



Emergency Preparedness Resources for Foster City Residents



Community Emergency Preparedness

We all recognize the need to be prepared for a major disaster in Foster City. Any hazard has the potential to place additional burdens on emergency response agencies.

During a major emergency, Fire, Police and other City departments will set priorities according to the most critical needs. For that reason, residents may not receive the routine services that they expect under normal conditions and should be prepared to be self-reliant for up to 72 hours.

“Self reliant” means having a plan for your family, getting training in basic skills and storing enough water, food, medical supplies and other necessities to get by without access to grocery stores, banks, gas stations and pharmacies.

Ultimately, each person is responsible for personal and family Emergency Preparedness, but the City has resources to assist you! This guide will direct you to information and resources that will help you ensure your security after a disaster. Take the time to prepare before a disaster strikes.

City Council and Foster City Fire Department

The City and Emergency Preparedness

Cities, like people, plan in advance for emergencies that threaten harm to residents and disruption of City services.

Foster City’s Emergency Plan defines the most critical roles and responsibilities to be performed so that essential City services are carried out quickly and thoroughly.

The "all-threat" plan prepares for any event from natural disaster to technological threat, and other hazards such as airline crashes, fires or hazardous materials spills.

Resources

Foster City Fire Department
650-286-3350; www.fostercity.org

The American Red Cross
1-800-667-2968; www.bayarea-redcross.org

The American Heart Association
1-800-242-8721; www.americanheart.com

US Department of Homeland Security
www.ready.gov

Governor’s Office of Emergency Services
(813) 286-3400; www.oes.ca.gov

Federal Emergency Mgmt Administration
www.fema.gov

Bringing It Together...

Help your homeowners association, church congregation, service club or other group members be more prepared! Invite the City to present information at your next meeting or begin an awareness campaign.

Free Services from the City

Emergency Preparedness Seminar

In an interactive 1-2 hour session you will get information on how to respond effectively and decisively in an emergency. Special emphasis is placed on emergencies that are most likely to occur in Foster City. This program is scheduled annually at the Fire Station or will be presented at your group’s event on request.

Neighborhood Emergency Response Training (NERT)

This in-depth, 6-hour training is available when there are at least 12 interested participants. Participants need not be from a single neighborhood, but group programs are encouraged. Contact the Fire Department.

Emergency Preparedness Publications

Get your free copy of the Emergency Preparedness Guide for Families and Individuals and other preparedness publications from the Fire Station or www.fostercity.org.

Smoke Detector Program

Thanks to the generosity of sponsors, the Foster City Fire Department provides smoke detectors and installation for Foster City residents who would otherwise be unable to obtain and install them. Call the Fire Station about qualifying.

Televised Information

The City periodically runs short informational segments on FCTV, Cable Channel 27, regarding basic emergency preparedness. Tune in to learn more!

Other Training and Information

First Aid: Contact the American Red Cross

Cardiopulmonary Resuscitation (CPR)

This course teaches lay rescuers how to recognize and treat life threatening emergencies, including cardiac arrest and choking for adult, child and infant victims. Scheduled six times per year at the Fire Station. (Fee: \$20)

10 ways YOU can be Disaster Prepared

1. Identify your risk
2. Create a family disaster plan
3. Practice your disaster plan
4. Build a disaster supply kit for your home and car
5. Prepare your children
6. Don’t forget those with special needs
7. Learn CPR and First Aid
8. Eliminate hazards in your home and workplace
9. Understand post-9/11 risks
10. Get involved, volunteer, take responsibility