

## Cottrell Way Residents Prepare for Disaster



Three Area 1 Emergency Coordinators: L: Margaret Ann Fidler, Joan Polinsky and Wendy Yang.

Seventeen out of 23 households on Cottrell Street attended an emergency preparedness meeting on Sunday, April 15, at 3 p.m. at the home of Joan and Mitch Polinsky. Joan is a Street Coordinator, and arranged the meeting with the help of fellow emergency coordinators Margaret Ann Fidler, Jill Knuth and Wendy Yang.

Red Cross volunteer Dana Norris offered a presentation entitled, "Be Red Cross Ready."



Dana Norris, American Red Cross volunteer

Dana made the following points to keep in mind following a disaster or in the event of pandemic flu, an act of bioterrorism, etc.:

- Residents must be prepared to rely on themselves for three days to two weeks.
- Consider participating in the Palo Alto disaster training program (PANDA), and with the Red Cross.
- Every household should have an emergency plan. Brochures and emergency contact cards are available from the Red Cross.
- Costco sells buckets for \$100.00 containing 270 emergency meals. There's also a smaller meal pack.
- In many homes, the garage may be the best place to store emergency items because it would be least likely to sustain major structural damage, but each homeowner should ascertain themselves the best location for gaining access after an earthquake.
- Keep some emergency supplies in your workplace and car.
- Have on hand an extra supply of medications, plus large bottles of Tylenol, Ibuprofen and packages of dry Gatorade. For re-hydration, use only ½ the prescribed amount of Gatorade.
- The amount of water stored should be 1gallon/person/day, for both drinking and hygiene.
- Five-gallon water jugs made of thick polyurethane are better than thin-walled jugs.
- Stored water should be rotated every six months.
- The best ways to purify water, in order of effectiveness, include:
  - Boiling, which would possibly require storage of propane tanks or charcoal (if the gas or electricity are out). The water should be at a rolling boil for at least one minute.
  - 1/8 tsp. of chlorine/1 gal. water. Let sit for 30 minutes. If using Clorox, it must be basic bleach only with no additives.
  - Purification tablets.
  - Filters used for backpacking expeditions.
- Extra water may be available from toilet tanks (if no chemical cleaning tablets have been used in the tank), hot water heaters, and swimming pools (if the water has been treated only with basic chlorine). *Ask your pool cleaner what type of chemicals are used to clean your pool.*
- In the event of a bio-terrorism threat, household members should shelter in a room with the least number of windows. Seal any windows with plastic and seal air vents with duct tape.
- Tune into your local radio station for updates. KZSU 90.1.
- Keep your car's gas tank at least half full. Do not store gasoline at home.

Good Websites to use for reference include: **PandemicFlu.gov** and **Ready.gov** (radiation, dirty bombs).

Emergency supplies are available from:

- American Red Cross, [www.PAARC.org](http://www.PAARC.org), or at 400 Mitchell Lane, Palo Alto (behind MacArthur Park restaurant) 688-0415.
- Redwood Trading Post, [www.RedwoodTradingPost.com](http://www.RedwoodTradingPost.com), 1305 El Camino, R.C., 363-2033.
- Somewhere Out West, [www.somewhereoutwest.net](http://www.somewhereoutwest.net), 1350 Grant Rd., #5, M.V., 625-9550.



Cottrell Way residents enjoying vegetables, dip, pastries & mulled cider during the break.

Following Dana's presentation and Q & A session, Mary Sullivan, Chairperson of the SCRL Emergency Committee, stated that Area 1 was asked to serve as a prototype for modifying the existing emergency plan. The suggested new plan is to prepare each household to respond confidently to any disaster by enhancing communication among residents, making available to all the emergency equipment required during a disaster, and providing continuing education in disaster preparedness.

- Greater emphasis is placed on the possibility that the area and street emergency coordinators (new titles) might not be available in an emergency. Therefore, all residents need to be familiar with these roles in an emergency, and must have easy access to equipment/supplies and information about residents in a cache near the Emergency Assembly Point (EAP).
- The Household Emergency Data form will collect additional information about a resident's skills and resources that can be shared in an emergency, and two summary sheets (one for personal information, and one for skills and resources) will be prepared by SCRL and shared with street and area emergency coordinators and kept in the emergency cache of equipment. This can be available for whomever will assume the roles of area coordinator (incident commander) and street coordinator in an emergency.
- Area and street emergency coordinators are encouraged to organize Red Cross presentations and otherwise educate their residents about emergency preparedness and the residential emergency plan.

Margaret Ann Fidler then distributed the proposed new versions of the area and street emergency coordinator job descriptions, and the SCRL Household Emergency Data form. When new residents move into the neighborhood, SCRL will send them the Emergency Plan and Household Emergency Data form; updated information from SCRL will be sent to the area and street coordinators on a regular basis.

Joan Polinsky and Wendy Yang then gave more detail about what street coordinators would do in an emergency, and showed attendees the location of the EAP and the planned location of the lockable emergency

cache of equipment/supplies. A list of all the supplies available to each residential area is included in the current Emergency Plan in the back of the SCRL Directory previously sent to all residents. There is no food or water with these supplies, and these are not a substitute for individuals to have their first aid supplies and tools such as a gas turn-off wrench.

There was a discussion about what to do in the event of an emergency other than an earthquake, and neighbors made the following suggestions:

- \* A space for residents to list their allergies could be added to the Household Emergency Data form.
- \* Neighbors could develop a telephone tree.
- \* Provisions should be made for a place at the EAP for people to post messages.

The meeting ended at 5 p.m.



Cottrell Way residents Zhaohui Xue and Don Fidler.

If you are interested in having a disaster preparedness meeting in your neighborhood, please contact Mary Sullivan, SCRL Emergency Committee Chairperson, 328-3498 or [Maryfran11@msn.com](mailto:Maryfran11@msn.com).

*Hope for the best but prepare for the worst.*