

RESILIENT SUNSET



RESILIENT SUNSET PREPAREDNESS GUIDE

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RESILIENT SUNSET PREPAREDNESS
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MISSION STATEMENT

The Resilient Sunset Plan serves to provide a personal emergency preparedness guide specific to residents and service providers of District 4 that is informative, easy to implement, and understandable by our multi-ethnic community. This guide was developed by the community and for the community.

INTRODUCTION

Imagine a disaster has occurred. Power is lost, cell phone reception is fading, and transportation is compromised. Are you or someone with you hurt? Are your surroundings safe? Do you have adequate supplies to last a minimum of 72 hours?

What about after that? There is no way of knowing when or even if first responders will come. What if your safety depends on an even longer period of resilience?

The initial reaction to a disaster is usually "fear." Resilience to fear boils down to preparedness, response and recovery by the individual, the household and the neighborhood. For that we need to implement **POISE**:

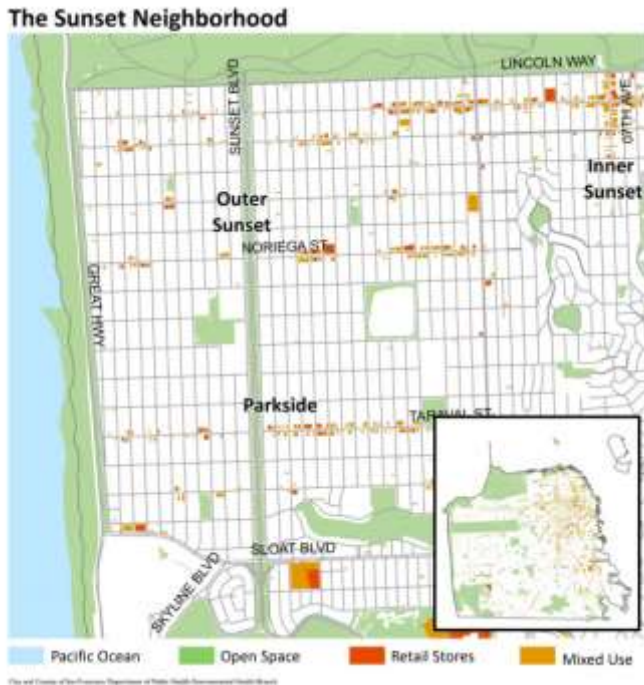
- **P** PREPARE,
- **O** ORGANIZE,
- **I** IMPLEMENT,
- **S** SECURE, AND
- **E** EDUCATE ourselves and our community.

Please make an extra effort to know your neighbors and check on them when a disaster occurs.

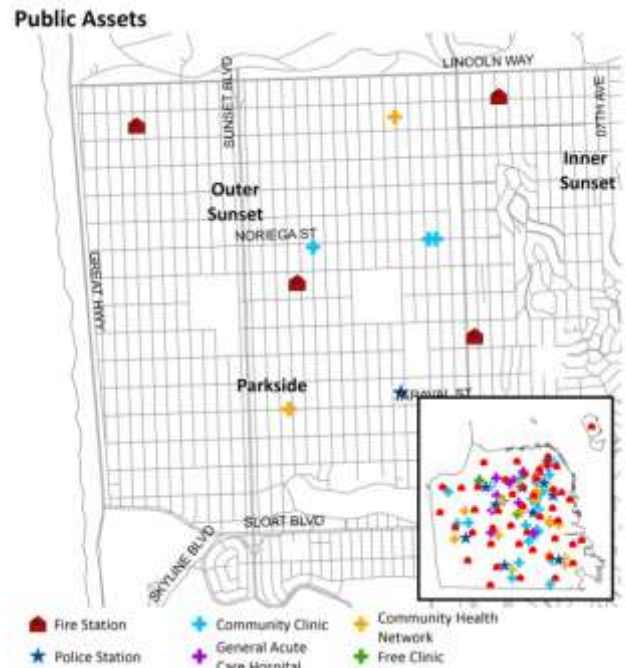
The following is a guide, prepared by your neighbors that is specific to our community. Please read it, discuss it with your family and neighbors, and keep it handy.

DEMOGRAPHICS AND RISK HAZARDS OF OUR NEIGHBORHOOD

Sunset District Demographics



Source: Sunset Neighborhood Community Resiliency Assessment



Source: Sunset Neighborhood Community Resiliency Assessment

The Sunset District is made up of 75,120 residents in 25,780 households. We have approximately 12,000 children aged 0 to 18, 49,000 adults between the ages of 18-59, and 14,000 people aged 65 and older.¹

While the Sunset has many strengths when it comes to our diverse population and picturesque location on the western edge of the city, it also presents some unique challenges, especially when it comes to responding to a natural disaster.

- A relatively large proportion of residents - 32% - live in households where English is not spoken very well, potentially making it difficult for these neighbors to communicate their need for assistance and to access resources.²

¹ San Francisco Planning Department's "San Francisco Supervisor Districts Socio-Economic Profiles: American Community Survey 2010-2014."

² Source: San Francisco Department of Public Health's "The Sunset Neighborhood Community Resiliency Assessment" available at <https://extxfer.sfdph.org/gis/ClimateHealth/CommunityResilience.Education.Outreach/The%20Sunset%20%20Community%20Resiliency%20Assessment.pdf>

- A relatively large proportion of residents – 24% - are over the age of 60.³ These neighbors may have mobility and health limitations that could make it difficult for them to independently respond to an emergency or access resources.
- Because the Sunset is less densely populated than some other San Francisco neighborhoods, fewer pharmacies, grocery stores, services, and transportation options are available to our residents. Neighbors should keep extra medication and food supplies in their homes in preparation for an emergency.
- There are at least 15 Assisted Living facilities for the elderly in the Sunset.⁴ While these facilities likely have emergency plans, they may require extra support during a disaster.

It's a good idea to know which of your neighbors might be especially vulnerable in a natural disaster so that you and others can provide assistance if needed. Ask your neighbors if they would like to be checked on if and when a disaster occurs.

Sunset District Risk Hazards

Our neighborhood's proximity to an earthquake fault and the Pacific Ocean exposes us to land- and ocean-related emergencies:



Source: Sunset Neighborhood Community Resiliency Assessment

³ Source: San Francisco Planning Department's "San Francisco Supervisor Districts Socio-Economic Profiles: American Community Survey 2010-2014."

⁴ Source: San Francisco Department of Public Health's "The Sunset Neighborhood Community Resiliency Assessment" available at <https://extxfer.sfdph.org/gis/ClimateHealth/CommunityResilience.Education.Outreach/The%20Sunset%20%20Community%20Resiliency%20Assessment.pdf>

- **Earthquake, liquefaction, and landslides.** The Sunset is only miles from the San Andreas Fault. Because much of our neighborhood has been built on sediment and unstable land that may liquefy in an earthquake, buildings on this land are expected to experience more severe shaking in an earthquake, possibly leading to structural damage in homes and other buildings.
- **Fire.** Much of the destruction in 1906 and 1989 earthquakes - the two largest San Francisco earthquakes in the past 110 years - was due to fire. Broken gas lines can feed fires, while broken water pipes can make fighting fire very difficult. Neighbors should be prepared to respond to fire as a result of an earthquake.
- **Flood inundation.** As climate change causes sea levels to rise, Ocean Beach and the Great Highway could experience flooding during extreme storm events. San Francisco already experiences inland sewer overflows, and these are expected to continue, both inland and along the coast.
- **Tsunami.** The coast of our neighborhood is in a Tsunami Hazard Zone. A tsunami can occur after a large earthquake off the Pacific Coast, and could inundate residential and business communities on the far West side of the Sunset and Parkside districts.
- **Extreme heat.** Although our neighborhood enjoys cooler temperatures than most San Francisco neighborhoods thanks to the marine layer, warming trends may bring higher temperatures that affect our vulnerable neighbors. The San Francisco Department of Public Health estimates that two days of 85-degree heat without cooling in the evening can lead to an increase in health risk.
- **Air quality.** Due to winds coming off the Pacific Ocean, air quality in the Outer Sunset is generally good, but neighbors with preexisting conditions such as asthma or allergies could suffer on warmer, windless days, or in the event of fire.

SUNSET DISTRICT RESOURCES

There are several ways in which you can prepare yourself, your family and your neighbors for an emergency or natural disaster.

1. **Get Prepared** – Your basic supply kit should last at least 72 hours (3 days). For a complete list of supplies, please refer to the “Personal Preparedness” section.
 - a. **Essentials:** Food, water, First Aid kit, flashlight, fire extinguisher and a manual can opener
 - i. **Food and Water** – one gallon of water per person per day for at least three days for drinking and sanitation, and at least a three-day supply of non-perishable food
 - ii. **First Aid Kit** – should be stored in home and car (refer to Personal Preparedness section)

- iii. **Do you have a pet?** Don't forget about your pet essentials, which include food, water, and First Aid kit.
 - b. **Useful:** Warm clothes and sturdy shoes, radio (battery or hand crank), cash, sleeping bag or blanket, cellphone charger, tools
Personal: Prescriptions, personal hygiene/sanitation items, personal documents (passport, state ID, records), children's toys, pet items
2. **Get Trained** – The best way to utilize the tools in your tool kit effectively is to get trained in First Aid, CPR, Automated External Defibrillator (AED), and other safety skills. These are skills that you may not use in your daily life, so getting a refresher course upon the expiration of your certificate is the best way to ensure that your knowledge and skill are up to date.

IN-PERSON TRAININGS

- American Red Cross First Aid, CPR and AED Trainings
Cost: Weekly trainings available \$90 - \$110
Phone: 1-800-733-2767
Website: <http://www.redcross.org/ux/take-a-class>
- SF Fire Dept.'s Neighborhood Emergency Response Team (NERT) safety trainings:
Cost: FREE trainings
Phone: 1-415-970-2024
Website: <http://sf-fire.org/training-schedule-registration#curriculum>

ONLINE TRAININGS FOR FIRST AID, CPR AND AED

- National Safety Council
Cost: \$19.95.
Website: <http://www.nsc.org/learn/Safety-Training/Pages/first-aidonlinetraining.aspx>
- American Heart Association
Cost: \$39.95
Phone: 1-415-970-2024
Website: <http://www.onlineaha.org/courses#>

FREE HANDS-ONLY CPR VIDEOS

- American Heart Association Hands-Only CPR Demo:
<https://youtu.be/r8iU3Mtblho>
- CPR Certified Hands Only CPR video
<https://youtu.be/JWCekJzVhuE>
- Hong Kong St. John Ambulance Association (CPR Training in Cantonese)
<https://www.youtube.com/watch?v=cFgal82iHKQ>

3. **Know your Community** – Knowing your neighborhood and its resources is essential to making it through a disaster.

- **Sign up** to receive emergency notifications specific to San Francisco via text, phone and email: www.alertsf.org
- **Identify** NERT (Neighborhood Emergency Response Team) Volunteers: NERT Volunteers will be wearing Helmets, Gloves and reflective Vests.
- **Know** NERT Safety symbols: In the event of an emergency trained NERT volunteers will inspect and mark buildings according to their level of safety.



Structure is accessible and safe for search and rescue operations. Damage is minor with little danger of further collapse.



Structure is significantly damaged. Some areas are relatively safe, but other areas may need shoring, bracing, or removal of falling and collapse hazards.



Structure is not safe for search and rescue operations.

HM

Indicates that a Hazardous condition exists such as natural gas etc.

Source: SFFD NERT

- **Neighborhood Supply Bin Pilot Program** – In coordination with Recology, individuals who invested in NERT training will receive new Red Bins designed to contain emergency supplies. These bins will serve as mini resource centers for neighbors on the blocks after a disaster. The bins will be placed in both non-residential and certain identified residences. They will be receptacles for food, water, medical and emergency supplies for that area. For more information, see the “How Can I Help?” section.
- **Neighborhood Resiliency Resource Centers** – Once organized, we intend for these centers to serve as a physical hub to facilitate effective coordinated response dependent on the nature and scope of a disaster or emergency; to assess needs, provide resources and develop a culturally competent communication plan; and, to provide shelter options, relaying information by a coordinated volunteer response. For more information, see the “How Can I Help?” section.

PERSONAL PREPAREDNESS

Get Connected – Knowing your neighbors is an important aspect of being prepared. In the event of an emergency, friends and relations who live in other neighborhoods or cities may not be available to assist you. Check on your

immediate neighbors and especially those who may be vulnerable. Before disaster strikes, ask some of your neighbors to check on you in an emergency as well. Discuss the types of disasters that are most likely to happen and what to do in each case. Next, find out about the disaster plans at your workplace, your children's school or daycare center and other places where your family spends time. Make copies of important documents and inventory valuables. Keep these in a safe deposit box or with someone outside of the immediate area.

Make a Plan – The key to surviving any disaster situation is planning. Discuss these plans with household members. Be sure to consider any special needs or disabilities of family members and unique hazards near your home. Make sure everyone in your household knows where the closest fire station, hospital, and police station are.

1. **Select a few of your nearest and dearest to contact.** Who is in the group you'll want to get in touch with if something happens?
2. **Pick an out of state contact.** Who can serve as a hub for information, if you can't reach others in your local area? It may be easier for everyone in your circle to contact someone out of state than to communicate locally.
3. **Agree on a place to meet.** How about a park? A landmark? Don't choose a house in case it's inaccessible.
4. **Write it down.** This information should fit on an index card and be given to family members.

In case of a **fire**, have escape routes planned for each part of your home or work place. For **earthquakes**, have a flashlight and a pair of shoes in a plastic bag under everyone's beds. Know where the utility shutoffs are. Locate your gas, electrical, and water shutoff, and know how to operate them. Have a wrench next to your gas shutoff. Finally, practice your evacuation plan, especially at night, with all the electricity off.

Gather Supplies – Whether you're just starting out or a preparedness pro, gathering your emergency supplies is easy. A good rule of thumb is to have supplies for about 3 days, or 72 hours. You'll be surprised at how much you already have. You should also consider having a "Go" kit in your automobile and at your work.

A basic home emergency supply kit could include the recommended items on the following pages.



water



non-perishable food



can opener



paper plates & cups



camping stove & fuel



fire extinguisher



tin foil & plastic bags



Bleach/tablets



latex gloves



personal hygiene items



prescriptions



warm clothes & shoes



personal documents & cash



local maps



waterproof matches



tent, sleeping bag & lantern



rope & shovel



small hand tools & shut-off wrench



crank radio & NOAA weather radio



flashlight & batteries



duct tape



dust mask



family contact info



phone & charger (solar)



emergency whistle



pet supplies



First Aid Kit

(list is compiled from the American Red Cross and Mayo Clinic Websites)

<ul style="list-style-type: none"><input type="checkbox"/> First Aid Manual<input type="checkbox"/> Adhesive Tape (10 yards x 1 inch)<input type="checkbox"/> Elastic Wrap bandages (Ace Bandage)<input type="checkbox"/> Adhesive Bandages (25 in assorted sizes)<input type="checkbox"/> Bandage strips and "butterfly" bandages (assorted sizes)<input type="checkbox"/> Assorted Non-stick sterile gauze bandages and roller gauze<ul style="list-style-type: none"><input type="checkbox"/> Roller Bandage 3 inch wide (1)<input type="checkbox"/> Roller Bandage 4 inch wide (1)<input type="checkbox"/> Sterile Roller gauze pads 3 x 3 in (5)<input type="checkbox"/> Sterile Roller gauze pads 4x 4 in (5)<input type="checkbox"/> Absorbent Compress Dressings (2)<input type="checkbox"/> Eye Shield or pad (1)<input type="checkbox"/> Triangular Bandage (2)<input type="checkbox"/> Splint (1)<input type="checkbox"/> Antibiotic ointment packets (5)<input type="checkbox"/> Antiseptic Wipe Packets (5)<input type="checkbox"/> Aspirin (81 mg each) (2)<input type="checkbox"/> Non-latex gloves (large) (at least 2 pair)	<ul style="list-style-type: none"><input type="checkbox"/> 2 hydrocortisone ointment packets (approximately 1 gram each)<input type="checkbox"/> Instant Cold Packs (2 minimum)<input type="checkbox"/> Emergency Blanket (1 per person, minimum)<input type="checkbox"/> Breathing Barrier (with one-way valve) (1) *for mouth to mouth resuscitation<input type="checkbox"/> Scissors and Tweezers (1 each)<input type="checkbox"/> Bulb suction (turkey basters work) for flushing wounds (1)<input type="checkbox"/> Duct Tape (1 roll)<input type="checkbox"/> Petroleum Jelly or other lubricant<input type="checkbox"/> Plastic Bags (assorted sizes)<input type="checkbox"/> Safety Pins (assorted sizes)<input type="checkbox"/> Soap or Hand sanitizer (1 bar or container)<input type="checkbox"/> Eyewash solution (1)<input type="checkbox"/> Thermometer (non-mercury/non-glass) (1)<input type="checkbox"/> Syringe/medicine cup or spoon (1)<input type="checkbox"/> Cotton Balls or cotton-tipped swabs
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Our Neighbors

Street Address	Street Address
<i>Residents' names</i>	<i>Residents' names</i>
<i>Phone</i>	<i>Phone</i>
<i>Email</i>	<i>Email</i>
<i>Emergency role</i>	<i>Emergency role</i>
<i>Other notes</i>	<i>Other notes</i>
Street Address	Street Address
<i>Residents' names</i>	<i>Residents' names</i>
<i>Phone</i>	<i>Phone</i>
<i>Email</i>	<i>Email</i>
<i>Emergency role</i>	<i>Emergency role</i>
<i>Other notes</i>	<i>Other notes</i>
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<i>Phone</i>	<i>Phone</i>
<i>Email</i>	<i>Email</i>
<i>Emergency role</i>	<i>Emergency role</i>
<i>Other notes</i>	<i>Other notes</i>
Street Address	Street Address
<i>Residents' names</i>	<i>Residents' names</i>
<i>Phone</i>	<i>Phone</i>
<i>Email</i>	<i>Email</i>
<i>Emergency role</i>	<i>Emergency role</i>
<i>Other notes</i>	<i>Other notes</i>

Out of Area Contact Person	
<i>Name (print):</i>	<i>Relationship:</i>
<i>Phone Number (with area code):</i>	
<i>Name (print):</i>	<i>Relationship:</i>
<i>Phone Number (with area code):</i>	
Tip: You may be able to text message your loved ones on your cell phone. Keep these messages short.	

What to Do During an Earthquake

1. **Drop, cover and hold on** – Duck under a strong table or desk and hold on. Otherwise, crouch down, cover your head and neck with your arms against an interior wall. Stay away from windows.
2. **Stay calm** – Keep calm and carry on. Keeping your wits about you will ensure that you make safe choices for yourself and those around you.
3. **Stay put** – Whether you're in a car, in bed, or in a public place, do not try to run out of the building during strong shaking, hold tight until the shaking stops. If you're outdoors, steer clear of wires or falling objects.

After an Earthquake

1. **Check your surroundings.** Check for damage, and for anyone who is injured and in need of attention.
2. **Leave a trail.** If you leave home, leave a sign telling friends and family your new location.
3. **Expect Aftershocks.** Aftershocks, which often follow large quakes, can cause damage, too.

Shelter in Place during an Emergency or for Recovery – When it is structurally safe to do so, you need to be prepared to shelter in place, such as using your damaged residence as shelter, even when power, water and other utilities are down. Closed roads and bridges may make it impossible to leave the city and mass care shelters may not be available. The length of time you may be required to shelter could be short, such as during a tornado warning, or long, such as during a pandemic or in the aftermath of a major earthquake. In the heat of an emergency, stay in shelter until local authorities say it is safe to leave. During extended periods of sheltering, you will need to manage water, food, medical and sanitation supplies to ensure you and your family have the required supplies and quantities. Being ready to set up a campsite in your yard or available public area may also be an option.

Emergency Communications

- You should expect that any form of communications that rely on technology may be interrupted or unavailable for hours, days or even weeks. Operability of different methods of communication will vary. For example, you may not be available to complete a phone call but text messaging may work.
- **Wireless Emergency Alerts** are text messages that can be sent by federal, state and local public safety officials and other organizations. These alerts are no more than 90 characters, and will include the type and time of the alert, any action you should take, as well as the agency issuing the alert. You may sign up to receive alerts with your carrier, and the government has the ability to send these to everyone.

- **The Emergency Alert System (EAS)** is a national public warning system that requires broadcasters, satellite digital audio service and direct broadcast satellite providers, cable television systems, and wireless cable systems to provide emergency messages. Tune in to radio or television broadcasts for information.
- **Power outages and communication devices.** You cannot control the networks for radio, television, telephones and Internet, but you can prepare to be able to power your devices should these services be available. Consider battery operated devices, having battery back-ups, solar chargers and other means to provide electricity in the event of a blackout.

HOW CAN YOU HELP?

The key to a resilient community response is community preparedness. It begins with the individual, expands to the neighborhood, the entire district and to the entire city. The reality is that there is no perfect plan to prepare for an emergency. We all need your involvement to be as resilient a community as possible. We are talking about saving lives, property and our way of life. Everyone has something to contribute. Here are some ideas to get you started and to advise what is currently in the works.

Join Resilient Sunset efforts:

- **Monthly Emergency Supply Campaign**

Purpose/description: An emergency supply promotion with local stores with the goal of encouraging residents to prepare themselves and their family for potential disasters, small or large. This campaign launched in September 2016, and residents can find a list of participating retailers and suggested supplies to purchase below. Some merchants are offering discounts for these supplies.

Involvement: We encourage each one of you to follow the campaign and stock up on supplies to build your own personal preparedness kit. For more information, contact Ashley Summers from Supervisor Katy Tang's Office at Ashley.Summers@sfgov.org or (415) 554-7460.

Monthly Emergency Supply Campaign

MONTH	Ace Hardware	Great Wall Hardware	Noriega Produce	Other Avenues	Sunset Pet Supply	Walgreens
SEPT 2016	Rayovac Floating Lantern with 6V Battery, American Red Cross Blackout Buddy, Duracell 6V Battery	Flashlights, Batteries	Non-Perishable Food and Water	Canned Food, Bulk Food	Pet Tangs, Emergency Leashes, Water Bowls	Flashlights, Batteries
OCT 2016	American Red Cross First Aid Kit 299 pieces, First Alert Standard Home Fire Extinguisher, Ready America Grab and Go 3-day 2person Emergency Pack	Fire Extinguisher, First Aid Kits	Moist Towelettes, Garbage Bags, Plastic Ties	Most Towelettes, Garbage Bags, Plastic Ties	Pet First Aid Class	Warm Blankets, First Aid Kit, Aspirin, Anti-diarrhea, Antacid, Laxative
NOV 2016	First Alert Photoelectric Smoke Detector, 10 Year First Alert Carbon Monoxide, 10 Year, Duracell 9-V 2 pack Batteries	Smoke Alarm, CO Detector, Batteries	First Aid Supplies	First Aid Supplies, Safe Sun Protection	First Aid Kits	Smoke Alarms, CO2 Detectors Batteries
DEC 2016	Compact Can Opener Clorox Bleach, 64oz. Lifestraw Straw Style Filtration Blue	Can Opener, Bleach	Infant Formula, Infant Food/Snacks, Diapers/Wipes	Infant Food/Snacks, Diapers/Wipes, Diaper Rash Cream	15% Off on 2nd Bag of Pet Food (Back Up), Window Decals	Bleach, Medicine Dropper
JAN 2017	Rayovac Cell Phone Charger, 7 Hour, Duracell AA Batteries, 12 Pack	Emergency Weather Radio, Portable Charger	Beverages, Snacks	Canned Food, Bulk Food	Pet Beds	Portable Radio
FEB 2017	Apartment Tool Set 27 Pieces, Gas Shut-Off Wrench	Tool Set, Hammer, Pipe Wrench	Non-Perishable Food and Water	Books, Games, Puzzles	Calming Treats, Pet Carriers	Tool Kit
MARCH 2017	First Alert Battery Powered Smoke and Carbon Monoxide Alarm, Emergency Candles 4 Pack	Smoke Alarm, CO Detector, Batteries	Feminine Supplies, Personal Hygiene Items	Canned Food, Bulk Food	Muzzles and Calming Cap for Cats	Infant Formula, Infant Food/Snacks, Diapers/Wipes/Rash Cream
APRIL 2017	Ace Duct Tape 60 Yards, Contractor Bags Heavy Duty, Glove Plus Nitrile Black Gloves	Duct Tape, Heavy Duty Plastic Bags, Gloves	Asprin or Non-Aspirin Pain Reliever	Feminine Supplies, Personal Hygiene Items	Chew Toys	Moist Towelettes, Garbage Bags, Plastic Ties, Feminine Supplies, Personal Hygiene Items
MAY 2017	Pet Carriers - Order Only	Pet Carriers	Pet Food	Pet Food	Tie Outs and Stakes	Pet Food, Pet Supplies
JUNE 2017	Key Ring Tube Whistle, 2 Pack 3M Particulate Respirator, 2 Pack Greenlight Matches 10 box Pack	Whistle, Dust Mask, Matches	Feminine Supplies, Personal Hygiene Items	Anti-diarrhea, Antacid and Laxative Herbs	Kong Toys	Whistle, Dust Mask, Matches, Plastic Baggies
JULY 2017	Diamond Vision 9" 50 pack Paper Plates, Sparkle Paper Towels 6 Pack, Solo Plastic Cups 18oz 30 Pack, Diamond Forster White Plastic Cutlery 48Pack	Mess Kits: Paper Plate, Utensils, Paper Cups & Paper Towels	Mess Kits: Paper Plate, Utensils, Paper Cups & Paper Towels	Reusable Utensils and Paper Towels	Earth Bath Pet Wipes, Natures Miracle Stain and Odor	Mess Kits: Paper Plate, Utensils, Paper Cups & Paper Towels
AUG 2017	Emergency Poncho 50" x 80", Grabber Thermal Blanket 56" x 84"	Emergency Blanket, Emergency Poncho	Bleach	Alternative to Chlorine Bleach and Safe/Green Cleaning Products	Harnesses	Books, Games, Puzzles

- **Neighborhood Supply Bins Pilot Program**

Purpose/description: Provide bins of stockpiled emergency preparedness supplies in private residences for those who are certified in the Neighborhood Emergency Response Team (NERT) program or who participate as a neighborhood watch group as part of San Francisco Safety Awareness for Everyone (SF SAFE). Bins will also be placed in key public areas. In coordination with Recology, a new Red Bin will be designed to contain emergency supplies. These bins will serve as mini resource centers for neighbors during/after a disaster. Supervisor Tang's Office will work to secure an initial round of basic supplies for each Red Bin. Residents who receive these free bins will be required to disclose in the NERT or SF SAFE roster that they have a bin, and to update their supplies each year.

Involvement: If you are NERT-certified or part of a neighborhood watch group with SF SAFE, you are qualified to receive a free Red Bin with supplies. Residents who accept the challenge will be asked to agree to replenish and update the emergency supplies and to work with neighbors in the event of an emergency. Please contact Ray Law from Supervisor Katy Tang's Office if you are interested: Ray.Law@sfgov.org or (415) 554-7460. You may also be contacted about this directly from NERT or SF SAFE.

- **Neighborhood Resiliency Resource Centers**

Purpose: Serve as a physical hub to facilitate effective coordinated response dependent on the nature and scope of a disaster or emergency; to assess needs, provide resources and develop a culturally competent communication plan; and, to provide shelter options, relaying information by a coordinated volunteer response.

Involvement: Currently, there is an effort underway to develop a Central Sunset Hub, comprised of St. Ignatius College Preparatory; Sunset Elementary School; Ortega Branch Library, A.P. Giannini Middle School; and West Sunset Playground.

We are looking to have Sunset District organizations, faith-based establishments, and businesses serve as Neighborhood Resiliency Resource Centers. You may be part of an organization or business where neighbors will naturally flock to during the event of an emergency. We want to help you become better prepared in the event that this occurs. For example, we want to make sure you have your own emergency preparedness plan for your site; that you and your staff know basic CPR and other First Aid skills; that you have emergency supplies on site; and you know how to deal with crowds if they arrive at your door. If you are interested in serving as a Neighborhood Resiliency Resource Center, contact Katy.Tang@sfgov.org or (415) 554-7460.

Additional ways to get involved:

- **Know your neighbors.** Start with a smile, an introduction or handshake and work up to an invitation to a potluck dinner.
- **Be a joiner.** Start with a neighborhood social network, e.g. www.nextdoor.com (free), where you can learn about resources, community events, neighbor-to-neighbor referrals.
- **Start or join a special interest group.** This could be through a book club, gardening club, a surfing group, babysitting swap, or starting a local organized sports club.
- **Organize a neighborhood garage sale or swap meet** that specializes in special needs, such as back-to-school supplies, children's clothing, tools, exercise equipment, sporting goods, or emergency supplies.
- **Stay updated with emergency response skills.** Maybe you are already CPR trained or NERT-certified. Take the time to update your training. There are free & ongoing courses throughout the city. (See "Sunset District Resources" section)
- **Attend neighborhood group meetings** and engage by sharing your thoughts & opinions. To see a list of standing community meetings in the district, visit: <http://sfbos.org/supervisor-tang-standing-community-meetings>
- **Sign up for the district's monthly newsletter** so you can stay abreast of events & progress of the Resilient Sunset Action Plan. To subscribe, visit: <https://docs.google.com/forms/d/e/1FAIpQLSeinhI4V6vTu8f2tbdY9n9pW1nmwgNmTD0NtIO6xIxrF8SG6w/viewform?c=0&w=1>
- **If you can, get out of the house and do things.** If you can't, use your home computer to stay tuned to your community. If you cannot do that, let your voice be heard so your neighbors know your special needs and can help when the time arises.
- **Join or start a neighborhood "watch" program.** Find out if one already exists or get help starting one in your area by contacting SF SAFE. www.sfsafe.org. (415 553-1984).
- **Make it personal.** Go to www.SF72.org for additional tools and resources in setting up your own emergency plan.

This document will continue to evolve. Keep in touch and share your information with your neighbors. Communication is our best weapon against fear and panic.

We are the Resilient Sunset.

Questions? Want to get involved?
Contact: Office of Supervisor Katy Tang
(415) 554-7460
www.sfbos.org/Tang