



If You Do Only One Thing this October...

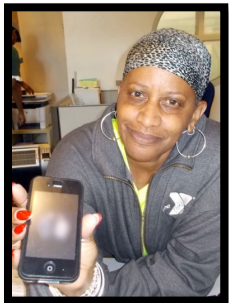
We asked members of our community what to do if you can only take one step for preparedness this October. Here's what they said!



Eugene: “Teach Your Kids How to Find You”

“In a big emergency, I’ll need to let mom and dad know I’m okay. If I can’t get through to them, I’ll text my Aunt in Wisconsin. She is our out-of-state contact and I have her number saved on my phone and written on a card in my backpack.” *Practice texting with your kids, because text messages are more likely to get through than phone calls.* Get emergency contact cards for your family here:

http://www.ready.gov/sites/default/files/documents/files/Family_Emergency_Plan.pdf



Cathy: “Install Preparedness Apps and Emergency Numbers on Your Phone”

Get your Out-of-State contact, school phone numbers, and phone numbers of trusted neighbors programmed into your phone now, so you can easily reach them (by text if possible) in an emergency. Apps like the free Red Cross Earthquake App give alerts and information about disaster shelters.



George: “Introduce Yourself to a Neighbor”

In a major disaster, City responders expect to be overwhelmed. Neighbors can help each other by organizing search and rescue teams; checking on pets when owners can’t get home; providing wellness checks for people with extra health care needs; sharing food, water, and information; putting out small fires; giving medical aid if professionals aren’t available; and more! Free training is available from the City: <http://www.cityofberkeley.info/CERT>



Gil: “Sign Up For Text and Email Alerts from Berkeley Emergency Notification System (BENS)”

In an emergency, the City may use BENS to communicate about shelters, hazards to avoid, evacuation and food/water distribution or other alerts. Sign up at <http://www.cityofberkeley.info/BENS>.



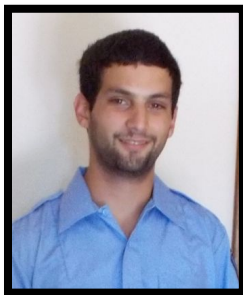
Berkeley Emergency Preparedness Month

October, 2015



Pam: “Have a Back-Up Plan With a Support Network”

Do you have an Out-of-State Contact? You may be trapped in your home and your wheelchair or other medical adaptive equipment may be damaged. *Call or text your emergency contact.* Let them know *where* you are and *how* you are, so local help can be contacted. In case emergency personnel aren't able to come for days or weeks, have a back up plan with a support network of attendants, caretakers, neighbors, friends, and family.



Or: “Put a Wrench Near Your Gas Shut Off”

Fires are a major hazard in Berkeley. Everyone should know how to turn off gas if they smell gas or suspect a leak, or if there is an active fire nearby. Learn more here:

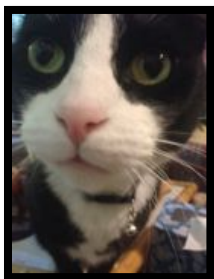
<http://www.pge.com/myhome/edusafety/gaselectricsafety/turngasoff/>



Gradiva: “Move Heavy Stuff That Could Fall on Beds & Play Areas”

Walk into each room in your house. Imagine the room is picked up by a giant and given a huge shake. Could anything heavy fall on a bed or play area? Look for objects such as heavy bookshelves, chimneys, vases, mirrors, paintings or light fixtures. Move them or move your beds for safety.

Lots of family-friendly activities can be found in the Activity Guides here: <http://www.cityofberkeley.info/prepare/activity-guides>



Squirt: “Microchip Me and Keep My Microchip’s Information Updated”

Even smart cats like me can get lost in emergencies, and a microchip can help to bring us safely home. If your pets already are chipped, check online to make sure they have your latest contact information and your current vet. Start here: <http://www.petmicrochiplookup.org>.

This is just a hint of the great things that are happening in Berkeley this October! SIGN UP TODAY at <http://www.cityofberkeley.info/prepare>. You'll find easy and affordable things you can do in as little as 5 minutes!