

# Disaster Preparedness

## Preparing Makes Sense

### Would you be ready

If tragedy struck this instant, would you be ready? The likelihood that you and your family would survive a house fire depends as much on having a working smoke detector and an exit strategy, as it does on having a well-trained fire department. The same is true for surviving an earthquake, major flood, wildfire, health epidemic or man-made threat. No matter where you are when disaster strikes, you must have the tools and plans in place to make it on your own, for a minimum of three to seven days. Preparing for the unexpected makes sense.

### Preparedness starts with you.

- Prepare yourself and your family, then take the next step and get involved in preparing your community.
- Learn what you can do to prepare for disasters by contacting your local emergency preparedness agency.
- During a disaster monitor your television, radio or internet for updated news and important information.

## Create A Disaster Plan

### Advanced Planning

Plan where your family will meet and go after an emergency. Choose several destinations with alternative routes so you have options in an emergency. If you have a car, keep at least half a tank of gas in it at all times. Include all family members when creating your family disaster plan. Children, the elderly, persons with special needs and pets may require that you do some extra planning to ensure their needs are met. Don't forget to practice your plan and keep it current. If you have to evacuate, take your emergency supply kit. Take pets with you, however, keep in mind a pet may not be allowed inside a shelter. Your family may not be together at the time of a disaster, so develop a written family communications plan with a list of contact information for family members at home, work, and school. Include an out-of-state contact person to call for separated family members.

# Be Safe at Home

## Steps to follow before and after an emergency

Preparedness works best in advance, not after a disaster. Some of the things you can do to prepare are assembling an emergency supply kit, developing a family communications plan and securing your space. For earthquake preparedness, reduce potential damage and injuries, by securing anything heavy, fragile, or expensive. Items may fall and cause injury. Purchase simple straps, and latches to secure your belongings. Also secure items in garages, and storage rooms to minimize hazardous spills and reduce personal damages. In some emergencies local authorities will advise you to stay indoors and Shelter-inPlace. In these instances, follow these steps

## Steps to Shelter-in-Place

- Bring your family and pets inside, lock doors, and close windows, air vents and fireplace dampers.
- Turn off air conditioning, forced air heating systems, exhaust fans and clothes dryers.
- Take your emergency supplies and go into the room you have designated.
- Watch television, listen to the radio or check the Internet for instructions

## Home Preparedness

### When to shut-off your gas, water and power

Know the location and how to operate your electric switches, gas and water valves. Keep a large (12-inch or larger) crescent wrench available in easy access to turn off valves when needed. DO NOT disconnect any utility services unless there is an immediate hazard!

- Immediately after an earthquake, do not turn lights on or off or use matches.
- Use flashlights and check for gas leaks first.
- Turn off your gas meter ONLY if you smell gas or hear gas leaking.
- DO NOT use any electrical appliances until you're sure there are no gas leaks.
- If there is damage to your home wiring or service from the pole, shut off your electricity at the circuit box.
- Check your home's outside electrical connections and power lines around your home.
- Never go near downed power lines or attempt to touch them. Always assume electric lines are live.
- Check water supply lines by turning water faucets on and off.
- If cold water stops running, runs slowly after a few seconds or is dirty, you have a leak.
- In case of broken pipes, water can be shut off at the house master valve or at water meter on the curb. You can obtain water in emergencies from canned vegetables, melted ice cubes and the water heater.

*Contact your local utilities company for more information on what to do in an emergency.*

# Your Emergency Go Kit

## What Will You Need to Cope With a Disaster

Backpacks are best suited to store your disaster supplies so you can take them with you if you need to evacuate. If you are planning to stay in an emergency shelter, you are encouraged to bring emergency items for each member of your family (see next page for complete list)

Keep one kit in your home, another in your car, and a third kit at work or school. Be prepared to improvise and use what you have on hand to make it on your own for a minimum of three to seven days. While there are many comfort items that you might consider storing, think first about fresh water, food, and essential medications.

Special considerations should be made for seniors and people with special needs. Arrange for someone to be able to operate medical equipment and check in during an emergency. Know beforehand the emergency procedure for any home health service provider. For a list of essential survival items.

## Emergency Go Kit Checklist

### Essential Survival Item

- First aid kit and handbook
- Over the counter medicines, spare eyeglasses or contact lenses and solutions
- Water (supply of three to seven days-one gallon per person per day)
- Road maps
- Food (supply of three to seven days of non-perishable food)
- Flashlight with extra batteries and light bulbs, or light sticks
- Radio (battery or hand-crank powered)
- Blankets or sleeping bags
- One complete change of clothing and shoes per family member
- Toiletries and special provisions you need for yourself and others in your family including elderly, disabled, small children, and pets
- Tools (adjustable wrench, ABC Fire Extinguisher, sturdy gloves, dust mask, whistle)

### Infant Items

- Formula and bottles
- Diapers
- Change of clothing
- Food
- Small toys, books, etc.

### Senior and Special Needs Items

- Prescription medicines, list of medications including dosage and copy of medical card
- Eyeglasses, hearing aid and batteries
- Extra wheelchairs, batteries, canes, walkers, oxygen and any other medical equipment needed
- List of the style and serial number of medical devices

## **Important Family Documents**

### **Keep these records or photocopies in a waterproof container.**

- Driver's license/ I.D. cards
- Emergency contact list (including an out-of-state contact)
- Passports, birth certificates and Social Security cards
- Medical insurance cards, immunization records, prescription list for each family member
- Insurance policies (home, auto and personal)
- Cash (small bills and coins), traveler's checks
- Bank account numbers, credit card and company number

American Red Cross <a href="http://www.preparela.org">www.preparela.org</a>	Los Angeles Fire Department <a href="http://www.lafd.org">www.lafd.org</a>
City of Los Angeles Emergency Management Department <a href="http://www.lacity.org/emd">www.lacity.org/emd</a> <a href="http://www.updatela.org">www.updatela.org</a>	Orange County Health Care Agency <a href="http://www.ochealthinfo.com">www.ochealthinfo.com</a>
Community Outreach Promoting Safety & Security <a href="http://www.copss-ca.org">www.copss-ca.org</a>	Orange County Sheriff's Department Emergency Management Bureau <a href="http://www.ocsd.org">www.ocsd.org</a>
County of Los Angeles Fire Department <a href="http://www.fire.lacounty.gov">www.fire.lacounty.gov</a>	Riverside County Fire Department-Office of Emergency Services <a href="http://www.rvcfire.org/opencms/functions/oes">www.rvcfire.org/opencms/functions/oes</a>
County of Los Angeles Public Health <a href="http://www.labt.org">www.labt.org</a> <a href="http://www.publichealth.lacounty.gov">www.publichealth.lacounty.gov</a>	San Bernardino County Fire Department Office of Emergency Services <a href="http://www.sbcfire.org/oes/index.asp">www.sbcfire.org/oes/index.asp</a>
County of San Bernardino Department of Public Health <a href="http://www.sbcounty.gov/dph">www.sbcounty.gov/dph</a>	Southern California Earthquake Center <a href="http://www.scec.org">www.scec.org</a>
Earthquake Country Alliance <a href="http://www.earthquakecountry.info">www.earthquakecountry.info</a> <a href="http://www.DaretoPrepare.org">www.DaretoPrepare.org</a>	Ventura County Fire Department <a href="http://www.fire.countyofventura.org/emergencyservices.htm">www.fire.countyofventura.org/emergencyservices.htm</a>
Los Angeles County Office of Emergency Management <a href="http://www.espfocus.org">www.espfocus.org</a>	Ventura County Sheriff's Department Office of Emergency Services <a href="http://www.vcsd.org/oes">www.vcsd.org/oes</a>
Los Angeles Department of Water and Power <a href="http://www.ladwp.com">www.ladwp.com</a>	