



# Your Safety, Your Responsibility

**Presented by OHCC SERT Safety Team**

**February 1, 2024**

**2-3 PM**

# Your Safety, Your Responsibility

Topics we will cover

- What does “Your” mean
- How OHCC SERT can help
  - List of things you need
- Where to find additional help

# What does “Your” Mean & How SERT Can Help



Your *Self*



Your *Family*



Your *Street*



Your *Village*



Your *Community*



American  
Red Cross

Proud Provider of  
Red Cross Training

Sign Up TODAY:

[arc.ohccsert@gmail.com](mailto:arc.ohccsert@gmail.com)

## Adult First Aid/CPR/AED Blended Learning – Course Includes

Heart Attack

Cardiac Arrest – CPR/AED

Stroke

Diabetic Emergency

Asthma Attack

Anaphylaxis

Shock

Life Threatening Bleeding

Choking

Hypothermia

Heat Stock

Burns



Offers



Sign Up TODAY: [arc.ohccsert@gmail.com](mailto:arc.ohccsert@gmail.com)

# Adult First Aid/CPR/AED Blended Learning

## Learning and Certification

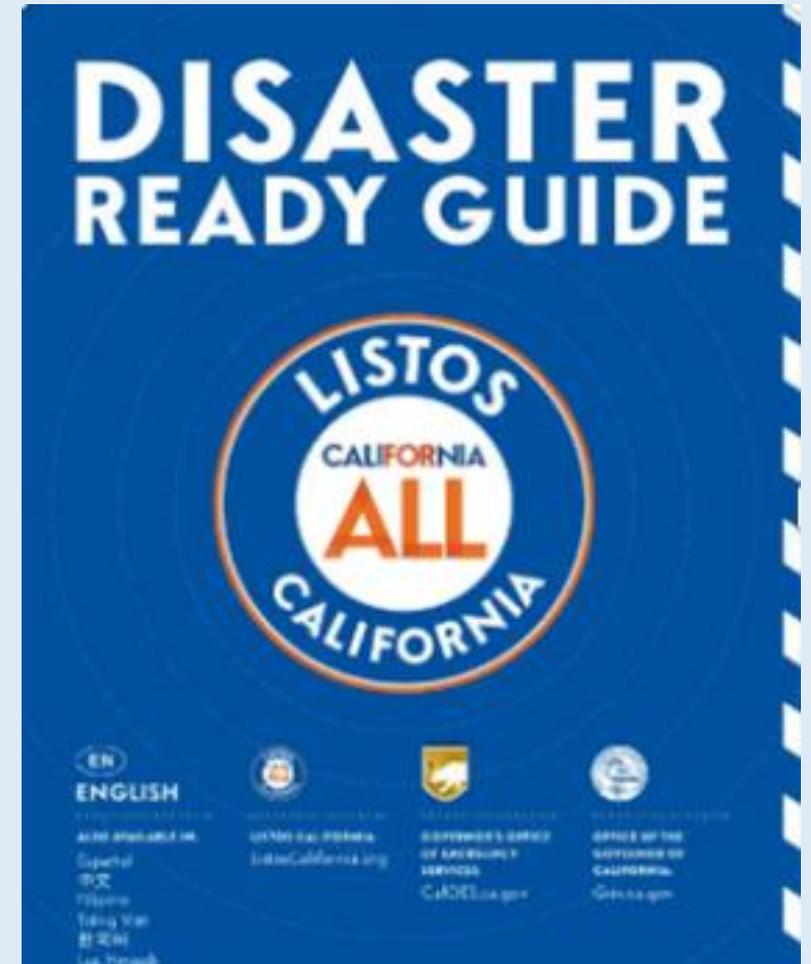
- Certification requires successful assessment (multiple attempts are fine)
- If an accommodation is needed, we can work with the need
- If anyone can not perform one task (typically CPR due to knee issues), it may not be possible to “obtain Certification”, however, it is still important to learn all the other life-saving skills (Certification is not the only goal – there is much knowledge to be gained.)

*You may be the one to save a life!*

# Brochure

All residents received this brochure in October.

Also available on the SERT Website: [ohccsert.com](http://ohccsert.com)





# Emergency Preparedness

For Older Adults & Their Care Partners

# How important is it to be prepared?



## Benefits

- Reduces Fear
- Reduces Anxiety
- Reduces Losses

## 5 Ways to Prepare

- Get Alerts
- Make A Plan
- Pack A Go Bag
- Build A Stay Box
- Help Friends and Neighbors Get Ready



# WIRELESS EMERGENCY ALERTS

## Get Tech Ready...

There are many ways to get alerts, but the California Office of Emergency Services encourages everyone to register for Alerts.

It is your direct wireless emergency alert that goes where you go on your cell phone.

**DOWNLOAD THE  
SMART911® APP  
TODAY**

Download on the App Store | GET IT ON Google Play



Smart911®



**San Diego County** **SD EMERGENCY:**  
The Must-Have Preparedness App

With SD Emergency, the tools you need to plan, prepare and respond in an emergency are right at your fingertips.

Available on the App Store | GET IT ON Google play

# Get Alerts

Local News



Phone





## MAKE A PLAN

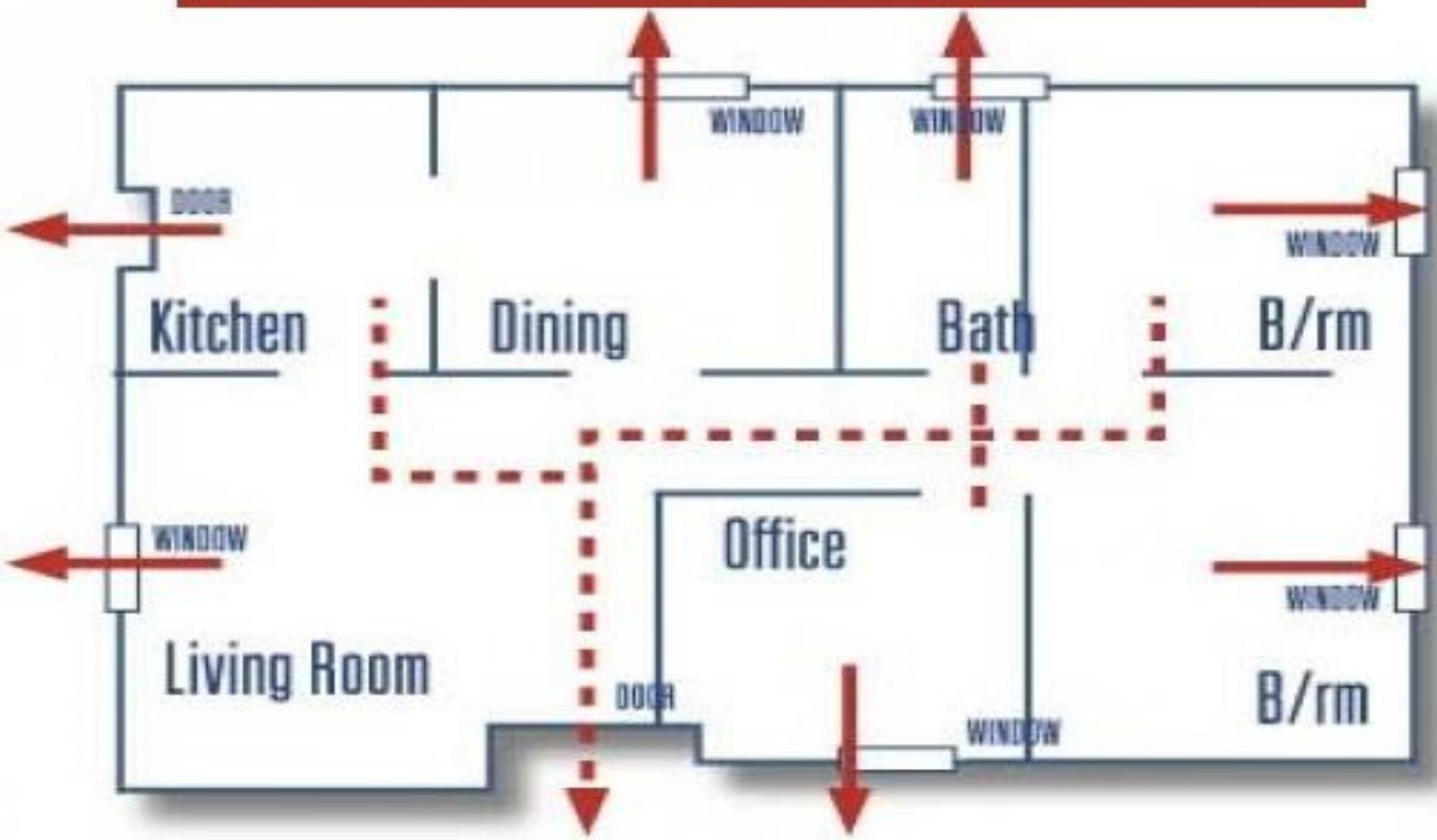
- How will you contact people in your circle?
- Will you need to go or stay?
- What equipment or supplies do you need?
- Do you have an evacuation plan & meeting place?
- What about your pets?
- Will you need shelter?

# PLAN YOUR EVACUATION



- **Become familiar with different ways to escape during an emergency: Is the area safe to walk or drive?**
- **Your might not be able to stay safely in your home: research alternatives.**
- **Review your evacuation plan often and update the people in your circle.**
- **Practice so you will know what to take and where to go during a real emergency!**

# Evacuation Plan



# PLAN TO CONNECT & PROTECT

Think about the people in your circle.

Who do you call in an emergency?

Do you need to make copies?

Is it better to have a contact list in email form or as text contact?

## EMERGENCY CONTACTS



CONTACT NAME

Shirley Jones

CELL PHONE

WORK/SCHOOL

P.A.C.E. Supervisor

HOME PHONE

ADDRESS

EMAIL

CONTACT NAME

Rosalinda Gonzalez

CELL PHONE

WORK/SCHOOL

Sister

HOME PHONE

ADDRESS

EMAIL

CONTACT NAME

Dr. Chen

CELL PHONE

(760) 555-5555

WORK/SCHOOL

BEST MEDICAL CENTER

HOME PHONE

ADDRESS

San Diego, CA

EMAIL

OUT OF TOWN CONTACT NAME

Michael Jimenez

CELL PHONE

(209) 811-1111

WORK/SCHOOL

Super 8 Motor Center

HOME PHONE

ADDRESS

Phoenix, AZ

EMAIL



Try **texting** if local phone calls can't get through during a disaster.



Plan on 10-14 days in case you can't leave.

# Keep Your Stay Box Ready



Food and water (for cooking / washing)

Medications

Batteries for all equipment / flashlight

Extra blankets

Extra hygiene supplies (TP, paper towels, bleach, alcohol gel, toothpaste, soap, etc.)

Trash Bags

Pet food / supplies

# STAY BOX



**Share These  
Five Steps  
With Your  
Family,  
Friends, and  
Neighbors**



**Start today by following these five tips and be prepared in case of any natural disaster.**

**For more information visit:**

**OHCC SERT Club**

[www.ohccsert.com](http://www.ohccsert.com)

**Join the Virtual  
Movement and  
Share Today!!**

Copies of this presentation are available on the OHCC SERT

Webpage: [SERT Club | sert \(ohccsert.com\)](http://sert.ohccsert.com)

under TRAINING Safety Committee Presentations

Questions email to [ohccsert@gmail.com](mailto:ohccsert@gmail.com)



**Thank You**