



**SSan Bernardino County Homeless Partnership**  
**Joint Meeting of Mountain Homeless Provider Network**  
**and Mountain Regional Steering Committee**  
**Monday, December 6, 2021 • 1:30 p.m. to 3:00 p.m.**  
**Via Zoom Teleconference**

This meeting will be conducted pursuant to California Government Code Section

54953(e).

**Teleconference info:** <https://us02web.zoom.us/j/86915965889?pwd=SmpUTlk3aTYzOHROWEFWcG8zUmRuQT09>  
 Dial-in (669) 900-9128 • Meeting ID 869 1596 5889 • Passcode: 348792  
**Please Use Our Digital Sign-in Sheet at:** <https://forms.gle/4mpUhcXuNZFJyhXj9>

**AGENDA**

<b>OPENING REMARKS</b>		<b>PRESENTER</b>
A. Call to Order (3 minutes)		Wendell Wilson / Richard Arnold
B. Welcome and Introductions (5 minutes)		
<b>CONSENT</b>		<b>PRESENTER</b>
C. Approve the minutes from the October 18, 2021 joint meeting of Mountain Homeless Provider Network and Mountain Regional Steering Committee		Wendell Wilson
<b>PRESENTATION</b>		
D. Substance Use Disorders (SUD) and Screening, Assessment, and Referral Center (SARC) programs		Jennifer Alsina, Deputy Director of the Substance Use Disorder and Recovery Services Division for San Bernardino County Department of Behavioral Health
<b>ACTION ITEMS</b>		
E. <b>**none**</b>		
<b>DISCUSSION ITEMS</b>		
F. HHAP (Homeless Housing & Assistance Program) 2		Mountain Homeless Coalition
G. 10-year Homeless Strategic Plan		Mountain Homeless Coalition
H. Member roundtable		Committee members
<b>CLOSING</b>		
I. Public Comment (3 mins)		
J. Adjournment		
Next Meeting:	Mountain Regional Steering Committee will next meet on: Monday, January 3, 2022 - 1:30 pm – 3:00 pm <b>Via Zoom Teleconference (TBA)</b>	

***Mission Statement***

*The Mission of the San Bernardino County Homeless Partnership is to provide a system of care that is inclusive, well planned, coordinated and evaluated and is accessible to all who are homeless and those at-risk of becoming homeless. THE SAN BERNARDINO COUNTY HOMELESS PARTNERSHIP MEETING FACILITY IS ACCESSIBLE TO PERSONS WITH DISABILITIES. IF ASSISTIVE LISTENING DEVICES OR OTHER AUXILIARY AIDS OR SERVICES ARE NEEDED IN ORDER TO PARTICIPATE IN THE PUBLIC MEETING, REQUESTS SHOULD BE MADE THROUGH THE OFFICE OF HOMELESS SERVICES AT LEAST THREE (3) BUSINESS DAYS PRIOR TO THE PARTNERSHIP MEETING. THE OFFICE OF HOMELESS SERVICES TELEPHONE NUMBER IS (909) 386-8297 AND THE OFFICE IS LOCATED AT 303 E. VANDERBILT WAY SAN BERNARDINO, CA 92415.*

<http://www.sbcounty.gov/sbchp/>

AGENDA AND SUPPORTING DOCUMENTATION CAN BE OBTAINED AT 303 E VANDERBILT WAY, SAN BERNARDINO, CA 92415 OR BY EMAIL:  
[HOMELESSRFP@HSS.SBCOUNTY.GOV](mailto:HOMELESSRFP@HSS.SBCOUNTY.GOV) .

**Minutes for San Bernardino County Office of Homeless Services  
Joint meeting of the Mountain Homeless Provider Network (HPN) and  
Mountain Regional Steering Committee (MRSC)**

Date October 18, 2021  
Time: 1:30pm-3:30pm  
Location: Zoom Meeting #: 875 2528 1250

Minutes Recorded and transcribed by: Paul Fournier, Secretary, MHPN and MRSC

OPENING REMARKS	PRESENTER	ACTION/OUTCOME
<p>Call to Order Welcome and Introductions</p>	<p>Wendell Wilson</p>	<ul style="list-style-type: none"> <li>• The meeting was called to order at 1:35 p.m. by Wendell Wilson.</li> <li>• This meeting was conducted via teleconference pursuant to the provisions of Governor Newsom’s executive order N-29-20 dated march 17, 2020, which suspends certain requirements of the Ralph M. Brown Act in response to the COVID-19 emergency.*</li> <li>• Attendees were welcomed and roll call of members was taken</li> </ul> <p>Attendance (QUORUM PRESENT)</p> <p>MRSC Voting Members Present:</p> <ul style="list-style-type: none"> <li>▪ Wendell Wilson – Mountain Homeless Coalition</li> <li>▪ Paul Fournier – Mountain Help</li> <li>▪ Sue O’Strander – City of Big Bear Lake</li> <li>▪ Tristin Alfred – DBH HOST team</li> <li>▪ Shonda Szabo – Bear Valley Unified School District</li> <li>▪ Quinton Page – DOVES</li> <li>▪ Carol Kinzel – Rim Communities Resource Network</li> <li>▪ Abby Savich – Mountains Community Hospital</li> </ul> <p>MRSC Voting Members Absent:</p> <ul style="list-style-type: none"> <li>▪ Richard Arnold – City Rep</li> <li>▪ Aaron Scullin – Rim Family Services</li> </ul>
<b>CONSENT ITEMS</b>		
<p>Minutes of September 13, 2021</p>		<p>Quinton Page moved to approve the minutes of the September 13, 2021 meeting. Seconded by Shonda Szabo. Approved.</p>
<b>PRESENTATION</b>		
<p>Red Cross Disaster Preparedness</p>	<p>Robert Anderson, SB County Disaster Program Manager</p>	<p>Mr. Anderson and Ms. Jordan spoke about disaster preparedness, with an emphasis on fires and winter weather for the mountains. A printout of their presentation and notes is attached.</p>

Mountain Joint HPN & Regional Steering Committee Minutes – October 18, 2021

	and Melissa Jordan, AmeriCorps member and Home Fire Campaign Lead	Mr. Anderson is based in the Red Cross Victorville office, and can be reached at <a href="mailto:robert.anderson4@redcross.org">robert.anderson4@redcross.org</a> / 760-701-0771.  Ms. Erin Fox was identified as the disaster program manager for the mountain area, but she was unable to attend the meeting. She can be reached at <a href="mailto:Erin.Fox@redcross.org">Erin.Fox@redcross.org</a> / (909) 518-7332.
<b>ACTION ITEMS</b>		
** NONE **		
<b>Announcements / Roundtable</b>		
Inland So Cal United Way	Samantha Callejas	<ul style="list-style-type: none"> <li>Samantha is the new 211 contact at United Way. Thank you to Ken Bell for his prior work.</li> <li>ISCUW is processing the Emergency Housing Voucher applications</li> </ul>
DOVES	Heidi Bloomsness	<ul style="list-style-type: none"> <li>DOVES has 5 housing units for domestic violence victims, including 2 new vacancies. Comprehensive case management is included.</li> </ul>
<b>Public comment</b>		
**NONE**		
•		
<b>Adjournment</b>	Wendell Wilson	Meeting adjourned at 3:08 p.m.
<b>Next Meeting:</b>		The next <b>joint meeting</b> of the Mountain Homeless Provider Network (HPN) and Mountain Regional Steering Committee (MRSC)  will next meet on <b>Monday, November 1 December 6, 2021 from 1:30 to 3:00pm</b> , Via Zoom Teleconference <a href="https://us02web.zoom.us/j/86915965889?pwd=SmpUTlk3aTYzOHROWEFWeG8zUmRuQT09">https://us02web.zoom.us/j/86915965889?pwd=SmpUTlk3aTYzOHROWEFWeG8zUmRuQT09</a> Dial-in (669) 900-9128 • Meeting ID: 869 1596 5889 • Passcode: 348792

**Attendees:**

First Name	Last Name	Organization	Email Address	Best Phone
Tristin	alfred	DBH	talfred@dbh.sbcounty.gov	(909) 665-4150
Veronica	Awodu	Retired	veronica.awodu@gmail.com	909-452-6688
Heidi	Bloomsness	DOVES of Big Bear Valley	hbloomsness@doves4help.org	(601) 228-2796

Mountain Joint HPN & Regional Steering Committee Minutes – October 18, 2021

Alex	Bolbolian	Capre Real Estate	alex@capre.biz	(909) 217-0514
Samantha	Callejas	ISC 211+	scallejas@iscuw.org	
Paul	Fournier	Mountain Help	pwf.homeless@gmail.com	909-307-4467
Slresources6@yahoo.com	Johns	Salvaged Lives Resources LLC	dr.marvinindacut@gmail.com	(602) 451-5070
Carol	Kinzel	Nature Center	kinzel1812@aol.com	818-314-4203
Sheila	Mason	ANEW Beginning Professional Development Services, Inc	smason@anewbeginningprofessionaldevelopmentervicesinc.org	(909) 330-2150
Susan	O'Strander	City of Big Bear Lake	sostrander@citybigbearlake.com	(909) 866-5831
Quinton	Page	DOVES of Big Bear Valley, Inc.	qpage@doves4help.org	(909) 866-1546
Abby	Savich	Mountains Community Hospital	abby.savich@mchcares.com	(909) 436-3210
Jorge	Sierra	LightHouse Social Service Center	JorgeS@lighthouse-ssc.org	951-616-0318 909-866-5070 x 1100
Shonda	Szabo	Bear Valley USD	Shondaszabo@bearvalleyusd.org	
Wendell	Wilson	Mountain Homeless Coalition	wendellw@mtnhomeless.com	360-350-8692

# Be Red Cross Ready

Prepare so you can protect.

## Preparedness Essentials and Winter Storms



American Red Cross  
Southern California Region

October 18, 2021

### **Slide 1: Title Slide: Welcome**

- Welcome to our Be Red Cross Ready emergency preparedness presentation today! Thank you all for joining us.
- The first step to preparing your household for an emergency is to learn the basics. So, today we will be talking about general preparedness and home fire preparedness.

(NEXT SLIDE)

## Today's Presenters



### **Erin Fox**

Disaster Program Manager, San Bernardino County, High Desert

### **Melissa Jordan**

AmeriCorps Member, Home Fire Campaign Lead

### **Kayla Holmes**

AmeriCorps Member, Mass Care Lead

### **Slide 2: Presenter Introductions**

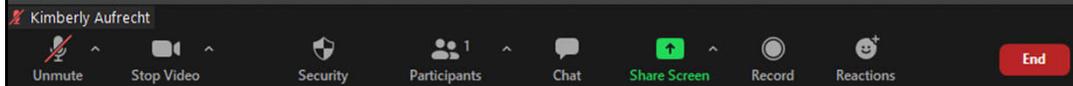
*Presenters, please introduce yourselves.*

(NEXT SLIDE)

## General Housekeeping



- Turn camera off to improve presentation quality
- Keep microphone muted to minimize distractions
- Change speaker and microphone device settings
- Use the chat box to ask questions
- We will do our best to answer all questions in the chat box or live during Q&A sessions



### **Slide 3: General Housekeeping**

- Before we begin our presentation, we want to review a few quick housekeeping notes:
  - Please turn your camera off to improve the quality of the presentation
  - Please keep your microphone muted to minimize any distractions
  - If you need to change your speaker and/or microphone device settings, please do so to ensure you can hear our presentation. If you have any issues with this, please let us know in the chat box and we can help you.
  - We will ask you questions during this presentation and we ask that you use the chat box feature to type in your answers, and the moderator will read your answers aloud.
  - We will do our best to answer all of your questions either asked in the chat box or live during Q&A sessions.
- Are there any questions before we get started?
  - Pause to allow any questions to be asked and answered.
- Ok, let's get started by talking about general preparedness!

(NEXT SLIDE)

## Test the Chat

On a scale of 1-10, how prepared were you for your last emergency?

### **Slide 4: Test the Chat**

- We would like to start by asking the question: On a scale of 1-10, how prepared were you for your last emergency? Please put your answers in the chat and we will read them aloud.
  - *Pause for answers to be provided and read aloud. Thank the audience for their participation.*
- We hope that after today's presentation, you will feel more informed about how to better prepare your household for emergencies.

(NEXT SLIDE)

## The Odds are that Disaster will Strike



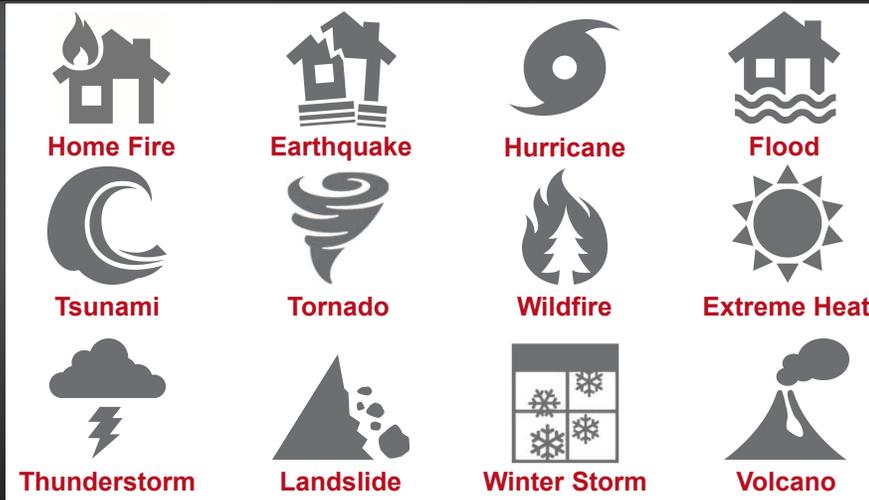
- Disasters happen often and sometimes without warning
- They can affect any community
- We call something a disaster if:
  - Normal response systems overwhelmed
  - People are hurt
  - Property is damaged or destroyed

### **Slide 5: The Odds are that Disaster will Strike**

- The fact is that disasters happen. They happen often and, sometimes, with little to no warning. They happen anywhere and at any time.
- Every year, communities across the United States face disasters: hurricanes, tornadoes, floods, earthquakes, and winter storms. Wildfires burn thousands of square miles and home fires impact thousands of households.
- We typically call something a disaster when the following is true:
  - Normal response systems become overwhelmed.
  - People are hurt.
  - Property is damaged or destroyed.

(NEXT SLIDE)

## Which hazards do we face?

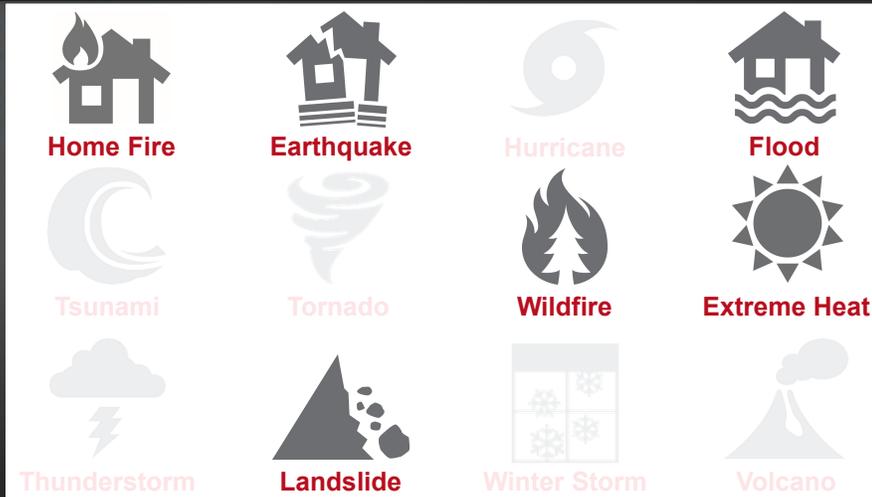


### **Slide 6: Which Hazards Do We Face?**

- Which type of hazard are we most likely to face in our area? Please put your answers in the chat box and we will read them aloud.
  - Pause for participants to type their answers into the chat box. Moderator, please read the answers aloud. Thank the audience for their participation.

(NEXT SLIDE)

## Which hazards do we face?



### **Slide 7: Which Hazards Do We Face? (2)**

- We have the potential to face a lot of different disasters here in California.
  - The most frequent hazards we face in our area are: home fires, earthquakes, floods, wildfires, extreme heat, and landslides.
  - Tsunamis are a possible hazard you face if you live on the coast, and that is something you should consider while making your disaster plan; but it is not a frequent, wide-spread hazard.
  - We all need to take these frequent hazards into consideration when we are planning.

(NEXT SLIDE)

## It is up to **you** to be ready!



- Do not count on receiving help right away
- You must be prepared to help:
  - Yourself
  - Your household
  - Your neighbors
  - Older adults
- Preparing helps us:
  - Stay safe
  - Adapt to challenges
  - Recover quickly



### **Slide 8: It is up to you to be ready!**

- In any disaster, a lot of people assume that someone else will be there to help right away. However, resources just aren't there to support everyone immediately.
  - First responders, disaster organizations, government agencies, and hospital emergency rooms do their best, but, on average, these groups are staffed and prepared for normal day-to-day operations and resources may be limited during a disaster.
  - The truth is we need to depend on ourselves first, because:
    - ✦ Roads may be impassible.
    - ✦ Utilities may be unavailable. Which means you may have no power, gas, or water.
    - ✦ Hospitals and first responders may be overwhelmed and need to prioritize their responses.
    - ✦ Banks, grocery stores, gas stations, pharmacies, schools, and workplaces may be closed for days.
- You may also need to help others, such as members of your household, neighbors, or those who have functional or access needs.
- Do not count of getting help right away and prepare to help yourself and

others.  
(NEXT TIME)

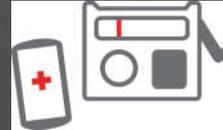
## Be Red Cross Ready



Get a Kit



Make a Plan



Be Informed

### **Slide 9: Be Red Cross Ready**

- So, what does it take to be prepared? To Be Red Cross Ready, you need to do three things:
  - Get a kit – Your kit should contain the supplies you will need at home or can easily carry with you if you have to evacuate
  - Make a plan – You should identify the steps you will take to respond to specific disasters. For each disaster, decide who in your household will do what, where you will go, and how you will communicate with each other.
  - Be informed – Finally, it is important that you are informed. Learn now about how you will get information if a disaster occurs and what resources are available in your community. This will allow you to quickly respond – to help yourself, your household, and your community.
- Now, let's look at each of these in more detail.

(NEXT SLIDE)



## Pop Quiz

How much water should we store in our emergency preparedness kit per person for each day?

### Slide 11: Pop Quiz

- Pop Quiz! Please type your answers into the chat box.
  - How much water should we store in our emergency preparedness kit per person for each day?
  - Answer: 1 gallon per person, per day
- Thank you for your answers! We use water for so many things each day. We need to prepare water for drinking, of course; however, we should plan to have water for hygienic purposes as well, such as brushing your teeth. Think of the water you store as half for drinking and half for sanitation. You may need more than this depending on the specific needs of those in your household and the environment in which you live.

(NEXT SLIDE)

## Gather the Essentials



- Think about what you need every day
- Consider the needs of every household member
- Keep your kit fresh
- Still stuck? Think about what you would take on a camping trip!
- COVID-19 Considerations



### **Slide 12: Gather the Essentials**

- To build your kit, think about what you use on a daily basis and what you might do if those resources were limited or not available. Start with the basics – food, water, clean air, and any life-sustaining items members of your household need to maintain health, safety, and independence.
- Let's review a basic supplies list. Don't feel overwhelmed by the following list!  
Preparedness is a process that takes a little time. Things to include:
  - Nonperishable, easy-to-prepare food items, a manual can opener, and water. Remember, you may be without electricity and you may only have the amount of water that you have stored.
  - You will also want a flashlight and a battery-powered or hand-crank radio.
  - If possible, get a NOAA Weather Radio so that you can receive important weather statements.
  - You may also sign up in advance to receive emergency notifications from your local emergency services.
  - Extra batteries
  - A first aid kit
  - A seven-day supply of medications and medical items
  - Also keep a copy of prescriptions, dosage, and treatment information.

- Include battery backup power for power-dependent mobility devices, oxygen, and other assistive technology needs.
  - Talk with your doctor or pharmacist about other actions you can take.
  - A multi-purpose tool
  - Sanitation and personal hygiene items
  - Copies of personal documents such as medication lists and important medical information, proof of address, deed/lease to your home, passports, birth certificates, and insurance policies
  - Current digital photos of loved ones – remember to update these regularly, we recommend updating photos every six months, especially for children. This can be helpful if you get separated.
  - A cell phone and charger
  - Emergency contact information for each member of your household
  - Extra cash as ATMs may not be available.
  - At least one emergency blanket
  - Maps of the area – you may not have access to maps on your cell phones or computers.
- At this time, you may also need to make extra considerations due to COVID-19. We may need wipes, hand sanitizer, masks, gloves, or disinfectant in our kits, in case we need to leave our homes. We also might consider keeping a thermometer to take our temperatures. Also consider what extra supplies you will need in your kit if you are stuck at home due to a pandemic outbreak in the future! We are not telling you to hoard toilet paper, but you might want to have a couple weeks worth of supplies on hand if you need to shelter in place. This goes for any disaster when you may not have access to the grocery store for an extended time.
  - Again, don't feel overwhelmed by this list! Preparedness is a process that takes a little time. Consider building your kit one step at a time. Focus on adding a few items each week until your kit is complete.
  - Don't forget to make a kit for your pets or service animals. Be sure to include food, water, identification tags, and other necessary supplies.
  - No matter what is in your kit, it's important that everything works when disaster strikes. Check the expiration dates of food, medicines, and batteries at least twice per year. Replace anything that has expired or is near expiration.

(NEXT SLIDE)

## Customize Your Kit



• Health or Medical Needs



• Service Animals and Pets



• Comfort Items



• Items to care for kids' wellbeing



• Items for disasters common to your area



### **Slide 13: Customize Your Kit**

- Be sure to consider your household's individual needs. You may ask yourself the following questions:
  - Do you or someone you live with have daily medications? You may need to have an emergency supply in your kit in case you run out before you can get to the doctor.
  - Do you or someone you live with have access and functional needs? You may need to consider assistive devices. For example, there are radios out there that have a text display and flashing alerts for those that are hard of hearing.
  - Do you have pets or service animals? Make sure you have everything you need to feed and care for them. They will need a gallon of water too!
  - Other things to think about:
    - ✦ Include items that bring you comfort during times of high stress such as blankets, card games, books, etc.
    - ✦ Items you may need that help you prepare for unique disasters in your area.
  - You never know where you will be when disaster strikes. So, we recommend having a kit for everywhere!

(NEXT SLIDE)

## A Kit for Everywhere



### Work

- Single, easy-to-grab container
- Food and water
- Walking shoes



### Vehicles

- Food and water
- First aid supplies
- Flares and jumper cables
- Seasonal supplies

### **Slide 14: A Kit for Everywhere**

- Since you do not know where you will be when a disaster occurs, consider preparing supplies for work and creating a kit to put in your vehicles.
  - Things to consider if you make a kit for work are the following:
    - ✦ It should be a single, easy to grab container, such as a backpack or bag, and be ready to grab and go.
    - ✦ We recommend that you have food and water in your kit, as well as comfortable walking shoes in case long evacuations on foot are necessary.
  - Having a kit for your vehicle is a great idea, and can be important in the event that you become stranded.! Consider including:
    - ✦ food, water, first aid supplies, flares, and seasonal supplies, such as blankets and warm clothing
    - ✦ You might also consider keeping jumper cables or a battery starter in your car in case your battery dies while you are away from home.
- So, we just covered a lot of information about kits. We want to pause here for a minute to ask, are there any questions about supply kits?
  - *Allow time for participants to ask questions, and do your best to answer their questions.*

- Great questions! Now we are going to talk about planning!  
(NEXT SLIDE)

## Make a Plan: Overview



Things to consider:

- Likely disasters
- Household members who travel
- Household members with access or functional needs
  - Consider who would be in a personal support network
  - Assess functional abilities and possible disaster needs
- Pets and service animals

Be specific!



### **Slide 15: Make a Plan Overview**

- Different hazards require you to take different actions. For instance, during a tornado, you need to move to a basement, a storm cellar, or an interior room on the lowest floor with no windows. For a home fire, everyone needs to evacuate immediately and meet at their designated safe meeting place. Knowing the hazards that are likely to occur in your area will help you develop and tailor your disaster plan.
- Begin by talking with everyone in your household about how to prepare for and respond to the hazards that are most likely to happen where you live, learn, work, and play.
- Identify responsibilities for each member of your household to do during a disaster, and plan to work together as a team.
- If a household member is in the military or has extended business travel on a regular basis, plan how you will respond if they are away.
- Keep in mind that individuals with access and functional needs will need to prepare a bit differently, so make an inclusive plan for them, as well.
- Do all of this by:
  - Creating a personal support network that can help you plan and provide assistance if a disaster happens. Remember not to depend on just one

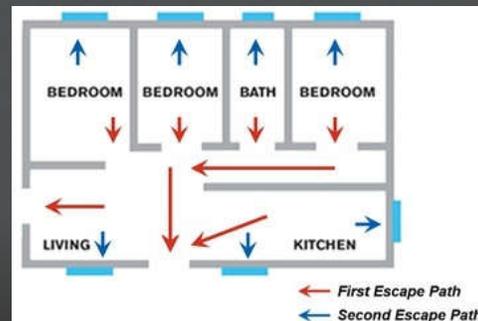
- person – include a minimum of three people in your network.
- Complete a personal assessment of functional abilities and possible needs during and after a disaster situation.
- Make sure you practice your disaster plans with your all the members of your household and personal support network at least twice a year.
- Don't forget to think about what you will do with your pets. Most American Red Cross shelters cannot accept pets because of health and safety concerns and other considerations. However, service animals are allowed in Red Cross shelters. Contact your local emergency management agency for a list of pet-friendly shelters or identify other resources in order to develop a disaster plan for your pets.

(NEXT SLIDE)

# Evacuation Plan



- Know how to evacuate
- Create a household plan with two exits out of every room
- Keep pathways and exits clear of clutter
- Know two ways out of your neighborhood
- **Practice your plan!**



## **Slide 16: Evacuation Plan**

- When creating a disaster plan for any hazard, it is important to identify how you will evacuate. Regarding home fires:
    - Identify two ways out of every room.
    - Draw the floorplan of your home and mark where each exit is. If you live in a home that is above the first floor, you should consider how members will evacuate if the door is blocked. Safety ladders and fire escapes can be installed below the window to create an easy way out.
    - Keep all potential exit routes clear of clutter.
    - And never block a door
  - In the event you need to leave your neighborhood, plan and identify two ways to evacuate in case routes are congested, impassible, or closed.
  - Be sure to practice your plan! This is the most important part of preparation. Practice. By practicing, you ensure every member of your household knows the plan by heart and will be able to execute it in an emergency.
- (NEXT SLIDE)

## Other Details to Include in Your Plan



Where will your family meet if separated?

How will you communicate?

What important records will you need during recovery?

Is there a safe place you can store those records?

Where will you stay?

Do you know what to do if asked to shelter in place?

### **Slide 17: Other Details to Include in Your Plan**

- Here are some other questions you should try to answer during your preparation:
  - In the event that you are separated during a disaster, where will your family meet?
    - ✦ Identify two places to meet. One close to home in the event of a home fire, and one outside of your neighborhood in the event you cannot return home or requested to evacuate.
    - ✦ Consider any transportation challenges that might be encountered by individuals who use mobility assistive equipment or those who don't have access to a vehicle.
  - An important part of your disaster plan is to plan how you will communicate, especially if you and members of your household are not together when disaster hits. Make sure each member of your household has contact details for everyone and that they keep that information with them at all times.
  - Determine now, ahead of time, what important records you will need and where they should be stored, such as a safety deposit box or fireproof box. Remember, it's a good idea to keep copies in your kit.
  - If you are without power for an extended period of time or have

to evacuate, it will be important to have a place to stay. It's a good idea to find a place close if you must leave because of something like a home fire and some place farther away in case the entire community or region is impacted by an event such as a wildfire, earthquake, or flood.

- Also plan for a 'shelter in place' order. If the authorities encourage you to shelter in place, ensure that all of your household members are aware of actions they should take and where in the home they should go.

(NEXT SLIDE)

## Communication After a Disaster



- Create a plan to reconnect with loved ones
- Include chargers and backup batteries in your kits
- Complete a contact card for each member of your household
- Designate an out-of-town contact who can help your household reconnect
- Text is best!
- The Red Cross provides reunification services, and may be able to help if your household is separated during a disaster

An image of an "Emergency Contact Card" from the American Red Cross. The card is white with red text and a red cross logo. It contains fields for cardholder information (Phone, Home address, Healthcare provider), emergency contacts (Local Police, Local Fire Department), and Poison Control. It also includes the website redcross.org/prepare and the slogan "Be Red Cross Ready Prepare so you can protect."

### **Slide 18: Communication After a Disaster**

- Communication networks, such as mobile phones and computers, could be unreliable during and after a disaster. Build the capacity of all the members of your household to connect with one another during communications outages.
- Have a back-up battery to charge your cell phone.
- Keep important numbers written down in case you cannot access the contact list in your phone. Complete a contact card for each household member to always keep with them.
- Text is Best. If you are using a mobile phone, a text message may get through when a phone call cannot. Make sure your household members know how to text, and be sure that the recipient knows that they should confirm that they have received the text.
- Designate an out-of-town contact who can help your household reconnect. It may be easier to reach people outside of the area affected.
- Be sure to practice your communications plan with your household.
- Additionally, the national 1-800-RED-CROSS number can help connect you to reunification services in the event of a separation. You may have been instructed in the past to use the Safe and Well website; however, it is currently inactive. The Red Cross is still providing reunification services through volunteer workers

at our local chapters.

(NEXT SLIDE)

## Be Informed



- Identify how you will get information
- Understand weather alerts
- Follow instructions from authorities
- Know what to do when travelling
- Know your neighbors



### **Slide 19: Be Informed**

- We talked a little about being informed when we talked about how important it is to know what hazards you should prepare for, but there is more to it. It's an ongoing process.
- Here are some of the things you should do:
  - Know how your community warns of a coming disaster. Some communities have outdoor sirens. Others depend on media and smartphones to alert residents of severe weather or dangerous events.
  - Use a NOAA Weather Radio or listen to a local station on a battery-powered radio or television for updated information. This allows you to access important information even if the power is out. You may also want to consider having a list of the local stations in your disaster kit.
  - Understand the difference between a watch and a warning, and how to respond to each.
    - ✦ A watch means that there is the potential for a specific type of weather event or hazard. During this time be alert, start making preparations, monitor weather and local emergency broadcasts, and be ready to take immediate action if conditions worsen.
    - ✦ A warning means that a specific type of severe weather or hazard is

imminent or already occurring. You should take immediate action to protect yourself when a warning is issued.

- Regarding travel: It is a great idea to learn about an area before you travel there. Know what disaster risks they face and how to protect yourself. For instance, when visiting an area known for tornados or winter storms, know what to do.
- Lastly, get to know your neighbors! They can be a good resource of community information and may be able to assist if someone needs help.

(NEXT SLIDE)

## Knowledge Check

Which of the following is not a frequently occurring hazard in Southern California?

- Earthquake
- Flood
- Tsunami
- Landslide
- Extreme Heat

### Slide 20: Knowledge Check

- Let's do a quick knowledge check!
  - Which of the following is not a frequently occurring hazard in southern California? -Earthquake, Flood, Tsunami, Landslide, Heat
  - **Answer: Tsunami**
  - Thank you for your answers! Each of these disasters are possible here in southern California, however, a Tsunami is the least likely.
- This completes our section about being generally prepared.
- Are there any questions before we move on to talk about winter storm preparedness?
  - *Allow time for participants to ask questions and do your best to answer their questions. Be sure to thank them for asking!*

(NEXT SLIDE)

## Winter Storms



### **Slide 21: Winter Storms Title Slide**

- Now, we will talk about how to prepare yourself, your household, and your home for cold weather, including how to look out for and treat illnesses caused by exposure to cold.

(NEXT SLIDE)

## Winter Storms



- Winter storms can impact every state
- Snow, sleet, freezing rain, and ice
- Dangerous driving conditions
- Risk of extreme cold



### Slide 22: Winter Storms

- Winter storms are weather events that can bring snow, sleet, freezing rain, and ice.
- They can affect communities throughout the United States and its territories. Even tropical places and southern cities have recently been paralyzed by snow and ice.
- Sometimes winter storms can become blizzards, which are categorized strong winds and blowing snow. This causes white-out conditions to develop, making driving especially dangerous.
- Each year, hundreds of people in the United States are injured or killed by exposure to cold, vehicle accidents on wintery roads, and fires caused by the improper use of heaters.
- During this presentation, we will share how to prepare for a winter storm so that you have the supplies you need and a plan in place in case you find yourself in the middle of winter weather.

(Next Slide)

## Winter Storm Alerts



### Advisory

- Winter weather expected to be hazardous
- Expect inconveniences
- Actions
  - Be aware
  - Exercise caution
  - Monitor updates

### Watch

- Winter storm possible in 36-48 hours
- Significant snow, sleet, ice, and/or wind possible
- Actions
  - Be ready
  - Monitor updates

### Warning

- Life threatening winter conditions
- Significant impact and life-threatening conditions likely
- Actions
  - Take immediate action to protect your household

### Slide 23: Winter Storm Alerts

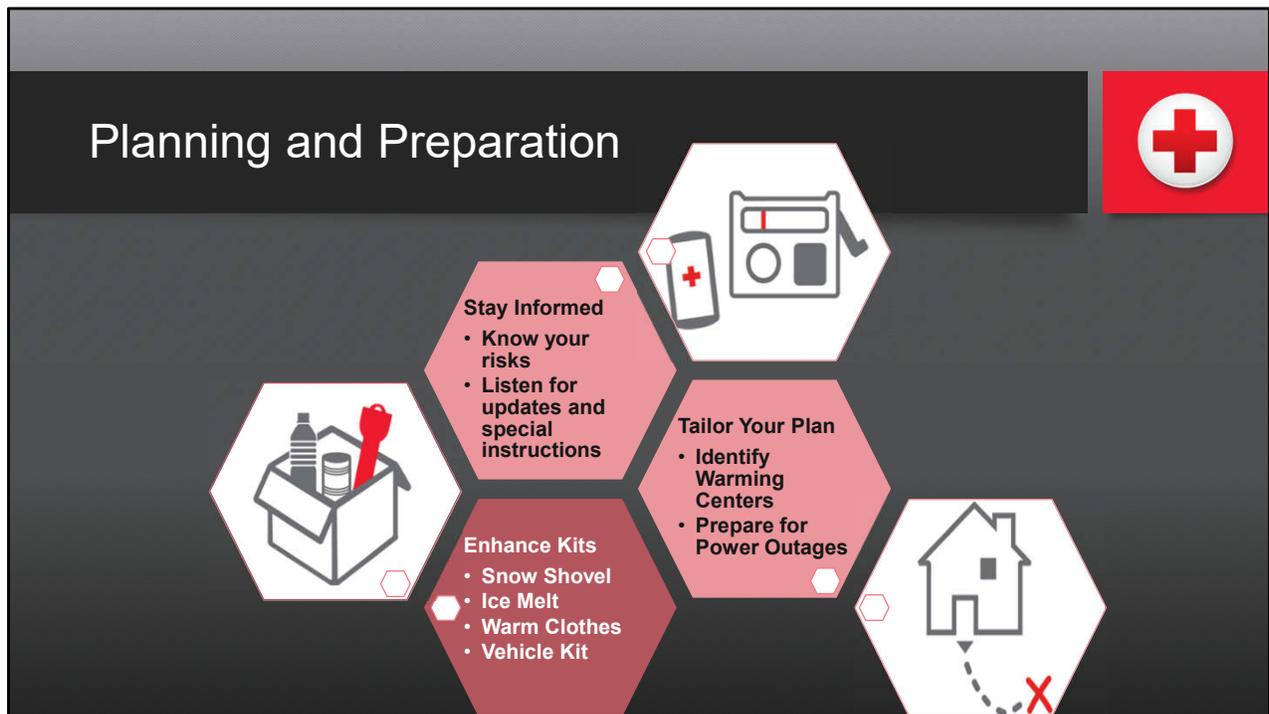
- Keeping yourself and the members of your household safe during winter weather depends on your understanding of winter storms, staying informed about conditions, and taking appropriate action.
- The National Weather Service will issue notices when weather conditions make winter storms more likely. The exact criteria for issuing notices may vary across the country, especially for those areas that are not used to winter storm conditions.
- There are three commonly used terms used to describe the likelihood and severity of a winter storm: advisory, watch, and warning.
  - A Winter Weather Advisory means that the winter weather conditions such as freezing rain, snow, or sleet are expected, but conditions are not hazardous enough to issue a warning. When an advisory is issued, you should monitor conditions and exercise caution when driving, and know that prolonged exposure outdoors may pose a risk.
  - A Winter Storm Watch means that conditions are favorable for significant snow, sleet, or ice within the next 36-48 hours, but the occurrence,

timing, and severity are still uncertain. If you receive a winter storm watch, you should review your winter disaster plan and stay informed about weather conditions

- A Winter Storm Warning indicates that life threatening severe winter conditions have begun or will begin within 24 hours. Significant and hazardous snow, sleet, or ice is imminent. If you receive a warning, you must immediately take steps to avoid serious illness or injury. Don't travel until conditions improve.
- Other weather alerts can also be issued for winter weather, including for wind chill.
- Wind chill is the temperature that the air feels like to human skin due to the combination of low temperatures and wind gusts.
  - A Wind Chill Watch is issued when extremely cold air and strong winds could potentially create dangerously low wind chill values
  - A Wind Chill Warning indicates that these conditions will occur
  - In both cases, people are at risk of frostbite and hypothermia, and frostbite can occur faster at lower wind chill conditions.

(NEXT SLIDE)

## Planning and Preparation



### **Slide 8: Planning and Preparation**

- ❑ Now we'll discuss things you can do to get ready before an earthquake impacts your community.
- ❑ Learn about the risk of earthquakes in your area.
- ❑ Add specific items to your disaster kit as needed:
  - Add a whistle to make noise in the event you are trapped.
  - Have work gloves, safety goggles, and dust masks in case you need to clear rubble.
  - You may want to also consider having a fire extinguisher as part of your kit, because fires following earthquakes cause even more damage. Be sure to know how to use it safely and properly. Fire departments recommend only using it to put out small fires- around a wastebasket size fire for example.
- ❑ Tailor your disaster plan for what you and your household will do during an earthquake and be sure to include plans for your pets.
  - Identify safe places in every room where you can go when you feel the shaking start. And practice drop, cover, and hold on in these spaces. Be sure any kids in the house know where these safe places are and what to do.
- ❑ Know and practice DROP, COVER, and HOLD ON. (We will be discussing this next.)

- Finally, be sure you can stay informed. We recommend listening to NOAA radio broadcasts.
  - If you don't have a battery-powered or hand-crank radio, please consider getting one. It is very common to experience power, cellular, and internet outages during and after a disaster.
  - If needed, there are also weather radios with text display and flashing alerts for those who are hard of hearing or deaf.
  - And consider signing up in advance to receive emergency notifications from your local emergency services.

(NEXT SLIDE)

## Before a Winter Storm



- Check disaster kits
  - Refresh supplies
  - Check pet supplies and move pets indoors
  - Stock up on heating fuel
- Prepare to stay indoors multiple days
  - Fill tank with gas
  - Confirm nearest warming shelter
- Monitor local news and NOAA weather radio



### Slide 24: Planning and Preparation

- Now, we will discuss how you use the three steps we learned about in the Preparedness Essentials portion of this presentation to prepare for winter storms.
- First, there are a few things you should consider adding to your kit.
  - Shovels or other equipment to clear snow and ice
  - Tools and supplies for securing your home
  - Ice melt for walkways
  - Snow gear
  - Also consider updating your car kit to make sure you have everything you need if you are trapped in your car during severe winter weather:
    - Windshield scraper and shovel
    - Small bag of sand, snow chains, or traction mats to help improve traction on deep snow
    - Extra warm clothing, blankets, and hand warmers
    - Bottled water and non-perishable food
    - Extra mobile phone battery

- Flashlight with extra batteries
  - Battery or crank NOAA radio
  - Tow rope
  - Battery cables
  - Tool kit
  - A compass and paper road maps
- Next, tailor your disaster plan for what you and your household will do during a winter storm. This includes your pets!
  - Learn about your community's winter storm plan and identify any emergency shelters or warming centers in your local area
  - If you do not own a form of transportation, plan for how you will get to an emergency shelter or warming center
  - Plan ahead for accessible transportation that you may need to get to a warming center
  - Contact your local emergency management agency for pet-friendly shelters. Most Red Cross shelter cannot accept pets due to health and safety concerns
  - Prepare for the power to be out for a long period of time and have back-up plans for all devices you normally use for daily life
- Finally, be sure you can stay informed by having access to NOAA radio broadcasts
  - If you don't have a battery-powered or hand-crank radio, please consider it.
  - If needed, be sure to get a weather radio with text display and a flashing alert to stay informed.
  - You may also sign up in advance to receive emergency notifications from your local emergency services, such as San Bernardino TENS

(NEXT SLIDE)

## During a Winter Storm



- Your goal: stay warm, dry, hydrated, and nourished
- Stay inside
- Make sure heating sources are properly ventilated and not blocked by snow
- If you lose heat for an extended time, be prepared to evacuate
- If you are using a generator, be familiar with the operating instructions
  - NEVER move a generator or grill indoors to avoid carbon monoxide poisoning and fire
- Dress in layers, gloves, and a hat if you must go outdoors
- Walk carefully as roads and sidewalks may be icy
- Know the signs of frostbite and hypothermia

### Slide 26: During a Storm

- During a winter storm, your goal should be to stay warm, dry, hydrated, and nourished. The best way to do that is by staying inside. Make sure that heating sources are properly ventilated and are not blocked by snow drifts.
- Listen to your local news or your NOAA Weather Radio so that you can stay informed of weather conditions.
- If you lose either power or heat for an extended period of time during a winter storm, you may need

to evacuate based on your plan.

- If you have a generator, be familiar with the operating instructions and take precautions to avoid carbon monoxide poisoning, electrocution, and fire. You can find additional information about generators and proper use on the American Red Cross website.
- If you must go outside, even for a few moments, dress in layers and wear a hat and gloves.
- Walk carefully on icy sidewalks. Slips and falls frequently occur in winter weather and can result in painful injuries.
- Make sure you know the signs of frostbite and hypothermia, and how to treat them.

(NEXT SLIDE)

# Frostbite



## Signs and Symptoms

- Numbness
- Waxy appearance
- Discoloration
- Cold to the touch

## Avoid Frostbite

- Know the windchill
- Drink warm fluids
- Stay active
- Limit time outside
- Dress in layers



## Slide 27: Signs of Frostbite

- Frostbite occurs when parts of the body become so cold that they begin to freeze. Frostbite usually affects fingers, toes, the nose, and earlobes.
- When a body part becomes too cold, it may begin to show signs of frostbite. Be on the lookout for:
  - Lack of feeling in the affected area
  - Skin that appears waxy
  - Skin that is discoloring and becoming flushed, white, gray, yellow, or blue
  - Skin that is cold to the touch
- We'll talk later about what you can do to treat frostbite. There are some simple steps you can take to avoid frostbite.
  - Be aware of wind chill.
  - Drink plenty of warm fluids, but avoid caffeine and alcohol.

- Stay active to maintain body heat.
- Limit time outside during cold temperatures.
- Dress appropriately – wear layers, hats, and gloves.

(NEXT SLIDE)

## Frostbite Treatment



- Move to a warmer place
- Do **NOT** rub skin or pop blisters
- Remove wet clothing
- Soak in warm water (not hot)
- Wrap with sterile gauze
- Seek medical attention

### Slide 28: Frostbite Treatment

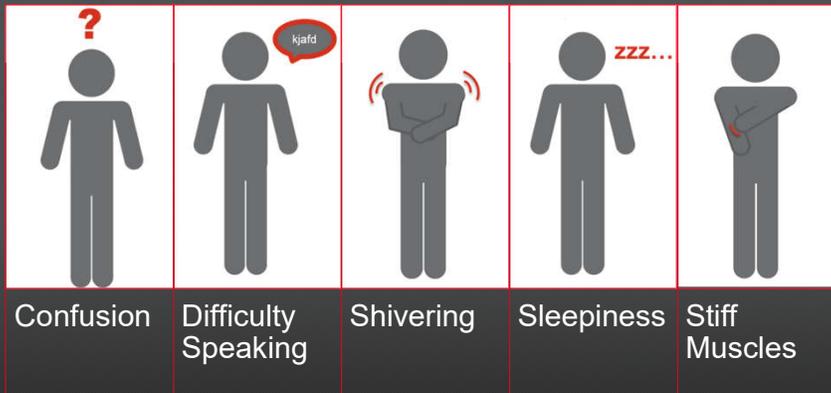
- If you notice any signs of frostbite, immediately move the person to a warmer place and remove any wet clothing.
- Be very gentle and never rub or pop blisters on the frostbitten area.
- You can warm the affected area by soaking it in water that is 100° to 105° Fahrenheit until the area appears red and feels warm.
- Once the affected area is warm, loosely bandage the area with sterile dressings. Make sure to place sterile

gauze between frostbitten fingers and toes to keep them separated.

- Most importantly, seek professional help as soon as possible and do not let the frostbitten area refreeze.

(NEXT SLIDE)

## Signs of Hypothermia



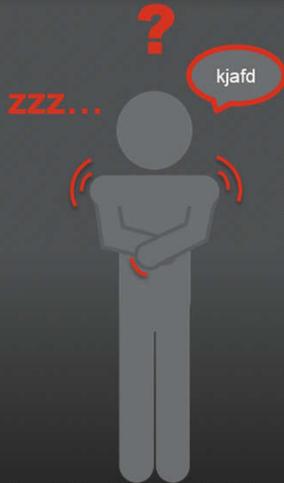
### Slide 29: Signs of Hypothermia

- Hypothermia is a serious condition that occurs when the body loses heat very rapidly and can be life or limb threatening.
- Be on the lookout for people who:
  - Have become confused
  - Have difficulty speaking
  - Can't stop shivering
  - Are overcome with sleepiness
  - Have developed stiff muscles
- The steps to avoiding or preventing hypothermia are the same as those for frostbite.
  - Be aware of the wind chill
  - Drink plenty of warm fluids but avoid caffeine or alcohol
  - Stay active to maintain body heat
  - Limit time outside during cold temperatures
  - Dress appropriately – wear layers, hats, and gloves
- Be mindful of the very young and older adults, as they may have difficulty

keeping warm in cold conditions

(NEXT SLIDE)

## Frostbite Treatment



- Call 911 immediately
- Move to a warmer place
- Remove wet clothing
- Warm with blankets
- **DO NOT** put someone with hypothermia in the bath or shower

### Slide 30: Treating Hypothermia

- If you notice signs of hypothermia, call 911 immediately and move to a warmer place
- Remove any wet clothing that the person is wearing and slowly warm them with blankets until medical professionals arrive
- Do not put a hypothermic person in a warm bath or shower, it will warm them too quickly

(NEXT SLIDE)

## Pop Quiz!

True or False: If you become trapped in your vehicle for a long period during a winter storm, it is vital to sleep only for short durations.

### Slide 31: Pop Quiz

- True or False: If you become trapped in your vehicle for a long period of time during a winter storm, it is vital to sleep only for short durations.
  - *Encourage participants to put answers in the chat, wait for answers from moderator*
  - Answer: True. Thank you for participating!
  - It is important to sleep only for short durations because keeping ourselves warm depends on being able to keep our blood circulating by moving around. Let's talk more about what to do if you are trapped in a vehicle.

(NEXT SLIDE)

## Staying Safe in Your Vehicle



- Remain in the vehicle
- Display a trouble sign
- Call for help
- Run engine for short periods to heat the car
- Move around inside as much as possible
- Huddle with others for warmth



### **Slide 32: Staying Safe in your Vehicle**

- If you become stranded in your vehicle during a winter storm:
  - Stay in your vehicle and wait for help
  - Display a trouble sign to indicate that you need help by hang brightly colored cloth (preferably red) from your antenna or roof. You can also raise the hood once the snow has stopped
  - Run the engine occasionally to stay warm; turn it on for about 5 minutes every half hour
    - Running the engine for a short period of time reduces the risk of carbon monoxide poisoning and conserves fuel
    - Use the heater only when engine is running
    - Keep the exhaust pipe clear of snow and slightly open a downwind window for ventilation
  - Do light exercises to maintain circulation such as clapping your hands and moving your arms and legs
  - If there is more than one of you, huddle together to stay warm
  - Use newspapers, maps, and even the removeable floor mats for

insulation. Layering items will trap more body heat

- Watch for signs of frostbite and hypothermia

(NEXT SLIDE)

## After a Winter Storm



- Let others know you're safe
- Use extra care while driving
- When in doubt, throw it out
- Offer assistance to others where possible
- Monitor local news and NOAA radio

### **Slide 33: After a Winter Storm**

- Once the storm has passed, it is important to care for yourself, members of your household, and even friends and neighbors
- Continue to take care of yourself and members of your household:
  - Avoid driving and other travel until conditions have improved. If you must drive, use extra care, and have a winter survival kit in your vehicle
  - Use caution when clearing snow and take frequent breaks to warm up. Heart attacks, often due to overexertion from shoveling heavy snow, are a leading cause of death during the winter and are responsible for nearly 100 deaths every winter
  - If you lost power, check refrigerated food for spoilage. If in doubt, throw it out
  - Pay attention to how you and members of your household are experiencing and handling stress
  - Help people who require assistance, including infants, older adults, individuals with access or functional needs, those with medical needs, and the people providing personal care assistance

- Continue to stay informed by listening to radio and news broadcasts
- Follow all information and instructions from your local authorities
- Pay particular attention to any continuing snowfall, ice, rainfall, or flooding

(NEXT SLIDE)

## Protect Your Home



- Prevent frozen pipes
- Add insulation to keep out cold air
- Ensure heating equipment is properly ventilated
- 3 feet from the heat!
- Keep extra heating material on hand



### Slide 34: Protect Your Home

- We have talked a lot about preparing yourself and your household, but there are also things you can do to prepare your place of residence for a winter storm, too.
  - Prevent ice damage by draining pools and sprinkler lines
  - Winterize outdoor hose bibs by closing inside valves supplying water, draining the water in the line, and leaving the outside bib valve open so any water left inside can expand without breaking the pipe
  - Add insulation around any water supply lines in unheated areas like the garage or under the kitchen and bathroom sinks. During very cold weather, keep the garage door closed and cabinet doors open to keep the areas warmer
  - Make sure your home is properly insulated to keep cold air out
  - Use caution and be sure that all heating equipment is properly vented and in good working condition
  - Remember: **three feet from the heat!** Make sure anything that could catch fire – such as furniture, curtains, dishtowels, or clothing – is at least

- three feet away from any heat source
- Consider buying emergency heating equipment or installing a portable generator. If you do get a generator, become familiar with the operating instructions and take precautions to avoid carbon monoxide poisoning, electrocution, and fire
  - Always keep ample heating fuel – oil, wood, or coal – on hand
  - Ensure fire extinguishers, smoke alarms, and carbon monoxide detectors are working
  - Make sure that snow removal equipment is available and in working condition
  - Trim or remove dead tree branches that are close enough to fall on buildings and clear any leaves that are covering vents

(NEXT SLIDE)

## Be Red Cross Ready Checklist



- ✓ I know what disasters are most likely in my area.
- I have a household disaster plan and have practiced using it.
- I have a disaster preparedness kit.
- At least one member of my household is trained in CPR and First Aid.

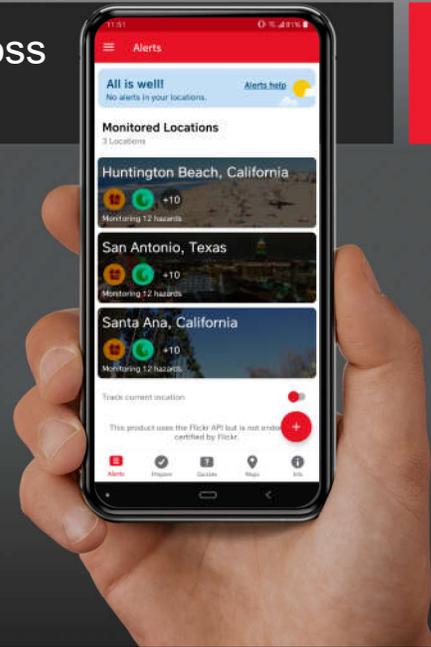
### **Slide 35: Be Red Cross Ready Checklist**

- Thank you for your attention today! You've gotten started by becoming aware of how to prepare for disasters and learning about the types of disasters in your area.
- To be fully prepared, be sure to create and practice your disaster plan, build your kits, and become informed about your community.
- Also, please consider taking a Red Cross first aid and/or a CPR class, or becoming a Red Cross volunteer. Together we can help our community be prepared for any disaster.

(NEXT SLIDE)

## Download the American Red Cross Emergency! App

- Customizable weather alerts for 35 different severe weather and emergencies
- Keep yourself and your loved ones safe
- Preparedness information at your fingertips
- Free for smartphones and tablets from the Apple App Store and Google Play or by going to [redcross.org/apps](https://www.redcross.org/apps)



### Slide 36: Red Cross Emergency! App

- The American Red Cross Emergency App gives people instant access to customizable weather alerts, safety tips and preparedness information for 14 different emergencies, all in one free and easy to use app.
- Family members and friends across the country can help each other stay safe and connected through the app's customizable emergency alerts and content on what to do before, during and after disasters - regardless of where they live.
- The app provides expert advice on what to do in

case of a tornado, hurricane, earthquake, flood, thunderstorm, wildfire, winter storm and other disasters.

- People can use the “Make a Plan” feature to create an emergency plan for their household so everyone knows what to do and where to go if a disaster strikes.
- And the Emergency App is available for free in app stores for smartphones, tablets and wearables and can also be found by searching for American Red Cross or by going to [redcross.org/apps](https://redcross.org/apps).

(NEXT SLIDE)

## Great ShakeOut



- Thursday is the Great ShakeOut!
- Join the largest earthquake drill in the world by practicing your earthquake plan
- Drop, Cover, and Hold On
- October 21 at 10:21am
- Learn more at [www.earthquakecountry.org](http://www.earthquakecountry.org)



Drop



Cover



Hold On

### Slide 37: The Great ShakeOut

- The Great ShakeOut is this Thursday!
- Become part of the world's biggest earthquake drill by practicing dropping to the ground, covering your head with your arms and finding cover under a table, and holding on until the shaking stops
- The drill will take place October 21 at 10:21 am
- You can learn more by visiting the Earthquake Country Alliance website at [www.earthquakecountry.org](http://www.earthquakecountry.org)

(NEXT SLIDE)

## Register for a Smoke Alarm Appointment



- Our smoke alarm installation program resumes in November!
- If you need smoke alarms or home fire safety info, register today!
- All appointments and services are free
- We will call you to set up an appointment
- COVID-19 guidelines will be followed
- Register at [www.soundthealarm.org/socal](http://www.soundthealarm.org/socal) or call 714-481-5334



### **Slide 38: Register for a Smoke Alarm Appointment**

- Our smoke alarm installations are about to resume in November!
- If you do not have smoke alarms in your home or if you would like to learn more about home fire safety, sign up for a free installation appointment!
- We will contact you when we have a team ready to install in your area
- Our teams will be following all COVID-19 safety protocols while in your home
- To register, visit [www.soundthealarm.org/Socal](http://www.soundthealarm.org/Socal) or

call 714-481-5334

(NEXT SLIDE)

**Thank you!  
Questions?  
Please take a minute to fill out our survey!**

For more information on staying safe, see  
[redcross.org/prepare](https://www.redcross.org/prepare)

- All answers are anonymous
- Results help us improve our presentation and track our progress
- It will only take a couple minutes to complete
- Click on the link in the chat or scan the QR code



**Slide 39: Thank you! Questions?**

- We want to thank each of you for your attention during our presentation today. You have been a great audience. We hope you generally feel more prepared and will begin to take action to prepare your households.
- We would love to hear any feedback from you! All answers are anonymous and this survey helps us improve our presentation for future audiences and track our progress.
- Presenter: Please copy and paste this survey link into the chat: <https://forms.office.com/Pages/ResponsePage.aspx?id=Ql1b3dPA0kq18WDts68ncRYbai8EGEIGs4ChHJSbYgFURDdaSzLVVo3VzdXRDIXSURRNEVYNFlaRy4u>*
- You can click on the link in the chat or scan the QR code with your camera feature and it will take you directly to the survey.
- At this time, are there any questions?
  - *Allow time for participants to ask questions. Do your best to answer the questions.*
- Thank you all once again, and take care. Bye!

(NEXT SLIDE)