
RIO VISTA COMMUNITY

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Power Outage Preparedness

Due to Bakersfield's high heat and the threat of fires elsewhere, PG&E is warning people to be prepared for when it must turn off electricity. The following information is provided by PG&E.

To help protect customers and communities during extreme weather events, electric power may be shut off for public safety to prevent a wildfire. This is called a Public Safety Power Shutoff.

Below are specific steps you and your family can take to be ready, should there be an extended power outage that lasts multiple days.

- Update your contact information with your local energy company;
- Identify backup charging methods for phones and keep hard copies of emergency numbers;
- Plan for any medical needs like medications that need to be refrigerated or devices that require power;
- Plan for the needs of pets and livestock;
- Build or restock your emergency kit with flashlights, fresh batteries, first aid supplies and cash;
- Designate an emergency meeting location;
- Know how to manually open your garage door;
- Ensure any backup generators are ready to safely operate;
- Identify the unique needs of your family and loved ones in the area for your emergency plan.

Additional information on creating an emergency plan is also available at <https://prepareforpowerdown.com/>.

Food Bank Help for Eligible Seniors

The Community Action Partnership of Kern County has a food program that benefits low-income seniors. It is USDA-funded and provides low-income seniors with a 30-lb box of healthy food items such as milk, cereal, protein, fruits and vegetables each month. To apply a senior must be 60 years of age or older, a Kern County resident, have a valid photo I.D. (driver's license, passport, etc.), and proof of address, such as a utility bill, rental agreement, etc., and must meet the guidelines below:

HOUSEHOLD SIZE	GROSS MONTHLY INCOME	GROSS ANNUAL INCOME
1	\$1,316	\$15,782
2	\$1,784	\$21,398
3	\$2,252	\$27,014
4	\$2,720	\$32,630
Each add'l member	Add \$468	Add \$5,616

To see which food distribution center to go to and on what date, dial 2-1-1 which is a county phone number. After the recording is over and the operator comes on the line, ask where you can go to the CAP senior food program and on what date and time.

Earthquakes

Surviving an earthquake and reducing its health impact requires preparation, planning, and practice.

Far in advance, you can gather emergency supplies, identify and reduce possible hazards in your home, and practice what to do during and after an earthquake.

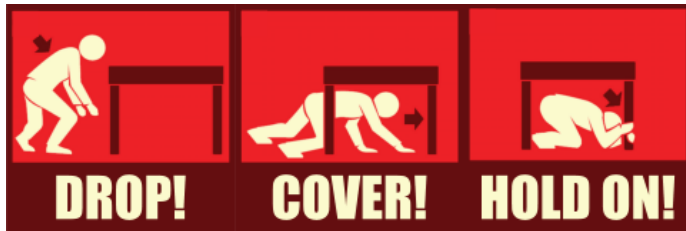
Learning what actions to take can help you and your family to remain safe and healthy in the event of an earthquake.

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Source: <https://www.cdc.gov/disasters/earthquakes/>

Earthquakes - Continued

In most situations, you will reduce your chance of injury from falling objects (and even building collapse) if you immediately:



DROP down onto your hands and knees before the earthquake knocks you down. This position protects you from falling but allows you to still move if necessary.

COVER your head and neck (and your entire body if possible) under the shelter of a sturdy table or desk. If there is no shelter nearby, get down near an interior wall or next to low-lying furniture that won't fall on you, and cover your head and neck with your arms and hands.

HOLD ON to your shelter (or to your head and neck) until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

DO NOT stand in a doorway. You are safer under a table. In modern houses, doorways are no stronger than any other part of the house. The doorway does not protect you from the most likely source of injury- falling or flying objects. Most earthquake-related injuries and deaths are caused by falling or flying objects (e.g., TVs, lamps, glass, bookcases), or by being knocked to the ground.

The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to collapse. Also, shaking can be so strong that you will not be able to move far without falling, and objects may fall or be thrown at you. Stay away from this danger zone. If outdoors, move away from buildings, utility wires, sinkholes, and fuel and gas lines. The greatest danger from falling debris is just outside doorways and close to outer walls. Once in the open, get down low and stay there until the shaking stops.

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Governing documents including CC&Rs, Bylaws, Articles, Meeting Agendas, and Minutes are available for instant viewing at www.hoacity.com/rvca. Acrobat Reader must be installed to view these documents.

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