

ESP FOCUS

Floods



Even without El Niño, it rains in California!

The El Niño phenomenon in late 1998 and early 1999 brought record rainfall to Santa Barbara, Ventura and several other California cities. It also caused 17 deaths and more than \$550 million in property losses statewide.

Even though El Niño has come and gone, it's important that Californians prepare for potential flooding.

Each year, severe storms cause flash floods, contaminate the drinking water supply, disrupt electrical service and damage homes and contents. They also can strand individuals playing near or crossing streams, rivers, flood control channels and intersections.

From 1975-1998, winter storms claimed the lives of 103 residents, caused approximately 600 injuries and more than \$61 billion in property and agricultural losses. The winter storms of 1995 and 1997 alone combined to cause 36 deaths and more than \$3 billion in property losses.

The table below shows how rainfall in several Southern California cities and towns during El Niño compared with their average totals.

City	County	El Niño Rainfall	Average Rainfall
Anaheim	Orange	31.43 in.	14.60 in.
Bakersfield	Kern	14.66 in.	5.72 in.
Bridgeport	Mono	9.88 in.	9.14 in.
El Centro	Imperial	4.94 in.	2.68 in.
Independence	Inyo	8.27 in.	5.27 in.
Los Angeles	Los Angeles	31.01 in.	14.77 in.
Riverside	Riverside	21.41 in.	10.00 in.
San Bernardino	San Bernardino	22.71 in.	16.68 in.
San Diego	San Diego	17.78 in.	9.90 in.
San Luis Obispo	San Luis Obispo	43.98 in.	23.46 in.
Santa Barbara	Santa Barbara	46.99 in.	16.98 in.
Ventura	Ventura	42.70 in.	14.32 in.

Use this information and the recommendations on the reverse side of this Focus Sheet to help reduce your risk of death, injury and property losses from flooding wherever you live, work or play.

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JANUARY

Before the Storm

Be prepared to respond to flooding by taking the following actions before the rains and flooding begin:

- Assemble emergency supply kits for your home and place of work. Include the following items:
 - Flashlights and extra batteries
 - Sandbags
 - Plastic sheeting
 - Plywood
 - Lumber
- Store emergency building materials in a location away from potential flooding.
- Store a seven-day supply of water (at least one gallon per person, per day) in closed, clean containers.
- Teach children not to play in or near rivers, streams or other areas of potential flooding.
- Maintain fuel in your cars; electrical outages might make gasoline pumps inoperable.
- Identify safe routes from your home or work place to high, safe ground. Determine whether you can use these routes during flooding or storms. Be familiar with your geographic surroundings.
- Check with your local public works, building or planning department to see if you live in an area subject to flooding.
- Clear debris and overgrowth from on-site drainage facilities.
- Notify your local department of public works about debris and overgrowth in public drainage facilities.
- Work with neighbors to solve potential drainage problems and to avoid diverting debris onto their properties. Consult a licensed civil engineer if you're in doubt.

When There's a Storm Warning or Watch

- Relocate valuables from lower to upper floors.
- Be prepared to move to a safe area before flood waters cut off access when local authorities advise.
- Identify an out-of-state contact so that friends and relatives can obtain information about your conditions and whereabouts.
- Disconnect all electrical appliances or turn off electric circuits at the fuse panel or circuit breaker panel before evacuating.
- Shut off gas service at the meter and water service at the main valve.

During the Storm

- Avoid unnecessary trips.
- Do not drive or walk through moving water.
- Do not "sightsee" or enter restricted areas.
- Stay away from streams, rivers, flood control channels and other areas subject to sudden flooding.
- Move to higher ground if you're caught by rising waters.
- Abandon your car immediately if it stalls. Seek higher

ground. Attempts to move stalled vehicles have caused many deaths.

- Listen to the radio or watch television for information and instructions.
- Use the phone only to report dangerous conditions or emergencies that are life threatening. Report damaged utilities to the appropriate agencies.

After the Storm

- Listen to the radio or watch television for information and instructions from local officials.
- Call your utility companies to restore service.
- Do not use fresh or canned foods that have come in contact with flood waters.
- Follow the instructions of local officials regarding the safety of drinking water. Boil or purify water if you're in doubt. Pump out wells and test the water before drinking.
- Avoid going into disaster areas.
- Stay away from live electrical equipment in wet areas. Check electrical equipment or appliances that come in contact with water before using them.
- Maintain a safe distance from downed power lines and broken gas lines; immediately report them to the appropriate utility.
- Use flashlights, rather than lanterns, candles or matches, to check on the condition of buildings. Flammables may be present.

Flood Insurance

Damage and other flooding losses are not covered by most homeowner's insurance policies. However, the Federal Emergency Management Agency (FEMA) offers special flood insurance through its National Flood Insurance Program. Contact your insurance agent or call FEMA at (800) 638-6620 for more information.

Extracted and adapted from "Be Winter Wise," published by the California Governor's Office of Emergency Services, and "Be Flood Aware," published by the Los Angeles County Department of Public Works.

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ESP FOCUS

Landslides



The ground can move without a quake!

When most Californians think about ground movement, they probably envision images of the ground below them moving from side to side, or up and down, during an earthquake.

After large-scale wildfires, areas left barren of grasses, plants, shrubs and trees are vulnerable to landslides through sliding, falling and flowing soil, rock, mud, brush and trees, particularly during and after heavy rains. Therefore, it's important that residents of steep hillsides and canyons prepare for slides.

Slow-moving landslides can cause significant property damage, but they usually don't cause any deaths. Mudslides, however, are much more dangerous. According to the California Department of Conservation, mudslides can easily exceed speeds of 10 miles per hour and often flow at rates of more than 20 mph. Because mudslides travel much faster than landslides do, they can cause deaths, injuries and significant property damage.

Wherever you live, work or play, use the recommendations on the reverse side of this Focus Sheet to help reduce your risk of death, injury and property losses from landslides, mudslides and other types of ground failure.

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FEBRUARY

Before the Landslide

You can reduce the potential impacts of land movement by taking steps to remove yourself from harm's way:

- Assume that burn areas and canyon, hillside, mountain and other steep areas are vulnerable to landslides and mudslides.
- Build away from steep slopes.
- Build away from the bottoms or mouths of steep ravines and drainage facilities.
- Consult with a soil engineer or an engineering geologist to minimize the potential impacts of landslides.
- Develop a family plan that includes:
 - Out-of-state contact
 - Place to reunite if family members are separated
 - Routes to evacuate
 - Locations of utility shut-offs
- Store the following emergency supplies:
 - Food
 - Water
 - First aid kit
 - Flashlights and batteries
 - Battery-operated radios
 - Special medications/eye care products
- Store an evacuation kit that includes:
 - Cash (small bills and change)
 - Important documents
 - Birth certificates
 - Insurance policies
 - Marriage certificates
 - Mortgage documents
 - Irreplaceable objects
 - Games, toys for children
- Purchase supplies to protect your home:
 - Hammer
 - Nails
 - Plywood
 - Rain gauge
 - Sand
 - Sandbags
 - Shovel
- Limit the height of plants near buildings to 18 inches.
- Use fire-retardant plants and bushes to replace chaparral and highly combustible vegetation.
- Water landscape to promote early growth.
- Eliminate litter and dead and dry vegetation.
- Inspect slopes for increases in cracks, holes and other changes.
- Contact your local public works department for information on protection measures.

When it Rains

- Monitor the amount of rain during intense storms. More than three to four inches of rain per day, or 1/2-inch per hour, have been known to trigger mudslides.
- Look for geological changes near your home:
 - New springs
 - Cracked snow, ice, soil or rocks
 - Bulging slopes
 - New holes or bare spots on hillsides
 - Tilted trees
 - Muddy waters
- Listen to the radio or watch television for information and instructions from local officials.
- Prepare to evacuate if requested to do so.
- Respect the power of the potential mudslide. Remember, mudslides move quickly, can cause damage and kill.
- Prioritize protection measures:
 - Make your health and safety and that of family members the number one priority.
 - Make your home the number two priority.
 - Make pools, spas, patios and other elements the next priority.
- Implement protection measures when necessary:
 - Place sandbags
 - Board up windows and doors

Key Considerations

- Use permanent measures, rather than sandbags, if possible.
- Deflect, rather than stop or dam, debris.
- Use solutions that do not create problems for your neighbors.

Extracted and adapted from the Los Angeles County Department of Public Works publication "Homeowners Guide for Flood, Debris and Erosion Control" and the California Department of Conservation publications "Hazards from Mudslides—Debris Avalanches and Debris Flows in Hillside and Wildfire Areas" and "Landslide Facts."

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ESP FOCUS

Tsunamis



You don't want to surf these waves!

Contrary to popular belief, a tsunami isn't one giant wave. It is a series of waves most commonly generated by an earthquake below the ocean floor. Ocean landslides offshore also can cause tsunamis.

Tsunamis can travel at speeds up to 600 miles per hour in the open sea and reach heights of up to 100 feet in shallow coastal waters. Usually, however, tsunamis that cause damage average nine to 10 feet in height and peak in the 21-45 foot range. The first wave almost never is the highest.

Waves might continue to arrive for several hours, with several hours passing between each wave. In fact, the dozen residents of Crescent City who died as a result of the 1964 tsunami were killed when they went to the ocean to see the impacts of the earlier waves and a subsequent wave struck.

The time it takes for the waves to reach their destinations depends on where the earthquake occurs. A tsunami caused by an earthquake a few miles off the coast is called a "near field" or "locally generated" tsunami. Residents of coastal communities probably will feel such an earthquake. The first wave might reach shore in only a few minutes.

Wherever you live, work or play, use the information on the reverse side of this *Focus Sheet* to learn more about the tsunami threat in Southern California and what to do if a tsunami occurs or if a tsunami watch or warning is issued.

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M A R C H

The Threat in California

Tsunamis caused by large earthquakes centered near Alaska and other distant parts of the Pacific Ocean are called "far field" or "distant source" tsunamis. The first waves from these events take several hours to reach the California coastline.

More than a dozen tsunamis with waves three feet high or more have struck California since 1812. Six caused damage. The tsunami generated by the 1964 Alaskan earthquake killed a dozen Crescent City residents and caused more than \$34 million in damages.

The tsunami risk is greater along the north coast than in Southern California because more faults capable of generating tsunamis lie off the coast of Northern California. The threat in Northern California also is higher because of its proximity to Alaska, where most tsunamis that are damaging to California originate.

Southern California is not immune from the threat, however. Three tsunamis flooded Santa Barbara during the 1800s; a tsunami resulting from a Chilean earthquake damaged the pier in San Diego Harbor in 1960; and one-foot waves resulting from the 1992 Cape Mendocino earthquake were detected near Santa Barbara.

Before the Next Tsunami or Warning

- Learn what tsunami warning signs mean.
- Determine whether you live in a danger zone, the elevation of your home and how far it is from the coast.
- Ask local emergency officials or your planning department what areas are susceptible to the impacts of a tsunami. Learn evacuation routes that are safe.
- Develop or update your family's emergency plan. If you live within a couple miles of the coast, identify a location to go to if a tsunami strikes. The location should be at least two miles inland or 100 feet above sea level.
- Assemble an emergency supply kit if you haven't done so. Include a portable radio.
- Identify a friend or relative living in another state as your "family contact."
- Learn first aid.
- Teach family members how and when to turn off the utilities.
- Start or join a neighborhood emergency response team.

During and After the Tsunami or Tsunami Watch

- If you feel an earthquake, duck, cover and hold until the shaking stops. Count how long the shaking lasts. If severe shaking lasts 20 seconds or more, a tsunami might follow.
- Move inland two miles or to land that is at least 100 feet above sea level immediately. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.
- Stay away from coastal or low-lying areas. Waves might continue for several hours and travel several times faster than you can walk, run or drive.
- Use common sense. Do not endanger yourself by trying to surf a tsunami. Because they are not like regular waves, they are impossible to surf. They are much faster, higher and can come onshore filled with debris.
- Follow any evacuation notices.
- Listen to the radio or watch television for emergency information and instructions about re-entry from local officials.

Contact your local office of emergency services for more information about preparing for tsunamis.

Extracted and adapted from "Tsunami! How to Survive This Hazard on California's North Coast," Humboldt Earthquake Education Center, Humboldt State University, Arcata, CA; Other sources included the FEMA publication "Are You Ready? Your guide to disaster preparedness."

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ESP FOCUS

Earthquakes



California is earthquake country!

On average, a damaging earthquake strikes somewhere in California every two years. Since 1987, however, Southern California alone has been hit by at least nine damaging quakes.

Seismologists believe that a major earthquake—magnitude 7 or larger—is likely to occur somewhere in Southern California within the next 30 years.

Because the San Andreas Fault is the longest fault in the region, it produces the largest earthquakes. Scientists estimate that large earthquakes on the San Andreas occur about every 130 years. The largest earthquake on the southern portion of the San Andreas in recorded history occurred in 1857. The fault ruptured all the way from Parkfield in southern Monterey County to Cajon Creek in San Bernardino County. Scientists estimate its magnitude at 7.8.

Recent events have shown that earthquakes on other faults can have considerable impacts. The Northridge earthquake in 1994 caused 57 deaths, more than 9,000 injuries and \$40-42 billion in property losses. Scientists estimate that more than 200 faults in the area are capable of causing an earthquake of magnitude-6 or greater. Most everyone in Southern California lives within 30 miles of one of these faults.

No one knows when or where such a quake will occur, but everyone can reduce their risk of death, injury and property loss in an earthquake by using the recommendations outlined on the reverse side of this Focus Sheet wherever they live, work or play.

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A P R I L

Before the Earthquake

- Update or assemble your emergency supply kit. Include the following supplies:
 - Nonperishable food and drinking water (one gallon per person, per day)
 - Foods for people with special needs (infants, seniors)
 - Additional food, water for pets
 - First aid kit and special medications
 - Flashlights
 - Battery operated radios
 - Extra batteries
 - Sturdy shoes, extra clothing, blankets
 - Sturdy work gloves
 - Emergency cash
 - Adjustable wrench and other tools
 - Whistle
 - Manual can opener
- Choose an out-of-state contact.
- Identify the safe spots in each room:
 - Sturdy desks and tables
 - Interior walls
- Identify hazards in each room:
 - Windows
 - Mirrors
 - Hanging objects
 - Fireplaces
 - Tall unsecured furniture
- Reduce hazards:
 - Check chimney, roof and foundation.
 - Bolt the house to the foundation.
 - Strengthen cripple walls.
 - Brace water heater and other appliances.
 - Secure hazards identified in hazard hunt.
 - Place heavy and breakable objects on lower shelves.
- Hold practice drills.
- Learn first aid and CPR.
- Learn how and when to turn off utilities.

During the Earthquake

- If you're indoors, stay inside. Duck, cover and hold. Avoid windows and outside walls. Do not use elevators.
- If you're outdoors, find an open area. Avoid trees, buildings, walls and power lines.
- If you're driving, pull to the side of the road and stop. Avoid overpasses, signs and other hazards. Stay in the car until the shaking stops.

After the Earthquake

- Check yourself and those around you for injuries.
- Prepare for aftershocks.
- Check for utility problems:
 - Gas leaks
 - Water leaks
 - Broken wiring and sewage lines
- Turn off utilities only if there's damage.
- Check your supplies.
- Use the phone only to advise your "out-of-state" contact of your condition and to report immediate, life-threatening emergencies.
- Check your house for damage.
- Listen to the radio for information and instructions.
- Avoid unnecessary driving.
- Leave a written message indicating where you are headed and your physical condition if you evacuate your home, work place or car.

Extracted and adapted from "Ready to Ride It Out?," California Governor's Office of Emergency Services.

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ESP FOCUS

Africanized Honey Bees



You could be stung by Mother Nature!

In addition to the earthquakes, fires and winter storms that have occurred in Southern California during the past decade, Mother Nature has introduced a new threat - Africanized Honey Bees.

The bees first appeared in the United States in Texas in 1990. Since then, they have migrated to other southwestern states. Their presence in California was first confirmed in October 1994.

As of late November 2000, Africanized Honey Bees have colonized a 48,900-square mile area of Southern California. The colonized area includes all or parts of Imperial, Kern, Los Angeles, Orange, Riverside, San Bernardino, San Diego and Ventura counties.

Because Africanized Honey Bees attack in larger swarms than their European cousins, multiple stings are the rule, rather than the exception.

Wherever you live, work or play, use the recommendations on the reverse side of this Focus Sheet to help reduce your risk of death and injury from Africanized Honey Bee stings.

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M A Y

Fact vs. Fiction

In many ways, Africanized Honey Bees and European Honey Bees are similar. Both:

- Have the same appearance
- Sting only once
- Have the same venom

Africanized Honey Bees also have their own characteristics. They:

- Are more aggressive
- Guard a larger area around their hives
- Become upset more easily by humans, machinery and loud noises
- Respond faster and in larger swarms
- Chase threatening humans and animals for as much as a quarter mile.

Nest Sites

Africanized Honey Bees are not choosy about where they settle. Likely nesting sites include:

- Abandoned or rarely used vehicles
- Empty containers
- Places and objects with holes
- Fences
- Old tires
- Trees
- In or around structures
- Garages
- Outbuildings
- Sheds

Creating a Safer Environment

To make your environment safer and reduce your risk of a sting:

- Teach children to use caution and respect all bees.
- Teach children to notify a teacher or adult if they find a nest or swarm.
- Eliminate all potential nesting sites.
- Check walls and eaves of all structures.
- Close off wall, chimney and plumbing-related gaps that are more than 1/8 inch large
- Cover rain spouts, vents, etc. with 1/8" hardware cloth.
- Watch for regular entrance and exit routes used by swarms during spring, summer and fall.
- Meet with neighbors to discuss the threat by Africanized Honey Bees and to increase community preparedness.
- Put together safety plans for your home and place of work.

Avoiding an Attack

Reduce your chances of being stung by taking precautions:

- Check work areas, yards, pens and other buildings before using power equipment
- Call a pest control company or emergency response agency to handle nests or swarms.
- Remain alert for bees while participating in outdoor sports, games and other activities.
- Walk away and stay away if you find a swarm or nest.

Reacting to an Attack

If a swarm of bees attacks:

- Run away in a straight line for at least one-half mile if shelter is unavailable. Cover your face and eyes with a jacket and hide in a car or house if a bee or swarm begins to chase you.
- Find a safe area as soon as possible.
- Do not jump into water.

Treating Stings

If a bee or bees sting you:

- Remove the stinger quickly; scrape it out with a fingernail, knife blade or credit card; **do not** release more venom by squeezing the stinger.
- Wash the affected area with soap and water.
- Apply a cold pack to relieve pain.
- See a doctor if breathing is difficult, you are stung several times or if you are allergic to bee stings.

Extracted and adapted from "Bee Alert: Africanized Honey Bee Facts," published by the Cooperative Extension, University of California Division of Agriculture and Natural Resources.

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ESP FOCUS

Hazardous Materials



Your home can become a hazmat site!

Perhaps you've been stuck in traffic on the freeway or watched on television as local responders have worked to remove oil, acid or other hazardous materials that had been spilled. Such incidents can affect hundreds, if not thousands, of people.

The Seacliff train derailment in 1992 closed Highway 101, cutting off the main access from Ventura to Santa Barbara and forcing the evacuation of more than 300 residents of Seacliff, La Conchita and Mussel Shores for six days. In February 1996, a five-car train carrying dangerous chemicals derailed in San Bernardino County's Cajon Pass and caught fire. About 100 patrons of two nearby gas stations, a motel and a restaurant were voluntarily evacuated.

Hazardous materials aren't restricted to the highway, local refinery or manufacturing firm. Motor oil, paint, pool chemicals and other common household products could make your home a potential site for a mini hazardous materials (hazmat) incident, particularly in an earthquake. Strong ground shaking could topple and break bottles and cans containing hazardous materials.

Use the information on the reverse side of this *Focus Sheet* to identify common household products that pose a danger and how to handle and dispose of them wherever you live, work or play.

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J U N E

Hazardous Household Products

Hazardous products and substances are classified into four categories based on the property or properties they exhibit **Corrosive** substances or vapors deteriorate or irreversibly damage body tissues with which they come in contact and erode the surface of other materials. **Flammable** substances are capable of burning in the air at any temperature. **Toxic** substances may poison, injure or be lethal when they are eaten, absorbed through the mouth and stomach, absorbed through the skin or inhaled into the lungs. **Reactive** substances can produce toxic vapors or explode when they react with air, water or other substances.

Corrosive Products

Abrasive cleaners, scouring powders*
Ammonia, bleach-based cleaners*
Car batteries
Chlorine bleach
Disinfectant and oven cleaners*
Drain openers and cleaners*
Glass and window cleaners*
Photographic and pool chemicals*
Rug and upholstery cleaners**
Toilet bowl cleaners**

Gasoline and diesel fuel*
Hair spray, deodorants
Kerosene*
Motor oil* and transmission fluid*
Paints and primers*
Rug and upholstery cleaners**
Rust paints*
Solvent-based glues*
Solvents for cleaning firearms*
Spot removers*
Stains and varnishes**
Wood preservatives

Drugs, medicines, pharmaceuticals
Fungicides, herbicides, weed killers
Insecticides
Latex, oil or water-based paints
Mothballs
Nail polish and nail polish remover
Pet products, flea collars, flea sprays
Rat, mouse, snail and slug poisons
Roach and ant killers

* *chemical also contains toxic properties.*
** *chemical also contains flammable and toxic properties.*

Flammable Products

Air fresheners
Coin, floor, furniture or shoe polish*
Enamel or oil-based paints*
Engine cleaners and degreasers*
Furniture and paint strippers*

Toxic Products

Antifreeze
Artist and model paints
Batteries
Car wax containing solvents
Chemical fertilizers

Avoid mixing chemical products or cleaners. Mixing chemical products or cleaners can cause toxic or poisonous reactions.

Alternative cleaning Products

Several non-hazardous materials are available for use in cleaning carpets, dishes, upholstery, windows and other items, deodorizing sinks, as well as removing rust and stains. They include ammonia, baking soda, cornstarch, lemon juice, soap and water, steel wool and vinegar.

Buying Household Products

Consider the following tips when you buy household products:

- Read directions and health warnings.
- Look for the least-hazardous product.
- Purchase child-resistant substances.
- Use multipurpose cleaners.
- Buy only what you need.

Storing Household Products

Consider the following tips when you store household products:

- Use original containers for storage.
- Regularly check containers for wear and tear.
- Use larger, clearly marked containers to store leaking packages.
- Store materials in a cool, dry place.
- Separate incompatible products.

Using household products

Keep in mind the acronym **LIES**:

- L**imit amount of materials stored.
- I**solate the products in enclosed cabinets and keep containers tightly covered.
- E**liminate unused or unneeded supplies.
- S**eparate incompatible materials.

Also do the following when you use household products:

- Note and post the number of the local poison control center.
- Read and follow directions carefully.

- Use only the amount indicated.
- Avoid mixing chemical products or cleaners.
- Avoid splashing.
- Wear protective clothing, a dust mask and safety glasses.
- Work in well-ventilated areas.
- Take frequent breaks for fresh air.
- Keep away from children, expectant mothers.

Disposing Household Products

There are several ways you can dispose of hazardous household products. Options include using the entire supply, recycling unused portions, taking unused supplies to a household collection event and donating unused supplies to photo shops, local swimming pools, etc.

Extracted and adapted from "Hazardous Household Products: A Guide to the Disposal of Hazardous Household Products and the Use of Non-Hazardous Alternatives," California Department of Health Services, Toxic Substances Control Program.

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ESP FOCUS

Bomb Threats



You may receive a strange call or package!

Every day, it seems as though there is at least one story in the newspaper about law enforcement agencies finding a pipe bomb or another type of explosive device at a government building, a business or another location.

How well would you react if you discovered a strange object at your workplace, received a bomb threat over the phone or received a suspicious package in the mail?

The reverse side of this *Focus Sheet* offers information to help prepare you, coworkers and friends to respond effectively if you encounter such a threat wherever you live, work or play.

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Before the Bomb Threat

Prepare family members, friends and coworkers by taking the following actions:

- Review your company's procedure for dealing with bomb threats. Work with the appropriate personnel to establish a policy or procedure if one does not exist.
- Establish an emergency response team.
- Identify assignments for each team member.
- Canvass work areas to become familiar with objects that are normally in work areas.
- Establish a signal that receptionists and others who answer phones can use to indicate that they're receiving a threat.
- Develop a Bomb Threat Checklist for documentation purposes.
- Identify all evacuation routes.
- Conduct practice drills to test the response of employees and team members.

When You Receive a Phone Threat

- Remain calm and keep the caller on the line as long as possible.
- Be courteous and do not interrupt the caller.
- Signal a coworker to indicate that you have received a bomb threat. The coworker should notify your security officer and local law enforcement agency immediately.
- Advise the caller that the building is occupied and innocent persons could be killed or injured.
- Ask the caller to repeat the message.

After You Receive a Threat

- Remain calm. Go to a quiet place. Do not talk to anyone. Write down all the information you remember. Use the bomb threat worksheet. Turn over all information to your security officer or supervisor.
- Consider any object that does not belong in the area as a suspicious object.
- Ask employees to look for suspicious objects in their immediate work areas.
- Check the safety of evacuation routes.

If You Locate a Suspicious Package

- Get a good description
 - Size
 - Color
 - Markings
 - Noises made (e.g. ticking)
- Provide exact location
 - Building
 - Floor
 - Room number
 - Location of the room

- If you're at work, call your supervisor or security officer and report the location of the object.
- If you're at home, contact your local law enforcement agency.
- Do not touch, move or open the object.
- Look for possible owners.
- Prepare for possible evacuation.
- Do not use a walkie-talkie radio. Radio transmissions could detonate the device.

If You Receive Suspicious Mail

- Avoid handling the object.
- If you're at work, notify your supervisor or security officer and remind him or her to preserve evidence for law enforcement agencies.

Tape the checklist below near your phone and use it to guide you if you receive a bomb threat.

Remain calm. Listen carefully. Obtain the following information:	
Date of call:	Time of call:
Location of bomb:	
Description: ----- -----	
Kind of bomb:	
Time bomb will go off:	
Motive:	
Name of caller or affiliation:	
Voice pattern:	
Background noises:	
Report the above information immediately to your supervisor or security officer.	

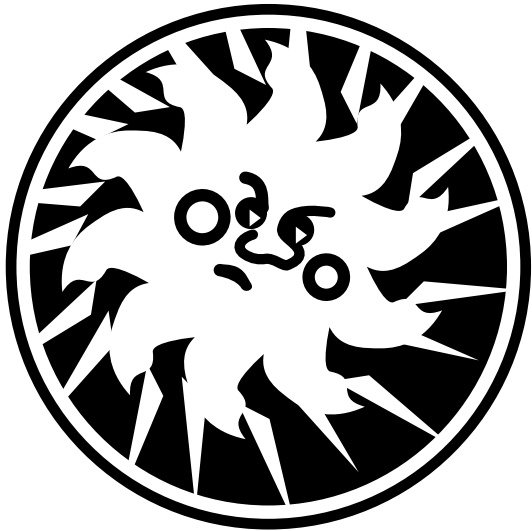
GETTING IT DONE IN 2001 PREPARING FOR ALL HAZARDS



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ESP FOCUS

Heat Wave



It can get too hot!

During an average summer, some 200 people across the country die due to heat injuries from exposure to high summer temperatures.

Clearly, heat can be a force, particularly in Southern California, where temperatures exceeding 100 degrees in the suburban valleys and 110 degrees in the low desert areas are not uncommon during the summer and fall. In the summer of 1999, high temperatures in the desert and mountain areas of Imperial and San Diego counties claimed the lives of at least 29 people.

Heat-wave emergencies can strike very quickly. In 1995, for example, the city of Chicago's medical examiner received reports regarding the first heat-related fatalities at 9 p.m. on a Friday night. By 8 a.m. the following morning, an additional 87 people had died. These deaths were caused directly by the heat. It's uncertain, however, how many more people with heart conditions died sooner because of the heat.

Exposure to sunlight is a mixed blessing. Although sun is necessary for life, exposure to ultraviolet (UV) radiation is potentially dangerous and can damage the skin. Varied burns result from prolonged exposure to UV rays, but some people also may burn from very little exposure. UV rays can significantly keep the skin from compensating for the excess heat.

Overexposure to heat or excessive exercise in the heat also can cause other injuries. The severity of such injuries increases with age; heat cramps in a younger person may be heat exhaustion in a middle-aged person, but may be heatstroke in an elderly person. This occurs because the person has not adapted to the heat and is unable to adjust to the changes in the body.

The reverse side of this *Focus Sheet* offers recommendations designed to help you avoid heat-related death and injury wherever you live, work or play.

Each month, ESP will examine a different hazard that could affect Californians and offer suggestions on how to reduce its impacts. These hazards are not limited to the month featured in the ESP Focus Sheet and can occur at any time.

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A U G U S T

Heat Conditions, Symptoms and First Aid

What you might see in a heat injury

1. Sunburn is usually a first-degree burn that involves just the outer surface of the skin. Symptoms include redness and pain. Severe cases may cause swelling, blisters, fever of 102 degrees or above and headaches.

First Aid: Use ointments, as well as cool baths or compresses, for less severe cases. Don't break the blisters; if blisters do break, use a dry germ-free dressing. In severe cases consult a physician. Drink plenty of water.

2. Heat cramps often are related to dehydration. Symptoms include increased sweating with painful muscle spasms of the arms, legs and occasionally the abdomen.

First Aid: Remove the victim from the hot environment. Apply pressure on or gently massage the spastic muscles to relieve spasms.

3. Heat exhaustion is the inability to sweat enough to cool yourself. Symptoms include fatigue, weakness, dizziness, nausea or vomiting as well as cold, clammy, pale, red or flushed skin. A marked body temperature rise will not occur.

First Aid: Remove the victim from the heat. Lay the victim down and loosen the clothing. Apply cold compresses and cool the body by fanning the victim or placing the victim in a cool environment. Consult a physician if vomiting continues.

4. Heatstroke occurs when the body stops sweating but the body temperature continues to rise. Symptoms include visual disturbances, headache, nausea, vomiting, confusion and, as the condition progresses, delirium or unconsciousness. The skin will be hot, dry, red or flushed even under the armpits. This condition is a severe medical emergency that could be fatal.

First Aid: Consult a physician immediately or call 9-1-1. Remove clothing and place victim in a cool environment, sponge the body with cool water or place the victim in a cool bath. Continue the process until temperature decreases. DO NOT PROVIDE FLUIDS to an unconscious victim.

Preventing Heat Injuries

What you can do to prevent heat injuries

- Avoid the sun from 10:00 a.m. to 3:00 p.m. when the burning rays are strongest.
- Reduce physical activity.
- Wear a wide-brimmed hat and light colored, lightweight, loose-fitting clothes when you're outdoors. This type of clothing reflects heat and sunlight, which helps you maintain a normal body temperature.
- Avoid sudden changes of temperatures, (i.e., air out a hot car before getting into it).
- Avoid hot, heavy meals that include proteins. They increase your metabolism and water loss, and raise your body's natural way of cooling.
- Set your air conditioning thermostat between 75 and 80 degrees. If you don't have an air conditioner, take a cool bath or shower twice a day and visit air-conditioned public spaces during the hottest hours of the day.
- Drink plenty of fluids even if you aren't thirsty. Eight to 10 glasses of water a day are recommended. Drink even more if you are exercising or working in hot weather.
- Do not drink alcohol or caffeine since they are diuretics (i.e., promote water loss).
- Use a sunscreen with a sun protection factor (SPF) of at least 15 if you need to go out in the sun.

Extracted and adapted from "Heat Illness Prevention," American College of Sports Medicine, Indianapolis, IN.

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ESP FOCUS

Volcanoes



Volcanoes are a part of our environment!

Volcanic eruptions are not as common as earthquakes in California, but, like earthquakes, they have played a significant role in shaping the landscape along the eastern Sierra Nevada range.

Scientists estimate that eruptions have occurred in the area for nearly four million years and that two volcanic systems—the Long Valley Caldera and the Mono-Inyo Craters volcanic chain—are responsible for most of the activity.

Long Valley Caldera is a large depression in the earth located about 12-1/2 miles south of Mono Lake. The caldera stretches over 450 square kilometers or about 175 square miles. The caldera was formed approximately 760,000 years ago as the result of an eruption that spewed molten rock, or magma, and sent airborne ash as far away as what is now Nebraska. Scientists estimate that eruptions from the caldera have occurred approximately every 200,000 years since then. They believe that the last caldera eruption occurred about 100,000 years ago.

Mammoth Mountain, the Mono Craters and Inyo Craters also owe their existence to volcanic activity in the Mono-Inyo Volcanic Crater chain. Scientists believe volcanic activity in the chain began 60,000 to 400,000 years ago. They estimate that much smaller eruptions in the vents along the chain occur every 250 to 700 years, with the two most recent occurring about 250 and 500 years ago.

The reverse side of this *Focus Sheet* features information about the volcanic history in the area, current monitoring efforts and the meaning of threat classifications issued by the United States Geological Survey (USGS). Use this information to reduce your risk of injury wherever you live, work or play.

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S E P T E M B E R

Recent Events: Cause for Concern?

Seismic activity in the past two decades has centered in the area near Mammoth Lakes. A series of four temblors in the magnitude-6 range shook the area in 1980, attracting the interest of the USGS.

Since then, between 10 and 20 earthquakes with magnitudes of less than magnitude-3 have struck the area on an average day. On a few occasions swarms with an earthquake in the magnitude 4 and 5 range have occurred in the area.

In 1980, USGS scientists discovered about a one-foot rise in the dome at the center of the caldera caused by rising magma. Since then, the dome has risen about another foot over a 100-square-mile area.

Scientists also discovered high concentrations of carbon dioxide at the southwestern edge of the caldera in 1990. The gas emissions have been linked to the killing of pine, fir and other cone-bearing trees.

The USGS considers a future eruption in the Inyo-Mono volcanic chain more likely than one in the caldera. It estimates the yearly odds of such an eruption as similar to the annual probability of a magnitude-8 earthquake on the San Andreas Fault in Central California—less than one per cent. However, during periods of moderate to strong unrest such as earthquake swarms, the odds increase significantly.

What Status Designations Mean

Until recently, the USGS used a series of letters from A to E to indicate the level of potential threat. E-Status represented “weak” unrest, and A-Status represented a likely eruption.

To alleviate confusion among the media and the public, the USGS in 1997 began using color-coded designations to describe unrest in the area. Following is a summary of what each color signifies:

Condition **green** signifies “weak,” “minor” and “moderate” unrest. Events in these designations range from an increase in small earthquakes or a quake larger than magnitude-3 to a magnitude-4 event or a total of more than 300 quakes in a single day. The USGS might issue status green designations several times per year, but the occurrence of the aforementioned events poses no immediate danger to the public.

One or more magnitude-5 events or the detection of deep magma movement through ground deformation indicates “intense unrest” and triggers condition **yellow**. Under such circumstances, the USGS will increase monitoring and issue a “watch” to the Governor’s Office of Emergency Services. OES will notify local authorities. A watch is expected to occur about once every 10 years.

The detection of magma movement at shallow depths triggers condition **orange** and indicates that an eruption is likely. The USGS will issue a Geologic Hazards Warning to the governors of California and Nevada, as well as others charged with advising the public.

Condition **red** indicates an actual eruption. The USGS estimates such an alert will be issued once every few centuries.

What to Do Before, During and After

Before

- Learn the meanings of designations issued by the USGS and other agencies.
- Discuss response and evacuation plans with local officials and family members.
- Update emergency kits. Include dust masks.

During

- Listen to the radio or watch television for instructions and information.
- Cooperate fully with local officials.
- Avoid the volcano site.
- Stay upwind from the volcano.
- Watch for flying rocks and mudflows if there’s an eruption.
- Unless roof collapse is likely, stay indoors if ash is falling.

After

- Avoid driving in heavy dust.
- Eliminate heavy ash and dust from rooftops and rain gutters.

Sources included the USGS web page, the USGS fact sheet “Reducing the Risk of Volcanic Hazards” and the FEMA publication “Are You Ready? Your guide to disaster preparedness.”

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ESP FOCUS

Wildfires



That dry brush is waiting to burn!

The warm, dry climate that has attracted millions of people to California brings with it the potential for disaster each summer and fall.

Several times since 1982, wildfires in California have resulted in either gubernatorial proclamations of a state of emergency or presidential declarations of a major disaster.

Among the worst years in state history was 1993. Twenty-one separate fires raged in Los Angeles, Orange, Riverside, San Bernardino, San Diego and Ventura counties. Between October 26 and November 7, the blazes caused four deaths and 162 injuries, destroyed more than 1,200 structures and consumed almost 200,000 acres.

To bring the blazes under control and prevent additional losses, more than 15,000 firefighters were deployed in the largest mutual-aid call-out in California history.

Wherever you live, work or play, use the reverse side of this *Focus Sheet* to help you reduce your risk to wildfires.

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OCTOBER

Make Your Environment Safer

Reduce your risk of fire-related death injury or property damage by conducting a fire hazard hunt. Take the following steps to make the environment outside and inside your home safer:

Outside Your Home

- Clear dry grass, brush and leaves as required by local regulation. Use ice plants and other fire-resistant plants to landscape.
- Clear all debris from the roof, gutters and spouts.
- Remove dead limbs located over roofs and all limbs within 10 feet of chimneys.
- Prune the lower limbs within six feet of the ground on all trees 18 feet high or taller to keep ground fires from spreading to trees.
- Thin out heavily wooded areas.
- Remove weak, dead and leaning trees.
- Vary the heights of plants, shrubs and trees and provide adequate spacing between them.
- Relocate firewood at least 30 feet from all structures and 10 feet from vegetation.
- Keep plants, shrubs and trees away from power lines.
- Keep gas and propane tanks at least 30 feet from all structures and 10 feet from hazards.
- Replace wood shake and other combustible roofing materials with noncombustible materials.
- Cover chimneys and stovepipes with non-flammable screens with mesh 1/2 inch or less.
- Box and enclose roof eaves that extend beyond the exterior walls.
- Cover all attic and ridge vents with non-flammable 1/2-inch mesh screens.
- Make sure the number of your house is clearly visible at the curb side.

Inside Your Home

Smoke detectors

- Make sure smoke detectors are made and certified by an approved lab.
- Install smoke detectors on ceilings inside each bedroom and in the hallway on every level.
- Test detectors at least once per month.
- Change batteries every six months.

Fire Extinguishers

- Ensure that fire extinguishers are approved by an independent testing lab.
- Place fire extinguishers in easily accessible locations.
- Teach responsible family members where they are located and how to use them.
- Remember, the word **P-A-S-S** when using the extinguisher:
 - P**ull the pin.
 - A**im the nozzle at the base of the fire.
 - S**queeze the trigger.
 - S**weep the chemical side-to-side to extinguish the fire.

Plan for Evacuation

- Develop and practice an evacuation plan for your home. Your plan should include:
 - A floor plan with all escape routes.
 - Easily accessible exits for young children, seniors and persons with disabilities. (Locate their rooms as close to exits as possible).
 - A list of valuables to take in an emergency. (Store them together in one location if possible.)
 - A place to reunite after evacuation.
 - The location of animal shelters or other sites that house pets.
 - Practice drills.
- Work with neighbors to assist:
 - People with special needs.
 - People who need transportation to other sites.
- Work with local emergency officials to identify:
 - Several routes out of your neighborhood.
 - Likely evacuation sites.

What to Do When a Fire Occurs

If a fire occurs while you're inside, remember the following:

- Call 9-1-1; tell the dispatcher where you are.
- Feel the top and bottom of the door with the back of your hand before exiting. Cautiously open the door if it's cool. Do not exit if the door is hot. Try your alternate exit instead. Repeat this step at every closed door.
- Close doors behind you when evacuating to slow down flames, smoke and heat.
- Help young children, seniors and persons with disabilities evacuate.
- Close the door and stay in the room if fire, smoke or heat are blocking both escape routes.
- Keep smoke and fumes out by stuffing cracks around doors and vents with sheets, blankets, etc.
- Open a window if no smoke is entering the room; place a sheet or cloth outside to signal for help.

Sources included the California Department of Fire Protection publication "Fire Safe—Inside and Out."

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ESP FOCUS

Windstorms
Tornadoes



You don't want to be blown away!

High winds, particularly the hot, dry Santa Ana winds that visit Southern California every fall, are another force of nature with which residents must reckon.

High winds can cause structural and nonstructural damage, down power lines and increase the risk of wildfire. In some isolated canyon areas, Santa Ana gusts can reach speeds of more than 100 miles per hour, increasing the threat.

Although tornadoes are more common in midwestern and southern states such as Iowa, Kansas and Texas, Southern California is not immune.

The region averages about 20 tornadoes or water spouts per year. According to the National Weather Service, tornadoes usually occur along the coast during the cold of winter, but they can occur during the summer.

Wherever you live, work or play, use the recommendations on the reverse side of this *Focus Sheet* to help reduce your risk of death, injury and property losses from high winds and tornadoes.

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N O V E M B E R

Before a Windstorm or Tornado

Take the following actions to reduce your risk of death, injury and property damage:

- Develop an emergency plan for your family. It should include:
 - Name, address and phone number of an out-of-state contact
 - Location of safe spots:
 - Basements Storm cellars
 - Lower-level closets Lower-level hallways
 - Sturdy desks or tables on lower floors
 - Location of danger spots:
 - Windows Doors
 - Location of emergency shelter or place where family members can reunite
 - Plans for placing pets if family members evacuate
- Check and update emergency supply kits.
- Locate utility shut-offs:
 - Electricity Gas Water
- Teach responsible family members when and how to turn off utilities
- Learn first aid and CPR
- Inventory documents and valuable possessions. Store them in a safe deposit box or another safe location
- Work with representatives from local government and the American Red Cross to identify possible shelter sites
- Check your home and roof for compliance with local building codes
- Secure antennas, satellite dishes and other roof fixtures.
- Install storm shutters or board windows with 5/8" exterior plywood.
- Trim tree branches in contact with or near the roof and other parts of your home.
- Conduct practice and evacuation drills.
- Make sure your gas tank is full. Power outages might make fuel pumps unusable.

Before or During a Watch or Warning

- Listen to an Emergency Alert System (EAS) radio or television station and/or purchase a weather alert radio.

During the Windstorm or Tornado

Take the following actions to reduce the risk of injury:

- Evaluate the impact of the winds on the fire hazard in your area
- Go indoors. Avoid areas near windows and doors. Take cover under sturdy desks or tables located in an interior room on the lowest floor of your home. Protect your head and neck with your arms. Interior rooms include:
 - Bathrooms with no windows
 - Closets
 - Hallways

- Avoid using elevators. High winds may cause a power outage
- If outdoors, get away from trees, walls, signs, power lines and other objects that could fall and injure you
- Listen to the radio or watch television for information and instructions from local officials
- Use the phone only to report life-threatening emergencies or damage to local officials
- Review emergency and evacuation procedures with family members, including:
 - Shelter site or meeting place
 - Out-of-state contact
- Prepare to evacuate if asked to do so by local emergency officials
- Drive only in a life-threatening emergency
- Avoid disaster areas
- Cooperate fully with local emergency officials

After the Windstorm or Tornado

- Check yourself and family members for injuries. Treat those with minor injuries. Transport those with major injuries to the emergency room
- Keep family members together
- Discuss what happened with children
- Check for and document damage and hazards:
 - Broken windows
 - Ceilings, roofs, walls
 - Damaged utilities
 - Electricity Gas Water
- Downed or damaged trees
- Downed signs or power lines
- Stay out of obviously damaged buildings.
- Cooperate with local emergency officials.

Sources for this document included the FEMA publications "Tornado Safety Tips" and "Hurricane-floods: Safety Tips for Coastal and Inland Flooding."

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ESP FOCUS

Carbon Monoxide and Radon



Your home may house dangerous gases!

You can't see or smell carbon monoxide, but it can be a serious threat in your home as well as in your automobile. Carbon monoxide, also known as CO, is a colorless and odorless gas. It is produced whenever any fuel such as gas, oil, kerosene, wood or charcoal is burned. Dangerous levels of carbon monoxide can result if appliances are working improperly or are used incorrectly. Even more people are affected by CO produced by idling cars.

Fetuses, infants, the elderly and those with anemia, breathing or heart problems are at increased risk. Carbon monoxide symptoms may include nausea, headaches, dizziness, increased pulse and respiration as well as confusion; severe poisoning can result in brain or heart damage and even death. If you think you may have been exposed to CO poisoning, get fresh air immediately by opening the doors and windows, turn off the suspected appliance and leave the house. Seek immediate medical attention.

Wherever you live, work or play, use the recommendations on the reverse side of this *Focus Sheet* to help reduce your risk of death, injury and property losses from carbon monoxide and radon poisoning.

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D E C E M B E R

Prevention of CO Poisoning

To avoid problems, consider the following **Do's and Don'ts**.

Do's

- Inspect all fuel-burning systems, gas appliances and fireplaces annually.
- Make sure the flues and chimneys are connected, in good condition and not blocked.
- Choose appliances that vent their fumes to the outside. Read and follow all instructions enclosed in any fuel-burning device. Have the appliance properly installed and maintained.

Don'ts

- Charcoal should never be used indoors, even in a fireplace.
- Gas ovens or ranges should never be used to heat a room, even for a short time.
- Gasoline-powered engines (e.g. lawnmowers, chain saws, weed trimmers, etc.) should not be used in enclosed areas.
- Idling the car in the garage should not be done, even if the garage door is open to the outside and if you expect to do it for only a short time.

Carbon monoxide detectors are available on the market, but they have their limitations. If you consider buying a detector, use it as a warning and not as a replacement for the proper use and maintenance of your fuel burning appliances.

Radon

Radon, much like carbon monoxide, is a gas that you can't smell or see. It is a radioactive gas emitted through the natural breakdown of uranium in soil, rock and water. It's also everywhere as part of the natural environment, but usually in insignificant amounts. Since this gas comes to the earth's surface from underground, it may build up to harmful levels in poorly ventilated basements. It enters your home through small spaces and openings such as unsealed crawl spaces, cracks and wall/floor joints in the basement, floor drains, pores in hollow block walls, sump pumps and other plumbing penetrations.

Radon also can seep into ground water and harbor there. Therefore, a radon problem is more likely if your home's water supply comes from a ground water source.

Health Effects from Radon Exposure

Over time, radon can be harmful to your health. As you breathe in the radon in enclosed areas, small amounts of radiation that can damage your lung tissue are released. This damage can eventually cause lung cancer. Lung cancer can result from an annual level of four picocuries per liter of air, which equals smoking 10 cigarettes a day. Smokers are at higher risk of developing radon lung cancer.

What Can You Do?

Fortunately, sealing a home can help reduce radon levels, and radon test kits are available. The key to getting accurate test results, however, depends on your understanding of the ventilation process in your home. Since fresh air dilutes radon, when your home is closed up for winter heating and summer air conditioning, radon starts to build up.

Consider doing the following to obtain the most-accurate radon test results:

- Test during the winter and while the house is occupied. Make sure the home has had some daily activity. Unoccupied homes trap and build up much higher levels of radon than lived-in homes.
- Test for radon in the lowest area of the home such as the basement or, if there is no basement, the first floor. Radon tends to settle in the areas closest to the ground.
- Test your tap water for radon levels if you use a ground water source. This usually requires that a water sample be sent to a laboratory analysis since no home kits are available.

Acceptable Radon Levels

Radon is measured in units of picocuries per liter of air (pCi/L). A home may contain an average of one to two picocuries per liter of air. Levels between four and 20 require some action. You may be able to take care of the problem yourself; however, when this is not possible, you may need to consider the use of a trained professional. Consult with local, county or state government agencies for guidelines when seeking a qualified contractor to assist with a radon problem.

Extracted and adapted from "Protect Your Family and Yourself from Carbon Monoxide Poisoning", EPA, Cincinnati, OH, "Checklist for the Prevention of Carbon Monoxide Poisoning," CDC, Atlanta GA, and "Basic Facts about Radon," EPA, Cincinnati, OH.

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