

# Emergency Preparedness Services Newsletter

Volume 2024, Issue 12

December 2024

[www.fresno.gov/prepare](http://www.fresno.gov/prepare)

## Resolve to PREPARE

### New Year's Resolutions You Can Keep!

Nearly every year, many people see the beginning of a new year as a time to make changes, to renew our dedication to self-improvement and start new routines.

- Build a food supply that can last you and household for a 2-week period, in an emergency where you must shelter in place. Choose foods that you will eat, (no chocolate covered okra, unless it is your favorite) and food that will last on the shelf for 12 months. Then rotate the stock, using the First In, First Out method. [Food | Ready.gov](http://FoodReady.gov) Don't forget water (see below).
- Children's games and supplies: If you have children or grandchildren, be sure to stock up on games and craft supplies, for long stays at home (remember COVID-19?). There are even a few Emergency Preparedness games you can play: [50 Best Emergency Preparedness Lesson Plans and Activities for Kids of All Ages Preschool to K12](#)
- Take a First Aid/CPR Class to be prepared to handle health emergencies or injuries. The class will give you the confidence to act, to know when to call 911 and you may save a life! Check schools, at work or churches for low-cost classes.

#### QUESTION:

**How much water should you have on hand in case of an emergency?**



#### ANSWER:

You need one gallon of water per person, per day for drinking and "spit baths" (personal hygiene using a wet washcloth).

That's SEVEN GALLONS per person per week, multiplied by number of household members. And if you have pets, another half-gallon at least (depending on the size of the pet) per day.

City water pumps run on electricity, so if the power goes out, eventually you won't have water being pumped to your home. Stock up now, a few gallons at a time to be prepared!

**Next Month:** Learn how to transition into the Recovery Phase following an emergency.



This informational newsletter is provided by the City of Fresno for the purpose of assisting in emergency preparedness within the community.

To make suggestions or inquiries contact:

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For more Emergency Preparedness tools, go to:  
[www.fresno.gov/prepare](http://www.fresno.gov/prepare)



Emergency Prevention and practice will help you to avoid some situations that may put you in emergency and disaster situations. It involves risk assessment and prevention, taking actions now to stay out of danger. **What emergencies are most likely to occur where you work or at home?**

Have you developed strategies and stockpiled critical supplies such as food, water, medical equipment, personal protective equipment (PPE), and other necessities before an emergency.

**Emergency preparedness ensures people have the knowledge, skills, and supplies to stay safe.**

Following Prevention and Preparation, Emergency Response occurs when or immediately after an emergency. It typically involves first responders like firefighters or police officers responsible for rescuing individuals from harm's way and mitigating further damage. But until the first responders arrive, leaders and bystanders can provide help to evacuate to an area of safety or be trained in "shelter in place" responses, and in basic first aid. **Are you ready to respond until the first responders arrive? Do you know how to evacuate from your workplace? When to call 911 and then family members or friends?**

The Last Phase: **Recovery.**  
Check out the EPS Newsletter in January!