



City of Santa Barbara



Get Ready Santa Barbara! Send a Message in 2010, Be Prepared

Volume 1, Issue 12

December 2010

In this Issue:

- Give the Gift of Life

Disaster Focus

- Extreme Cold Weather

Local Disaster

History—

- 1812 Santa Barbara Earthquake
- 2003 San Simeon Earthquake
- 2004 Indian Ocean Tsunami

Upcoming Issue in 2011:

- Are You Ready?



2011 Upcoming Topics

January

Are you Ready?

February

Pet Preparedness

March

CERT
What is it?

April

Fact or Myths
Earthquakes

May

What is AFN?

December

Give the Gift of Life

Give the Gift of Life

Show You Care!

Are you having trouble deciding what to get a family member, friend or co-worker for the holidays or an upcoming birthday? If so, a survival gift might be the answer, especially for someone who hasn't already bought or assembled their own emergency preparedness kit. Flashlights, portable battery-operated radios, first aid kits and other emergency supplies will be valuable after a damaging earthquake, act of terrorism, or another disaster since people living in the affected area might have to rely on themselves for at least 72 hours.

How?

Make a list of persons for whom you're going to buy or assemble survival gifts. List what you think everyone needs. Depending on your financial situation and the needs of the people on your list, you might get one item or an entire kit.

You also can coordinate with other relatives, neighbors, friends, and coworkers to buy different emergency supply items or to assemble kits as a group project, with each participant contributing one item to the kits.

Other Ways to Show You Care

During this Holiday Season there are alternative ways of giving that will be encouraging and/or uplifting to those that receive your gift.

These include:

- Donating to a local organization's wish list. Perhaps, the easiest way to give to others this year might be to donate unused items to an organization's wish list. Groups such as The Humane Society, Red Cross, The Unity Shoppe, your local church, synagogue, homeless shelter, domestic violence shelter, or even your child's school will have one. Simple items like hand sanitizer or soap, bleach, paper towels, tissue papers, shampoo (or dog shampoo), or funding may be on the list.
- If you plan on giving a pet for Christmas, consider adopting one from a shelter instead of a pet store.
- Adopt a Needy Family in your neighborhood. Have your family join in by buying clothes, inexpensive toys, diapers, wipes, and non-perishable items. Make it a secret Santa project.



Suggested Gifts & Approximate Price Ranges

Less than \$5
Bottled water
Dust mask

Emergency (foil) blanket
Nonperishable food: Dried fruit, unsalted nuts and other high-energy foods to provide nourishment and energy
Safety Light sticks
Whistle: To signal, attract or call for help in an emergency

\$5-10
Comfort and personal hygiene kit: Mouthwash, toothbrush, toothpaste, wet wipes, deodorant, sunscreen, etc.
Flashlight, spare bulb, and batteries
Sturdy work gloves

\$10-20
Duffel bag or backpack: To store items that comprise an emergency kit
First aid kit (for one)
Multipurpose ABC-type fire extinguisher: To help combat small residential fires
Portable battery-operated radio

Priceless—Donate blood at the Tri-Counties Blood Bank

Disaster Focus: Extreme Cold Weather



What is Extreme Cold?

What constitutes extreme cold and its effects can vary across different areas of the country. In regions relatively unaccustomed to winter weather, near freezing temperatures are considered "extreme cold." Whenever temperatures drop decidedly below normal and as wind speed increases, heat can leave your body more rapidly. These weather related conditions may lead to serious health problems. Extreme cold is a dangerous situation that can bring on health emergencies in susceptible people, such as those without shelter or who are stranded, or who live in a home that is poorly insulated or without heat.

Plan Ahead

Prepare for extremely cold weather every winter—it's always a possibility. There are steps you can take in advance for greater wintertime safety in your home and in your car.

Prepare Your Home For Winter

Although periods of extreme cold cannot always be predicted far in advance, weather forecasts can sometimes provide you with several days' notice. Listen to weather forecasts regularly, and check your emergency supplies whenever a period of extreme cold is predicted.

If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector, or find one in the yellow pages of your telephone directory under "chimney cleaning."

Also, if you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly, and replace batteries twice yearly.

Your ability to feel a change in temperature decreases with age, and older people are more susceptible to health problems caused by cold. If you are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently, and check the temperature of our home often during the winter months.

If you have pets, bring them indoors. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure that they have access to unfrozen water.

Prepare Your Car for Winter

You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall:

- Have the radiator system serviced, or check the antifreeze level yourself with an antifreeze tester. Add anti-freeze, as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Replace any worn tires, and check the air pressure in the tires.
- During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.

Excerpt provided by CDC; for more information go to their website at http://www.bt.cdc.gov/disasters/winter/pdf/cold_guide.pdf



City of Santa Barbara Office of Emergency Services



We're on the web!

<http://www.santabarbaraca.gov/Resident/OES>

Yolanda McGlinchey, OES Manager
YMcGlinchey@SantaBarbaraCA.gov
Created by: Lindsay Barker, MPH

Local Disaster History in December

1812 Earthquake

When: December 21, 1812

Where: Mission La Purisima, Lompoc Valley

Time: (approximate) 10:00 a.m. or 10:15 a.m.

Magnitude: Unknown

About fifteen minutes later, a stronger earthquake struck. The shaking was so intense that the mission's church bells rang out, the adobe walls of the mission buildings were shattered, and were thrown out of plumb, and in some instances collapsed, reducing Mission La Purisima to "rubble and ruin."

2003 San Simeon Earthquake

When: December 22, 2003

Where: 6 miles NE of San Simeon

Time: 11:15 a.m.

Magnitude: 6.5

The most significant structural damage was observed in the historic downtown area of Paso Robles 24 miles west northwest from the epicenter. Significant damage was done to the old, unreinforced masonry buildings; as well as widespread nonstructural damage throughout the downtown area. Eighty-one buildings were evacuated in the downtown area.

2004 Indian Ocean Tsunami

When: December 25, 2004 (12/26—UTL time)

Where: Sumatra, Indonesia.

Time: 4:55 PM (PST Time)

Magnitude: 9.0

This earthquake was generated in the Indian Ocean and has been estimated to have released the energy of 23,000 Hiroshima-type atomic bombs, according to the U.S. Geological Survey (USGS). Giant forces that had been building up deep in the Earth for hundreds of years were released suddenly shaking the ground violently and unleashing a series of killer waves that sped across the Indian Ocean at the speed of a jet airliner affecting more than 11 countries.

Year in Review—2010

We have seen many disasters in 2010 such as the 7.0 Earthquake on January 13th in Haiti, the 8.8 Earthquake on February 27th in Chile, and the 7.2 Earthquake in Mexicali on April 4th. On July 23rd in the Gulf of Mexico we had our greatest man-made disaster; the BP Oil Spill. With so many incidents happening around the world it is a sound reminder that we need to be diligent in making sure we have taken every precaution to prepare ourselves and our families for any disaster.