

The Safety Signal

An emergency preparedness newsletter brought to you by the Communications & Publications Team dedicated to the individuals we serve, service providers, and our community partners.

Winter Storms



Stay informed

- Sign up for Cal Alerts and your county's emergency notifications.
- Know your local risks: flooding, burn-scar mudslides, coastal storm surge, mountain snow.

Build a basic emergency kit (3–7 days)

- Water (1 gallon per person per day)
- Non-perishable food + manual can opener
- Flashlights + extra batteries
- Power banks / car charger
- First-aid kit + medications
- Warm clothes, blankets, rain gear
- Copies of important documents

Prep your home

- Clear gutters and storm drains
- Trim weak tree branches
- Sandbags if you're in a flood-prone area
- Know how to shut off gas, water, and electricity

Vehicle prep

- Keep gas tank at least half full
- Emergency car kit (jumper cables, blanket, flashlight)
- If heading to the mountains: chains, shovel, windshield fluid, traction socks

Mudslides

- Avoid hills after heavy rain because mud and rocks may slide down and hurt you.
- Monitor weather conditions
- Never cross a road with water or mud flowing.
- Avoid damaged or fallen power lines, poles, or downed wires.



In this issue...

- Tips for Winter Storms
- Tips for Mudslides
- Power Outages - Be Prepared
- Eaton Fire - 1 year anniversary
- Go-Kit vs Stay-Kit
- Resources
- Word Search
- Upcoming Events





Get Ready, Stay Ready

Emergency Preparedness Resources

Emergencies can be challenging without the right planning, and being prepared helps ensure safety, communication, and continuity of supports before, during, and after an emergency.

American Red Cross

www.redcross.org



Ready.Gov - Build A Kit

www.ready.gov/kit



SG/PRC Website

www.sgprc.org



UPCOMING EVENTS

Sirens of Silence

A sensory-friendly community gathering where families with loved ones who have autism and other special needs can meet and engage with first responders

**April 11, 2026
10am-2pm
at SG/PRC**



Anthony Hoang SG/PRC Emergency Management Coordinator

Meet Anthony Hoang, SG/PRC's Emergency Management Coordinator. Anthony stepped into this role in 2025, bringing with him experience from his time serving our community as a Service Coordinator in Transition Services. This emergency preparedness position is part of the SG/PRC Communications & Public Engagement Team.

Anthony's duties include providing training, conducting outreach, and collaborating with local, state, and private stakeholders to identify and bridge safety gaps. The primary focus of this role is to ensure the safety of individuals with developmental disabilities during disasters.

If you have any questions or suggested topics for our next edition, please email me at: AHoang@sgprc.org

Go-Kits and Stay Kits

A **go kit** is a portable, 3-day supply of essentials designed for rapid evacuation, while a **stay kit** is a larger, 2-week supply of supplies stored at home for sheltering in place. Go kits prioritize mobility, whereas stay kits emphasize long-term sustainability.



Go Kit (Evacuation)

Purpose: Immediate, grab-and-go survival when leaving home.

Duration: Minimum 3 days of supplies.

Contents: Backpack/duffel bag with essential items like water, non-perishable food, flashlights, radios, medications, and crucial documents. (The 5 Ps: People, Pets, Prescriptions, Photos, Papers).

Focus: Lightweight, compact, and accessible.

Stay Kit (Shelter-in-Place)

Purpose: Surviving in your home during power outages, water shortages, or disasters.

Duration: At least 2 weeks of food and water, and up to a month of medication.

Contents: Larger, heavy items like gallons of water, bulk food, tools for turning off utilities, sanitation supplies, and bedding.

Focus: Comfort, quantity, and sustainability at home.

Power Outages Be Prepared



The power in your home can go out any time of year. In the winter, storms, wind, and heavy rain can knock out power and make it harder for crews to fix it quickly.

Be prepared:

- Keep flashlights and extra batteries.
- Charge phones and medical devices before storms.
- Have warm clothing and blankets ready.
- Check in with a friend, family, or neighbor.

If you use medical equipment that needs power, you may qualify for a free backup battery.

Ask your Service Coordinator for more information.

Eaton Fire - One-Year Later

As we acknowledge the one-year anniversary of the Eaton Fire, SG/PRC extends our sincere gratitude to our dedicated staff, service providers, first responders, city officials, and community partners.

In this past year, families and service providers affected by the fires have shown remarkable resilience. ✕ While families continue to heal and navigate through the challenges of losing their homes and belongings, we see their hope, compassion, and perseverance.



If you are served by the San Gabriel/Pomona Regional Center and continue to face challenges related to the Eaton Fire, please contact your service coordinator at (909) 620-7722.

To watch a video reflecting on the fires and recognizing those who have supported their efforts this last year, please scan QR Code.





Plan. Play. Prepare.

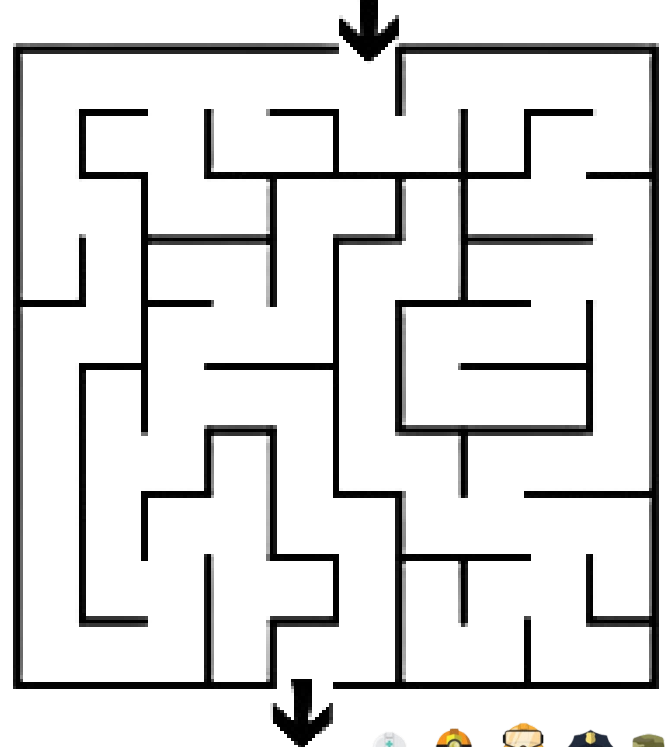


WORD SEARCH

Batteries	Games	Radio
Can Opener	Glasses	Sleeping Bag
Cash	Gloves	Storm
Clothes	Go Kit	Tools
Earthquake	MyShake	Towelettes
Fire	Non-Perishable Foods	Trash Bags
First Aid Kit	Medications	Watch
Flashlight	Paper Plates	Watch Duty
Flood	Pets	Water

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

Find Your Way to Safety!



First Responders
are here to help!



What's in your GO-KIT?



List 5 items that you would
add to your emergency go-kit

- 1.
- 2.
- 3.
- 4.
- 5.