

City of Martinez

Community Guide to Emergency Preparedness



Martinez Police Department
525 Henrietta St. Martinez, Ca. 94553
Phone: (925) 372-3440
Web: www.cityofmartinez.org

24 HOUR EMERGENCY TELEPHONE NUMBERS FOR CITY OF MARTINEZ RESIDENTS

ANY LIFE THREATENING EMERGENCY — **9-1-1**

MEDICAL: Contra Costa Regional Medical Center-Martinez 370-5000
Kaiser Hospital (Walnut Creek) 295-4000
John Muir Hospital-Walnut Creek 939-3000
Mt. Diablo Hospital-Concord 674-2425
A.M.R. Ambulance 602-1300
Poison Control 1-800-222-1222 TDD: 1-800-972-3323

PERSONAL: Crisis & Suicide Intervention 1-800-833-2900
Grief Counseling 1-800-837-1818
Homeless Information 1-800-808-6444
Missing Children 1-800-222-3463
Abused/Exploited Children 1-888-818-4673
Rape Crisis Center 1-800-670-7273
Runaway Child 1-800-621-4000
Youth Crisis Hotline 1-800-718-4357

PETROCHEMICAL: Shell Oil Company 313-3000
Tesoro Refining Company 228-1220
Toxic Chemicals & Oil Spills 1-800-424-8802 Voice/TDD
Hazardous Materials Recycle 1-800-750-4096

TRANSPORTATION: County Connection 676-7500
BART Police 464-7000
Bay Area Transportation 511 Info. 817-1717
CAL TRANS 1-800-427-7623
Burlington N. Railroad 1-800-333-2383
Union Pacific Railroad 1-888-877-7267

UTILITIES: P. G. & E. 1-800-743-5000
SBC Phone Repair 6-1-1
Central Sanitation 228-9500
East Bay Regional Parks 881-1121

VOLUNTEERS: American Red Cross 1-888-443-5722

PERSONAL FAMILY MEMBERS: _____

OUT OF STATE CONTACT: _____

Earthquake Duck, Cover & Hold Tips

- ***DUCK or DROP down on the floor, take cover under sturdy table or desk and hold on until the shaking stops.***
- When in a HIGH-RISE BUILDING, move against an interior wall if you are not near a desk or table. Protect your head and neck with your arms. Do not use the elevators. When OUTDOORS, move to a clear area away from trees, signs, buildings, or downed electrical wires and poles.
- When on a SIDEWALK NEAR BUILDINGS, duck into a doorway to protect yourself from falling bricks, glass, plaster and other debris.
- When DRIVING, pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside your vehicle until the shaking stops.
- When in a CROWDED STORE OR OTHER PUBLIC PLACE, move away from display shelves containing objects that could fall. Do not rush for the exit.
- When in a STADIUM OR THEATER, stay in your seat, get below the level of the back of the seat and cover your head and neck with your arms.
- No matter where you are, know how to protect yourself and your family during an earthquake. Practice taking cover as if there were an earthquake and learn the safest places in your home and work. Practice getting out of your home and check to see if the planned exits are clear and if they can become blocked in an earthquake. Practice turning off your electricity and water. Know how to turn off the gas, but do not practice this step. In the event of an earthquake, once you turn off your gas, only your utility company should turn it back on for safety reasons.
- Take COVER under a sturdy desk, table or other furniture. If that is not possible, seek cover against an interior wall and protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors or tall furniture.
- If you take cover under a sturdy piece of furniture, HOLD on to it and be prepared to move with it. Hold the position until the ground stops shaking and it is safe to move.



Are you prepared for the next disaster that could occur?

- Did you know that for the first 72 hours following a major emergency you will probably be without help from emergency responders (i.e.: police, fire, 9-1-1, ambulance)?
- Would you like to know how YOU and YOUR LOVED ONES can survive on your own for these first critical 72 hours until the City is able to get help to you?
- Do you know what emergency supplies (food, water, etc.) you should have stored?
- Do you know how and when to turn off your utilities following a major emergency?
- Do you want to know how to treat for shock, bleeding and other life threatening medical emergencies?

The Community Emergency Response Team (CERT) educates people about disaster preparedness and trains them in basic disaster response skills, such as fire safety, light search and rescue and disaster medical operations. The CERT program takes a distinctly different look at training, incorporating all facets of the community and hands on drills.

YOU WILL LEARN VALUABLE LIFE SAVING SKILLS IN:

Terrorism USAR (Urban Search and Rescue)
Fire Suppression Disaster Medical ICS and Disaster Psychology

The City of Martinez and the Contra Costa Fire Protection District are offering our community these valuable emergency preparedness classes. This is your golden opportunity to learn how to save lives and property, before, during and after the next major earthquake.

To register for CERT classes, please call:

Martinez Police Department (925) 372-3437 or visit the City of Martinez web site.

***EARTHQUAKE PREPAREDNESS TIPS FROM THE CALIFORNIA GOVERNOR'S
OFFICE OF EMERGENCY SERVICES***

PREPARING YOUR FAMILY FOR AN EARTHQUAKE

The Plan



- Stock up on at least a three-day supply of food, water, clothes, medical supplies and other necessary equipment for everyone in your family. Make sure everyone knows where to find them. (See the information sheet on emergency supplies.)
- Decide where and when to reunite your family should you be apart when a disaster strikes.
- Choose a person outside the immediate area to contact if family members are separated. Long distance phone service will probably be restored sooner than local service. Do not use the phone immediately after a major emergency.
- Know the policies of the school or daycare center your children attend. Make plans to have someone pick them up if you are unable to get to them.
- If you have a family member who does not speak English, prepare an emergency card written in English indicating that person's identification, address and any special needs such as medication or allergies. Tell that person to keep the card with him/her at all times.
- Conduct Earthquake Duck, Cover & Hold drills every six months with your family.
- Practice Stop, Drop and Roll drills for fire, as well as emergency exit drills in the house (EDITH) regularly.
- Know the safest place in each room because it will be difficult to move from one room to another during an earthquake or explosion.
- Locate the shutoff valves for water, gas and electricity. Learn how to shut off the valves before an emergency. If you have any questions, call your utility company. Remember not to shut off utility valves unless directed to do so by your utility company.
- Have enough supplies to get you and your family through at least the first 72 hours. After a major emergency, there's a good chance that traditional emergency response teams will be too busy to take care of you and your family. You need to prepare your home and neighborhood.
- Make copies of vital records and keep them in a safe deposit box in another city or state. Make sure your originals are stored safely.
- Before a major emergency occurs, call your local Red Cross chapter and Richmond Office of Emergency Services to find out about their plans for emergency shelters and temporary medical centers in case of a disaster.
- Establish all the possible ways to exit your house. Keep those areas clear.
- Know the locations of the nearest fire and police stations.
- Take photos and/or videos of your valuables. Make copies and keep them with a friend or relative in another city or state.
- Include your babysitter and other household help in your plans.
- Keep an extra pair of eyeglasses and house and car keys on hand.
- Keep extra cash and change. If electricity is out, you will not be able to use an ATM.

General Tips

- Stay away from heavy furniture, appliances, large glass panes, shelves holding objects, and large decorative masonry, brick or plaster such as fireplaces.
- Keep your hallway clear. It is usually one of the safest places to be during an earthquake or explosion.
- Stay away from kitchens and garages, which tend to be the most dangerous places because, tend to be the most dangerous places because of the many items kept there.

Emergency Supplies Checklist

The first 72 hours after a major emergency or disaster are critical. Electricity, gas, water, and telephones may not be working. In addition, public safety services such as police and fire departments will be busy handling serious crises. You should be prepared to be self-sufficient — able to live without running water, electricity and/or gas, and telephones — for at least three days following a major emergency. To do so, keep on hand in a central location the following.

Essentials

- Water — One gallon per person per day (a weeks worth is preferable)
- Water purification kit
- First aid kit, freshly stocked
- First aid book
- Food
- Can opener (non-electric)
- Blankets or sleeping bags
- Portable radio, flashlight and spare batteries
- Essential medications
- Extra pair of eyeglasses
- Extra pair of house and car keys
- Fire extinguisher — A-B-C type
- Food, water and restraint (leash or carrier) for pets
- Cash and change
- Baby supplies: formula, bottle, pacifier, soap, baby wipes, disposable diapers, clothing, blankets, canned food and juices, baby wipes, disposable diapers, canned food

Sanitation Supplies

- Large plastic trash bags for waste; tarps and rain ponchos
- Large trash can
- Shampoo
- Feminine hygiene supplies
- Toilet paper
- Household bleach
- Toothpaste and toothbrushes
- Bar soap and liquid detergent

Safety and Comfort

- Sturdy shoes
- Heavy gloves for clearing debris
- Candles and matches
- Light sticks
- Change of clothing
- Knife or razor blades
- Garden hose for siphoning and firefighting
- Tent
- Communication kit: paper, pens, stamps

Cooking

- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil
- Camping stove for outdoor cooking,
Caution: before using fire to cook, make sure there are no gas leaks; never use charcoal indoors)

Tools and Supplies

- Axe, shovel, broom
- Adjustable wrench for turning off gas
- Tool kit including a screwdriver, pliers and a hammer
- Coil of 1/2 " rope
- Plastic tape, staple gun and sheeting for window replacement
- Bicycle
- City map

Can You Go It Alone for Three Days?

Shelter-In-Place

In the event of a chemical release, safety sirens in Contra Costa County's industrial corridor will sound to alert the public. If you hear the sirens, or are told to Shelter-in-Place, emergency officials recommend that you **Shelter, Shut and Listen**:

- Stay inside
- Close all windows and secure doors (locking provides a tighter seal).
- Turn off all ventilation systems such as heating or air conditioning.
- If there are gaps in windows or doors, seal with tape or damp towels.
- Have an AM radio for emergencies and tune to KCBS 740 for more information.
- Tune to 530 AM for additional information.

Contra Costa County has a Community Warning System in place that uses several tools to alert the public. If there is a chemical release with the potential to impact the community, the outdoor Safety Sirens located in the vicinity of the emergency will be sounded. The sirens will sound for about 3 minutes, and will be re-sounded periodically during the emergency. The sirens are tested on the first Wednesday of every month at 11:00 a.m.

Shelter-in-Place advisories are issued by emergency officials via the news media. County officials recommend tuning an AM radio to KCBS 740. NOAA weather radios in Contra Costa County with "SAME" functionality will also receive Shelter-in-Place alerts. (These radios have been provided to schools, childcare centers, hospitals, etc. in the industrial corridor to provide indoor alerting and information, but anyone can purchase a weather radio with SAME capabilities from a retail supplier. NWS radios will sound an alert tone, followed by a voice message about the chemical emergency. Consider adding a weather radio to your facility.)

The County also has a phone ringdown system that would automatically begin calling homes and businesses in the impacted area with pre-recorded instructions about what to do. Even unlisted numbers will receive this call in the impacted areas.



MARTINEZ POLICE DEPARTMENT CITIZENS RESPONSE TO FEDERAL THREAT LEVELS

RED: **SEVERE RISK** of attack occurring or an attack has already occurred. A credible, specific threat to a facility or location may be declared. This level may require deployment of specialized teams, closing of government and public facilities, and monitoring of transportation systems.

Public Actions and Expectations:

- 1) Continue all precautions from lower threat conditions.
 - 2) Report suspicious activities to law enforcement, for immediate response call 911.
Suspicious activities include:
 - ★ Persons photographing critical facilities,
 - ★ Asking detailed questions about security of a facility, or
 - ★ Dressing inappropriately for weather conditions.
 - 3) Expect delays for searches of bags and parcels at public facilities.
 - 4) Expect traffic delays and restrictions.
 - 5) Be aware of your surroundings at all times to avoid being a victim of a terrorist attack or a crime.
 - 6) Avoid crowded public areas or gatherings.
 - 7) Do not travel into an area affected by a terrorist attack or an area that is a target of an attack.
 - 8) Check emergency supplies, restock if necessary, and place in a handy place.
 - 9) Keep vehicle fuel tank full.
 - 10) Be prepared to evacuate if it is ordered.
 - 11) Monitor news reports and Emergency Alert System radio/TV stations.
 - 12) Avoid passing on unsubstantiated information.
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ORANGE: **HIGH RISK** of an attack occurring exists. There are credible threats but no specific target identified. Increase security at critical facilities and locations. A security force combined of federal, state, and local law enforcement in coordination with the military.

Public Actions and Expectations:

- 1) Continue all precautions from lower threat conditions.
 - 2) Maintain normal activities, but expect delays in heightened security areas.
 - 3) Continue to monitor current events.
 - 4) Report to law enforcement all suspicious persons, activities, and items.
 - 5) Avoid leaving items unattended in public places.
 - 6) Keep emergency kits handy.
 - 7) Rehearse emergency plans with family members.
 - 8) Take personal security precautions and monitor your surroundings.
 - 9) Know where family members are, if possible.
 - 10) Maintain contact with family, friends, and neighbors to ensure their welfare and safety.
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MARTINEZ POLICE DEPARTMENT. CITIZENS RESPONSE TO FEDERAL THREAT LEVELS

YELLOW: **ELEVATED RISK**, significant risk of an attack occurring exists. Increased surveillance of critical locations and facilities, including implementation of some emergency response plans.

Public Actions and Expectations:

- 1) Continue all precautions from lower threat conditions.
- 2) Continue normal activities, but be alert for suspicious activities and report them to law enforcement.
- 3) Become active in your Neighborhood Watch program.
- 4) Report suspicious activities to law enforcement, for immediate response call 911.
Suspicious activities include:
 - ★ persons photographing government buildings, bridges, dams, water systems, power systems, interstate highway nodes, critical facilities,
 - ★ asking detailed questions about security at these critical facilities.
- 6) Check emergency preparedness kit and restock as necessary.

BLUE: **GENERAL RISK, Guarded**, risk of an attack exists. There are no credible, specific threats. Government agencies, local law enforcement, and impacted companies are asked to review emergency response plans and update if necessary.

Public Actions and Expectations:

- 1) Continue all precautions from lower threat conditions.
- 2) Maintain normal activities, but be alert for suspicious activities and report them to law enforcement.
- 3) Review family emergency plans.
- 4) Stock emergency preparedness kits with food, water, and other supplies.
- 5) Be aware of current events.
- 6) Update immunizations.
- 7) Volunteer to assist at emergency organizations.

GREEN: **LOW RISK** of an attack occurring exists. Routine security measures should be employed.

Public Actions and Expectations:

- 1) Participate freely in travel, work, and recreation activities.
 - 2) Be prepared for disasters and emergencies. Refer to the American Red Cross and Richmond Fire Department O.E.S. brochures for emergency preparedness.
 - 3) Develop a family emergency plan.
 - 4) Know how to turn off your water, power, and gas to your house.
 - 6) Know what natural hazards are in your area and what measures to take to protect yourself and your family.
 - 7) Enroll in CERT training.
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