



ROSSMOOR
WALNUT CREEK

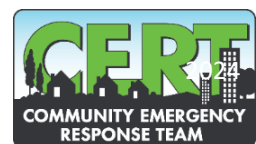
RESIDENTS' GUIDE
to

EARTHQUAKE

PREPAREDNESS & SURVIVAL



How to Get Ready, Stay Informed and Remain Safe



KEEP THIS DOCUMENT IN YOUR GO-BAG OR NEAR YOUR FRONT DOOR



About This Document

This information is intended to provide Rossmoor residents with an overview of steps they can take to prepare themselves, their families and neighbors in the event of a destructive earthquake. Earthquakes are the highest natural hazard risk for Rossmoor, the city, county and state (earthquakes are twice as likely to strike Rossmoor as are wildfires). Please heed the recommendations here: register your cellphones with one or more of the community warning systems and make a plan to safely survive a disaster.

Table of Contents

Messages	2
Register for Alerts	3
Earthquake Warning California	4
Preparing for Power Outages	5
Protect Your Home.....	6-7
Shelter-in-Place Kit and Grab 'n Go Bag	8
Protect Yourself.....	9
Protect Your Pets	10
Evacuation Zones	11
When the Ground Stops Shaking	12-13
Returning Home	14
Evacuation.....	15-16

For More Information Visit

- [Rossmoorepo.org](https://rossmoorepo.org)
- [Ready.gov](https://ready.gov)
- [CalOES.ca.gov](https://caloes.ca.gov)
- [USGS.gov](https://usgs.gov)
- [SCEC.org](https://scec.org)
- [RedCross.org](https://redcross.org)
- [Earthquakecountry.org](https://earthquakecountry.org)



Message from the Chiefs

Walnut Creek Police Department and Contra Costa County Fire Protection District are pleased to support this residents' guide, specifically created for the Rossmoor community. It is important to plan and prepare yourself, family, friends and neighbors for all types of natural disasters such as earthquakes. This guide addresses important information, and we encourage Rossmoor residents to read and follow its excellent recommendations.



Go to <https://cccfpd.org> or scan the QR code for more information.

**Jamie Knox, Walnut Creek Police Department and
Lewis Broschard, Contra Costa County Fire Protection District**

Message from Rossmoor Emergency Preparedness Organization (EPO)

Natural disasters are hazards that all Rossmoor residents should prepare for, and this guidebook will help get you and your household ready for the next destructive earthquake to impact the community. Being prepared means being in the "know." Use this guidebook to get you and your loved ones prepared because what you do today will pay off tomorrow in enhanced earthquake preparedness and community resilience.



Go to <https://www.rossmoorepo.org> or scan the QR code to find out more about EPO.

Fran Gibson, Past President, Rossmoor EPO

Register for Alerts

How will you get evacuation information?



Contra Costa County Community Warning System

The Contra Costa County Community Warning System (CWS) provides timely information that can save your life. Maintained by the sheriff's office, it is an all-hazards system designed to ALERT the community of an EMERGENCY for major impending or on-going incidents or life-threatening events. To receive CWS alerts, you must register your phone number (cell or home), home address and email address. Your information will be kept confidential and used only for emergency alerts.



To register for CWS, visit cwsalerts.com, scan the QR code, or call (925) 655-0111.

Important Tip

Alerts from CWS come from caller ID (925) 655-0195 and may be displayed on your cell phone as a spam risk. To avoid this, add (925) 655-0195 as a contact in your phone labeled Contra Costa County Emergency Warning System.

This is a one-way caller ID number only, not a number for seeking information regarding CWS. For information on CWS, call (925) 655-0111 directly.

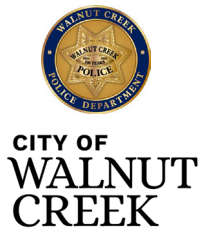


City of Walnut Creek Emergency Alert System

Sign up for WCAAlert to get emergency and other important community news in Walnut Creek. This system provides critical information about severe weather, unexpected road closures, missing persons and evacuations. **Scan the QR code or visit the WCAAlert website to sign up or text WCAAlert to 888777 to automatically opt in.**



Nixle Emergency Alerts



Sign up for Nixle alerts through the City and City Police Department to ensure you are notified about emergencies in Walnut Creek.

Text your Zip code to 888777 to opt in immediately for alerts or visit <https://local.nixle.com/zipcode/94595/> or scan the QR code to sign up.



Residents who are signed up with Rossmoor Nixle will receive alerts and notifications from Public Safety and Security personnel that pertain specifically to Rossmoor residents. Rossmoor Nixle alerts may not be sent city-wide on the Walnut Creek Police Department Nixle. Therefore, it is advantageous to sign up with both WCPD Nixle to receive city-wide alerts and Rossmoor Nixle to receive localized alerts.

Residents can sign up for Rossmoor Nixle by texting "Rossmoor" to 333111, visiting <https://local.nixle.com/signup/widget/g/2818> or scanning the QR code.



Earthquake Warning Alerts



Sensors placed along the major earthquake faults register the first shaking and ground motion prior to an actual earthquake striking, providing life-saving extra seconds to 'Drop, Cover and Hold On' before the strong shaking arrives. The speed of the alert will vary depending on one's distance from the earthquake's origin. The closer one is to the origin, the faster one will receive the alert. In some cases, people may receive an alert once shaking has begun or after an earthquake passes.

When you receive an alert or feel shaking, 'Drop, Cover and Hold On' under a table or desk or against an inner wall. Check every room in your home today to determine where the safest places to 'Drop, Cover and Hold On' are.

Earthquake Warning California uses the following tools:



Wireless Emergency Alerts (WEAs) is a nationwide system that automatically sends concise text-like messages in English and Spanish to WEA-capable mobile devices during emergencies. WEAs are sent by state and local public safety officials, the National Weather Service, the National Center for Missing and Exploited Children, and the President of the United States.

Types of Alerts:

Presidential: Alerts issued by the President or a designee during a national emergency.

Imminent Threat: Alerts are issued when an imminent threat to life or property exists, including severe man-made or natural disasters such as earthquakes (magnitude 5.0, to those who will feel at least shaking), wild fires, hurricanes and tornadoes.

AMBER: Alerts issued to help law enforcement search for and locate an abducted child.



MyShake App

Ground-motion sensors detect earthquakes as they start and estimates their size, location and impact. When it detects 4.5- or larger magnitude earthquakes, the app issues a ShakeAlert® Message, often before shaking begins.

How can I get it? The mobile app is free in the App Store and on Google Play. The MyShake App is also available in English and Spanish.

How does this work? When your phone is stationary, the MyShake App is ready to collect data from ground motion sensors. Using machine learning, it decides what motion is produced by earthquakes and what isn't. When the MyShake App detects an earthquake, its network of phones records the shaking for analysis of earthquake trends and continuous improvement of the technology.

How do I enable the app? The MyShake App uses your phone's general location so that ground sensors issuing a warning can connect to the phones of users in the nearby area that may be impacted. Ensure that your phone location settings are set to "always on."



Android Alerts

In partnership with Google, California's earthquake early warning technology is automatically included in millions of Android phones used in California, without the need to download a separate app. The system uses the same data feed to receive and distribute alerts as Earthquake Warning California, the state's Earthquake Early Warning System.

Warnings delivered through the system are based on a computerized program called ShakeAlert®, operated by the Governor's Office of Emergency Services and the U.S. Geological Survey (USGS) that analyzes data from seismic networks in California, calculates preliminary magnitudes, and then estimates which areas will feel shaking.

Just a reminder... The system uses a phone's general location to determine which ones receive alerts, so location services must be enabled and set to "always on."

Prepare for a Power Outage

What should you do before the "Big One" strikes?

Power outages ...



may disrupt communications, water utilities and transportation for a long time.



may cause injuries, disease or death, or prevent use of medical devices.



may cause food spoilage and water contamination

BEFORE

- Register for alerts from cococws.us
- Update your contact information for informing family and friends of your post-earthquake status if any contact information has changed
- Take an inventory of the items you use that rely on electricity
- Plan for your family and pet medical needs
- Keep mobile phones charged
- Identify backup charging methods for phones and electronics
- Store water, non-perishable food and medications
- Install home carbon monoxide detectors with battery backups
- Know how to use the manual release on your garage door or plan for assistance
- Keep gas tanks full and/or battery fully charged
- Talk to your family and neighbors and share your plan

AFTER

- Keep freezer and refrigerator doors closed
- Monitor freezer and refrigerator temperatures with a thermometer in each
- Use perishable food supplies first – eat first from your refrigerator, next from your freezer and last from your pantry
- Use stoves and grills outdoors away from windows
- Disconnect appliances and electronics to avoid damage
- Check on neighbors, animals and family
- When in doubt, throw it out! Throw away food exposed to temperatures above 41 degrees for more than four hours
- Check with your pharmacist about refrigerated medications

How to Use a Home Fire Extinguisher

Never depend on outside fire extinguishers provided by your Mutual for home fires. These are for exterior fires only. If you leave a manor with a fire burning inside, never re-enter the home. Call 911 and stay outside.

Extinguish small fires if safely possible
(if in doubt move to a safe location)

Remember to:

- Pull** the pin
- Aim** at the base of the fire
- Squeeze** the handle
- Sweep** from side to side

HOW TO USE A FIRE EXTINGUISHER



PULL THE PIN



AIM AT THE BASE OF FIRE



SQUEEZE THE LEVER



SWEEP SIDE TO SIDE



Protect Yourself by Protecting Your Home

Identify potential hazards in your home and start to fix them

Collapsing walls, flying glass and falling objects because of major earthquake shaking are the leading cause of deaths and injuries. Most injuries occur when people are hit by flying objects.

Simple actions you can do right now can protect you if an earthquake happens tomorrow. **START NOW** by moving furniture such as bookcases away from beds, sofas, or other places where people sit or sleep. Move heavy objects to lower shelves. Then look for other items in your home that may be hazardous in an earthquake.

Some of the actions recommended on these pages may take a bit longer to complete, but all are relatively simple. Most hardware stores and home centers now carry earthquake safety straps, fasteners, and adhesives.



Furniture

Tall, top-heavy furniture, such as bookcases and entertainment centers, may fall and injure you.

Secure both top corners of tall furniture into a wall stud, not just to the drywall.

Flexible-mount fasteners, such as nylon straps, allow furniture independent movement from the wall, reducing strain on studs.



Objects on open shelves and tabletops

Collectibles and other loose objects can become dangerous projectiles.

Hold collectibles, pottery, and lamps in place by using removable earthquake putty, museum wax, or quake gel.

Store heavy items and breakables on lower shelves.



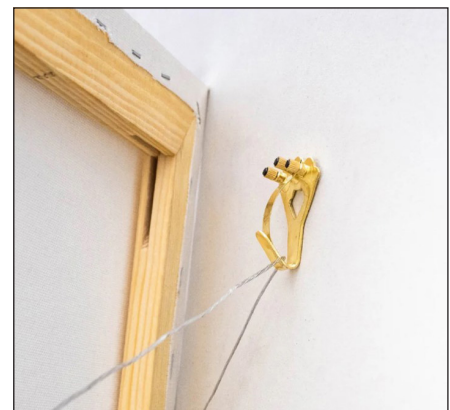
Hanging objects

Art and other heavy objects hung on walls may fall, and glass in pictures and mirrors may shatter.

Place only soft art, such as unframed posters or rugs and tapestries, above beds or sofas.

Hang mirrors, pictures, and other hanging objects on closed hooks.

Earthquake closed-loop hooks (aka tremor hangers) prevent wall hangings from flying off the wall during a strong earthquake. They can be purchased at local hardware stores or online."





Home electronics

Large electronic devices may fall, causing injuries and damage. They are also costly to replace.

Secure TVs, stereos, computers, and microwave ovens with flexible nylon straps and buckles for easy removal and relocation.



In the kitchen

Unsecured cabinet doors fly open during earthquakes, allowing glassware and dishes to crash to the floor.

Many types of latches are available to prevent this: child-proof latches, hook and eye latches, or positive catch latches designed for boats.



Refrigerator

Refrigerators are often on wheels and can slide across a kitchen during an earthquake. These large and heavy appliances can injure you by moving or tipping over and can spill their contents.

Two straps are used to secure a refrigerator: one end is secured to the wall stud in two places behind the refrigerator, the other end attaches to the side or top of the refrigerators with industrial VELCRO® hook and loop fastener. There is a quick disconnect buckle that allows easy disengaging for cleaning or moving.

Purchase flexible earthquake appliance straps at hardware stores or online and follow the included instructions



In the garage or utility room

Items stored in garages and utility rooms can fall, causing injuries, damage, and hazardous spills or leaks. They can also block access to vehicles and exits. Move flammable or hazardous materials to lower shelves or the floor.

Home Shelter-in-Place Kit

Consider keeping these items at your home in case of a power outage



- Neighborhood paper map with local resources
- Battery-powered or hand crank NOAA Weather Radio



- Carbon monoxide detector, smoke detector and fire extinguishers (at least 2 per household)



- Method for cooking food without electricity



- Hone fire extinguishers: one in the kitchen away from all sources of heat and one near the primary bedroom



- Surge protectors for appliances and devices



- Consider keeping \$300 to \$500 in small bills available should we go to a cash-only economy



- Flashlight, extra batteries



- First aid kit



- Whistle to signal for help



- Moist towelettes, garbage bags, hand sanitizer



- Cell phone with backup powerpack



- Medicines and medical equipment



- Important documents



- Water: one gallon per person and pet per day

- Non-perishable food for two weeks

- Pet supplies

- Blankets

- Whatever you think you will need for yourself, your household, and your animals

Emergency Evaluation Kit: Grab-and-Go Bag

What do I really need?

- **WATER:** 1 gallon per person per day (1 gallon = 8.3 pounds)
- **FIRST-AID KIT:** with up-to-date equipment (1.5 pounds)
- **RADIO:** battery-powered (1.5 pounds)
- **MEDICATION:** prescription and OTC (1 pound)
- **FOOD:** pre-prepared and ready to eat (2 pounds)
- **FLASHLIGHT:** battery-powered (1 pound)
- **SPARE BATTERIES:** for various electronics (1 pound)
- **CASH:** small bills
- **DURABLE MEDICAL EQUIPMENT:** Wheelchairs, walker, crutches, cans, oxygen takes, O2 generators, hearing devices and blood sugar meters
- **DOCUMENTS:** legal, insurance, financial and medical



Keep in mind the weight of your Grab-and-Go Bag

Do not pack more than you are actually able to lift and carry

Protect Yourself During Earthquakes!

When an Earthquake Strikes



Drop, protect your head and stay there until the shaking stops

ANYWHERE



Stay away from buildings, walls and power poles

OUTSIDE



Stop where safe, turn on hazard lights and stay in your vehicle

DRIVING

When You Are Indoors



DROP!



COVER!



HOLD ON!

Using a Cane



DROP!



COVER!



HOLD ON!

Using a Walker



LOCK!



COVER!



HOLD ON!

Using a Wheelchair



LOCK!



COVER!



HOLD ON!

How to Protect Pets During an Earthquake

If you're outdoors with your pet:

- Try crawling to an open area, so you're far from trees, power lines and buildings.
- Attempt to hold on to your pet's leash. However, if this puts your safety in danger, let go.
- Although it might be heartbreaking, you can't protect your pet if you're injured.
- You could still catch your pet once it's safe, and the shaking has stopped.
- Next, put your arms around your head and neck and hold on to something to stabilize yourself.



If you're driving with your pet:

- Pull over to the side of the road
- Don't park anywhere near power lines or overpasses
- Don't get out until the shaking has stopped

If your pet is already inside its crate:

- Let him stay there
- The structure will give them much-needed protection from falling objects
- If you can easily move it, carry or drag it to safety



If you're at home when the earthquake happens:

- Let your animal find safety on its own.
- If your pets don't mind being held, drop to the floor with them, crawl under a desk or table and cover your head and neck.
- You can also grab a table leg.
- If your pet struggles to get away, you should let them go.

Should you go inside a collapsing building during an earthquake?

Keep in mind that if you go back in a building and it collapses, you're also putting first responders at significant risk trying to rescue you.

It's important to first evaluate the situation and make sure it's safe before proceeding, and then factor in how your family would be affected if you were lost. Take your pet(s) with you when you leave your manor because if your building is seriously damaged, re-entering a damaged structure for any reason is never a safe decision.

Also, dogs and cats have a way of finding their way to safety, even in a collapsed building. Have your pet microchipped and collared with your name and cell phone on it. Many times pets are spooked and run off and can be easily returned if properly identified.

Evacuation Zones

Rossmoor is divided into 8 Evacuation Zones to aid first responders. Residents can find their zone numbers on their entry signs or on their streets. The zones are a communications tool for fire, police, and the County's Community Warning System (CWS). In an emergency, CWS will attempt to contact all landlines and devices in the impacted area.

Go to <https://community.zonehaven.com> or click on the QR code to find out your Evacuation Zone number. Enter your address and the program will show your zone and any current information. This is how you can monitor your evacuation status and know when you can return to your home after an evacuation. Your evacuation zone number will be something like: WCR-E003.



You can also go to <https://rossmoor.com/wp-content/uploads/Rossmoor-Fire-Flyer-2023-V5-Nov-20.pdf> or click on the QR code to download and print the Be Prepared Safety Card for a detailed map of the 8 evacuation zones in Rossmoor with a listing of the entries within each zone



Write your Evacuation Zone here: _____

When a disaster is imminent or has happened, police and fire officials will determine which zones, or parts of zones, need to be evacuated

Evacuation Message

When delivering an evacuation order to residents, the following information may be included in the evacuation message:

Location of the hazard

Location of Temporary Evacuation Point (an established safe staging or collection point for residents if they have been displaced by an emergency or disaster)

Time that is available to evacuate

What to do with pets

Procedures to check on the safety of neighbors

The Contra Costa County Community Warning System (CWS) can, if necessary due to the scope of the disaster, utilize the Federal Integrated Public Alert & Warning System (IPAWS) to broadcast through every cell tower in the county. It is important to have your cell phone near you and turned on at all times to get these notifications.



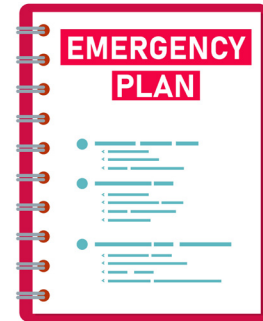
Evacuation routes

Because the specific circumstances of an incident are unknown in advance and are difficult to determine soon after an earthquake, residents should know and practice several evacuation routes that bring them to major roadways. During any incident, road closures and route suggestions may be given via CWS or Nixle. Residents will be alerted as to emergency evacuation exits they can use if their zone has been evacuated and the main gate is not the best route out of Rossmoor.

When the Ground Stops Shaking

The **moment the ground stops shaking**, it is important to take action quickly and safely. Check for injuries and damage that need immediate attention. Use your training in first aid to assist those in need. Look around your environment to identify any new hazards such as damage to the building, water or electric lines, or other things that may be dangerous, especially if there are aftershocks. Carefully move to a safe area and be prepared to report damage to GRF, the city or county government.

First take care of your own situation. Remember your emergency plans. Aftershocks may cause additional damage or items to fall, so get to a safe location. Use your "grab-and-go" emergency supplies as needed.



Prevent further injuries or damage

Be prepared for aftershocks and stay away from anything that looks like it might fall.



Fire. If you are trained and have a home fire extinguisher handy, put out small fires in your home or neighborhood immediately. Call for help, but don't wait for the fire department. Large fires are a sign to evacuate.



Gas Leaks. Shut off the main gas valve only if you suspect a leak because of broken pipes, the odor or sound of leaking natural gas, or you see the meter spinning quickly. Only the gas company can turn the gas back on after they check for leaks, so shut it off only if necessary. Do not use candles or matches. You could start a fire and there may also be gas leaks. Use your flashlights, battery-powered lights, and light sticks.



Damaged Electrical Wiring. Shut off power at the main breaker switch if there is any damage to your house wiring. Leave the power off until the damage is repaired.



Broken Lights and Appliances. Unplug these as they could start fires when electricity is restored.



Downed Power Lines. If you see downed power lines, consider them energized and stay well away from them. Keep others away from them also. Never touch downed power lines or any objects in contact with them.



Fallen Items. Beware of items tumbling off shelves when you open the doors of closets and cupboards.



Spills. Use extreme caution. Clean up any spilled medicines, drugs, or other non-toxic substances. Potentially harmful materials such as bleach, lye, garden chemicals, and gasoline or other petroleum products should be isolated or covered with an absorbent such as dirt or cat litter. When in doubt, leave your home.



Damaged Masonry. Stay away from chimneys and walls made of brick or block. They may be weakened and could topple during aftershocks. Don't use a fireplace with a damaged chimney. It could start a fire or let poisonous gases into your home.

How to detect a gas leak

There are several signs that a gas leak may be present, including:

- The smell of rotten eggs or sulfur
- A hissing or whistling sound near a gas line
- Air bubbles in standing water, like puddles
- Damaged gas pipe

Do not turn off the gas unless necessary as only PG&E can turn it back on.

Call 911 if you suspect a gas leak and need assistance.

Let people know you are OK



Communication. Phone service may be out or overloaded. When possible, **ONLY** text or call your out-of-area contact to tell them where you are and your status, **then try not to use your phone.** This will make sure the network can handle emergency calls.

Stay informed

- Surf the (battery-powered) radio dial to find a station that is on the air. Listen for public announcements and alerts
- Also, listen to your NOAA Weather Radio for emergency information
- Monitor city, county, and/or state emergency alert systems to receive information via text, or downloaded apps that provide similar information
- Your smart phones and computers are a great resource for information, as long as you have power or can recharge your batteries. You can charge your cell phone battery in your car.



The first days after the earthquake ...

In the days and weeks that follow a big earthquake, your family, friends and neighbors can come together to start the process of recovery.

Once you have dealt with urgent and immediate needs after an earthquake, continue to follow the plan you prepared in advance. Aftershocks can continue to happen for several weeks after major earthquakes. Aftershocks can be a larger magnitude than the original earthquake's magnitude. Some may be large enough to cause additional damage. Always be ready to drop, cover, and hold on.

Following aftershocks, continue to check for chemical spills, damaged electrical wiring and broken water pipes.



Your recovery period can take several weeks to months or longer. Take the actions listed below to be safe and to minimize the long-term effects of the earthquake on your life.

- Take pictures of any damage to your property and home
- Contact your insurance agent or company right away to begin your claims process. Keep records of any repair or cleaning costs
- Check on the condition of your neighbors, especially those who are older seniors with special needs or who are disabled

Be in communication

- Following a major disaster, communication will be an important step in your recovery efforts. Turn on your portable radio for information and safety advisories
- Monitor local radio or television reports about where to get emergency housing, food, first aid, clothing and financial assistance
- Call or text your one out-of-area key contact person and tell him/her where you are, your post-earthquake status and ask him/her to let your contact list (family and friends) know you are OK



Manage food and water

- If power is off, plan meals to use up refrigerated and frozen foods first. If you keep the door closed, food in your freezer may be good for a couple of days. Save canned goods for later.
- If your water is off or unsafe, you can drink from water heaters, melted ice cubes, or canned vegetables. Avoid drinking water from swimming pools or spas.

Returning Home

Pay close attention to any directions given by your local authorities. When they say it's safe to return to your home, keep these tips in mind to make the transition as smooth as possible.

If there were fires, keep in mind that they can leave behind a lot of ash that can irritate your eyes, nose, or skin and cause coughing and other health effects. People with asthma, Chronic Obstructive Pulmonary Disease (COPD) or heart disease need to be especially careful about breathing in dust from ash.

Expect and prepare for disruptions to daily activities and remember that returning home before debris is cleared can be dangerous.



Drive safely

- Be alert for broken traffic lights and missing street signs
- Watch out for trash and debris on the road
- Avoid downed power or utility lines; they may be live with deadly voltage



Be careful around damaged buildings or structures



- Gather some basic supplies to make your return a safe one. Most of these items can be picked up at your nearest hardware or grocery store if you don't have them on hand:

- | | | |
|--------------------|-----------------|-----------------|
| » Gloves | » Cell phone | » Garbage bags |
| » Goggles | » Flashlight | » First aid kit |
| » Closed-toe shoes | » Bottled water | |

- Wait to return to buildings during daylight hours, when it is easier to avoid hazards, especially if the electricity is off and you have no lights
- Walk the perimeter before you go inside. Take note of any out-of-place electrical wiring, gas smells or loose debris that may fall



Clean up safely

- Don't try to take more than you can carry
- Wear proper safety equipment, avoid carbon monoxide poisoning and avoid electrical hazards

When in doubt, throw it out

- Food and drinks inside your fridge or freezer may need to be tossed when you return home — especially if your house lost power or was exposed to dust, ash, smoke or any of the chemicals used to put out fires

Protect your emotional well-being

After a disaster, you may feel sad, mad, guilty, or numb. These are all normal reactions to stress

- Talk to a psychologist, social worker, or professional counselor if you need help coping
- Share your feelings with your neighbors – “talking it out” is healing



Tear the cover off this booklet and place this page in a window near your front door, visible from the street, if you cannot evacuate and **NEED HELP**.

NEED

Tear the cover off this booklet and place this page in a window near your front door, visible from the street, if you cannot evacuate and **NEED HELP**.

HELP



When to Evacuate

EVACUATION: KNOW YOUR ZONE

Leave as soon as evacuation is recommended by fire officials or whenever you feel threatened by fire or smoke.

- ✓ Officials will determine the areas to be evacuated and escape routes to use depending upon the fire's location, behavior, winds, terrain, etc.
- ✓ Law enforcement agencies are typically responsible for enforcing an evacuation order. Follow their directions promptly.
- ✓ You will be advised of potential evacuations as early as possible.
- ✓ You must take the initiative to stay informed and aware.
- ✓ Listen to your radio/TV for announcements from law enforcement and emergency personnel.

