



The Safety Signal



This emergency preparedness newsletter is brought to you by the SG/PRC Communications & Public Engagement Team, dedicated to the individuals we serve, service providers, and our community partners.

Staying Safe After Dark

- Wear light-colored, bright or reflective clothing
- Add reflective tapes or lights to a wheelchair, cane, walker, scooter, or service animal
- Carry a flashlight or use the one on your phone
- Use sidewalks and marked crosswalks when available
- Follow traffic signals and watch for vehicles before crossing
- Put away phone while crossing streets or moving near traffic
- Bring a friend, family member, caregiver, or support person when possible

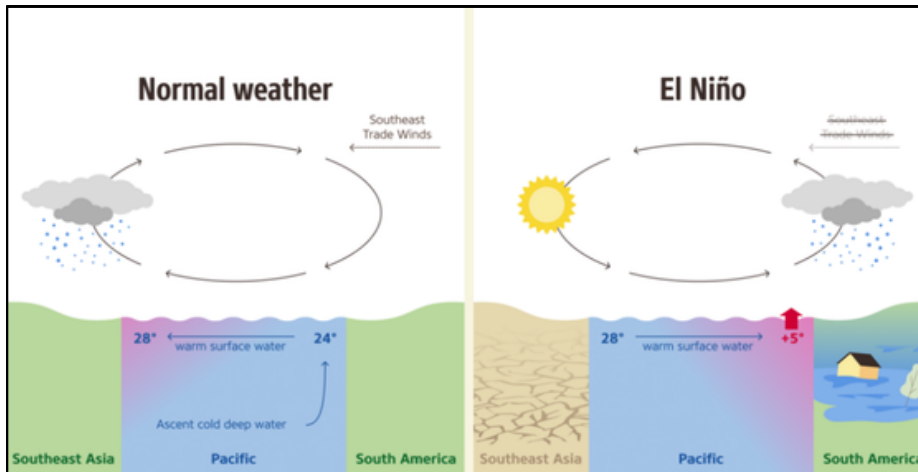
Shorter days in the fall and winter can mean spending more time outside with low visibility. Make it easier for drivers and others to see you.



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ARE YOU PREPARED FOR EL NIÑO THIS YEAR?



What is El Niño?

El Niño is an oceanic phenomenon that happens when ocean water gets warmer than usual. It can bring heavy rain and strong winds that can cause flooding and power outages in California.



Preparing for Severe Weather

- Clear leaves and debris from gutters and drains
- Keep sandbags ready if your area is at risk of flooding
- Charge phones and devices ahead of time
- Make a plan for medical equipment, refrigerated medications, and communication needs during a power outage

What to do during Severe Weather



- Never walk or drive through flooded roads
- Stay away from beaches, rivers, or creeks as water levels can rise quickly
- Check local weather alerts and emergency information

ARE YOU READY FOR THE GREAT SHAKEOUT?



Participate in the 2026 Great ShakeOut on October 15 at 10:15 a.m. local time!

ShakeOut encourages people nationwide to practice **"Drop, Cover and Hold On."**

This annual earthquake exercise promotes simple, lifesaving actions that strengthen earthquake preparedness in homes, schools, businesses and communities.



How to Participate

If you can safely get to the ground



1

Drop to your hands and knees

2

Cover your head and neck under a strong table or desk if possible

3

Hold on and stay where you are until the shaking stops

If in a wheelchair, walker, or other mobility device



1

Lock your wheels

2

Cover your head and neck with your arms, a pillow, a book, or a cushion

3

Hold on and stay where you are until the shaking stops



Medications Tips



Keep medications in their original containers away from children and pets

Take medications only as directed

Never take any medication prescribed for someone else

Use a calendar or phone reminders to help you remember

Refill prescriptions before you run out

Check expiration dates and safely dispose of medications



Word Search



U A P O W E R O U T A G E Y H
D I J K F S T A Y C A L M A O
G O W I N T E R S T O R M H L
F R S E S P I W A R N I N G D
X A E E M E R G E N C Y K I T
Z C M A I B L A N K E T E A F
B H J I T E Q N K F F S V F L
A A S K L S M F N O R A A I O
T R C H F Y H E Y O E F C R O
T G O H E Q P A R D E E U S D
E E V X T L C L K G Z T A T W
R R E G Z U T D A E E Y T A A
I D R O P C V E O N O N E I T
E E L N I N O R R S O U C D E
S G F L A S H L I G H T T Y R

GREATSHAKEOUT	EMERGENCYKIT	POWEROUTAGE	FLOOD
FLASHLIGHT	WINTERSTORM	EMERGENCY	HOLD
BATTERIES	FAMILYPLAN	STAYCALM	FREEZE
BLANKET	SHELTER	WATER	COVER
WARNING	DROP	FIRSTAID	ELNINO
EVACUATE	CHARGER	SAFETY	FOOD

Ready, Set, Check! Emergency Mini Checklist

Ready:

- ☐ Make an emergency kit with water, food, medications, flashlights, and batteries.
- ☐ Keep important phone numbers & emergency contacts somewhere everyone can find them.
- ☐ Know where to go if you need to evacuate your home.

Set:

- ☐ Choose a family meeting place outside your home.
- ☐ Make sure everyone knows how to call 911 and provide your location.
- ☐ Sign up for local emergency alerts and notifications.

Check:

- ☐ Check smoke and carbon monoxide detector batteries.
- ☐ Review your emergency supplies and replace expired items.
- ☐ Practice your family evacuation plan together.