

2025 Prepare in a Year Campaign



Prepare: Your Home, Yourself and Your Family

We are half-way through our **Prepare in a Year** journey with you. This month we will begin to expand our preparedness tips beyond building our go-bag and checking for home hazards. Our Monthly Tips, “Ideas to Consider” will keep us focused on completing our 72-hour go-bags for emergencies and quick evacuations.

Your Home:

Smoke Alarms:

- If you already have smoke alarms, remember to test them once a month (tell family members first!)
- Ask yourself, “Do I have enough smoke alarms in my home and in the right locations?”
 - Putting smoke alarms and carbon monoxide detectors on every level in your home, inside bedrooms and outside sleeping areas can help save a life.
- Red Cross offers FREE smoke alarm installations. Alarms with bed shakers and strobe lights are available for residents who need them: www.SoundTheAlarm.org/SanDiego or call (619) 354-9609.

Escape Ladders:

- Consider purchasing a fire escape ladder that is lightweight and compact for multi-story homes
 - Ladder length: Two-story homes = 10-15 feet long and Three-story homes = 20-25 feet long
- If your child needs to use an escape ladder, show them where you keep it and practice how to use it. For other fire safety tips: [Practice Your Home Fire Escape Plan | Ready.gov](#) / [Home Fires | Ready.gov](#)

Fire Extinguishers:

Fire extinguishers can be helpful in putting out small, contained fires such as one in a small trashcan. Remember, a fire can double in size every 30-seconds! Fire extinguishers should be placed in the kitchen, garage and laundry room. But don’t just buy them . . .learn how to safely use them . . .take a class with CERT.

Yourself and Your Family:

During the summer there are so many events that we enjoy outside and away from home, many of them in crowded areas. Be prepared to step up and help with an emergency while away from or at home.



- CPR/AED/First Aid training - Taking a certification course or at least learn hands-only CPR
- Take a Basic CERT Academy or other emergency preparedness training with your local CERT Program
- June is **#PetPreparedness** Month. Packing tips for your fur-family [Pet Preparedness](#) (YouTube video)
- [Prepare Your Pets for Disasters | Ready.gov/Preparing Makes Sense for Pet Owners - YouTube](#) (ASL)
- Emergency preparedness planning for pets, horses, livestock and more: [CDFA - CARES - California Animal Response Emergency Support](#)



Ideas to Consider:

- This month we suggest you add the following items to your 72-hour Go-Bag:
 - Hand wipes, or hand sanitizer for washing hands without using your limited water supply
 - Products to keep mosquitos away if you are outside at a Temporary Evacuation Point



June 2025 Monthly Tip – Prepare Your Home, Yourself and Your Family

