



SANTA BARBARA  
**BUCKET  
BRIGADE**

# **5 STEP** NEIGHBORHOOD ***ACTION KIT***



PROGRAM GUIDE  
**NEIGHBORHOOD DISASTER PLANNING**



# **WE NEVER THINK** **a disaster will strike our neighborhood** or at least we hope it won't! However, it is not a question of IF it will happen, but **WHEN.**

**Find out what you can do to make your neighborhood better able to meet disasters head on and bounce back afterwards.**

**Use this toolkit to build a disaster plan for your neighborhood.**

## **Remember: You are not on your own.**

Throughout Santa Barbara County there are government agencies, nonprofit organizations, and other helpful groups with plans and resources to share. But please keep in mind that there are about 500,000 residents spread throughout the county. Rescuers and other first responders may not be able to provide immediate support to every neighborhood in need. Depending on the size of the disaster, neighbors should be prepared to help each other for several days—or even weeks.

**Being prepared also means neighbor helping neighbor. Be sure to consider those who may need extra assistance:**

- ▶ Neighbors with disabilities and others of all ages who may need help following a disaster

- ▶ Neighbors who have reduced ability or inability to see, read, walk, speak, hear, learn, remember, understand and/or respond
- ▶ Neighbors with visible disabilities such as wheelchair users, people who are blind, and those with hidden needs and disabilities such as heart conditions, respiratory conditions, emotional or mental health conditions, arthritis, significant allergies, asthma, and/or chemical and other environmental sensitivities
- ▶ Individuals who may lack transportation, single working parents, and those who may have limited or no ability to speak, read, or understand English and will need translated information



**For additional  
information, visit  
[sbbucketbrigade.org](http://sbbucketbrigade.org)**

# SANTA BARBARA BUCKET BRIGADE NEIGHBORHOOD ACTION PLANNING

This 5-Step action plan was created by the Los Angeles County Office of Emergency Management. This plan was adapted by the Santa Barbara Bucket Brigade. By adopting this plan, neighborhoods can all prepare using the same methods and tools to allow for easy collaboration and cooperation in a crisis. Our goal is to create a network of prepared neighborhoods that are ready to cooperate in a crisis. We call this program "Neighborhood Mutual Aid."



## STEP 1

### DEFINE YOUR AREA

Identify a manageable area, your apartment building, one block, a few small surrounding streets, etc., that you can organize with relative ease.



## STEP 2

### RECRUIT LEADERS & PARTICIPANTS

Develop a team of leaders who can help build the plan and carry out emergency support activities when the time comes.



## STEP 3

### SCOUT YOUR NEIGHBORHOOD

Get to know the lay of the land: what resources you have, what the landscape is, and disasters or other emergencies common to your area.



## STEP 4

### BUILD YOUR TEAM

Find out who lives in your area, how they can help in a disaster, and who may need extra help.



## STEP 5

### PLAN YOUR APPROACH

Create a plan that outlines what your neighborhood will do before, during, and after a disaster!

# STEP 1



## DEFINE YOUR AREA

Our County is comprised of many different neighborhoods and communities. In order for you to develop a disaster plan for your neighborhood, it is important to define the area that your plan will cover.

### Here are a few questions to consider:

- ▶ **What size area would be easy for you and a small team to manage? 25 to 40 households is the ideal size; however, work within existing structures and networks when available (like neighborhood watch programs, etc.)**
- ▶ **Will you be able to easily communicate with everyone? What languages are commonly spoken?**
- ▶ **Will the area allow you to practice “neighbor helping neighbor” so that you can quickly identify who needs help and provide it? If your area is larger than 40 households, divide it into smaller areas with a “block coordinator” for each block**

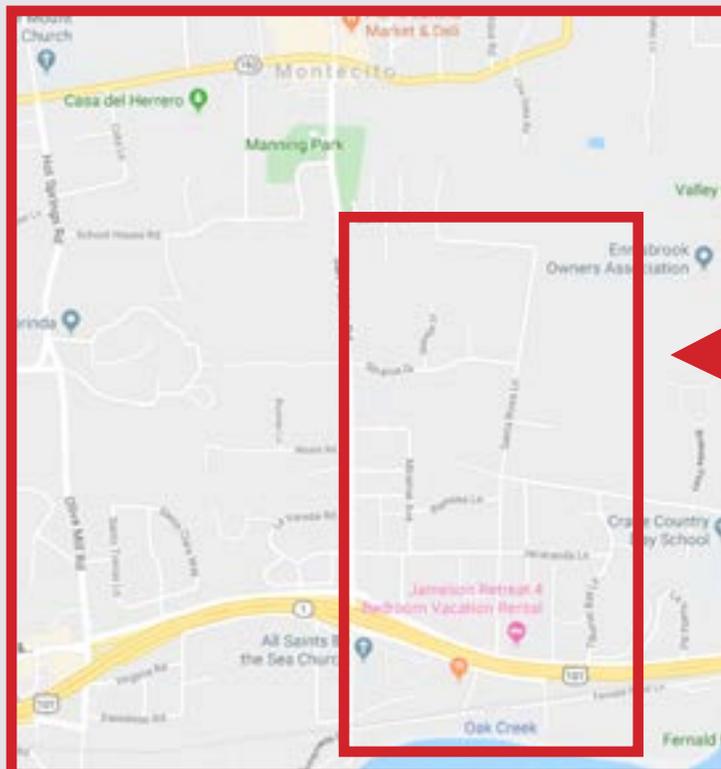


**TIP: The easiest way to accomplish Step #1 is to walk your neighborhood, gathering this information.**

### Make sure that you make note of:

- ▶ **The number of homes, businesses, schools, churches, and other buildings in the area**
- ▶ **The number of people in the area**
- ▶ **Roads and other entrance and exit points, hills, and waterways**
- ▶ **Earthquake liquefaction zones that may be hazardous**

### Next, chart your defined area on a map.



**Get to know Santa Barbara Bucket Brigade. SB3 helps prepare communities for disasters.**  
[sbbucketbrigade.org](http://sbbucketbrigade.org)



# STEP 2



## RECRUIT LEADERS AND PARTICIPANTS

**Once you know the area that your disaster plan will cover, it's time to identify leaders!**

**Here is what to look for:**

**People with training and experience such as:**

- ▶ **Community Emergency Response Training (CERT), Listos, and Neighborhood Watch**
- ▶ **Neighborhood councils, human services, clergy or business leaders**
- ▶ **Police, fire, military, or health care personnel**
- ▶ **Those with experience providing care for individuals with disabilities or those who may need help following a disaster**

**How many leaders are needed?**

- ▶ **Are there a lot of people in one area of the neighborhood? Are buildings spread out?**
- ▶ **Match the number of leaders with the number of people who need to be led! The ideal team size is 3-7 people**

**Here are some ideas for finding and keeping leaders for your Neighborhood Disaster Plan:**

- ▶ **Talk with them, face to face, at community events, meetings, and when you see them day to day**
- ▶ **Post messages on social media, neighborhood groups, and other networking websites**
- ▶ **Organize community cleanup and beautification days**



# STEP 3



## SCOUT YOUR NEIGHBORHOOD

### 3.1 THREATS AND RISKS

Get to know what disasters or other emergencies your neighborhood might experience. Here are some helpful hints:

#### Identify the threats

Earthquakes, power outages, extreme weather, and disease outbreaks happen everywhere, but tsunamis, landslides, and floods only happen in some places. List the threats that might occur in your neighborhood.

#### Rate the risk

Is the disaster very likely, somewhat likely, or not very likely to occur?

#### Assess the risk

How vulnerable is your neighborhood to injuries, death or property damage? Classify these risks as high, medium or low. Use the guidelines below for Likelihood of Occurrence and Level of Impact to assess your risks.

#### Likelihood of Occurrence

**ALMOST CERTAIN:** Greater than 90% chance

**LIKELY:** 50 - 90% chance

**MODERATE:** 10 - 50% chance

**UNLIKELY:** 3 - 10% chance

**RARE:** 3% chance or less

#### Level of Impact

**MINOR:** Some disruption of service possible. Little or no property damage, personal injury, or loss of life.

**MODERATE:** Disruption of some services. Minimum property damage, injury, and loss of life.

**MAJOR:** Many services disrupted and/or structures severely damaged. Multiple persons injured and significant loss of life.

Use a table like the one below to list these threats and risks.



THREAT	LIKELIHOOD OF OCCURRENCE	LEVEL OF IMPACT

## 3.2 NEIGHBORHOOD SPECIFIC HAZARDS



**Santa Barbara is subject to many disasters;  
decide which are threats to your neighborhood:**

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### **Fires**

Especially risky if buildings are closely spaced or near thick brush. Fires can come from broken or leaky gas lines too!

### **Earthquakes**

Every Santa Barbara neighborhood is at risk of an earthquake, even one of catastrophic proportions.

### **Landslide/Debris Flows**

Hillsides, seaside cliffs, and foothills may be subject to landslides, especially after fires and/or rainy seasons.

### **Flooding**

Flooding may result from overflowing waterways, dam failures, heavy rains, or clogged storm drains.

### **Tsunami**

Coastal areas may be subject to tsunamis.

### **Electricity, Water, and Telephone Service**

These utilities may not be available for long periods after a disaster. Chemical emergencies, industrial, freeway, railway, or broken pipeline

accidents can cause chemical or hazardous material release.

### **Disease Outbreak**

Outbreaks can result in many people becoming ill and can disrupt key services.

### **Extreme Heat and Cold**

Children, older adults, and people with certain types of disabilities or some chronic conditions are more affected when it is very hot or very cold.

### **Terrorist Attack**

Some areas, such as schools, sport settings, and transit stations, are potential targets for terrorist attacks.

### **Severe Weather**

The County is also subject to very high winds, hail, and thunder storms.

### **Local Hazards**

Be sure to identify hazards and risks that may be specific to your neighborhood, such as overhead electrical transmission lines, natural gas pipelines, chemical storage tanks, and other localized threats.

# STEP 3



## SCOUT YOUR NEIGHBORHOOD

### 3.3 NEIGHBORHOOD ASSETS

**Next, identify neighborhood assets.**

This includes anyone or anything that would be useful in responding to, or recovering from a disaster. Here are examples:

- ▶ Neighborhood emergency supplies
- ▶ Physical places like parks, schools, open area garages and carports
- ▶ Organizations like neighborhood clubs, fraternal organizations, radio clubs, local military organizations, and disability service providers
- ▶ Persons trained in CERT, medical care, first aid, search and rescue, carpentry, plumbing, or crisis counseling
- ▶ Businesses inside or close to the area that might be able to provide supplies or equipment
- ▶ Equipment and supplies for clearing debris, boats for rescue during floods, communication equipment, first aid supplies, generators and other items useful during or after a disaster
- ▶ Evacuation resources, such as accessible vehicles



#### How do we identify assets?

Make a list of threats and risks to the community, and identify which assets your neighborhood would need in a disaster. Is it vulnerable to damage? What can be done to reduce vulnerability? Be sure to list the location and contact information if necessary. Here is an example of a table that you can use ▼

ASSET TYPE	ASSET DESCRIPTION	ASSET LOCATION OR CONTACT INFO



## 3.4 MAP YOUR NEIGHBORHOOD

Use an online mapping tool or other easy-to-obtain source. Make a sketch of your neighborhood. The free websites [maps.google.com](https://maps.google.com) or [maps.yahoo.com](https://maps.yahoo.com) may be useful.

On your sketch, show streets, blocks, and house/building lots. Show units and floors for apartment or multi-unit buildings. Number the lots sequentially (1,2,3). Include all address numbers and the names of occupants for each lot.

Contact information will be checked and updated if needed in Step 4.

### Include:

- ▶ All area entrance/exit routes that are accessible by foot, wheelchair/scooter, and car
- ▶ A Neighborhood Gathering Place (see next section)
- ▶ A location where the injured can be given first aid or assessed for medical treatment
- ▶ Possible barriers that could make entry/exit difficult (e.g., fallen over/under passes, trees, or power lines)
- ▶ Neighbors who may need extra help following a disaster with seeing, reading, walking, speaking, hearing, remembering, understanding, and/or responding
- ▶ You may also want to include a Neighborhood Care Center (see next section) where care can be provided for children, older adults, and children and adults with disabilities who may need support after a disaster



# STEP 3



## SCOUT YOUR NEIGHBORHOOD

### 3.5 NEIGHBORHOOD GATHERING PLACE

This is a space for neighbors to organize response activities. Pick one large central area to gather and organize the next steps in your neighborhood's response. Here is what to look for when identifying a possible Neighborhood Gathering Place:

- ▶ Easily seen so others will know this as the main gathering point
- ▶ Set in an area that is easy for everyone to be safe from flood, fire, fallen trees and power lines
- ▶ Has nearby accessible toilet facilities
- ▶ Well lit in case of night evacuation
- ▶ Can accommodate service animals and pets
- ▶ Big enough for planned number of persons and vehicles
- ▶ Is accessible to children and adults with disabilities

### 3.6 NEIGHBORHOOD CARE CENTER

This is a place where those who may need extra help following a disaster, including children, older adults, and persons with disabilities or other access and functional needs, can be brought and cared for. Neighborhoods should strive to create a safe atmosphere within the Care Center.

### 3.7 TRIAGE AREA

This is a place where people injured can be given first aid or evaluated for medical treatment.





**The most important resources you have are one another! Follow these easy activities to build your team.**

**Form a Group.** Make sure it represents the diversity in your neighborhood and includes homeowners, families, businesses, churches, nonprofits, schools, and local organizations in your defined area.

Actively include people with disabilities and others who may need help after a disaster.

Also, determine if there are human service organizations, disability service providers, or residential, community care, and assisted living facilities in your neighborhood. If so, invite them to join the planning process and discuss how you may be able to help each other.

**Hold a meeting.** Ask the leaders you identified in Step 2 to get the word out about the meeting. Make sure that all households are personally invited. Also invite local Fire and Law Enforcement. Use the Facilitator Guide to focus the meeting. Key meeting activities are:

- ▶ Review 5 Step Neighborhood Action Kit Facilitator Guide
- ▶ Identify the skills and equipment each neighbor has that are useful in disaster response
- ▶ Identify spoken and American Sign languages used in the area

### **Encourage neighbors to attend the meeting.**

A personal invitation is the best way to invite neighbors.

Here are a few more ideas:

- ▶ Prepare a flyer
- ▶ Build a “Be Prepared” page on your neighborhood website
- ▶ Set up a Facebook or Twitter page or piggy back off of a site with a larger following
- ▶ Develop email lists of community leaders and organizations
- ▶ Recruit community, business or homeowner organizations

**Using the chart you created in Step 3, write the following for each household/facility:**

- ▶ Phone, email, text, special skills, resources, number of adults/children/pets/animals/service animals, persons who may need additional assistance
- ▶ Create a phone tree or “notification chart” through which people contact each other to relay news
- ▶ Walk the area at the end of the meeting to verify your sketch

# STEP 4



## BUILD YOUR TEAM



**TIP: Use the same phone tree, text and communications system to notify neighbors door to door. If your neighborhood is larger, have block captains lead this.**

# STEP 5



## PLAN YOUR APPROACH

### 5.1 TAKING ACTION



### When Disaster Strikes...

**Make Sure Everyone in Your Household is Safe**  
Don't forget your pets!

**Put Your Personal Emergency Plan Into Action**  
Wear protective clothing, pull out your fire extinguisher, check your utilities and take other steps noted in your plan.

**Go to Your Neighborhood Gathering Place**  
If it's safe, gather at your planned location to check in.

### Get Organized

If the Leader in your plan is not available, choose someone to lead the overall response effort.

### Form Response Teams

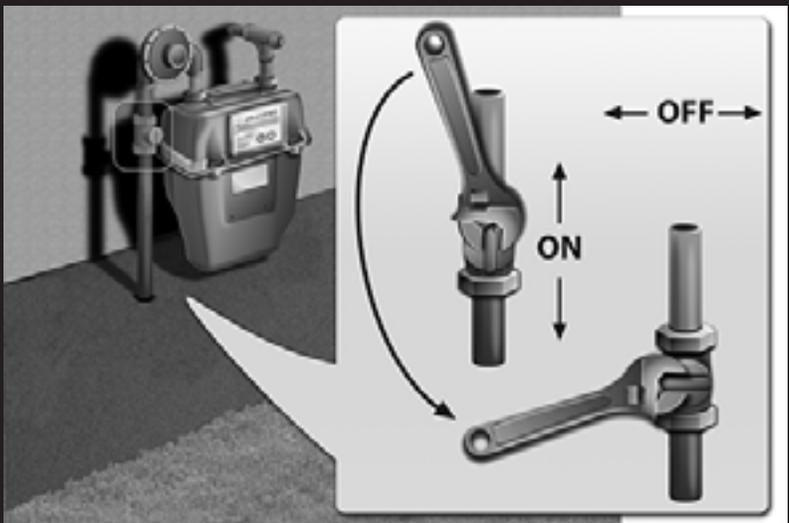
Using your plan, choose one team leader for every 3-7 people in your neighborhood group.

### Put Neighborhood Plan into Action!

Decide what you want to do, how you plan to do it, and the time you have to respond.



**TIP:** Shut off the gas only if you smell or hear it. If it does not have an automatic shut-off, turn the valve so that the bar is perpendicular to the gas line. Keep a wrench wired to the gas meter and know the location of water shut-off valves.



## 5.2 TEAM BUILDING

A practice used by first responders and CERT is to organize using the Incident Command System. The chart below is an example. The **Incident Commander** is the leader. He/she is responsible for deciding what is to be done. **Operations** carries out the decided actions. **Logistics** coordinates resources (transportation, people, supplies). **Planning and Intelligence** monitors information coming in and plans for future activities. Teams include:

**Search & Rescue Team.** This team will look for the OK/Help signs, as well as check on those listed as needing extra help. They begin with a damage assessment to identify hazard areas and prioritize Search & Rescue operations. Ideal members have completed CERT Search & Rescue training.

**Care Teams.** Care Teams can consist of the Triage Team—those who determine the order in which injured survivors will receive care; the Treatment Team—those who tend to the injured; the Morgue Team—those who manage the deceased; and the Care Center Team—those who provide extra care during the disaster. Members of these teams ideally have experience in healthcare.

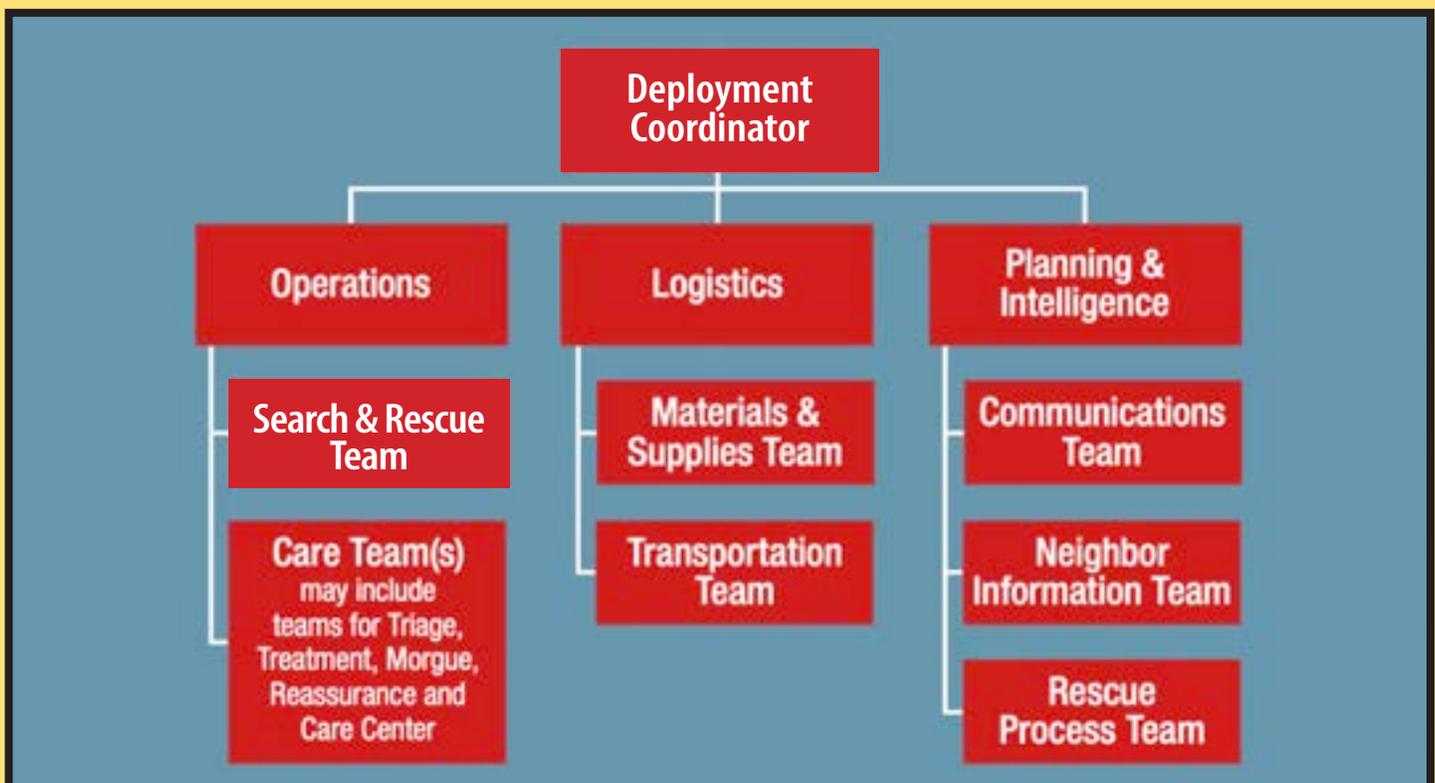
**Materials & Supplies Team.** This team coordinates needed materials and supplies from within the neighborhood.

**Transportation Team.** This team coordinates transportation of supplies, equipment and people.

**Communications Team.** The Communications Team listens to the Emergency Alert System, Family Radio Service (FRS)/Ham radio, or National Weather Radio. The Communications Team is responsible for communicating information within the neighborhood, and to/from the neighborhood and first responders and other agencies like fire and police.

**Neighbor Information Team.** This team coordinates information about survivors and relays information about rescue progress and survivor status (injured, missing, etc.) from the Command Post to the Care Center.

**Rescue Progress Team.** This team keeps track of the rescue progress of survivors.



# STEP 5



## PLAN YOUR APPROACH

### 5.3 COMMUNICATION

**Be sure to call 9-1-1 if you need help in an emergency.**

**Telephones.** Telephone service may not be available after a disaster, but if it is and you need to call someone, keep all conversations brief.

**Ham Radios.** When planning for communications in your neighborhood, see if you have neighbors who are Ham or Amateur Radio operators who can get information from the County's Disaster Communication Service.



**FRS Radios.** Your neighborhood can also decide to use small Family Radio Service radios to keep in touch with one another.



**TIP: Remember that your car radio might be the easiest way to listen to emergency broadcasts**

**Other places residents can find emergency information include the following:**

#### **Ready Santa Barbara County**

It's critical that people in Santa Barbara County register to receive local emergency alerts. If emergency managers can't reach you, they can't alert you. Please register for alerts at [readysbc.org](http://readysbc.org). If you need help, call the Santa Barbara County Helpline: Dial 211.

#### **Emergency Alert System**

Messages will be broadcast to the public via radio and television stations. These are voice messages with text scrolling on a television screen.

#### **Public and Commercial Media**

Television, radio, and satellite will transmit emergency alert messages. Your car radio might be the easiest way to listen to emergency broadcasts.

#### **Social Media and Mobile Applications**

The American Red Cross has several mobile applications that can be downloaded for free information on earthquakes, fires, first aid, and other topics. Be careful and selective of using social media for information after a disaster and always verify with a trusted agency before acting on information from non-official sources.

## 5.4 PUT IT IN WRITING

The next step is to put your plan in writing! Feel free to increase or decrease the amount of information you include in your plan – Make it Yours!

### Basic Plan

Should include threats, risks, your neighborhood sketch, and your basic approach to response.

### Support Annexes

“Support Annexes” provide detail that goes beyond the Basic Plan. They outline specific tasks, such as how you will communicate or notify neighbors before, during and after a disaster. Other tasks that Annexes describe could include:

#### ► Shelter-in-Place

Following a disaster, local authorities may determine that it is safer for individuals and families to remain in their places of residence, or “shelter-in-place”. A Shelter-in-Place Annex would detail how the neighborhood will support its residents if required to shelter-in place for an extended period.

#### ► Mitigation

Address ways that you can lessen the impact of disasters. Neighborhoods can establish “neighbor helping neighbor” programs for delivering food, medicine and water to people who are unable to get these items on their own.

#### ► Evacuation

If an evacuation is required, police and fire departments will reach out to notify residents, but your Annex helps get the word out to everyone in your neighborhood. Listen and take directions from officials on which evacuation routes should be used. An Evacuation Annex describes how the neighborhood will assist authorities to evacuate the area.

### Hazard Specific Annexes

Hazard Specific Annexes describe how the neighborhood will respond to a specific disaster like a large fire, an earthquake, floods, and other threats that face your neighborhood.



## Safe and Well Website

Encourage neighbors to register on the Red Cross “Safe and Well” website, [safeandwell.communityos.org](https://safeandwell.communityos.org), or other form of social media, to let friends and family know they’re OK.

# STEP 5



## PLAN YOUR APPROACH

### Emergency Signs

One way your neighborhood might track the status of neighbors immediately after a disaster is to use a sign or Emergency Door Hanger. Following a disaster, place the green side of the door hanger facing out if you are “OK” or the red “HELP” side if you need help. In this way neighbors and local responders can save time and effort when surveying your neighborhood. Emergency Signs are not appropriate for every neighborhood, so discuss your plan to use them in community meetings before your plan is finalized.



Make your plans available in languages commonly spoken in the neighborhood and use email, a neighborhood website, or other ways to be sure the plan is understood by those unable to read the document.

Hold regular meetings, at least one a year, to review, improve, exercise, and update your plan.



# STAY INFORMED

During an emergency, Santa Barbara officials and members of the media communicate information and instructions to the public in a number of ways. Here's a list of reliable sources. But remember: Be aware of your surroundings, and if you ever feel in danger, DO NOT wait for an alert to protect yourself.

## DIGITAL AND ANALOG

**Aware & Prepare:** This is the county's main public-alert tool. It sends warnings to residents via text messages, emails, cell phone calls, and landline calls. In order to receive these official messages, you must sign up at [readysbc.org](http://readysbc.org). Click the red "Register for Alerts" icon at the top of the page. As county officials say: "If we can't reach you, we can't alert you."

**Nixle:** Nixle is a community information service used across the U.S. that contracts with local public-safety agencies to send alerts to residents through text messages and social media networks. To sign up, simply text your zip code to 888777. Spanish translation is available.

**Wireless Emergency Alerts (WEA):** WEA is a federal public-messaging tool that allows residents with certain wireless phones and other mobile devices to receive geographically targeted, text-like messages that warn of imminent safety threats. You don't need to sign up for WEA — cell phone companies volunteer to participate in the system, so check with yours to find out if they do.

**Emergency Alert System (EAS):** EAS messages are transmitted via radio and television by participating broadcasters. They contain an audio message and/or scrolling text. You don't have to sign up to receive these types of alerts, but you do need to be tuned in to a local TV channel or radio station to get them.

## MEDIA

Santa Barbara news agencies report on emergencies and frequently rebroadcast official county messages. Here are the region's most trusted sources:

**Television:** KEYT (Channel 3), KSBY (Channel 6), KAFX (Channel 11), and KCOY (Channel 12)

Print and Online: Santa Barbara Independent ([independent.com](http://independent.com)), EdHat ([edhat.com](http://edhat.com)), Santa Maria Times ([santamariatimes.com](http://santamariatimes.com)), Noozhawk ([noozhawk.com](http://noozhawk.com))

Radio: KCLU (FM 88.3), KDRW (FM 88.7), KCSB (FM 91.9), KIST (FM 107.7 \*Spanish)

## RADIO

**Radio Ready:** When the power is out and the internet is down, a radio may be your last hope for receiving critical information. The county partners with a network of Radio Ready stations to broadcast emergency notices with the help of generators and satellite equipment. Be sure you own a hand-crank or battery-operated radio, and keep extra batteries handy.

### FM Stations:

Santa Barbara/South Coast  
KCLU 88.3 and 102.3; KOSJ 94.1; KTYD 99.9

Santa Maria —  
KCLU 89.7 and 92.1; KCBX 99.5

Lompoc — KCBX 95.1

Santa Ynez/Solvang —  
KCBX 90.9; KSYV 96.7; KRAZ 105.9

Countywide —  
KSPE 94.5; KIST 107.7 \*Spanish

### AM Stations:

Santa Barbara/South Coast —  
KOSJ 1490; KZSB 1290; KCLU 1340

Santa Maria — KTMS 990; KUHL 1440

### NOAA Weather Radio All Hazards (NWR):

NWR is a nationwide network of radio stations broadcasting continuous weather information directly from the nearest National Weather Service office. To receive the Santa Barbara County broadcast, tune your weather radio to the SAME code: 006083.

## SOCIAL MEDIA

Twitter is often the most timely social media tool in a disaster. Here are the accounts to follow:

- Office of Emergency Management (@SBCCountyOEM)
- County of Santa Barbara (@countyofsb)
- County of Santa Barbara \*Spanish (@csbenespanol)
- Santa Barbara County Fire Department (@SBCCOUNTYFIRE)
- SantaBarbaraSheriff'sOffice (@sbsheriff)
- CHP Coastal Division (@CHP\_Coastal)

# DISASTER RESOURCES



## WEBSITES

There are only a handful to remember:

**ReadySBC.org:** The clearinghouse for all official county information. It contains a ton of resources, from guides to maps to important phone numbers and addresses. Whether you're in the mode of disaster prep or recovery, all roads lead to [ReadySBC.org](http://ReadySBC.org).

**SantaBarbaraCA.gov:** The City of Santa Barbara's Office of Emergency Services features helpful suggestions on assembling supply kits, preparing your business, shutting off utilities, and so on.

**RedCross.org:** Perhaps your best source for general health and safety information in crisis situations. Be sure to search through the Central California Region section as well.

**Ready.gov:** The Department of Homeland Security's user-friendly site focused entirely on helping you prepare yourself and your family for any type of disaster.

**EarthquakeCountry.org:** The in-depth website for the Earthquake Country Alliance (ECA), a public-private partnership of people, organizations, and regional associations devoted to helping residents get ready for and survive the next Big One.

# DISASTER RESOURCES

**DURING A DISASTER  
YOU MAY ONLY HAVE SECONDS TO MAKE  
BIG DECISIONS.**

**Do you know where to find your disaster supplies?**

**Here are some examples of disaster supplies you may need:**

## **DOCUMENTS**

- ▶ **Identification:** Driver's licenses, birth certificates, passports, social security cards & bank account information, recent photographs of family members
- ▶ **Insurance, loan documents, wills, trusts, certificates**
- ▶ **A list of family members with contact information (home, cell, work, address). Copy important documents to a flash drive and place in another secure remote location**

## **MEDICAL**

- ▶ **Medical provider information**
- ▶ **Medications and when you need to take them**
- ▶ **At least a seven-day supply of prescribed medicines and if possible, copies of prescriptions**

- ▶ **If medications require refrigeration or special handling, make special plans (e.g., cold packs, ice cooler, mini refrigerator)**

## **FIRST AID KIT**

- ▶ **Bandages, gauze, wipes, rubber gloves**
- ▶ **Rubbing alcohol and hydrogen peroxide**

## **FOR BABY / CHILDREN**

- ▶ **Formula and bottles**
- ▶ **Diapers**
- ▶ **Medications**
- ▶ **Sanitary supplies**
- ▶ **Familiar toy or book**
- ▶ **Car seat**

## **TOOLS**

- ▶ **Battery, solar powered or hand-crank AM/FM radio**
- ▶ **Flashlight with extra batteries**
- ▶ **Wrench for turning off gas**

## **SUPPLIES**

- ▶ **Cash - at least \$100-200 in small bills per person, as possible**
- ▶ **Soap, toilet paper**
- ▶ **Toothbrush/paste**
- ▶ **Plastic bags**
- ▶ **Two complete sets of clothing and shoes per person**
- ▶ **Blankets or sleeping bags for each person**
- ▶ **Extra set of keys**
- ▶ **Feminine products**

## **WATER AND FOOD**

- ▶ **Water - 1 gallon per person per day including infants and children (a week's supply labeled with expiration date)**

## **More Resources**

(\*Offers emergency boarding services)

- ▶ **County Animal Services\*: (805) 681-5285; [countyofsb.org](http://countyofsb.org)**
- ▶ **County Animal Services Emergency Hotline: (805) 681-4332**
- ▶ **Santa Barbara Humane Society\*: (805) 964-4777; [sbhumanesociety.org](http://sbhumanesociety.org)**
- ▶ **Santa Barbara Humane Society Emergency Hotline: (805) 330-3330**
- ▶ **City of Santa Barbara Animal Control\*: (805) 963-1513; [santabarbaraca.gov](http://santabarbaraca.gov)**
- ▶ **Earl Warren Showgrounds\*: (805) 687-0766; [earlwarren.com](http://earlwarren.com)**
- ▶ **BUNS (Bunnies Urgently Needing Shelter)\*: (805) 683-0521; [bunssb.org](http://bunssb.org)**
- ▶ **VCA Care Specialty and Emergency Animal Hospital: (805) 899-2273; [vcahospitals.com/care](http://vcahospitals.com/care)**
- ▶ **Advanced Veterinary Specialists: (805) 729-4460; [avs4pets.com](http://avs4pets.com)**

- ▶ **Non-perishable food that does not require refrigeration, preparation/cooking, and little or no water**

- ▶ **Extra food (remember special dietary needs)**

## **DISABILITY OR LIMITED MOBILITY**

If you are a person with a disability, or you have a sensory or cognitive disability, or limited mobility, make sure your emergency kit includes items specific to your needs and have a list of the following:

- ▶ **Adaptive or supportive equipment and extra batteries**
- ▶ **Instructions on how to operate any special equipment**

## **FOR PETS/SERVICE ANIMALS**

- ▶ **Identification tags**
- ▶ **Extra food and water**
- ▶ **Clean-up supplies**
- ▶ **Medicine**
- ▶ **Transport case**
- ▶ **Leash**

# **LOST YOUR PET?**

**Call the Santa Barbara Humane Society's Lost & Found hotline at (805) 681-5285 or after business hours at (805) 564-6862.**

**Report your lost pet online through Santa Barbara County Animal Services at [countyofsb.org](http://countyofsb.org).**



# WHERE TO GET HELP

## Where to Get Help

Beyond feeling tense, anxiety and depression are common symptoms of trauma-induced stress. Other psychological signs are irritability or anger; self-blame or blaming others; isolation and withdrawal; denial; fear of recurrence; feeling stunned, numb, or overwhelmed; feeling helpless; concentration and memory issues; and relationship problems or marital discord. Physiological symptoms include loss of appetite, headaches, chest pain, diarrhea or nausea, hyperactivity, nightmares, and insomnia. Help is available:

## Immediate Response

- ▶ Santa Barbara County Toll Free 24-Hour Access Line — Contact: (888) 868-1649
- ▶ Santa Barbara Response Network — Contact: Jina Carvalho, (805) 452-6457
- ▶ American Red Cross — (805) 687-1331
- ▶ Hospice of Santa Barbara — (805) 563-8820

## Short-Term Support

- ▶ Santa Barbara County Psychological Association — [sbcpa.org](http://sbcpa.org)
- ▶ Jewish Family Service of Greater Santa Barbara — Contact: Ruth Steinberg, (805) 957-1116
- ▶ Cottage Health — (805) 569-7501; [cottagehealth.org](http://cottagehealth.org)

- ▶ California HOPE-805 — (805) 845-2973
- ▶ Hospice of Santa Barbara — (805) 563-8820

## Long-Term Support

- ▶ Santa Barbara County Psychological Association — [sbcpa.org](http://sbcpa.org)
- ▶ Jewish Family Service of Greater Santa Barbara — Contact: Ruth Steinberg, (805) 957-1116
- ▶ Cottage Health — (805) 569-7501; [cottagehealth.org](http://cottagehealth.org)
- ▶ Institute for Congregational Trauma and Growth — Contact: Kate Wiebe, [kwiebe@ictg.org](mailto:kwiebe@ictg.org)
- ▶ County of Santa Barbara Department of Behavioral Wellness 24/7 Access Line: (888) 868-1649.

# GET INVOLVED, GET TRAINED

There's no shortage of volunteer opportunities around. It's the same with CPR, First Aid, and CERT trainings. You just need to know where to look:

## **CERT Training**

The CERT (Community Emergency Response Team) program trains people in basic disaster-response skills, including fire safety, light search and rescue, team organization, and medical operations. Using classroom trainings and in-person exercises, CERT members can help neighbors or coworkers in an emergency when professional responders are not immediately available.

- ▶ **Santa Barbara County Fire Department**  
([mike.eliason@sbcfire.com](mailto:mike.eliason@sbcfire.com); [805] 681-5556)
- ▶ **Santa Barbara City Fire Department**  
([ymcglinchey@santabarbaraca.gov](mailto:ymcglinchey@santabarbaraca.gov); [805] 564-5711)
- ▶ **UC Santa Barbara/Isla Vista**  
([james.caesar@ucsb.edu](mailto:james.caesar@ucsb.edu); [805] 450-1437)
- ▶ **City of Carpinteria**  
([mimia@ci.carpinteria.ca.gov](mailto:mimia@ci.carpinteria.ca.gov); [805] 755-4401)
- ▶ **City of Goleta**  
[805] 961-7571)
- ▶ **City of Lompoc**  
([C\\_Ruda@ci.lompoc.ca.gov](mailto:C_Ruda@ci.lompoc.ca.gov); [805] 736-4513)
- ▶ **City of Santa Maria/City of Guadalupe**  
([rdugger@cityofsantamaria.org](mailto:rdugger@cityofsantamaria.org); [805] 925-0951)

## **CPR and First Aid Training**

- ▶ **American Red Cross, Central California Region** ([redcross.org](http://redcross.org); [805] 687-1331)
- ▶ **Channel Islands YMCA Association**  
([805] 569-1109; [ciymca.org](http://ciymca.org))
- ▶ **REI** ([805]-560-1938)
- ▶ **Stop the Bleed: Safety Matters Certified Training**  
([cprtrainingsb.com](http://cprtrainingsb.com); [805] 705-9222)



## **Listos Training**

Listos is a basic public education program in emergency and disaster preparedness for Spanish-speaking communities, with a focus on individuals, their families, and their homes.  
([listos.org](http://listos.org); [805] 896-4226 / [cafsti.org/programs/alertar-y-preparar-and-listos](http://cafsti.org/programs/alertar-y-preparar-and-listos); [888] 977-1635)

## **Volunteer**

- ▶ **Santa Barbara County Promoters Network**  
([sbcpromotersnetwork.weebly.com](http://sbcpromotersnetwork.weebly.com))
- ▶ **Direct Relief** ([directrelief.org](http://directrelief.org))
- ▶ **American Red Cross, Central California Region**  
([redcross.org](http://redcross.org); [805] 687-1331)
- ▶ **Habitat for Humanity for Southern Santa Barbara County** ([sbhabitat.org](http://sbhabitat.org); [805] 692-2226)
- ▶ **Santa Barbara Bucket Brigade**  
([sbbuckethrigade.org](http://sbbuckethrigade.org))
- ▶ **Santa Barbara Response Network**  
([sbresponsenetwork.org](http://sbresponsenetwork.org); [805] 699-5608)
- ▶ **Montecito Emergency Response & Recovery Action Group, or MERRAG, pronounced "mirage"**  
([merrag.org](http://merrag.org))



# SANTA BARBARA BUCKET BRIGADE

## EMERGENCY CONTACTS

LOCAL \_\_\_\_\_

OUT OF AREA \_\_\_\_\_

OUT OF STATE \_\_\_\_\_

# EVACUATION CHECKLIST

### HEALTH & MEDICINE

- Prescription medicine
- Copy of prescription(s)
- Over-the-counter pain/cold medication
- Over-the-counter allergy medication
- Medical equipment
- Soap, toothpaste, shampoo
- Personal hygiene products
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### PERSONAL ITEMS

- Purse / Wallet / Cash / Keys
- Computers and hard drives
- Mobile phones and chargers
- Jewelry
- Heirlooms
- Photos and photo albums
- Clothes
- Prescription eyewear
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### DOCUMENTS

- Birth certificate(s)
- Passport (s)
- Social Security card(s)
- Property title and deed
- Renters lease agreement
- Insurance policies
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### WATER • FOOD • FIRST AID

- One gallon water per person per day
- Fresh and nonperishable food/snacks
- First aid kit
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### CHILDREN

- Extra diapers, formula, medicine
- Clothes and shoes
- Backpack /school supplies
- Special items (toys, books, blankets)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### PETS

- Don't forget your pets!
- Food, bowls, waste bags
- Carrier / kennel and blankets
- Medicine
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### OTHER

- Flashlight(s) with extra batteries
- Sleeping bags, blankets, pillows
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_