

What To Do Immediately After a Major* Earthquake

1. Exit the dwelling **AFTER** shaking stops and go to family Assembly Point.

- Grab first aid kit
- Grab HT, scanner, and a portable radio

2. Check all occupants of dwelling for injuries

- Give immediate first aid to life threatening injuries (bleeding, etc.). Call for help. Assign someone to go for help if needed.
- Search for victims trapped in dwelling if not at gathering point. Call for help if you can't remove them.
- Assign someone to give first aid to minor injuries.

3. Assign someone to monitor broadcast radio for disaster information.

- Tune to an Emergency Alert Station (EAS) station.

4. Do a quick check for structural damage to dwelling.

- Walk around exterior of dwelling and look for signs of structural damage.
- Determine if dwelling is safe to enter for actions that follow.

5. Check for natural gas leaks. Turn off main gas supply at gas meter **ONLY** if needed.

- Check outside of dwelling first.
- Check water heater (see 6a also), furnace, stove/range top, clothes dryer, fireplace inserts, etc.

6. Secure Water Resources

- a. Turn OFF cold water supply valve to hot water heater(s), set to water heater to Pilot.
- b. Assign someone to seal drain(s) and fill bathtub(s) with COLD water (for later use in toilets). Do NOT open hot water valves on bathtub(s).
- c. Take stored water and drinks to safe location.

7. Secure Food Resources

- Gather all non-perishable foods first and take to a safe place.
- If electricity is out, do not open refrigerator or freezer.

8. Secure Living Accommodations

- Determine if dwelling is habitable. Survey inside for structural damage that could lead to structural collapse during an aftershock.
- Set up "camp" outside if necessary. Remove necessary items from dwelling.

9. Check on Neighbors.

- Provide assistance if needed.

10. Check in on Ham Radio Nets.

- Check-in on resource nets
- Provide assistance if family situation is stable.
- Collect Grab-and-Go kits, go to assigned area.

Radio Stations

KCBS news 740

<http://preparebayarea.org/>

* one that is likely to have caused wide spread damage and/or damage to your dwelling.

ADAPTATION OF MODIFIED MERCALLI SCALE FOR ARES/RACES EARTHQUAKE REPORTING
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Updated April 14, 2009

The modified Mercalli scale offers a way to calibrate what are subjective assessments of the strength of an earthquake. However, there are too many descriptors within the modified Mercalli scale to permit quick assessment when reporting damage on ARES/RACES nets immediately after an earthquake.

Therefore, I would like to suggest an even more abbreviated version of the Modified Mercalli Scale, from now on referred to as the "Mike Mike" scale.

Mike-Mike 1 – Not felt at all

Mike-Mike 2 – Barely noticed

Mike-Mike 3 – Know it was an earthquake somewhere

Mike-Mike 4 – Windows, dishes rattle

Mike-Mike 5 – Pictures move, doors swing, small items on floor

Mike-Mike 6 – Glassware broken, books off shelf, floor lamps topple

Mike-Mike 7 – Furniture broken, cannot stand, chimneys fall

Mike-Mike 8 – Buildings collapsed

I do not think we need to track beyond Mike-Mike 8 -.

We will announce these Mike-Mike levels at the time of an earthquake, so that everyone that is listening will be able to use the same standards. The proper response is "This is KE6AGJ, Mike-Mike 4, Los Altos"

SANTA CLARA COUNTY ARES/RACES ACTIVATION LEVELS

Level	Conditions	Method of Notification	Ham Response
Advisory	A storm, city event, or other conditions that <i>may</i> develop into a situation requiring RACES response.	<ul style="list-style-type: none"> • An ADVISORY Notification message is placed on the Santa Clara County ARES/RACES web site and updated as necessary. • An e-mail message is sent to the scc-ec e-mail group, and to the Santa Clara County MAC notification group. 	ARES/RACES hams should review their equipment - no other action is required.
Alert	A city has activated their RACES group in anticipation of a condition that may develop into a situation requiring RACES response.	<ul style="list-style-type: none"> • An ALERT Notification message is placed on the Santa Clara County ARES/RACES web site and updated as necessary. • An e-mail is sent to the scc-ec email group, and to the Santa Clara County MAC notification group. • Text messages are sent to those on the SCC text notification list • This ALERT notification is announced hourly on the 146.115 repeater. 	<ul style="list-style-type: none"> • Review equipment and be ready for dispatch • Monitor the 146.115 repeater, and the Santa Clara County ARES/RACES web site for updates. • Hams are to be aware that they may be called in response to changing conditions
Staging	A city dispatches city hams as RACES responders, or a city or agency notifies Santa Clara County OES that there may be a need for RACES mutual aid.	<ul style="list-style-type: none"> • A STAGING Notification message is placed on the Santa Clara County ARES/RACES web site and updated as necessary. • An e-mail is sent to the scc-ec e-mail group, and to the Santa Clara County MAC notification group. • Text messages are sent to those on the SCC text notification list • This STAGING notification is announced every half-hour on the 146.115 repeater. 	<ul style="list-style-type: none"> • Be ready to respond within fifteen minutes of notification of RACES activation. • MACs should contact their city ECs to announce their availability, obtain approval for their response, and have their equipment and vehicle ready. • Announcements are made on the 146.115 repeater at 15 minute intervals updating information as it becomes available. <p>NOTE: DO NOT DO ANY TRAVELING in response to this notification until an actual Santa Clara County RACES activation announcement is made and the MAC is given a specific assignment by the Resource Net Control.</p>
RACES Activation	A city or other agency requests RACES mutual aid from Santa Clara County OES, prompting an activation of Santa Clara County RACES.	<ul style="list-style-type: none"> • A RACES ACTIVATION Notification message is placed on the Santa Clara County ARES/RACES web site and updated as necessary. • An e-mail is sent to the scc-ec e-mail group, and to the Santa Clara County MAC notification group. • Text messages are sent to those on the SCC text notification list • This RACES ACTIVATION notification is announced every FIFTEEN MINUTES on the 146.115 repeater. 	<p>The Santa Clara County ARES/RACES Resource Net is activated, and MAC's will obtain assignments from the Resource Net control as the situation dictates.</p> <p>Remember, in order to respond to the county activation:</p> <ul style="list-style-type: none"> • You must contact your city EC (or AEC) for permission to respond to the county activation. There may be a need for you in the city. • You must be registered as a Santa Clara County OES as a MAC and Disaster Service Worker. • You must be given an assignment that you have been trained for and you believe is safe for you. • You must be given the RACES activation number. • You must keep you dispatcher informed of your location at all times.

Los Altos and County Frequencies

4/18/2009

Frequency	offset/tone	Program These	Call Sign	Location/Sponsor	Function
52.525	simplex		<i>national</i>	<i>calling</i>	<i>frequency</i>
144.910	simplex		W6XSC-1		County Packet - W6XSC-1
144.950	simplex				County Hospital Packet Ne
145.070	simplex	145.070	K6LOS	Mountain View - Los Altos	Packet - K6MTV in Mntn View
145.170	-,94.8		K6GL	Sunnyvale	SVL Tactical
145.210	-,123.0		KD6YYJ		Cnty Resource Net So (future
145.230	-,100.0	145.230	N6NFI	Palo Alto-SPARK/SAR	Hospital Net
145.250	-,123.0		NA6MF	NASA-Ames	
145.270	-,100.0	145.270	W6ASH	EC Hosp - SPECS	Cnty Resource Net North-LA Cmnd
145.450	-,100.0		K6FB	Los Gatos-LCARC	County Message Net Alt 2
145.570	simplex	145.570	K6LOS	Los Altos-LAARES	Los Altos Tactical Alt
146.115	+,100.0		AA6BT	San Jose-SVECS	County Resource Net Primary
146.415				Mountain View - ARES	Mountain View Secondary Tactical
146.490	simplex				Stanford Tactical 1
146.520	simplex	146.520	<i>national</i>	<i>calling</i>	<i>frequency</i>
146.535	simplex		K6MTV	Mountain View-ARES	Mountain View Tactica
146.550	simplex		K6LOS	Los Altos-LAARES	Los Altos Tactical Alt Alt
146.595	simplex	146.595	K6LOS	Los Altos-LAARES	Los Altos Tactical
146.640	-,162.2		WR6ABD	LPRC	National Traffic System
146.745	-,110.9	146.745	W6LAH	Los Altos Hills ARES	ARES/RACES
146.760	-,151.4		WB6OQS	San Jose-SCVRS	Cnty Message Net Alt 1/ARC
147.360	+,110.9	147.360	W6TI	PA-NCDXC	County Message Ne
147.405	simplex			Sunnyvale	SVL Resource Cooc
147.435	simplex		W6LAH	Los Altos Hills-ARES	LAH Tactical & Commanc
147.460	simplex	147.460	K6MTV	Mountain View ARES	Mountain View Tertiary Tactica
147.540	simplex			Palo Alto ARES	PA Tactical
147.570	sim,151.4			Cupertino ARES	Cupertino Tactical 1
223.500	simplex		<i>national</i>	<i>calling</i>	<i>frequency</i>
223.660	simplex		W6XSC-1		County Packet - W6XSC-1
224.140	-,100.0		W6ASH	EC Hosp -SPECS	
433.530	simplex		W6XSC-1		County Packet - W6XSC-1
440.200	+,123.0		N6BDE	Stanford-SUARES	Stanford-primary emergenc
440.800	+,100.0	440.800	W6ASH	EC Hosp -SPECS	Los Altos Command Alt
440.875	+,100.0	440.875	KH6N	Los Altos-LAARES	Los Altos Tactical Alt
442.500	+,100.0		WB6ZVW		County Command Ne
443.275	+,107.2		K6SNY		
444.300	+,162.2		WB6RNH	SJ ARC TalkAround	County Command Net Al
444.600	+,141.3		WB6OQS	San Jose - SCVRS	SJ ARC
444.625	+,110.9		N6NAC		County Resource Net Soutt
446.000	simplex		<i>national</i>	<i>calling</i>	<i>frequency</i>
1282.500	-,88.5		W6YX	Stanford - SUARES	
1294.500	simplex		<i>national</i>	<i>calling</i>	<i>frequency</i>
Police, Fire, Sheriff, etc. - Phone numbers are for Business Office NOT 911					
483.0625	136.5		KGK702	Los Altos Dispatch & Primary	Police - 650.947.277C
482.7875, 483.2125				Los Altos Secondary & Tac	LA Police on MTV channe
154.2500	162.2			Los Altos/County	Fire - dispatch - 408.378.401C
154.4000	110.9			Los Altos/County	Fire - command &
154.1750	162.2			Los Altos/County	Fire - tactical/call mobil/por
460.1250				Los Altos	Public Works - 650.947.2785
37.0800				County EOC	EOC to EOC - 408.808.7880
154.28, 154.265, 154.295				SC County Fire Mut Aic	White Fire 1, 2, 3
155.475, 482.3375				SC County Law Mut Aic	BAYMACS
153.7550				CESRS	CA Emer Svs Radio Sys
154.92, 154.935, 455.475, 460.025				CLEMARS	on-scene Law Enforcemen
156.0750				CALCORD	mobile on-scene command channe
155.7000	digital		P-25	Sheriff	Cup&LAH - 408.299.2311
156.2100	179.9			Sheriff - Control 1	Cup&LAH - Grave [HQ]
154.8000				Sheriff - Tac 5	West Side Tactical
155.7225	179.9				FHDA Police
151.2350	123.0/203.5				MROSD
151.1900	162.2		WPNZ857	SC County	SCC Search & Rescue Repeate
42.5000				CHP	Ruby - SJ - 408.467.540C
42.0800				CHP	White - Rwc - 650.369.5261
482.9875	162.2			Los Altos Hills	Public Works
482.6125	110.9			Stanford	Police
482.5125	110.9			Mountain View	Police - 650.903.6395
154.0250	110.9			Mountain View	Fire - 650.903.6365
453.0500	110.9			Mountain View	Public Works
482.6125	110.9			Palo Alto	Police - 650.780.710C
153.7700	110.9			Palo Alto	Fire - 650.780.740C
453.7000	110.9			Palo Alto	Public Works
482.9625	141.3			Sunnyvale	Police - 408.730.710C
482.7125	141.3			Sunnyvale	Fire - 408.730.710C
453.8000	100			Sunnyvale	Public Works
482.5625	127.3			Cupertino	Public Works

Go-Kit Contents Checklist

DAY-PACK (12 HOURS)

Equipment:

2M Handheld Radio & manual required

2M/440 Handheld Radio & manual

Charged Batteries (NiCad and/or fresh alkaline batteries)

Cigarette lighter adapter

Headphones or Earphones

Speaker-mike

Antenna adapters, coax connectors/cables to connect your HT to the PL-259 connectors on the school antennas

Phillips screwdriver to open the school antenna box

Spare/Alternate antennas

Magnetic mount Antenna for car

J-pole - Roll-up or fixed 2M

required; (440 recommended)

window clip antenna mount

HT high gain antenna

Mask or goggles

Duct tape

Work gloves

Compass or GPS

Small tool kit for minor equipment

repairs or adaptations

Marker pens

Clothing:

Jacket

Boots

Lightweight raingear

Warm clothing (Preferably in Layers)

Hat

Personal:

Prescription medication

List of medication used

Tylenol

Antacid tablets

Eye Glasses + spares

Sunglasses

Sun screen

Hand Soap and Sanitizer

Watch or clock

Insect repellent

First Aid Kit

Food (Granola Bars/high calorie snack)

Toilet paper

Documentation:

Maps

Forms:

Comm. Log #SCCo-ICS 309

Message form #SCCo-ICS 213

Notepads (standard or waterproof) with

Clipboard

Pens/pencils

DSW card/Ham license

Drivers license

Repeater directory

Emergency City or County contact list

Police/Fire phone numbers

Miscellaneous:

Hard hat/safety reflective vest

Utility knife

Flashlight & spare batteries

Vehicle fueled - 1/2 full at all times

Money (paper & coin)

Food & Water:

Food - power bars, trail mix

Water

Other considerations:

mast and 25 ft. of cable

Can opener

Cell phone + charger and/or vehicle

charger/adaptor

Rope

Small cooler or ice chest

Folding chair

Coffee

CERT forms

Red Cross forms

Can opener

Eating utensils

Satellite phone

Folding chair

PACKET GO-KIT

(Strongly recommended)

HT

KPC3 TNC + HT compatible cable

Battery

Case to carry it all in (briefcase)

Mag Mount or suitable auxiliary antenna

Laptop with battery

20 Ah SLA battery

12 Volt to 19 Volt adapter for laptop/120

VAC power adapter

Power Inverter

Portable Printer

Thumb drive

Go-Kit Contents Checklist

MULTI-PACK (12+ HOURS)
includes the Day-Pak)
(recommended, not required)

Equipment:

Spare alkaline batteries
Spare power adapter fuses
Volt-Ohm-Meter
Small tool box with mini-tools
electrical tape
FRS/GMRS Radio
Multiple outlet with 6 ft. cord

Clothing:

Underwear, socks (two changes minimum)
Pants (two changes minimum)
Shirt (two changes minimum)
Alternate boots or shoes
Warm waterproof jacket

Food & Water:

Eating utensils

Documentation:

Sign for operating position

Miscellaneous:

Portable AM Radio & spare batteries
Light sticks
Binoculars
Sleeping bag / space blanket
One person tent
Folding table
Generator/Gas
Baggies to seal/protect items
Duffle bag / Tupperware / Rubbermaid /
metal box (Useful for keeping stuff
separate & for carrying)
Tarp 8'x8'
Shovel
Folding cart
Fire Extinguisher
Whistle
Jumper cables
Road flares
Ear protection
Power pole adapters
Disposable camera

Suggested:

HT NiCad batteries and charger
Fire extinguisher
24 hour capable lighting
Power inverter
MREs (self-heating)
Power bars
Slim Fast
Ensure
Trail Mix

Basic Procedures for When the Earth Stops Shaking or after any “self alerting” event

1. Check on the health and safety of your family. Take required action. “Family comes first”.
2. Ensure your family and loved ones are OK and will be OK if you accept an assignment.
3. Report in to the County Resource Net – AA6BT (146.115 + 100.0 PL) or W6ASH (145.27 – 100.0 PL)
 - a. (Report if you have any observed damage in your area. If you can, use the Modified Mercalli Intensity Scale)

This report of observed damage, although an unofficial report, is very important to the County OES Planning group. It gives them an early (unofficial) indication of damage throughout the county.

4. Do review your Grab-n-Go Kit before leaving for an assignment
5. Do not self activate.
6. Do not come to the EOC unless requested,
7. Monitor K6LOS (146.595 simplex). When it comes up, report any damage in your area.
 - a. Report if you are ready to accept an assignment.
8. When you report for an assignment you should have your California Drivers License, Los Altos DSW Photo ID card, FCC ham License along with your Grab-N-Go kit.
9. If you are offered an assignment and you have consumed alcohol in the past 8 hours or medication that makes you drowsy, tell this to the person offering you the assignment.
10. If you are given an assignment and
 - i. you believe it will be unsafe for you
 - ii. you do not understand the assignment
 - iii. you are not properly trained for the assignment,
 - iv. you do not have the right equipment for the assignment,
 - v. you do not have the strength or stamina for the assignment

You have the option of refusing the assignment

- b. Tell the person in charge at the assignment location that you are unable to fill the assignment, request release from the assignment and get acknowledgement.
 - c. Leave the assignment for a safe location.
 - d. Notify the dispatcher of your action.
11. You must stay in contact with your NCO (net control operator) or dispatcher at all times.
 - a. If you are traveling in an auto, you should establish contact every 15 minutes.
 - b. If you are out of contact, your first priority is to find a location where you can contact with your dispatcher. There are some areas of Los Altos where rubber duck antennas on HTs are not adequate for dependable communication with the EOC. For this reason, we ask all hams to have a mag mount antenna they can use with their HT.
 - c. The other item we are requesting every ham to have is a cigarette lighter power cable for their HT.
 12. **The dispatcher/supervisor MUST know your location at all times.** You must notify your dispatcher/supervisor every time you (1) start to move from one location to another on an assignment and (2) when you reach the new location. Examples that require these two notifications are when you go from:
 - a. Home to assignment location.
 - b. From the first assignment location to the second assignment location.
 - c. Especially from the last assignment location to home.
 13. Keep written records of all your activity
 - a. times and locations of your assignments
 - b. all information necessary for a shift turnover
 - c. Keep a message log, if possible
 14. All motor vehicle travel while under DSW coverage must be by the most direct route. Do not make any detours or stops for a personal reason.
 15. Never mention the name of an injury or fatality over the air.
 16. Never talk to anyone outside of your group of workers (like a reporter), about the incident. Always refer them to the Public Information Officer.
 17. Hams must always follow ICS procedures in any kind of an emergency
 - a. Always use plain English. Never use Q signals, 10 codes or any jargon..
 18. Hams should always know:
 - a. Who they report to in the ham “chain of command”
 - b. What their assignment is.

When you leave an assignment or are demobilized:

Notify your Net Control
Brief any new ham taking your assignment
Notify Net Control when you arrive home.