

# Emergency Preparedness Services Newsletter

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

## Evacuations: What to Do to Prepare and Drill

### Planned

Planned: Most of the City Departments have Emergency Plans that recommend an Evacuation Drill annually. Working with your Director you should consider how much employee turnover and recruitment happens at your workplace and if you have seasonal employees to include in your drills. Is emergency evacuation information included in orientation? Make sure that your Manager/Director supports this practice, communicating to employees that whenever they hear the alarm they are to vacate to the Assembly Site to be present for taking roll. Have a roll sheet that is up to date, ready for a drill or actual evacuation.

### Posted

Posted: Do you have evacuation routes posted in prominent places such as near every exit, in the breakroom or even over the copy machine where employees or visitors may stop for a minute and take in the information.

### Practiced

Practiced: We all remember participating in a fire drill at elementary school, the alarm sounds, we head to the playground, line up and the teacher takes roll. All accounted for? Great. We wait for the "All Clear" and head back to our classroom. We practiced so that there would be no loss of life if it happened "for real". And those practice session are just as important today in our workplace. Perhaps you can recommend to the Department Director or Safety Officer in your building or department scheduling an annual evacuation/fire drill, prepare and then practice. Be sure to debrief afterward and discuss how you can improve the process. **Are you ready?**

Emergency Preparedness Newsletter  
This quarterly, 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: [Kathleen.henry@fresno.gov](mailto:Kathleen.henry@fresno.gov)  
For more Emergency Preparedness tools, go to: [www.fresno.gov/prepare](http://www.fresno.gov/prepare)



## 10 Life Saving Skills You Should Know

1. CPR
2. Use of an AED
3. Choking Intervention
4. Basic First Aid
5. Water: Safety/Swimming
6. Signs of a Stroke
7. Fire Safety
8. Recognizing Heatstroke and/or Hypothermia
9. Wilderness Skills/Emergency Sheltering
10. Preparing for Emergencies-Prepare a Kit, Make a Plan, Stay informed of the current situation.  
(Adapted from hseblog.com)



Emergencies and disasters can be very traumatic and distressing for both victims and responders. As an Emergency Coordinator, you may have an event where you are supporting a co-worker and can use this information. Each video is about 55 minutes, with really great information!

[Psychological First Aid: Addressing Mental Health Distress During Disasters](#)

[Disasters—Keeping Volunteers, Workers, and Responders Safe](#)

[Addressing the Needs of People with Disabilities in Public Health Emergencies](#)

### **Don't Forget Your Pets**

[Hot Weather Safety Tips | ASPCA](#)

**Give pets plenty of fresh, clean water.**

**Know the symptoms of overheating in pets,** which include excessive panting or difficulty breathing, increased heart and respiratory rate, drooling, mild weakness, stupor or even collapse.

**Never leave your animals alone in a parked vehicle.**

**Know that animals with flat faces,** like Pugs and Persian cats, are more susceptible to heat stroke since they cannot pant as effectively. These pets, along with the elderly, the overweight and those with heart or lung diseases, should be kept cool in air-conditioned rooms as much as possible.

**Never use fireworks around pets.** Exposure to lit fireworks can potentially result in severe burns or trauma, and even unused fireworks can contain hazardous materials.

### **BE READY: A resource links list:**

[What Do You Need In a Survival Kit | American Red Cross](#)

[Important Safety Questions Every Kid Should Know and Ask | The Kids Point](#)

**Safety Quiz for Kids from YouTube (cartoon)**

<https://youtu.be/qWO90Fsn2wc>

[25 Safety Topics For Meetings To Discuss For a Better Workplace](#)

[10 preps people forget until it's too late](#)

[ready\\_12-ways-to-prepare\\_postcard.pdf](#)

[EMERGENCY-EXIT-ROUTES-FACTSHEET.pdf](#) (OSHA)

### **Emergency Coordinators Quarterly Meeting**

**August 19, 2026, 9:00 am to 10:00 am at**

**Fresno Fire HQ**

**911 H Street, Fresno, CA 93721**

**Guest Speaker: Naomi E. Flam, President of  
Central California Animal Disaster Team**

**Plus, special mini-skills training!**

**Learn Hands Only CPR and how to use a fire  
extinguisher.**



**Naomi Flam, CCADT**

#### **CCADT Mission:**

**"To mitigate the loss of human and animal lives by providing disaster response assistance for displaced animals during natural and human-caused disasters in Central California; to promote the prevention of cruelty to animals; and to foster the human-animal bond."**

### **Do you carry a**

### **Personal Protective Equipment Kit (PPE)?**



Along with a small first aid kit, you may want to consider adding a PPE Kit to help prevent the spread of infection if you decide to help someone in need of medical assistance.

This is easy, just put the above items in a gallon-sized zip bag, put it in your glove box or carry bag/purse and you're ready. Most needed items: a mask(s), gloves (a few pair) and a small bottle of sanitizer (use before and after you give care). And remember, you are not just protecting yourself from the patient's germs, but you may be protecting them from any infections you may pass on while having contact.



### **CHECK CALL CARE**

First Aid App from the American Red Cross for your iPhone, so you have information you need after calling 911 in an emergency:

<https://apps.apple.com/us/app/first-aid-american-red-cross/id529160691>