

# **CALLING FOR HELP ON CAMPUS**

Fire, Medical Aid, Crime in Progress: 911
Police Dispatch: (415) 485-9696 or ext 7696







The Emergency Guidelines Handbook is designed to provide a quick reference for campus staff following a sudden crisis requiring immediate actions and medical treatment.

The guide provides emergency contact telephone numbers for campus and local emergency responders, and outlines certain procedures to be taken in the event of life threatening events.

Please review the Handbook to become familiar with its contents. As a staff member of the Marin Community College District and as a designated government "Disaster Service Worker" (California Government Code Section 3100-3109), you have the responsibility to be prepared to provide emergency assistance in support of the students and your fellow employees.



Access printable PDF online: police.marin.edu/emergency-preparedness Updated and published in March 2023.

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# INTRODUCTION

Disasters and major emergencies can occur without warning and create serious risk for the College of Marin community. The purpose of this handbook is to provide information on how the college plans to respond to a disaster or major emergency, as well as information on how to respond to other emergencies you may encounter while working.

This handbook is only a guide, and while it covers a number of specific emergency procedures, it would be impossible to list everything that could possibly go wrong.

### When confronted with an emergency, remember these general guidelines:

- Remain as calm as possible. Take a few deep breaths, look around and evaluate.
- If you are instructed to evacuate a building:
  - Cooperate with emergency personnel.
  - Move at least 100 feet away from the building or as far away as possible.
  - Keep streets, fire lanes, hydrants, and walkways clear for emergency vehicles and personnel.
  - DO NOT re-enter evacuated buildings until those in charge of the evacuation say it is safe to do so.
- If requested, assist emergency personnel.
- An emergency command post may be set up near the emergency site. Keep clear of the command post unless you have information to report.
- The college may become isolated from outside help for 72 hours or longer.
- You should keep emergency supplies in your car and office. Information on how to make an emergency supply kit is on page 19.

### **IMPORTANT NOTE**

Throughout this handbook you will find action flags  $\bigcap$ , which identify important actions that should be taken during an emergency.

### SIGN UP FOR COM CONNECT

# COM Connect—the College of Marin Emergency Notification System

You can be notified immediately by text message of campus closures and emergencies by signing up for COM Connect, the college's emergency notification system. Marin Community College District Police Department uses this emergency SMS messaging platform to enhance communication services during crisis situations.

COM Connect will allow Campus Police to broadcast critical information, in real time, to the mobile devices (cell phones, etc.) of all employees and student body enrolled in the service. This is particularly important for those who may be in, or near a crisis zone.

# To sign up:

### **College of Marin Students**

Go to: www.collegeofmarin.bbcportal.com and follow instructions (need student ID/M00#)



### **Community Education Students**

Go to: www.collegeofmarinopenportal.bbcportal.com and follow instructions



### **ALERTUS**

The College of Marin has partnered with Alertus Technologies to help provide a diversified emergency alert system throughout the campus properties. Alertus provides a customizable mass notification system that uses a variety of methods to rapidly get critical information to the campus community and advises on how to respond. Examples of alert methods can include:

- Wall-mounted message beacons: An audible-visual signaling device that sounds and flashes to capture attention that also displays messages.
- Computer screen banners: Full-screen alerts appear on any networked campus computer screens, which get attention and can also produce sounds.
- Mobile device alerts: Downloading an app to your phone or other device allows push notifications to be received.
- TV's mounted in common areas: Such as computer labs, registration areas, etc. that can also be used to display alerts.
- Pubic address speakers: Mounted on buildings, speakers can broadcast sirens, pre-recorded messages, or speech-to-text announcements.

# **EMERGENCY OPERATIONS PLAN (EOP)**

The Emergency Operations Plan (EOP) is the college's plan for handling major emergencies and disasters. This plan is based on a realistic approach to the problems likely to be encountered and is based upon the following assumptions:

- A major emergency or disaster may occur at any time of the day or night, weekends or holidays, with little or no warning.
- Since events in a major emergency or disaster are not predictable, published emergency plans will serve only as a guide and may require modification in order to meet the requirements of the emergency.
- Major emergencies or disasters may affect widespread areas; therefore, city, county, and federal emergency services may not be available. The college may expect a delay of 72 hours or longer in receiving off-campus emergency help.

The goals of the plan are to protect lives and property and to restore instruction as soon as possible after a major emergency or disaster.

# **EMERGENCY OPERATIONS CENTER (EOC)**

In the event of a disaster or major campus-wide emergency requiring coordinated response by multiple departments, Campus Police staff will activate an Emergency Operations Center (EOC):

Kentfield Campus: Science, Math, Nursing Building (SMN) Room 137

Indian Valley Campus: Main Building (Building 27) Room116/118 or alternate room

# **EMERGENCY INFORMATION**

Immediately after a major emergency or disaster (such as an earthquake), there is often a great deal of confusion and anxiety. You should remain as calm as possible and remember the following:

- The college is committed to providing official emergency information as quickly as possible.
- In the first few minutes after an emergency, official information will likely not be available.
- The phone system, if it is working, may be overwhelmed and should only be used for emergency
- Information about what has happened, what to do, and where to go will be available at the emergency assembly areas as quickly as possible. The location of the emergency evacuation areas can be found on the campus maps located on the last 2 pages of this handbook.

# **DEFINITIONS OF AN EMERGENCY**

The following definitions of an emergency are provided as guidelines to assist staff in determining the appropriate response:

### **Sensitive Incident**

Any incident or situation with the potential for adverse publicity to the college.

### Who handles the incident?

- 24 hours/7 days a week: Campus Police Urgent Dispatch (415) 485-9696
- Daytime: President's Office, ext. 7400

# **Minor Emergency (Level I)**

A potential or actual incident that does not seriously affect overall operations of the college.

### Who handles the emergency?

- Campus Police, 911 or (415) 485-9696
- Maintenance and Operations, ext. 7451

### How is the emergency handled?

Specific procedures developed departmentally.

# **Major Emergency (Level II)**

A potential or actual incident that affects an entire building, disrupts the overall operations of the college, and may require emergency help from outside the college.

### Who handles the emergency?

- Campus Police, 911 or (415) 485-9696
- President's Office, ext. 7400
- Maintenance and Operations, ext. 7451
- Other departments as required

### How is the emergency handled?

- Possible implementation of the Emergency Operations Plan (EOP)
- Specific procedures developed by Campus Police or Maintenance and Operations.

# **Disaster (Level III)**

An actual incident or disaster which seriously impairs or halts operations of the college, causes numerous casualties and severe property damage, and requires coordinated effort of all campus resources and outside emergency services.

NOTE: In a disaster it is possible that the college will be without immediate help and could be isolated from help for up to 72 hours. For information on how to prepare a personal or office disaster plan, call Campus Police at ext. 7455 or online at http://police.marin.edu

### Who handles the emergency?

- Campus Police, 911 or (415) 485-9696
- Maintenance and Operations, ext. 7451
- All other college departments

### How is the Emergency handled?

- The Emergency Operations Plan (EOP) will be implemented.
- The Emergency Operations Center activated.

# REPORTING EMERGENCIES

The Problem	What Number to Call			
Life-threatening medical emergency	911			
Severe chest pain	Please note:			
<ul> <li>Respiratory distress or cessation of breathing</li> </ul>	The college's phone system does not require you to dial a "9" for an outside line before calling 911.			
Severe burns	When calling 911, remain calm and carefully explain the problem and location to the dispatcher. <b>DO NOT</b> hang up until told to do so.		,	
<ul> <li>Uncontrolled bleeding</li> </ul>				
<ul> <li>Unconsciousness (except for seizures)</li> </ul>	dispatcher. <b>Do Not</b> hang up until told to do so.			
Any fire				
<b>Violent incidents</b> – involving weapons, bodily injuries, physical attacks, etc				
Medical emergencies	Campus Police			
A hazardous material release with low		On Campus	Off Campus	
potential for fire or injury	Emergency	911	(415) 485-9696	
Psychological crisis, civil disturbance, criminal incident	Business	ext. 7455	(415) 485-9455	
Any other major or minor emergency or incident	When calling, remain calm and carefully explain the problem and location to the dispatcher or police staff. <b>DO NOT</b> hang up until told to do so.			
Utility failure – power, plumbing, etc.	Maintenance and Operations ext. 7451			
	If no answer, call Campus Police at (415) 485-9696 or ext. 7696.			

# VIOLENT CRIME IN PROGRESS

If you are the victim of a violent crime, such as assault, robbery, theft, or sexual assault, call 911 as soon as possible. Supply the following information:

- What happened? (Nature of the incident)
- Who did it? (Description of people involved)
- Where did it happen? (Location of incident)
- What property was involved, if any?

### Do not take unnecessary chances.

 $\vdash$  If you see someone with a weapon, or exhibiting dangerous behavior and you can safely do so, get away from the area and go to a safe location. If you can't get away, hide and be guiet. Lock or barricade doors; turn off lights.

### SUSPICIOUS PERSON

If you witness a criminal act or notice a person acting suspiciously on campus, immediately call Campus Police at 911 or ext. 7696 on campus; call (415) 485-9696 from a mobile phone. Supply the following information:

- What they are doing?
- What do they look like?
- Where are they?

# PSYCHOLOGICAL CRISIS / DISRUPTIVE BEHAVIOR

The College of Marin Behavioral Intervention Team is made up of individuals from the Campus Police, Student Services, and Counseling Departments who have specific training in how to respond to disruptive situations.

Campus Police is the designated first responder for campus Behavioral Intervention and should be called to the scene whenever a disruption or crisis occurs.

Campus Police will transport the person to get help if need be and the Behavioral Intervention Team will be notified.

# When dealing with a person who is having a psychological crisis:

- Avoid invading their personal space (within arm's reach).
- Do not get hooked into defending your credibility.
- Do not allow your buttons to be pushed.
- Do not threaten or ridicule the person.
- Do not get into an argument with the person.
- Do not raise your voice; use a calm and clear voice.

# WORKPLACE VIOLENCE

Most acts of workplace violence do not occur in a vacuum or without warning; there are generally warning signs that precede the event. The risk of workplace violence can be minimized by careful observation and documentation of an individual's behavior, such as:

- Boundary crossing, which includes pushing the limits of acceptable workplace behavior and continual testing of established rules.
- Chemical dependence upon alcohol and/or drugs, which may create paranoia and aggressive behavior.
- **History of violence**, which is the best predictor of violent behavior.
- Inconsistent work patterns and attendance problems, including periods of very high and very low work productivity, frequent accidents, as well as unexplained or improbable excuses for absences.
- Pathological blaming, by people who cannot take responsibility for their own actions, will not admit wrongdoing, and always blame others, the college, or the system.
- Unusual/changed behavior, including verbal outbursts, inappropriate remarks, and threats such as, "they'll regret this."

Workplace violence situations are often very complex, and you are not expected to handle the situation without assistance. If you think a workplace violence situation is developing, call Campus Police at 911 or (415) 485-9696

# **ACTIVE SHOOTER**

Person(s) who's activity is immediately causing serious bodily injury. The activity is not contained and there is immediate risk of continuing injury to potential victims.

In most cases, those who become Active shooters have given some sort of clues prior to the event. Report to Campus Police persons making threats, or who talk about using weapons to "get even" or similar actions. If you see suspicious persons with weapons on campus, call 911 or (415) 485-9696.

### **Actions for active shooter:**

- If you hear what sound like gun shots, treat them as gun shots until you know otherwise.
- If you see someone with a weapon, or exhibiting dangerous behavior and you can safely do so, get away from the area and go to a safe location.
- If you can't get away, hide and be quiet. Lock or barricade doors; turn off lights.
- Give first aid to the injured. Only call 911 if it is safe for you to do so.
- Follow instructions of responding law enforcement; show your empty hands. Lay on the floor if told to do so.
- Law enforcement may go past the injured to find a shooter.

# FIRE

Know the location of fire extinguishers, fire exits, and alarm systems in your area and know how to use them. Training and information are available from Campus Police, ext. 7455.

# Actions to take if you discover a fire:

- Safeguard life and isolate the fire by closing all doors (lock only if safe to do so) on your way out of the room. Get out quick.
- Report fire or smoke by activating the nearest fire alarm.
- Call the fire department by dialing 911 from the nearest telephone.
- Slowly state, "I want to report a fire." Give your location (campus, building, floor, room number).
- Do not attempt to fight a fire alone; report it immediately to 911. Fire fighting should be delegated to trained firefighters, with the possible exception of a minor fire that could be quickly and easily extinguished by a portable fire extinguisher.
- Keep fire lanes and sidewalks clear for emergency personnel.
- Be aware of hazardous materials in your area and any special fire fighting precautions that should be observed.
- When the building evacuation/fire alarm is sounded or when you are told to leave by Campus Police or emergency personnel, walk quickly to the nearest marked exit and alert others to do the same.
- Assist those persons who are disabled in exiting the building. Do not use elevators during a fire
- Notify emergency personnel if you suspect someone may be trapped inside the building.

artheta Since smoke is the greatest danger in a fire stay near the floor where the air will be more breathable. If you are trapped in a building during a fire, if a window is available, open or break the window and place an article of clothing (shirt, coat, etc.) outside the window as a marker for emergency personnel.

# **EARTHQUAKE**

# **Before An Earthquake**

Faculty and supervisors should inform students and staff of how to protect themselves before an earthquake. Information is available from Campus Police, ext. 7455.



# **During An Earthquake**

- If indoors, seek cover under a desk or table, duck and hold. Stay away from glass windows, shelves, and heavy equipment. After shaking stops, leave the building.
- If outdoors, move quickly away from buildings, utility poles, and other structures. Always avoid downed power or utility lines because they may be energized.
- If in an automobile, stop in the safest place available, preferably an open area away from power lines and trees. Stop as quickly as safety permits but stay in the vehicle for the shelter it offers.

# After the Initial Shaking Stops

Evaluate the situation and if emergency help is necessary, call 911. Protect yourself at all times and be prepared for aftershocks. Stay off phones unless calling for help. In a major quake, expect the phones to not work.

If the building evacuation/fire alarm is sounding or if you are told to leave by Campus Police or emergency personnel, walk quickly to the nearest marked exit and alert others to do the same.

Once outside, move to a clear area at least 100 feet away from the building. Keep streets and walkways clear for emergency vehicles and personnel. Listen for instructions from Campus Police. If it is necessary, you will be instructed to go to an emergency assembly area where you will receive further information about local conditions and exit routes from campus.

Be alert for hazards such as building damage, gas leaks, fires, broken utility lines, spilled chemicals, and other potentially harmful materials.

### **IMPORTANT:**

- Do not return to an evacuated building unless directed to do so by Campus Police or emergency personnel.
- Do not use the telephone, except for emergency calls.
- Do not use matches or other open flames until you are certain there are no dangerous fumes present.
- Do not operate electrical equipment if gas leaks are suspected.
- Do not touch downed power lines.

# **BOMB OR TOXIC CHEMICAL THREAT**

Bomb or toxic chemical threats usually occur by telephone. If you receive such a threat, remain calm and attempt to obtain as much information as possible from the caller by using the bomb threat checklist on the next page.

If you cannot use the checklist, immediately write down the following information after the call:

- Time of call
- Age and gender of caller
- Speech pattern, accent, or other traits
- **Emotional state**
- Background noise

If you receive a bomb threat over the phone, immediately call Campus Police at 911 or (415) 485-9696.

# **Suspicious Object**

# If you observe a suspicious object or potential bomb:

- Do not handle or move the object!
- Do not use cellular phones near the object.
- Do not turn lights or any electrical switch on or off.
- Leave the area immediately and call Campus Police at 911 or (415) 485-9696.

### If you are instructed to evacuate a building:

- Move a least 100 feet away from the building.
- Keep streets, fire lanes, hydrants, and walkways clear for emergency vehicles and crews.
- Assist emergency crews, if requested.
- Do not re-enter an evacuated building until those in charge of the evacuation say it is safe to do so.

# **Chemical Bombs (bottle bombs, dry ice bombs, etc)**

If you see a suspicious bottle (plastic or glass) with what appears like smoke or steam inside (plastic bottles may expand), do not go near or touch the bottle. It may have been filled with reactive chemicals or dry ice that will cause the bottle to expand rapidly. This object may explode and cause injures. Call 911 and warn others to stay clear of the bottle.

# **BOMB OR TOXIC CHEMICAL THREAT CHECKLIST**

Wh	en the person is on th	ne pl	none ask				
Wh	en is the bomb going t	о ех	plode?				
Wh	ere is the bomb/ chem	ical	now?				
Wh	at does it look like?						
Wh	at kind of bomb/ chem	ical	is it?				
Wh	at will cause it to explo	de c	r react?				
Did	l you place the item?〔	YE	S 🗆 NO Why?				
Wh	at is your name?						
Wh	ere do you live?						
Aft	<b>er the call</b> (Check as m	any	as apply.)				
	ckground Sounds	,	773.				
	Office machinery		Animal noises		Music in background		Phone booth
	Factory machinery		Static		Local call		Cellular phone
	Street noises		Voices in background		Long-distance call		
Oth	ner:						
Cal	ler's Voice						
	Calm		Slow		Loud		Disguised/distinct
	Nasal		Raspy		Crying		Clearing throat
	Angry		Rapid		Normal		Deep breathing
	Stutter		Deep		Accent		Cracking voice
	Excited		Soft		Slurred		Laughing voice
	Lisp		Ragged		Familiar		
Thr	eat Language						
	Well spoken/educated	d d	Irrational lang	guaç	ge 🔲 Inco	her	ent message
	Foul language		☐ Taped messa	ge	☐ Mes	ssag	e read by threat maker
Rer	marks:						
Oth	ner information						
	ne of call:		AM/PM		Number called:		
			pecific? TYES NO	)			

# **EXPLOSION OR SIMILAR INCIDENT**

In the case of an explosion or similar incident on campus, take the following actions:

- Immediately take cover under tables, desks, and other such objects, which will protect against falling glass or debris.
- After the effects of the explosion have subsided, call 911. Give your name and describe the location and nature of the emergency.
- If necessary, activate a fire alarm.

When the building fire alarm is sounded or you are told to leave by Campus Police or emergency personnel, walk quickly to the nearest marked exit and alert others to do the same.

# **HAZARDOUS MATERIAL RELEASE**

Call Campus Police immediately at 911 to report accidents that involve chemical spills or leaks or other dangerous substances. The local fire department will respond and take control.

- When reporting, be specific about the nature of the material involved and the location. Campus Police will contact the necessary specialized authorities and medical personnel.
- The instructor or supervisor should evacuate the area at once and seal it off to prevent further contamination until emergency personnel arrive.
- Anyone who may have been contaminated should stop and remain in the vicinity. Make sure that each person's name and location is given to a Campus Police officer or emergency responder.

If necessary or if directed to do so by emergency personnel, activate the building fire alarm.

### CIVIL DISTURBANCE OR DEMONSTRATION

Most campus demonstrations will be peaceful. Attempt to carry on business as normally as possible. Avoid provoking or obstructing the demonstrators. No action is necessary unless one of the following conditions exists:

- Interference with the normal operations of the college
- Prevention of access to offices, building, or other facilities
- Threat of physical harm to persons or damage to facilities

If any of these conditions exist, call Campus Police at 911 or ext. 7696 on campus; call (415) 485-9696 from a mobile phone.

Campus Police will be responsible for contacting and informing the chief of police, president, and other senior administrators.

### **UTILITY PROBLEM/FAILURE**

# Plumbing Failure/Flooding

- Cease using all electrical equipment.
- Notify Maintenance and Operations at ext. 7451. If no answer call Campus Police at ext. 7696.

### **Gas Leak**

- Cease all operations.
- Do not switch lights on or off.
- Evacuate the area.
- Call Campus Police at 911 or ext. 7696 on campus; call (415) 485-9696 from a mobile phone.

### **Ventilation Problem**

- If necessary in an extreme situation, cease all operations and evacuate the area.
- Notify Maintenance and Operations at ext. 7451. If no answer call Campus Police at ext. 7696.

### **Elevator Failure**

- If you are trapped in the elevator, use the emergency phone to call for help.
- Turn on the emergency alarm located on the front panel, which will signal for help.

### Power Failure/Blackout

If a blackout or power failure occurs during daylight, the college will remain open. Most rooms on campus will have enough ambient light to continue activities.

If a blackout or power outage occurs at night, classes may be excused after 15 minutes. When the lights go out, please remain calm, use whatever light sources you have, and wait in your room or area. Wait for 15 minutes. If the lights have not come back on, you should have your students or staff should make their way to their cars and leave the campus. Please remind people to:

- Walk to their cars in groups and use caution.
- Look out for other people walking to their cars when driving out of the parking lots.
- Treat any intersection without working signal lights as a four-way stop.

# **EVACUATION PROCEDURES**

In a disaster or major emergency, evacuation of a specific building may be necessary. Classes, departments, and offices in every building should agree in advance on an outdoor meeting place away from the building. A building evacuation will occur when a fire alarm sounds or upon notification by Campus Police or emergency personnel.

- Be aware of all marked exits from your area and building. Know the routes from your work area.
- If necessary or if directed to do so by Campus Police or emergency personnel, activate the building fire alarm.
  - CAUTION: Building fire alarms may stop ringing; even if they stop, continue the evacuation.
- When the evacuation/fire alarm sounds or when told to leave by a Campus Police or emergency personnel, walk quickly to the nearest marked exit and ask others to do the same. Do not use elevators unless directed.
- Assist those persons who are disabled in exiting the building. Elevators may be used to evacuate the disabled Only after the elevator has been declared safe. Always evacuate mobility aids (wheelchairs, crutches, etc.) with the person, if possible.
- Once outside, move to a clear area that is at least 100 feet away from the affected building. Keep streets and walkways clear for emergency vehicles and personnel.
- If requested, assist emergency personnel.
- An emergency command post may be set up near the emergency site. Keep clear of the command post unless you have important information to report.
- Do not return to an evacuated building unless directed to do so by Campus Police or emergency personnel.

If an extended evacuation is necessary, you should go to the college's emergency assembly areas, where information and assistance will be provided. The location of the emergency evacuation areas can be found on the campus maps located on the last 2 pages of this handbook.

In the event of extended nighttime evacuation you should assemble in a safe lawn area away from roads and parking lots.

If buildings are damaged in an earthquake or other emergency, they will be inspected as soon as possible and post with a CLOSED or OPEN sign. Do not re-enter a building that has not been inspected or does not display an open sign.

If buildings are damaged in an earthquake or other emergency, they will be inspected as soon as possible and post with a CLOSED or OPEN sign. Do not re-enter a building that has not been inspected or does not display an open sign.

# **EVACUATION OF PERSONS WITH DISABILITIES**

The following guidelines should be considered in evacuating persons with disabilities:

- 1. Communicate the nature of the emergency to the person.
- 2. Ask the person how you can assist.
- 3. If possible evacuate mobility aids with the person (i.e. crutches, wheelchairs).

# **Visual Impairments**

Describe the nature of the emergency and offer to guide the person to the nearest emergency exit. Have the person take your elbow and escort him or her, advising of any obstacles, such as stairs, narrow passageways, or overhanging objects. When you have reached safety, orient the person to where you are and ask if further assistance is needed.

# **Hearing Impairments**

Buildings are not equipped with flashing light alarms, and persons with impaired hearing may not perceive that an emergency exists. Communicate with the person by writing a note or using simple hand gestures.

# **Persons Using Wheelchairs**

Ask the person what method of assistance he/she prefers. Some people have minimal ability to move, and lifting them may be dangerous to them. Some persons using wheelchairs have respiratory complications; remove them from smoke or fumes immediately. If the disabled person wants to be moved in his or her wheelchair, keep the following considerations in mind:

### With Their Wheelchair

- Do not attempt to move a person in a wheelchair by yourself; seek help.
- If a seat belt is available, use it!
- Ask if they want to move forward or backward down stairs.
- Wheelchairs have many movable or weak parts.
- Some persons have no upper trunk or neck strength.
- Power wheelchairs have very heavy batteries; an evacuation chair may be needed and the chair retrieved later.

### Without Their Wheelchair

- Ask how to remove them from the wheelchair.
- Ask whether to move their extremities or not.
- Ask whether they want to be moved down the stairs forward or backward.
- Ask whether the seat cushion or pad should be brought.
- Ask what is necessary for after-care.

# **EVACUATION/STAGING AREAS**

Use common sense, but in most situations go to a large lawn area at least 100 feet from buildings, power lines, and other hazards.

At the Kentfield Campus: This will normally be the lawn area in front of Student Services Building. This is above flood stage and away from where emergency vehicles will normally travel. An alternate would be the lawns in front of the Academic Center, in addition to the athletic fields by Physical Education.

At the Indian Valley Campus: Go to the open landscape area next to Main Building or open area next to the Miwok Aquatic and Fitness Center. An alternate location would be west onto the softball fields.

Teachers, supervisors, and managers should take a head count of their students or staff. This will help avoid wasting resources looking for a lost person.

# Recommended Items to Include in a Basic Emergency Supply Kit

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food and can opener if needed
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Cell phone with chargers, inverter or solar charger
- Other items you think you should have

### Additional Items to Consider Adding to an Emergency Supply Kit

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, etc
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a coldweather climate.
- Complete change of clothing including a long sleeved shirt, long pants, and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper. When diluted nine parts water to one part bleach, it can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items and other items you may need

### **EMERGENCY PROVISION CABINETS**

In the event of a major disaster, you might need to shelter in place for several days and need to survive on your own resources until you can evacuate, or are rescued. COM purchased emergency provision cabinets to assist in sheltering in place. They contain emergency supplies such as food water, lighting, first aid, and other equipment. They may be accessed by breaking the entry glass in an emergency.

### The cabinets are placed in the following locations throughout both campuses:

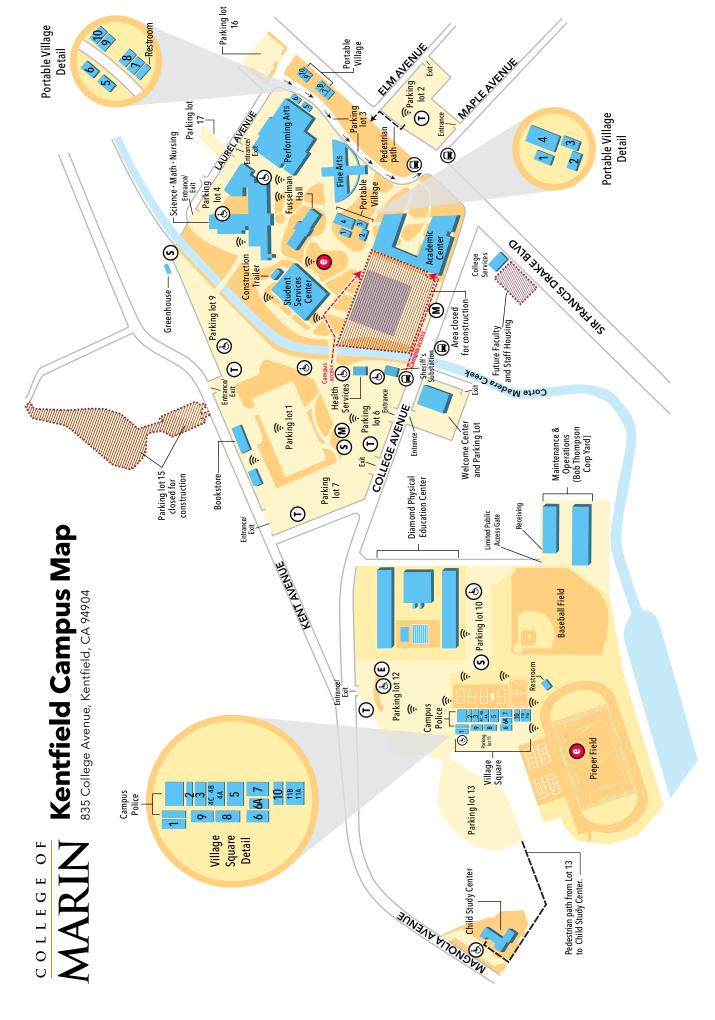
- Student Services cafeteria area
- SMN second floor lobby
- Academic Center north hall by President's Office
- Performing Arts
- Miwok Aquatic and Fitness Center
- Child Study Center
- Main Building
- Bill and Adele Jonas Center

# **AUTOMATED EXTERNAL DEFIBRILLATORS (AED)**

Sudden cardiac emergencies can happen without warning and AED's can be the difference between life and death. There are over 60 units deployed throughout campus and are mounted on walls in highly visible boxes. Upon opening a device, it will begin to speak to the user.

### Here are the steps to deploy and AED when you become aware of a possible need for one.

- 1. Is the patient responsive? Check to see if they respond to you.
- 2. Call 911 Immediately, direct someone else to do this if they are available.
- 3. Get the AED from the cabinet, the alarm will sound.
- 4. Take the AED out of the case and open the lid.
- 5. Remove clothing to expose skin on the chest. (The attached red pouch contains several medical items including scissors)
- 6. Attach the Pads as directed
- 7. Do not touch the patient
- 8. If required, the AED will deliver a shock automatically
- 9. If directed, place the CPR pad in the center of the chest
- 10. Follow CPR audio prompts, which may require chest compressions. These are timed and audibly feedback is given
- 11. If instructed give breaths, you may use the CPR pocket resuscitator mask included in the red kit



🔅 Wi-Fi Access

(T) Ticket Dispensing Machine

M Motorcycle Parking

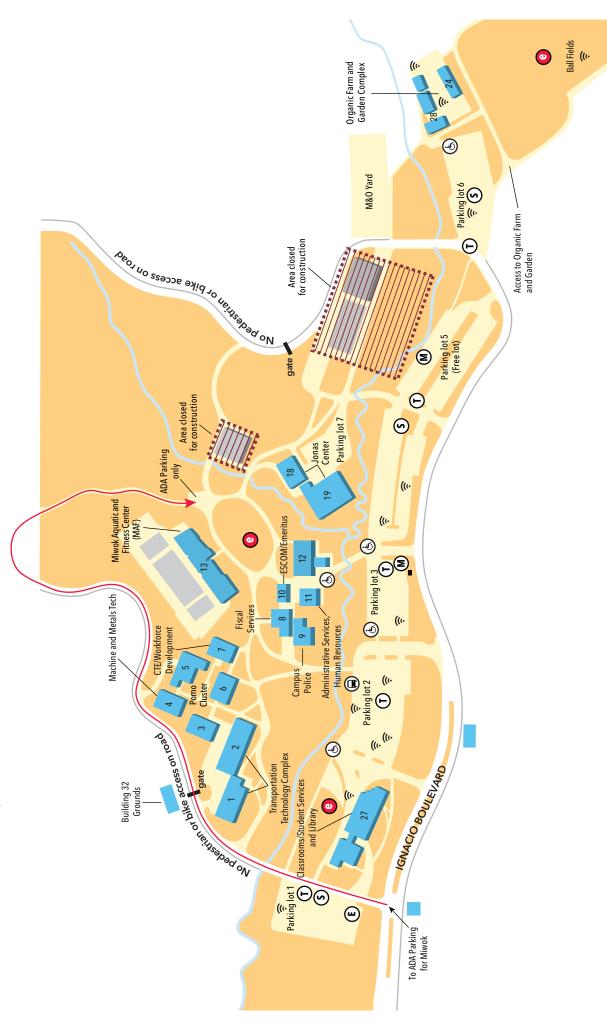
(E) Electric Charging Stations (e) Emergency Evacuation Areas

(S) Designated Smoking Area

Bus Stop

(5) Accessible Parking

# Indian Valley Campus Map



(5) Accessible Parking

Bus Stop

**S** Designated Smoking Area

(E) Electric Charging Stations

e Emergency Evacuation Areas

(M) Motorcycle Parking

(T) Ticket Dispensing Machine

😞 Wi-Fi Access

The Emergency Exit for this room is
The closest Fire extinguisher to this room is at
The closest Fire Pull Station to this room is at
CALLING FOR HELP
<b>Life or death emergency, report crime in progress, or urgent police assistance needed:</b> Call Campus Police at 911 or ext. 7696 on campus; call (415) 485-9696 from a mobile phone for the 24 hour dispatcher.
Routine business: Call (415) 485-9455 or ext. 7455 on campus for services that do not require immediate assistance. There is not always a person in the office to answer the phone, so it may be up to two hours or more before messages are received.
Notes: