaplain

A	B	C	D	E	F	G	H	I	J
K	L	M	N	Ñ	O	P	Q	R	S
T	U	Ü	V	W	X	Y	Z		
1	2	3	4	5	6	7	8	9	0
.	'	,	?	!	+	-	SPACE		

Types of Alerts and Platforms

WEA

EAS

AlertSanDiego

AlertSanDiego
App

Genasys
Protect

Watch Duty

Hi-Lo Siren

Wireless Emergency Alerts (WEA)

Sends
emergency
messages to
mobile
devices.

Issued by
federal, state,
and local
authorities.

Used for
extreme
weather and
urgent
situations.

No sign-up
required;
automatically
enabled on
most phones.

Evacuation Definitions

Evacuation Warning:

- There is a threat that poses potential danger to life or property
- May Change to Order
- If you need extra time, pack up and leave now

Evacuation Order:

- There is an immediate danger to life and property.
- Leave now

Shelter-in-Place:

- Everyone needs to lock down and shelter-in-place
- Close and lock all doors and windows
- Stay inside until further instruction

Emergency Alert System (EAS)

Broadcast-based alerts interrupt radio and TV.

Issued by FEMA, National Weather Service, and local agencies.

Used for national security threats, natural disasters, and local emergencies.

Overrides radio, TV, and some cable/satellite services.

AlertSanDiego

COUNTY OPT-IN
EMERGENCY
NOTIFICATION
SYSTEM.

ALERTS
RESIDENTS VIA
CALLS, TEXTS, AND
EMAILS.

USED FOR
EVACUATIONS,
SEVERE WEATHER,
AND HAZARDOUS
INCIDENTS.

SIGN-UP REQUIRED
FOR CUSTOMIZED
ALERTS. (ABLE TO
SIGN UP FAMILY
MEMBERS)

MANAGED BY SAN
DIEGO COUNTY
OES

Alert San Diego Emergency App

Official mobile app
for emergency
updates in San
Diego.

Managed by San
Diego County
OES.

Provides push
notifications and
shelter locations

Free to download
and use.



Genasys Protect

Used for evacuations, public safety warnings, and disaster response.

Delivers push messages via mobile alerts.

Location-based emergency communication system.

Repopulation Notifications

Watch Duty

Not managed by
the County

Real-time wildfire
alert system with
crowdsourced
updates.

Operated by a
nonprofit with
firefighters and
volunteers.

Provides live fire
perimeter updates,
scanner feeds, and
official reports.

Mobile app with
real-time
information on
active wildfires.

Very quick, too
quick. Always
verify with vetted
source

Hi-Lo Siren

The San Diego Police Department Department launched a distinct warning system used for evacuation orders during natural disasters, emergencies, and critical incidents such as:

- **Wildfires**
 - **Flash Floods**
 - **Earthquakes**
 - **Tsunami**
 - **Terrorism**
 - **Bomb Threat**
 - **SWAT Standoff**
 - **Gas Leaks**
 - **Hazmat Spills**
 - **Sinkholes**
- **Hi- Lo audible is installed in San Diego Police Department patrol vehicles to alert communities to immediate danger.**
 - **This will urge immediate evacuation upon hearing the Hi-Lo for personal and family safety.**
 - **The purpose is to reach as many people as possible with emergency instructions, even in communication-challenged scenarios.**

Stay Informed

- Register for **Alert San Diego**
- Register for **Genasys Protect**
- Explore the preparedness materials on the **Alert San Diego website**
- Complete your own disaster **preparedness plan** and share it with your neighbor



Know Your Tools. Stay Informed. Stay

AlertSanDiego

The County's emergency alert system

- People can sign up with their home address and contact information to get alerts for their area.
- It sends important information during local emergencies by phone call, text message, or email.
- The system gives quick and clear updates about evacuations, dangers, and other safety concerns.



Genasys Protect

Is a free app that helps keep people stay safe during emergencies.

- It shows real-time maps with evacuation zones, shelters, and other important safety areas.
- Anyone can use it, even without signing up.
- The app shares **verified updates directly from emergency personnel**, so you know the information is trusted and accurate.



Alert San DiegoEmergency App

Is a free tool that helps you prepare for and stay safe during disasters.

- It has emergency plans, checklists, and guides to help you and your family get ready.
- The app sends push alerts during major incidents in San Diego County.
- All information comes from official emergency personnel, so you can trust the updates.





TALK



LIVE CHAT



SEARCH



ENROLL



Get Connected

Call 2-1-1 to connect to resources

- Free, 24-hour, confidential phone service
- Info available in 200+ languages
- Searchable online database
- Work with over 6,000 community, health, and disaster services

Difficulty hearing or speaking?

- Dial 7-1-1 and ask to be connected with 2-1-1 at 858-300-1211

 Facebook
211sandiego

 Twitter
@211sd

 Instagram
211sd



Food Assistance



Housing & Utilities



Disaster Relief
& Prevention



Financial &
Legal Assistance



Transportation



Health, Nutrition
& Primary Care



Military & Veteran
Services



Enrollment Services

Contact Us

County of San Diego
Office of Emergency Services
5580 Overland Ave., Suite 100
San Diego, CA 92123
(858) 565-3490

AlertSanDiego.org

Follow Us:

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- [Instagram/ AlertSanDiego](https://instagram.com/AlertSanDiego)

