Taller Comunidad La Goyco 1763 C. Loíza, San Juan, 00911, Puerto Rico Telephone: (787)-948-4053



Machuchal Community Disaster Preparedness Plan

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I. Purpose

The Respuesta Comunitaria Ante Desastres, or Community Disaster Response Program, strives to strengthen emergency management and planning for La Goyco's resilience center. Providing resources such as emergency supplies, community wellness checks, and volunteer opportunities, La Goyco's resilience hub aims to bring a sense of solidarity and togetherness to the Machuchal community in times of need.

A. Introduction

This guide provides information on preparation and post-disaster relief for the Machuchal Community. The Machuchal Community Natural Disaster Preparation Plan is sponsored by Taller Comunidad La Goyco, aiding in their mission to better equip the community for natural disasters. This guide includes before, during, and post-hurricane sections, providing information on relief procedures, communication plans, and potential hazards. Also featured are methods such as mitigating potential hazards and gathering ample supplies as preparation steps. This guide will also highlight resources and opportunities specific to La Goyco, promoting community resilience and togetherness. This guide is meant to be an all-encompassing informational tool for La Goyco. La Goyco can reference the information in this guide if they need to create community informational products. These may include adding an emergency preparedness section to their website or creating community workshops. This guide may also be shared with other community organizations who want to create similar informational programs.

B. Disclaimer

"Respuesta Comunitaria Ante Desastres" is an emergency preparedness and relief program at Taller Communidad La Goyco. Within is a voluntary community wellness check program. The wellness check program intake and evaluations are designed to assess the risk factors of different households in the community, ultimately determining a priority for assistance after an emergency. This prioritization is based on a self-evaluated intake survey to gauge medical and infrastructure vulnerability. The program is designed to collect information to strengthen community-based relief efforts. Enrollment into the program is optional, as well as many of the questions in the survey. While La Goyco will try to assist to the best of their ability, La Goyco cannot guarantee all individual needs and requests will be met. Rather, they hope to promote community preparedness, resiliency, and neighborly support in times of need.

C. About this Plan

Este plan fue desarrollado para proporcionar la información necesaria sobre la preparación para desastres naturales a los residentes de la Comunidad Machuchal. Un enfoque proactivo para la preparación para emergencias es esencial para mantener un plan de preparación sólido. Este plan de preparación para emergencias sirve como guía para mitigar riesgos

potencialmente evitables y proporciona la información necesaria para garantizar estrategias efectivas de preparación para desastres naturales.

Esta guía debe ser reevaluada y actualizada cada año antes del inicio de cada temporada de huracanes. Esto garantizará que la información dentro de este documento se mantenga actualizada y continúe beneficiando al público.

Después de un desastre natural, La Goyco estará abierto al público y servirá como centro de resiliencia para aquellos que necesiten ayuda y apoyo. Los servicios incluyen distribución de recursos (alimentos, agua, otros suministros), primeros auxilios básicos y apoyo en crisis (asesoramiento en trauma y recursos de bienestar comunitario). Una lista de números de contacto de emergencia se encuentra en el Apéndice A, titulada Lista de Contactos de Emergencia. En caso de emergencias graves o que pongan en peligro la vida, se debe llamar al 911.

D. Development and Maintenance of this Plan

Maintaining and updating a natural disaster emergency plan is crucial to ensure preparedness and efficacy in times of crisis. Regular reviews should be conducted to assess the plan's effectiveness. Considerations should include evaluating preparedness supplies and associated protocols are in place. Updating communication protocols will ensure that families are prepared in the event they lose contact with loved ones. For example, having a designated evacuation plan complete with a safe meeting location. These protocols can change frequently, stressing the need for annual review of this plan. Periodic drills and simulations help identify and mitigate weaknesses in these protocols. Finally, updated information from La Goyco allows for continuous improvement of the plan.

II. Background Information

A. The Santurce and Machuchal Community

Santurce and the Machuchal Community are located along the ocean in the northeastern sector of San Juan. The streets are lined with beautiful, vibrant murals and plena and bomba music can often be heard in the air. The Machuchal Community is centered around Calle Loíza, a vibrant bustling street lined with small businesses. These defining aspects help to depict the neighborhood's history and identity. Santurce is home to over 65,000 individuals and spans 5.3 square miles (*Census Profile*, n.d.). 48.3% of the population lives under the poverty line (*Census Profile*, n.d.). Despite the ongoing social and economic challenges the area faces, this community has always maintained a sense of resiliency. Amid this urban landscape, community leaders can be seen advocating for education, and the preservation of history while continuing to share its rich culture with those in the community. These continued efforts to progress the Machuchal Community forward have truly united all residents and inspired surrounding areas. In the summer of each year, Santurce becomes home to "Santurce es Ley", the largest urban art festival

in Puerto Rico and the Caribbean. Both local and international muralists participate and create vibrant and colorful murals portraying Puerto Rican culture.

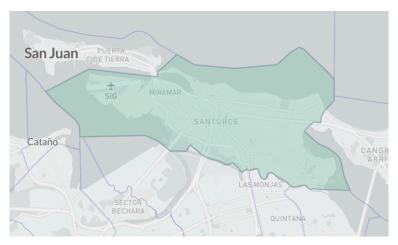


Figure 1: Map of Santurce

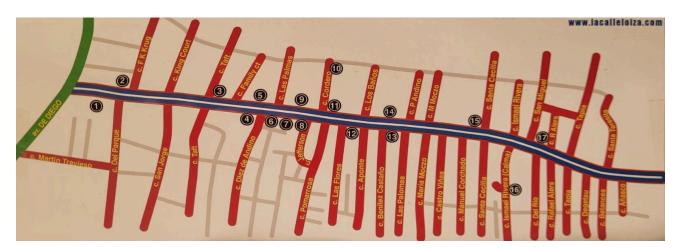


Figure 2: Map of the Machuchal community that Taller Comunidad La Goyco serves

B. La Gocyo

In the middle of vibrant San Juan, Puerto Rico sits Taller Communidad la Goyco. La Goyco is a nonprofit organization founded in 2018 by a group of community neighbors and is based in the former Pedro G. Goyco Elementary School, located in the Santurce sector of San Juan, which closed in 2015. The organization is focused on supporting the community by developing health, education, and cultural programs on writing, art, theater, bomba, recycling, and many others. The executive director and co-founder, Mariana Reyes has worked with Worcester Polytechnic Institute (WPI) students in Puerto Rico for the past three years.

Taller Comunidad La Goyco's mission statement explains that their community center is "born of community management anchored in the diversity that characterizes our environment and committed to the sense of solidarity that represents the highest ideals of coexistence. Aware

of the plurality of needs of the sector, we dedicate ourselves to the creation of programs, initiatives, and opportunities that highlight the historical, social, and potential wealth of the Machuchal community and the Loiza Street sector in Santurce, Puerto Rico" (Taller Comunidad La Goyco, n.d.). That being said, La Goyco could not operate without the group of hardworking and dedicated individuals who work alongside Mariana. As a nonprofit La Goyco relies heavily on volunteers and donations. The rooms of the building are used as workshops for local artists, musicians, and other small businesses to showcase the history and the social potential of the Machuchal community of the Santurce area. La Goyco is committed to the sense of solidarity that represents the ideals of existence. Taller Comunidad la Goyco is also significantly involved in emergency preparedness and offering aid and support to the local community following natural disasters that hit the island of Puerto Rico. Over the past few years, they have implemented solar panels and rainwater collection systems to better prepare for future emergencies. The executive director and co-founder, Mariana Reyes has worked on various projects with Worcester Polytechnic Institute (WPI) students in Puerto Rico for the past three years. This community plan has been formed as a product of this partnership, collaborating in efforts to foster the resiliency of the Machuchal community.

III. Preparation for Emergencies

This section features information on preparation for natural disasters, specifically hurricanes, based on Negocio para el Manejo de Emergencias y Administración de Desastres (NMEAD), Federal Emergency Management Agency (FEMA), and Red Cross recommendations. The section includes information on emergency supplies, household preparation, and evacuation procedures.

A. Emergency Supplies List

The following supplies should be gathered and stored in a home safe-room as described in section 6B, in order to sustain your family during and after a natural disaster. The following items may also be condensed and included into an emergency go-bag in the event that your family needs to evacuate your home.

Food and Water	 Non-perishables including canned meats, fruits, vegetables, powdered foods, baby formulas, and protein bars Store enough to sustain your family for at least ten days Store one gallon of water per person or pet per day, with at least a ten day supply For sanitary purposes, store at least 10 gallons per
	person

Medical and Hygiene	 First Aid Kit Medications and prescriptions Extra glasses Soap Sanitizer Paper towels Toothbrushes and toothpaste Toilet paper Diapers Feminine Hygiene Products Note: If you require a vital medical device powered by electricity, contact the supplier to determine how to connect this to an electrical generator
Protective Gear	 Warm clothing Blankets Sleeping bags Sturdy shoes
Tools and safety Items	 Flashlights Batteries Multi-tools Matches Safety whistle Fire extinguisher Gasoline Note: Gasoline should be stored in a container with a self-closing seal and not stored for more than 1 year
Critical Documents	 Passport Drivers License Credit cards and cash Personal records (ex. Birth Certificates) Medical records Financial Information (ex. Bank accounts and passwords) Property Information (ex. Property deed) Note: Store all critical documents in waterproof containers to avoid any damages

Comfort and Priceless Items	 Children's toys and games (ex. Card games) Irreplaceable items (ex. Family photographs) Valuables
Communication Resources	 List of important contact information Cell phone Portable cell phone chargers Solar powered power banks Battery powered AM/FM radio

B. Household Preparation

It is important to prepare your home to try and mitigate the damages natural disasters may cause. In preparing for hurricanes, the following step can be taken in preparation.

Storm Shutters	Install storm shutters on windows. These can be made from wood,	
	plastic, or aluminum panels, these could also include accordion type	
	shutters or roller shutters	
Drains	Clear drains of leaves and garbage	
Outdoor Equipment	Store or tie down outdoor equipment to avoid loss or damage	
Roofing	If your roof is made of wood or zinc, or is not stable, you can use tension cables to anchor it to columns, your floors/foundation or the ground (3 ft deep)	
Voltage Regulators	Use a voltage regulator to protect the electrical system of your home	
Windows	Install windows that are resistant to high winds and cover the windows with an anchored wooden board (use 3" or 4" screws)	
Safe Room	If able, prepare a room to shelter in with minimal windows, such as hallways or bathrooms, store emergency supplies in this area	
Wooden Houses	Walls, floor and foundation should ideally be connected via metal anchors	

C. Evacuation Procedures

Knowing when and how to evacuate are critical steps in remaining safe throughout an emergency. This step is one of the major preparation decisions you and your family must make. One of the major causes for evacuation is flooding. You should evacuate before the storm if:

- 1. Your area is located on your municipality flood map
- 2. If flooding has occurred in your area during past storms
- 3. Officials have recommended that people in your area evacuate

Remember that flooding may also occur due to landslides. In the event of a flood, keep clear of the area. Flooding can be extremely dangerous as flood water may contain harmful objects and debris. You may also use sandbags to limit flooding in your home. Below is a flood map of the San Juan Area:

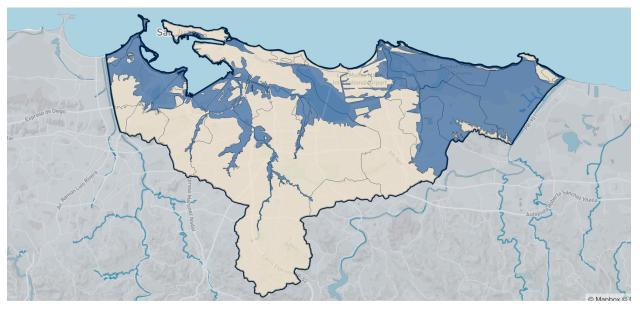


Figure 3. Estuario, P. del. (2022, January 21). Flood zones. https://estuario.org/flood-zones/

D. Communication Planning

With obstacles like blocked roads, inconsistent cell service, and hindered access to the internet, it is important to have a plan in place to communicate with loved ones post-disaster. The following steps can be taken by you and your family to better prepare for the challenges post-disaster communication may pose:

- 1. Organize and decide upon a meeting point for your family members
- 2. Ensure that you have portable cell phone chargers ready
- 3. Invest in a battery-powered radio
- 4. Have a whistle handy in case you are trapped
- 5. Determine a person outside of Puerto Rico to act as a link between you and other family members in the event that you can not get ahold of them
- 6. If applicable, connect your landline phone

IV. During an Emergency

During an emergency it is important for you and your family to stay sheltered and safe, following expert recommendations and protocols. This section details hurricane sheltering procedures for both household sheltering and sheltering in a public space.

A. Sheltering Procedures

If you are sheltering in place, shelter in a <u>safe room</u>. A safe room, noted in section 6B, is described below:

- 1. Includes ample emergency supplies and resources
- 2. Has minimal windows, skylights, or glass doors
- 3. The safest rooms are often closets, bathrooms, and hallways, they put as many walls as possible between your family and the outdoors.

Note: During the eye of the storm there may be a brief moment of calm, but as the storm continues to move, the other side of the eye will rapidly increase wind speed in the opposite direction, stay sheltered until the storm has fully passed.

If you do not believe your home will provide adequate protection or have received advice from professionals to shelter elsewhere, please find a hurricane shelter near you and arrive before the storm. Oftentimes public buildings are used as hurricane shelters, such as public schools. Once inside a hurricane shelter, follow all employee and volunteer instructions and stay in place until the storm has fully passed.

V. Post- Emergency Protocols

This section will highlight post-disaster protocols gathered from various emergency preparation groups including NMEAD, FEMA, and the Red Cross. The section highlights potential hazards in household and public areas, hurricane relief protocols and resources, and post-disaster communication methods.

A. Potential Hazards

There are many potential hazards that result from natural disasters, present in both households and public spaces. The list below highlights these potential hazards.

Household Hazards	Loose power linesGas leaks
	Structural damage
	Damaged water pipes
	Damaged electrical system

	 Flooding Fires Note 1: Never use a portable generator inside your home or garage as this could cause carbon monoxide poisoning Note 2: Use battery powered flashlights and do NOT use candles 	
Public Space Hazards	 Flooded roads Washed out bridges Fallen objects or structures Downed electrical wires Weakened walls, bridges, roads or sidewalks Fires 	

VI. La Goyco Community Resources and Volunteer Opportunities

Taller Comunidad La Goyco is committed to serving the Machuchal community in many aspects of disaster relief through their resilience center, various volunteer opportunities and community wellness procedures, which will be highlighted in the following sections.

A. Resilience Resources

La Goyco's resilience center serves the community post-disaster, providing many types of relief. La Goyco will be open to the public as soon as possible after an emergency occurs to provide resources to the community. These resources may include health and wellness services, emergency food and community meals, and entertainment.

B. Volunteer opportunities

After a natural disaster there will be many volunteer opportunities available at La Goyco. The following graphs details each of the volunteer opportunities and what each roles entails:

Emergency Response Volunteers	 Conduct wellness checks using the wellness check document in the appendix Utilize community census and mapping information to ensure the well-being of Machuchal residents
Infrastructure Volunteers	 Inspect the La Goyco property and building for any damages or hazards Work on repairing any damages or hazards observed, with the guidance of the La Goyco Infrastructure Team

	 Work on cleanup of surrounding areas in the Machuchal community
Medical Volunteers	 This team consists of any nurses, doctors, or other medical professionals in the Machuchal community If willing and able, these volunteers would be able to provide medical services for the community at La Goyco and throughout the surrounding area
Community Meal Volunteers	 Utilize La Goyco's emergency food supplies to facilitate and prepare community meals post-disaster
Resource Distribution Volunteers	 Distribute La Goyco's emergency supplies to the community Update and Manage La Goyco's Inventory Supply list as supplies are given out and restocked
Entertainment Volunteers	 Provide entertainment or performances for the community at La Goyco Entertain children in the community

C. Wellness Checks

La Goyco volunteers will be performing wellness checks on members of the community after an emergency. Wellness checks will assess critical information post emergency, such as the need for immediate medical assistance or injury treatment, special health considerations or requirements, any critical need for food or water or other resources, and an evaluation of potential household and utility hazards that need to be addressed. You can opt into the La Goyco wellness check program using the following QR code. See appendix C for the wellness evaluation form.



VII. Appendix

A. Emergency Contacts List

Oficinas de Emergencias

Offemas de Emerge	1
Línea de Emergencia	911
Guardia Universitaria	787-832-4040 x 3263 787-265-1785
Servicios Médicos	787-832-4040 x 2333
Departamento de Consejería y Servicios Psicológicos	787-832-4040 x 2040, 3526
Promoción de la Salud	787-832-4040 x 3722
MCS-UPR Programa Ayuda Al Empleado	1-866-627-4327
Comandancia Policía Estatal de Puerto Rico	787-832-9687
Policía de Puerto Rico	787-832-2020
Guardia Municipal	787-834-0378
Cuerpo de Bomberos	787-832-2330
Defensa Civil	787-833-7272
Oficina Municipal para el Manejo de Emergencias	787-831-5454
Oficina de la Cruz Roja	787-759-7979
Autoridad de Acueductos y Alcantarillados	787-620-2482

Autoridad de Energía Eléctrica de Puerto Rico	787-521-3434
Agencia Estatal para el Manejo de Emergencias y Desastres de Puerto Rico (NMEAD)	787-724-0124
Zonas de Desastres (FEMA)	800-621-3362
Departamento de Transportes	787-787-9918 / 787-225-1539
Refugios	787-771-6989 / 787-763-2484 / 787-404-0498 temporadehuracanes.pr.gov

Hospitales

Clínica Dr. Perea, Mayagüez	787-834-0101, 787-265-2455
Clínica Española, Mayagüez	787-832-0404
Clínica Yaguez, Mayagüez	787-832-8444
Centro Médico, Mayagüez	787-834-8695
Hospital Bella Vista, Mayagüez	787-834-6000
Hospital Municipal, Mayagüez	787-265-0050
Hospital La Concepción, San Germán	787-892-1860

Línea de Crisis de Salud Mental

Línea de Crisis ASSMCA	1-800-981-0023
Línea de Crisis San Juan Capestrano	1-800-967-4357
Línea de Crisis Hospital Panamericano	1-800-981-1218
Línea de Crisis Hospital Metropolitano	1-877-851-0833

Otras Agencias

Línea para Notificar Maltrato a Menores (Emergencias	1-800-981-833
Sociales)	

Centro Ayuda a Victimas de Violación	1-800-981-5721 / 787-832-2162 x 123
Centro de Control Envenenamiento	1-800-222-1222
Procuradora de la Mujer	1-800-722-2977 (24 horas)
Unidad Psiquiátrica de ASSMCA, Sala de Emergencia Mayagüez	787-832-2353 / 787-833-0633/3400

B. Wellness Evaluation Form

Wellness Checklist

GENERAL INFORMATION	Date of Evaluation: _	// Evaluator Name:	
Number of Residents:			
Number of Children:	Number of Adults:	Number of Elders:	
Address:		·	
Phone #:		Email (optional):	
PERSONAL INFORMATION (optional)			
Name:		Date of Birth://	
Phone #:		Email (optional):	
Any recent injuries:			
Is immediate medical assistance needed?	Yes No Othe	r	
Allergies (list reactions):			
Conditions requiring special consideration	(medical/mental/physi	ical):	
Does this resident require: (A) EpiPen Yes No If yes, what allergen: (B) Inhaler Yes No (C) Wheelchair/Walking Assistance Yes No D) Any Medication currently taking:			
Name:		Date of Birth:// Age:	
Phone #:		Email (optional):	
Any recent injuries:			
Is immediate medical assistance needed?	Yes No Othe	r	
Allergies (list reactions):			
Conditions requiring special consideration (medical/mental/physical):			
Does this resident require: (A) EpiPen Yes (B) Inhaler Yes No (C) Wheelcha	s No If yes, w ir/Walking Assistance	rhat allergen: Yes No D) Any Medication currently taking:	
Name:		Date of Birth:/ Age:	
Phone #:		Email (optional):	
Any recent injuries:			
Is immediate medical assistance needed?	Yes No Othe	r	
Allergies (list reactions):			
Conditions requiring special consideration	(medical/mental/physi	ical):	
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Phone #:		Email (optional):	
Any recent injuries:			
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Allergies (list reactions):			
Conditions requiring special consideration	(medical/mental/physi	ical):	
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Name:		Date of Birth:// Age:	
Phone #:		Email (optional):	
Any recent injuries:			

Is immediate medical assistance needed? Yes No Oth	er
Allergies (list reactions):	
Conditions requiring special consideration (medical/mental/phy	sical):
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Does this resident require: (A) EpiPen Yes No If yes, (B) Inhaler Yes No (C) Wheelchair/Walking Assistance	what allergen: e Yes No D) Any Medication currently taking:
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Phone #:	Email (optional):
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Allergies (list reactions):	
Conditions requiring special consideration (medical/mental/phy	sical):
Does this resident require: (A) EpiPen Yes No If yes, (B) Inhaler Yes No (C) Wheelchair/Walking Assistance	what allergen: e Yes No D) Any Medication currently taking:
EVALUATOR OBSERVATIONS/OTHER COMMENTS (option	al)
Evaluation o	f Necessities
FOOD	
Does your household have food? Yes No	How many days will the food last?
What food does your household need?	
WATER	
Does your household have running water? Yes No	Do you have drinkable water? Yes No
Does your household have running water? Yes No If yes, how many days will the drinkable water last?	Do you have drinkable water? Yes No If needed, how much drinkable water is needed?
If yes, how many days will the drinkable water last? SHELTER AND UTILITIES	
If yes, how many days will the drinkable water last? SHELTER AND UTILITIES Does your household have a roof? Yes No	If needed, how much drinkable water is needed? Is there needed maintenance to the roof? Yes No
If yes, how many days will the drinkable water last? SHELTER AND UTILITIES Does your household have a roof? Yes No Are any windows/doors blown in or broken? Yes No	If needed, how much drinkable water is needed? Is there needed maintenance to the roof? Yes No
If yes, how many days will the drinkable water last? SHELTER AND UTILITIES Does your household have a roof? Yes No Are any windows/doors blown in or broken? Yes No Does your household know of a nearby shelter? Yes No	If needed, how much drinkable water is needed? Is there needed maintenance to the roof? Yes No Have any walls, floors, or ceilings collapsed? Yes No Which one?
If yes, how many days will the drinkable water last? SHELTER AND UTILITIES Does your household have a roof? Yes No Are any windows/doors blown in or broken? Yes No Does your household know of a nearby shelter? Yes No Do you have solar panels? Yes No	If needed, how much drinkable water is needed? Is there needed maintenance to the roof? Yes No Have any walls, floors, or ceilings collapsed? Yes No Which one? Are they in working condition? Yes No
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C. Distribution of this Plan

This plan will be distributed by Taller Comunidad La Goyco to members of the Machuchal community. This plan has been converted to different formats for ease of distribution. These formats include:

- This document
- Printable Brochure
 - o Community Plan Pamphlet
- A series of posters:
 - o Emergency Contacts and Phone Numbers Poster
 - Household preparation Poster
 - o <u>Earthquake Preparedness Poster</u>
 - o Hurricane Go-Bag Poster
 - o <u>Hazards Poster</u>
 - o <u>Hurricane pre/during/post</u>
- A series of social media compatible posts
 - Emergency Supplies
 - o Household Preparation
 - o Sheltering Procedures
 - Hazards Awareness

La Goyco will distribute this plan via their website, social media (ie. Instagram, Facebook, etc.), and in physical formats.

D. Work Cited

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 $\frac{\text{https://www.weather.gov/safety/hurricane-after\#:}\sim:\text{text=Stay}\%20\text{out}\%20\text{of}\%20\text{any}\%20\text{building,areas}\%20\text{dealing}\%20\text{with}\%20\text{power}\%20\text{outages}.}$