

# GET PREPARED WITH A FREE DISASTER COURSE



Come learn how you and your family can prepare for a disaster or emergency!

**Each participant will receive a free prize!**

**Date:** Saturday, September 28, 2024

**\*Please note this course is being offered in SPANISH- we will host an English course in December 2024**

**Time:** 8:00 AM to 4:30 PM

**Location:** Vista Fire Department- Station 5  
2009 S Melrose Dr, Vista, CA 92081

**To Register:**

**<https://forms.office.com/g/gSLDuzUWEL>**

**For More Information:**

**Carina Martinez, 760-583-9575, [CMartinez@oceansideca.org](mailto:CMartinez@oceansideca.org)**



## Curriculum Includes:

- Identifying Hazards and Risks (Earthquakes, Tsunamis, Wildfires and other risks)
- Creating a Communication Plan and Family Reunification Plan
- Backup of Important Documents
- Utility Shut Off (Gas and Electricity)
- Fire Extinguisher Use
- Disaster Supplies Kit
- First Aid
- Organization at Home
- Disaster Psychology



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