

Disaster Preparedness/Disaster Response Committee Report.

The following is attached for review:

- A. Highlights from June 26, 2012, meeting.
- B. Acceptance of the January 24, 2012, meeting minutes.
- C. Acceptance of the May 17, 2012, meeting minutes.
- D. Other informational items.

**ITEM
TO BE
PROVIDED**



**Disaster Preparedness/Disaster Response
Teleconference Meeting Minutes
Tuesday, January 24, 2012**

Committee Members Present

Mary Evert, Chair
Kathay Lovell
Mohammed Khalifa

Board Staff Present

Jeff Hanson

A. Call to Call, roll call, establishment of a quorum.

Contact was established at all teleconference locations. At 3:06 p.m. Mary Evert called the meeting to order and called the roll. A quorum of the Committee was established.

B. Review and discussion of Committee's Roles and Responsibilities and consideration of recommending changes to the Board.

As a newly formed Committee, the Committee maintains this item on agendas to allow the opportunity to consider changes and make recommendations to the Board as might be warranted. There was no new discussion to make changes to the Roles and Responsibilities that have been established.

C. Approval of October 25, 2011, Committee Meeting Minutes.

- ❖ Mohammed Khalifa moved to approve the October 25, 2011, with minor spelling edits regarding Committee Member names.
- ❖ Kathay Lovell seconded the motion.

D. Review and discussion of legislation regarding limited liability of occupational therapists providing services in emergency, disaster, or state of war.

Committee Members were provided a copy of legislation which the Board Legislative Committee has identified as priority to pursue for informational purposes. The legislation would eliminate the liability of services provided during the time of war, emergency, or disaster barring willful acts, omissions, or gross negligence. Some discussion ensued into the possibility of finding an author for the legislation.

E. Reports from Committee Members.

Mary Evert reported and provided staff with names and contact information for individuals that might be able to provide advice and assistance to the Committee. Ms. Evert indicated that it might be beneficial to invite one of these individuals to participate in a future teleconference meeting. Mohammed Khalifa indicated that he contacted the Department of Human Services but was unable to establish meaningful contact due to the holidays. Kathay Lovell reported she had scheduled a meeting with the Director of a local Community Hospital. Ms. Lovell was also considering trying to schedule a meeting with the Fire Marshall.

F. Discussion regarding advocating to the profession and partnering with other organizations to be available as responders in the event of a disaster or emergency.

Mary Evert asked staff to contact the Occupational Therapy Association of California (OTAC) to see if it would be possible to get space in their newsletter to publish an article. The purpose would be to raise awareness within the profession and to inform practitioners about the role of the Board's Disaster Preparedness/Disaster Response Committee.

G. Discussion regarding establishing plan to mobilize occupational therapists and occupational therapy assistants into action in the event of a disaster or emergency.

Consensus amongst the Committee was that although more work needs to be done, it would appear that the Committee's efforts should be directed in working with the American Red Cross.

H. Selection of 2012 meeting dates/times.

Ms. Evert indicated she would like for the Committee to meet before the next Board meeting scheduled for April 22 or 29, 2012. The Committee indicated they would like to meet before the next Board Meeting in April. Committee Members agreed to hold a teleconference at 3:30 p.m. on February 16, 2012.

I. Public comment on items not on the agenda.

There were no public comments on items not on the agenda. Carol Bartolo Loeffler an occupational therapist in the Sacramento area attended the meeting at the Sacramento location. Ms. Loeffler demonstrated an interest in the Committee's work. Ms. Loeffler was asked if she would like to fill a vacancy on the Committee at which she indicated she would be interested.

J. Public comment on items not on the agenda.

At 4:01 p.m. the meeting was adjourned.



**Disaster Preparedness/Disaster Response
Teleconference Meeting Minutes
Thursday, May 17, 2012**

Committee Members Present

Mary Evert, Chair
Kathay Lovell
Carol Bartolo-Loeffler

Board Staff Present

Jeff Hanson

Committee Member Not Present

Mohammed Khalifa

A. Call to order, roll call, establishment of a quorum

At 3:42 p.m. the meeting was called to order. Contact with all teleconference sites was established. Roll was called; a quorum of the Committee was established.

B. Introductions

No introductions were necessary since only Committee Members and staff were present. No individual from the public was in attendance throughout the meeting.

C. Review and discussion of Committee's Roles and Responsibilities and consideration of recommending changes to the Board.

This item was placed on the agenda in the event that there was a recommendation to make a change in the Roles and Responsibilities of the Committee. No discussion ensued on this matter.

D. Approval of January 24, 2012, Committee Meeting Minutes.

- Kathay Lovell moved to approve the January 24, 2012, Meeting Minutes as presented.

Roll Call Vote

Mary Evert	Aye
Kathay Lovell	Aye
Carol Bartolo-Loeffler	Aye

- The motion was approved by the Committee

E. Reports from Committee Members

Mary Evert reported that she was not able to establish contact with an individual with the National Center for Disease Control and Prevention that might be of assistance to the Committee in providing advice how occupational therapists could be viewed as first responders.

Kathay Lovell identified an individual with the American Red Cross that might be able to provide some assistance to the Committee. Ms. Lovell also reported she had the opportunity to speak with the Director of a local hospital about disaster planning. The contact resulted in the Director becoming more aware of how occupational therapists might be utilized in disaster preparedness and response. Ms. Lovell indicated she would follow up to see if she might be able to obtain a disaster plan from a local hospital.

Carol Bartolo-Loeffler referred to an example of a Disaster Plan for a health care facility. Discussion ensued on depth and breadth of disaster plans and a model that was developed several years ago by the World Federation of Occupational Therapy in Germany. Ms. Bartolo-Loeffler indicated that she believed most therapists do not consider themselves as first responders and a need exists to broaden both the profession's and public's perception.

F. Discussion regarding establishing plan to work with stakeholders to reduce barriers for occupational therapists and occupational therapy assistants roles to be recognized as first responders and their role in the event of a disaster or emergency.

Kathay Lovell stated that perhaps the Committee should re-adjust its goal to something that is immediately achievable and can be accomplished primarily by the Board itself.

Consensus among Committee Members was that perhaps the Committee should focus on educating therapists and public on disaster preparedness, and how occupational therapists can provide assistance in disasters. A much more achievable and functional outcome might be derived from simply posting information on the Board's website.

G. Selection of 2012 meeting dates/times.

Ms. Evert indicated that she would prefer to have another meeting on or near the next Board Meeting in Sacramento on June 27 & 28, 2012. Since Committee Member Mohammed Khalifa was not in attendance the Committee deferred scheduling any future meetings beyond June 2012.

H. Public comment on items not on agenda.

No individual from the public was in attendance; therefore no public comments were provided.

I. Adjournment

At 4:48 p.m. the meeting adjourned.



Department of Psychology California State University San Marcos 333 S. Twin Oaks Valley Road San Marcos, CA 92096-0001
Tel: 760.750.4191 Fax: 760.750.3418 jphillip@csusm.edu

INFORMATION SHEET

My name is Dr. Judith Phillips, a faculty member within the Department of Psychology at California State University San Marcos (CSUSM). With several CSUSM students I am conducting a study to examine the experiences of adults who lived in the areas of the county affected by the 2007 San Diego County Wildfires. We'd like to ask you about your experiences during the wildfires and about your thoughts and experiences now, four years later.

You are invited to participate in this study if you lived in an area that was involved in the 2007 San Diego County Wildfires and you were at least 25 years old in October 2007. You may have been evacuated or did not have to evacuate; you may have had mild property damage or lost your home or perhaps you did not have any damage at all. It does not matter the type of events you experienced, as we are interested in hearing from everyone who lived in the involved areas during this October 2007 time period.

If you volunteer, you will be asked to fill out a survey that asks questions about your experiences during the wildfires, about the social support you encountered during and after the wildfires, about your religious/spiritual views, and about your experiences now. The survey will not take you more than 30 minutes to complete. Completing one or two sections at a time until you are finished is just fine. All the questions are designed to be answered in one-word or one-number response.

When you have completed the survey, please place it in the provided stamped envelope and mail it directly to me. It would be helpful if you could return the envelope to me by June 15, 2012.

There are minimal questions about the wildfire as a distressing event. If you experience any distress, please contact information for counselling services at the end of this letter. Your participation in this study is completely voluntary and you may stop filling out the survey at any time and throw it away.

If you do complete this survey, your completion of it and sending it to me is evidence of your agreement to participate. Please do not put your name anywhere on the survey. It will be assigned an ID number that will not be connected to you in any way. This helps ensure that all your responses remain anonymous.

Although there is no direct benefit to you for participating in this study, your participation will assist researchers looking at the experiences of adults during and after a wildfire. As there is little research on this topic, your participation will help expand our understanding of this experience.

If you have any questions about this study, please contact me, Dr. Judith Phillips at 760 750-4191; jphillip@csusm.edu If you have any questions about your rights as a research participant, you may contact our Institutional Review Board at 760 750-4029.

Thank you for your time and for sharing your experiences.

Regards,

Judith R Phillips

Judith Phillips, PhD

Department of Psychology, California State University San Marcos

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GENERAL INSTRUCTIONS: Please remember that this is an anonymous survey and that there are no right or wrong answers to these questions. It is very important that you answer the questions honestly as it is your thoughts, opinions, and experiences which will determine the value and impact of this study. Please be assured that your survey will be kept in the strictest confidence. Thank you.

PART A- BACKGROUND INFORMATION:

This section asks for general information about you. These questions are not asked as a means of identification but rather are asked to gather general information regarding the age, sex, and race of those completing the survey.

INSTRUCTIONS: Write in or Check the box that best matches your response

Q1. What year were you born in? _____

Q2. What is your sex?

- Male Female

Q3. Which racial category **most closely** describes your racial background?

- American Indian or Alaska Native
 Asian
 Black or African American
 Hispanic or Latino
 Native Hawaiian or Other Pacific Islander
 White (non Hispanic)

Q4. What is your marital status **now**?

- Married
 Widowed
 Divorced
 Separated
 Never married
 Cohabiting

Q5. What is your total household income for 2011?

Please include money from jobs, net income from business, farm or rent, pensions, dividends, welfare, social security payments and any other money income received by you or any other family member.

- \$0-\$15,000
 \$15,001-\$25,000
 \$25,001-\$50,000
 \$50,001-\$75,000
 \$75,001-\$100,000
 \$100,000 +

Q6. How has the quality of your life been during the past 4 weeks? That is, how have things been going for you? (Check one)

- Very good; could hardly be better
 Pretty good
 Good and bad parts about equal.
 Pretty bad
 Very bad; could hardly be worse

Q7. Currently how often do you attend church? _____

Q8. **As of right now**, how do you rate your physical health? (Check one)

- Excellent
- Good
- Fair
- Poor

Q9. How would you compare your current physical health to your physical health **before** the October 2007 wildfires? (Check one)

- Better
- The same
- Worse

PART B: I'd like you to think back to October 2007 at the time of the wildfires.

Q10. In Oct 2007 at the time of the wildfires what was your marital status?

- Married
- Widowed
- Divorced
- Separated
- Never married
- Cohabiting

Q11. Did you have to evacuate from your neighborhood during the wildfires? Yes No

Q12. During the 2007 wild fires was there any structural damage to your home? Yes No
If yes, did you experience

Complete loss of your home/apartment? Yes No

Partial loss of your home/apartment? Yes No

Q13. As a result of the 2007 wildfires,

did you have household items such as furniture damaged or destroyed? Yes No

did you have items such as keepsakes and photographs damaged or destroyed? Yes No

did you have landscaping in your yard damaged or destroyed? Yes No

did you have outside structures such as barns, porches damaged or destroyed? Yes No

did you have vehicles damaged or destroyed? Yes No

did you have roof damage? Yes No

did you have smoke, soot and ash damage? Yes No

did you have water damage to the interior of your home? Yes No

did you have damage to your swimming pool? Yes No

did you lose food in the refrigerator or freezer because of power loss? Yes No

did you lose any of your pets? Yes No

Q14. Did you have home or rental insurance at the time of the 2007 wildfires? Yes No

Q15. Did your insurance company repair damages to your home or rebuild your home?
 Yes No Not applicable

Q16. Were you able to get reimbursement for hotel and restaurant bills while your home was being repaired?
 Yes No Not applicable

Q17. If you had to evacuate but had no damage to your home, did you get reimbursement for hotel and restaurant bills from your insurance company?
 Yes No Not applicable

PART C- The next questions are about help that you might have received from others as a direct result of your experience with the wildfires. Think back to the period of time between the 2007 October wildfires and around New Year's Day 2008. First, I will ask you whether anyone in your family helped you in a certain way; then I'll ask questions about how often friends and then other people helped you in this way. The best approach is to answer fairly quickly. Don't try to count up the number of times these things happened, rather indicate a reasonable estimate.

INSTRUCTIONS: USING THE SCALE BELOW, WRITE THE NUMBER THAT BEST DESCRIBES YOUR RESPONSE TO EACH ITEM ON THE LINE BESIDE THAT ITEM.

Never	Once or twice	A few times	Many times
0	1	2	3

_____ 1. a. Between the 2007 October wildfires and around New Year's Day 2008, as a direct result of your experience with the wildfires, how often did family members suggest some action you should take?

_____ b. Between the 2007 October wildfires and around New Year's Day 2008, as a direct result of your experience with the wildfires, how often did friends suggest some action you should take?

_____ c. Between the 2007 October wildfires and around New Year's Day 2008, as a direct result of your experience with the wildfires, how often did people outside your immediate circle suggest some action you should take?

_____ 2. a. Between the 2007 October wildfires and around New Year's Day 2008, as a direct result of your experience with the wildfires, how often did family members give, loan, or offer you money and/or tools, appliances, furniture, equipment, etc?

_____ b. As a direct result of your experience with the wildfires, how often did friends give, loan or offer you money and/or tools, appliances, furniture, equipment, etc?

_____ c. As a direct result of your experience with the wildfires, how often did people outside your immediate circle give, loan or offer you money and/or tools, appliances, furniture, equipment, etc?

_____ 3. a. Between the 2007 October wildfires and around New Year's Day 2008, as a direct result of your experience with the wildfires, how often did family members comfort you with a hug or another sign of affection?

_____ b. As a direct result of your experience with the wildfires, how often did friends comfort you with a hug or another sign of affection?

_____ c. As a direct result of your experience with the wildfires how often did people outside your immediate circle comfort you with a hug or another sign of affection?

_____ 4. a. Between the 2007 October wildfires and around New Year's Day 2008, as a direct result of your experience with the wildfires, how often did family members help you understand a situation you were in?

_____ b. As a direct result of your experience with the wildfires how often did friends help you understand a situation you were in?

_____ c. As a direct result of your experience with the wildfires how often did people outside your immediate circle help you understand a situation you were in?

INSTRUCTIONS: USING THE SCALE BELOW, WRITE THE NUMBER THAT BEST DESCRIBES YOUR RESPONSE TO EACH ITEM ON THE LINE BESIDE THAT ITEM.

Never	Once or twice	A few times	Many times
0	1	2	3

_____ 5.a. Between the 2007 October wildfires and around New Year's Day 2008 as a direct result of your experience with the wildfires how often did family members give you information on how to do something?

_____ b. As a direct result of your experience with the wildfires, how often did friends give you information on how to do something?

_____ c. As a direct result of your experience with the wildfires how often did people outside your immediate circle give you information on how to do something?

_____ 6. a. Between the 2007 October wildfires and around New Year's Day 2008 as a direct result of your experience with the wildfires how often did family members let you know they would be around if you needed them?

_____ b. As a direct result of your experience with the wildfires how often did friends let you know they would be around if you needed?

_____ c. As a direct result of your experience with the wildfires how often did people outside your immediate circle let you know they would be around?

_____ 7. a. Between the 2007 October wildfires and around New Year's Day 2008, as a direct result of your experience with the wildfires how often did family members express interest and concern in your well-being?

_____ b. As a direct result of your experience with the wildfires how often did friends express interest and concern in your well-being?

_____ c. As a direct result of your experience with the wildfires how often did people outside your immediate circle express interest and concern in your well-being?

_____ 8. a. Between the 2007 October wildfires and around New Year's Day 2008 as a direct result of your experience with the wildfires how often did family members offer or provide you with a place to stay?

_____ b. As a direct result of your experience with the wildfires how often did friends offer or provide you with a place to stay?

_____ c. As a direct result of your experience with the wildfires how often did people outside your immediate circle offer or provide you with a place to stay?

_____ 9. a. Between the 2007 October wildfires and around New Year's Day 2008, as a direct result of your experience with the wildfires how often did family members help you with cleaning up or improving your property?

_____ b. As a direct result of your experience with the wildfires how often did friends help you with cleaning up or improving your property?

_____ c. As a direct result of your experience with the wildfires how often did people outside your immediate circle help you with cleaning up or improving your property?

INSTRUCTIONS: USING THE SCALE BELOW, WRITE THE NUMBER THAT BEST DESCRIBES YOUR RESPONSE TO EACH ITEM ON THE LINE BESIDE THAT ITEM.

Never	Once or twice	A few times	Many times
0	1	2	3

_____ 10. a. Between the 2007 October wildfires and around New Year's Day 2008 as a direct result of your experience with the wildfires how often did family members bring you food or cook for you?

_____ b. As a direct result of your experience with the wildfires how often did friends bring you food or cook for you?

_____ c. As a direct result of your experience with the wildfires how often did people outside your immediate circle bring you food or cook for you?

PART D: Since the 2007 wildfires, how often have you used the following actions?

INSTRUCTIONS: USING THE SCALE BELOW, WRITE THE NUMBER THAT BEST DESCRIBES YOUR RESPONSE TO EACH ITEM ON THE LINE BESIDE THAT ITEM.

Never	Somewhat	Quite a bit	A great deal
0	1	2	3

- _____ 1. I looked for a stronger connection with God
- _____ 2. I sought God's love and care
- _____ 3. I sought help from God in letting go of my anger
- _____ 4. I tried to put my plans into action together with God
- _____ 5. I tried to see how God might be trying to strengthen me in this situation.
- _____ 6. I asked forgiveness for my sins.
- _____ 7. I focused on my religion to stop worrying about my problems.
- _____ 8. I wondered whether God had abandoned me.
- _____ 9. I felt punished by God for my lack of devotion
- _____ 10. I wondered what I did for God to punish me
- _____ 11. I questioned God's love for me
- _____ 12. I wondered whether my church had abandoned me
- _____ 13. I decided the devil made this happen
- _____ 14. I questioned the power of God.

PART E: Now let's think about the year 2012 and your experiences and thoughts. The following are some ways of coping with difficult situations. Think of a difficult situation you had to face during the past year. I'd like to know how you coped with that difficult situation.

INSTRUCTIONS: USING THE SCALE BELOW, WRITE THE NUMBER THAT BEST DESCRIBES YOUR RESPONSE TO EACH ITEM ON THE LINE BESIDE THAT ITEM.

Never	Once or twice	A few times	Many times
0	1	2	3

- _____ 1. I turned to work or other activities to take my mind off things.
- _____ 2. I concentrated my efforts on doing something about the situation I'm in.

INSTRUCTIONS: USING THE SCALE BELOW, WRITE THE NUMBER THAT BEST DESCRIBES YOUR RESPONSE TO EACH ITEM ON THE LINE BESIDE THAT ITEM.

Never	Once or twice	A few times	Many times
0	1	2	3

- _____ 3. I said to myself "this isn't real."
- _____ 4. I used alcohol or other drugs to make myself feel better.
- _____ 5. I got emotional support from others.
- _____ 6. I gave up trying to deal with it.
- _____ 7. I took action to try to make the situation better.
- _____ 8. I refused to believe that it has happened.
- _____ 9. I said things to let my unpleasant feelings escape.
- _____ 10. I used alcohol or other drugs to help me get through it.
- _____ 11. I tried to see it in a different light, to make it seem more positive.
- _____ 12. I tried to come up with a strategy about what to do.
- _____ 13. I got comfort and understanding from someone.
- _____ 14. I gave up the attempt to cope.
- _____ 15. I looked for something good in what is happening.
- _____ 16. I made jokes about it.
- _____ 17. I did something to think about it less, such as going to movies, watching TV, reading, daydreaming, sleeping, or shopping.
- _____ 18. I accepted the reality of the fact that it has happened.
- _____ 19. I expressed my negative feelings.
- _____ 20. I tried to find comfort in my religion or spiritual beliefs.
- _____ 21. I learned to live with it.
- _____ 22. I thought hard about what steps to take.
- _____ 23. I prayed or meditated.
- _____ 24. I made fun of the situation.

PART F: The following is a list of the ways you might have felt or behaved over the past week in 2012. Tell me how often you have felt this way during the past week.

INSTRUCTIONS: USING THE SCALE BELOW, WRITE THE NUMBER THAT BEST DESCRIBES YOUR RESPONSE TO EACH ITEM IN THE SPACE BESIDE THAT ITEM.

Rarely or none of the time (less than 1 day)	Some or a little of the time (1-2 days)	Occasionally or moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
0	1	2	3

During the past week:

- _____ 1. I was bothered by things that usually don't bother me.
- _____ 2. I did not feel like eating; my appetite was poor.
- _____ 3. I felt that I could not shake off the sad feelings even with help from my family or friends.
- _____ 4. I felt that I was just as good as other people.
- _____ 5. I had trouble keeping my mind on what I was doing.
- _____ 6. I felt depressed.
- _____ 7. I felt that everything I did was an effort.
- _____ 8. I felt hopeful about the future.
- _____ 9. I thought my life had been a failure.
- _____ 10. I felt fearful.

INSTRUCTIONS: USING THE SCALE BELOW, WRITE THE NUMBER THAT BEST DESCRIBES YOUR RESPONSE TO EACH ITEM IN THE SPACE BESIDE THAT ITEM.

Rarely or none of the time (less than 1 day)	Some or a little of the time (1-2 days)	Occasionally or moderate amount of time (3-4 days)	Most or all of the time (5-7 days)
0	1	2	3

- _____ 11. My sleep was restless.
- _____ 12. I was happy.
- _____ 13. I talked less than usual.
- _____ 14. I felt lonely.
- _____ 15. People were unfriendly.
- _____ 16. I enjoyed life.
- _____ 17. I had crying spells.
- _____ 18. I felt sad.
- _____ 19. I felt that people dislike me.
- _____ 20. I could not get "going."

Q18. In **October 2003** the **Cedar wildfires** swept through areas of the county such as Poway, Ramona, and Scripps Ranch. Did you live in one of the communities directly affected by this wild fire?

Yes No

If Yes, did you directly experience any material or personal losses in 2003?

Yes No

I'm very interested in your thoughts. Please feel free to add any comments about topics that were or were not covered in this questionnaire that relate to your experiences during or since the **2007 Southern California wildfires**. You may write these in the space below.

Please return the completed survey in the enclosed stamped and addressed envelope provided to Judith R. Phillips, Ph.D., Psychology Department, Social and Behavioral Sciences Building (SBSB 3222). California State University San Marcos, 333 S. Twin Oaks Valley Rd, San Marcos, CA 92096-0001

If you would like a copy of the results of this study, please email me at jphillip@csusm.edu or call 760 750 4191

THANK YOU FOR YOUR PARTICIPATION AND FOR SHARING YOUR EXPERIENCES.

ARE YOU READY?

Seventy-two hours. That's how long officials say it may take before help begins to arrive if a widespread disaster were to strike San Diego County. Preparing for an emergency can make all the difference in safeguarding the lives of family, friends and neighbors. Keep this guide with the disaster kit shown inside and make sure everyone knows what to do in an emergency.

Emergency Alert System: San Diego's Emergency Alert System radio station is KOGO/AM 600, which will broadcast official information in English. The backup station is KLSB/AM 1360.

Spanish-language media: San Diego County officials will provide information in Spanish to local Latino media.

TELEPHONE SERVICE

- Do not call 911 except to report an emergency.
- Keep calls to a minimum, especially after an earthquake. There may be a delay for a dial tone but do not depress the switch hook because this could increase the delay.
- If you hear a fast busy signal or "all circuits are busy" recording, hang up and try later.

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Reverse 911: San Diego County will send disaster alerts and updates to cellphones of those who register online.

To register a cellphone, VOIP system or email address, go to sdcounty.ca.gov/oes/ready/signup.html.

211: A nonemergency phone service, operated by Info Line of San Diego, offers a wide range of information during disasters and at other times.

Administrative offices can be reached at: (858) 300-1300 or 211sandiego.org.

Foreign-language speakers: 911, 211 and other social-service and law enforcement agencies offer communication in many foreign languages. For 911 and 211 callers, operators can link you to knowledgeable speakers in a three-way call to help solve problems.

IF YOU MUST EVACUATE

A wholesale evacuation of the county's 3 million residents is not contemplated under the most extreme disasters analyzed for San Diego County. But selected evacuations could be necessary in certain hard-hit areas, as happened in the 2003 and 2007 wildfires.

Circumstances would dictate how to coordinate traffic flow out of an affected area, but here are a few general guidelines:

Unless there is immediate danger, stay at home, work, school or elsewhere, until officials signal where it is safe to go. Keep any driving to a minimum to make room for emergency vehicles and other necessary travel. If an evacuation is ordered, the sheriff's departments or other law enforcement agencies will announce details.

Freeways: Although strengthened to withstand most earthquakes, freeways, off-ramps and bridges could become unstable. Traffic managers recommend stopping as soon as possible to make sure it's safe to proceed. Changes to directional flow on freeways and other roads would be made as conditions require.

Keep your car's fuel tank full. Depending on the type of emergency, gasoline may not be available.

Mass transit: Transit agencies, school bus

BEFORE, DURING AND AFTER A DISASTER

BEFORE

- Prepare an emergency kit for home and car.
- Check your living quarters for potential problems.
- Become familiar with emergency plans for school, work and other places you frequent.
- Copy and safeguard important documents.
- Establish a family plan.
- Discuss disaster planning with neighbors, ascertain their skills and special needs.
- Practice a home evacuation.
- Take a course in first aid and overall disaster preparation.

DURING

In an earthquake

Indoors: Drop to the floor, take cover under a sturdy desk or table, holding onto it so it doesn't move away, and wait until the shaking stops.

Stay away from windows, don't rush to an exit or use stairs until shaking stops. If you are near the coast, move to high ground to escape a possible tsunami.

Outdoors:

Stay clear of areas near buildings where debris may fall. If you are driving, stop at the first safe place, wait until the shaking stops. Before proceeding, turn

the radio on to determine which routes are open. Avoid downed power lines and be wary of bridges and underpasses, which may not have been checked.

In a firestorm

Evacuate as soon as possible, but know first which routes lead to safety.

In a flood

Seek higher ground; don't drive through water.

AFTER

- Meet family members at pre-designated meeting point outside home.

- Provide first aid to the injured.
- Check on the welfare of neighbors, co-workers, pets.
- Call 911 only if injuries are serious or you are facing a dangerous situation requiring assistance.
- Turn on the radio (KOGO/AM 600) for official announcements and locations of neighborhood shelters.
- Assess damage to home, neighborhood.
- Secure your prestocked emergency kit.
- Report your condition and whereabouts to your designated out-of-state contact.

EDUCATION EFFORT: AREA COURSES TO HELP PREPARE

The Red Cross, community colleges and various fire departments and local agencies offer classes, many at no charge, in emergency training, first aid and cardiopulmonary resuscitation (CPR). Here is a list of what is available to the public:

Red Cross

The San Diego-Imperial Counties Chapter of the American Red Cross schedules dozens of classes a year on first aid, CPR, disaster training and other subjects.

For information, call (858) 309-1200 or see "classes" on the website at sdarc.org.

Community colleges

Classes in various health and emergency-related careers are available around the county. The website of a community college consortium, sdicregionalconsortium.org, or by phone at (619) 660-4857, summarizes offerings in "Looking



for a Career."

These San Diego County campuses offer a variety of professional training, continuing education and noncredit classes in first aid, CPR and other emergency-related tasks. Fees and availability vary.

- Grossmont College, El Cajon, (619) 644-7000, grossmont.edu.
- Cuyamaca College, El Cajon, (619) 660-4000, cuyamaca.edu.

Fourth-graders "drop, cover and hold" during the Great Southern California ShakeOut" at Cubberly Elementary in Serra Mesa. to it.

U-T

- MiraCosta College, Oceanside, (760) 757-2121, miracosta.edu.
- Palomar College, San Marcos, (760) 744-1150, palomar.edu.
- City College, downtown, (619) 388-3400, sdcity.edu.
- Mesa College, (619) 388-2600, sdmesa.edu; Kearny Mesa, (619) 388-2600, sdmesa.net.
- Miramar College, Mira Mesa, (619) 388-7800, miramarcollege.net.

- Continuing Education, Mountain View, (619) 388-1234, sdce.edu.
- Southwestern College, Chula Vista, (619) 421-6700, swc.cc.ca.us.

Community Emergency Response Teams (CERT)

A multiweek course covers fire safety, light search and rescue, team organization and disaster medical operations.

Various fire departments and districts offer CERT training programs. They include San Diego (619) 533-4453; Chula Vista, (619) 409-5482; East County, (619) 441-1737; and Oceanside, (760) 435-4272. For all other programs, call the local fire department, fire station or fire district, or contact the county emergency services coordinator, (858) 565-3490.

For information on CERT: sdcountyca.gov/oes under "community" or sandiego.gov/fireandems under "safety & education."

A PLAN FOR THE FAMILY: IT'S IMPORTANT THAT EVERYONE HAS A ROLE TO PLAY

A PLAN FOR THE FAMILY: IT'S IMPORTANT THAT EVERYONE HAS A ROLE TO PLAY

may not be available.

Mass transit: Transit agencies, school buses, vans and ambulances stand by to assist in relocating people unable to leave on their own. Nursing homes, prisons, hospitals and other institutional facilities are required to prepare their own plans for possible evacuation or relocation. Tails would be broadcast to the public along with a one number to request special assistance.

Talking with your family and neighbors about what to do if a natural disaster occurs is the starting point for being prepared.

Here's a plan for families to consider:

Pick two places to meet — one near your home in case of fire, for example, and one outside your neighborhood if you can't get home. Families should carry a

card with the addresses and phone numbers of the designated meeting places.

Ask about emergency plans at the places where your family spends the most time — schools, day-care centers, workplaces, nursing homes or other facilities and how families are contacted in a crisis. Also find out if there are adequate emergency supplies, if

there's a "shelter-in-place" should the need arise and if there's an evacuation site if it's necessary.

If a plan doesn't exist, volunteer to help develop one.

Designate an out-of-state relative or friend to be the central contact person. Put that person's name, address and phone number in writing for each family member to carry at all times and

make it available to the people with whom your children or aging relatives spend time.

Initiate the plan

Create a checklist of things you'll need and need to do in an emergency; do what you can in advance; rehearse your plan as a family and update information every six months.

Explore with your

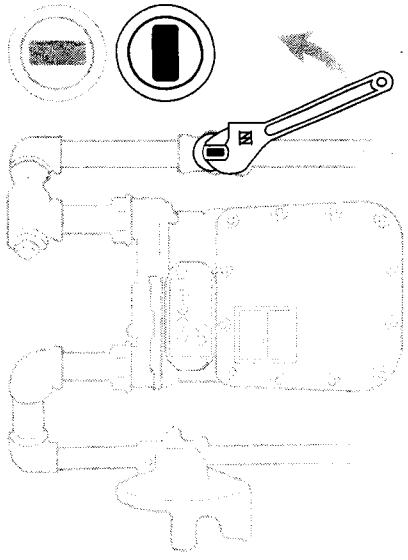
children the FEMA website for kids where they can do activities and test their knowledge about disaster preparation.

They also will find things to pack in their own disaster-supplies backpack (crayons, favorite books, scissors and glue, deck of cards, doll or stuffed animal, puzzles) to help them feel comforted and stay occupied in an emergency.

• Bolt do
o the wall
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HOW TO TAKE CARE OF YOUR HOME

TURNING OFF THE MAIN GAS VALVE



leaks and turn on the gas. Do not turn the gas back on yourself and do not turn on electrical switches until you are sure there is no leak. There is no need to turn off the gas if you do not detect any leaks. When checking your house, use only flashlights, not lanterns, candles or other flammable light sources, which could ignite a gas leak.

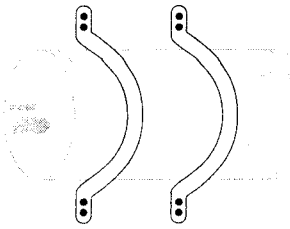
After the immediate threat passes

- Perform a safety check of your living quarters, wearing sturdy shoes, gloves and a dust mask or wet handkerchief if damage is extensive.
- Some chimneys may collapse and others may be weakened and should be approached with caution. Do not use a damaged chimney.
- If you find damaged electrical wiring, shut off the power at the control box. Do not touch downed power lines. If the power is out, unplug sensitive electronic equipment, such as computers, to protect them from a power surge. Leave a lamp on so you will know when power is restored.

There is generally no need to turn off the main power switch if there is no damage. To shut off electricity, turn off all small breakers and then shut off the main circuit breaker.

eping in advance

- Repair defective electrical wiring, leaky gas lines, flexible utility connections (using professional help as needed).



- Bolt down and secure the wall studs the water heater, furnace and other major appliances.
- Place large or heavy objects on lower shelves; stent shelves, mirrors and large picture frames walls; brace high and p-heavy objects; anchor overhead lighting fixtures.
- For things that you can't secure, conduct a "hazard hunt" to determine where they are so you can avoid them in a quake.
- If you smell natural gas or hear a gas leak, turn off the main valve, using a 10-12-inch wrench. Report the leak to SDG&E from a telephone outside your home and request a competent technician or a licensed contractor to check for

outlet. That could send electricity back into the main utility system and cause possible injury.

- For leaks and spills, check water lines in the kitchen, bathrooms, laundry room and the landscaping system. Check the main line connection at the street and house. Turn off the valves as needed. Immediately clean up any spilled medicines, drugs and hazardous materials, such as gasoline or bleach.
- Check that each telephone is on its receiver. Phones that are off the hook tie up the network. Cordless phones may not work if power is out, so have a manual traditional phone available to plug into the wall. Cellphones may not work if towers have been destroyed or the system disrupted.

For a home equipped with a fuse box, remove all small fuses and then turn off the main using the knife switch handle.

- Beware of items that may fall out of a cupboard or closet or from shelves.
- Do not eat or drink anything from open containers near shattered glass.

If the power is out, first eat foods that will spoil quickly, such as those in the refrigerator and freezer. Generally, they're safe to eat as long as they're refrigerator-cool. Freezer items may be refrozen if ice chips are still evident. When in doubt, throw it out.

- Operate portable generators outdoors only. Use only with appliances that can connect directly to the generator by extension cords and do not plug a generator into a household metal container)
- Potatoes

Use within one year

- Corned beef, canned soups, instant soups

MAKE SURE TO CHECK YOUR SUPPLIES EVERY 6 MONTHS

Now that you've prepared yourself and your family for an emergency, the work isn't over. Make sure you rehearse your

thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances.

May be stored indefinitely
In proper containers and conditions

- Wheat
- Vegetable oils

MORE ESSENTIALS TO HAVE ON HAND

Nonprescription drugs

- Pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative

Pet supplies

- Food and water for three days
- Leash

Special items

Remember household members with special requirements, such as infants and elderly or disabled persons

For babies

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

For adults

- Heart and blood-pressure medications
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses

Entertainment

- Games, books, deck of cards

Clothing and bedding

- A change of clothing and footwear for each person.
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and heavy gloves
- Thermal underwear
- Sunglasses

COMMERCIAL KITS FOR YOUR CAR

The local chapter of the American Red Cross sells three disaster kits that can easily be carried in automobiles.

The kits come in two sizes and contain the same items, but the two largest will provide care for either two or four people. Both kits come in backpacks that cost \$45 and \$85 respectively.

The smallest one — a cooler bag for \$40 — contains

tains enough supplies for one person. In the bags are Mylar blankets, energy bars, rain ponchos, glow sticks, tissues, small first-aid kits, trash bags and foil packets of water.

The kits are available 8 a.m. to 5 p.m. Monday through Friday at the Red Cross headquarters at 3950 Calle Fortunada, Kearny Mesa, phone (858) 309-1200 or online at sdarc.org.

'GRAB AND GO' DOCUMENT BOX

Peter Moraga of the Insurance Information Network of California recommends creating a "grab and go" box to store essential records.

Start with a waterproof container large enough for file folders.

"When it comes to documenting your home inventory and packing important phone numbers. Foreign nationals may want to pack documents that prove their identity. Moraga suggests copying all documents for a safety deposit box.

'GRAB AND GO' DOCUMENT BOX

Peter Moraga of the Insurance Information Network of California recommends creating a "grab and go" box to store essential records.

Start with a waterproof container large enough for file folders.

"When it comes to documents, you want those that will be hard to replace," he said. "That includes insurance papers — life, auto and business. You'll want to take health insurance, your mortgage papers, your credit card statements."

"You'll want to get your birth certificates and passports."

County emergency ser-

VICES suggests photographing your home inventory and packing important phone numbers.

Foreign nationals may want to pack documents that prove their identity.

Moraga suggests copying all documents for a safety deposit box.

The insurance network offers home inventory assistance online at inc.org.

The San Diego and Imperial Counties Chapter of the American Red Cross notes that tax forms can help reconstruct financial records. It also recommends copying important computer files onto a disk or a flash drive.

if power is out, so have a manual traditional phone available to plug into the wall. Cellphones may not work if towers have been destroyed or the system disrupted.

• Operate portable generators outdoors only. Use only with appliances that can connect directly to the generator by extension cords and do not plug a generator into a household

There is generally no need to turn off the main power switch if there is no damage. To shut off electricity, turn off all small breakers and then shut off the main circuit breaker.

• If you have a gas leak, call your utility company. Turn off the main valve, using a 10-1/2-inch wrench. Report leak to SDG&E from telephone outside your home and request a technician or a licensed tractor to check for

TAKE SURE TO CHECK YOUR SUPPLIES EVERY 6 MONTHS

thoroughly washed plastic, glass, fiberglass or enameled metal containers. Never use a container that has held toxic substances. Seal water containers tightly, label them and store in a cool, dark place. Rotate water every six months.

Keeping food fresh

Use within six months:

- Powdered milk (boxed)
- Dried fruit (in metal container)
- Dry, crisp crackers (in

metal container)

- Potatoes

Use within one year

- Canned condensed meat and vegetable soups
- Canned fruits, fruit juices and vegetables
- Ready-to-eat cereals and uncooked instant cereals (in metal containers)
- Peanut butter, jelly
- Hard candy and canned nuts
- Vitamin C

May be stored indefinitely

In proper containers and conditions

- Wheat
- Vegetable oils
- Dried corn
- Baking powder
- Soybeans
- Instant drinks
- Salt
- Noncarbonated soft drinks
- White rice
- Bouillon products
- Dry pasta
- Powdered milk (in nitrogen-packed cans)

There's safety in numbers.

Preparing for an emergency well in advance is key to you and your family's safety. Here are four steps you should take to be ready.



1 Plan ahead

Know your evacuation route and involve children in the planning. Review and update your "important stuff" list and emergency kit. Plan how to transport your pets and get a transport cage. Designate a relative/friend as an out-of-area contact.



2

Gather "important stuff"

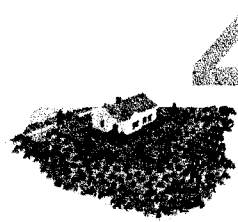
Keep sturdy boxes handy to collect things like: prescriptions, eyeglasses, documents, cell phones and chargers, external drives and extra cash.



3

Make an emergency supply kit

Be sure to have on hand: three-day water/food supply, first-aid kit and medicine, change of clothing, blankets and sleeping bags, flashlights and extra batteries, pet food and leash.



4

Create a defensible space around your home

Remove dead branches and leaves near your home, remove low branches and mow dried grass. If you replace plants, make sure they're fire-resistant.

Working to keep you safe. *Every day.*

San Diego's high-fire danger months are in the fall, when hot, dry Santa Ana winds arrive. Because the damage from wildfires can be catastrophic, it's important that we all work together and be prepared in order to stay safe.

We're partnering to prepare for safety by supporting local organizations, like 211-San Diego, the American Red Cross, and the Burn Institute. To request an emergency preparedness presentation for your service or non-profit organization, visit sdge.com/community/ambassadors.

Power outages can be caused for many reasons. Know what to do when an outage occurs and how to be safe around



downed power lines. If you own a portable generator, know how to operate it safely and let us know you have one.

If you ever have a safety concern involving natural gas or electricity, call us at 1.800.411.7343, call 911 or visit sdge.com.

In an emergency, Alert San Diego, the region's Reverse 911 notification system, sends important information to your registered mobile phone and email address. Be prepared and register online at readysandiego.org.

We're working to help prevent fires by replacing wood power poles with fire-resistant steel poles and expanding tree trimming and brush clearing.



Firefighting aircraft from the City and County of San Diego, CAL FIRE, US Forest Service and SDG&E[®] are standing by to help suppress brush fires and give firefighters on the ground the support they need.

You can check with your local city or fire department to learn more about defensible space requirements.



SDGE

NAVY'S NEW TACK IS CHARACTER TRAINING

Concerned about incidents of misbehavior, officials mandate course for aircraft units

JEANETTE STEELE • U-T

Can you teach someone to have character and integrity? The Navy is giving it a try with a new mandatory training course for its aircraft units.

Naval officials say the move is only partly in response to a bumper crop of ill-behaved leaders in 2010 and 2011, when the Navy saw a spike in commanding officers being removed from their jobs for cause.

Others see a more direct connection.

Most of those firings came for personal failings, such as fraternization, rather than professional errors, such as running a ship aground.

The misbehavior of U.S. military members has taken on greater seriousness in the age of social media, when almost everyone carries a cellphone camera and any snapshot can go global.

"A military leader's per-

SEE NAVY • A6

lated character training course has r

lost more senior enlisted personnel last year alone due to firings than were killed in the line of duty in nearly the last half-century."

The training consists of a daylong seminar that includes case studies of sailors and officers gone wrong and intervention strategies. Topics covered are fraternization, alcohol abuse, violence, cheating on tests, hazing, fraud, falsifying administrative records, designer drug use and fraudulent marriage.

The Navy spent \$350,000 to develop the course, plus

\$250,000 out of its 2012 budget for reservist hours and travel costs. Reservists who have previously held command positions are conducting the initial seminars.

Vice Adm. Al Myers, head of all Navy air forces, said he is proud of the effort, which started at his behest.

"When we have an aviation mishap, we apply a very direct approach to recreate the decision chain that led to the mishap in order to share the lessons learned," he said. "So why not use this same approach to personal behaviors?"



They started in late March with commanding and executive officers and top enlisted sailors at air stations from Coronado to Whidbey Island, Wash., to Jacksonville, Fla. The rest of naval aviation — right down to the newest airman — is expected to receive the training starting this summer.

It's not clear yet if this

orig
18 D -3

from some quarters



Retired
Rear Adm.
Hamlin
Tallent

character curriculum will spread throughout the Navy, which is fond of training programs.

Already, sailors sit through presentations on how to prevent sexual harassment, alcohol problems and unsafe driving. And, officers and enlisted sailors in line for top positions take courses on character and integrity at the Command Leadership School in Newport, R.I.

Sentek Global is pitching the character program to other Navy commands and branches of the U.S. military. Law enforcement agencies at the state and federal level are another potential market.

There are no other takers yet, but a Sentek spokesman said the catalyst for these discussions has been recent high-profile gaffes.

One obvious one is the Secret Service prostitution scandal in Colombia in April, which ensnared 12 military members, including two sailors and two Marines from San Diego commands.

A recent speech by Defense Secretary Leon Panetta shows that the topic is on his mind following widely publicized episodes in Afghanistan. They include images of Marines urinating on Afghan insurgents' corpses and photos showing U.S. soldiers posing with Afghan police holding the severed legs of a suicide bomber.

"A few who lack judgment, lack professionalism, lack leadership can hurt all of us, and can hurt all of those men and women who serve this country with distinction," Panetta said in a May 4 speech at Fort Benning, Ga.

James Ware, who commanded a Whidbey Island EA-6B Prowler squadron from 2009 to 2010, chimed in on a well-read blog called Cdr. Salamander, asking, "Why does Navy leadership think that character and integrity can be taught by PowerPoint, when as any parent knows, it is formed through years of engaged parenting and by example?"

Ethicists say you certainly can't teach character in one day. But S. Bazargan, a University of California San Diego philosophy professor, said it sounds like the Navy's is less lofty.

"This is no critic of this seminar," he said. "The purpose seems to be straightforward, to motivate compliance with codes of conduct by demonstrating to aviators what can happen when the codes are breached."

Retired Army Col. George Reed, now a professor at the University of San Diego School of Leadership Education Sciences, said character is a shaky proposition.

"We want to believe in character. But you can't put extraordinarily good people in bad situations and guess what will do? (Bad things.) This has been repeated in experiment after experiment," Reed said.

He said the Navy appears to be doing a positive thing by reinforcing expectations about what acceptable behavior is.

"Failure stories are important. We should learn from the failures of others," he said.

The Navy wouldn't allow reporters to observe the initial training sessions here on North Island. Officials said media presence would disrupt the small groups.

But they made the trainers available for interviews.

Reservist Capt. Paul Crane, who once commanded a F/A-18 squadron, said in some groups there was resistance to the discussion.

But he also saw what he described as light bulbs going off above the heads of some squadron skipper during the back-and-forth of the seminar.

"You have a C.O. who is like, 'Every once in a while, shouldn't I be able to not have a nice time out there maybe have a couple beers (drinks), as long as I'm a designated driver?'" he said.

"And someone says, 'Well, you are in command all the time. What happens if your boss calls you? Now are you glad you had that extra beer or two?'"

Crane said, "To see guys who potentially change and adjust, I think there's value there."