



**ROSSMOOR**  
WALNUT CREEK

## **Resident Emergency/Disaster Information (REDI)**

### **Knowing what to do is the best type of preparation and IT IS YOUR RESPONSIBILITY**

#### **Why Prepare?**

The outlook for recovery from a disaster often depends on your planning and preparation. While we all hope that such occurrences never happen, it has been shown time and time again that those who have prepared are best able to recover. Emergency services and government agencies may not be able to respond to your needs immediately, and you need to be ready to care for yourself here in Rossmoor.

#### **Know What to Do**

In the event of a disaster/emergency it's important to know what to do. Learn and understand what types of disasters/emergencies you are most likely to encounter and what you need. While each person is unique, you can take steps to prepare by evaluating personal needs and making a plan that fits those needs. For earthquake preparedness, see page 31 of the Rossmoor phone book.

#### **Make a Plan**

The first step is to consider how a disaster/emergency might affect your individual needs. Plan to make it on your own, for seven days. It's possible that you will not have access to a medical facility or even a drugstore. It is crucial that you think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available. It's also important to keep a list of emergency contacts that live out of the area.

**To get involved in Rossmoor's disaster and emergency preparedness efforts contact any of the following resident preparedness organizations/groups:**

Emergency Preparedness Organization (EPO)  
Entry Coordinators  
Map Your Neighborhood (MYN)  
CB and FRS Radio Networks  
Community Emergency Response Team (CERT)  
Crisis Response Spiritual Support Team (CRSST)

#### **Establish a Safe Meeting Place**

Establish a meeting place for you, your family and neighbors a safe distance from your building and away from objects that may fall. This is where everyone meets in the event of a disaster/emergency to check on each other. It also prevents you and others from wandering around the neighborhood looking for one another, or worse, being tempted to re-enter an unsafe building.

#### **Staying Put**

Whether you are at home or elsewhere, in most situations it's simply best to stay where you are and avoid the uncertainty of where you might go and the risk of impassable roads. Consider what you can do to safely shelter-in-place and not leave your home or your area, unless evacuated.

#### **Evacuation**

It is unlikely a mass evacuation of Rossmoor will be necessary. However, if one is ordered, local law enforcement will be in charge and provide instructions and it is critical that you follow the directions provided by law enforcement. You may be ordered to evacuate your manor/building and if so you will be told where to go.

#### **Get a Disaster/Emergency Kit**

A disaster/emergency kit is simply a collection of basic items your household may need in the event of an emergency. Assemble your kit now, in advance of an emergency.

Think about the basics for survival - food, water, and any life-sustaining items you require, e.g. medications. Store your kit in an easily accessible place. Remember to keep a pair of sturdy shoes, clothes and a flashlight next to or under your bed in case something happens at night. On the other side of this sheet are the basic items recommended, but you can add other items that are unique to your needs. Build your own kit, or purchase a premade kit.

Once your family is prepared, it is time to look to your neighbors. In times of disaster your neighbors will probably be the first ones available to come to your aid or who may need your aid. Find out before disaster strikes what resources you share and how you can work together for the good of one another.



**Review and renew your plan annually**

# *If you know what to do, you will be prepared*

## **Basic Disaster/Emergency Kit**

Water, one gallon of water per person per day for five-seven days, for drinking and sanitation.

- Food, at least a five-day supply of non-perishable food and a can opener if kit contains canned food
- Battery-powered or hand crank radio and flashlight
- Extra batteries
- First aid kit
- Whistle to signal for help
- Cash in small denominations
- Blanket or sleeping bag
- Towelettes, garbage bags and plastic bucket for personal hygiene and sanitation
- Emergency contact list
- Supplies for your pet including pet food and extra water

## **Include Medications/Medical Supplies**

If you take medications, be sure you have what you need to last at least a week and also keep a copy of your prescriptions and dosages. Rossmoor's Evac Pac program can help you organize your medications. Talk to your medical or in-home care providers about their disaster/emergency plans and about on-going medical treatments. If you use electric powered medical equipment, be sure to have back-up battery power.



The Golden Rain Foundation has an Emergency Operations Plan that will be activated in the event of a disaster, such as a major earthquake. The purpose of this plan is to establish a system for coordinating preparedness, response, recovery and mitigation of disasters and emergencies in Rossmoor. The plan is not disaster/emergency specific, role specific, or resident specific. Instead, it provides overall

guidance and establishes a general plan for the Golden Rain Foundation's response to disasters/emergencies. It focuses on how the Foundation will develop and prepare a response structure and how the Foundation will coordinate its response with residents and other response groups. The plan develops guidelines for coordination with the City of Walnut Creek.

## **Additional Disaster/Emergency Information Resources Websites:**

[http://www.walnut-creek.org/services/city/emergency\\_preparedness/](http://www.walnut-creek.org/services/city/emergency_preparedness/)

<http://www.calema.ca.gov/Pages/default.aspx>

<http://www.ready.gov/>

<http://www.redcross.org/prepare>

<http://72hours.org/>

