

September is Disaster Preparedness Month.

Are you ready?

Disasters can include fires, floods, earthquakes or even a terrorism event. Any of these disasters can strike quickly and without warning. If a disaster strikes your neighborhood, you may be confined to your home for days, possibly without the assistance of emergency services for up to 72 hours or longer.

You and your families can cope with disasters by preparing in advance and working with people in your neighborhoods. The Vacaville Fire and Police Departments have a program called Vacaville Community Emergency Response Team (VCERT). This is a program designed for individuals and groups to train and learn how to cope with disasters. For more information on this program call 449-5211. Knowing what to do and being prepared is your best protection in the event of a disaster. Below is a list of important items you may need in order to survive unassisted for 72 hours.

- Water - one gallon per person per day. Make sure to date the water and replace it every six months
- Food - Have a three-day supply of canned foods, energy bars high in carbohydrates and a non-electric can opener.
- First aid kit, a list of physicians, and prescription medication
- Waterproof matches
- A radio, flashlight and extra batteries
- A whistle to signal for help.
- An extra pair of glasses or hearing aid.
- Moist towelettes, toilet paper, garbage bags, and plastic ties for personal sanitation.
- Dust mask to filter air
- Plastic sheeting and duct tape to shelter-in-place and provide a barrier from deadly agents
- Wrench or pliers to turn off utilities
- A change of clothing, rain gear, sturdy shoes, hat and heavy gloves
- Jacket or coat
- Sleeping bag or warm blanket for each person in your family
- Cash - at least \$100.
- Paper cups and utensils
- Bleach
- Copies of important family documents - insurance policies, I.D., bank documents, list of family physicians, etc., in a waterproof container
- Special items for infants, elderly, disabled persons and pets - diapers, formula, bottles, insulin contact lens, and denture needs
- Tent
- Vacuum tight bags

Remember to replace water, food and batteries every six months. An easy way to remember this is when you change your clocks at Daylight Savings, change the batteries in your smoke alarms and the supplies in your disaster kits. For more information on disaster preparedness call the Vacaville Fire Department at 449-5453.