



# 72 HOUR KIT



## ARE YOU PREPARED?

### WHY DO YOU NEED A 72 HOUR KIT?

Tragic events may include wildfires, severe weather, earthquakes, severe outbreaks of a serious illness, tsunamis, terrorist attacks, and other such events. Those affected by an emergency situation may require first aid and may lack access to the basic necessities of life until aid and assistance arrives. In many cases, it may be one or even several days before food, water and medical assistance arrives from out of the area. During this time, those affected by a catastrophic or disastrous event will need to be self-reliant, and they will need to make use of the supplies that they have available in their home. Purchasing or creating a 72 hour kit will help you to be prepared for any emergency. The City of San Luis Obispo Fire Department strongly encourages you to be proactive, and ensure you and your family have the proper 72 hour kits packed and ready to go at a moment's notice.

SLOFD thanks you for your diligence!

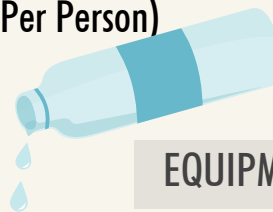
### IMPORTANT DOCUMENTS

- Birth/Marriage Certificates
- Bank Account Information
- Insurance Information
- Credit Cards
- Passports



### FOOD AND WATER

- 3 Galls of Water Per Person
- Water Bottle with Microfilter
- Packaged Emergency Meals or Canned Goods (9 Per Person)
- Baby Formula
- Utensiles
- Can Opener
- Small Cook Stove



### BEDDING & SHELTER

- Emergency Blanket
- Sleeping Bag
- Tarp/Tent
- Car Seat



### MEDICATION AND PERSONAL SUPPLIES

- Prescription Medication
- Ibuprofen
- Lotion/Sunscreen
- Eyeglasses/Contacts/Contact Solution
- Hearing Aids and Batteries
- Toilet Paper
- Diapers
- Toothbrush/Toothpaste
- Soap/Hand Sanitizer



### EQUIPMENT AND CLOTHING

- First Aid Kit
- Face Mask (N95)
- Wind Up Flashlight/Radio
- Lighters/Water Proof Matches
- Batteries
- Multi Tool/Survival Knife
- Plastic Bags
- Change of Clothes
- Jacket



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# Vehicle Emergency Supply Kit



## What Should You Keep in the Car?

Every vehicle should have an emergency supply kit located in the trunk. Kits should be checked every six months, and expired items should be replaced to keep it up to date. Vehicle emergency supply kits should include:



- A properly inflated spare tire, wheel wrench and tripod jack
- Jumper cables
- Tool kit and/or a multipurpose utility tool
- Flashlight and extra batteries
- Reflective triangles and brightly colored cloth to make your vehicle more visible
- Compass
- First aid kit with gauze, tape, bandages, antibiotic ointment, aspirin, a blanket, nonlatex gloves, scissors, hydrocortisone, thermometer, tweezers and instant cold compress
- Nonperishable, high-energy foods, such as unsalted nuts, dried fruits and hard candy
- Drinking water
- Reflective vest in case you need to walk to get help
- Car charger for your cell phone
- Fire extinguisher
- Duct tape
- Rain poncho
- Additional items for cold weather include a snow brush, shovel, windshield washer fluid, warm clothing, cat litter for traction and blankets



# Access and Addresses



## IF WE CAN'T FIND YOU, WE CAN'T HELP YOU

Emergency responders lose valuable seconds, sometimes minutes, searching for houses that do not have address numbers prominently displayed. To mitigate this problem and to allow emergency personnel to provide the best possible service to its citizens, make sure your street address numbers follow the following requirements.

### ADDRESS REQUIREMENTS

- Persons having ownership or custody of buildings are responsible for posting address numbers.
- The design, style, and shape of address numbers must render them easily readable from the street.
- Address numbers must be displayed as Arabic numerals and must be a color that contrasts with the background color which can be read easily from the street.
- In cases where conditions (shadows, overgrown vegetation, building location, etc.) adversely affect the legibility of numbers, the Fire Department has the authority to prescribe larger numbers.
- Address numbers must be displayed on the building near the entrance. Addresses may be required to be posted adjacent to driveways, alleys, walkways, or other access ways.
- Minimum number size must be five inches.

### ACCESS REQUIREMENTS

- **WIDTH:** unobstructed width not less than 20 ft (6.1 m).
- **CLEARANCE:** vertical clearance not less than 13 ft 6 in. (4.1 m).
- **SURFACE:** The access roads must be designed and maintained to support the loads of fire apparatus and provided with an all-weather driving surface.
- **DEAD ENDS:** When the road is more than 150 ft (46 m) approved provisions for the fire apparatus to turn around must be provided.
- **GRADE:** The angle of approach and departure along the road must not exceed 1 ft drop in 20 ft (0.3 m drop in 6 m).



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# Access and Addresses



## IF WE CAN'T FIND YOU, WE CAN'T HELP YOU

Emergency responders, including fire, police, and ambulance personnel, lose valuable seconds, sometimes minutes, searching for houses, apartments, and other buildings that do not have address numbers prominently displayed. To mitigate this problem we ask that you read these requirements and take the necessary steps to display your address.

Thank you for your cooperation.

### DISPLAY REQUIREMENT

All structures that have a separate address must display their address number. If the location of the number or entrance could cause confusion about which street is involved, the street name must be displayed with the number.

### NEW STRUCTURES

The owner and builder of a new structure must display the assigned address number before the start of flammable construction.

### CHANGE OF ADDRESS

Within thirty (30) days after receiving written notification of an address change, the owner of an existing structure must display the new number and remove all obsolete numbers.

### NUMBER LOCATION

Address numbers must be displayed on the building near the entrance. Numbers must be easily seen from the street. If the location of a building's or unit's main entrance might not be clear, address numbers must be displayed where they clearly indicate the entrance's location (s). Numbers painted on the curb, while a desirable feature do not satisfy this requirement.

### DIRECTORIES

When irregular layout of a multiple-address development might cause confusion about the location of an address within the project, a directory board with a map must be posted at every driveway entrance and main entrance walkway reached via that walk or driveway. Directories must clearly show the location of all addresses that can be reached via that walk or driveway. A drawing of the directory fully dimensioned and showing the type and size of letters and numerals must be submitted to the Community Development Department for approval. A building permit may also be necessary depending upon size, type of construction, lights, etc. Directories must be easily seen from the street or sidewalk, as appropriate. Driveway directories must be placed so that the car of someone pausing to read them can be out of the street and not block the sidewalk or driveway. Additional interior directories may be required where necessary to locate an address.



## POWER OUTAGE PREPAREDNESS

# Food Safety



## WHEN IN DOUBT, THROW IT OUT

### BEFORE AN OUTAGE

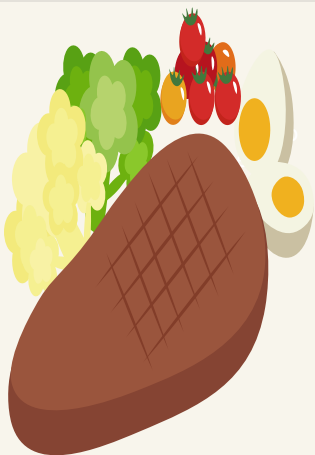
- Organize your freezer by grouping packages together so they will retain the cold more effectively.
- Keep meat and poultry items separated from other foods so if they begin to thaw, their juices will not contaminate other items.
- Obtain an appliance thermometer to keep in the freezer.
- If you have advanced notice of an outage lasting more than 4 hours, move foods that must be refrigerated into the freezer as space will allow.



### DURING AN OUTAGE

- Keep the refrigerator and freezer doors closed.
- Do not place hot or room temperature food in the refrigerator once the power has gone out. It will raise the temperature inside the unit. Any foods that were prepared prior to the power outage that were not rapidly cooled should be discarded.
- Use block ice or bagged ice for supplemental cooling.

### AFTER AN OUTAGE



- All potentially hazardous foods must be evaluated for proper temperatures. Bacteria can rapidly multiply on foods such as meat or poultry that have been at room temperature for more than two hours.
- If an appliance thermometer was kept in the freezer, check the temperature when the power comes back on. If thermometer reads 40 degrees or below, food is safe to refreeze or cook.
- Discard any perishable food in the refrigerator that has been above 40 degrees for 2 hours or more.



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# POWER OUTAGE PREPAREDNESS

# Generator Safety



**TAKE IT OUTSIDE. NEVER USE A GENERATOR INDOORS.**



Size up your energy needs! Generators can produce enough electricity to power your laptop, phone, or entire home!



## PORTABLE GENERATOR SAFETY

- Be sure the needs of the device (electric load) is supported by your generator and does not exceed the manufacturers specifications.
- Position your generator where its exhaust can vent safely to prevent carbon monoxide poisoning.
- Only use extension cords that are properly sized for an individual generator's electric to prevent overheating.
- Keep cords out of high traffic areas so they don't present a tripping hazard.
- Never run cords under rugs or carpets where heat can be generated or where damage to a cord may go unnoticed.



## PERMANENT GENERATOR SAFETY

- Installation requires a licensed electric contractor or other qualified professional.
- Ensure electricity from your generator does not flow or "backfeed" into PG&E's power lines. The most common way to avoid this is to install a double pole, double throw transfer switch.
- Any additions or adjustments to your house wiring should be inspected by the building department.
- Once installation is complete, call PG&E at 1-800-743-5000 to let them know about your backup system so they are aware of your generator when working on an outage in your area.





# FIRE PITS



## Do's and Don'ts

Municipal Code Section 1102.4.1

Recreational fires may be permitted in approved, non-combustible commercially built containers, measuring no more than 3 feet in diameter and 2 feet tall, raised at least 6 inches off the ground with non-combustible legs and having a non-combustible spark arrester screen with holes no larger than 1/4 inch. The ground beneath this container shall be clear of combustible material for 10 feet in diameter, and 10 feet away from combustible construction. The material being burned shall be wood only, and shall not include pressure treated lumber. A pre-connected garden hose shall be accessible.

### DO

- Keep the fire small
- Use approved, non-combustible commercially built containers
- Maximum container size is 3 ft in diameter and 2 ft tall
- Container shall stand at least 6 inches off the ground
- Container requires a non-combustible spark arrester screen on top with holes no larger than 1/4 inch in size
- Keep ground beneath container clear of combustible material for 10 ft in diameter
- Locate container a minimum of 10 ft away from combustibles
- Keep a garden hose nearby
- Completely extinguish fire after use
- Area should be cleared around it 15' in all directions of all vegetation and combustibles

### DON'T

- Do not leave the fire unattended
- Never use a fire pit indoors
- Do not ignite fires with chemicals such as gasoline, lighter fluid, or alcohol (use dry wood as kindling)



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# GRILLING SAFETY



There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

## SAFETY TIPS

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it.

## CHARCOAL GRILLS

- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- There are also electric charcoal starters, which do not use fire.
- Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.

## PROPANE GRILLS

- Check the gas tank hose for leaks before using it for the first time each year.
- Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department.
- If you smell gas while cooking, immediately get away from the grill and call the fire department.
- Do not move the grill.
- If the flame goes out, turn the grill and gas off and wait at least 5 minutes before re-lighting it.







# FIRE EXTINGUISHERS



## KNOW YOUR FIRE EXTINGUISHER

San Luis Obispo Fire Department recommends an extinguisher for each floor of the residence and more importantly a practiced family plan should a fire start. Make sure you familiarize yourself with proper extinguisher operation.

### FIRE CLASSIFICATIONS

- Class A- involves paper, wood, and other ordinary combustibles
- Class B- involves flammable liquids, such as oil and gas
- Class C- involves energized electrical equipment such as power tools, wiring, fuse boxes and appliances
- Class D- involves combustible metals such as, magnesium

### EXTINGUISHER LABELS

- An extinguisher labeled A:B:C may be used on all three of the most common types
- Extinguishers labeled only for class A fires contain water and are dangerous if used on grease or electrical fires
- A red slash through any symbol means you cannot use the extinguisher on that class of fire
- A missing symbol means only that the extinguisher hasn't been tested for that class of fire
- Extinguishers are rated for the size and type of fire they can handle. For example: 2A:10B:C
- The larger the number the bigger the fire of that type it can handle

KNOW YOUR FIRE EXTINGUISHER					
CHOOSING THE RIGHT EXTINGUISHER CAN PREVENT PROPERTY DAMAGE AND SAVE LIVES					
Extinguisher Type →					
Type of Fire ↓		Water	Foam	CO <sub>2</sub>	Dry Chemical
<b>A</b> Paper, Wood & Plastic 		✓	✓	X	✓
<b>B</b> Flammable & Combustible Liquids 		X	✓	✓	✓
<b>C</b> Electrical Equipment 		X	X	✓	✓

### HOW TO DISPOSE OF AN OLD FIRE EXTINGUISHER

Pressurized dry chemical fire extinguishers may be disposed by inverting the extinguisher so that the discharge end is pointed toward the ground, pointing the nozzle in a safe direction, the extinguisher gas can be expelled with discharging the agent. Once the canister is depressurized, the unit may be discarded as trash.



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# How to Use Your Fire Extinguisher

## BEFORE YOU FIGHT A FIRE MAKE SURE:

- The fire is small, confined, and not spreading.
- You have an unobstructed escape route.
- Everyone else has left and someone's calling the fire department.
- Your extinguisher is right for the fire.
- You know how to use the extinguisher.

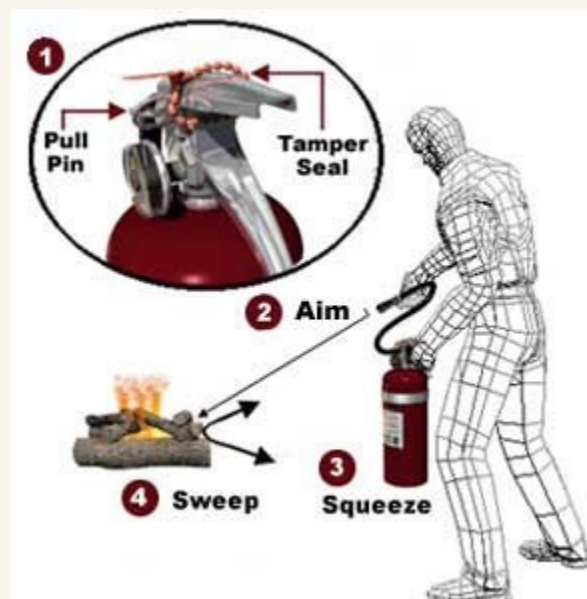
## REMEMBER P.A.S.S

P- Pull the pin that unlocks the operating lever.(Some models may other release mechanisms)

A- Aim low. Point the extinguisher nozzle or hose at the base of the fire

S- Squeeze the lever above the handle to discharge the extinguishing agent

S- Sweep the nozzle or hose from side to side



## AFTER THE FIRE IS OUT

- Once the fire goes out, watch the fire area and be prepared to repeat the process if the fire re-ignites.
- Never turn your back on a fire.
- Finally, have the fire department inspect the fire site - even if you're sure you've got it out.



# EARTHQUAKES



## DROP! COVER! HOLD ON!

An earthquake is the sudden, rapid shaking of the earth, caused by the breaking and shifting of underground rock. Earthquakes can cause buildings to collapse and cause heavy items to fall, resulting in injuries and property damage.

Earthquakes can:

- Happen anywhere — though California is considered a higher risk area
- Cause fires and damage roads; and
- Cause tsunamis, landslides, and avalanches.

### BEFORE

- Secure items, such as televisions, and objects that hang on walls. Store heavy and breakable objects on low shelves.
- Practice with family and coworkers. Drop to your hands and knees. Cover your head and neck with your arms. Crawl only as far as needed to reach cover from falling materials. Hold on to any sturdy furniture until the shaking stops.
- Create a family emergency communications plan that has an out-of-state contact. Plan where to meet if you get separated.
- Make a supply kit that includes enough food and water for at least three days, a flashlight, a fire extinguisher, and a whistle. Consider each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries and charging devices for phones and other critical equipment.
- Consider obtaining an earthquake insurance policy. Standard homeowner's insurance does not cover earthquake damage.
- Consider a retrofit of your building to correct structural issues that make it vulnerable to collapse during an earthquake.



### DURING

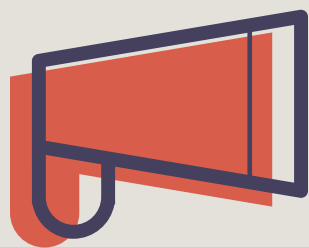
- If in a vehicle, pull over and stop in a clear area that is away from buildings, trees, overpasses, underpasses, or utility wires.
- If in bed, stay there and cover your head and neck with a pillow.
- If outdoors, stay outdoors. If inside, stay there until the shaking stops. DO NOT run outside. Do not get in a doorway.
- If you are in a high-rise building, expect fire alarms and sprinklers to go off. Do not use elevators.
- If near slopes, cliffs, or mountains, be alert for falling rocks and landslides.



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## AFTER

- Expect aftershocks to follow the largest shock of an earthquake.
- Check yourself for injury and provide assistance to others if you have training.
- If in a damaged building, go outside and quickly move away from the building. Do not enter damaged buildings.
- If you are trapped, cover your mouth. Send a text, bang on a pipe or wall, or use a whistle instead of shouting so that rescuers can locate you.
- If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops.
- Save phone calls for emergencies. Conserve your phone's battery life.
- Once safe, monitor local news reports via battery operated radio, TV, social media, and cell phone text alerts for emergency information and instructions.
- Use extreme caution during post-disaster clean-up of buildings and around debris. Do not attempt to remove heavy debris by yourself. Wear protective clothing, including a long-sleeved shirt, long pants, work gloves, and sturdy, thick-soled shoes during clean-up.



# Earthquake *Preparedness*

1

Identify potential hazards in your home and begin to fix them!

2

Create a disaster preparedness plan.

3

Prepare 72 hour disaster supply kits.

4

Identify your building's potential weaknesses and begin to fix them.

5

Protecting yourself during earthquake shaking - DROP, COVER and HOLD ON.

6

After the earthquake, check for injuries and damage.

7

When safe, continue to follow your disaster preparedness plan.



# DRYER SAFETY



## Prevent Clothes Dryer Fires

Doing laundry is most likely part of your every day routine. But do you know how important taking care of your clothes dryer is to the safety of your home? With a few simple safety tips you can help prevent a clothes dryer fire.

### DRYER TIPS

- Have your dryer installed and serviced by a professional.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.
- Keep dryers in good working order. Gas dryers should be inspected by a qualified professional to make sure that the gas line and connection are intact and free of leaks.
- Make sure the right plug and outlet are used and that the machine is connected properly.
- Follow the manufacturer's operating instructions and don't overload your dryer.
- Clothes that have come in contact with flammable substances should be laid outside to dry, then can be washed and dried as usual.
- Turn the dryer off if you leave home or when you go to bed.
- Make sure your dryer is properly grounded.
- Keep the area around your dryer clear of things that can burn.



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# CAR FIRE SAFETY



Cars can catch fire for many reasons. Mechanical or electrical issues are the most common cause. A car can also catch fire as the result of a bad crash. If you see smoke or flames or smell burning rubber or plastic, respond immediately.

## WHAT TO DO IF YOUR CAR IS ON FIRE



- Pull over as quickly as it is safe to do so, be sure to use your signal as you make your way to a safe location off the road such as the breakdown lane or rest stop.
- Once you have stopped, **TURN OFF** the engine.
- **GET** everyone out of the car. Never return to a burning car for anything.
- **MOVE** everyone at least 100 feet from the burning car and well away from traffic.
- **CALL 9-1-1.**

## HOW TO PREVENT A CAR FIRE



- Have your car serviced regularly by a professionally trained mechanic. If you spot leaks, your car is not running properly, get it checked. A well-maintained car is less likely to have a fire.
- If you must transport gasoline, transport only a small amount in a certified gas can that is sealed. Keep a window open for ventilation.
- Gas cans and propane cylinders should never be transported in the passenger compartment.
- Never park a car where flammables, such as grass, are touching the catalytic converter.
- Drive safely to avoid an accident.

## KNOW THE DANGER SIGNS



- Cracked or loose wiring or electrical problems, including a fuse that blows more than once.
- Oil or fluid leaks.
- Oil cap not on securely.
- Rapid change in fuel or fluid level, or engine temperature.



# Disaster Readiness



## Utility Control

The first step when developing an emergency response plan is to conduct a risk assessment to identify potential emergency scenarios. An understanding of what can happen will enable you to determine resource requirements and to develop plans and procedures to prepare your home.

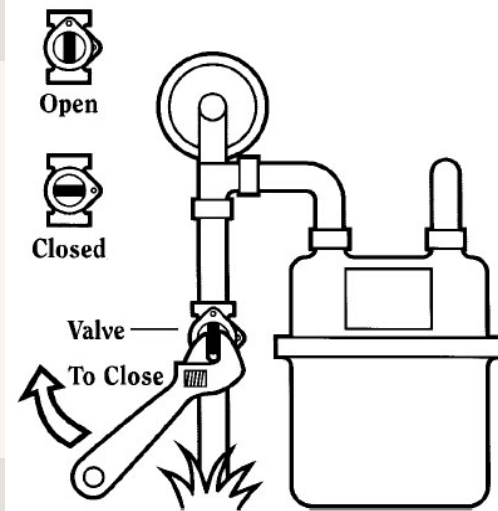
When an emergency occurs, the first priority is always life safety. The second priority is the stabilization of the incident. This includes utility control. There are many actions that can be taken to stabilize an incident and minimize potential dangers.

### BEFORE

#### Natural Gas



- Everyone should know how to turn off the main valve.
- If you smell gas or hear it leaking, open a window and get out.
- Only turn off gas if it is safe to do so.
- Shutoff is typically the first valve on the pipe.
- Most gas appliances have shut-off valves.
- If you are unsure of the leak's origin, turn off the gas using the outside main valve and call the gas company.
- If you turn off the gas, a qualified professional must turn it back on.
- NEVER attempt to turn the gas back on yourself. Call the Gas Company.



#### Electricity



- Electrical sparks and power surges during and after a disaster have the potential to ignite natural gas fumes.
- Teach all responsible household members where your circuit box is and how to shut off the electricity.
- Always shut off all the individual circuits before shutting off the main circuit breaker.
- When turning power on, reverse the order - main circuit breaker on then individual circuits one at a time.

#### Water



- Know where the main water valve is for your home and learn how to turn it off.
- Make sure the valve is free from rust and can be shut off completely.
- Label the valve with a tag for easy identification.
- Most valves can be found outside under a small manhole cover.



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# DURING

## Natural Gas



- All utilities should be shut down and monitored.
- It is especially critical to get the gas line to your property shut off as soon as possible.
- Natural gas is lighter than air and the vapors will pool in low areas. Lighting candles can be an ignition source for these vapors.

## Electricity



- Monitor your meter to see if electricity is being used.
- If you have solar panels, make sure the shunt from the panel to the meter is off so the entire system is not back-fed.

## Water



- During and after a disaster, cracked lines may pollute the water supply to your home.
- It may be wise to shut off your water until you hear from authorities that it is safe for drinking.
- You may also need to preserve water by filling up your bathtub or temporary containers.
- Ensure water meter has been turned off.
- Monitor the system.
- A spinning red star indicates water is being used or there is a leak in the system.

# AFTER

## Natural Gas



- Only Southern California Gas, or a certified representative should turn your gas back on.
- Many fires have occurred due to the public turning their gas back on not knowing they had a gas leak in the system.

## Electricity



- Electricity should be turned on by a PG&E representative. Restoring power to your home is very dangerous. Sparking wires may cause a fire or may electrocute someone.
- Solar panel shunts should only be reset by an authorized representative.

## Water



- Have a City water representative turn your water on.
- Water may be diverted to areas of the city to support firefighting activities.
- Having a major break in the water service could disrupt firefighting efforts.





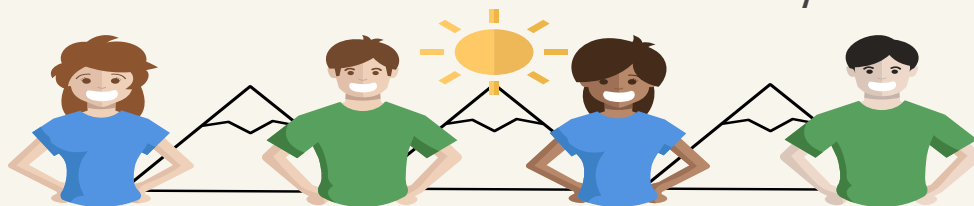
# Hands Only CPR and Pulsepoint



## TOGETHER WE SAVE LIVES

THE CHAIN OF SURVIVAL IS ONLY AS STRONG AS WE MAKE IT

Create a culture of action in our Community



### A CALL TO ACTION

Sudden cardiac arrest can happen to anyone, at any time, but **PulsePoint** Respond empowers CPR-trained citizens to help improve patient outcomes and save lives by reducing collapse-to-CPR and collapse-to-defibrillation times. And when citizens are more aware of and engaged with the health of their community, they become better partners with your agency—and a stronger link in your response efforts.

# LEARN CPR. GET THE APP. SAVE A LIFE.



### PROXIMITY TO VICTIM



For extremely time sensitive emergencies like cardiac arrest, notifying “first-first responders” that are in the immediate vicinity of an event, simultaneously with the conventional Fire/EMS response, offers the potential to improve outcomes. By expanding situational awareness beyond the purview of a traditional witnessed arrest radius, the opportunity to instantly draw skilled individuals, including off-duty health care professionals, grows, enabling critical life sustaining BLS interventions to begin sooner and more often, and potentially of higher quality.



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## Before Giving CPR

1

Check the scene and the person. Check to make sure the scene is safe, tap the person on the shoulder to see if they're OK, and look for signs of rhythmic, normal breathing.

2

Call 911 for assistance. If there's no response from the victim when asked if he or she is OK, call 911, or ask a bystander to call for help.

3

Begin compressions. If the person is unresponsive, perform hands-only CPR.

## How to Perform Hands-Only CPR

1

Kneel beside the person who needs help.

2

Place the heel of one hand on the center of the chest.

3

Place the heel of the other hand on top of the first hand, then lace your fingers together.

4

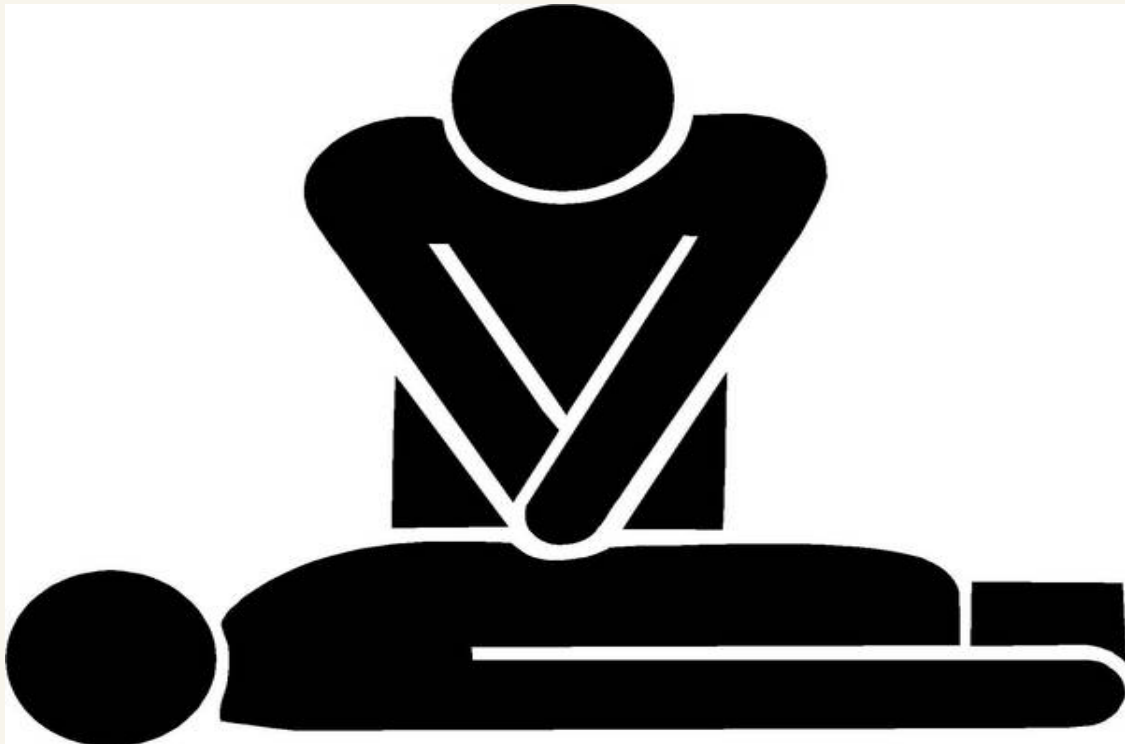
Position your body so that your shoulders are directly over your hands, and keep your arms straight.

5

Push hard, push fast. Use your body weight to help you administer compressions that are at least 2 inches deep and delivered at a rate of at least 100 compressions per minute. (Just be sure to let chest rise completely between compressions.)

6

Keep pushing. Continue hands-only CPR until you see obvious signs of life, like breathing, another trained responder or EMS professional can take over, you're too exhausted to continue, an AED becomes available, or the scene becomes unsafe.





# Carbon Monoxide



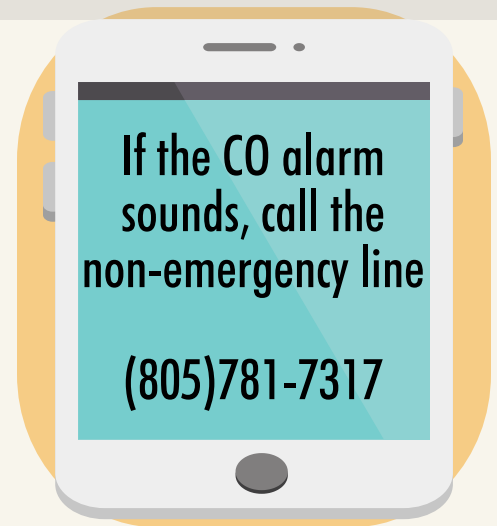
## The Invisible Killer



Carbon monoxide is an odorless, colorless gas created when fuels (such as gasoline, wood, coal, natural gas, propane, oil, and methane) burn incompletely. In the home, heating and cooking equipment that burn fuel are potential sources of carbon monoxide. Vehicles or generators running in an attached garage can also produce dangerous levels of carbon monoxide.



- CO alarms should be installed in a central location outside each sleeping area and on every level of the home. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound.
- Follow the manufacturer's instructions for placement and mounting height.
- Choose a CO alarm that is listed by a qualified testing laboratory.
- Call the fire department's non-emergency number when the CO alarm sounds. (805)781-7317, Opt. 1
- Test CO alarms at least once a month; replace them according to the manufacturer's instructions.
- If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department.
- If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel declare that it is safe to re-enter the home.
- If you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.
- A generator should be used in a well-ventilated location outdoors away from windows, doors and vent openings.
- Gas or charcoal grills can produce CO — only use outside.



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# Smoke Detectors



## A Key Part to a Home Escape Plan



- Make sure to have smoke detectors installed on every level of your home, in each bedroom, and outside of each sleeping area.
- Installing interconnected alarms is the best choice because when one goes off, all the others do as well.
- Always make sure everyone can hear the smoke detectors. If hearing them is an issue, invest in visual indicators such as strobes.
- Always change batteries twice a year or invest in 10-year lithium batteries which coincide with the life of the smoke detectors. Replace all smoke detectors when they are 10 years old.
- Mount smoke detectors high on walls or ceilings (smoke rises).
- Don't install smoke detectors near windows, doors, or ducts where drafts might interfere with their operation.
- Ionization smoke detectors are generally more responsive to flaming fires.
- Photoelectric smoke detectors are generally more responsive to smoldering fires.
- For best protection, both types of detectors or combination ionization-photoelectric detectors, also known as dual sensor smoke detectors are recommended.
- Test your smoke detectors at least once a month. Press the test button to be sure the detector is working.
- People who are hard-of-hearing or deaf can use special detectors. These detectors have strobe lights and bed shakers.
- A closed door may slow the spread of smoke, heat, and fire.



# Business Continuity



## PLANNING FOR EMERGENCIES



### BEFORE AN INCIDENT

**Preparing makes good business sense:** Plan to manage any emergency both man-made and natural disasters.

**Be informed:** A risk assessment should be done for your particular business. The specific industry, size and scope of your individual company will determine your organization's risk and assessment needs.

**Continuity Planning:** Assess how your company functions and identify procedures and equipment that is necessary to keep your business operating. Decide who should participate in putting your emergency plan together. Establish a plan for important customers and plan on how you will serve them during a disaster. Plan on what will be done if your building, plant or store is not accessible.

**Emergency Planning for Employees:** Two-way communication is central before, during and after a disaster. Educate your employees early through your normal communication process. Consider setting up a telephone calling tree. Designate an out of office or town phone number for employees to call and notify you that they are okay after a disaster.

**Talk to Co-Workers with Disabilities:** If you have employees with disabilities ask them what assistance, if any, they require.

**Emergency Supplies:** Think about basic survival needs. Fresh water, food, clean air and warmth. Encourage everyone to have a portable kit customized to meet their personal needs. Talk to co-workers about what the company can feasibly provide. Keep copies of important records and documents.

**Make an Evacuation Plan:** Decide in advance who has authority to order an evacuation. Identify who will shut down critical operations and lock doors. Have a building and site plan and map. Identify emergency routes, utility shut down locations and an outside meeting/assembly location. Assign two people who will account for evacuated employees and determine who will give the all-clear notice.

**Make Fire Safety Part of the Plan:** Fire is the most common threat of all business disasters. Install smoke alarms, detectors and fire extinguishers in appropriate locations. Learn to use the extinguishers and check alarm systems and detectors monthly.

**Prepare for Medical Emergencies:** Encourage employees to take basic First Aid and CPR training. Have a first aid kit on hand.

**Review Insurance Coverage:** Discuss your insurance coverage with your agent. Understand what your insurance covers and what it does not cover. Check coverage for physical losses, flood coverage and business interruptions. Know your deductible and what information or documentation your agent will need after an emergency.

**Determine Key Personnel:** As you analyze your business during the development of your Disaster Plan, identify these key personnel. Once these key personnel are identified, it is essential that clear communications are made with all employees as to what will be expected of them in the event of a disaster.



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## DURING AN INCIDENT

**Planning to Stay or Go:** Depending on your circumstances and the nature of the disaster, the first important decision after an incident occurs is whether to shelter-in-place or evacuate. You should understand and plan for both possibilities in advance by developing clear, well thought-out plans. If you are specifically told to evacuate, shelter-in-place, or seek medical treatment, do so immediately.

**Make a Shelter-in-Place Plan:** There may be times when you will need to shelter in your business. Have a plan in place that meets your needs and the needs of your employees.

**Coordinate with Others:** Meet with other businesses in your area. Talk with first responders, emergency managers, community organizations and utility providers.

**Prepare for Utility Disruptions:** Plan ahead for interruptions. Examine which utilities are vital to day-to-day operations. Identify back-up options.

**Secure Facilities, Equipment, Buildings and Plants:** Conduct a room-by-room walk through to determine what needs to be secured.

**Assess Building and Air Protection:** Know how to shut down the air handling system if needed. Understand how to secure the air intake if preventing air from getting into your business is necessary.



## AFTER AN INCIDENT

**Review Your Plans Annually:** Just as your business changes over time, so do your preparedness needs. You should update your plans and inform your people when you hire new employees or when there are changes in how your company functions.

**Communicate regularly:** with employees before, during and after an incident. Conduct regularly scheduled education and training seminars to provide co-workers with information, identify needs and develop preparedness skills. Promote family and individual preparedness. Write a Crisis Communication Plan to address problems if the company has a disaster. Support employees health after a disaster. Take steps to safeguard your company and secure your physical assets in addition to emergency planning and communicating with employees.



# GET READY NOW, START CREATING YOUR PLAN!

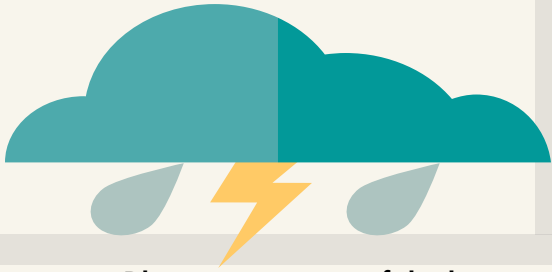
Full business continuity plan available at  
[www.slocity.org/fire](http://www.slocity.org/fire)



# Storm Prep/ Flooding



## Know what to do before, during, and after a storm



Important Numbers:  
**EMERGENCY : 9-1-1**  
**PG&E : (800)743-5000**  
**SoCal Gas : (800)427-2200**  
**SLO Public Works : (805)781-7200**



- Plan two ways out of the home in case of an emergency.
- Check on neighbors who may need help.
- Be ready in case the power goes out. Have flashlights on hand. Also have battery-powered lighting and fresh batteries. Never use candles.
- Stay aware of winter weather. Listen to the television or radio for updates. Watch for bulletins online.
- Stay away from downed wires. Report any downed wires to authorities.
- Be ready if the heat stops working. Use extra layers of clothes and blankets to stay warm.
- Turn portable heaters off when you leave the room or go to bed.

### BEFORE

- Find out the elevation of your property to determine weather foretasted flood levels are likely to affect your home.
- Move the main breaker or fuse box and utility meters about the flood level.
- Move appliances and valuables out of flood-prone lower levels.
- Learn how to shut off electricity, gas and water to your home.

### DURING

- Stay away from flooded areas, even if the water seems to be receding.
- Do not walk, swim or drive through moving water.
- Be aware of potential flash flooding.
- Evacuate to an area of higher ground immediately if advised to do so.



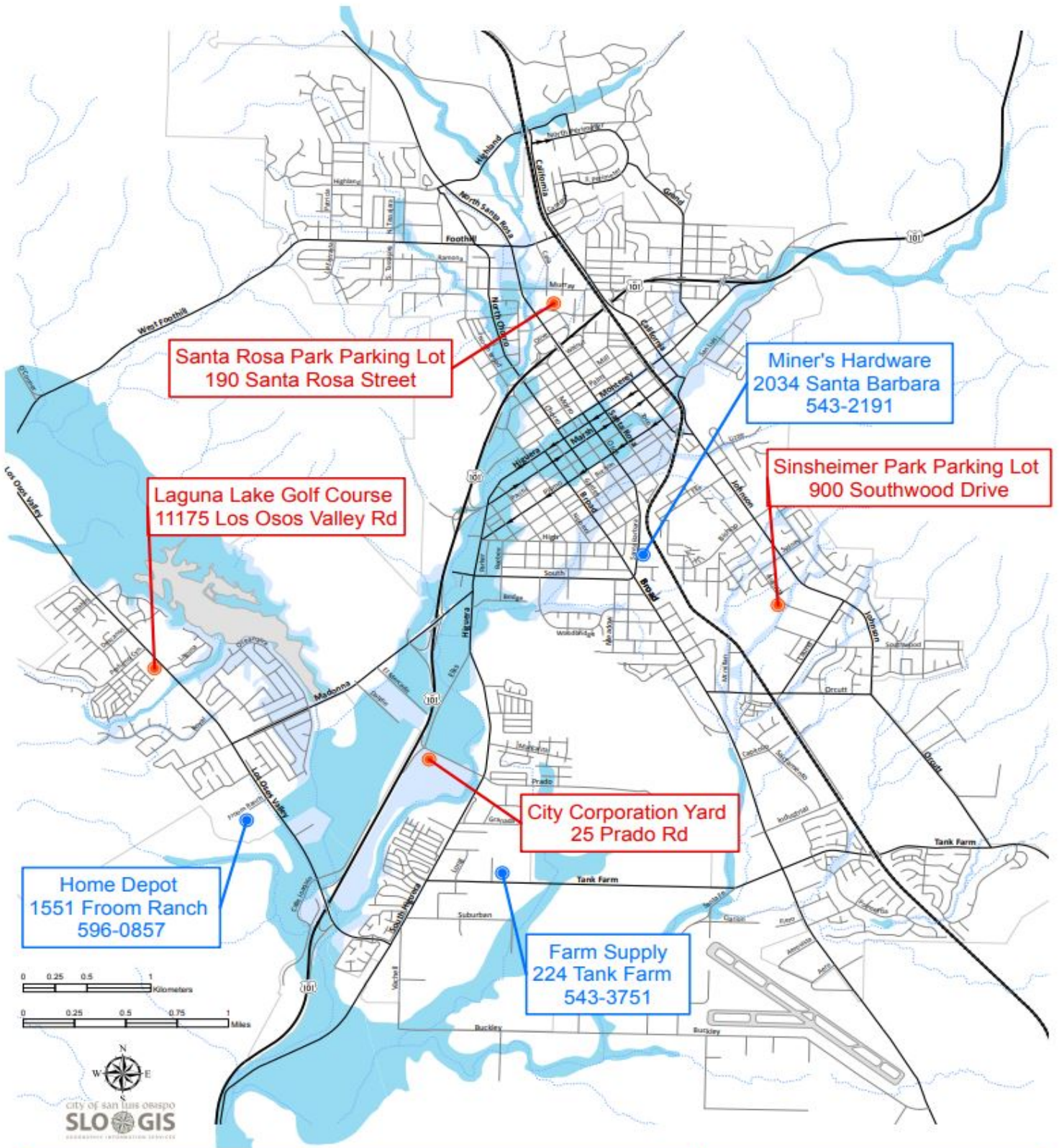
### AFTER

- Take precautions.
- Keep an eye on children and make sure they don't play around high water or storm drains.
- Throw away food that may have come in contact with floodwater.
- Use water from safe sources (bottled water) until you know that your tap water isn't contaminated (boiling, disinfecting, or distilling can purify water).
- Before re-entering a home damaged from a flood: turn electricity off at the fuse box or main breaker until your home as adequately dried, check for gas leaks, examine your home for fire hazards to make sure your home isn't in danger of collapsing.



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# Sandbag Information



**Where can I fill my sandbags when a major storm is expected?**  
***Bring a shovel and bags.***

**City Corporation Yard parking lot**  
**25 Prado Road**

**Laguna Lake Golf Course parking lot**  
**11175 Los Osos Valley Road**

**Santa Rosa Park parking lot**  
**190 Santa Rosa Street**

**Sinsheimer Park parking Lot**  
**900 Southwood Drive**

**Where do I buy sand bags?**

**Home Depot**  
**1551 Froom Ranch Way, SLO:**  
**596-0857**

**Farm Supply Co.**  
**224 Tank Farm, SLO: 543-3751**  
**Miner's Hardware**  
**2034 Santa Barbara, SLO: 543-2191**





# Senior Safety



## Take the necessary steps to stay safe

Knowing what to do in the event of a fire is particularly important for older adults. At age 65, people are twice as likely to be killed or injured by fires compared to the population at large.

### FIRE PREVENTION

If you smoke, smoke outside. Wet cigarette butts before throwing them out. Never smoke in bed or if oxygen is used in the home

Keep space heaters at least 3 feet away from anything that can burn. Unplug heaters when you leave your home or go to bed. Plug in directly to a wall outlet.

If your clothes catch fire; stop, drop, and roll. Don't run. If you cannot drop and roll, keep a blanket or towel nearby to smother flames.

Stay in the kitchen when cooking. If a pan catches on fire, slide a lid over it and turn off the burner. Don't cook if you are taking new medication and don't know how it will affect you.

Plan and practice your escape from fire and smoke. Have two ways out. Make sure windows and doors open easily.

Have smoke alarms installed on every level of your home, inside each bedroom, and outside each sleeping area. Make sure they are interconnected. Test them once a month.

Know your local emergency number  
9-1-1



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## FALL PREVENTION

Exercise regularly. Ask your doctor about the best physical exercise for you.

Take your time. Get out of chairs slowly. Sit a moment before you get out of your bed. Stand and get your balance before you walk. Be aware of your surroundings.

Improve the lighting in and outside your home. Use night lights or a flashlight to light the bath between your bedroom and the bathroom.

Keep stairs and walking areas clear. Remove electrical cords, shoes, clothing, books, or other items that may be in the way.

Use non-slip mats in the bathtub and on shower floors and have grab bars installed on the wall. Wipe up spilled liquids immediately.

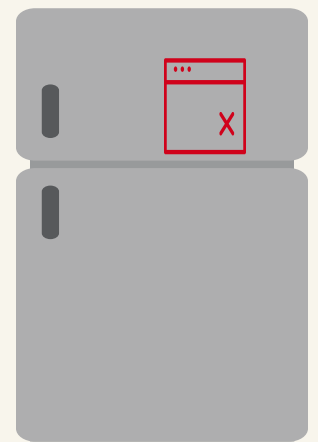
Stairways should be well lit from top to bottom. Have easy-to-grip handrails installed along the full length on both sides of the stairs.

Wear sturdy, well-fitting shoes. Low-heeled with non-slip soles are best.

## VIAL OF LIFE

The Vial of Life is designed to speak for you when you can't speak for yourself. The vial contains important medical information that can assist emergency personnel in administering the proper medical treatment.

Pick up a Vial of Life form and sticker at 2160 Santa Barbara - Station 1 or print the form online, fill it out, put it in a plastic bag, securely tape it on the front of your refrigerator door. Place the sticker on your front door so it can be easily seen by anyone responding to an emergency.





# POWER SHUTOFF



## The Power of Being Prepared

THE THREATS OF WILDFIRE AND EXTREME WEATHER IN CALIFORNIA ARE REAL. As a result, PG&E is preparing all Californians for the threat of wildfires and power outages during times of extreme weather. To help protect customers and communities during extreme weather events, electric power may be shut off for public safety in an effort to prevent a wildfire. This is called a Public Safety Power Shutoff (PSPS). These outages may last several days! Know what to do before, during, and after.

# STAY SAFE.

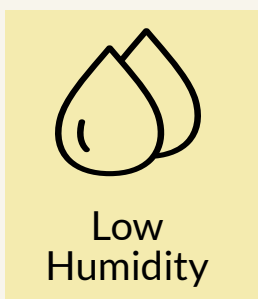
# TAKE ACTION.

### SHUTTING OFF POWER FOR SAFETY

As a safety precaution, PG&E will monitor local fire danger and extreme weather conditions across California and evaluate whether to turn off electric power.

The decision and action to turn off power is based on a combination of factors.

Factors include, but are not limited to:



### WHAT YOU CAN EXPECT

If a Public Safety Power Shutoff is needed due to extreme conditions, you can expect:

- Early Warning Notification – PG&E will aim to send customer alerts before shutting off power.
- Ongoing Updates – PG&E will provide updates through social media, local news outlets & their website.
- Safety Inspections – After extreme weather has passed, PG&E will inspect the lines in affected areas before power is safely restored.
- Power Restoration – Power outages could last multiple days depending on the severity of the weather and other factors. It is important that you and your family have an emergency preparedness plan in place.



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## NOTIFICATIONS (when possible)

Extreme weather threats can change quickly. When and where possible, PG&E will provide customers with up to 48 hours advance notice prior to turning off the power. They will attempt to reach customers through calls, texts and emails using the contact information they have on file. To stay informed, check out:



## ADDITIONAL PREPAREDNESS RESOURCES

PG&E Community Wildfire Safety Program - [Pge.com/wildfiresafety](http://Pge.com/wildfiresafety) - 1(866)743-6589 - [wildfiresafety@pge.com](mailto:wildfiresafety@pge.com)  
[www.slocity.org/fire](http://www.slocity.org/fire)

Disaster preparedness information from the U.S. Department of Homeland Security - [www.ready.gov](http://www.ready.gov)

CAL FIRE's wildfire preparedness website - [www.readyforwildfire.org](http://www.readyforwildfire.org)

Information on the CPUC's wildfire safety efforts - [www.cpuc.ca.gov/wildfiresinfo](http://www.cpuc.ca.gov/wildfiresinfo)

California Governor's Office of Emergency Services website - [www.caloes.ca.gov](http://www.caloes.ca.gov)

[www.ReadySLO.org](http://www.ReadySLO.org)

SLO Sheriff website sign up for Reverse 911 - [www.slosheriff.org](http://www.slosheriff.org)

## HOW TO PREPARE BEFORE A PSPS

Californians need to be prepared with a plan. Below are specific steps you and your family can take to be ready.

- Update your contact information with your local energy company.
- Confirm your mobile contact information with the SLO County Sheriffs Reverse 911 to receive notifications.
- Identify backup charging methods for phones and keep hard copies of emergency numbers.
- Plan for any medical needs like medications that need to be refrigerated or devices that require power.
- Plan for the needs of pets and livestock.
- Build your 72 hour emergency kit with food, water, flashlights, fresh batteries, first aid supplies and cash.
- Designate an emergency meeting location.
- Know how to manually open your garage door.
- Ensure any backup generators are ready to safely operate.
- Identify the unique needs of your family and loved ones in the area for your emergency plan.

Additional information on creating an emergency plan is also available at [prepareforpowerdown.com](http://prepareforpowerdown.com).

### WHAT TO DO DURING A PSPS

- Check for updates.
- Unplug/turn off appliances.
- Use coolers and ice to keep food safe.
- Use generators and camp stoves outdoors only.
- Check on your neighbors.

### WHAT TO DO AFTER A PSPS

- Turn on appliances one item at a time.
- Restock your emergency kit.
- Make sure CO and smoke detectors are functioning.
- Refuel your generator.

## **Use this checklist to make power-backup plans**

This emergency power planning checklist is for people who use electricity and battery dependent assistive technology and medical devices such as:

- Breathing machines (respirators, ventilators)
- Power wheelchairs and scooters
- Oxygen, suction or home dialysis equipment

Some of this equipment is essential to your level of independence while other equipment is vital to keeping you alive! Use the checklist to make power-backup plans. Review and update this checklist every six months.

### Planning Basics

- Create a plan for alternative sources of power.
- Read equipment instructions and talk to equipment suppliers about your backup power options.
- Get advice from PG&E regarding types of backup power you plan to use.
- Regularly check backup or alternative power equipment to ensure it will function during an emergency.
- Teach many people to use your backup systems and operate your equipment.
- Keep a list of alternate power providers.

### Life-Support Device Users

- Contact your power and water companies about your needs for life-support devices (home dialysis, suction, breathing machines, etc.) in advance of a disaster.
- Let PG&E know that you are dependent on life-support devices.
- If you receive dialysis or other medical treatments, ask your provider for the plans in an emergency and where you should go for treatment if your site is not available after an emergency.



## Oxygen Users

- Check with your provider to determine if you can use a reduced flow rate in an emergency to extend the life of the system.
- Be aware of oxygen safety practices.
- Avoid areas where there are gas leaks or open flames.
- Post "Oxygen in Use" signs.
- Always use battery powered flashlights or lanterns rather than gas lights or candles when oxygen is in use (to reduce fire risk).
- Keep the shut-off switch for oxygen equipment near you so you can get to it quickly in case of an emergency.

## Generator Users

- Make sure use of a generator is appropriate and realistic.
- A 2,000-2,500-watt gas powered portable generator can power a refrigerator and several lamps.
- Operate generators in open areas to ensure good air circulation.
- Safely store fuel.

## Rechargeable Batteries

- Create a plan for how to recharge batteries when the electricity is out.
- Check with your vendor/supplier to find alternative ways to charge batteries.
- If you use a motorized wheelchair or scooter, if possible store a lightweight manual wheelchair for emergency use.
- Stored extra batteries require periodic charging even when they are unused. If your survival strategy depends on storing batteries, closely follow a recharging schedule.
- When you have a choice, choose equipment that uses batteries that are easily purchased from nearby stores.

## When Power is Restored

- Check to make sure the settings on your medical device have not changed. (Medical devices often reset to a default mode when power goes out)



# Pool Safety



## TIPS TO HELP KEEP CHILDREN SAFE AROUND WATER

### DID YOU KNOW?

Drowning is the #1 killer for kids aged 1-4, #2 for kids 5-9, and #3 for kids 10-14. Most drowning and near drowning happen within 6 feet of the wall where children become disoriented. Caregivers are usually in the pool area, not more than a few feet away.

### WHAT PARENTS AND CAREGIVERS CAN DO

- Remove toys in or around the pool area when not in use.
- Appoint an official adult watcher to ensure children are supervised near the pool. Never leave children in or around the pool unattended.
- Stay up to date with the latest CPR techniques.
- Keep your pool and patio area well lit.
- Avoid alcohol when supervising children swimming.
- Be vigilant when supervising kids, stay off social media and your phone.
- Put up barriers around the pool or hot tub.
- Stay within reach of children in the water.
- Show children where they can safely enter and where it is too deep.
- Say no to floaties, kickboards, inflatable tubes, etc.-These give a false sense of security.



### WHAT CHILDREN CAN DO

- Never swim alone. Always have a buddy!
- Never dive into shallow or unknown waters.
- Don't run around the pool. Walk.
- Swim in lifeguard-supervised beaches and pools.
- Learn proper swimming and safety skills.
- Always enter the water feet first.
- Only jump in as far as you can swim back.



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# Electrical Safety Around Water



## Electrical hazards exist in swimming pools, hot tubs, lakes, and ponds

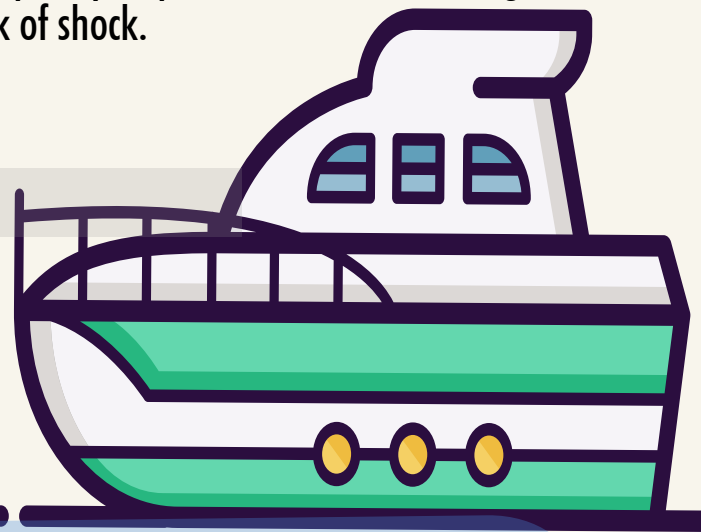
Electric shock drowning (ESD) happens when marina or onboard electrical systems leak electric current into the water. The current then passes through the body, causing paralysis, and results in drowning.

### TIPS FOR SWIMMERS

- Never swim near a marina, dock or boatyard, or near a boat while it's running.
- Obey all "no swimming signs" on docks.
- Look out for underwater lights that are not working properly, flicker or work intermittently.
- If tingling occurs, immediately stop swimming in your current direction. Try and swim in a direction where you had not felt the tingling, Exit the water as quickly as possible and avoid using metal ladders or rails. Touching metal may increase the risk of shock.
- Do not swim before, during or after thunderstorms.

### TIPS FOR BOAT AND POOL OWNERS

- Avoid entering the water when launching or loading your boat. Docks or boats can leak electricity into the water causing water electrification.
- Each year, and after a major storm that affects the boat, have the boat's electrical system inspected by a qualified marine electrician.
- Know where your main breaker(s) are located on both the boat and the shore power source so you can respond quickly in case of an emergency.
- Have ground fault circuit interrupters (GFCI) installed on the boat; use only portable GFCIs or shore power cords (including "Y" adapters) that are Marine Listed when using electricity near water. Test GFCIs monthly.
- Make sure that any overhead lines maintain the proper distance over a pool and other structures,
- If you are putting in a new pool or spa be sure the wiring is performed by an experienced electrician.
- Electrical appliances, equipment and cords should be kept at least 6 feet away from the water.







# PET PREPAREDNESS



Does your pet have 7 days worth of food, water, and emergency supplies?

GET YOUR SUPPLIES TODAY!

- Collar with ID Tags and Leash
- Food and Water for 7 Days
- Medicine and Medical Records
- Pet First Aid Kit
- Crate or Other Pet Carrier



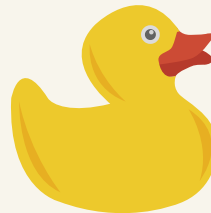
Sanitation Supplies:

- Pet Litter & Litter Box
- Newspapers
- Plastic Trash Bags
- Paper Towels



Contact Information including:

- Pet's Registration
- Adoption Papers
- Vaccination Documents
- A Picture of your Pet



Familiar items including:

- Favorite Toys
- Treats
- Bedding

## 7 STEPS TO PREPARE YOUR PET FOR DISASTERS



**Microchip your pet:** Pets that are unidentifiable during and after disasters are less likely to be reunited with their owners. Also, make sure your pet wears a collar with a rabies and/or identification tag at all times. Include these items in your pet's emergency kit along with a current photo of your pet.

**Store food and water:** Keep at least seven days of food in an air-tight, water-proof container.

Store at least seven days of water specifically for your pets, in addition to the water you need for yourself and your family. Rotate the food and water with your pet's normal routine to keep supplies fresh.



**Have sanitation supplies:** Include pet litter and litter box if appropriate, newspapers, paper towels, plastic trash bags and household chlorine bleach to provide for your pet's sanitation needs.

**Stock preparedness supplies:** Pets get injured during disasters too, so include a pet first aid kit. Talk to your veterinarian about what is most appropriate for your pet's emergency medical needs. Keep an extra supply of medicines your pet takes on a regular basis in a water-proof container.



**Get trained:** Get trained! Enroll in a class to learn pet first aid or learn to become a disaster volunteer. Participate in community events to promote disaster preparedness and spread the word!

**Keep clothing and bedding on hand:** Include a crate or other pet carrier, so that you can evacuate with your pet. Put favorite toys, treats or bedding in your kit. Familiar items can help reduce stress for your pet.



**Create and practice your pet emergency plan:** Identify neighbors, friends and relatives who can care for your pet if you are unable to return home. Talk to your veterinarian about emergency planning for your pet. Make a list of contacts for area animal control agencies—keep one copy with you and one copy in your pet's disaster kit. Practice evacuating with your pet so they are familiar with the plan.



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Place your pet's photo  
here

---

Pet Name:

---

License Number:

---

Microchip ID Retrieval Number:

---

Owner:

---

Address:

---

Phone:

---

Email:

---

Alternate Contact:

---

## **Pet Information**

---

Breed:

---

Weight:

---

Coloring:

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Veterinarian:

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Medications:

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Local Shelter:

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Special Needs:

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# Opioid Awareness



## How You Can Save A Life



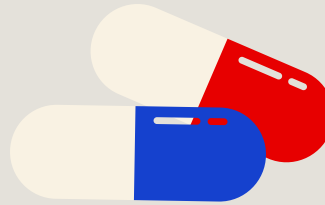
### BACKGROUND

Opioids medications cover a broad spectrum of prescription and non-prescription drugs. They can effect a person's ability to breathe, and when used in excess, can rapidly cause a person to become unresponsive and stop breathing. Opioid medications are prescribed by physicians for pain relief purposes; however, patients can sometimes build a tolerance and take more than recommended to achieve pain relief. This increase in opioid dependency can lead to a patient overdosing, and ultimately dying due to respiratory arrest.

In 2014, there were 640 visits to local hospitals for opioid related emergencies.  
San Luis Obispo County lost 22 victims to opioid related deaths in 2017.

- Heroin
- Actiq
- Duragesic
- OxyContin
- Fentanyl
- Dilaudid

### COMMON PRESCRIPTION OPIOIDS ARE:



- Sublimaze
- Percocet
- Percodan
- Hydrocodone
- Oxycodone
- Morphine
- Demerol

### MEDICATION TO HELP

Naloxone (trade name Narcan) is a medication that blocks the receptors in your body that react to opioids, restoring a patient's ability to breathe. Fire department and ambulance EMT's and paramedics carry this medication and administer it successfully on patients who overdose on opioids. Recently, Narcan has become available from the SLO Bangers Syringe Exchange and Overdose Prevention Program at no cost, with no prescription or medical qualifications needed. The county Board of Supervisors approved a \$27,500 grant by the state Department of Public Health that will pay for 686 doses of Narcan nasal spray.

It is recommended that people who use opioids, or are around those who use opioids, carry this life saving medication with them. The device that delivers the drug sprays a controlled dose into the victim's nostrils, and does not require the use of a needle or other invasive procedure.

More information on where to acquire Narcan is available from the San Luis Obispo County Public Health Department, at 805-458-0123 or <https://www.slocounty.ca.gov/>



Narcan is not designed to cure someone from overdoing on an opioid, it is a life saving medication that restores the victim's ability to breathe. Long term treatment and help on opioid addiction is available at the website above.



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# **Mental Health, Drug & Alcohol Services**

**SLO Adult Services: 2178 Johnson Ave, SLO (805)781-4700**  
**For emergency referrals 24/7 and appointments (800)838-1381**  
**Youth Services Clinic: 1989 Vicente Dr, SLO (805)781-4179**

**Drug and Alcohol Services**  
**For emergency referrals 24/7 and help (800)838-1381**  
**J2180 Johnson Ave, SLO (805)781-4275**

**Transitions-Mental Health Association**  
**(805)540-6500**  
**Eliminating stigma, and promoting recovery and wellness for people with mental illness**  
**through work, housing, community and family support services**  
**784 High St, SLO (Mon-Fri, 8:00am-5:00pm)**

**Alcoholics Anonymous (805)541-3211**  
**[www.sloaa.org](http://www.sloaa.org)**

**Narcotics Anonymous (800)549-7730**  
**[www.centralcoastna.org](http://www.centralcoastna.org)**



# Home Safety



## Top Causes of Fire

### Candles

December is the peak time of year for home candle fires. In December, 12% of home candle fires began with decorations compared to 4% the rest of the year.

### Smoking

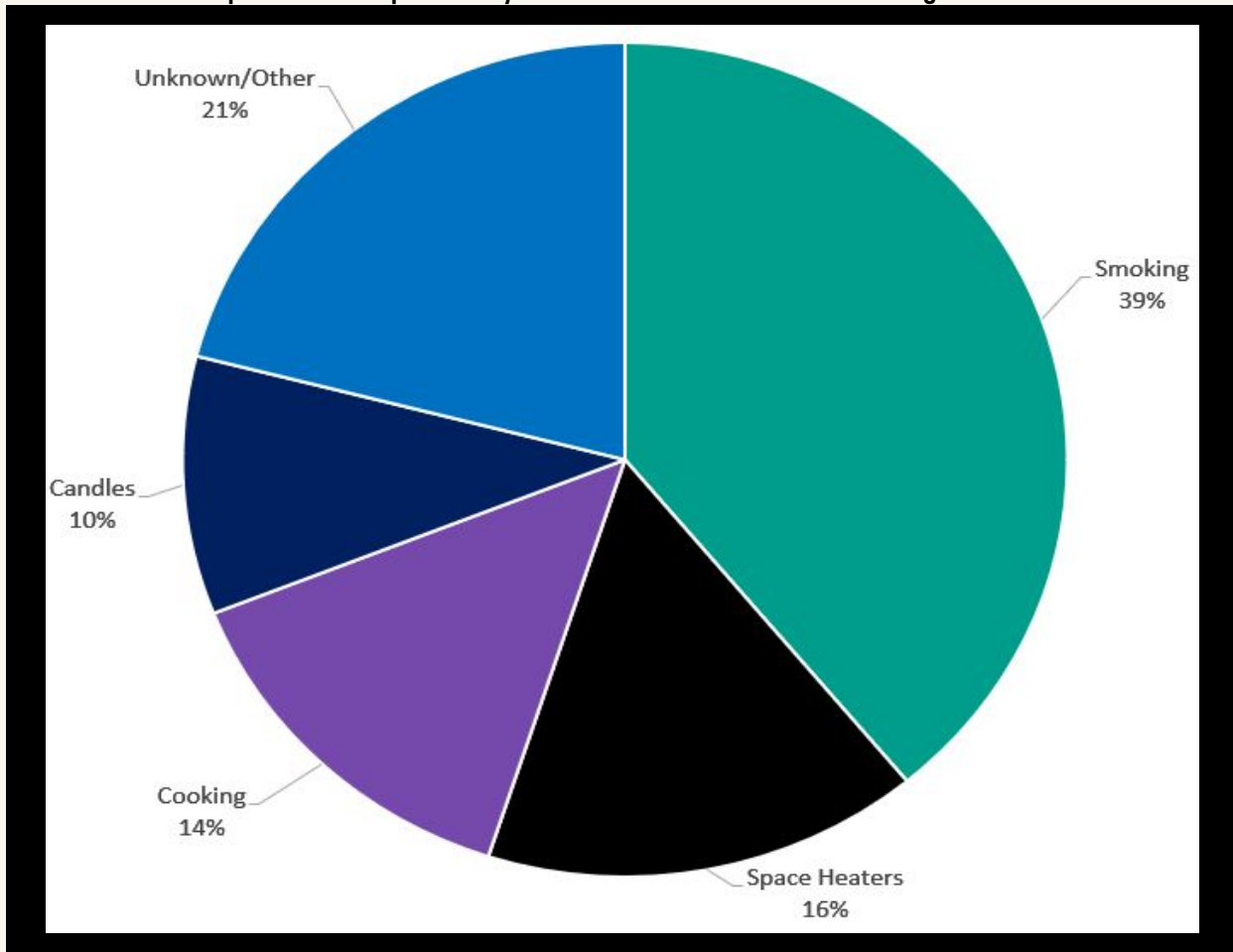
1 out of 4 fatal victims of smoking-material fires is not the smoker whose cigarette started the fire.

### Cooking

Two-thirds of home cooking fires start with the ignition of food and other cooking materials.

### Space Heaters

Give space heaters space! They account for 4 out of 5 home heating fire deaths.



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(805)781-7380

## CANDLES

- Always keep candles at least one foot away from anything flammable.
- Always put candles in a sturdy pedestal that won't tip over
- Never use a candle as a night light.
- Always remember to extinguish all candles before going to bed or leaving the house.
- Have flashlights and battery-powered lighting ready to use during a power outage. Never use candles.

## SMOKING

- Never smoke if medical oxygen is used in the home.
- Never smoke in bed or other areas where people sleep.
- Smoke Outside. Most deaths result from fires that started in living rooms, family rooms, dens or bedrooms.
- Keep smoking materials out of reach of children.
- Always use deep, sturdy ashtrays.
- Remember to wet cigarette butts and ashes before throwing them out.

# Smoke Alarms Save Lives

## COOKING

- Never leave cooking unattended. If you must leave the room, it can help to bring a cooking utensil or oven mitt to help you remember the food.
- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- If a pan of food catches fire, slide a lid over it and turn off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.
- Never put water on a grease or oil fire.
- Always wear short or form fitting sleeves while cooking.

## SPACE HEATERS

- Always keep heating equipment at least three feet away from anything that can burn...including yourself.
- Always plug space heaters directly into the wall and never plug into an extension cord.
- Always shut off and unplug heaters when you go to bed or leave the house.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room.
- Never use the oven to heat your house.



# Holiday Safety



## JULY

Fireworks cause thousands of burns and eye injuries each year. Do not use consumer fireworks. Go to a public show put on by experts. Need to get rid of fireworks? Call SLOFD Fire Marshal (805)781-7386

## DECEMBER

- Choose decorations that are flame resistant or retardant.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away from windows and doors.
- Some lights are only for indoor or outdoor use, not both.
- Always turn off Christmas tree lights before leaving home or going to bed.



## OCTOBER

- Make sure costumes don't have long trailing fabric, make sure mask eye holes are large enough to see out.
- Provide children with glow sticks and flashlights.
- Tell children to stay away from open flames including jack-o-lanterns with candles in them. Be sure they know how to stop, drop and roll.
- Dried flowers, cornstalks, and crepe paper catch fire easily. Keep all decorations away from open flames and other heat sources like light bulbs and heaters.
- Use a battery-operated candle or glow-stick in jack-o-lanterns.
- Keep exits clear of decorations, so nothing blocks escape routes.



## NOVEMBER

- Thanksgiving is the peak day for home cooking fires.
- Stay in the kitchen when cooking on the stove top.
- Stay in the home when cooking your turkey.
- Make sure children stay away from the stove, hot foods, knives, matches/lighters, and electric cords.
- Keep the floor clear so you don't trip.



- Make sure your tree is at least 3 feet away from heat sources.
- Get rid of your tree after Christmas or when it is dry. Do not leave in the garage or place outside.
- Add water to the tree stand. Be sure to add water daily.
- Use lights that have the label of a recognized testing lab.
- Replace strings of lights with broken cords or loose bulb connections.
- Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.



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# Candle Safety



Never leave a burning candle unattended.  
Never burn a candle on or near anything that might catch fire.  
Keep candles out of the reach of children and pets.

## BEFORE LIGHTING



- Always trim the wick to  $\frac{1}{4}$  inch.
- When lighting a candle, use long matches or a long-reach lighter. Keep your hair and loose clothing away from the flame.
- Always use a candleholder specifically designed for candle use. It should be heat resistant, sturdy, and large enough to contain any drips or melted wax.
- Burn candles in a well-ventilated room.
- Place the candleholder on a stable, heat-resistant surface. This will also help prevent possible heat damage to counters and table surfaces and prevent glass containers from cracking or breaking.
- Keep the wax pool clear of wick trimmings, matches and debris at all times.
- Avoid drafts, vents or air currents.
- Follow the manufacturer's recommendations on burn time and proper use. In general, it is recommended that candles do not burn for longer than four hours and cool for at least two hours before relighting.

## WHILE BURNING



- Never touch or move a burning candle. Never move a votive or container candle when the wax is liquefied.
- Don't burn a candle all the way down. For a margin of safety, discontinue burning a candle when 2 inches of wax remains ( $\frac{1}{2}$  inch if in a container).
- Place burning candles at least three inches apart from one another. This is to make sure they don't melt one another.
- Extinguish a candle if the flame becomes too high or flickers repeatedly. Let the candle cool, trim the wick, and check for unwanted drafts before re-lighting.
- Always keep the candle within your sight. If you are going to leave the room, be sure to first blow out all candles.
- Always burn candles in a well-ventilated room. Don't burn too many candles in a small room or in a "tight" home where air exchange is limited.
- Never use a candle as a night light.
- Be very careful if using candles during a power outage. Flashlights and other battery-powered lights are safer sources of light during a power failure. Never use a candle during a power outage to look for things in a closet, or when fueling equipment – such as a lantern or kerosene heater.
- Never burn a candle on or near anything that can catch fire. Keep burning candles away from furniture, drapes, bedding, carpets, books, paper, flammable decorations, etc.
- Keep candles out of the reach of children and pets. Do not place lighted candles where they can be knocked over by children, pets or anyone else.
- Always be present, NEVER leave a candle unattended.

## WHEN EXTINGUISHING



- Use a candle snuffer to extinguish a candle. It's the safest way to prevent hot wax from splattering.
- Never use water to extinguish a candle. Water can cause the hot wax to splatter and might break a glass container.
- Make sure the candle is completely out and the wick ember is no longer glowing before leaving the room.
- Don't touch or move the candle until it has completely cooled.





# Heat-Related Illness



**STAY COOL \* STAY HYDRATED \* STAY INFORMED**

## STAY COOL

- **Wear Appropriate Clothing**: Choose lightweight, light-colored, loose-fitting clothing.
- **Stay Cool Indoors**: Stay in an air-conditioned place as much as possible.
- **Schedule Outdoor Activities Carefully**: Try to limit your outdoor activity to when it's coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
- **Wear Sunscreen**: Sunburn affects your body's ability to cool down and can make you dehydrated.
- **Avoid Hot and Heavy Meals**: They add heat to your body!
- **Do Not Leave Children in Cars**: Cars can quickly heat up to dangerous temperatures, even with a window cracked open.
- **Take Frequent Breaks**: If you must work outdoors.
- **Pace Yourself**: Cut down on exercise during the heat. Start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get to a cool area and rest.



## STAY HYDRATED

- **Replace Salt and Minerals**: Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.
- **Keep Your Pets Hydrated**: Provide plenty of fresh water for your pets, and leave the water in a shady area.
- **Drink Plenty of Fluids**: Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink. Stay away from very sugary or alcoholic drinks.



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# Signs and Symptoms of Heat-Related Illness



STAY INFORMED - Know the Signs

## HEAT EXHAUSTION

### WHAT TO LOOK FOR

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)



### WHAT TO DO

- Move to a cool place
  - Loosen your clothes
  - Put cool, wet cloths on your body or take a cool bath
  - Sip water
- Get medical help right away if:
- You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

## HEAT CRAMPS

### WHAT TO LOOK FOR

- Heavy sweating during intense exercise
- Muscle pain or spasms



### WHAT TO DO

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

## HEAT STROKE

### WHAT TO LOOK FOR

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)



### WHAT TO DO

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink