

Preparedness starts with knowing our neighbors.

Neighborhood-level Preparedness Organizations

All disasters are local. The most prepared neighborhoods, where neighbors are closely connected, survive with the lowest adverse impacts and recover the fastest. These are resilient communities.

Local neighborhood-level disaster preparedness organizations, help to meet MAJOR GAPS in our community's disaster preparedness. These organizations help our government to cost-effectively build a prepared community. When we work together, across the whole of community, *before the disaster and after*, collective resiliency increases.

Local community preparedness starts with a block coordinator, or equivalent, who helps neighbors get socially connected, organized, and prepared.



Prepare in Community!

Atherton A.D.A.P.T.

A.D.A.P.T. typically meets the first Saturday of each month at 9 a.m. Please visit <https://www.getreadyatherton.org/>.

East Palo Alto rEPAct

rEPAct typically meets the second Saturday of each month at 9 a.m. Please visit <https://repact.org/>.

Menlo Park MPC Ready

MPC Ready typically meets the fourth Saturday of each month at 9 a.m. Please visit <https://mpcready.org/>.

North Fair Oaks Block Action Team

For more information, please visit <https://northfoca.org/bat/>.

Amateur Radio Communications

For more information, please contact Jon Mosby at kf6rfq@arrl.net or 650-867-8581 or visit South County ARES at <https://k6mpn.org/>.

SMC Health Medical Reserve Corps

Please visit <https://www.smchealth.org/mrc>.

Menlo Fire CERT Program

Please visit <https://www.menlofirecert.com/>.

Helping Neighbors, Block-by-Block, Prepare for Disasters



Seeking volunteers in Atherton, East Palo Alto, Menlo Park, North Fair Oaks, and unincorporated county areas

Revised 21 September 2023



Introduction

Experts used to advise us to store 72-hours of emergency supplies, per person. That is a good start and helpful for short-term emergencies.

However, these same experts now advise us to be 14+ days ready! Why? Because a major disaster is likely to leave transportation routes and infrastructure lifelines severely impacted. Restoring each service may take weeks or even months. Professional first responders will be overwhelmed and limited in number.



Getting disaster prepared requires a collaborative effort. This brochure briefly describes the purpose of *local*:

1. Neighborhood-level disaster preparedness organizations;
2. Medical Emergency Reserve Corps;
3. Community Emergency Response Team Training (CERT); and
4. Auxiliary Communications.

Additional Roles

The following sections describe three roles requiring additional training. Ideally, every “block” has a coordinator, CERT, HAM and MRC member. Some people wear multiple “hats.” However, during a disaster we typically wear one primary hat.



The San Mateo County Health Medical Reserve Corps (MRC) volunteers, organized locally, work to improve the health and safety of their communities. They also help bolster local emergency planning and response capabilities.



The CERT training, typically 24 hours long, follows a FEMA-developed curriculum. CERT training includes disaster first aid, disaster psychology, light search and rescue and fire suppression. The CERT team focus is typically on disaster “response.”

Auxiliary Communications: HAM Radio Operators

The Amateur Radio Emergency Service (ARES) provides vital communications resources during disasters.

HAM volunteers often provide free radio communications during community events as a public service. These include parades, walking and bicycling events, health clinics, dignitary visits, and high school grad night. Training and mentoring are provided for events.

Weekly rollcalls (Nets) on the air allow HAMs to check their equipment, practice protocols, and stay in touch with other HAMs. Visit <https://mpcready.org/emergency-radio-communications/> for more information.

The South County ARES group also helps residents learn to use a Family Radio Service (FRS), General Mobile Radio Service (GMRS) and/or HAM radio.

