

## Lessons Learned from Santa Rosa Wildfire with additional survival topics, from Jeannette Nelson

1. Lessons from the Historic Wildfire of Santa Rosa
2. Jeannette's Favorites for Heathy Homes and For Emergencies
3. Breathing Easy and Reducing Health Risks
4. Escaping from fire alive
5. Salt water into drinking water

### 1. Lessons from the Historic Wildfire of Santa Rosa

Notes for call Dec 2017

For me, the Historic Santa Rosa Wild Fire began at 1am, the first morning of the fire,

The wind was ferocious, gusting to 90 miles an hour. Some people outside were yelling, "Wake up! Wake up! We are evacuating." I wanted to stop this teenage prank, but as I opened the door, the choking smoke overwhelmed me. Flying ashes and burning embers were swirling in the air. A bright, eerie orange glow lit up the neighbors' roofs. In spite of twelve years as emergency coordinator, I was stunned.

It was a momentary shock! "This is real! This is urgent! This is happening!" Then I saw my next door neighbors, already packing and on their way to check on me.

What worked was both my next-door neighbor and I were driving away within 20 minutes with our survival gear. May I add, my neighbors have a 5-month-old baby, and I have a Goshintai, Gozanzo, Goshinpitu and ancestor altar.

People asked, how did you do that?

In planning, I aim for specific and measurable results. Our results were:

1. evacuated safely
2. got out in time
3. all needed supplies were in car
4. awake aware to help each other, mediating all dangers

My answer is, a lot of preparation that occurred in 4 categories, ultimately this enable us to pivot from being stunned, in shock, can't think... to being proactive and efficient in a moment.

#### 1. Feed the Mind

- a. education, research, learning, thinking
- b. know the dangers and what to do
- c. when our minds do not understand or know what to do, it is difficult to think, to engage, or to choose appropriate action

#### 2. Establish Plans

- a. Put knowledge to work
  - i. figure out step by step what to do,
  - ii. make plans and practice,
  - iii. then refine the plans as you learn more,
  - iv. address every hazard and danger, include every personal weakness and limitation,
  - v. then practice again...and repeat

b. Personal weakness and limitation?

- i. i.e. 'If you really know that you could be stunned, in denial, can't think... or even panic... what would you do?'
- ii. i.e. you have a disability, or diminished body strength, or difficulty seeing, or limited funds, how can you be helped
- iii. Think 'how can you be helped' even if you don't believe you have the weakness

3. Gather Supplies

- a. Address what you need for every hazard
- b. have all vital supplies packed and ready to go
- c. determine where to put them for the most expedient evacuation

4. Ask for Help

- a. Goal – to establish a network of support and protocol for helping

5. Getting out of the home

- a. During evacuation, each moment to figure out something is a moment delayed from escaping safely.

6. Three most deadly hazards in a fire.

**Hazard 1** - smoke inhalation

- a. I stored face mask for smoke protection by my bed, as well as in my emergency pack, but this was not sufficient to minimize smoke inhalation
  - i. I had N95 masks, but it didn't seem so urgent at the time to put it on. There is nothing like hindsight to realize this about myself.
  - ii. Days later, I actually developed a severe case of bronchitis. So this experience added some revisions in my plan. This is what I learned:
  - iii. Put face masks on immediately. Dust mask makes almost no difference except for morale. I am upgrading from N95 to N99. Face respirators are the protection of choice in severe smoke conditions, but they last for a short time and they are more expensive. Face mask for young children are also available on the internet. When there is no other choice, at least use a wet face cloth to cover nose and mouth.
- b. Since so many also suffered from the smoke, I will encourage people to store more face masks.
  - i. While driving through smoke, I kept the car windows and air vents closed, and used only recirculating air.
    1. But I really was not prepared for how bad it could be. Since then, I brought a Car Air Purifier

- ii. I stayed with my friend' who live about 45 miles from Santa Rosa, it was very smoky there too. In fact, the smoke was affecting people as far as San Jose, about 3 ½ hour drive from Santa Rosa on a normal day.
  - 1. As many Californians, my friend likes to keep windows open. Our west coast habits are to ventilate the air. For us, it seems counter intuitive to keep windows and doors close to minimize the level of smoke inside.
- iii. On the third day, I was allowed to go home momentarily. At once, I hop into my car to get my air filter.
  - 1. From now on, I will include my home air purifier during evacuation.
- iv. In the meantime, clinics and hospitals were evacuated in the area. I used clove and frankincense essential oils in my diffusor and recovered from bronchitis completely in two days.
  - 1. Here is a book to learn about essential oils, 'Surviving when Modern Medicine Fails, by Dr. Scott A. Johnson. I see this as a guide that could save your life during a crisis.

## **Hazard 2 – insufficient oxygen**

- v. Fire consumes oxygen, they suck dry the oxygen in the room very quickly
  - 1. A Fireman's story – A man got as far as the sliding doors but was burn to death when he stood because he couldn't figure out how to open the sliding door.
    - a. The problem is a condition called anoxia. When there is not enough oxygen, the brain stops working. This man can no longer open a sliding door and was burn to death
- vi. Solution: get an extra breath of air
  - 1. Place a plastic bag where it is accessible. At the beginning of evacuation, open the bag and swing it around to capture a bag full of air. Just a couple breath can give you an extra minute or so of air, this may be all you need to escape safely.
  - 2. Too much Oxygen is also a hazard where there is a fire.
    - a. Do not turn on oxygen during a fire. Oxygen will feed the fire and cause an explosion of damage.
    - b. Before you enter a room, put the back of your hand on the door. If it is hot, it is burning on the other side. If the door is opened in such condition, air rushing in will fuel the fire, causing the fire to leap out toward the oxygen and explode with great vengeance, resulting in a deadly backdraft.
      - i. Definition of backdraft - a phenomenon in which a fire that has consumed all available oxygen suddenly explodes when more oxygen is made available, typically because a door or window has been opened.

- c. It is popular in the US to give children a room of their own. If you have young children, who may not know to get themselves out from a room when it is burning, set a new habit to crack the door open a little to avoid a dangerous backdraft.

### Hazard 3 – getting out too late

- i. In a fire, every minute counts – do not hesitate

News from the Santa Rosa fire – One man packed his car, but wanted to get just one more thing from his house, he went in, he grabbed it, he came out, and his whole car was on fire

- ii. Develop habits for **super quick escape out of the house**

1. I do many things to assure I will find what I need in an emergency. I organize my supplies as if it is for a blind person.

- i. By the window – my solar lights sit on every window ledge, so I can find things in the dark
- ii. Extra flashlights everywhere - Hanging on door knobs, in my purse, on my desk, by my bed, in my emergency pack, in the car

- iii. By the bed in a basket

1. Shoes in a bag - the bag is to prevent damage to my feet from debris such as broken glass from falling into my shoes
2. Wool blanket to protect myself while escaping a ferocious fire
3. Plastic bag to capture an extra breath of air
4. Flashlight

If the condition is so dire that I need all these to get out, I probably won't have time to grab more than my emergency pack on the way out, this includes the Holy objects.

- iii. Lay out clothes and shoes for going outside

1. If evacuation is at night, can change to street clothes in less than a minute
  - i. Cotton only – in a fire, synthetic will melt and stick to the skin, it's painful
2. If there is no extra minute, wear pajamas that won't embarrass me in public. I also may grab a sweater or coat on the way out.

- iv. Holy objects evacuation pack and wrappings are prepared and placed close to the Altar

1. Prepare the wrapping ahead of time
  - a. develop easy folding and labeling procedures
  - b. simple written instructions on wrappers to void wrapping mistakes,
  - c. wrappers stack in the order for wrapping

2. labels ready with your name, address, and center name.
3. Procedures to avoid Holy object accident
  - a. Evacuation pack with feet to avoid Holy objects from touching the ground or floor
  - b. Medisets taped together and use as panels; 6 panels taped around all sides of the evacuation pack to prevent Holy object from touch the lower body during transport

iv. Purse by exit

1. with personal necessities for the road

- d. Wallet with credit cards, money, and credit card protection,
- e. dental care, lip stick, Kleenex, meal replacement, medications,
- f. glasses, pen and note pad, cell phone, power source,
- g. small schedule book with contact information for friends in all directions out of town
- h. lanyard with medical form and insurance information, flashlight, whistle, car and house keys, pocket knife

3. Readily accessible: Extra money, additional credit cards, ID, passport, insurance and other important papers in one easy to escape packet, also good idea to copy and scan into a flash drive.

- a. Home Safes with fire protection – many reports of destroyed content.
- b. Safe deposit boxes not adequate to protect content from fire.

4. Where to put evacuation pack? By the exit. Have supplies ready to survive independently for 5 days

5. Practice Fire Drill – aim for everyone in the house knows what to do - need minimal management

- a. Families - include children in planning and practicing fire drills. Let family members, friends, neighbors and support network know your plan. Think, who need to know your plan?
- b. My neighbors are my family, and we watch out for each other. They knew where my pack was and what else I want to take. They were loading my car while I was still taking down Goshintai.

c. Develop habits for Getting Out of Town safely

i. fill the gas tank - don't let it go below half full

1. My 1 ¼ hour drive into San Francisco took more than 7 ½ hours
2. I saw people getting off the freeway to get gas while the red ambers were flying everywhere; this dangerous

- ii. Radio - listen in house and in car
  - 1. Local stations broadcast for updated information from the authorities
  - 2. Find out about Road closure, danger zones, warnings, shelters, free food, supplies, and how to find missing persons...
- iii. Navigator with extra power cord
  - 1. there were so many road closures, electricity was out, I couldn't recognize where I was. I am glad of my new navigator
- iv. Cell phone and extra power cord and solar charger
  - 1. many people were reported missing because their cell batteries were dead
- v. Buddy system and phone tree – Oshienushisama requested for us to check and report the status of the members during emergencies.
  - 1. We went through various stages of planning for systematically checking every member in our area, reporting to the dojo, mobilizing help and reporting to Headquarter and subsequently to Japan during emergencies
  - 2. Real situation:
    - a. We had a Buddy system which was not well supported or been updated for years, so new members were not included.
    - b. During the fire, Cell phones and landlines were not working, I was able to make just one call to the Dojo before both systems died.
    - c. I drove to my buddy's house to check on her before leaving town. She was fast asleep. No idea that the fire burn from Calistoga to Fountaingrove and engulfed the entire area in the just a couple of hours. Her house was just below that fire line. I told her to get out and not wait until the fire was upon her. She did go and luckily her house still stands.
    - d. I called my group coordinator on the way out of town and woke her up. Our group coordinator was still calling to find people days later. Members did not think to inform her. Eventually she drove to people's home to assess their situation.
    - e. Our dojo set up call-em-all, this would not have worked. This woke me up to the need for rethinking our center's communication system
    - f. I am sad to say, if anyone needed help urgently, if anyone needed help, if we wanted to give light, if we were to support each other, or to report to HQ, or Japan, in a timely manner, it was not possible

To restart a home and a life? This ought to be a daunting thought!

As I was walking out my door, I thought, 'If I had to start over again, this is the easiest way!' I was at peace!

Then I also had a second thought, 'What do I need with me if...?'

1. I need nicer clothes for finding a new home, a new job, or to go to the Dojo, and my niece's wedding was that coming Saturday.
2. Luckily, my closet was organized. Tops were together, pants were together, dresses were together... I was able to reach out with my arms in front of me, grab one armful, stuff it in the suitcase and I had adequate clothing for any occasion in 3 minutes.
  - a. I will incorporate organizing my closet for super-sonic-speed packing for the future
  - b. I also will take my dirty laundry basket, it contains my most frequently used clothes
  - c. I will store quarters and soaps in the basket for use in a public laundry; last time I had to find quarters for the car park, before I go into the bank to get quarters for the laundry.
3. I did not deeply think of 'starting over again from nothing' in my planning. The reality of 'not seeing my home again' did not reside in me as an empowered motive until now. Yesterday, I bought renter's insurance.
  - a. I also started to think 'How do I recover if ...?' for other disasters.

#### 4. Emergency Shelters

It takes time to organize an Emergency Shelter and to acquire adequate provisions. The bigger the disaster, the longer it will take. I imagine after greater devastating destruction of an area, supplies can well be severely limited

1. These were reports from people who stayed in the shelter during the Santa Rosa Fire,
  - a. did not have water until the second day
  - b. offered muffins and chips from Costco for 3 days
  - c. portable toilets arrived after 3 days
  - d. there was an increasing population of fire victims who moved home in spite of the danger, some started to camp outdoors

We were lucky to have come out of this fire unharmed. Hopefully our lessons will help others as well in future events.

Historically, in other kinds of disaster, fire was also one of the concerns.

## 2. Jeannette's Favorites for Heathy Homes and For Emergencies

2018

For major disasters, prepare to evacuate but also prepare to stay in place.

**Air filters** – 87% of American homes have air quality that is more toxic than LA on a smog alert day; this is due to the toxic chemicals in our everyday products. [I discard as many toxic products as possible, as well as purifying the air in my home 24/7.](#)

[To clear the smoke during the Wild Fire in Santa Rosa, the air purifier was life-saving. Here are a couple excellent filters.](#)

### Air Doctor Pro air purifier

1. <https://www.amazon.com/Air-Doctor-Pro-PP200T/dp/B001KYVWIE>
2. [The Ultra HEPA filter removes 99.95% of particles as small as .003 microns. One of the most powerful air purifier on the market.](#)

Advanced Pure Air AP-9090 Shield Air Purifier by [Advanced Pure Air](#)

1. [https://jet.com/product/detail/d716f616d7ed482fa5d926073187a16c?jcmp=pla:bng:nj\\_appliances:appliances\\_heating\\_cooling\\_air\\_quality:na:PLA\\_276113090\\_1213860853203638\\_{productgroupid}:na:na:na:2&code=PLA15&pid=kenshoo\\_int&c=276113090&is\\_retargeting=true&clickid=1035ac7e-537d-4157-a8ea-f62360299688http://www.directive21.com – 1-877-886-3653](https://jet.com/product/detail/d716f616d7ed482fa5d926073187a16c?jcmp=pla:bng:nj_appliances:appliances_heating_cooling_air_quality:na:PLA_276113090_1213860853203638_{productgroupid}:na:na:na:2&code=PLA15&pid=kenshoo_int&c=276113090&is_retargeting=true&clickid=1035ac7e-537d-4157-a8ea-f62360299688http://www.directive21.com – 1-877-886-3653)

### Home made air filters

1. [Google 'home made air purifier' for video instructions](#)
2. [Need a 20" x 20" fan, an 20"x20" air filter and tape](#)

<http://www.directive21.com – 1-877-886-3653>

### Water – 1 gallon per day per person for emergencies

**Water storage** – [Expect water to be turned off or to be contaminated with in a very short time during major disasters. Store water - 1 gallon per person per day](#)

- a. [Water bob](#) – for last minute collection of clean water in the bath tub before water is turned off
- b. [Water tanks and barrels](#) - <https://beprepared.com/water-storage/barrels-and-tanks.html/>
- c. **Catchment-filter and storage system** – collect and filter rain water
  - a. [www.rainharvest.com/filtration.asp](http://www.rainharvest.com/filtration.asp)
  - b. <http://www.ukpreppersguide.co.uk/can-you-drink-rain-water/>

**Water filter** – [for every day use and for disasters.](#)

1. [Berkey system](https://www.berkeyfilters.com/) – <https://www.berkeyfilters.com/>

[Works better than reverse osmosis. Takes out bacteria, viruses, heavy metals, chemicals, farm runoff, pharmaceuticals, fluorine, chlorine.... turn swamp water into drinkable water. Needs no electricity or installation. Can be carried for evacuation](#)

### Cooking

1. [Kelly kettle](https://www.berkeyfilters.com/) – <https://www.berkeyfilters.com/>

- a. Easy to carry during evacuation, use whatever that burns, no need to carry extra fuel, cook a meal in windy conditions and boil water in a couple minutes, have heat without starting a camp fire
2. **Solar cooker** – <https://www.gosunstove.com/products/gosun-sport>
  - a. there are different types, need sun to work. The latest design is the GoSun Solar cooker.
  - b. It can cook a meal in 20 minutes
3. **Thermal Cooking** – Amazon.com has several brands in different sizes.
  - a. **needs minimal fuel**
  - b. Thermal pot works like a crock pot without electricity. Your meal will cook itself while retaining more nutrients. I put the food in before I go out in the morning and return home at the end of the day for a cooked meal. Stews, soups, bone broths, beans etc. can stew all day without my attention.
  - c. I love my **Shuttle Chief**. Had it for 15 years.
4. **Easy to build home-made stove - can use anything flammable for fuel**
  - a. <http://www.youtube.com/watch?v=QSKj3xYe3T8>
  - b. <http://www.youtube.com/watch?v=gQyU4lokVe4>
  - c. <http://www.youtube.com/watch?v=ffldYo4EVCg>
  - d. <https://www.youtube.com/watch?v=r66jjYdBmg8>

### **Emergency Food**

1. Available now are **long term storage, non-GMO, organic emergency foods**
  - a. <https://www.healthrangerstore.com>
  - b. <https://www.legacyfoodstorage.com/pages/non-gmo-and-gluten-free-verification>
  - c. <https://www.amazon.com/SURVIVE2THRIVE-DAYS-NIGHTS-ORGANIC-SUPPLY/dp/B00EEIPOOQ>
  - d. [naturalsociety.com/emergency-food-organic](http://naturalsociety.com/emergency-food-organic)
  - e. <http://www.preparewise.com/mega-sample-pack.html> - dehydrated foods
2. **Survival Cave Food - EmergencyFoodWarehouse.co**
  - a. Long term storage, buckets of freeze dry food with no additives.
3. **organic non-GMO super food meal replacement** for easiest preparation and extra nutrition for stressful time.
  - a. <https://www.gardenoflife.com/content/product/why-choose-raw-organic-meal/>
  - b. <http://www.sarvaasuperfood.com/sacred-strength-organic-non-gmo-superfood-meal/>
  - c. I also mix my own

**Heirloom seeds** – look for the ones that are guaranteed to sprout; the label should say how long it can be stored

- a. sprouting – when there is no fresh vegetables or fruit
- b. planting - for long term recovering after major disasters
  - a. Wait a year before planting after nuclear explosion
- c. bartering – it will be more valuable than currency

## Organic coconut oil

- a. A healthy fat for cooking
- b. A couple table spoonful helped me under extreme stress, it reversed my brain fog and profound fatigue in minutes. It also can help to keep the body warm in cold nights.
- c. It is also an excellent and non-toxic skin moisturizer

## Saving frozen foods - electricity was out for two weeks in Santa Rosa

I was permitted to return home briefly to pick up more things 3 days after evacuation. So happy to find my entire freezer full of meat were still hard frozen. This is what I did:

- a. I placed many medium to large size commercial ice packs in the freezer, about a dozen or so. I have a small freezer, you may need more if you have a large freezer..
- b. I kept my freezer full. When filled in the spaces with whatever that are OK to freeze.
- c. The more full the freezer is, the longer the foods will stay frozen, and the less electricity the freezer will use
- d. I also stocked thermal grocery bags. These were perfect for transporting the frozen foods to my friend's freezer. I used the ice packs in these too.

## Light

### Solar Lights

1. **Amazon - Suaoki Led Camping Lantern Lights Rechargeable Battery, Powered By Solar Panel and USB Charging, Collapsible Flashlight for Outdoor, has Emergency Charger for Phone, Water-Resistant. \$16.99**
2. **Amazon - LuminAID PackLite 16 Inflatable Solar Light - inflates to 8.5 x 0.2 x 12.2 inches, measures only 5 x 3 x 0.25 inches when folded; weighs under 2.9 ounces, floats and water proof down to 1 meter, hang on backpack with carabiner to recharge during walking evacuation \$32.95**

### Head light

1. Amazon - Super Bright Bike Light Set USB Rechargeable LED Bicycle Light Set Waterproof Automatic Light Adjusting Energy-Saving Mode Cycling Safety Commuter Flashlight Best For Mountain Road and City Bicycle

**Flash light** – don't have to be big and heavy to be bright; there are many good ones and many bad ones in any size. I've been happy with the following

2. **Amazon LuxPower Tactical V1000 LED Flashlight [2 PACK] – Best High Lumen Handheld Light - Portable, Zoomable, Water & Shock Resistant, not too big and heavy - Ideal for Outdoors, Home, Emergency \$21.99**
3. Amazon GearLight LED Tactical Flashlight S1000 [2 PACK] - High Lumen, Zoomable, 5 Modes, Water Resistant, Handheld Light - Best Camping, Outdoor, Emergency, Everyday Flashlights

### Camp lantern

1. Tough Light LED Rechargeable Lantern - 200 Hours of Light from a Single Charge, Longest Lasting on Amazon! Camping and Emergency Light with Cell Phone Charger - 2 Year Warranty

## Energy

- a. **1500 Watt Solar Generator - 1.1 kWh Lithium Ion Technology** 888-545-6265
- b. **Building your own solar panel**
  - a. <https://www.selfrely.com/building-your-own-solar-panel-part-1/>
  - b. <https://www.selfrely.com/building-a-solar-panel-part-2-post/>
  - c. <https://www.selfrely.com/building-your-own-solar-panel-part-3/>

### **Maintaining health in stressful times**

1. **Essential oils – Book ‘Surviving When Modern Medicine Fails – A definitive guide to essential oils that could save your life during a disaster’** By Dr. Scott A Johnson; available on Amazon.com
2. **Nutrition during stressful time** – here are some clean nutritious sources
  - a. **Prepared meal replacement** Healthy non-GMO, organic, with balanced nutrition
    - Garden of Life Meal Replacement
    - <http://www.preparewise.com/chocolate-powdered-protien-meal.html>
  - b. **Coconut oil or coconut oil powder** - Organic, non-GMO
    - Helps you think during stressful times
    - A table spoon helps body to keep warm in a cold night
    - Powder easier to carry than oil - <http://www.thegreenlabs.com/coconut-oil-powder/>
  - c. **Special needs**
    - Gluten Defense – for people who are gluten intolerant - emergency support probably will not have non-gluten foods
    - <https://organixx.com/> - [digestive enzymes, vitamin/minerals, probiotic, Turmeric\(antioxidant\),](#)
    - <https://www.glutenfreesociety.org/shop/>

### 3. Breathing Easy and Reducing Health Risks

#### Face mask and Air Purifiers

1. Info - <https://simplypreparing.com/choosing-the-best-emergency-face-mask/>
  - a. Dust mask is good for the morale but only minimal protection in fires
  - b. N95 Face masks offers 95% protection for particulates, bacteria and viruses but does not work well for oily chemicals, or for one who has a beard
  - c. Effective for limited time - see manufacturer information
  - d. N99 Face masks – higher grade than N95, offers excellent 99% protection for particulates, bacteria and viruses but does not work well for oily chemicals, reusable
  - e. ReadiMask – affordable alternative to respirator; protect whole face from tear gas, pepper spray, smoke, etc
  - f. Respirators plus goggles – offers best protection, I am getting Breath Buddy
  - g. Goggles – use with any mask for added protection against bacteria and viruses that can enter through the eyes
  - h. Wet wash cloth for smoky condition if nothing else is available

**Air purifiers for car** – several was found on Amazon. They plug into the car lighter socket.

#### Home air purifier.

The smoke lingered over the entire Bay area until after the first rain fall. It was a last-minute thought to get my portable home purifier, but having it was life-saving.

1. [Air Doctor Pro air purifier \\$599](#)
  - a. <https://www.amazon.com/Air-Doctor-Pro-PP200T/dp/B001KYVWIE>
  - b. The Ultra HEPA filter removes 99.95% of particles as small as .003 microns. One of the most powerful air purifier on the market.
2. Advanced Pure Air AP-9090 Shield Air Purifier by [Advanced Pure Air](#) \$334
  - a. [https://jet.com/product/detail/d716f616d7ed482fa5d926073187a16c?jcmp=pla:bng:nj\\_appliances:appliances\\_heating\\_cooling\\_air\\_quality:na:PLA\\_276113090\\_1213860853203638\\_{product\\_groupid}:na:na:na:2&code=PLA15&pid=kenshoo\\_int&c=276113090&is\\_retargeting=true&clickid=1035ac7e-537d-4157-a8ea-f62360299688http://www.directive21.com-1-877-886-3653](https://jet.com/product/detail/d716f616d7ed482fa5d926073187a16c?jcmp=pla:bng:nj_appliances:appliances_heating_cooling_air_quality:na:PLA_276113090_1213860853203638_{product_groupid}:na:na:na:2&code=PLA15&pid=kenshoo_int&c=276113090&is_retargeting=true&clickid=1035ac7e-537d-4157-a8ea-f62360299688http://www.directive21.com-1-877-886-3653)
3. A home-made filter can be constructed easily for about \$50
  - a. Buy a good HEPA replacement filter - such as HoMedics AF-20FL True HEPA Air Cleaner Replacement Filter
  - b. Tape it onto a square fan of similar size and let the fan run continuously to cleanse the air. In cold weather, it is OK to run the fan in front of the heater vent.

#### [I have added these for every day health and for emergencies:](#)

87% of American homes have air quality that is more toxic than LA on a smog alert day; this is due to the toxic chemicals in our everyday products. [I discarded as many toxic products as possible, as well as purifying the air in my home 24/7. To clear the smoke during the Wild Fire in Santa Rosa, this was life-saving.](#)

## 4. Escaping from fire alive

Fire consumes oxygen very quickly - The brain stops working with no oxygen.

1. Firemen have said, a common cause of death in a fire is not enough oxygen. There are people who got all the way to the sliding door but died where they stood because he could not figure out how to open the door.
  - a. Solution - have a plastic bag handy – especially by where you sleep
    - i. While escaping, open the bag and scoop air into it, hold the opening to seal in the air
    - ii. When needed, cover your nose and mouth with the open end and breath into the bag – this gives you a couple minutes of air, which may be all you need to escape
2. If you are in a smoke-filled room, drop down to the floor and crawl out to minimize inhalation of the smoke
3. Touch the door with the back of your hand before entering
  - i. The door will be hot if the fire is burning hot on the other side, prevent from burning the palm of your hand, you will need to use your hands in emergencies.
  - ii. Do not open the door to cause air to rush in, feeding the fire with oxygen to cause a back draft.
  - iii. Break a window to get out if you must.
4. Equipment for Safety and efficiency – I google for all I want to buy
  - a. light
    - i. highly recommend a good head light; don't have enough hands to carry everything
    - ii. many good solar lights for camping are available
    - iii. flashlights don't need to be big for it to be powerful
  - b. I brought lanyards and carabiners on Amazon and wear around my neck with
    - i. House keys and car key – count of misplacing your keys when packing your car
    - ii. Loud whistle - to call for help
    - iii. A small but powerful flashlight
    - iv. My ID and medical information form – see attachment
5. Evacuation Tip - Keep gas tank more than half full at all times.
  - a. In the Santa Rosa fire, people were stopping to get gas while bright ambers were dancing around in the air.
  - b. I was on the road within 20 minutes and Gas stations were already closing
6. communication

- a. radio – listen on local channels for emergency news from the authorities
  - i. need updated information regarding danger zones, roads closures, as well as when to evacuate, where to get help, or when to get out of town
- b. have extra power cords in car for cell phone and navigator
  - i. land lines and cell phone were out within 20 minutes where I was
  - ii. hundreds of family members were reported missing because the family cannot find them due to their dead cell batteries
- c. We have a buddy system that was outdated so it did not include new members – the plan was designed for
  - i. each buddy check on one and other then report to group coordinator, then to support staff, then to the dojo
  - ii. I knocked on my buddy's door before leaving town and she was fast asleep. She was close to the Fountaingrove area which was flattened by the fire and would not had responded in time if the changing wind would blow toward her direction.
- d. Our dojo set up 'call them all'. No one notified them about our emergency and our phones were not working. It would not have worked.
- e. Informing the Medical responders
  - i. think what if you can't speak for yourself
    - 1. I prepared a form to include (see attachment)
      - a. ID information – name is most important for how your family or friends can find you
      - b. Health information
        - i. allergies, blood type, medical history, current diagnosis, your doctors contact information – these are what doctors need to know for accurate diagnosis and treatment
      - c. insurance information – help first responders to decide where they will send you
      - d. care of Holy Pendant directions
    - 2. HCD (Health care Directive) and DNR (Do Not Resuscitate form)
      - a. Health Care Directive (HCD) – downloaded form from your state <http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3288>
      - b. Do Not Resuscitate (DNR) - download form
        - i. [http://doctorcareaz.com/forms/DNR\\_form.pdf](http://doctorcareaz.com/forms/DNR_form.pdf)
          - 1. needs your doctor's signature
          - 2. Not available in all states

3. Keep copy on your person

- c. DNR and POLST – both forms can be prepared together
  - i. [https://emsa.ca.gov/dnr\\_and\\_polst\\_forms/](https://emsa.ca.gov/dnr_and_polst_forms/)
  - ii. Talk to your doctor about the treatment you prefer

7. Planning for where to go

- a. 3 different Plans for getting out of 1) the house, 2) the town, and 3) the area
  - i. determine ahead of time
    1. where you are going and where to meet family or friends
    2. how to contact one another if separated
    3. who is picking up the kids from school
    4. where to go with the animals
- b. family fire drill with the kids – practice every six months.
- c. I Prepared names and contact information, for out of the area friends with whom I could stay with, regardless of which direction I evacuate
  - i. I write the contact information in a purse size schedule book, just in case my cell phones is lost or not working
  - ii. I asked my out of town friends to contact me if they learned about a disaster in my area.
  - iii. I was lucky to have friends who tracked me down to offer a place to stay
- d. Plan who is carrying what supplies? Who is getting which kid or dog or rabbit?
  - a. Where to meet once outside? If meeting place outside is not safe, everyone knows how to get to secondary location. Also plan for when neighborhood is not recognizable. Have a radio to know what authorities are planning
  - b. How to find each other if someone is missing? What about when no phone or cell would work? Out of state contact and communication procedure set up.

Evacuation Tip: When I asked a fireman, “how close is too close to a fire?” He said

- “Stretch your arm in front of you and stick your thumb out, if you can see the fire around your thumb, you are too close.” So definitely, don’t be a spectator.

Evacuation Tip: Fire extinguisher is for small fire starting in your home

- Not adequate in a major fire and certainly not during an evacuation
- I saw people looking for fire extinguisher after evacuation notice

## 5. Salt water into drinking water

When water evaporates from the ocean, it leaves salt behind. If you had no fresh water to drink, you could *distill* (or purify) ocean water by taking advantage of evaporation. Here's how:

What You Need:

- Water
- Salt
- Large bowl
- Short glass or [beaker](#).
- Plastic wrap
- Masking tape
- Rock (or other small weight)

What You Do:



1. Add salt to two cups of water and stir until it dissolves, then pour it into a large bowl.
2. Place a short glass in the middle of the bowl. (This glass should be shorter than the rim of the bowl, but taller than the level of the saltwater.)
3. Now cover the bowl with plastic wrap, taping the edges, if necessary, to get a tight seal. Place a small rock or other weight on top of the plastic directly over the glass in the bowl. This helps you collect the distilled water in the glass.
4. Put the bowl outside in the sun. Leave it for several hours, or for the whole day. When you check it again, there will be water in the cup. Taste it to find out if it's salty or fresh! (You can also use electricity to test it for saltiness by making a saltwater circuit.)

What Happened?

The sun warmed the water in the bowl until it evaporated, becoming a gas. When the gas rose and hit the plastic it *condensed* there in droplets (just like water vapor condenses into clouds). The droplets rolled down the plastic toward the weight and eventually fell into the glass (like rain falling from the sky). The salt was left behind in the bowl, making the water in the glass pure enough to drink.