

**Cabrillo Estates
Neighborhood Emergency
Awareness & Preparedness
Master Plan**



**Created by the
Cabrillo Estates Property Owners Association
Neighborhood Emergency Awareness Team
(CEPOA-NEAT)
and its Master Planning Committee**

**First Edition – July, 2019
www.cepoalososos.com**

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I. Purpose and Background

When an emergency or disaster strikes, it is too late to prepare and it is too late to plan our actions or to meet with family and friends to discuss what to do, how to communicate, where to meet if separated, etc. The purpose of this plan is to perpetuate a culture of emergency readiness in Cabrillo Estates--to provide the opportunity to prepare, to plan and to provide guidelines for prudent actions to consider and to take before disaster strikes or we find ourselves in the midst of an emergency. By implementing this plan, residents in Cabrillo Estates should be able to minimize disaster-related injuries and property damage. As residents, we want to survive, recover and thrive in an emergency or disaster. Please be aware that some emergency responses will suggest you stay in your home and others will suggest evacuation. We encourage all Cabrillo Estates residents to be prepared for both. A Neighborhood Emergency Awareness Team (NEAT) has been formed to educate, communicate with and assist residents in an emergency.

II. Cabrillo Estates Property Owners Association (CEPOA)

The Cabrillo Estates Property Owners Association (CEPOA) was incorporated in 1971 as a mutual benefit corporation. Its Mission is:

- To preserve, promote and enhance the value and desirability of the properties within Cabrillo Estates.
- To represent the interests and concerns of CEPOA members to government and other entities.
- To monitor and take appropriate action on matters which relate to the general good of CEPOA members.

CEPOA is tax-exempt as a 501(c) 4 organization, made up solely of all-volunteer Cabrillo Estates property owners and residents. It provides an organizational structure for collective action to address neighborhood needs.

III. Neighborhood Emergency Awareness Team (NEAT)

The Neighborhood Emergency Awareness Team (NEAT) was established as a special committee by the CEPOA Board of Directors on August 27, 2018. The purpose of NEAT is to foster community cooperation and to be a community resource for the residents of Cabrillo Estates by encouraging emergency preparedness. Its objectives are:

- To prepare, maintain and implement CEPOA's Neighborhood Emergency Awareness plan
- To identify, recommend and assist interested residents in developing skills and/or capabilities that may benefit the community in times of emergency.
- To coordinate, communicate and partner with all other local organizations responsible for emergency services.

With the diligent work of neighborhood volunteers, NEAT has created a plan of action that includes:

- Emphasizing that we are concerned neighbors, not emergency responders, and that residents should do their very best to take care of themselves in an emergency. In fact,

everyone is encouraged to take care of themselves and their family first, before assisting others.

- Educating all residents about earthquakes and fire prevention, preparing for any emergency situation, and gathering important data and supplies in case of either evacuation or staying in place for an extended period of time, with and without utilities.
- Delivering red “Emergency Preparedness” folders to all residents (including “Help” and “Okay” signs to post in an emergency), together with a “Vial of Life” containing important emergency information for each resident, and surveying the entire neighborhood via a “Household Information Form” (HIF) contained in said folder. As new neighbors move in, they will be given a red folder and Vial of Life and asked to complete the Household Information Form. It is our intention to maintain and update our neighbor information with a high degree of confidentiality.
- Dividing the neighborhood into 4 “Zones” and 12 “Blocks” (see Appendix A Map), and recruiting neighborhood volunteers to serve as Zone Coordinators, Block Captains and/or Assistants, together with a Communications Supervisor. These volunteers and their areas of responsibility will be distributed separately from this plan since revisions could occur as neighbors and other conditions change. Four “Safe Assembly Sites” (one in each Zone) have also been designated in the neighborhood.
- Creating a Communications Plan within the neighborhood as well as with local emergency agencies, in alliance with our Estero Community Emergency Response Team (CERT). The Communications Supervisor and the 4 Zone Coordinators will have CERT radios and Block Captains will have CB radios.
- All residents will be notified of the CEPOA-NEAT Emergency Awareness and Preparedness Master Plan and its accompanying Appendices, and a copy will be posted on the CEPOA website, available to all residents.

IV. Emergency Signals

A Communications Coordinator and each Zone Coordinator will have Community Emergency Response Team (CERT) radios and will be in direct communication with local emergency authorities. Currently, the one and only emergency signal in San Luis Obispo County is the siren system that is tested annually. In an emergency, those sirens will sound for 3-5 minutes. This means you should tune to a local radio or TV station for official information and actions you should take. The radio stations for our area are: 920 AM, 1400 AM, 98.1 FM. The TV station is KSBY.

V. Preparation for Disasters

A. Introduction

The most important feature of any home is SAFETY. Safety comes in many different forms: smoke detectors, fire extinguishers, escape routes, carefully maintained heating and electrical systems, and knowing what to do and where to go in case of earthquake, fire, flood, tsunami, landslide or other disasters. The key to being prepared in the event of a disaster or sudden emergency is preplanning and practice drills.

The next time disaster strikes, residents may not have much time to act. Prepare now for a sudden emergency. Knowing what to do in an emergency is each residents' best protection and each residents' responsibility. Learn how to protect yourself and others in your home by planning and preparing.

Following is a list of disasters in the order that they are most likely to occur in the Los Osos area: fire, weather-related emergencies, earthquake, naturally occurring health hazards (e.g., H1N1), hazardous material discharges, terrorism, landslide, tsunami and Diablo Canyon serious emergency.

Residents should meet with their families and discuss why they need to prepare for disasters. Explain the dangers of fire, severe weather, and earthquakes and identify those who may need special assistance. Plan to share responsibilities and work together as a team. The following checklist may be useful to spur discussions and actions to improve preparedness:

1. Go into each room of your residence and plan the escape routes from each room.
2. Locate or install adequate safety features in your home, such as smoke detectors and fire extinguishers.
3. Discuss what to do in the event of an emergency.
4. If you have a phone connected to the telephone company, post emergency telephone numbers near that telephone. When power is out, your other phones probably will not work. Zone Coordinators will have special CERT radios to be in touch with First Responders and will relay to Block Captains via CB radios appropriate emergency information.
5. Have a battery-operated radio (with extra batteries), or a hand-crank radio that does not require batteries, and practice tuning it to frequencies with emergency information (920 AM, 1400 AM and 98.1 FM).
6. Select at least one out-of-state and one local friend or relative to call if separated by disaster (it is often easier to call out-of-state than within the affected area). Also use these contacts to let them know you are safe. Send them your contact list so they can call your family and friends for you. You may also let your family know you are safe by registering on the American Red Cross website through RedCross.org/SafeandWell. If you do not have internet access, call 1-866-GET-INFO to register yourself and your family.
7. Keep family records and other important documents in a waterproof and fireproof container. If possible, place copies on a flash drive and keep it offsite with someone your trust.
8. Locate the main electric breaker, main water shut-off valve and natural gas shut off valve to your home. Learn how to turn these utilities off (see Appendices J & K) and keep all necessary tools near gas and water shut-off valves. Turn off the utilities only if you suspect the lines are or will be damaged or if you are instructed to do so. If you turn the gas off, you will need assistance to turn it back on.

9. Find the safe spots in your home for each type of disaster.
10. Keep a sturdy pair of shoes next to your bed in case all you have time to do is put on shoes and get out the door.
11. Have a First Aid Kit readily available (see Appendix D for a list of recommended supplies).
12. Have a Portable Disaster Supplies Kit readily available (see Appendix E) for a list of recommended supplies

B. First Aid

1. Only persons known to be medically trained (such as doctors, nurses or people trained in CPR and first aid) should provide medical help to those injured; however, everyone should know basic first aid, i.e., how to open the airway if a person is not breathing, apply direct pressure to and bandage bleeding wounds, and perform chest compressions to continue circulation to vital organs.
2. If injured individuals are in imminent danger, they should be carefully moved to a safe location to administer first aid.
3. In the case where injuries are severe and movement could cause further injury, do not move the injured. Make the injured as comfortable as possible and wait for medically trained personnel.
4. Before emergencies strike, prepare a first aid kit. Have the kit in an easy to locate place and make sure that the location is known to everyone in the home. Refer to the list of recommended first aid kit supplies found in Appendix D.
5. Additional information on first aid can be found in your local telephone book or by contacting the American Red Cross.

C. Fire Safety Preparation

Fire spreads quickly and your entire home may rapidly become engulfed in flames. Following are steps you can take to minimize the dangers associated with fires and improve your chances of survival should a fire erupt in your home:

1. Be sure you have properly operating smoke detectors and fire extinguishers and that you know how to use the fire extinguishers. If one or more smoke detectors are battery operated, replace the batteries annually or more often if necessary. An easy to remember schedule is to change your batteries to coincide with daylight savings time.
2. With all residents in your home, plan at least two escape routes from each room in your home.
3. Practice fire drills regularly, using a smoke detector as a signal to start the drill. Follow your escape plan.

4. Be sure your heating and electrical systems are in good working order. Change the furnace filters as recommended by the furnace manufacturer.
5. Carefully follow the instructions on all appliances and heating units, taking special care not to overload electrical circuits or use extension cords improperly. Make sure all exposed wiring insulation is intact.
6. Be especially careful and keep fire safety in mind when displaying your holiday decorations.
7. Keep matches, lighters and candles out of sight and away from small children. Children tend to be curious about fire and tend to hide when frightened.
8. Insure your personal property. Shop for an insurance company that best meets your needs for homeowner's insurance.
9. Store important documents such as birth certificates, marriage licenses, social security cards, insurance papers, copies (front and back) of all your credit cards and driver's licenses, vehicle titles, trusts, wills, etc., in a fire-proof box, or in the refrigerator, or rent a safe deposit box at your local bank.
10. Make an itemized list of your personal property, including furniture, clothing, appliances, jewelry, and other valuables. If available, make a video or DVD of your home and your possessions. Keep the list and/or video up-to-date and store them along with other important documents. Provide a copy to someone you trust who lives outside the area.

D. Earthquake Safety Preparation

Evaluate your home for earthquake concerns. There are numerous web on seismic protection, upgrades and retrofitting. Below are listed some very affordable items to consider. Be aware that structural modifications to older homes to conform to current building code requirements for new construction most likely will necessitate hiring engineers and contractors. Expect major expense and inconvenience. Such efforts are not required unless substantial additions and modifications by the home owner are to be undertaken.

1. Secure to the wall large picture frames, mirrors and free-standing furniture that may tip or fall over and place heavy objects on the lower shelves. Securely anchor overhead lighting fixtures.
2. Make sure your water heater is strapped to the wall. Most earthquake-related home fires are caused as water heaters shake loose from the wall and become disconnected from their gas lines. The escaping gas is ignited.
3. Locate safe spots in your home: under a sturdy table or against an inside wall and practice going to those locations. Recent studies have shown that the triangular space next to a bed, car, or other heavy large dense object is the safest place.

E. Flood or Tsunami Safety Preparations

The San Luis Obispo County Tsunami Inundation Map indicates Cabrillo Estates is such a distance and altitude from the ocean that there is minimal risk of flooding from a tsunami. Cabrillo Estates is not located in a floodway or floodplain. Additionally, the property is sloped and drained adequately, and the underlying sand allows for maximum absorption of runoff. However, ingress and egress via Pecho Valley Road and/or Los Osos Valley Road could be impacted by situations in adjacent neighborhoods.

1. Plan several escapes routes from your home.
2. The National Weather Service continuously broadcasts updated weather conditions, warnings and forecasts on National Oceanic Atmospheric Administration (NOAA) weather radios. A NOAA radio can be purchased at radio or electronic stores. Also, local broadcast stations transmit Emergency Alert System (EAS) messages which may be heard on all TV stations (if power is not lost) and on the following standard radio stations: 920 AM; 1400 AM and 98.1 FM.
3. Prepare and maintain your Portable Disaster Supplies Kit (see Appendix E).

F. Basic Emergency Kit

A complete disaster kit will work for any of the various emergencies we might face on the Central Coast, including an earthquake or tsunami. Using Federal, State and local suggestions, here are suggestions for bare-bones essentials:

1. WATER.....*A gallon per person per day.*

Hints: You could fill up old soda bottles and place them in a cool, dark place, changing the water every six months. Otherwise, buy a few gallons in plastic containers at the market. You can also store extra water in the freezer so if the power fails, you'll have a refrigerator that will keep food cold longer.

2. FOOD.....*Enough food for three days.*

Hints: Look for nonperishable canned goods and pack a can opener. Buy soup that doesn't require extra water and look for brands with pull-tab tops. Other items include energy bars, protein shakes and dried fruit.]

3. FIRST-AID KIT.....*Have a professional first-aid kit.* *Hints:* Keep an extra 30-day supply of your prescription medications on hand. Keep an extra pair of prescription glasses in your kit, along with a copy of your Vial of Life information.

4. RADIO, FLASHLIGHT, BATTERIES.....*Have a hand crank flashlight and a battery-operated emergency radio.*

Local stations will carry disaster-related news. 920 AM; 1400 AM and 98.1 FM.

5. EXTRA CLOTHES.....*Have one change of clothes along with rain gear and warm clothing.* *Hints:* Large plastic bags can be used for rain gear and it is important to have an extra pair of sturdy shoes.

6. MONEY.....You may also wish to keep some **cash on hand** in the event ATM's aren't functioning.

See Appendices B, C, D, E and F for additional and more complete Emergency Preparedness and Disaster Supplies.

VI. Disaster / Emergency Plans & Actions

A. What to do if disaster strikes:

- 1. Remain calm and patient, and put your plan into action.**
- 2. TAKE CARE OF YOURSELF AND YOUR FAMILY FIRST. Then tend to your neighbors or others, getting directions from your Zone Coordinator or Block Captain if possible.**
3. Check for injuries; give basic first aid and request help for the seriously injured.
4. If power is out and both TV and radio are unavailable, listen to your battery powered radio for news and instructions.
5. Check for damage to your home using a flashlight only. Do not light matches or turn on electrical switches, if you suspect damage.
4. Check for fires, fire hazards and other household hazards, such as over-turned furniture, broken glass, etc.
5. If you remain in your home, sniff for gas leaks, starting at the water heater and checking each appliance that operates on natural gas, including washers & dryers. If you smell gas or suspect a leak, turn off the main gas valve, open windows and get everyone outside quickly.
6. Shut off any other damaged utilities.
7. Clean up spilled medicines, bleaches, gasoline and any other flammable liquids immediately.
8. Relocate or evacuate your home if advised to do so and, if time permits, put on appropriate clothes and sturdy shoes.
9. Confine or secure your pets.
10. Call your family/friend contact if possible. Do not use the phone again unless it is a life-threatening emergency.
11. Make sure you have an adequate water supply in case service is shut off. Water in your water heater could be available.
12. Stay away from downed power lines.

13. If possible, check on your neighbors, especially disabled persons.

B. House Fire-Specific Actions

1. **Call 9-1-1.**

2. TAKE CARE OF YOURSELF AND YOUR FAMILY FIRST. Then tend to your neighbors or others.

3. Immediately assess the problem (location of the fire and to what extent the structure is involved) to assist you in exiting away from the fire/source.

4. If smoky conditions are present, remember that smoke rises so stay as close to the floor as possible. Before exiting through a door, feel the bottom of the door with the palm of your hand, if it is hot, find another way out. Never open a door that is hot to the touch.

4. Should your clothing catch fire, first drop, then roll--never run. If a rug or blanket is handy, roll yourself up in it until the fire is out.

5. Get everyone out of the house immediately (If you are unable to exit the house, hang something out of a window to signal rescuers—you could use the HELP sign from your red Emergency Preparedness folder).

6. Without risk to any person, get pets out of the house and confined.

7. From a neighbor's telephone, call 9-1-1 and:

a. Give your name, phone number from which you are calling, and the location of the fire.

b. Describe the type/nature of the fire (gas, wood, chemical, electrical, etc.).

c. Report any known injuries.

8. Turn off the gas and electricity at the home(s) affected.

9. Go door-to-door and tell neighbors to stand ready with garden hoses to wet down their homes or adjacent building(s) in case of traveling sparks.

10. Make sure all occupants have left the affected home and immediately let the fire department personnel know if any disabled person(s) or of anyone not accounted for and who may still be in the residence.

11. NEVER go back into a burning home!

C. Earthquake-Specific Actions:

IF INDOORS:

1. Take cover under any sturdy piece of furniture against an inside wall without windows and hold on. If there isn't a table or desk near you, crouch in an inside corner of the building, and cover your head and face with your arms. Recent studies have shown that

the triangular space next to a bed, car, or other heavy large dense object is the safest place.

2. If you are in bed, try to get next to the bed on the floor, get into the fetal position, and protect your head with a pillow.
3. Stay away from outside doors and walls, windows or ceiling objects such as skylights, fans or lighting fixtures.
4. Stay indoors until the shaking stops and it is safe to go outside. Most injuries occur when people are hit by falling objects as they go out of and into buildings.
5. Do not light matches or candles.
6. Do not turn on electrical equipment of any kind.
7. Use only battery-operated flashlights and radios.
8. If trapped under debris, do not light a match or move about to kick up dust. Cover your mouth with a handkerchief or clothing. Tap on a wall or pipe so rescuers can locate you--use a whistle if one is available. Shout only as a last resort--shouting can cause you to inhale dangerous amounts of dust.

IF OUTDOORS:

1. Stay outdoors...find an open area and remain there until the earthquake stops. Stay away from power poles and electrical lines, tall buildings, windows, bridges, brick or block walls, underpasses and trees.
2. If in a moving vehicle, stay in the vehicle, pull over and stop as quickly as safety permits. Do not stop near or under buildings, trees, overpasses or power lines.
3. Proceed cautiously once the earthquake has stopped, watching for road and bridge damage.

IN ALL CASES:

1. Contact your Block Captain for instructions.
2. Listen to a self-contained (battery operated or hand crank) radio for emergency instructions.
3. Confine and secure pets so they will not hamper emergency service employees in the performance of their duties.
4. After shocks may occur, so be prepared.

D. Flood-Specific Actions

Cabrillo Estates is at 200 feet of elevation at the lowest point and 800 feet at the high point and is unlikely to suffer directly from flooding. Evacuation roads may be closed so be prepared to be stranded for several days.

If a Flood Warning is issued, take it seriously. Do not wait. Get to higher ground immediately as flood waters often rise faster than expected.

Use travel routes specified by local officials. Never drive through flooded roadways. Do not bypass or go around barricades.

E. Evacuation Plan/Diablo Canyon Power Plant Serious Emergency – Specific Actions

Every resident in the “Protection Action Zones” of San Luis Obispo County receives an Emergency Planning Calendar every year, with the most current information and instructions regarding any potential emergency at Diablo Canyon Power Plant (DCPP), as well as other types of emergencies we may experience in San Luis Obispo County.

Remember: If you hear a steady siren for three minutes,

- Tune to a local radio or TV station. When at sea turn to Marine Channel 16.
- Do not call 9-1-1 unless it is a life-threatening emergency.
- Do not evacuate unless directed to do so. These sirens are an indication to listen to a local radio or TV station for emergency information.

Please refer to this Emergency Planning Calendar for more information.

F. Landslide-Specific Actions

Even though the chances of a landslide in Cabrillo Estates are remote, it is possible, and therefore we have included a “Landslide Safety Checklist” from the American Red Cross (Appendix G). Landslides describe downhill earth movements that can move slowly or rapidly and are usually caused by natural forces or events including earthquake shaking and heavy rains, especially in areas burned by fire.

Unless we experience a disaster at Diablo Canyon, a huge earthquake or a major wildfire, most of our emergency responses will not result in the evacuation from Cabrillo Estates. Some responses will suggest that you stay in your home and others will suggest evacuation. Only in the direst situations, will you be instructed to evacuate the neighborhood. Residents should all have emergency kits including all medications and whatever else they need to survive for a minimum of one week (See Appendix B & Appendix E for suggested Evacuation Go-Bags.)

VII. Supplemental Information

A. Warning Signals in our area and actions to take:

Currently, the one and only emergency signal in SLO County is the siren system that is tested annually. In an emergency, those sirens will sound for 3-5 minutes. This means you should tune to a local radio or TV station for official information and actions you should take. There is also a reverse 911 system which may be used in an emergency. With this system, those in charge of a disaster or emergency can send emergency information and instructions to residents by telephone, so stay off the phone as much as possible.

B. Communications Guide

1. Radio emergency frequencies...920 AM and 1400 AM and/or 98.1 FM
2. If power is available, turn on your TV and watch for conditions, also check the scroll for information and instructions. Our local TV station is KCBY.
3. If power is not available, use battery-operated or hand-crank radio.
4. Zone Coordinators will have special CERT radios to be in direct communication with county emergency services and will relay information to Block Captains via CB radios.
5. Emergency response personnel also have at their disposal a reverse 911 system which, if activated, calls residents with information and instructions, so stay off your phone as much as possible. To register your cell phone, go to www.slosheriff.org and click on Reverse 911 under the Resources tab.

C. Special assistance instructions for people or pets with special needs:

Hopefully, you have already planned with your neighbor, friend, Zone Coordinator or Block Captain to deal with your disability. Remain calm, get yourself and/or your pet in a safe location and stay there until help arrives. If it becomes necessary to evacuate your home, go to your designated Safe Assembly Site and take your pet with you. Always keep your pet on leash or otherwise confined.

D. Safe Assembly Sites for Cabrillo Estates

Four "Safe Assembly Sites" (one for each Zone) have been designated in Cabrillo Estates, where neighbors can gather outside of their home. See Appendix A.

E. Duties of Volunteer Cabrillo Estates Communications Supervisor

1. Be the primary person communicating with outside responders.
2. Be and maintain the communications link between Zone Coordinators, Block Captains and CERT Command Post and County Emergency Center.
3. Fully understand the Emergency Radio System and Incident Reporting procedures and protocol.
4. Because you will be provided with a CERT radio, and tied in with the local and County first responders, you must become an Estero Bay CERT member at the Responder level. We are CERT-affiliated and therefore this CERT training is mandatory. This gives us a tremendous advantage of having direct communication with the County Emergency Center when all other regular communications are down. (Trainings are held annually in Morro Bay, usually in January. There could be trainings in other parts of San Luis Obispo County areas at other times. Contact esterobaycert@gmail.com for more information.
5. If any Zone Coordinator or Block Captain does not report in after an emergency, be prepared to take his/her place.

6. Attend NEAT meetings and trainings as well as meetings of Zone Coordinators and Block Captains.
7. If CERT mobilization is called (“formal activation”), go to the designated assembly point (most likely CalFire Station 15, 2315 Bayview Heights, Los Osos), to receive briefings. Then communicate via CERT with Zone Coordinators and return to Cabrillo Estates.
8. During emergencies, support your Block Captains and Zone Coordinators as best you can.
9. REMEMBER:
 - a. TAKE CARE OF YOURSELF AND YOUR FAMILY FIRST.
 - b. We are NOT first responders. Do NOT put yourself in dangerous situations.

F. Duties of Volunteer Zone Coordinators

1. Coordinate the activities of your 3-4 Block Captains.
2. Participate in NEAT Trainings and hold Block Captain meetings.
3. Meet with Block Captains (and assistants) to decide:
 - a. How you will communicate with each other.
 - b. What to do if a Block Captain is not available.
 - c. How to allocate resident resources.
 - d. Priorities and activities described in Block Captain Job Description.
4. After securing yourself and your family, establish communications with Communications Supervisor and Block Captains.
5. Be familiar with Block Captain Job Description.
6. Because you will be provided with a CERT radio, and tied in with the local and County first responders, you must become an Estero Bay CERT member at the Responder level. We are CERT-affiliated and therefore this CERT training is mandatory. (Trainings are held annually, usually in January.)
7. Fully understand the CERT radio and Incident Reporting Procedures. Quality Training will be provided.
8. During emergencies, support your Block Captains and other Zone Coordinators as best as you can.
9. REMEMBER:
 - a. TAKE CARE OF YOURSELF AND YOUR FAMILY FIRST.
 - b. We are NOT first responders. Do NOT put yourself in dangerous situations.

G. Duties of Volunteer Block Captains (with help from Assistant Block Captains)

1. Get to know the neighbors in your zone.
 - a. Identify those who don't want help or don't want to be involved.
 - b. Identify those who might have need for special or extensive help.
 - c. Identify those who can provide equipment and/or services in time of emergency.
 - d. Maintain the information as neighbors change, and forward to the CEPOA Secretary/Treasurer.
2. Take charge of and maintain neighborhood-issued walkie-talkies (ensure batteries are fresh).
3. Become familiar and competent with emergency protocols, such as utility shut-offs (have tools), CB/walkie-talkie usage, neighborhood exit routes and contingency routes.
4. Participate in Neighborhood Emergency Awareness Team and/or Block Captain meetings.
5. Be point of contact and assist in coordinating activities in emergency situations.
6. Block Captains are encouraged to:
 - a. Become examples and advocates for self-preparedness by having your own emergency provisions, having your own household communication plan, and by expanding and sharing your own preparedness knowledge.
 - b. Pursue preparedness training, such as CERT, Red Cross, HAM Radio, etc.
 - c. Promote a sense of community by coordinating periodic get-togethers and encouraging neighbors to get to know each other.
7. REMEMBER:
 - a. TAKE CARE OF YOURSELF AND YOUR FAMILY FIRST.
 - b. We are NOT first responders. Do NOT put yourself in dangerous situations.

H. Disaster Supplies Introduction

Government and Relief Agencies estimate that after a major disaster, it could take up to seven days for relief workers to reach some areas. In such cases, a seven-day disaster supply kit could mean the difference between life and death. In other emergencies, a seven-day disaster supply kit is highly recommended and may mitigate the negativity of the experience.

The fact is, after most emergencies or disasters the residents of Cabrillo Estates will take care of each other. If we are cut-off from the outside world for an extended period, drinking water will be our most critical need. Every home should store one gallon of water per day for every resident in that home. Therefore, if we assume no outside help for seven days and there are two residents in your home, you should have 14 gallons of drinking water in storage.

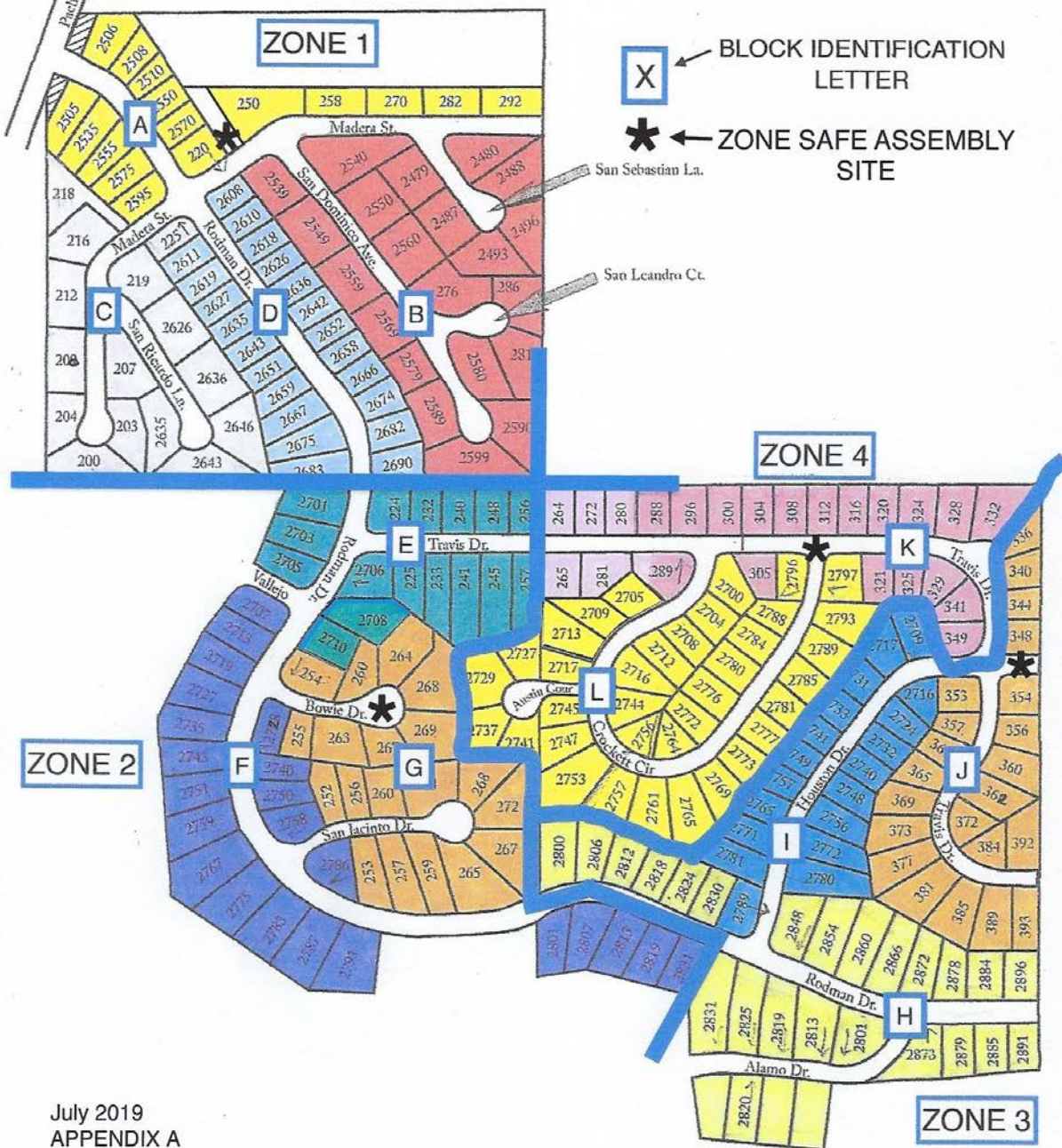
In the following Appendices (B, C, D, E, F), you will find a total of five lists for your use. The first two are very Basic checklists compiled from a variety of resources. The others are provided by the State of California and the American Red Cross and are more extensive. It is recommended that you start with the Basics and then add what you think is most appropriate for your own emergency needs and preparations.

VIII. APPENDICES

Appendices A through K appear on the following pages, for your use and consideration.

Cabrillo Estates Emergency Preparedness Plan

12 BLOCKS IN 4 ZONES



July 2019
APPENDIX A

**APPENDIX B. BASIC GUIDE TO DISASTER READINESS
PART I – If ordered to EVACUATE**

**FIRST RULE: TAKE CARE OF SELF AND FAMILY FIRST
Have what you need to be SAFE, WARM, DRY & HYDRATED**

5-15 MINUTES TO LEAVE

- Prepare a "Go-Bag" or backpack that you can carry for each person and pet as you could be separated.
- Purse/Wallet Driver's License House Keys Car Keys
- Cell Phone Charger Eyeglasses Sunglasses
- Medications/Supplements Hearing Aids/Batteries
- Laptop Computer Charger Flash Drive/Memory Card
- Cash (ATM's may not be working)

- * Portable Radio & Batteries
- * Change of Clothes
- * Toiletries
- * Insurance Info.
- * Copy of Passport
- * Household Inventory and/or Video
- * List of Credit Cards and Bank Info
- * List of User ID's and Passwords
- * List of Family & Friends & Professional (Dr., Lawyer, etc.) Contacts
- * Copies of Relevant Medical Records and Legal Doc
- * Pet(s) medical/vaccination records/recent photo(s)

- * Flashlight & Batteries
- * Sturdy Shoes * Jacket
- * Personal Hygiene Supplies
- * Snacks
- * Copy of Birth Certificate
- * Water

***Things that live in your Go-Bag**

YOU MIGHT BE NOTIFIED TO EVACUATE IMMEDIATELY, in the event of Wildfire, Nuclear Accident or Severe Earthquake. Gather your family and pets, pack the rest of your Go-Bag and follow the Evacuation Instructions.

Put your OK sign in the window so Block Captain can go on to the next house.

DON'T WAIT, JUST GO!

AS YOU PREPARE YOUR GO-BAG, make a list here of treasures you would like to add if possible (special watch, jewelry, memento, diary, journal, photograph, etc.).

(continued on next page)

IF YOU HAD AN HOUR OR MORE TO LEAVE, make another list here of other treasures (e.g. photographs, genealogy, art, memorabilia, irreplaceables), small enough for a Go-Bag or to fit in car. These could be kept in an easily accessible closet.

IF YOUR HOME IS DAMAGED, you may be in a shelter, so, if you are able to drive away, pack a small suitcase with personal belongings to sustain you for a week.

IF YOU ARE NOT AT HOME (and, you may not be able to get home) you could create a Mini Go-Bag for the Car and/or the office. There is no guarantee that you will be home when disaster strikes, what would you need if you must stay at work for several days, or rely on your car for short-term shelter, or be forced to make your way home on foot? Storing your supplies in a small backpack will make them convenient to carry if you need to walk home.

Car Mini-Survival Kit	Work Mini-Survival Kit
<input type="checkbox"/> Nutritious low sodium, low fat snacks <input type="checkbox"/> Bottled Water <input type="checkbox"/> Local maps and compass <input type="checkbox"/> Sweats and jogging pants <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> Coins for pay phone <input type="checkbox"/> Cash (\$50-\$100) <input type="checkbox"/> Flashlight with extra batteries <input type="checkbox"/> Waterproof matches <input type="checkbox"/> Portable AM radio <input type="checkbox"/> Toilet paper and sanitary supplies <input type="checkbox"/> Heavy-duty trash bags <input type="checkbox"/> Small first aid kit <input type="checkbox"/> Duct tape <input type="checkbox"/> Mylar space blanket <input type="checkbox"/> Fire extinguisher A-B-C Type <input type="checkbox"/> Flares <input type="checkbox"/> Reading material <input type="checkbox"/> Pencil and pad of paper <input type="checkbox"/> Tools: screwdrivers, pliers, Leatherman tool	<input type="checkbox"/> Nutritious snack food <input type="checkbox"/> Bottled Water <input type="checkbox"/> Comfortable shoes and socks <input type="checkbox"/> Small first aid kit <input type="checkbox"/> Blanket <input type="checkbox"/> Portable AM radio <input type="checkbox"/> Flashlight with extra batteries <input type="checkbox"/> Heavy-duty trash bags <input type="checkbox"/> Duct Tape <input type="checkbox"/> Scissors <input type="checkbox"/> Leatherman tool <input type="checkbox"/> Cash and coins for phone calls <input type="checkbox"/> Whistle <input type="checkbox"/> Toilet paper and sanitary supplies

Provided by CEPOA – Neighborhood Emergency Awareness Team (NEAT) – June 2019

APPENDIX C. BASIC GUIDE TO DISASTER READINESS

PART II – If you must SHELTER/STAY IN PLACE

FIRST RULE: TAKE CARE OF SELF AND FAMILY FIRST

Have what you need to be SAFE, WARM, DRY & HYDRATED.

In the event of a major disaster, you might need to rely on your own resources. You might be sleeping outdoors. Plan on what you will need to eat, sleep, cook and generally survive on your own, with or without shelter and comfort of your home, for a minimum of 5-7 days. (Ideally, enough for 2-3 weeks.)

EATING AND COOKING

- Paper/Plastic Plates, Cups, Utensils
- Paper Towels (double as napkins)
- Manual Can Opener
- Alternate Cooking Source & Fuel
- Cooking Pots/Pans
- Chlorine Bleach & Eye Dropper to Purify (16 drops bleach to 1 gal. water)
- Pet Food and Leashes

EMERGENCY FOOD

Food should be dated, require little or no water or cooking to prepare, not increase thirst (i.e. low sodium, low fat) and be things your family will enjoy.

- Canned Fruit, Vegetables (use liquid too)
- Canned Meat, Stew, Soup, Pasta, Beans
- Dried Fruits
- Dry Cereal/Granola
- Crackers (low sodium)
- Canned Tuna
- Canned Nuts (unsalted)
- Peanut Butter
- Powdered Milk
- Granola Bars (fat free)
- Bottled Soft & Protein Drinks
- Baby and/or Special Diet Foods
- MRE's (Meal Ready to Eat)
- Instant Coffee/Tea, Creamer/Sweetener
- Water (minimum 1 gallon per person per day for 5-7 days)

MISCELLANEOUS

- Books, Games, Puzzles, Cards

SANITATION

- Portable Toilet or Bucket with Lid
- Toilet Paper Shovel
- Feminine/Personal Hygiene Items
- Diapers & Baby Wipes
- Disinfectant
- Plastic Garbage Bags
- Twist Ties or Zip Wire Ties

HEALTH & SAFETY

- First Aid Kit Whistle
- First Aid Manual Dust Masks
- Soap, Detergent, Shampoo
- Toothbrush & Toothpaste
- Medications/Pain Relief/Antacids
- Heavy Work Gloves
- Sturdy Shoes Warm Coat & Hat
- One Change of Clothing
- Tent or Other Camping Equipment
- Plastic Sheets (to cover windows, etc.)
- Glasses Hearing Aid Batteries
- Goggles/Safety Glasses
- Space Blanket & Sleeping Bag

TOOLS

- Wrench (to shut off utility valves)
- Matches (2 boxes in waterproof container)
- Fire Extinguisher – 2 A10BC
- Portable Radio & Extra Batteries
- Flashlight & Extra Batteries
- Rope (1/2"- 20' long) Axe
- Duct Tape Broom
- Multi-Purpose Tool Scissors
- Pens & Paper Markers

Provided by CEPOA – Neighborhood Emergency Awareness Team – July 2019

APPENDIX D. First Aid Kit

(Recommended supplies list from State of California and Red Cross):

1. Sterile adhesive bandages in assorted sizes
2. 2- and 4-inch gauze pads (4-6 each)
3. Hypoallergenic adhesive tape, 2 inches wide
4. Triangle bandages (3)
5. 3- and 4-inch sterile roller bandages (3 rolls each)
6. Roll of 3-inch cohesive bandages
7. Adhesive bandages, various sizes
8. Cold pack
9. Scissors
10. Tweezers
11. Needle
12. Germicidal hand wipes or waterless, alcohol-based hand sanitizer
13. Antiseptic wipes
14. Thermometer
15. Tongue depressors (2 pairs)
16. Tube of petroleum jelly or other lubricant
17. Assorted sizes of safety pins
18. Cleansing agent/soap
20. Anti-bacterial ointment
21. Non-latex, medical grade, large gloves (two pairs)
22. Sunscreen
23. Aspirin
24. Syrup of Ipecac
25. Activated charcoal (use only if advised by the Poison Control Center)
26. CPR breathing barrier such as a face shield
27. First Aid manual

APPENDIX E. Portable Disaster Supply Kit
(Recommendations are Red Cross suggestions):

1. Water
2. Non-perishable food (protein bars, peanut butter, etc.)
3. First aid kit
4. Dust face masks
5. Flashlight and extra batteries
6. Pocket knife
7. Local map
8. List of emergency point-of-contact phone numbers
9. List of drug allergies, Extra prescription glasses, hearing aids or other vital personal items
10. Extra keys to house and car
11. Photos of family members and pets for re-identification purposes
12. Important papers including copies of ID cards, health and home insurance papers placed in a sealable, water-proof bag.
13. Flares, Jumper cables
14. Seasonal supplies (a change of clothes, socks, sturdy shoes, blankets, a jacket and a poncho)
15. Whistle
16. Matches in water-proof container
17. Sanitation and hygiene supplies
18. Portable, self-contained radio and extra batteries if battery-operated
19. Tool kit
20. Duct tape
21. Pad of paper and permanent marker
22. Prescription medicines and copies of prescriptions
23. Cash (stores may be open, but if power is out, they will most likely be cash only transactions).
24. Pet supplies if applicable

You should inspect your portable kit at least twice per year. Rotate food and water every six months. Adjust clothing for winter or summer needs. Check expiration dates on batteries, food and water. Keep a light source stored on the top of your kit for easy access in the dark. Your kit should be in a backpack or portable container for ease of transportation in case you need to carry it a distance or kept in the trunk of your car.

A more extensive Disaster Supply Kit is also recommended by the State of CA so a list of those recommended supplies is shown below (Appendix F); however, as stated above, most likely in an emergency or disaster that impacts Cabrillo Estates, we will either stay in our homes, if it is safe, or evacuate to designated "Safe Assembly Sites" (see Appendix A) where we will care for each other and use the contents in our homes as needed.

APPENDIX F. More extensive Disaster Supplies Kit in your home
(State of California suggested supplies):

1. Method of water purification
2. 7-14 gallons of water (1 gallon per person per day)
3. Food: ready-to-eat canned meats, fruits and vegetables; canned juices and milk, soup; high energy foods-peanut butter, jelly, crackers, granola bars, trail mix; specialty foods for elderly persons and persons on special diets; comfort/stress foods-cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags; vitamins.
4. Matches in a waterproof container
5. Second method of starting a fire
6. Tent/shelter
7. Wool-blend blankets or sleeping bags (1 per person)
8. Emergency reflective blanket
9. Lightweight stove and fuel
10. Hand and body warm packs
11. Rain poncho
12. Light sources
13. Flashlight, batteries and extra batteries
14. Candle
15. Light sticks
16. A telephone that will work without being plugged into an electrical outlet
17. Tools (pliers, hammer, screw drivers, bolt cutters)
18. Pocket/utility knife
19. Shovel
20. Hatchet or axe
21. Sewing kit
22. 50-foot nylon rope
23. First aid kit and supplies
24. Burn gel and dressings
25. Contact lenses and supplies; a spare set of contacts or glasses if available
26. Radio, batteries and extra batteries
27. Whistle with neck cord
28. Personal sanitation equipment
29. Personal comfort kit (including soap, toothbrush, toothpaste, comb, tissue, razor, deodorant), and any other needed items
30. Extra clothing (include at least one complete change of clothing and footwear per person per day) extra socks, underwear, hat gloves, and sturdy shoes.
31. Mess kits, paper cups, plates, and plastic utensils
32. Cash (at least \$20) or traveler's checks change
33. Non-electric can opener
34. Fire extinguisher: small canister, ABC type
35. Important family papers (copies of birth certificates, marriage licenses, wills, insurance forms, phone numbers, credit card information)
36. Sun block/sunglasses
37. Portable toilet
38. Insect repellent
39. Tape

40. Compass
41. Aluminum foil
42. Signal flare
43. Household chlorine bleach
44. Special or prescription medication
45. Games/books

IMPORTANT REMINDER:

You should **inspect** your **emergency supplies** at least **twice** per **year**. **Rotate food and water every six months**. Adjust clothing for winter or summer needs. **Check expiration dates** on batteries, light sticks, warm packs, food and water. Keep a light source stored on the top of your kit for easy access in the dark.

APPENDIX G. Landslide Safety Checklist

Landslide Safety Checklist

Landslides have occurred in almost every state and can cause significant damage. The term landslide describes downhill earth movements that can move slowly and cause damage gradually, or move rapidly, destroying property and taking lives suddenly and unexpectedly. Most landslides are caused by natural forces or events, such as heavy rain and snowmelt, earthquake shaking, volcanic eruptions and gravity. Landslides are typically associated with periods of heavy rainfall or rapid snowmelt and tend to worsen the effects of flooding. Areas burned by forest and brush fires are also particularly susceptible to landslides.

Gather supplies in case you need to evacuate:

Water—a 3-day supply; one gallon per person per day Food—a 3-day supply of non-perishable, easy-to-prepare food Flashlight Battery-powered or hand-crank radio (NOAA Weather Radio, if possible) Extra batteries First aid kit Medications (7-day supply) and medical items Multi-purpose tool Sanitation and personal hygiene items Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies) Cell phone with chargers Family and emergency contact information Extra cash Other essential items that could not be replaced if they were destroyed

What should I do if I live in an area at risk from landslides?



- Landslides generally happen in areas where they have occurred in the past. Learn about your area's landslide risk. Landslides can also be referred to as mudslides, debris flows, mudflows or debris avalanches.
- Learn about local emergency response and evacuation plans.
- Talk to everyone in your household about what to do if a landslide occurs.
- Create and practice an evacuation plan for your family and your business.
- Assemble and maintain an emergency preparedness kit.
- Become familiar with the land around where you live and work so that you understand your risk in different situations.
- Watch the patterns of storm water drainage on slopes near your home, especially where runoff water converges.
- Debris flows and other landslides onto roadways are common during rainstorms.
- Heavily saturated ground is very susceptible to mudflows and debris flows.
- Be aware that, generally, landslide insurance is not available, but that debris flow damage may be covered by flood insurance policies from the National Flood Insurance Program (NFIP) at www.FloodSmart.gov.

What should I do if a landslide is occurring or likely to occur?



- If you suspect imminent danger, evacuate immediately. Inform affected neighbors if you can, and contact your public works, fire or police department.
 - Listen for unusual sounds that might indicate moving debris, such as trees cracking or boulders knocking together.
 - If you are near a stream or channel, be alert for any sudden increase or decrease in water flow and notice whether the water changes from clear to muddy. Such changes may mean there is debris flow activity upstream so be prepared to move quickly.
 - Be especially alert when driving—watch for collapsed pavement, mud, fallen rocks and other indications of possible debris flow.
 - If you are ordered or decide to evacuate, take your animals with you.
 - Consider a precautionary evacuation of large or numerous animals as soon as you are aware of impending danger.
- During Severe Storms**
- Stay alert and awake. Many deaths from landslides occur while people are sleeping.
 - Listen to local news stations on a battery-powered radio for warnings of heavy rainfall.

What should I do after a landslide?



- Stay away from the slide area until local officials say it is safe to enter.
- Listen to local stations on a portable, battery-powered radio for the latest emergency information.
- Watch for flooding—floods sometimes follow landslides and debris flows.
- Check for injured and trapped persons and animals near the slide, without entering the slide area.
- Help people who require special assistance.
- Look for and report broken utility lines to appropriate authorities.
- Check your home's foundation, chimney and surrounding land for damage.
- Replant damaged ground as soon as possible because erosion caused by loss of ground cover can lead to flash flooding.

APPENDIX H. Emergency Contact

1. For all life-threatening emergencies, including fires and gas leaks: call 911
2. NON-emergency Sheriff: 1-805-781-4550
Los Osos Coast Station (2099 10th St.) 1-805-528-6083
3. NON-emergency Fire Department information and questions: 1-805-528-1053
4. Sierra Vista Hospital (1010 Murray Ave., San Luis Obispo): 1-805-546-7600
5. French Hospital (1911 Johnson Ave., San Luis Obispo): 1-805-543-5353
6. SLO County (domestic) Animal Services: 1-805-781-4400
7. Calif. State Dept. Fish and Game Central Coast (wild animals): 1-831-649-2801
8. Gas information and questions: The Gas Company: 1-800-427-2200
Residential Customer Service 1-877-238-0092
9. Electrical information and questions: PG & E: 1-800-743-5000
10. Water information and questions: Golden State Water Co.: 1-805-528-1626
Local 24-hour Emergency 1-909-394-2272
Toll Free 24-hour 1-800-999-4033
11. Trash/Recycling/Waste: Mission Country Disposal: 1-805-528-7430

APPENDIX I. Other Emergency Service Agencies and Contact Information:

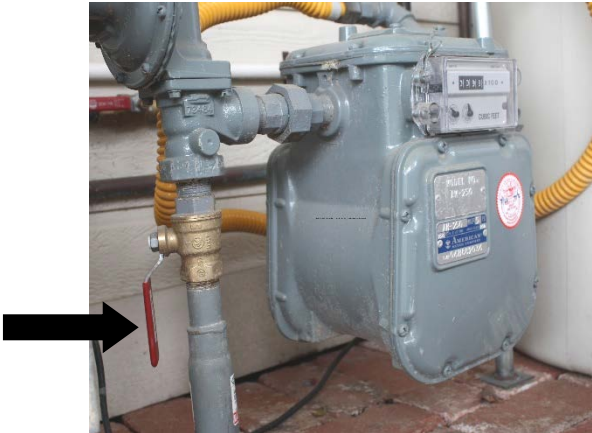
1. American Red Cross/Local SLO County Chapter 1-805-543-0696
Toll Free 1-800-733-2767
2. Emergency Operation Center/SLO County 1-805-781-5011
3. CAL Fire/SLO County Fire Headquarters 1-805-543-4244
Los Osos Fire Station (2315 Bayview Heights) 1-805-528-1053
4. CALTRANS Highways/Roads Status 1-800-427-7623
5. National Weather Service 1-805- 988-6610
6. U.S.G.S. Earthquake Information 1-888-275-8747
7. Dept of Housing & Community Development (Local) 1-805-549-3373
State Toll Free 1-800-952-8356

APPENDIX J. How to Shut Off Gas and Water Valves

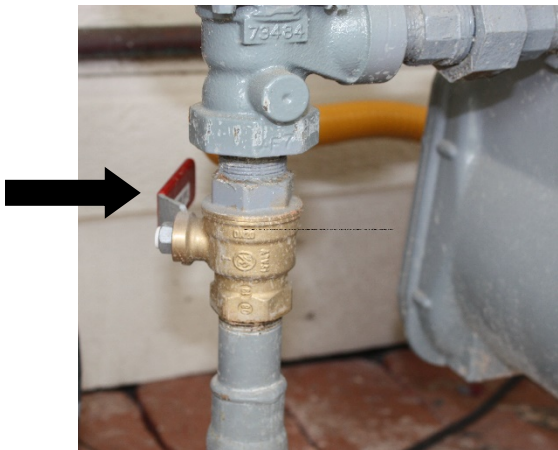
Following are photos and instructions on how to shut off your utilities. They won't do you any good if you don't find them and form a plan to shut them off if need be in the worst conditions imaginable.

Gas and Water

GAS METER



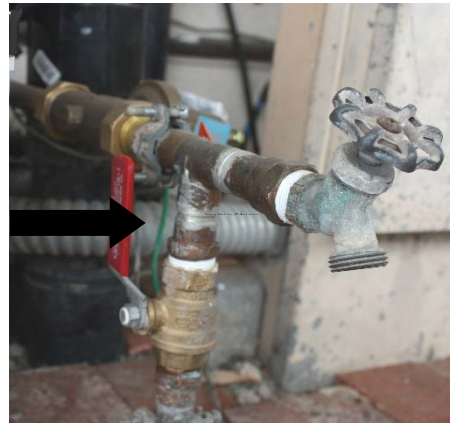
This is a gas meter in the ON position. In order to turn it OFF, turn handle to the right or left. See below



This meter is now in the OFF position. Do not turn the gas ON unless you are home.

In the event of a MAJOR earthquake, please shut off your gas meter.

WATER METER



This is the water riser in the ON position. In order to turn it OFF, turn handle to the right or left. See below



The water riser is now OFF.

If line breaks between meter and house, use special tool to turn off water meter.

APPENDIX K. How to Shut Off Gas and Water Valves



← Electricity is ON

This photo shows the electricity is ON (the electric breakers are in the ON position).



Electricity is OFF

This photo shows the electricity is OFF (the electric breakers are in the OFF position).