

SIMPLE STEPS TO **DISASTER PREPAREDNESS** for the Oxnard Community



UPDATED 2019

READY AND RESILIENT

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City of Oxnard Fire Department
Oxnard.org



The Difference between

EMERGENCY and **DISASTER**



Photo Credit: U.S. Geological Survey, Department of the Interior/USGS

An **EMERGENCY** is a sudden, urgent, unexpected event requiring immediate action, usually requiring help. Sufficient **RESOURCES ARE AVAILABLE** to deal with it. This guide is about **DISASTERS** and how to prepare for them.

A **DISASTER** is a calamitous event, especially one occurring suddenly and causing great loss of life, damage, or hardship. Sufficient **RESOURCES ARE NOT AVAILABLE.**

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Oxnard, California

Oxnard is a lovely beach community whose citizens enjoy exceptional emergency services on a day-to-day basis. But when a natural or man-made disaster strikes and everyone is affected by the same event at the same time, our first response resources will be overwhelmed.

Even though the City of Oxnard has extensive plans in place for a disaster, including a multiagency Emergency Operations Center, notification, monitoring and communication systems, and city employees trained to be disaster service workers, every citizen still needs to take responsibility and learn what to do and how to be self-sufficient. Being prepared to survive a disaster and recover from it is known as being **“Ready and Resilient”!**

This booklet is designed to help our community, its citizens and businesses learn the steps necessary to be Ready and Resilient!

These steps include:

- **Prepare** (Make your locations safer and have emergency supplies on hand)
- **Plan** (Develop an emergency plan for you family, business and neighbors)
- **Get Trained** (Take classes such as first aid, CPR and CERT)
- **Get Involved** (Work with your Neighborhood Councils and organizations like the Red Cross)
- **Stay Informed** (Know how to get “Official Information” during an emergency or disaster)



STEP 1

GET INFORMED



IN A DISASTER, IT MIGHT BE DAYS BEFORE VITAL SERVICES ARE RESTORED.

Please take the first step now. Familiarize yourself with the contents of this book to find out how you can *Prepare Yourself and Your Family* for an emergency. You'll learn that simple steps can take you a very long way on the road to disaster preparedness.



**For assistance in an EMERGENCY
POLICE • FIRE • MEDICAL**

DIAL 911

Non-Emergency Numbers:

Oxnard Fire Administration, 360 West Second St.
(805) 385-7722

Fire Station 1, 491 South K St.
(805) 385-8001

Fire Station 2, 531 East Pleasant Valley Rd.
(805) 385-8002

Fire Station 3, 150 Hill St.
(805) 385-8003

Fire Station 4, 230 West Vineyard Ave.
(805) 385-8004

Fire Station 5, 1450 Colonia Rd.
(805) 385-8005

Fire Station 6, 2601 Peninsula Rd.
(805) 385-8006

Fire Station 7, 3300 Turnout Park Circle
(805) 385-8007

Fire Station 8, 3000 Rose Ave.
(805) 385-8008

Oxnard Police Headquarters, 251 South C St.
(805) 385-7600

Poison Control
(800) 222-1222

St. John's Regional Medical Center
(805) 988-2500

Ventura County Medical Center
(805) 652-6000

Southern California Edison
(800) 655-4555

Southern California Gas Company
(800) 427-2200

Telephone Repair
611

Health and Human Services in times of Crisis
211

How to contact emergency services during a telecommunication outage:

1. If you are unable to call 9-1-1 from your landline phone, try calling from a cellular phone.
2. If you are unable to reach an emergency dispatcher by dialing 9-1-1, call the seven digit telephone number for **Oxnard Police/Fire Dispatch: (805) 385-7740**.
3. If you are unable to use the telephone, please go to your nearest police or fire station to report an emergency or flag down an emergency vehicle.

STEP 3

ALERTS & WARNINGS



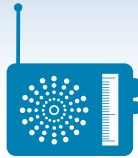
Emergency Managers may need to deliver an important safety message to you quickly. We have a number of “tools” in our “tool box” that allows critical information to get to you in the quickest possible fashion. Following are a few of the methods that may be used to communicate with you - as well as general hazard definitions used by the National Weather Service during a weather or hydrologic emergency.

Key Sources of Emergency Alerts and Information:

EMERGENCY ALERT SYSTEM - Emergency information delivered via every radio and TV station, as well as all cable companies in County. The primary local EAS stations are:

Oxnard EAS Radio Stations:

KVEN 1450 AM
KHAY 100.7 FM
KMLA 103.7 FM
(Spanish)



Oxnard Citywatch Television:

Online:
Oxnard.org/oxnard-citywatch-television

Time Warner
Channel 10
Verizon FiOS
Channel 35



Oxnard Internet: Ventura County Internet:

www.Oxnard.org/oxnard-news/ReadyVenturacounty.org





Emergency Notification System

VC ALERT is an emergency notification system that may be used to deliver alerts when there is a threat to the health and safety of Oxnard residents. Citizens may opt to receive telephone, email, text, fax or instant emergency and non-emergency community messages. To ensure we have your current contact information go to www.VCAalert.org or call 805-648-9283.

NOAA WEATHER RADIO All Hazards (NWR)

Broadcasts warning and post-event information for all types of hazards – including natural (such as flood or tsunami), environmental (such as chemical releases or oil spills), and public safety (such as AMBER alerts or 911 Telephone outages). Weather radios can be purchased virtually anywhere radios are sold.

GENERAL HAZARD DEFINITIONS:

The National Weather Service uses these terms to define threatening weather or hydrologic hazards:

WARNING- Life and/or property threatening hazard is imminent or occurring. Take immediate action!

ADVISORY- Nuisance-level hazard is imminent or occurring. A non-life threatening event, but may cause problems if precautions are not taken.

WATCH- Life and/or property threatening hazard possible. Conditions are favorable, but there is some uncertainty. Can be upgraded to a warning or advisory.

STEP 4

GET A KIT,
MAKE A PLAN,
BE INFORMED



GET A KIT

You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity to last for at least three days. (Oxnard emergency officials suggest having enough supplies on hand for one week.)

Everyone needs a kit at home, one at work or school, and another in your vehicle. Remember those with special needs (like children, the elderly, or those who require medical support) and your pets too! If your life depends on it, you should never be without it!

TOP 10 ESSENTIAL ITEMS:

1. Water

One week supply - one gallon per person and per pet per day. Remember your pets!



2. Food

Three days to a week supply of non-perishable foods and manual can opener. Remember your pets!



3. Cash & Important Documents

(deeds, insurance papers, medical cards, birth certificates, etc.)



4. Clothes

Sturdy shoes, and comfort item for each family member



5. Flashlight

and extra batteries



6. First Aid Kit and manual



7. Medicine

Over-the-counter and prescription medications, and supplies



8. Radio

and extra batteries



9. Toiletries

(diapers, sanitary napkins, trash bags, toilet paper, and paper towels)



10. Tools

for medical equipment (like oxygen tank wrench), fire extinguisher, adjustable wrench, sturdy gloves and whistle





MAKE A PLAN!

Your loved ones may not be together when disaster strikes, so it's important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations. Take a few minutes today to discuss who your out of town phone contact will be (It may be easier to make a long distance call than to call across town.) and where you will meet if you can't return to your home. You'll not only know what to do but you'll be giving yourself and those you care about peace of mind later on. It's FREE too!

BE INFORMED!

Information is power! Throughout this booklet you will find a number of websites which offer a wealth of information. Take some time now to visit these sites and learn more about the hazards that can touch our community and what you can do to minimize their impact on you and your loved ones!

GET INVOLVED!

Take advantage of FREE Community Emergency Response Team (CERT) training. Classes are taught by Oxnard firefighters and focus on teaching you and your neighbors how to be self-sufficient in a disaster. Many CERT graduates are active participants in our community preparedness efforts. To learn more about CERT in Oxnard, or to sign up for training, call the Oxnard Fire Department at 385-7722.

The American Red Cross and our local colleges also offer a variety of training opportunities. Check them out!



Helpful web sites:

Type your address to learn about natural hazards in your area - myhazards.caloes.ca.gov
Ventura County Internet- ReadyVenturaCounty.org

STEP 5

SPECIAL POPULATIONS



Preparedness for the Elderly and those with Functional or Mobility Needs:

Everything gets disrupted during a disaster. If you or a loved one is elderly or has special physical needs, it's important that you do the following:

1. Look at every detail of every day life and plan an alternative for it.
2. Develop a personal support network of people who will be able to help you during a disaster.
3. Make sure your disaster kit has a back up for everything critical to your physical existence, including enough medicines and supplies to last a week. If your life depends on it, you should never be without it.
4. Discuss your plan with those you will depend on.
5. Get information now on community services that can support your special functional or mobility needs during a disaster.

Preparedness for pets:

1. Your pet needs two kits – one for staying and one for leaving.
2. Make sure your pet's kit includes, food, water, medicine, collar with ID tag, harness or leash, sanitation supplies, and a picture of you and your pet together.
3. Plan now where you will take your pet if you need to leave home.
4. Make arrangements for a buddy system so that someone can look after your pets if you can't.
5. Be informed about appropriate disaster planning by talking to your pet's veterinarian.

Preparedness for children:

Children take their lead from the adults around them. If you panic; they will panic. If you are calm; they will be reassured during a scary or unfamiliar situation. Take these simple steps to prepare for your child's needs during a disaster:

1. Remember age-appropriate supplies and comfort items when you prepare your child's emergency kit. You may have put together a great kit for your infant, but if you haven't updated it in the past year, your child's needs won't be adequately met now.
2. Update your child's kits every six months to ensure that clothing still fits, medical needs are being met, and supplies are up to date.
3. Talk to your children about your family's disaster plan. Knowing what to expect now will comfort them during an actual event.
4. Talk to your child care provider about their plan and how it affects your child and your family.
5. Be informed about what your child's school's disaster plan is.

Helpful web sites: www.ready.gov/ or in Spanish at www.Listo.gov or www.redcross.org



STAY OR GO



When officials give directions during an emergency situation, they will generally tell you to do one of two things: Either “Stay” where you’re at . . . also referred to as Shelter-in-place, or “Go” . . . leave. . . Evacuate! If these instructions are being given, your safety depends on you complying immediately.

STAY / SHELTER-IN-PLACE

Officials will only instruct you to shelter-in-place when there is danger outside. That danger could be a hazardous materials release or even law enforcement activity. For maximum protection, stay inside or immediately go inside. Close and lock exterior doors and windows. Seek shelter in an interior room.

If the emergency is a hazardous materials incident, shut off heating or air conditioning systems and anything that has an air vent (like a fireplace damper).

Monitor radio or television or official social media for further instructions. Make sure to stay inside until authorities give the “All clear!”

GO / EVACUATE

During an emergency or a disaster, you may be in danger of great bodily harm if you stay where you are. Leave early enough to avoid being trapped. Don’t wait for someone to tell you to go. When emergency officials do give an evacuation notice, it is time to leave without hesitation!

Whether you’re evacuating a building or leaving your neighborhood, it’s important to take some time now to **identify at least two ways out**. If instructions are given, always follow recommended evacuation routes.

It’s a good idea to have a pre-designated meeting place where you and your loved ones can find each other if you need to leave your home or your neighborhood. Take a minute now to make a plan for each of those scenarios. It’s **FREE** – and like all disaster planning – it provides peace of mind.

STEP 7

UTILITIES

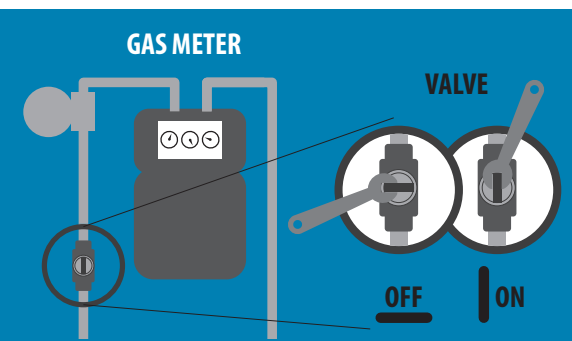


Utilities may be disrupted during a disaster. To minimize the chance of injury and property damage, it's important that you and your loved ones know when utilities should be turned off, where to find the shut off mechanism, and how to do so safely.

GAS SHUT-OFF

Natural gas leaks can cause fires and explosions inside a building.

- If you smell gas, hear gas escaping, see a broken gas line, or if you suspect a leak, shut off the main valve and open all windows and doors.
- Never use candles or matches if you suspect a leak. Do not turn on electrical switches or appliances.
- Identify the main shutoff valve, located on the gas line coming into the main gas meter. This is usually on the exterior of your home or building, or in an external closet. Your main valve may look like this:



To turn gas off, give the valve a quarter turn in either direction. When the lever crosses the direction of the pipe (see illustration) the gas is off.

Keep a crescent wrench or gas shut-off tool nearby to turn the lever. Never attempt to turn your gas back on. Wait for your utility company to do it. This may take several days.



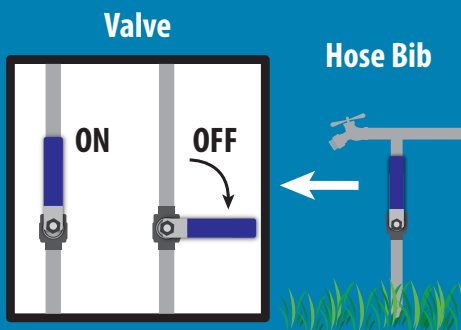
WATER SHUT-OFF

Water leaks can cause property damage and create an electrocution hazard.

After a major earthquake, shut off your water supply to protect the water in your house. Cracked pipes may allow contaminants into the water supply in your home.

The water shutoff is usually located in the front yard, garage or where the water line enters the home.

The water shutoff is located on a riser pipe and is usually a handle or wheel. Turn handle or wheel clockwise to shut off.



ELECTRICITY SHUT-OFF

Electrocution can result from direct contact with live wires or anything that has been energized by these wires.

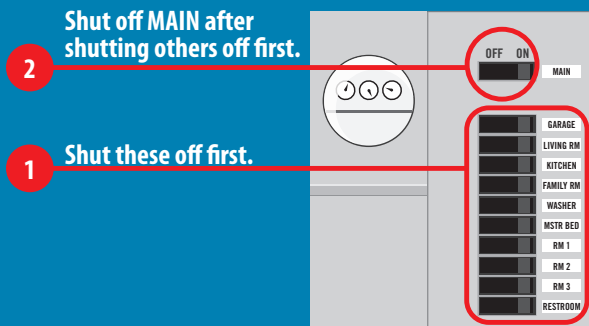
Locate your main electric switch, which is normally in the garage or outdoors.

The panel box may have a flip switch or pull handle on a large circuit breaker.

Shut off electricity when:

Arcing or burning occurs in electrical devices. There is a fire or significant water leak. You smell burning insulation. The area around switches or plugs is blackened and/ or hot to the touch.

A complete power loss is accompanied by the smell of burning material.



Helpful web sites: Southern California Gas Company - www.socalgas.com/stay-safe/
Southern California Edison - www.sce.com/safety

STEP 8

HAZMAT



STAY AWAY! KEEP OTHERS AWAY! CALL 9-1-1! LISTEN TO AUTHORITIES!

An accident involving a hazardous material may cause injury, loss of life, damage to property or to the environment. Ours is a society dependant on the use of chemicals. Every day we enjoy their benefits but occasionally, an accident occurs where chemicals spill or are released. That can be very dangerous and can potentially affect a large number of people. It is important to:

- Recognize the signs of a potential hazardous materials emergency

SOME POTENTIAL SIGNS OF A HAZARDOUS MATERIALS EMERGENCY:

- Sick or dying animals, people, or fish
- Unusual liquid, vapor, or odor

- Stay away from any suspected chemical spill or release!
- Stay upwind!
- Keep others away!
- Call 9-1-1! (Look for any signs with symbols or numbers on them that you can describe to the 9-1-1 operator)
- Listen to authorities immediately!
They'll either tell you to stay (shelter-in-place) or go (evacuate).



Photo Credit: U.S. Geological Survey, Department of the Interior/USGS

We live in earthquake country. Earthquakes WILL happen here! The entire Oxnard Plain is in a liquefaction zone. That means it will shake more here than if you were on solid rock.

You can significantly minimize injuries and property damage by taking a few minutes now to look around your home and your workplace. Secure anything that could move in an earthquake and hurt you.

The most important thing for you to do during an earthquake is **DROP, COVER & HOLD ON!**

PROTECT YOURSELF DURING EARTHQUAKE SHAKING



During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops.

- Helpful web sites:** Online version of Putting Down Roots in Earthquake Country (in English and Spanish) - www.earthquakecountry.org/booklets
Map of Recent California Earthquakes - www.earthquake.usgs.gov/earthquakes/map
Or for specific CA/NV info - www.scedc.caltech.edu/recent/
Protect Yourself During an Earthquake – Drop, Cover & Hold On - <https://www.earthquakecountry.org/dropcoverholdon/>
(Also dispels “Triangle of Life” mis-information) - www.earthquakecountry.org/step5
US Geological Survey Earthquake Hazards Program - <http://earthquake.usgs.gov/>

STEP 10

TSUNAMI



In general, in Oxnard, if you are within a mile of the ocean, you may be in a potential tsunami inundation area.

A tsunami is a series of traveling ocean waves triggered by anything that displaces a large volume of water.

Existing on-and offshore geologic conditions indicate that Ventura County is a very seismically active region capable of producing tsunamis. Since 1812, there have been at least eight notable tsunamis along the Ventura County coastline, several of which caused damage – including the tsunami generated by the 2010 Chilean earthquake, which caused over \$250,000 in damage to the Ventura Harbor.

A tsunami is not a single wave, but a series of waves which can occur over many hours. The 2011 Japan tsunami generated a series of tidal fluctuations on the California Coast which lasted more than 72 hours. It is important to keep yourself and others away from the danger zone until an “All CLEAR” is issued.

IF YOU’RE AT THE BEACH AND YOU FEEL ANY EARTHQUAKE - IMMEDIATELY MOVE INLAND OR TO HIGHER GROUND!

Know the difference between Myths and Facts:

Myth: Many people believe that a tsunami is one giant wave.

Fact: Tsunamis can be a single surge of water or a series of waves occurring anywhere from five to 90 minutes apart, and may occur for many hours after the initial event.

Myth: Many people believe that the Channel Islands will serve as a giant “breakwater” and that the Oxnard coast cannot be impacted by a tsunami event.

Fact: From the area where the tsunami originates, waves travel outward in all directions. Once the wave approaches the shore, it builds in height. The topography of the

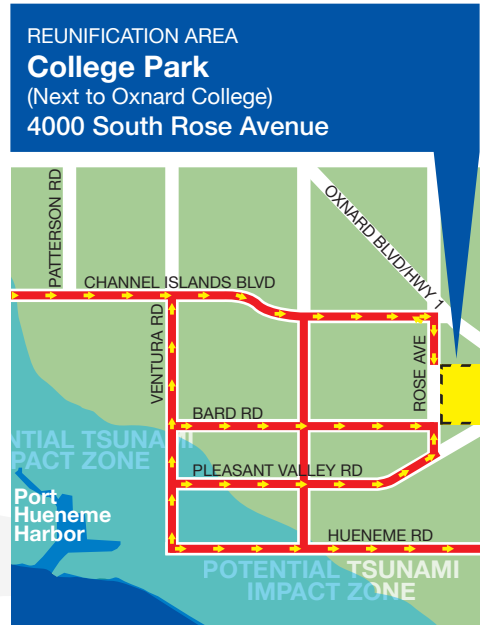
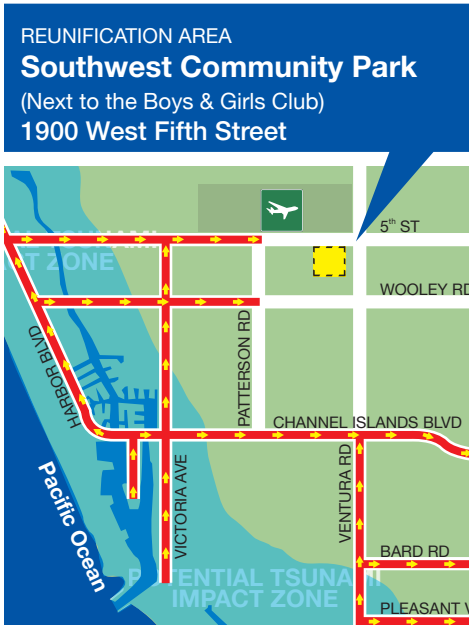
coastline and the ocean floor will influence the size of the wave. A small tsunami at one beach can be a giant wave a few miles away. Since we have no idea where a tsunami may originate, we cannot presume to be safe from a tsunami simply because we have offshore islands.



Myth: Many people believe that tsunami waves are surfable.

Fact: Tsunami waves are extremely dangerous, could be full of debris and are potentially deadly to surf.

KNOW WHAT THE TSUNAMI MESSAGES MEAN:

WARNING	→ Inundating wave possible	→ Full evacuation suggested
ADVISORY	→ Strong currents likely	→ Stay away from the shore
WATCH	→ Danger level not yet known	→ Stay alert for more information
INFORMATION	→ Minor waves at most	→ No action suggested



-  Potential Tsunami inundation area (based on worst case scenario)
-  Direction of egress. All lanes of traffic will be directed North or East

-  Pre-identified Reunification Area

Helpful web sites:

West Coast and Alaska Tsunami Warning Center - <http://wcatwc.arh.noaa.gov/>
 State of California Tsunami information - www.tsunami.ca.gov

STEP 11

STORM

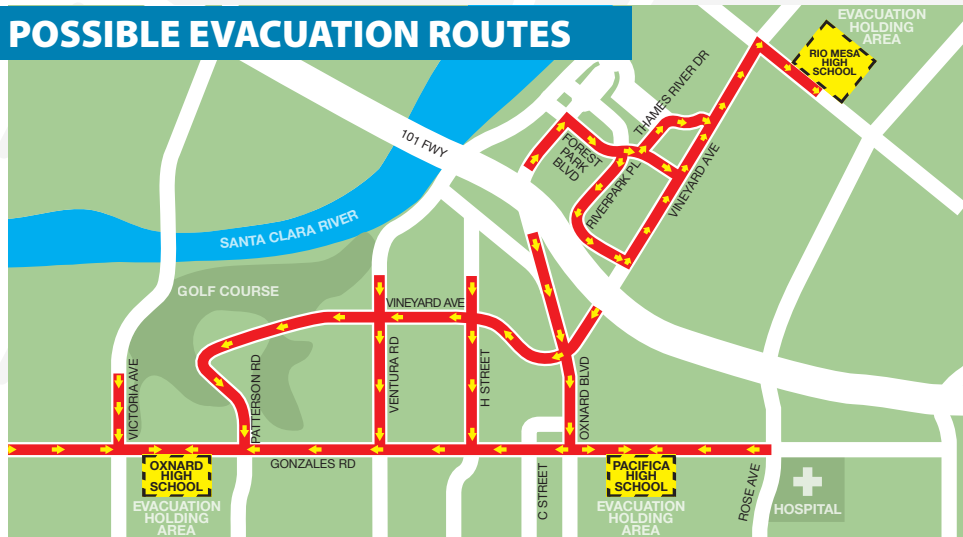


It's important that you:

1. Know the terms to help identify a flood and weather related hazards.
2. Don't walk or drive through a flooded area. Just six inches of moving water can knock you down. Two feet of water can move a car. More people drown in their cars than anywhere else during a flood.
3. Stay away from downed power lines and electrical wires. Electrocutation is often a major cause of death in floods.
4. Know at least two evacuation routes out of your neighborhood.
5. Always listen to the instructions given by emergency management officials
If you're told to evacuate – go immediately!

Although a dam failure is very unlikely, it is always best to be prepared. In the event of a dam failure, move to high ground away from river basins, and listen for emergency information through one of Oxnard's local emergency alert radio stations (page 3) or VC Alert (page 4).

POSSIBLE EVACUATION ROUTES



Helpful web sites: National Weather Service Forecast Office Oxnard - www.weather.gov/losangeles



Photo courtesy of Ventura County Public Health

Public Health Emergencies may be caused by infectious illness, food and waterborne illnesses, or even man made attacks.

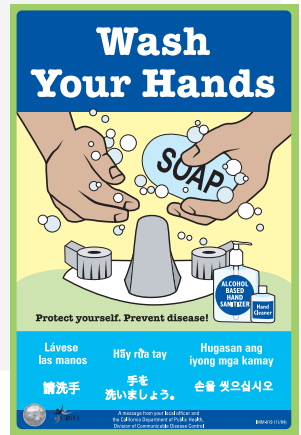
In the event of a man made attack which threatens public health, emergency management officials will provide information, direction, and in some cases, vaccine or medicine to the community at no cost. Always follow the directions of emergency management officials.

If the water supply becomes somehow tainted, the City of Oxnard will issue a "Boil Water" alert and officials will provide direction on where and how to obtain safe drinking water. Most public health emergencies are caused by infectious illness. The good news is that most illness can be prevented from spreading by taking these very simple steps:

- Wash your hands – thoroughly – with soap and warm water – often. If you don't have access to water, use an alcohol based hand sanitizer.
- Cover your cough by coughing into your sleeve. If you must use your hands to cover your cough, wash them immediately.
- If you're sick – stay away from others.
- Use an approved respirator mask (Type N95).

Helpful web sites:

Centers for Disease Control and Prevention - www.cdc.gov/
Ventura County Health Care Agency - www.vchca.org



STEP 13

TERRORISM



“Homeland security starts with Hometown Security, and our state and local law enforcement partners and the public play an important role in keeping our country safe,” says United States Secretary of Homeland Security, Janet Napolitano.

The Oxnard area has tremendous assets and resources – some of which may be attractive targets for those who wish to harm our nation. For example, we enjoy one of the world’s richest agricultural communities. Our neighbors include three military installations, a deep water port, an airport, a rail line and a major freeway.

Every one of us plays an important role in keeping our community and our country safe. In this age of terrorism, if something appears suspicious, it warrants a second look. Take a minute to report it to local authorities.

**IF YOU SEE SOMETHING SUSPICIOUS
SAY SOMETHING!**

CALL 9-1-1

**or call the non-emergency number for
OXNARD POLICE at 385-7600**

Seven Signs of Terrorism:

1. Surveillance (recording or monitoring activities) – especially of key facilities.
2. Attempts to obtain information regarding a key facility or function.
3. Tests of security - like measuring reaction or response times.
4. Acquiring supplies that could be used in a terrorist act .
5. Suspicious persons.
6. Dry runs/trial runs.
7. Deploying assets: Placing people, equipment or supplies in place to commit the terrorist act. This is the last chance to notify authorities.



RADIOLOGICAL



Go inside; Stay inside, Stay informed!

Ventura County is leading the way in terrorism preparedness by being one of the first counties in the nation to have a nuclear detonation plan. This plan deals with the effects on our community in the event of a nuclear bomb detonation.

Just-in-time: Nuclear Detonation – 10 Rules for the Public and Citizen Responders

1. **Duck & Cover when you see a flash-** Stay behind cover for at least two full minutes. Keep your eyes closed to prevent blindness.
2. **Go in. Stay in. Tune in-** Shelter in place by going to the center of a building. Close windows and doors. It may be necessary to shelter for 24 – 48 hours.
3. **Radioactive fallout-** could look like sand, silt, smoke or ash.
4. **Radiation levels-** from deposited fallout may rise first before decreasing rapidly. Rule of thumb: if fallout is complete at 1 hour – 7 hours later it is 10% of the 1 hour level.
5. **Maintain Communication-** Monitor radio, TV or internet. Follow directions of local authorities.
6. **Protective equipment for the public-** Use masks or several layers of cloth to cover your nose and mouth.
7. **If Exposed-** Before going inside, remove your clothes, wipe exposed hair and skin areas or shower if possible.
8. **Orderly evacuation of your shelter-in-place location-** When told by authorities it is safe to leave the area, follow directions of emergency responders.
9. **Hazard avoidance-** Avoid outdoor exposure during the first minutes and hours after the fallout arrives.
10. **Stay in control-** By following the above rules, you will know the proper actions to take and will not panic during a nuclear emergency.

Helpful web sites:

Homeland Security Committee of the Health Physics Society - www.dhs.gov/radiological-attack

STEP 15

OTHER DISASTER SCENARIOS



Emergency Management officials in Oxnard take an “All Hazards” approach to disaster preparedness. We compare what is “possible” against what is “probable.” We focus most of our attention on what is likely to happen but our plans prepare us for any and all hazards. The information in this community preparedness guide can do the same for you.

Taking time now to implement the steps outlined in this guide can help You and Your Loved Ones prepare for and recover from a personal emergency or a community disaster.

Oxnard residents can rest assured that our community makes every effort to plan for the unexpected and to ensure that resources and our partner relationships are in place to deal with them. Following is a sample of some of what is in place to assist you during any disaster:

- Oxnard has adopted the Federal Government’s National Incident Management System (NIMS).
- Oxnard participates in the development of regional plans and maintenance of regional systems designed to assist with communication and resource procurement during a disaster.
- Oxnard works closely with Local, County, State and Federal disaster partners.
- Oxnard has automatic mutual aid agreements in place for incidents requiring police, fire, medical and public works resources.
- Oxnard has monitoring, alert and warning, and notification systems in place.
- Oxnard has Emergency Operations Centers in place.
- Every City of Oxnard employee is a Disaster Service Worker who will be called upon during a disaster.



EMOTIONAL
IMPACTS



You don't have to have been in the midst of a disaster to be emotionally affected by it. Think of what you felt like after the 9/11 attacks on our country. You may have had trouble sleeping or eating for a while. Maybe you found yourself having difficulty concentrating or were anxious. If so, you were joined by millions of others who experienced the same signs and symptoms of stress. This is a normal reaction when one has been exposed to an event that causes an unusually strong emotional reaction. It may occur immediately or it may take a while before it shows up. Either way, it's important to recognize the signs and symptoms and do something about it.

Professional assistance may be necessary in the aftermath of a particularly painful experience. Seek it. It will make the road to recovery go more smoothly.

Following are some simple steps you can take to minimize stress:

- Limit media exposure. It's one thing to gather information. It's another thing to watch variations of the same horrible thing repeat itself again and again.
- Talk about what's bothering you. Keep talking until you don't need to talk about it any more.
- Re-establish your normal routines.
- Take a walk, listen to your favorite music, exercise.
- Get some rest.
- Be gentle with yourself and others.

Helpful web site:

International Critical Incident Stress Foundation - www.icisf.org

STEP 17

HOSTILE PRESENCE/
ACTIVE SHOOTER



Recent national tragedies remind us that the risks are real; an attack by an armed or unarmed person can happen in any place at any time. The best ways to make sure you and your loved ones stay safe, is to prepare ahead of time and be ready. Taking a few steps now and mentally rehearsing what to do can help you react quickly when every second counts.

Prepare:

- Take First Aid and Active Shooter Training
- Maintain awareness of your surroundings
- Know where the exits are at all times
- Identify places to hide
- If you see something suspicious report it

Respond: (During an attack)

- ✦ **Run:** Get away or get out as quickly as possible
 - Once in a safe area notify the police
- ✦ **Hide:** If you can not escape hide from the attacker
 - Close and lock doors
 - Turn off light
 - Silence cell phones
- ✦ **Fight:** As a last resort fight the attacker
 - Fight in groups
 - Use improvised weapons
 - Fight until the attacker is incapacitated
- **After: (When police arrive)**
 - Keep your hands visible and empty and follow instructions
 - Assist the police with descriptions and information
 - Assist others and provide first aid if trained and it is safe to do so



Helpful web site: www.ready.gov/active-shooter

EVACUATION



Evacuation

A wide variety of emergencies may cause an evacuation. In some instances you may have a day or two to prepare, while other situations might call for an immediate evacuation. Planning ahead is vital to ensuring that you can evacuate quickly and safely, no matter what the circumstances. Local police and fire agencies take evacuation orders very seriously and only issue them when there is a very serious threat to the safety of the public! If you are directed to evacuate **do so** and follow all instructions!

Plan Ahead

- If an emergency is developing monitor the situation (weather, fire, flooding, etc.)
- Anticipate evacuation prepare and gather items in advance
- Develop a family communication and reunification plan
- Know how you will leave and where you will go (Friends home, hotel, shelter)
- Be familiar with alternate routes and public evacuations plans
- If there is time, take important items with you:
- Food, water, blankets, batteries, flashlight, portable radio, first aid kit, tents or tarps
- Documents (birth certificates, insurance papers, medical records, deeds, SS cards)
- Medications, glasses contact lens, inhalers, hearing aids, crutches, canes, etc.)
- Clothing and personal care items (clothing, shoes and toiletries)
- Computers, hard drives, cell phones and chargers
- Jewelry and collectables
- Important family pictures and memorabilia
- Pets and pet care and items (kennel, crate, leash, food, water, medications)

Evacuation Orders

- Once told to evacuate, go immediately and follow the instructions of authorities
- Do not wait to see if the situation will get worse
- Check on and assist neighbors if there is time and if it is safe to do so
- Do not return until given official notice that it is safe to do so

Helpful web site: www.ready.gov/evacuation

Always remember to

PULL TO THE RIGHT

FOR SIRENS AND LIGHTS!



Information in this guide was compiled and checked by authoritative emergency service sources. While every reasonable effort has been made to ensure its accuracy, the City of Oxnard is not responsible and assumes no liability for any actions undertaken by any person utilizing information contained in this book.

Additional copies of this book may be obtained from the City of Oxnard Disaster Preparedness Division by calling (805) 385-7722. It may also be downloaded from the Oxnard Fire Department website at: www.Oxnard.org/Fire-Department/

