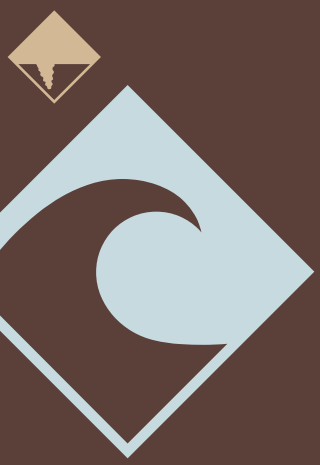
COUNTY OF LOS ANGELES

EMERGENCY SURVIVAL GUIDE



COUNTY OF LOS ANGELES

CALIFORNIA

COUNTY OF LOS ANGELES

OFFICE OF EMERGENCY MANAGEMENT

CHIEF EXECUTIVE OFFICE

Los Angeles County Operational Area

SURVIVAL GUIDE

SURVIVAL GUIDE

As a resident of one of the many unincorporated areas of Los Angeles County, you are an important part of emergency planning and preparedness. Unincorporated areas are not part of any city and are governed by the five-member Board of Supervisors of the County of Los Angeles. The Board acts as your "city council" and is responsible for establishing policies and regulations that affect you and your neighborhood. The Board also governs the County Departments that provide services in your area including recreation, solid waste, planning, law enforcement, fire fighting, and social programs. The County is your first responder to disasters such as flood, fire, earthquake, civil unrest, tsunami, and terrorist attacks.

This Guide will help you to better prepare for, respond to and recover from disasters that face Los Angeles County. Our goal is to provide tips that assist you to be self-sufficient after a disaster. In addition to this Guide, we recommend that you increase your awareness of emergency situations and the skills you need to prepare your family, neighbors and your community. Become Community Emergency Response Team (CERT) qualified and join a local CERT Disaster Response Team. CERT Teams strengthen the ability of our communities to quickly recover after major disasters.

This guide is a starting point. For more information on preparing for disasters, please visit the website for the County's Emergency Survival Program (ESP) at **www.espfocus.org** or call the ESP Hotline at **(213) 974-1166** to receive free information on how to be prepared for emergencies and disasters.

GLORIA MOLINA
FIRST DISTRICT

856 Kenneth Hahn Hall of Administration
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EL MONTE

3400 Aerojet Avenue, Suite 240
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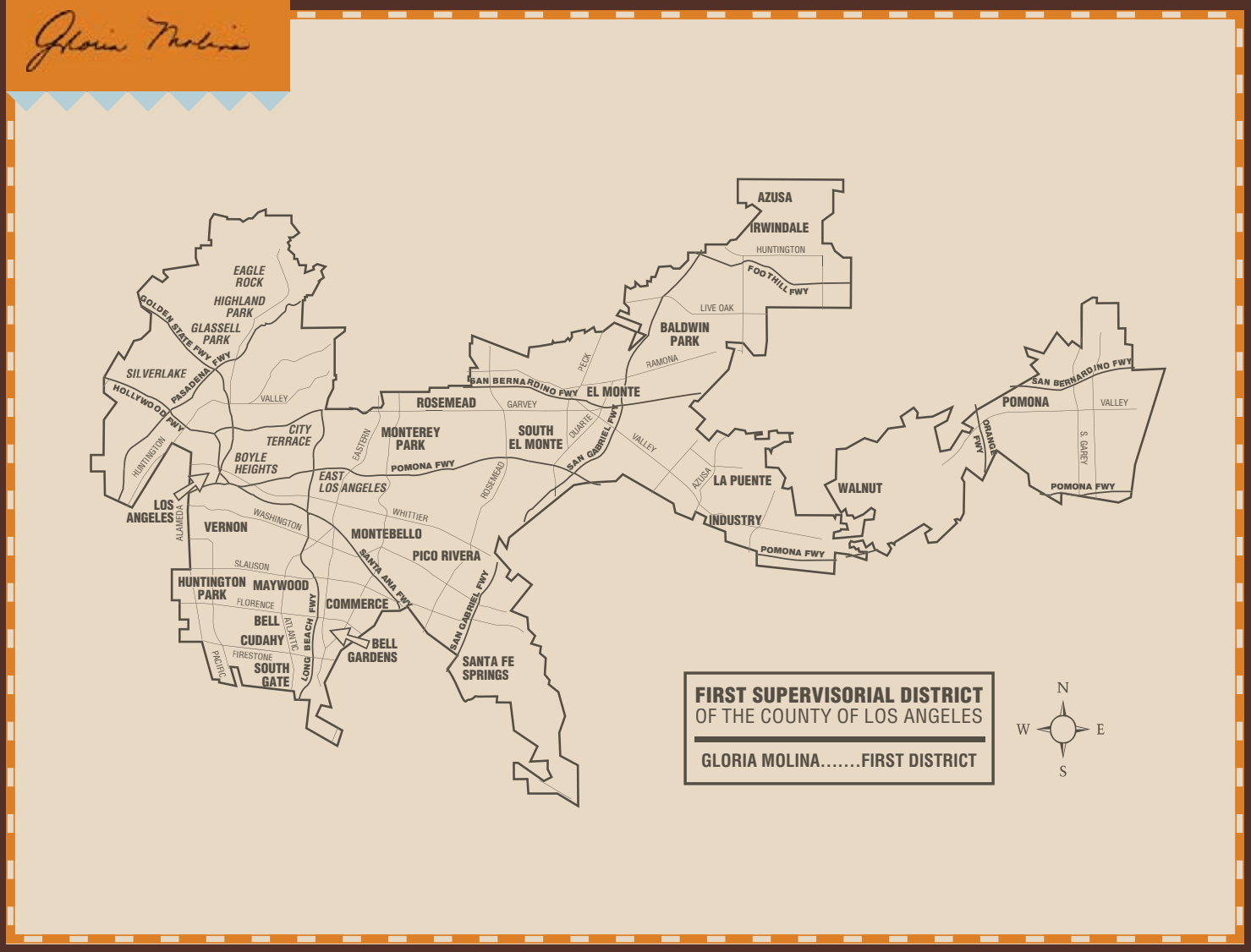
Phone: (626) 350-4500
Fax: (626) 448-1573

EAST LOS ANGELES

4801 East Third Street
Los Angeles, California 90022
Phone: (323) 881-4601
Fax: (323) 887-7286



MARK RIDLEY-THOMAS
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500 West Temple Street
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Fax: (213) 680-3283
Email: seconddistrict@bos.lacounty.gov

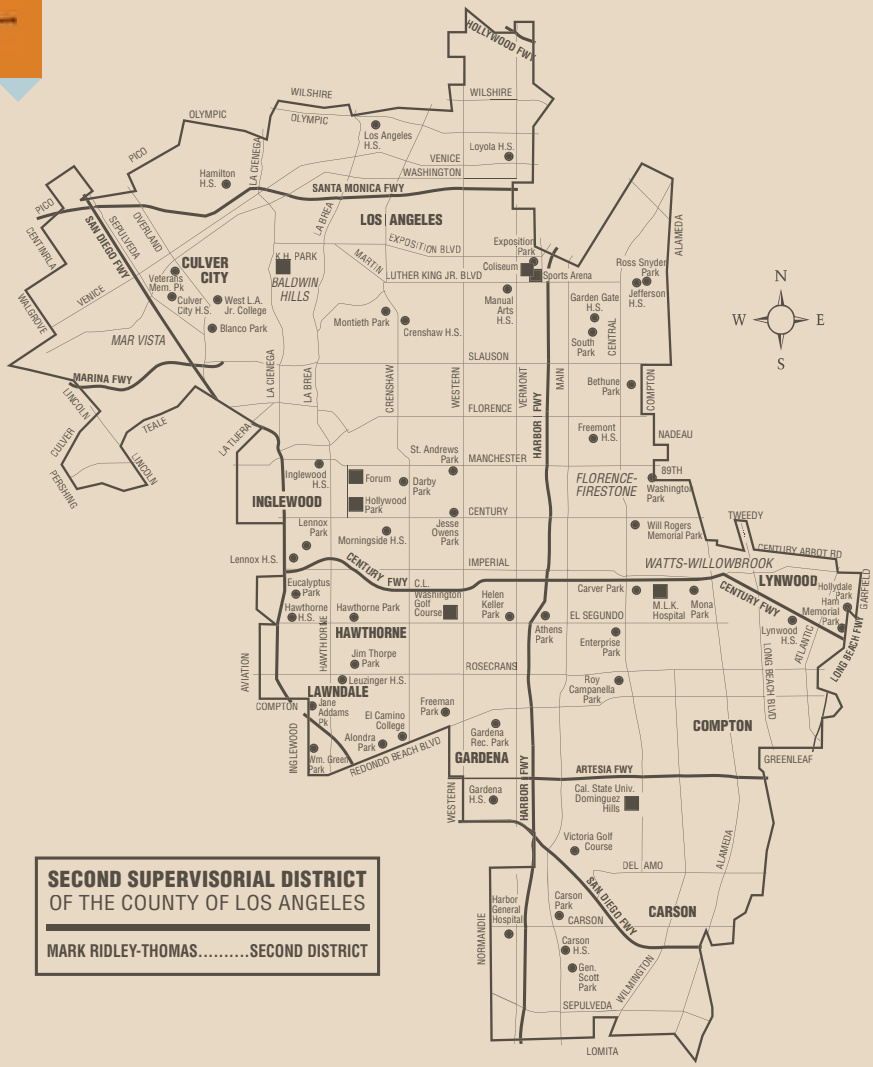
FIELD OFFICES

EXPOSITION PARK
Administrative Offices East
700 Exposition Park Drive
Los Angeles, CA 90037

FLORENCE-FIRESTONE
7901 South Compton Avenue
Los Angeles, CA 90001
Phone: (323) 586-6523
Fax: (323) 277-9824

INGLEWOOD COURTHOUSE
1 Regent Street, Room 620
Inglewood, CA 90301
Phone: (213) 974-1028
Fax: (310) 674-6134

WILLOWBROOK
12915 S. Jarvis Avenue
Los Angeles, CA 90061
Phone: (310) 217-7339
Fax: (310) 808-1184



SECOND SUPERVISORIAL DISTRICT
OF THE COUNTY OF LOS ANGELES

MARK RIDLEY-THOMAS.....SECOND DISTRICT

ZEV YAROSLAVSKY
THIRD DISTRICT

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Los Angeles, CA 90012
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Fax: (213) 625-7360
Email: zev@bos.lacounty.gov

FIELD OFFICES

VAN NUYS DISTRICT OFFICE
14340 Sylvan Street
Van Nuys, CA 91401
Phone: (818) 901-3831
Fax: (818) 997-8196

CALABASAS DISTRICT OFFICE
26600 Agoura Road, #100
Calabasas, CA 91302
Phone: (818) 880-9416
Fax: (818) 880-9346

DON KNABE
FOURTH DISTRICT

822 Kenneth Hahn Hall of Administration
500 West Temple Street
Los Angeles, CA 90012
Phone: (213) 974-4444
Fax: (213) 626-6941
Email: don@lacbos.org

FIELD OFFICES

BELLFLOWER
100205 E. Flower Street
Bellflower 90706
Phone: (562) 804-8208
Fax: (562) 804-2746

SIGNAL HILL
1401 E. Willow Street
Signal Hill 90755
Phone: (562) 256-1920
Fax: (562) 490-0549

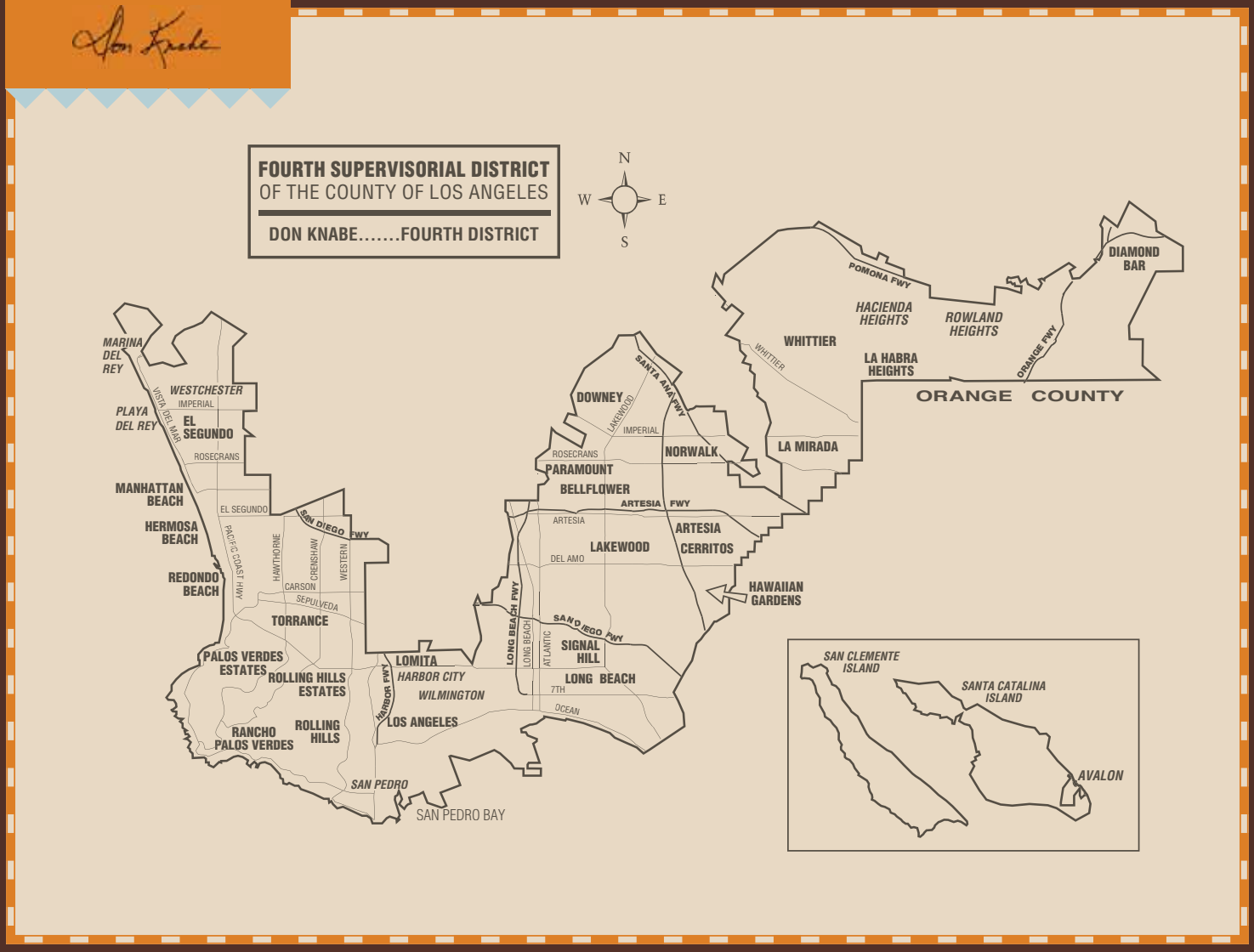
ROWLAND HEIGHTS
1199 S. Fairway Dr., Suite 111
Walnut, CA 91789
Phone: (909) 594-6561
Fax: (909) 594-1621

TORRANCE
825 Maple Avenue, Room 150
Torrance, CA 90503
Phone: (310) 222-3015
Fax: (310) 300-4058

DOWNEY
7500 E.Imperial Hwy., Rm 105
Downey, CA 90242
Phone: (562) 803-7087
Fax: (562) 803-0613

NORWALK
12720 Norwalk Blvd., 7th Flr
Norwalk, CA 90650
Phone: (562) 806-7350
Fax: (562) 929-9051

SAN PEDRO
505 S. Centre Street
San Pedro, CA 90731
Phone: (310) 519-6021
Fax: (310) 732-7927



MICHAEL D. ANTONOVICH
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500 West Temple Street
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FIELD OFFICES

ANTELOPE VALLEY
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Palmdale, CA 93551
Phone: (661) 726-3600
Fax: (661) 942-5069

SAN GABRIEL VALLEY
615 East Foothill Blvd. Suite A
San Dimas, CA 91773
Phone: (909) 394-2264
Fax: (909) 592-0751

SAN FERNANDO VALLEY
21943 Plummer Street
Chatsworth, CA 91311
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Fax: (818) 993-5764

PASADENA
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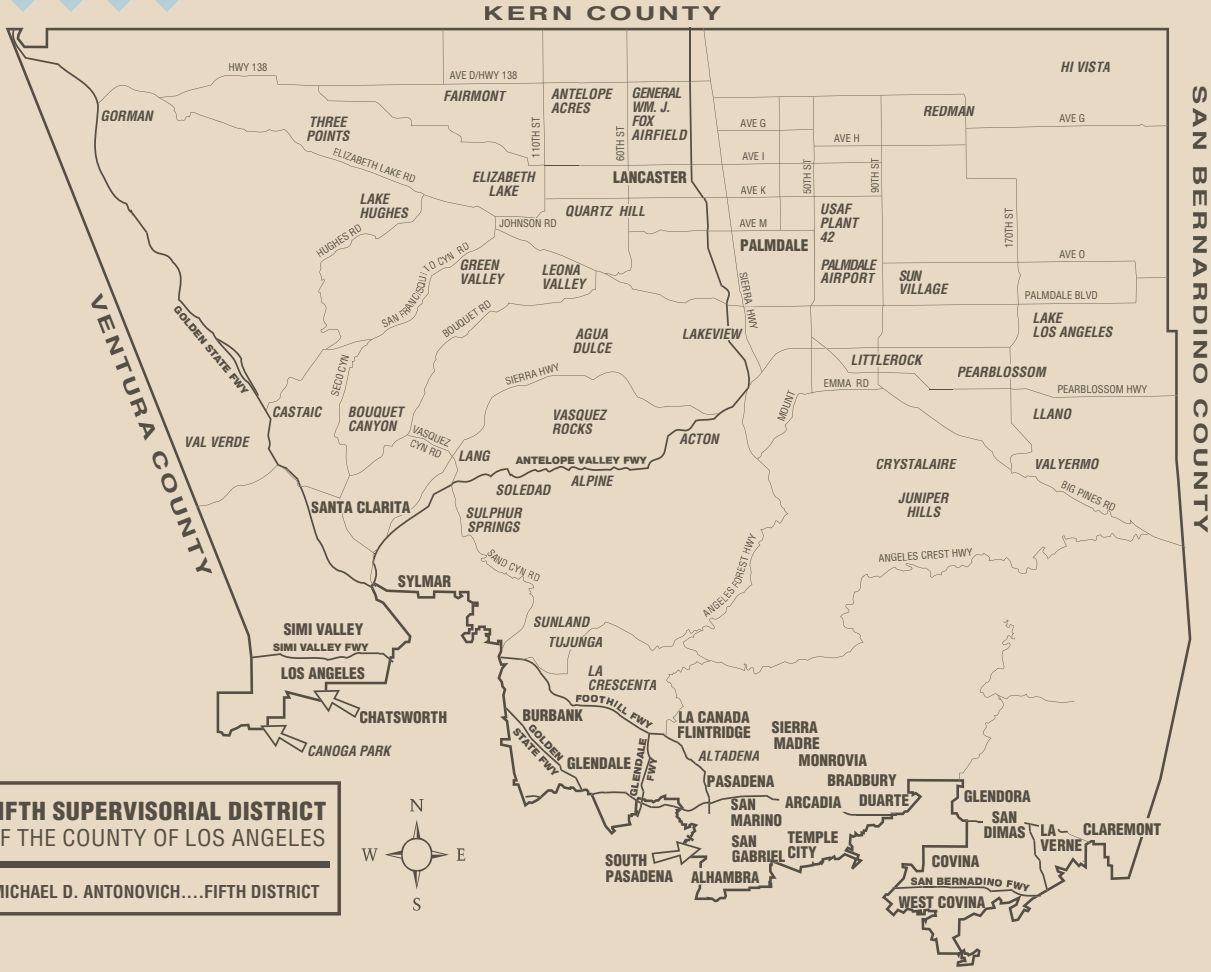
Pasadena, CA 91101
Phone: (626) 356-5407
Fax: (626) 568-0159

SANTA CLARITA VALLEY
23920 Valencia Blvd. Suite 265
Santa Clarita, CA 91355
Phone: (661) 287-3657
Fax: (661) 254-4453



RESPONDING TO DISASTERS IN LOS ANGELES COUNTY

The Los Angeles region is subject to various destructive emergencies including earthquakes, flood, landslides, wild fires, tornadoes, urban fires, tsunamis, hazardous material releases, terrorism, and civil unrest. Major earthquakes have occurred in Southern California causing damage to the County in 1933, 1971, 1987 and 1994. A recent report by a working group of respected scientists estimates an 86% probability of a magnitude 7.0 or greater earthquake in southern California over the next 30 years.

Emergency situations become disasters when they overwhelm the resources here to protect our community. In a disaster, County departments will do everything possible to provide assistance to residents. However, large disasters may completely overwhelm our responders with multiple incidents and competing public safety needs. First responders will need to focus their efforts in the areas where they can do the most good - helping severely endangered people and heavily impacted areas first. It is possible, even likely, that some areas may not get professional assistance for days after a disaster has occurred.

A major disaster can leave hundreds, possibly thousands, of people homeless and strain food, water and shelter resources for all emergency response and support agencies.

This Guide is intended to help you and your family survive and recover after a major disaster. Become familiar with the tips and the resources provided in this Guide and take steps to keep your family safe.

Chief Executive Office
Office of Emergency Management

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For more information on topics covered in this Guide, or to download additional copies, please visit:

WWW.ESPFOCUS.ORG

You may be the first person to spot an emergency and be in a position to notify authorities. This is best done through the 911 system, preferably using a landline (such as a home or office telephone) so your location is accurately recorded.

Never assume that someone else has called 911 when you see an emergency. In fact, the more people who call 911 to report an emergency, the better. Each call received may provide more information than the previous call.

In an emergency large numbers of 911 calls from cellular telephones may cause significant delays when trying to reach a 911 operator.

Cellular calls do not always capture your location. When reporting an emergency on a cellular telephone:

- Give your cellular telephone number to the 911 operator immediately in case the call is dropped or lost.
- When asked for your location, report the location where the incident occurred.

In case of emergency

DIAL 9-1-1

FOUR STEPS TO PREPAREDNESS

Are you prepared to survive a major earthquake, tsunami, fire, flood, act of terrorism or other disasters? The time to start thinking about what to do in an emergency is before it happens. By following some simple guidelines you can help prepare your family, neighborhood, business or school to be better prepared and self-sufficient after the next disaster.

The County of Los Angeles and each City in the County maintain formal disaster plans designed to coordinate emergency services provided by county, state, federal and volunteer agencies. Every effort will be made to preserve basic services to unincorporated area residents of the County, but survival during a disaster depends on individual and family preparedness.

1. HAVE A PLAN

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4. GET INVOLVED

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CERT
COUNTY OF LOS ANGELES FIRE DEPARTMENT
COMMUNITY EMERGENCY RESPONSE TEAM

FAMILY EMERGENCY PLAN

A good place to begin emergency preparedness is by writing a Family Emergency Plan. Your Plan should include every member of your household – including pets!

10 ESSENTIAL Actions

1. Learn the threats in your area
2. Identify meeting places
   - Outside your home
   - Outside your neighborhood
3. Select your out-of-state contact
4. Know your evacuation routes
   - Exits and alternate ways to leave home
5. Know the location of utility shut-offs
   - Water
   - Gas
   - Electricity
6. Know the emergency policies of schools and adult-care centers
   - Emergency shelter/supplies
   - Transportation
7. Identify safe spots in each room to take cover, if needed
   - Under sturdy tables and desks
   - Against interior walls
8. Extra medications
9. Make special provisions for
   - Children
   - Seniors
   - Pets
   - People with disabilities
   - Non-English speaking
10. Schedule annual disaster drills

HOUSEHOLD COMMUNICATION PLAN

Take time to record important contact information for members of your household and your out-of-state contacts.

HOUSEHOLD EMERGENCY CONTACT INFORMATION

Name	Location	Phone	Email

TIP

To use a web-based tool for creating an emergency plan for your family. Go to ***www./ready.adcouncil.org/beprepared*** *and go to* ***My Family Emergency Plan***

EMERGENCY INFORMATION

Contacts	Name	Phone Number
Local personal emergency contact		
Hospitals near: Work		
School		
Home		
Family physician(s)		
Employer contact and emergency information		
School contact and emergency information		
Religious/spiritual organization		

OUT-OF-STATE EMERGENCY CONTACT INFORMATION

Primary Contact	Secondary Contact
Name	Name
Address	Address
Business Phone	Business Phone
Home Phone	Home Phone
Cell Phone	Cell Phone
Email Address	Email Address

FIRE ESCAPE PLAN

1. Sit down with your family and make a step-by-step plan for escaping from your home during a fire. Draw a diagram of your home.
2. Plan two ways out of every room, especially the bedrooms.
3. Make sure everyone can unlock all locks and open all windows and doors quickly.
4. Ensure that safety bars contain the proper device so that in an emergency, they may be easily unlocked.
5. If you must escape from a second-story window, be sure you have a safe way to reach the ground. Make special arrangements for small children and people with disabilities.

For more information on building emergency plans visit **www.fire.lacounty.gov/SafetyPreparedness**

DIAGRAM ESCAPE ROUTES FROM YOUR HOME

INDIVIDUALS IN NEED OF SPECIAL ASSISTANCE

Be sure that your Family Emergency Plan includes the needs of all members of your household. Consider forming a neighborhood network to assist in times of emergency. Individuals in need of special support may include:

- Elderly
- Casual workers
- Pregnant women or parents with newborns
- Homebound individuals
- Non-English-speaking individuals
- Post-surgery patients
- People with physical or emotional handicaps
- Individuals with no access to transport
- People with special dietary needs

All individuals in need of special support should interpret an Evacuation Warning as an Evacuation Order and make arrangements to leave the impacted area immediately.

When considering how to prepare for emergencies, think about the people in your neighborhood and how you can work together. The first people to assist in an emergency are often your neighbors, friends and co-workers.

NEIGHBORS,

not professional first responders, typically perform 70% of all rescues in major disasters.

For more information on building emergency plans visit **www.espfocus.org** to see the ESP publication **"Tips for People with Disabilities and Mobility Limitations"**.

EVACUATIONS

An **Evacuation Warning**

or Voluntary Evacuation, means that it is time to prepare to leave your home and the area. Gather your family, pets, basic needs and important paperwork and listen for instructions from emergency responders. If you have special medical needs or have limited mobility, you should prepare to leave the area when an Evacuation Warning is issued. Those with horses or large animals should also begin to evacuate.

An **Evacuation Order**

or Mandatory Evacuation, is a directive from the Departments of Sheriff or Fire to leave your home or business immediately. Failure to follow an Evacuation Order may result in endangerment to the lives of others, personal injury, or death. Once you have left the area you will not be able to return until the Order has been lifted.

An **Evacuation Shelter**

may be set up by the Red Cross at the request of the County if an area must be evacuated for an extended amount of time. The location for an evacuation shelter will be announced by local officials, once a safety assessment is complete and the shelter is ready to accept those affected by the evacuation.

Shelter-in-Place

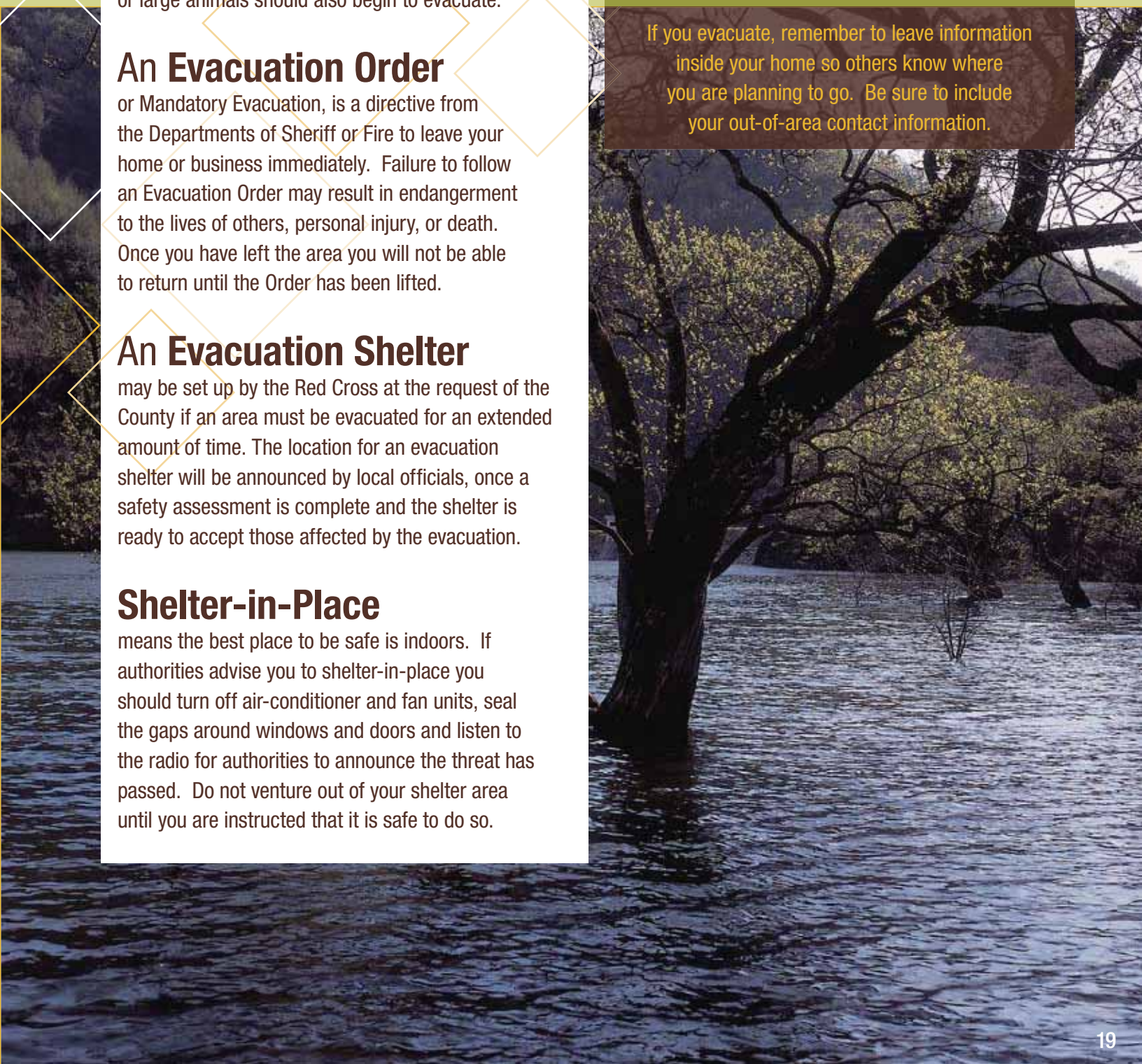
means the best place to be safe is indoors. If authorities advise you to shelter-in-place you should turn off air-conditioner and fan units, seal the gaps around windows and doors and listen to the radio for authorities to announce the threat has passed. Do not venture out of your shelter area until you are instructed that it is safe to do so.

FLASH FLOODS

A flash flood **WATCH** means flash flooding is possible in your area.

A flash flood **WARNING** means a flash flood is occurring or will occur very soon.

If you evacuate, remember to leave information inside your home so others know where you are planning to go. Be sure to include your out-of-area contact information.



EVACUATION CHECKLIST

10 ESSENTIAL Items

1 Emergency Supply Kit

2 Out-of-State Contact List

3 Cash and Credit Cards

4 Important Documents

- Social Security card
- Drivers License
- Passport
- Medical card and records
- Insurance information

5 Change of Clothing

- For each family member

6 Personal Hygiene Items

- Toothbrush & Toothpaste
- Shampoo & Soap
- Lotion
- Deodorant
- Kleenex and Toilet Tissue

7 Family Photos

8 Baby Items

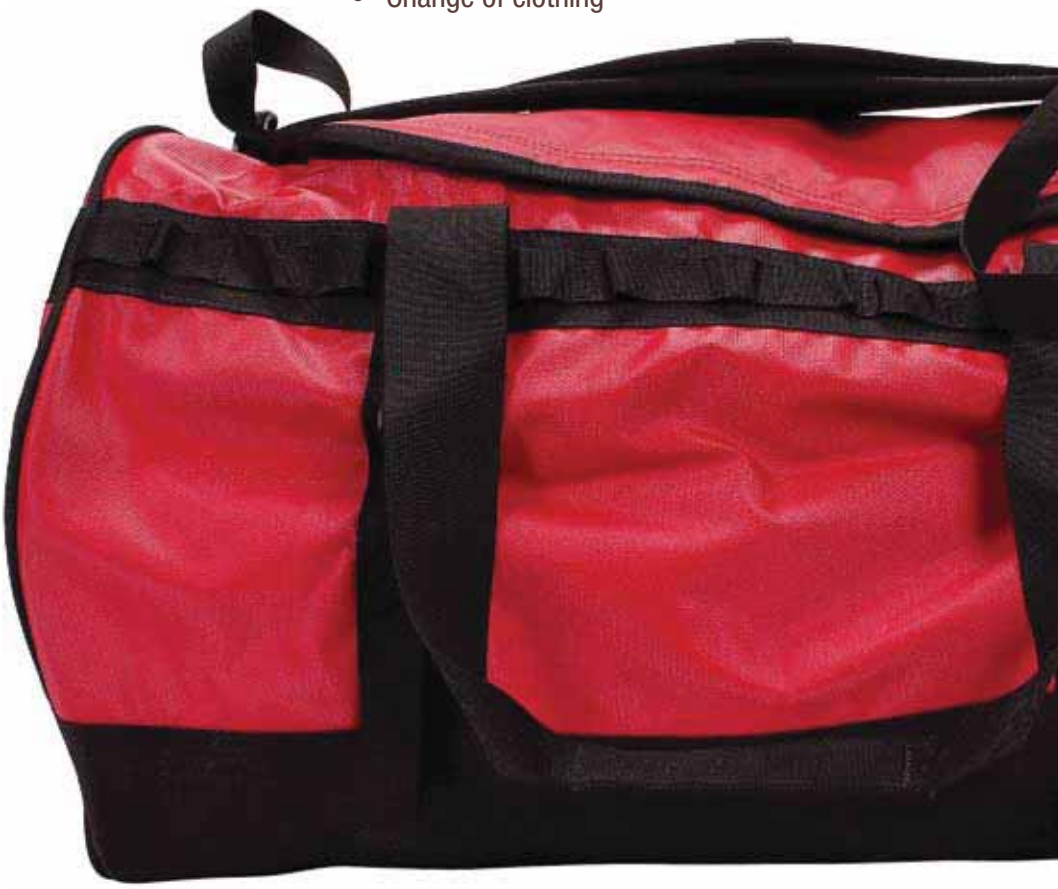
- Diapers
- Formula
- Food
- Change of clothing

9 Special Needs Items

- Wheelchair, Canes & Walkers
- Medications
- Hearing Aids (& extra batteries)

10 Pet Care Items

- Identification & Immunization Records
- Carrier or Cage
- Muzzle and Leash
- Food & Water



SCHOOL SAFETY

If you have children attending school in Los Angeles County it is important for you to obtain a copy of the school's disaster plan and include it in your Family Emergency Plan. The school's disaster plan should answer the following questions:

YES	NO	
❑	❑	Will my child be sheltered in place during a wildland fire or other emergency?
❑	❑	If so, do I know what precautions my school has taken to ensure my child's safety?
❑	❑	Does the school maintain a parent-provided disaster supply kit for my child?
❑	❑	If so, have I recently updated it so it is current?
❑	❑	Does the school have adequate emergency supplies on hand to care for my child?
❑	❑	Will I be able to pick up my child, or send someone else to pick up my child?
❑	❑	Will my child be evacuated?
❑	❑	If so, do I know to what location my child might be evacuated?
❑	❑	If my child needs special medications, can a short-term supply of these medications be kept at the school nurse's office for use during any emergency?
❑	❑	Is your child's emergency contact school information up-to-date?

WHO SHOULD I CALL TO KEEP UPDATED ON THE STATUS OF MY CHILD?

Name _____

Phone _____

PUBLIC SCHOOL CLOSURES

Before School Has Begun for the Day

If one or all schools cannot open due to unsafe road conditions or other reasons, district superintendents will declare a school closure and the school will notify local radio stations to announce planned closures. If conditions allow, district personnel including custodians, maintenance, and office staff will report to work as usual.

Once School Has Begun

Once school has started for the day, students will remain until the regular dismissal hour or until students are checked-out by an adult listed on their emergency card. During bad weather, principals or other school representatives will remain on campus until all students have been picked up from school.

Transport coordinators for the school will notify the principal and superintendent if road conditions in the area mean that students cannot safely leave. If an earthquake or other disaster prevents parents or guardians from picking up students when school is over, students will be sheltered at the school. Schools plan for extended stays by keeping food and other supplies for students and staff onsite.

School Evacuation

If an individual school must be evacuated due to flooding, fire, or destruction of facilities, students will be evacuated by school bus or other means to another district school site. Parents and guardians will be notified through local radio station announcements about evacuations and transfer sites where they can pick up students.

TIP

In an emergency, do not call the school directly. School lines are used by staff call for emergency help and coordinate evacuations. Visit the Los Angeles County Office of Education's website at www.lacoe.edu and listen to KAVL 610 AM, FM, KFI 640 AM OR KHTS 1220 AM for information on public schools.

STEPS FOR A WORKPLACE	EXAMPLES
1 Recognize potential hazards and how they can impact your business operations.	• Earthquake • Fire • Power Outage • Flood • Water Damage • Theft • Security Risk
2 Begin to prepare a disaster and continuity plan.	• Emergency Contact list • Key Contacts • Vital Records • Critical equipment • Identify alternate work locations
3 Stockpile supplies, encourage employees to keep emergency supplies at work.	• First Aid • Food • Water • Lighting • Communications • Tools • Hygiene & Sanitation
4 Identify steps you can take to mitigate potential building damage.	• Talk to building owner • Request safety inspections • Consult Fire Marshal
5 Practice Drop, Cover and Hold On!	• Under desk • Under a table • Away from windows • Stay low • Cover neck and head
6 Once the danger has passed first check for injured people then look for serious damages to your building.	• Address life safety issues • Address outer building safety • Address internal building safety • Perform more detailed building assessment • Have a meeting place
7 Use your plan to resume business operations.	• Complete a detailed assessment of your vulnerability to hazards • Communicate with employees and customers about your plan • Find the resources you need to recover in your community • Refine your Disaster Plan with Best Practices

The information on this page is based on "The Seven Steps to Earthquake Safety" in the handbook, *Putting Down Roots in Earthquake Country.*
Visit www.earthquakecountry.info for the complete Guide.

PREPARING YOUR CONGREGATION FOR DISASTER

Ensure your place of worship has an updated emergency plan. Decide how your place of worship will respond in a major disaster and provide training to your worship community to help you carry out your plans.

- Identify potential hazards and threats
- Prepare your buildings for a disaster
- Plan for building evacuations
- Train staff in disaster readiness and response
- Prepare to help your congregation after a disaster
- Prepare to help other members of your community
- Set up telephone calling trees
- Appoint leaders to groups of members to keep the place of worship informed of needs

For more information on preparedness and a template disaster plan for faith-based organizations, please visit the website for Emergency Network Los Angeles: **www.enla.org**.

PLANNING FOR WATER

To prepare safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it. Be sure to notice the expiration or "use by" date.

- A normally active person needs to drink at least two quarts of water each day. Children, nursing mothers, and others may need more.
- Very hot temperatures can double the amount of water needed.
- Store at least one gallon per person per day, for drinking and cooking.
- Store water in thoroughly washed plastic, glass, or enamel-lined metal containers.

Recycle self-stored water every six months.
Recycle commercially bottled water every 12 months.

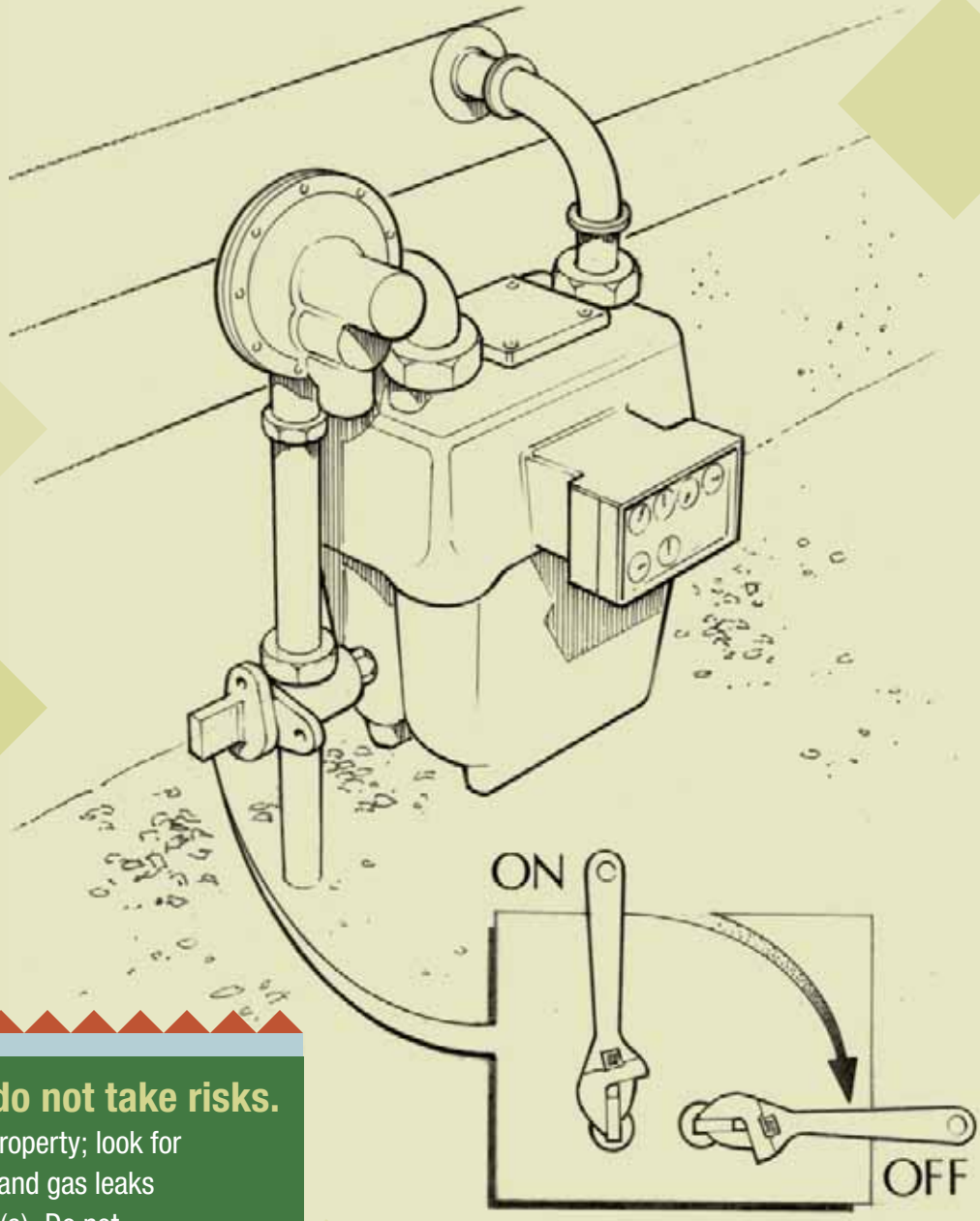
WARNING

The water stored in water heaters is VERY HOT. Take precautions to avoid injury!

More information on storing water and food is available free of charge in the ESP publication "Family Steps to Survival" at **www.espfocus.org** or by calling **(213) 974-1166**.

TIP

Your hot water heater can be a source of water. Turn off the power that heats the tank and let it cool. When you want water, place a container underneath and open the drain valve on the bottom of the tank.



Think SAFETY and do not take risks.

Walk carefully around your property; look for downed power wires, water and gas leaks and damage to the structure(s). Do not enter severely damaged buildings, especially alone. Wait for help and use safety gear.

GAS SHUT OFF

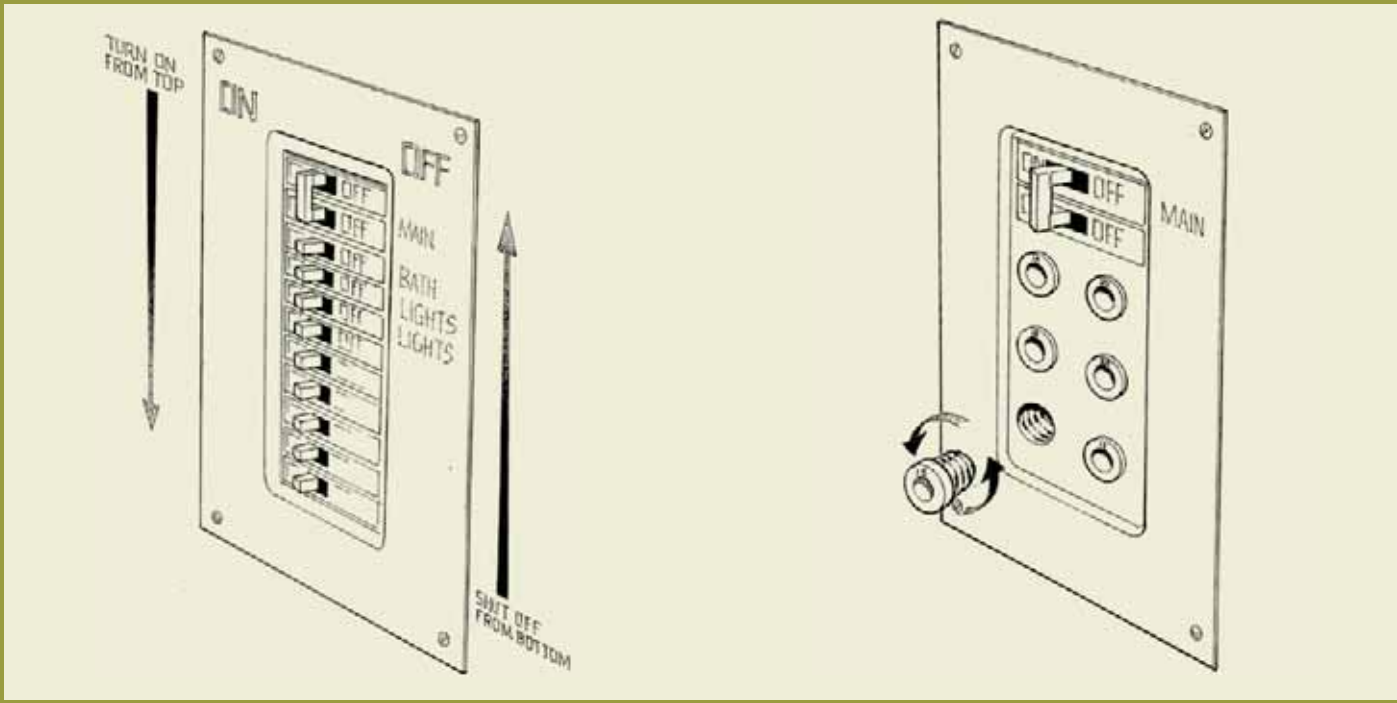
Learn the location of your gas meter and how to shut off the supply valve. Do not shut off the gas supply valve unless you smell or hear gas leaking. If you have "Natural Gas" (a line from the street) the main shut-off valve is located next to your meter on the inlet pipe. Use a wrench and carefully give it a quarter turn in either direction so that the bar runs crosswise on the pipe. The line is now closed. Shut off valves covered with paint should be tapped gently to break the seal; forcing the valve can break it. If you have propane (gas in a tank), turn off the main gas supply valve if it is safe to do so. To close the valve turn it to the right (clockwise).

UTILITIES

ELECTRICITY SHUT OFF

Every responsible member of your household should know where your electrical switch box is and which switch controls power to your home. This switch may be found on the circuit breaker panel or it may be separately located near the meter.

Remember - do not operate any electrical switches if a gas leak is suspected. To shut off the electricity to your home, turn off individual breakers first, then the main switch. To turn back on, turn on the main switch first, then individual breakers.



WATER SHUT OFF

The water shut off valve is found where the water supply enters the house. Check with your water company to determine if a special tool is needed to turn the valve. Consider installing a turn off valve near your home to help with leaks or burst pipes inside. Water is essential for survival but in an emergency, may be limited or unavailable. Properly stored water is the most important part of your emergency plan.

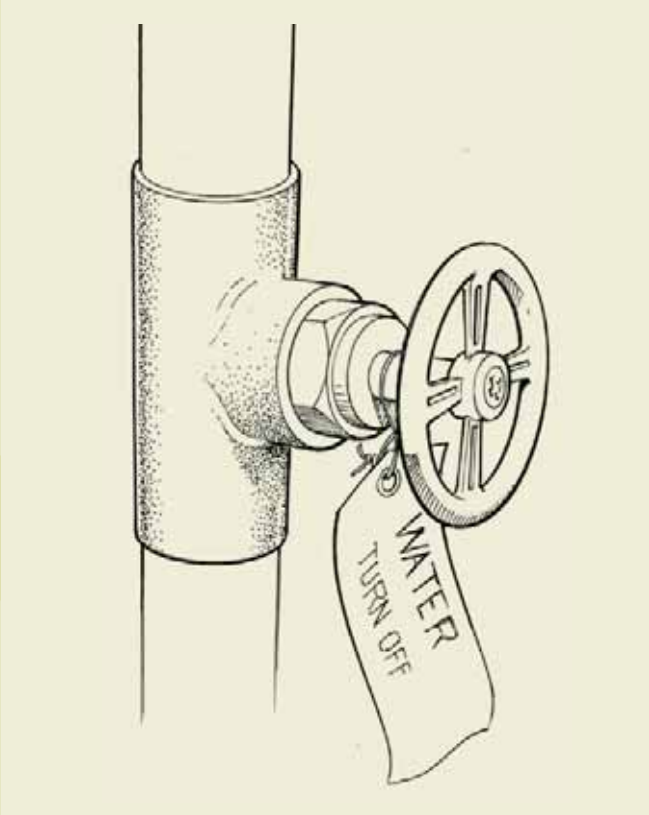


DIAGRAM THE LOCATION OF YOUR UTILITY SHUT-OFF VALVES; INCLUDE WATER, ELECTRICAL AND GAS.

ANIMAL PREPAREDNESS

Dogs, Cats and Other Small Animals

Whether you are away from home for a day or a week, you'll need essential supplies for your pets. Keep items in an accessible place and store them in sturdy containers that can be carried easily (duffel bags, covered trash containers, etc.). Keep non-expired medications and food ready at all times.

Be Sure All Your Pets are Clearly Identified

- Be sure all dogs and cats are wearing collars with securely fastened current identification.
- Attach the telephone phone number and address of your temporary shelter to their collar.
- If you have not identified a temporary shelter, include the name and numbers of a friend or relative well outside the impacted area.

Identification microchips are highly recommended for all pets - and required for dogs in unincorporated areas of Los Angeles County. Contact Animal Care & Control at **(562) 728-4882** or your vet for more information.

TIP Register your pet's microchip and keep the phone number of the data carrier with your important evacuation papers.

HORSES AND LARGE ANIMALS

Emergency preparedness is important for all animals, but preparedness for horses and large animals is especially important because of their size and special transportation needs.

Horses should be evacuated as soon as an EVACUATION WARNING is issued. Do not wait for the EVACUATION ORDER. If you are unprepared or wait until the last minute, you may need to leave your animals behind. Consider these tips as you prepare your evacuation plan:

ANIMAL EVACUATION PLAN

- Before the emergency, make arrangements to shelter your animals at two different locations far apart from each other.
- If you have large animals, evacuate when you hear the EVACUATION WARNING.
- Train horses to lead and trailer so that they become comfortable with the process.
- Keep your truck and trailer in safe, working condition (gas tank full). If you don't have a truck and trailer, make arrangements in advance to have someone evacuate your animals.
- Know who is evacuating your animals. Be sure to exchange phone numbers, California Drivers License numbers and other relevant information with the person evacuating your horse. Know where your animals will be taken.
- Network with your neighbors prior to an emergency. Work together to help horse/pet owners on your street who do not have horse trailers or who are not home during an emergency.

TIP Mount fire extinguishers near barn entrances and around stables for easy access in the event of a barn fire. Store hay outside the barn in a dry covered area when possible.

The County of Los Angeles Department of Animal Care & Control has an Emergency Response Program that includes animal control officers and volunteers trained to deal with small and large animals during an emergency. The Emergency Response Program has specially trained and equipped teams including the Animal Rescue Field Support, Equine Response Team (ERT), and Department Animal Rescue Team (DART).

For more information visit their website: www.animalcare.lacounty.gov

RISKS TO ANIMALS AFTER THE DISASTER

Risks to animals after a fire include burned or cut paws, eating or inhaling toxic substances or residues, escaping because of downed fences or other damage, loss of shelter and shade, and a lack of water supply, power supply, and other services. Similar risks will be present after an earthquake or other disaster.

After the crisis has passed, it may be some time before you can return to your home. Even if your house is intact and you are allowed to return, the area may not be safe for your pets. Anticipate visits from inspectors and workers and make arrangements to provide your pet with a secure place where they will be safe and out of harms way.

Keep in mind that when animals return to a changed landscape, they will be upset, disoriented, and easily stressed. Try to be calm and follow normal routines whenever possible.

The ESP Bulletin on PET PREPAREDNESS is available free online at **www.espfocus.org**

LARGE ANIMAL SHELTER-IN-PLACE

Shelter-in-place means providing optimum shelter on your property for your horses/livestock if you cannot evacuate. We do not endorse the Shelter-in-Place strategy for large animals.

If you MUST shelter in place:

- DO NOT TURN HORSES LOOSE – they may return home to a burning barn. Loose horses also cause serious problems for first responders.
- Maintain adequate clearance – the County Fire Department now recommends 200 ft. clearance around your property.
- Turn horses into arena with sufficient brush and tree clearance – Your horse corral should be made with metal pipes, not PVC or wood.

Consider having the following items near the horse corral:

- Fire hose(s)
- Generator
- Multiple shovels placed strategically around property, axe, hoe, rake, broom, etc.
- Multiple ladders extended and placed at both ends of house and ready for use near the barn
- Portable AM/FM radio with spare batteries
- Hand-held FRS radios (walkie-talkies) and hand held scanner with spare batteries
- Masks, goggles, heavy working gloves and bandanas
- Use leather halters not nylon

TIP Post important addresses & telephone numbers by your telephones in the house and in the barn.

USE THESE PAGES TO PLAN ROUTES AWAY FROM HAZARDS AND OUT OF YOUR NEIGHBORHOOD.

DISASTER SUPPLY KITS

Purchase a NOAA Weather Radio for All Hazards, set it up and learn how to use it. Determine in advance how you will stay informed about the latest flood and flash flood watches, warnings, and weather advisories.

A Disaster Supply Kit is any pre-assembled group of items that will improve the health and safety of your family during a disaster. Kits can be purchased or be homemade in a variety of styles and sizes. They can be as small as a shaving kit for your glove compartment or as big as a 50-gallon drum for your business. In general, kits should be easy to carry and as lightweight as possible. You can have many kits, each suited to a different purpose.

Car

School

Home

Work

Place of Worship

10 ESSENTIAL Emergency Supplies

At a minimum, your emergency supplies should include these 10 essential items.

1. Water for 3-10 days (1 gallon per person per day)
2. Food for 3-10 days (including pet food)
3. First Aid Kit and Instructions
4. Flashlights (and extra batteries)
5. Radio (and extra batteries)
6. Medications (prescription and non-prescription)
7. Cash and important documents (small bills and coins, birth certificates, tax returns, deeds, titles, insurance papers, medical cards)
8. Clothing and sturdy shoes
9. Tools (wrench, duct tape, fire extinguisher, sturdy gloves, whistle)
10. Sanitation and hygiene supplies

TIP When purchasing a fire extinguisher the best type is ABC, which covers combustible, liquids and electrical fires. Be sure to check the expiration date on your extinguisher.

PERSONALIZE IT!

Include items in your disaster kit that will help your family be comfortable and self-sufficient after a disaster, consider adding:

- Camping stove, fuel, pots and pans, aluminum foil, paper cups, plates & plastic utensils
- Emergency blankets or sleeping bags
- Pet carriers and supplies
- Extra set of car, home, and safe deposit box keys
- List of emergency telephone numbers
- Portable toilet, toilet paper and plastic bags for human waste
- Compass
- Pens, pencils, paper tablet
- Toys, crayons and books to keep children busy

FOOD SUPPLIES

Select foods that require no refrigeration and can be prepared with little or no water. Select food items that are compact and lightweight including a selection of the following foods:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples-sugar, salt, pepper
- High-energy foods such as peanut butter, jelly, crackers, granola bars, trail mix
- Food for infants, elderly persons, or persons on special diets
- Comfort/stress foods in small amounts such as cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags
- Manual can opener
- All-purpose knife
- Household liquid bleach to treat drinking water
- Plastic wrap
- Re-sealing plastic bags

BASIC FIRST AID KIT

Be sure to include personal items that you rely on daily. A basic first aid kit should include:

- Disposable/sterile burn blankets
- Adhesive tapes
- Hydrogen peroxide, Betadine
- 4x4 gauze pads (sterile and non sterile), roller gauze
- Band-Aids (assortment)
- Ice packs
- Triangular bandages, ace bandages
- Eye pads
- Scissors
- Cotton balls/Q-tips/cotton applicators (12 count)
- Tweezers
- Penlight
- Thermometer
- Safety pins and sewing needles/thread
- Optional: over-the-counter pain medication and digestive aid
- Anti-bacterial towelettes
- Blood-stopper compresses
- Burn ointment
- CPR shield
- Tri-biotic ointment
- Earplugs
- Over the counter medications

SOURCES OF DRINKING WATER

In an emergency you can use water already in your water heater tank, plumbing, and in ice cubes. Do not use water from the reservoir tank of your toilet.

- Access reserves in the water heater by opening the spigot at the bottom of the tank, attach a garden hose and strain the water through a coffee filter or clean cloth.
- Before you access the water in your plumbing, locate the water inlet/shutoff valve for house, condominium or apartment and turn off the water.
- Pools, spas, waterbeds and similar sources of water can be used for sanitary purposes only. Do not drink the water from these sources.

RATIOS FOR PURIFYING WATER WITH BLEACH

WATER QUANTITY	BLEACH ADDED
1 Quart	4 Drops
1 Gallon	16 Drops
5 Gallons	1 Teaspoon
After adding bleach, shake or stir the water container. Let stand 30 minutes before drinking.	

Most utilities are only responsible for repairs to their meters. They will not be able to repair damages to your pipes or electrical wiring. However, repairs may be required before utility connection can be restored. Be patient and wait for the proper clearances from utility companies and health officials.

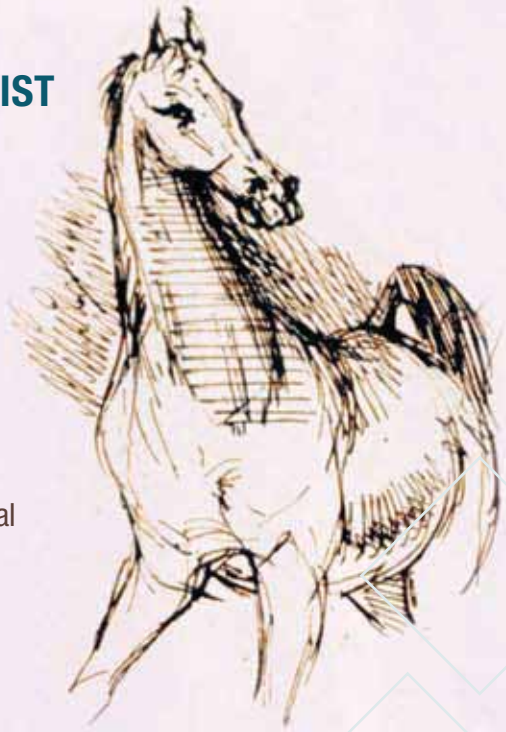
PET DISASTER SUPPLY KIT CHECKLIST

- ❑ Name tags and phone numbers for collars and harnesses
- ❑ Leashes, harnesses, gloves and carriers to transport pets safely and securely
- ❑ Water and food for 3-10 days.
- ❑ Supplies like bowls, cat litter and pans, manual can opener, foil or plastic lids for cans
- ❑ 3-10 day supply of medications. Medical records stored in a waterproof container
- ❑ Current photos of your pets in case they get lost
- ❑ Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to board your pets. Don't forget pet beds and toys!
- ❑ First Aid kit (including large/small bandages with elastic tape, scissors, tweezers, Q-tips, antibiotic ointment, saline eyewash, & hydrogen peroxide)

Don't forget to include identification tags on carriers, harnesses and leashes

TIP When you get an Evacuation Warning gather up small animals and confine them so they can be crated quickly. Transport cats in a plastic or wire carrier only; do not carry in your arms. Cover the carrier with a light cloth, which will help keep cats quiet. Remember that animals may be anxious in an emergency and be sure to include safety items like sturdy gloves in your emergency kit.

HORSE AND LARGE ANIMAL DISASTER SUPPLY KIT CHECKLIST



- ❑ Halters with identification tags and lead ropes for each horse.
- ❑ Vaccination and identification forms with current photos.
- ❑ Food, feed buckets, and any medications for 7–10 days.
- ❑ Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to board your horse(s).
- ❑ First Aid Kit with wraps.
- ❑ Duct tape to write identification on horse halters.
- ❑ Headlamp light (much better than flashlight when working with large animals).

TIP Have your horses micro-chipped.

It is important to know how the County of Los Angeles will notify the community before, during and after an emergency. Here are some of the ways you can expect to find important emergency information:

1. EAS (EMERGENCY ALERT SYSTEM)

Emergency information is broadcasted directly by the Los Angeles County Sheriff's Department.
For emergency events and conditions of widespread concern, a broadcast message will be disseminated to the public via radio and television stations. You may have already seen these messages which are voice messages with text scrolling on the television screen.

2. ALERT LA COUNTY

Alert LA County is a Community Mass Notification System that will be used in emergencies to contact County residents and businesses by recorded phone messages, text messages and e-mail. To register your cell phone, voice over IP phone number and e-mail address go to www.lacounty.gov and click on the link to "Alert LA County".

Alert
LA County

Alert.lacounty.gov

3. COMMERCIAL MEDIA

Listen to emergency broadcast stations for regional emergency alert information in the Los Angeles County area. Because power failures are likely in an emergency, keep at least one battery-powered radio in your household.

4. AMATEUR RADIO

Los Angeles County Disaster Communications Service (DCS) works with ham operators throughout the County to provide reliable emergency communications. To find out more about DCS, contact your local Sheriff Station.

5. WEBSITES

Websites like the National Weather Service, **www.nws.noaa.gov**, allow you to sign up for web feeds that are sent directly to your computer. For County updates after a disaster, go to **www.lacounty.info**. The LA County website will list shelter locations and other essential survival information.

TIP Remember that your car radio might be the easiest way to listen to emergency broadcasts.

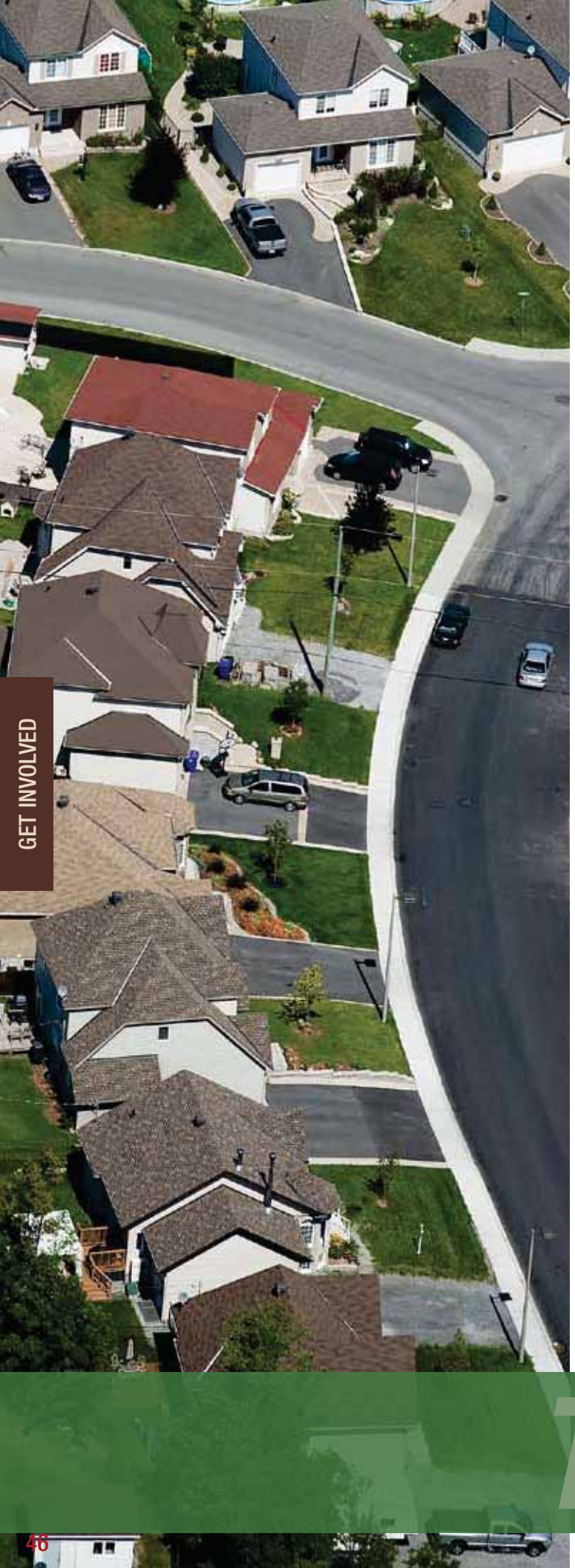
KFI	640 AM	Los Angeles
KNX	1070 AM	Los Angeles
KFWB	980 AM	Los Angeles
KROQ	106.7 FM	Los Angeles
KHTS	1220 AM	Santa Clarita
KRLA	870 AM	Los Angeles
KCBS	93.1 FM	Los Angeles
KABC	790 AM	Los Angeles
KAVL	610 AM	Antelope Valley

Broadcasters, including television, radio, cable operators, satellite television and satellite broadcast radio will transmit emergency alert messages.

Area radio stations monitor emergency broadcasts from a variety of sources including the L.A. County Emergency Alert System, NOAA Weather Radio, California Law Enforcement Radio and Federal Emergency Management Agency (FEMA) Radio.

Go to community meetings. Talk to your neighbors about their plans and encourage them to plan with you. Agree to help each other prepare to leave when authorities announce plans to evacuate endangered residents.

USE THIS PAGE TO RECORD THE LOCATIONS OF COMMUNITY INFORMATION IN YOUR NEIGHBORHOOD. BE SURE TO INCLUDE THE LOCATION OF THE NEAREST COUNTY PUBLIC LIBRARIES.



NEIGHBORHOOD NETWORKS

Setting up neighborhood networks like Neighborhood Watch before a disaster can help you get good and reliable information after a disaster. Organize and prepare your neighborhood to:

- Care for children and the elderly.
- Care for people with mobility problems or disabilities.
- Rescue household pets.
- Activate phone trees.
- Turn off utilities when a neighbor is absent.
- Take Community Emergency Response Team (CERT) training.
- Learn First Aid and CPR.
- Become a HAM Radio Operator
- Learn about the resources already in your neighborhood.

For more information on neighborhood preparedness download the ESP AWARE Plan for Communities at **www.espfocus.org**.

TIP Neighborhood Networks should meet at least once a year to update rosters, include new residents and update plans for working with those with mobility issues.

COMMUNITY EMERGENCY RESPONSE TEAMS - CERT

The Community Emergency Response Team (CERT) Program trains residents on disaster preparedness and hazards that may impact their area. You will learn basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using classroom training and practical exercises, CERT members will learn to assist their neighbors and co-workers after a disaster when professional responders are not immediately available to help. CERT members are encouraged to support first responders by becoming leaders in emergency preparedness in their community

The Fire and Sheriff's Departments provide CERT training, but it is important to know that CERT volunteers do not work for Los Angeles County. Official volunteers are registered with County departments, cities, local law enforcement, community based organizations or other government agencies. In a disaster, CERT volunteers can have the skills and tools necessary to take care of themselves, their families, their neighbors and coworkers and reduce dependence on first responders.

CERT training is offered free of charge and participants have no obligation or commitment to respond or act in the event of a disaster. In the Los Angeles County Fire Department' service area, CERT training partnerships have delivered training to the following parts of Los Angeles County.

Unincorporated Areas:

Acton, Baldwin Hills, Castaic, City Terrace, E. Los Angeles, Florence-Firestone, Hacienda Heights, Harbor City, Kagel Canyon, Ladera Heights, La Crescenta/Montrose, Leona Valley, Rowland Heights, Topanga, Whittier.

Incorporated Cities:

Artesia, Agoura Hills, Bell Gardens, Bradbury, Calabasas, Carson, Cerritos, Claremont, Commerce, Diamond Bar, El Monte, Gardena, Hawthorne, Hidden Hills, Inglewood, La Canada/Flintridge, La Habra, Lakewood, La Mirada, Lancaster, La Puente, Lawndale, Lomita, Lynwood, Malibu, Maywood, Norwalk, Palmdale, Palos Verdes Estates, Paramount, Pico Rivera, Pomona, Rancho Palos Verdes, Rolling Hills, Rolling Hills Estates, Santa Clarita, Signal ill, So. El Monte, South Gate, Temple City, West Hollywood, Westlake Village.

For more information on CERT training and a schedule of classes please visit **www.fire.lacounty.gov** or **(888) CERT-939**.

LOCAL CERT TEAMS

Location	Contact Name	Phone/Email Address

WHEN DISASTER STRIKES

When disaster strikes you and your family may be affected in several ways. This may range from injuries, physical or emotional, to damage or the loss of property. Remember not to panic and help those who need extra assistance.

ASSESS

Locate and notify family members of your circumstances.

FIND SHELTER

Find a safe haven in your home, with family or at a shelter.

BE SAFE

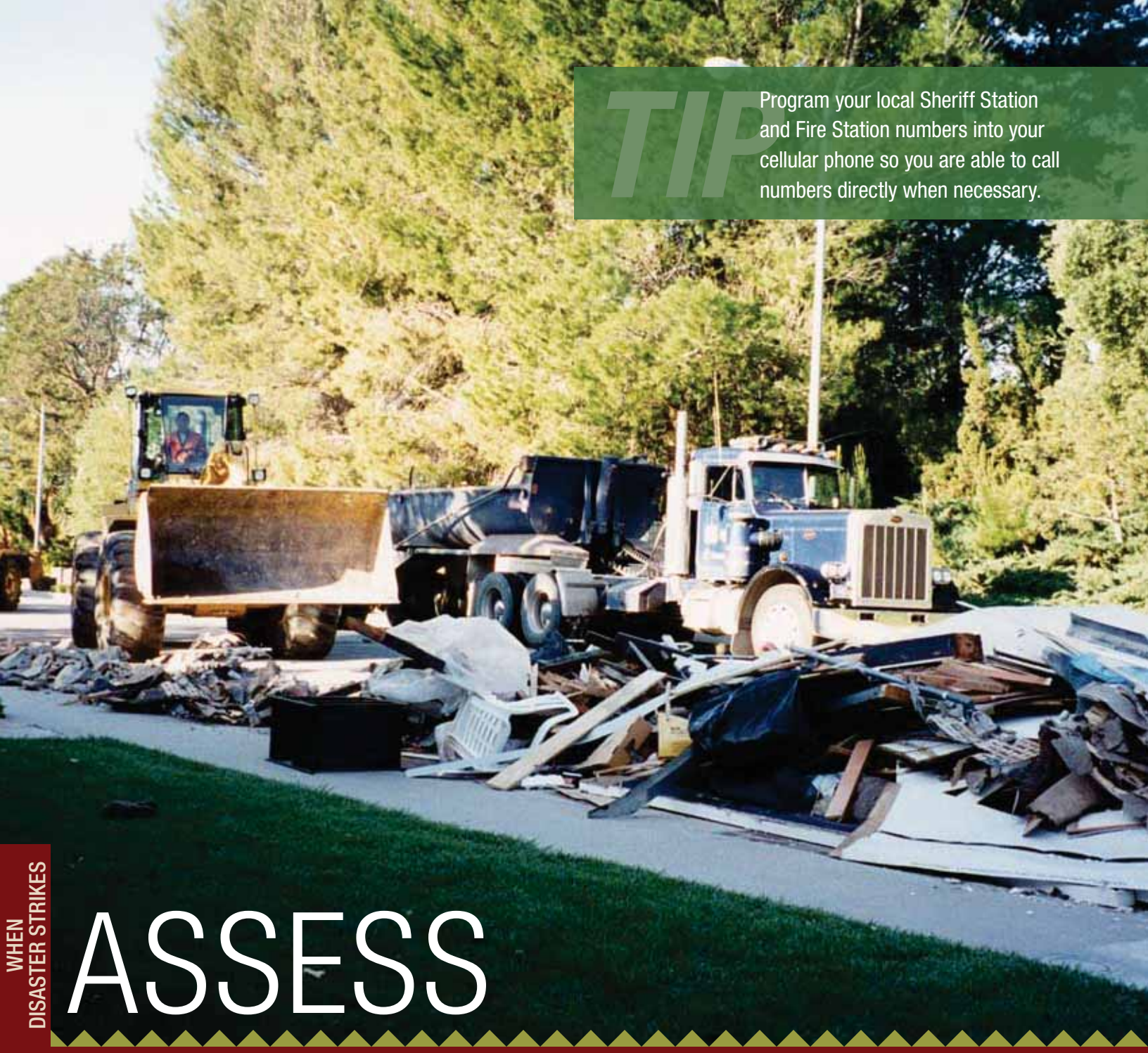
Proceed cautiously and follow local safety instructions.

GET HELP

Get local service availability information or call 2-1-1 for services.

BEGIN RECOVERY

Contact insurance providers, FEMA and secure documentation.



TIP Program your local Sheriff Station and Fire Station numbers into your cellular phone so you are able to call numbers directly when necessary.

ASSESS

Immediately after a disaster, listen to local media for advisories and instructions from local officials. Instructions will vary according to the disaster.

After an earthquake, check for injuries then assess your building for obvious hazards and dangerous situations. Once you and your family are safe, activate your telephone calling tree to locate and notify family members about your circumstances. Limit your phone calls to emergencies and necessary notifications to reduce the strain on the telephone system.

First responder agencies will be working to assess damages throughout the County and determine which areas are most severely impacted. They will begin to clear disaster routes so emergency vehicles can get through to help where they are most needed. Utilities and transportation routes will be restored more slowly as they perform assessments and prepare to serve the needs of residents and emergency responders.

FIND SHELTER

Find a safe haven in your home, with family or at a shelter.

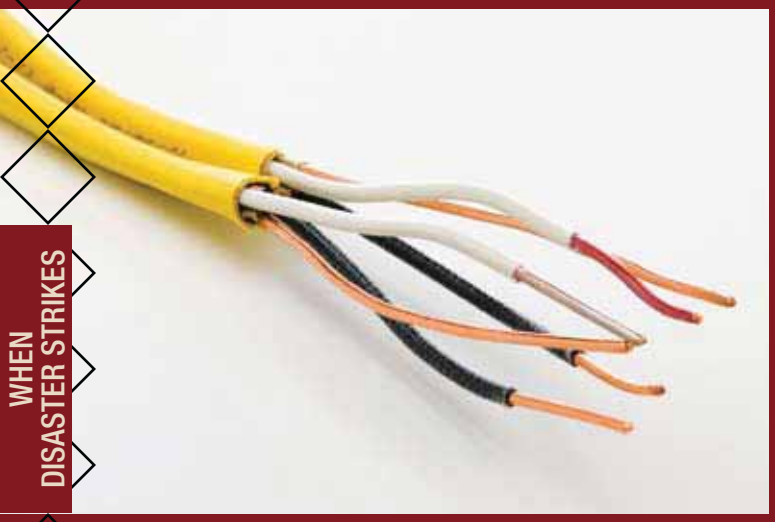
When an Evacuation Order has been issued for your area

- Gather your family, pets, and disaster supply kit into your car and prepare to leave your home or business immediately.
- Follow the instructions and directions from Sheriff and Fire Department's personnel.
- Drive carefully and at a normal speed with your headlights on.
- Keep your car windows rolled up and turn air vents to re-circulate.

Evacuating Your Pets

- Choose evacuation locations ahead of time; you should have at least two options.
- Prepare a list of boarding facilities and veterinarians who can shelter your pets in an emergency (include 24-hour numbers).
- Contact hotels and motels outside your immediate area to check policies on accepting pets and restrictions on number, size, and species.
- Ask friends, relatives and others outside the affected area if they can shelter your animals. The Red Cross does not house pets inside shelters.
- If you have more than one pet they may be more comfortable if kept together, but be prepared to house them separately.

TIP Everyone who needs additional or special assistance should interpret an Evacuation Warning as an Evacuation Order and make arrangements to leave their residence or place of business immediately.



BE SAFE

Inspecting your home after a disaster

Natural gas

If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call the gas company from a neighbor's residence. If you shut off the gas supply at the main valve, you will need a professional to turn it back on. Do not smoke or use oil, gas lanterns, candles, or torches for lighting inside a damaged home until you are sure there is no leaking gas or other flammable materials present.

Sparks, broken or frayed wires

Check the electrical system, do not check it if you are wet, standing in water, or unsure of your safety. If possible, turn off the electricity at the main fuse box or circuit breaker. If the situation is unsafe, leave the building and call for help. Do not turn on the lights until you are sure they're safe to use. You may want to have an electrician inspect your wiring.

Roof, foundation, and chimney cracks

If it looks like the building may collapse, leave immediately.

TIP After an earthquake, be prepared for aftershocks.

Your Basement

If your basement has flooded, pump it out gradually (about one third of the water per day) to avoid damage. The walls may collapse and the floor may buckle if the basement is pumped out while the surrounding ground is still waterlogged.

Appliances

If appliances are wet, turn off the electricity at the main fuse box or circuit breaker. Then, unplug appliances and let them dry out. Have appliances checked by a professional before using them again. Also, have the electrical system checked by an electrician before turning the power back on.

Water and Sewage Systems

If pipes are damaged, turn off the main water valve. Check with local authorities before using any water; the water could be contaminated. Pump out wells and have the water tested by authorities before drinking. Do not flush toilets until you know that sewage lines are intact.

Food and Other Supplies

Throw out all food and other supplies that you suspect may have become contaminated or come in to contact with floodwater.

Open Cabinets

Be alert for objects that may fall.

Clean up Household Chemical Spills

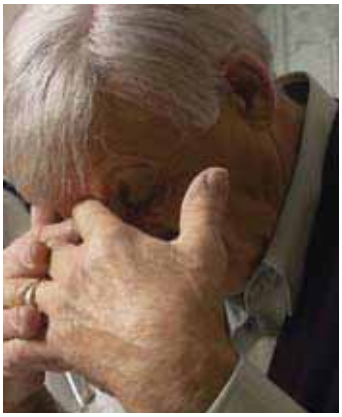
Disinfect items that may have been contaminated by raw sewage, bacteria, or chemicals. Also clean salvageable items.

Call Your Insurance Agent

Take pictures of damages. Keep good records of repair and cleaning costs

COPING WITH DISASTER-RELATED STRESS

COMMON REACTIONS TO DISASTERS	
Irritability and anger	Fatigue
Loss of appetite	Inability to sleep
Nightmares	Sadness
Headaches	Nausea
Hyperactivity	Lack of concentration
Hyper-alertness	Increase in alcohol or drug consumption



- Talk with someone about your feelings - anger, sorrow, and other emotions - even though it may be difficult.
- Seek help from professional counselors who deal with post-disaster stress.
- Do not hold yourself responsible for the disastrous event or be frustrated because you feel you cannot help directly in the rescue work.
- Take steps to promote your own physical and emotional healing by healthy eating, rest, exercise, relaxation, and meditation.
- Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family.
- Spend time with family and friends.
- Use existing support groups of family, friends, and religious institutions.
- Ensure you are ready for future events by restocking your disaster supplies kits and updating your family disaster plan. Doing these positive actions can be comforting.

	Issues	Public Agencies Responsibilities	Residents & Businesses
Immediate Life & Safety	Food and Shelter People and pet reunifications Public and private services Collection	Ensure transportation routes are operational Implement public safety measures	Dial 9-1-1 for emergencies Use CERT skills
Short Term Care & Shelter	Restoration of Utilities Crisis counseling Temporary housing Rebuilding infrastructure Loose or wild animals	Issue information on available resources and service locations Issue health alerts & warnings Mitigate secondary damages and effects Coordinate provision of basic services	Some residents in shelters Many businesses re-opening on limited basis Communications limited but functional Transportation difficult in many locations Assistance from human services organizations Red Cross, Salvation Army, etc. may be available.
Long Term Restore & Rebuild	Job losses and unemployment Displaced households Loss of housing stock Transportation issues Long-term economic impacts Community identity Coping with physical and emotional loss	Issue permits for rebuilding Issue information on available emotional, financial, and physical assistance Streamline permit and licensing processes to accommodate high volume requests Convene public forums and task forces targeting specific areas of need	Re-establishing with suppliers and customer base Restoration of pre-disaster employment numbers Rebuilding homes and businesses Potential assistance from government agencies including Small Business Administration and the Federal Emergency Management Agency (FEMA)

GET HELP

Here are some of the agencies that can make a difference in your emergency plans and preparedness in Los Angeles County. Please take the time to add information for organizations that serve in your neighborhood and community.

Where can I find information about…	Agency	Contact Information
Emergency planning and preparedness information for Los Angeles County?	LA County Chief Executive Office, Office of Emergency Management - Emergency Survival Program (ESP)	213-974-1166 www.espfocus.org
Community Emergency Response Team (CERT) training?	LA County Fire Department Community Emergency Response Teams (CERT)	1-323-890-4132 www.fire.lacounty.gov
Fire Department requirements for damaged structures?	LA County Fire Department	1-323-881-2481 www.fire.lacounty.gov
Community and personal protection issues?	LA County Sheriff Department	Emergency 911 General Information 1-323-526-5541 www.lasd.org
Road closures and conditions in Los Angeles County?	LA County Department of Public Works	1-800-675 HELP (4357) www.ladpw.org
Clearing and repairs to County maintained roads and bridges?	LA County Department of Public Works Road Maintenance	1-800-675 HELP (4357) www.ladpw.org
Building inspections and permits?	LA County Department of Public Works Building & Safety Division	1-800-675 HELP (4357) www.ladpw.org
Flood control and drainage issues?	LA County Department of Public Works Flood Control	1-800-675 HELP (4357) www.ladpw.org
Road closures and conditions for State Highways?	Caltrans	213-897-0383 www.dot.ca.gov
County-provided emergency social services including CalWORKs, Food Stamp, Medi-Cal, and General Relief programs?	LA County Department of Public Social Services	1-866-613-3777 www.ladpss.org
Mental Health services for disaster victims?	LA County Department of Mental Health	1-800-854-7771 www.dmh.lacounty.gov
Communicable disease control, preventive health measures, contamination control and health inspections.	LA County Department of Public Health	800-427-8700 www.labt.org

Where can I find information about…	Agency	Contact Information
Assistance with injured animals and information on animals displaced by a disaster?	LA County Animal Care and Control	1-562-940-6898 www.animalcare.lacounty.gov
Schools and school districts in the County?	LA County Office of Education	www.lacoe.edu
Status of Los Angeles Unified School District schools?	Los Angeles Unified School District	213 241-4500 www.lausd.k12.ca.us
Organizations that provide response and recovery assistance in the event of a disaster?	211 LA County	211 www.211lacounty.org
Questions or reports about outages?	Southern California Edison	800-684-8123 www.sce.com
	Southern California Gas Company	800-655-4555 www.socalgas.com
Information on exposure to toxic substances?	Poison Control Center	1-800-222-1222 www.aapcc.org/DNN
Emergency Financial First Aid Kit?	Operation Hope	www.operationhope.org
Disaster loan and grant information?	U.S. Small Business Administration	800-659-2955 www.sba.gov
Preparing and planning for disasters?	U.S. Department of Homeland Security	www.ready.gov
Information and services for individuals, families and businesses needing disaster recovery assistance?	U.S. Department of Homeland Security	www.disasterhelp.gov
Latest earthquake information?	U.S. Geological Survey	www.quake.usgs.gov/recent
Latest weather information?	National Oceanic Atmospheric Administration	www.noaa.gov
Information on environmental disasters?	U.S. Environmental Protection Agency	www.epa.gov/ebtpages/emergencies.html

BEGIN RECOVERY

The emotional toll of a disaster from loss of a business, home, school, job, personal property or loved ones can be devastating. You may need help from one of the many human service agencies such as the Department of Public Social Services and the Department of Mental Health.

In LA County you can dial **2-1-1** or visit the website **www.211LACounty.org** for information and referrals to over 28,000 agencies and organizations that provide assistance such as food, water and shelter after disasters. This service is available 24 hours a day, 7 days a week and is TTY accessible.

American Red Cross
The American Red Cross has nine chapters that provide services to LA County

National Website
www.redcross.org

Red Cross Antelope Valley Chapter	Red Cross Arcadia Chapter
(661) 267-0650 http://antelopevalley.redcross.org/	(626) 447-2193 http://www.arcadia-redcross.org/
Red Cross Claremont Chapter	**Red Cross Glendale Crescenta Valley Chapter**
(909) 624-0074 http://www.claremontredcross.org/	(818) 243-3121 http://www.arcglendale.org/
Red Cross Greater Long Beach Chapter	**Red Cross Greater Los Angeles Chapter**
(562) 595-6341 http://www.redcrosslb.org/	(888) 864-3575 http://redcrossla.org/
Red Cross San Gabriel Pomona Valley Chapter	**Red Cross Rio Hondo Chapter**
(626) 799-0841 https://www.sgpvarc.org/	(562) 945-3944 http://www.arcriohondo.org/
Red Cross Santa Monica Chapter	
(310) 394-3773 http://www.redcrossofsantamonica.org/	

American Red Cross

DISASTER ASSISTANCE INFORMATION

What is FEMA Disaster Assistance?

Disaster assistance is money or direct assistance to individuals, families and businesses in an area whose property has been damaged or destroyed and whose losses are not covered by insurance. It is meant to help with critical expenses that cannot be covered in other ways. This assistance is not intended to restore your damaged property to its condition before the disaster. While some housing assistance funds are available through the FEMA Individuals and Households Program, most disaster assistance from the Federal government is in the form of loans administered by the United States Small Business Administration. FEMA Disaster Assistance is only available if the President signs a declaration of disaster

How do I apply for Disaster Assistance?

There are various services and special programs that may be available when the President signs a Disaster Declaration. The phone number to apply for assistance will be advertised widely following the disaster; notices will be listed on County websites, posted at County Libraries and reported by the news media. Special one-stop centers may also be set up to help residents find the assistance they need.

How can I get in touch with my family?

The American Red Cross maintains a database to help you find displaced family members. Phone number and website information will be widely publicized during and after a disaster. Contact the local American Red Cross chapter where you are staying for information. Because Red Cross chapters nearest the disaster site will be coping with emergency response operations, do not contact the chapter in the disaster area. Also, FEMA has established the National Emergency Family Registry and Locator System (NEFRLS), which has been developed to help reunite families who are separated during a disaster. The NEFRLS system will enable displaced individuals the ability to enter personal information into a website database so that they can be located by others. You should also have an out-of-area contact that your family knows to call in case of disaster.

FEMA

DISASTER ASSISTANCE INFORMATION

What if my home is destroyed?

For immediate housing needs, the American Red Cross and other volunteer agencies set up shelters for people who cannot return to their homes. Listen to your radio or watch local media for the location of the nearest volunteer agency facility.

For health and space reasons, pets are not permitted in public emergency shelters. Contact the emergency management office or your local animal shelter or humane society to see if there is a shelter set-up to take pets in an emergency.

For those who have longer-term housing needs, FEMA offers several types of assistance, including services and grants to help people repair their homes and find replacement housing.

The American Red Cross can help you find immediate shelter. For long-term assistance after a Presidentially Declared Disaster, call the FEMA registration number and apply for FEMA and Small Business Administration (SBA) assistance programs.

FEMA assistance does not make you whole again, but it can give you a helping hand to recover.

Where can I get food and water following a disaster?

After a disaster, the American Red Cross and other volunteer agencies will provide food, water and clothing to the best of their ability. Listen to your radio or watch local media for distribution locations.

What if I lost my job or can't work because of a disaster?

People who lose their jobs because of a disaster may apply for Disaster Unemployment Assistance (DUA). DUA provides weekly benefits to individuals who are unemployed and not eligible for regular unemployment insurance compensation. Apply by registering with FEMA or contacting your local unemployment office.

What if I think I need legal help?

Local non-profit organizations often provide legal assistance to individuals who have been impacted by disasters. Also, local members of the American Bar Association offer free legal counseling to low-income individuals. You can get more information at a Local Assistance Center or Disaster Recovery Center that may be set up after the President declares a major disaster.

WILDLAND FIRE

Before the Fire

Red Flag weather conditions mean that humidity is very low (usually below 15%) and winds exceed 25 mph. When a Red Flag Warning or Alert has been issued there is a greater possibility for brushfires to spread rapidly. If you live in an urban-interface area subject to Red Flag Alerts here are a few tips:

- Park your car heading out and keep your car keys handy
- Disconnect automatic garage door openers in case of power failure
- Place your important records and documents inside your car
- Keep pet carriers handy
- When you leave your home:
  - Keep drapes and window coverings open
  - Close all interior doors in your home
  - Close all windows
  - Keep interior lights on
  - Move combustible furniture away from windows and towards the center of the room

Los Angeles County is well known as one of the world's great urban centers, but the county is also home to the 650,000-acre Angeles National Forest and a large portion of the Santa Monica Mountains National Recreational Area. Thousands of homes are located in foothill communities near these natural areas, creating unique challenges for local fire agencies.

For more information on building emergency plans visit **www.fire.lacounty.gov**.

FIRE HAZARD REDUCTION CHECKLIST

- ❑ Remove needles, leaves, or other vegetative material from the roof of any structure.
- ❑ Remove or trim all vegetation a minimum of ten feet from chimneys or stovepipes.
- ❑ Keep landscape clean, remove litter under trees and shrubs, prune out all dead wood.
- ❑ Remove dead and dried portions of ground covers and succulents.
- ❑ Leave space between shrubs and trees to prevent fire spread. Avoid continuous tree or brush canopies.
- ❑ Separate native shrubs by removing adjacent plants.
- ❑ Limit the number of specimen trees and shrubs within 30 feet of any structure.
- ❑ Tree crowns should not overhang the roof and should be pruned high enough to avoid ignition by a ground fire.
- ❑ Within 200 feet of structures consider removing common garden plants that have proven particularly flammable due to high brush buildup and foliage oils such as Cypress, Fountain Grass, large Juniper, Eucalyptus, Pines, and other Conifers. Many trees are distributed to the public by the County of Los Angeles Fire Department each year. These trees are solely intended for erosion control and windbreaks, and not for landscape purposes. It is recommended that these trees be planted a minimum of 200 feet from any structure and on the bottom two-thirds of any slope below a structure.
- ❑ Give special consideration to problem trees such as Eucalyptus, Palms and Pines. Remove dead limbs, litter, dead fronds and loose bark from the ground as well as from the trunk of these trees.

WILDLAND FIRE

Brush Clearance on Privately Owned Land

- Brush inspections usually begin by the Los Angeles County Fire Department on May 1st.
- The minimum requirement for brush clearance is 200 feet from a structure.
- If not cleared, the local fire station will issue a notice of non-compliance, and the property owner will be given 30 days in which to bring the property into compliance.
- If still non-compliant, the local fire station will forward to the Department's Brush Clearance Unit for enforcement. (The local fire station may, at its discretion, issue the property owner an additional 14-day extension to bring the property into compliance.)
- If property is turned over to the Brush Clearance Unit for enforcement, County Agriculture Weed Abatement Services will clear the property and include this service cost in the property owner's tax bill.

Brush Clearance on Publicly Owned Land

Brush clearance requirements vary for government-owned lands, and are not enforced by the Los Angeles County Fire Department. For additional information on fire safety, call the Fire Department's Community Relations Office at (323) 881-2411 or your local fire station.

QUICK FACTS ABOUT SOUTHERN CALIFORNIA WILDFIRES

- A total of 23 fires burned from Oct. 20 to Nov. 9, 2007
- 10 confirmed fire-related fatalities
- 139 injured
- 517,267 acres burned
- 3,204 structures destroyed (2,233 homes, 5 businesses, 966 outbuildings)
- The fires resulted in the largest evacuation in California's history
- There was a high of more than 321,500 mandatory evacuees

During the Fire

- Follow your evacuation plan instructions and the directions from Sheriff and Fire Department personnel.
- Gather your family, pets and disaster supply kit and immediately leave your home or business.
- Drive carefully at a normal speed with your headlights on.
- Never park your vehicle in a traffic lane or safety area.
- Keep pets in carriers or on leashes.

In case of a house fire, don't stop for anything–just get out. Call the Fire Department from a neighbor's telephone after you are out of the house.

TIP Pre-wetting your home and surrounding areas will not improve the safety of your home–and it wastes valuable time and water resources.

After the Fire

- Don't return to your home before the area is declared to be safe by local officials. Returning home can be both physically and mentally challenging.
- Assess damage; check that your home is safe to occupy.
- Before returning home, be sure that utilities are operational.
- Check with the Department of Public Works at 1-800-675 HELP (4357) or at www.ladpw.org to find out what roads are damaged.
- Remember, burned hillsides may have trouble absorbing water after a fire. Monitor burn areas and be prepared to evacuate if necessary.

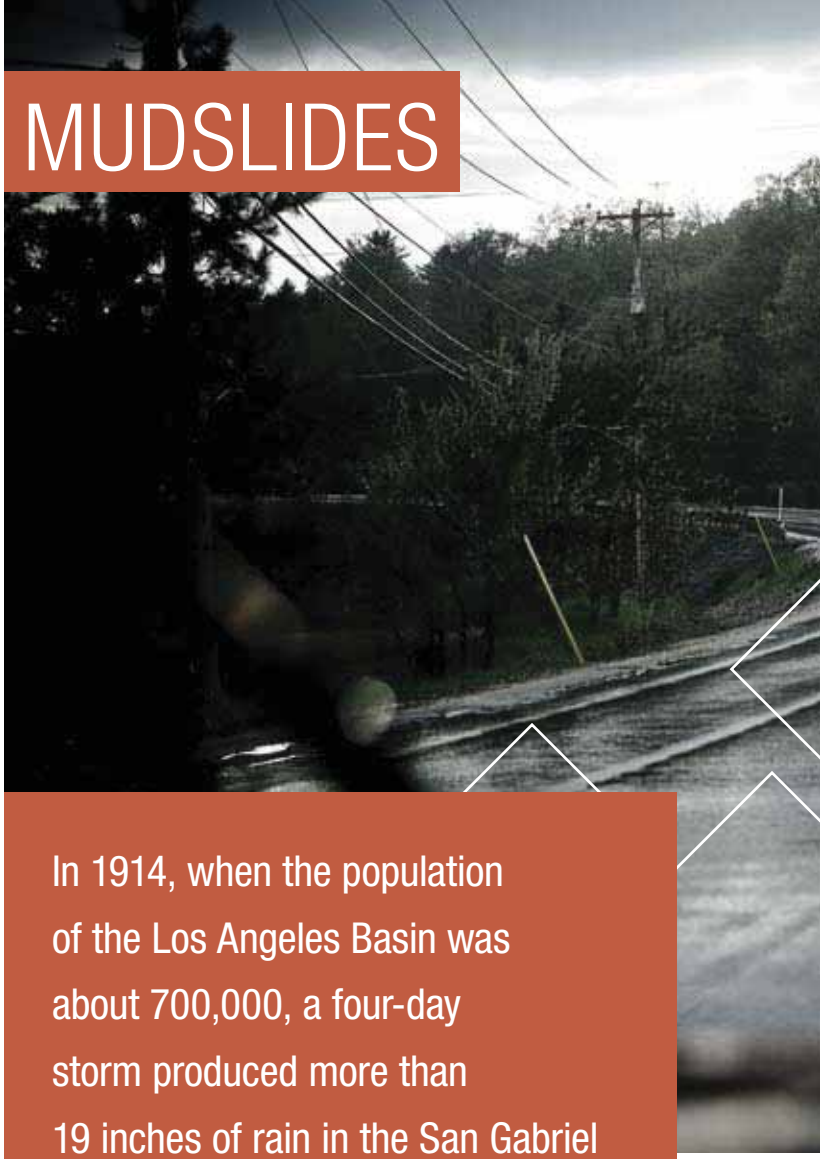
For more information on Fire Safety please visit the Los Angeles County Fire Department website at **www.fire.lacounty.gov**.

IF YOU LIVE NEAR A RECENTLY BURNED AREA…

Flash floods and debris flows may now be a danger. Once the smoke clears from a wildfire, the danger is not over! Other hazards, such as flash floods and debris flows, now become the focus. Steep mountainsides and hillsides recently burned by wildfires are particularly susceptible to flash floods and debris flows during rainstorms. Just a short period of moderate rainfall on a burn scar can lead to flash floods and debris flows. Rainfall that is normally absorbed by vegetation can run off almost instantly. This causes creeks and drainage areas to flood much sooner during a storm, and with more water than normal.

Additionally, the soils in a burn scar are highly erodible so flood waters can contain significant amounts of mud, boulders, and vegetation. The powerful force of rushing water, soil, and rock, both within the burned area and downstream, can destroy culverts, bridges, roadways, and structures, and can cause injury or death if care is not taken.

STORMS, FLOODS & MUDSLIDES



Los Angeles County contains some of the steepest and most erosive mountains in the world, the San Gabriels, with elevations reaching 10,000 feet above sea level. Below steeply walled canyons lie large coastal plains with a high population density. When heavy rains come, there is a significant potential for floods and mudslides.

Before the Flood

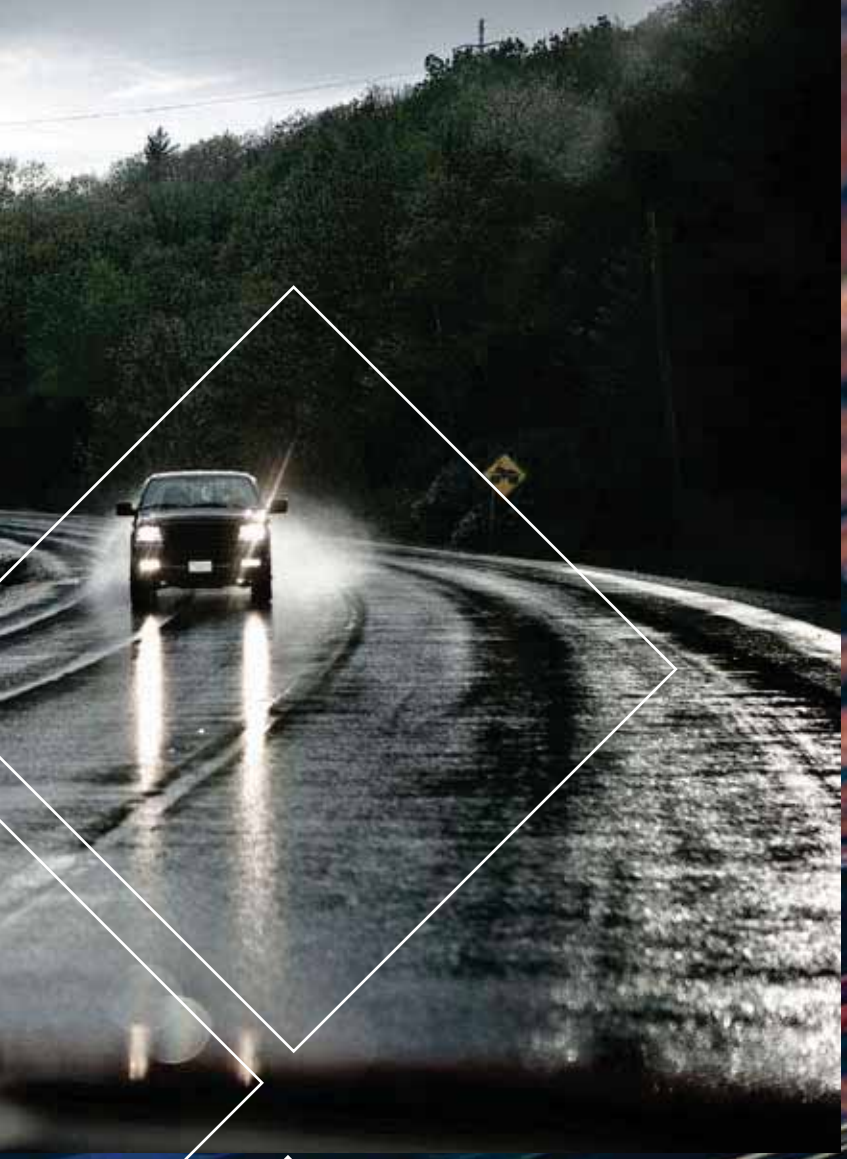
1. Assess the safety of your house and belongings in case of a flood or mudslide.

- Are you near a creek?
- Do you live above or below a steep hillside?
- Do you have to drive over a creek or bridge to get to a main road?

2. Clean drains and gutters around the house in the fall before the winter rains come. Check drains on nearby streets. If blocked, notify the Department of Public Works at 1-800-675 HELP (4357).
3. If diversion of water or mud is necessary, plan to fill sandbags well before the rain starts; sandbags are available at your local fire stations. Take time now to find out what fire station serves your area and learn proper placement of sandbags.
4. If you live in a hilly area, maintain all slopes in a safe manner. Use appropriate plantings, slope coverage, and drainage channels. For information on drought and fire-resistant plants, the Fire Department has a guide to native plants on its website at **www.fire.lacounty.gov/Forestry** or contact the Fire Department at **(213) 456-7891**.

In 1914, when the population of the Los Angeles Basin was about 700,000, a four-day storm produced more than 19 inches of rain in the San Gabriel Mountains, resulting in floods causing $10 million in damage.

Floods in 1938 caused $70 million in damage in Southern California, and in 1969, floods caused $400 million in damage and 60 deaths.



TIPS

Have a plan in place before an evacuation is ordered.

The safest plan is to stay with friends or family during all rainstorms in which a flash flood watch or warning has been declared for your area.

Teach your children to stay away from all rivers, creeks, arroyos, drainage control channels and washes. Teach all family members about the watch and warning system.

Determine in advance how you will stay informed about the latest flood and flash flood watches, warnings, and weather advisories. Stay Informed for information on the Emergency Alert System and other ways to get updated storm information.

Attend community meetings.

Talk to your neighbors about their plans, and encourage them to plan to get out early.

During the Flood

- Do not cross rapidly flowing streams. Stay on one side until the water recedes. Most streams will go down in a couple of hours, once it stops raining.
- During a storm, check drainage systems at your home and driveways to maintain a safe situation and limit damage.
- Watch for mudslides and adjust drainage to reduce mudslides.
- If you notice a major mud slippage either above or below your house, move your family to a safe location, notify your neighbors and call the Department of Public Works at **1-800-675-HELP (4357)**.

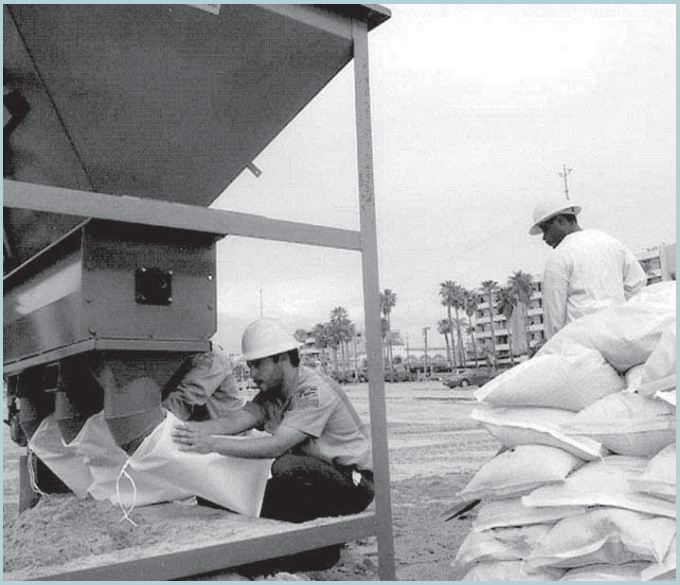
WHEN IT'S RAINING...

Plan to arrive at your location in a safe neighborhood before it starts raining and remain there until well after the storm. Burned logs, boulders, mud and other debris can create temporary dams which burst days after the rain has stopped. This could be hours or sometimes even days after the rain has stopped. Be particularly alert when driving. Watch the road for collapsed pavement, mud, fallen rocks, and other hazards. Bridges may be washed out, and culverts overtopped. When you see water across a roadway, there is no way to see whether the road under the water has been washed away. The water may be much more deep and powerful than you expect.

After the Flood

- Don't return to your flood-damaged home before the area is declared to be safe by law enforcement and health officials.
- Assess damage; check hillsides, houses, etc. for slope movement, settling, and water damage.
- Following a storm, drive slowly and carefully as many roads may have mud, debris, holes, and washed-out areas.
- Check with the Department of Public Works at **1-800-675 HELP (4357)** or at **www.ladpw.org** to find out what roads are damaged.
- Remember, many mudslides occur as the soil dries after an extended wet period, so a mudslide may take place several days after the rain stops.
- Winter is often the best time to plant slopes, so make plans and fix any problems areas before the rainy season begins.

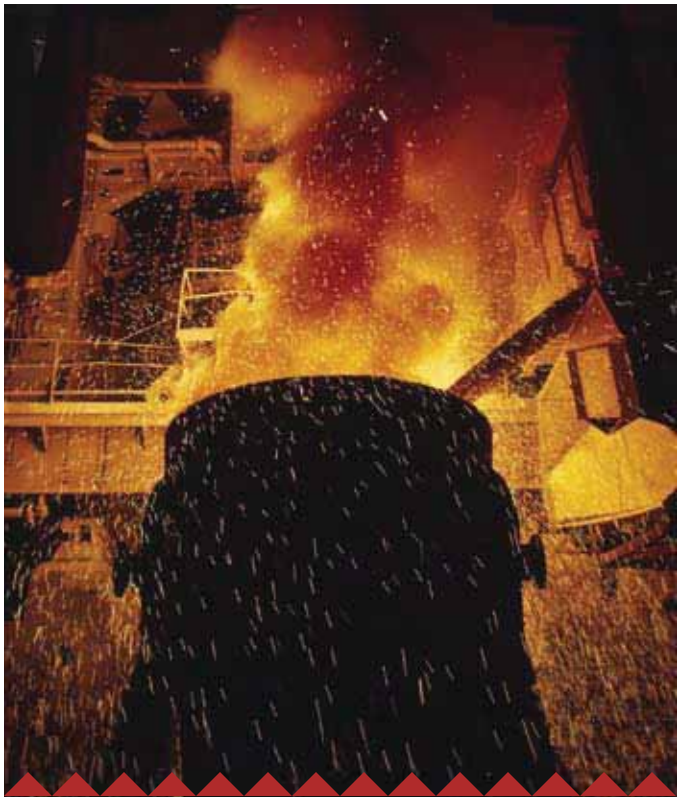
Sandbags and other barriers can help divert small mudflows. Remember, however, that these small measures may be meaningless to a huge debris flow. The hillsides will gradually stabilize during the next three to seven years.



HAZARDOUS
& CHEMICAL MATERIALS

Chemicals are found everywhere. They purify drinking water, increase crop production, and simplify household chores. But chemicals also can be hazardous to humans or the environment, if used or released improperly. Hazards can occur during production, storage, transportation, use, or disposal. You and your community are at risk if a chemical is used unsafely or released in harmful amounts into the environment where you live, work, or play.

Hazardous materials come in the form of explosives, flammable and combustible substances, poisons, and radioactive materials. These substances are most often released as a result of transportation accidents or because of chemical accidents in plants.



IF YOU ARE:	THEN:
Asked to evacuate	• Do so immediately. • Stay tuned to a radio or television for information on evacuation routes, temporary shelters, and procedures. • Follow the routes recommended by the authorities–shortcuts may not be safe. • Leave at once. • If you have time, minimize contamination in the house by closing all windows, shutting all vents, and turning off attic fans. • Take pre-assembled disaster supplies. • Remember to help your neighbors who may require special assistance–infants, elderly people and people with disabilities.
Caught Outside	• Stay upstream, uphill, and upwind! In general, try to go at least one-half mile (usually 8-10 city blocks) from the danger area. • Move away from the accident scene and help keep others away. • Do not walk into or touch any spilled liquids, airborne mists, or condensed solid chemical deposits. Try not to inhale gases, fumes and smoke. If possible, cover mouth with a cloth while leaving the area. • Stay away from accident victims until the hazardous material has been identified.

IF YOU ARE:	THEN:
In a motor vehicle	• Stop and seek shelter in a permanent building. If you must remain in your car, keep car windows and vents closed and shut off the air conditioner and heater.
Requested to stay indoors	• Bring pets inside. • Close and lock all exterior doors and windows. Close vents, fireplace dampers, and as many interior doors as possible. • Turn off air conditioners and ventilation systems. In large buildings, set ventilation systems to 100 percent recirculation so that no outside air is drawn into the building. If this is not possible, ventilation systems should be turned off. • Go into the pre-selected shelter room. This room should be above ground and have the fewest openings to the outside. • Seal gaps under doorways and windows with wet towels or plastic sheeting and duct tape. • Seal gaps around window and air conditioning units, bathroom and kitchen exhaust fans, and stove and dryer vents with duct tape and plastic sheeting, wax paper or aluminum wrap. • Use material to fill cracks and holes in the room, such as those around pipes. • If gas or vapors may have entered the building, take shallow breaths through a cloth or a towel. Avoid eating or drinking any food or water that may be contaminated.

HAZARDOUS MATERIALS

If you suspect a problem with hazardous materials follow these important steps and remember **RAIN**:

Recognize the danger.
Avoid the area.
Isolate the area and keep others away.
Notify authorities…Call 911.

Remember to stay **uphill**, **upwind**, and **upstream** from suspected hazardous materials.

What is a safe distance?

There is no one answer to this question. Follow the "rule of thumb": look toward the incident, hold your thumb out in front of you at arm's length. If you can still see the incident (such as an overturned tanker truck) on either side of your thumb, then you are too close. Back away from the incident until your thumb covers the entire scene.

Smoke from fires includes small particles and gases that can have adverse health effects, particularly for sensitive individuals. Exercise caution and avoid unnecessary outdoor activities, prolonged exertion in smoke impacted areas.

The elderly are more susceptible to the effects of smoke and dust. Individuals with asthma should keep their "as needed" inhalers with them at all times.

Staying indoors can somewhat reduce exposure to smoke and dust, keep doors and windows closed and run the air conditioner. Indoor air filtration devices with HEPA filters can reduce the level of particles that circulate indoors.

For more detailed information about air quality, visit www.aqmd.gov or call 1-800-CUT-SMOG (288-7664).

EARTHQUAKES

The time to prepare for an earthquake is NOW…not next week or after the shock. Protect your family by taking the actions on the **BEFORE Checklist** as soon as you can. It's a good idea to make copies of the **DURING Checklist** and post them by your house and garage exits and in all your family cars.

Before the Earthquake

- Identify safe spots in each room of your home. Note sturdy tables, desks, and interior walls. Know your danger spots: windows, mirrors, hanging objects, fireplaces, and tall, unsecured furniture.
- Conduct practice drills with your family and know the safest locations in your home.
- Decide how and where your family will reunite, if separated during an earthquake.
- Choose an out-of-state friend or relative to contact so family and friends know your status.
- Learn First Aid and CPR and put together a First Aid Kit.
- Learn how to shut off gas, water and electricity; it may be necessary during an earthquake.
- Check chimneys, roofs, walls, and foundations for stability – make sure your house is bolted to its foundation.
- Secure your water heater and major appliances as well as tall, heavy furniture, hanging plants, mirrors, and picture frames. Visit **www.daretoprepare.org** online for ways to secure your home.
- Keep breakables, heavy objects, and flammable or hazardous liquids such as paints, pest sprays, and cleaning products in secured cabinets or on lower shelves.
- Participate in organizing your neighborhood to be self-sufficient after an earthquake.

During the Earthquake

- If indoors, stay there. Get under a desk or table or stand in a corner. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants and other heavy objects that could fall. Watch out for falling plaster and ceiling tiles. Stay under cover until the shaking stops. Hold on to your cover – if it moves, move with it.
- If outdoors, get into an open area away from trees, buildings, walls, and power lines.
- If driving, pull over to the side of the road and stop. Avoid areas around power lines. Stay in your car until the shaking is over.
- If in a crowded public place, do not rush for the doors. Crouch and cover your head and neck with your hands and arms.

On March 10, 1933 at 5:54 p.m., a magnitude 6.4 earthquake hit the Newport-Inglewood Fault, causing serious damage in Long Beach and other communities.

The earthquake resulted in 120 deaths and more than $50 million in property damage.

NORTHRIDGE EARTHQUAKE

At 4:30 am, on January 17, 1994, residents of the greater Los Angeles area were rudely awakened by the strong shaking of the Northridge earthquake. This was the first earthquake to strike directly under an urban area of the United States since the 1933 Long Beach earthquake.

The magnitude 6.7 Northridge quake killed 72 people, knocked seven freeways out of service, and caused $20 billion in damage. Until the destruction of New Orleans, it was the worst damage ever inflicted on a U.S. city in most Americans' lifetimes.

The earthquake occurred on a previously-unknown blind thrust fault under the mountains north of Porter Ranch, and produced the strongest ground motions ever instrumentally recorded in an urban setting in North America. It raised the elevation of Oat Mountain, north of the city, by about 20 inches, scientists later measured.

Damage was wide-spread, sections of major freeways collapsed, parking structures and office buildings collapsed, and numerous apartment buildings suffered irreparable damage. Damage to wood-frame apartment houses was very widespread in the San Fernando Valley and Santa Monica areas, especially to structures with "soft" first floor or lower-level parking garages. The high accelerations, both vertical and horizontal, lifted structures off of their foundations and/or shifted walls laterally.

The Santa Clarita area was cut off from Los Angeles, as bridges in the Newhall Pass were brought down by an earthquake for the second time in 23 years. In the San Fernando Valley, geysers of water from broken mains swirled around geysers of flame from broken gas mains. Tent cities were built in valley parks, and lasted for a week with overnight temperatures in the 30s, as a cold front moved in to the region.

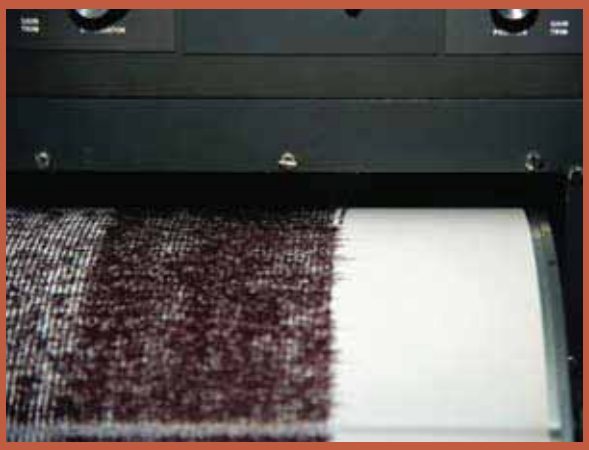
After the Earthquake

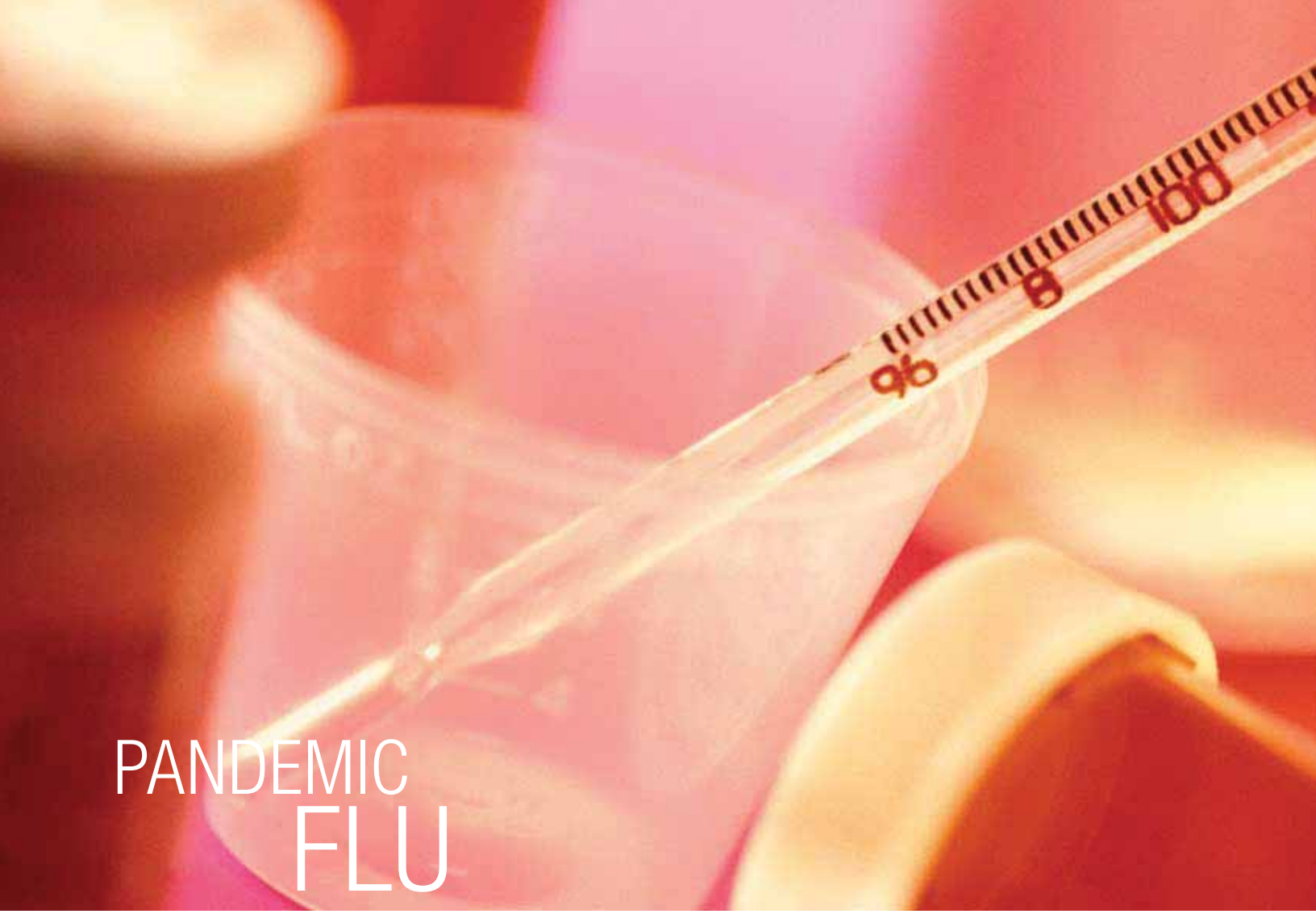
- Do not attempt to use the telephone unless there is an immediate, life-threatening emergency.
- If it is safe, check for gas and water leaks, and broken electrical wiring or sewage lines. If there is damage, turn the utility off at the source and immediately report gas leaks to your utility company.
- Stay away from downed power lines and warn others to stay away.
- Do not attempt to re-light the gas pilot unless your gas line has been thoroughly inspected. Call the Gas Company for assistance.
- If you are able to safely do so, check your building for cracks and damages, including the roof, chimney, and foundation.
- Turn on your portable radio for instructions and news reports.
- Cooperate fully with public safety officials and follow instructions; they are trained to ensure safety.
- Do not use your vehicle unless there is an emergency.
- Be prepared for aftershocks – Stay calm and help others.
- If you evacuate, leave a message at your home telling family members and others where you can be found.

FORT TEJON EARTHQUAKE

The greatest Southern California earthquake in modern history was the Fort Tejon Earthquake on January 9, 1857 that measured 8.0 on the Richter Scale. Damage was not nearly as serious as it would be today, mostly because Southern California was sparsely populated. The effects of the quake were quite dramatic, even frightening.

If the Fort Tejon shock happened today, the damage would easily run into billions of dollars, and the loss of life would be substantial. The present-day communities of Wrightwood and Palmdale lie upon or near the 1857 rupture area.





PANDEMIC FLU

A pandemic is a global disease outbreak. A flu pandemic occurs when a new influenza virus emerges for which people have little or no immunity, and for which there is no vaccine. The disease spreads easily person-to-person, causes serious illness, and can sweep across the country and around the world in very short time.

It is difficult to predict when the next influenza pandemic will occur or how severe it will be. Wherever and whenever a pandemic starts, everyone is at risk. Countries might, through measures such as border closures and travel restrictions, delay arrival of the virus, but cannot stop it.

A pandemic may come and go in waves, each of which can last for six to eight weeks.

An especially severe influenza pandemic could lead to high levels of illness, death, social disruption, and economic loss. Everyday life would be disrupted as so many people in many places become seriously ill at the same time. Impacts can range from school and business closings to the interruption of basic services such as public transportation and food delivery.

The effects of a pandemic can be lessened if preparations are made ahead of time. Planning and preparation information and checklists are available at **www.pandemicflu.gov/plan**.

1. You can prepare for an influenza pandemic now

- Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies such as power outages.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

2. To limit the spread of germs and prevent infection

- Teach your children to wash hands frequently with soap and water.
- Teach your children to cover coughs and sneezes with tissues.
- Teach your children to stay away from others as much as possible, if they are sick.
- Stay home from work and school if you are sick.

PANDEMIC FLU

EXAMPLES OF FOOD AND NON-PERISHABLES	EXAMPLES OF MEDICAL, HEALTH, AND EMERGENCY SUPPLIES
Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups	Prescribed medical supplies such as glucose and blood-pressure monitoring equipment
Protein or fruit bars	Soap and water, or alcohol-based (60-95%) hand wash
Dry cereal or granola	Medicines for fever, such as acetaminophen or ibuprofen
Peanut butter or nuts	Thermometer
Dried fruit	Anti-diarrhea medication
Crackers	Vitamins
Canned juices	Fluids with electrolytes
Bottled water	Cleansing agent/soap
Canned or jarred baby food and formula	Flashlight
Pet food	Batteries
Other non-perishable items	Portable radio
	Manual can opener
	Garbage bags
	Tissues, toilet paper, disposable diapers

TERRORISM

Devastating acts of terrorism have left many concerned about the possibility of future incidents in the United States and their potential impact. They have raised uncertainty about what might happen next, increasing stress levels. There are things you can do to prepare for the unexpected and reduce the stress should another emergency arise. Taking preparatory action can reassure you and your children that you can exert a measure of control even in the face of such events.

What You Can Do

Preparedness includes many of the same steps you will take to prepare for earthquakes, flooding, fires and other disasters.

CREATE
an emergency communications plan.

ESTABLISH
a meeting place.

ASSEMBLE
a disaster supplies kit.

What Could Happen

There can be significant numbers of casualties and/or damage to buildings and infrastructures.

Heavy law enforcement involvement at local, state and federal levels follows a terrorist attack due to the event's criminal nature.

Health and mental health resources in the affected communities may be strained to their limits, even overwhelmed.

Extensive media coverage, strong public fear and international implications and consequences can continue for a prolonged period.

Workplaces and schools may be closed, and there may be restrictions on domestic and international travel.

You and your family or household may have to evacuate an area, avoiding roads blocked for your safety.

Clean-up may take many months.

Additional Positive Steps You Can Take

Remember that young children watching televised reports do not realize that it is repeated video footage, and think the event is happening again and again. Adults may also need to give themselves a break from watching disturbing footage. You may want to make some arrangements to take turns listening to the news with other adult members of your household.

People who may have come into contact with a biological or chemical agent may need to go through a decontamination procedure and receive medical attention. Listen to the advice of local officials on the radio or television to determine what steps you will need to take to protect yourself and your family. As emergency services will likely be overwhelmed, only call **9-1-1** about life-threatening emergencies.

Listen to local authorities

If local authorities ask you to leave your home, they have a good reason to make this request, and you should heed the advice immediately. Listen to your radio or television and follow the instructions of local emergency officials and keep these simple tips in mind.

- Your local authorities will provide you with the most accurate information specific to an event in your area. Staying tuned to local radio and television, and following their instructions is your safest choice.
- If you are advised by local officials to "shelter in place"
- Remain inside your home or office and protect yourself there.
- Close and lock all windows and exterior doors.
- Turn off all fans, heating and air conditioning systems.
- Close the fireplace damper. Get your disaster supplies kit, and make sure the radio is working.
- Go to an interior room without windows that's above ground level.
- In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed.
- Using duct tape, seal all cracks around the door and any vents into the room.
- Keep listening to your radio or television until you are told all is safe or you are told to evacuate.
- Local officials may call for evacuation in specific areas at greatest risk in your community.

EXTREME WEATHER

Heat

When temperatures are high, prolonged sun exposure may cause dehydration, heat cramps, heat exhaustion, and heat stroke. Never leave children, elderly people, or pets unattended in closed vehicles, even with the windows cracked open.

- Wear light, loose-fitting clothing.
- Drink water or sports drinks often and avoid drinking alcohol.
- Offer help to those in your neighborhood with limited access to air conditioning and transportation, such as seniors or those who are ill.
- During peak heat hours stay in an air-conditioned area. Visit public facilities such as shopping malls, parks, and libraries to stay cool.
- Avoid unnecessary exertion, such as vigorous exercise during peak sun hours.
- Stay out of the sun if you do not need to be in it. When in the sun, wear a hat, preferably with a wide brim.

Cold

Every year in LA County there are carbon monoxide poisonings from a barbeque, stove, or oven used as a source of warmth. Using central heating, electric heaters, well-ventilated natural gas heaters or ventilated fireplaces are safer ways to stay warm.

When heating your home:

- Never use a barbeque, stove, or oven to heat your home.
- Check to make sure heating appliances are in good working condition before using them.
- Furnaces and fireplaces should be checked to ensure that chimneys or flues are not blocked to allow for proper ventilation.
- Install a carbon monoxide detector in your home to reduce the risk of poisoning.
- If you use an outdoor generator, place it as far away from the home as possible.

A winter shelter program is available for seniors and those looking for a place to beat cold weather. Visit **http://www.lahsa.org/year_round_shelter.asp**, or call LA County Information line at **2-1-1** from any landline or cell phone.

TSUNAMIS

A tsunami (seismic sea wave) is a series of extremely long ocean waves generated by earthquakes, volcanic eruptions, or massive undersea landslide that displaces a large mass of water. From the area of the disturbance, the waves travel outward in all directions, much like the ripples caused by throwing a rock into a pond.

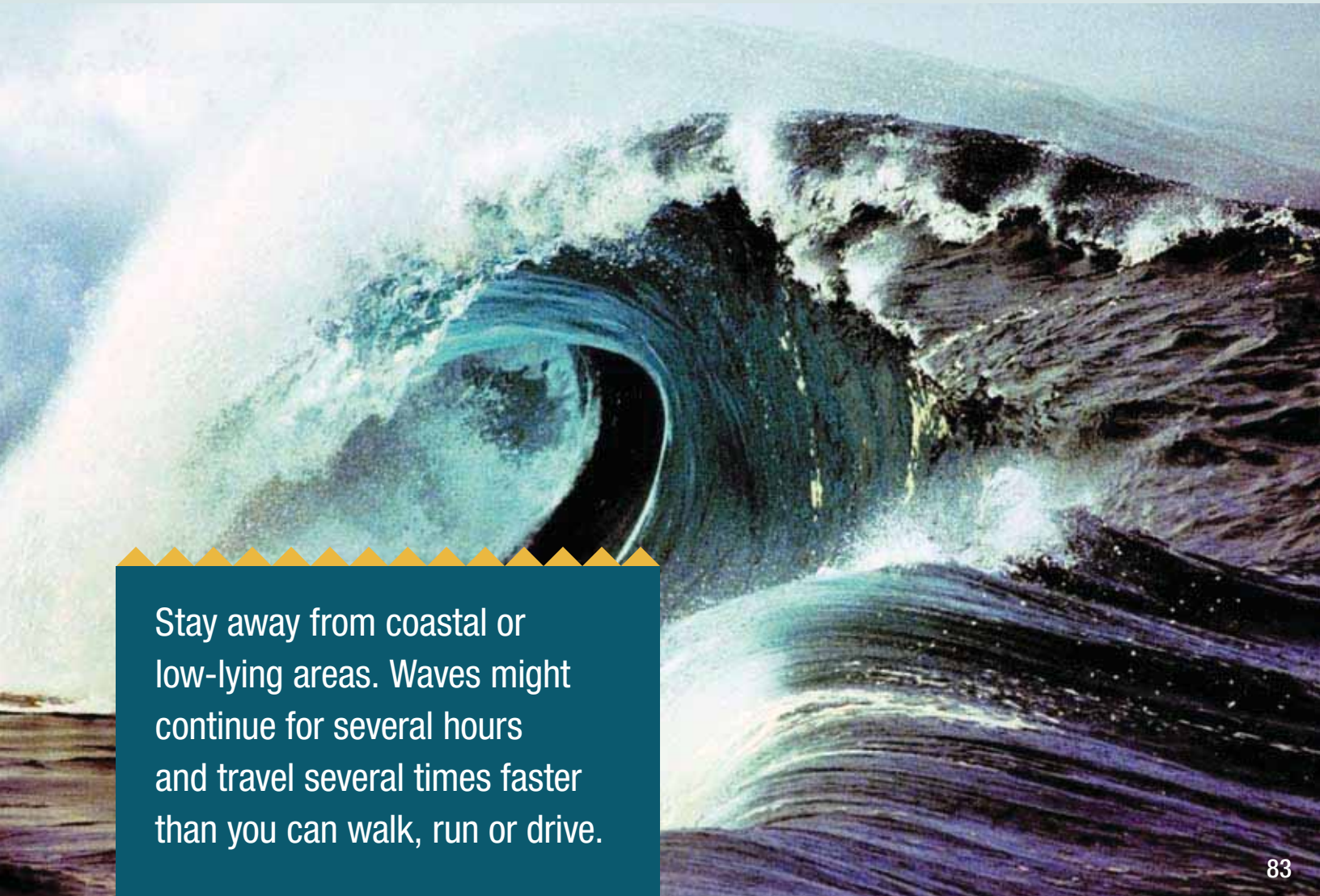
As the waves approach shallow coastal waters, they appear normal and the speed decreases. Then as the tsunami nears the coastline, it may grow to great height and smash into the shore, causing great destruction and loss of life.

The time between wave crests may be from 5 to 90 minutes, and the wave speed in the open ocean may be more than 450 miles per hour. Tsunamis have reached heights of more than 100 feet.

People who are near the seashore during a strong earthquake should listen to a radio for a tsunami warning and be ready to evacuate at once to higher ground. Tsunamis arrive as a series of successive “crests” (high water levels) and “troughs” (low water levels).

Rapid changes in the water level may be an indication of an approaching tsunami.

Tsunamis from both local and distant earthquakes threaten Southern California coastal communities. Although our oceans are monitored for developing tsunamis, when a large earthquake occurs nearby, the first tsunami wave may reach coastal communities within a few minutes of the event.



Stay away from coastal or low-lying areas. Waves might continue for several hours and travel several times faster than you can walk, run or drive.

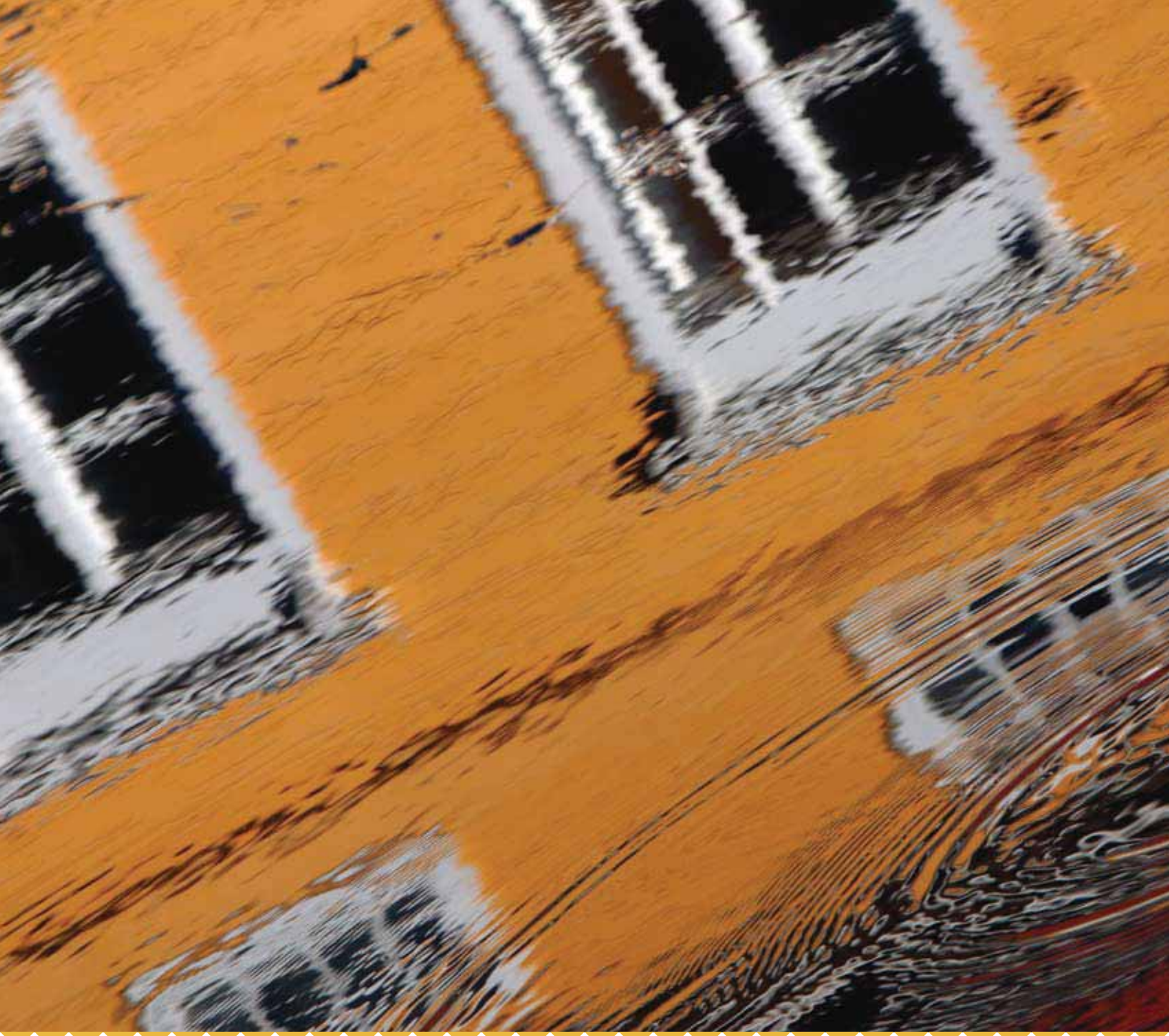
TSUNAMIS

Local populations at risk must be able to recognize the signs of impending tsunami hazards and seek higher ground immediately. While distant-source tsunamis give residents more time to evacuate threatened coastal areas, they increase the need for timely and accurate assessment of the tsunami hazard to avoid costly false alarms.

Communities need to be aware of what areas are likely to be flooded. Residents need to understand the multi-hazard ramifications of very large local and distant earthquakes and their disruption to the community.

- If you are near the coastline, an earthquake may be your only warning of an approaching tsunami, so it is very important to act quickly.
- If you are at the beach and you notice the water has pulled back or run out, creating a vast expanse of exposed beach, this is a warning that a tsunami may be imminent.
- Never go to the beach to watch for or to surf a tsunami wave!

More Tsunami preparedness is available free at **www.espfocus.org** or **www.tsunami.noaa.gov/prepare.html**



TSUNAMI WATCH

This means that a significant, distant earthquake has occurred. Tsunami approach is possible but not confirmed. Stay tuned to local radio and TV stations for information. Prepare for a possible Tsunami Warning.

TSUNAMI WARNING

This means that a tsunami approach has been confirmed. Stay tuned to local radio and TV stations for information and be prepared to evacuate, if advised to do so by local authorities.

TSUNAMI EVACUATION

Those within the evacuation advisory area should immediately make their way to higher ground. Tsunami Safe Areas may be indicated by signs placed along roads at elevations of 90 feet or more above sea level. Stay tuned to local radio and TV stations for information about local evacuation centers.

BASIC FIRST AID

Your first concern after a disaster is your family's health and safety. You need to consider possible safety issues and monitor family health and well-being. The following information should be used as a reminder – sign up for First Aid and CPR training through your local Red Cross Chapter. Find your local chapter online at www.redcross.org.

AIDING THE INJURED

Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.

- If the victim is not breathing, carefully position the victim for artificial respiration, clear the airway, and commence mouth-to-mouth resuscitation.
- Maintain body temperature with blankets. Be sure the victim does not become overheated.
- Never try to feed liquids to an unconscious person.

HEALTH

- Be aware of exhaustion. Don't try to do too much at once. Set priorities and pace yourself. Get enough rest.
- Drink plenty of clean water and eat well. Wear sturdy work boots and gloves.
- Wash your hands thoroughly with soap and clean water often when working in debris.

SAFETY ISSUES

- Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring, and slippery floors.
- Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation, and dead animals.

CHOKING

If the person is unable to speak, cough, or breathe, call 911. If the problem is resolved, you can call back and cancel.

1. Identify yourself and ask if you can help the victim. They can nod "yes" or shake their head "no".
2. Stand behind the person.
3. Place the thumb side of your fist against the middle of the abdomen just above the navel.
4. Grasp your fist with your other hand.
5. Give quick upward thrusts.
6. Repeat until the object is coughed up. Stop if the person becomes unconscious.

HEAD, BACK AND/OR NECK INJURIES

For Severe Pain or Pressure in the Head, Neck, or Back.

1. Check the scene first to ensure your safety, and then check the victim.
    - Identify yourself and ask the victim if you can help.
    - Apply basic precautions to prevent disease transmission.
2. If you think the victim has a head, neck, or back injury call, or have someone else call, 911.
3. Minimize movement of the head, neck, and back.
    - Place your hands on both sides of the victim's head and support and maintain the victim's head in the position you found it.
    - If the head is sharply turned to one side, do not try to align it.
    - Remember – support the victim's head as you find it.

SHOCK

1. Check the scene first to ensure your safety, and then check the victim.
2. Cover the victim and keep her/him lying down. Cover only enough to keep her/him from losing body heat.
3. Do not give food or water.
4. Raise feet.
5. Obtain medical help as soon as possible.

CONTROLLING BLEEDING

For an Open Wound

1. Check the scene first and then check the victim.
    - Identify yourself and ask the victim if you can help. Apply basic precautions to prevent disease transmission.
2. Cover wound with dressing.
    - Press firmly against the wound (direct pressure).
3. Cover the dressing with a roller bandage.
    - Tie the knot directly over the wound.
4. Elevate the injured area.
    - Keep the wound above the level of the heart (only when you suspect that a bone is not broken).
5. If bleeding does not stop:
    - Apply additional dressing and bandages.
    - Use a pressure point to squeeze the artery against the bone.
    - Call or have someone else call 911.

APPLYING A SLING TO AN ARM OR SHOULDER

1. Check the scene first and then check the victim.
    - Ask the victim if you can help.
    - Apply basic precautions to prevent disease transmission.
2. If the victim is unable to move or use an injured arm call, or have some else call 911.
3. Support the injured arm above and below the site of injury.
4. Check for feeling, warmth and color below the injured area.
5. Place the sling
    - Leave the arm in the position you find it.
    - Place a triangular bandage under the injured arm and over the injured shoulder to form a sling.
6. Tie the ends of the sling at the side of the neck.
    - TIP: Place pads of gauze under the knots to make it more comfortable for the victim.
7. Secure the injured area.
    - Secure the arm to the chest with a folded triangular bandage
8. Recheck for feeling, warmth, and color below the injured area.

GLOSSARY

Amateur Radio (HAM) Operator
Amateur radio operator. HAMS are affiliated with the Sheriff's Disaster Communications Service and are part of the emergency communications network in Los Angeles County.

AWARE
Alert, Well-prepared And Ready for Emergencies, a guide for creating community and neighborhood emergency plans. Available free online at www.espfocus.org.

Board of Supervisors
The five-member Board of Supervisors is the governing body of the County of Los Angeles. Created by the state Legislature in 1852, the Board has executive, legislative and quasi-judicial roles. Members are elected by voters in their respective districts and are limited to three four-year terms.

Brush Clearance
Best practice for creating "defensible space" for effective fire protection of property, life and the environment. Los Angeles County Fire Code outlines minimum standards in the County; more information is available at www.fire.lacounty.gov.

Community Based Organization (CBO)
Community organizations that provide assistance to individuals, families, and special needs populations, before, during and often after an emergency or disaster.

Community Emergency Response Team (CERT)
An all-risk, all-hazard training available to residents and designed to help you protect yourself, your family, your neighbors and your neighborhood in an emergency situation. Training commitment ranges between 17-24 hours for the nationally-approved course of instruction

Cardio Pulmonary Resuscitation (CPR)
Cardiopulmonary resuscitation (CPR) is a procedure used when a patient's heart stops beating and breathing stops. It can involve compressions of the chest or electrical shocks along with rescue breathing. For more information on training opportunities, visit your local Red Cross Chapter www.redcross.org.

Catastrophic Disaster
A disaster that has extraordinary levels of mass casualties, damages or disruption which severely affects population, infrastructure, environment, the economy or government functions and which requires extraordinary and sustained levels of resources and skills for recovery.

Communications Plan
A plan that describes how you will communicate with others after a disaster. Contact information for members of your household and your out-of-state contacts.

Contact List
A list of family members, staff and out-of state key partners in a crisis. The list should include home phone numbers, pager numbers, cell phone numbers, etc.

Critical Records
Records or documents that, if damaged, destroyed, or lost, would cause considerable inconvenience and/or would require replacement or recreation at considerable expense to the organization.

Disaster Kit
A Disaster Supply Kit is a pre-assembled group of items that will improve the health and safety of your family during a disaster.

Disaster Communications Service (DCS)

Los Angeles County ham operators group that works to provide reliable emergency communications throughout the County. For more information about DCS, contact your local Sheriff Station

Damage Assessment

The process used to appraise or determine the number of injuries and human loss, damage to public and private property, and the status of key facilities and services resulting from a natural or human-caused disaster or emergency.

Disaster

An unanticipated incident or event, including natural catastrophes, technological accidents, or human-caused events, causing widespread destruction, loss, or distress to an organization that may result in significant property damage, multiple injuries, or deaths.

Disaster Recovery

Steps taking during and after an emergency or disaster intended to restore normalcy. Recovery typically begins immediately once the emergency stabilizes. Full recovery from a major disaster usually takes years.

Disaster Response

Immediately following a disaster, priorities are protecting life and property, and meeting human needs such as water, food, shelter, and medical assistance.

Drop, Cover and Hold On

Protocol that when performed correctly with an awareness of your surroundings, remains the most effective single piece of advice that you can follow when an earthquake occurs. For more information on Drop, Cover and Hold On, visit www.earthquakecountry.info.

EarthquakeCountry.info

This website contains information, videos and animations to help residents prepare for earthquakes. The handbook *Putting Down Roots in Earthquake Country* is available at www.earthquakecounty.info; a Spanish-language version can be found at www.terremotos.org.

Emergency

An unforeseen incident or event that happens unexpectedly and demands immediate action and intervention to minimize potential losses to people, property, or profitability.

Emergency Alert System

The Emergency Alert System (EAS) can address the entire nation on very short notice in case of a grave threat or national emergency.

Emergency Preparedness

Governments, organizations, and individuals develop plans to save lives, minimize disaster damage, and enhance disaster response.

Emergency Survival Program (ESP)

Emergency preparedness information available free of charge at www.espfocus.org or by calling (213) 974-1166.

Equine Response Team (ERT)

The Equine Response Team is a volunteer organization that augments the resources of the Los Angeles County Department of Animal Care Control. Its purpose is to assist with the safe evacuation of livestock during large and small-scale disasters. The group also works to educate horse owners on disaster preparedness. For more information contact the Los Angeles County Department of Animal Care & Control.

Evacuation

Organized, phased, and supervised dispersal of people from dangerous or potentially dangerous areas.

Evacuation Routes

Roads and highways identified by law enforcement to evacuate individuals out of harm's way to a safe area or shelter. Evacuation Routes may be identified verbally during an Evacuation Order or pre-designated in a written plan.

Evacuation Order

A directive from the Sheriff or Fire departments to leave your home or business immediately. Failure to follow an Evacuation Order may result in endangerment to the lives of others, personal injury, or death. Once you have left the area you will not be able to return until the Order has been lifted.

Evacuation Warning

Voluntary Evacuation means that it is time to prepare to leave your home and the area. Gather your family, pets, basic necessities and important paper work and listen for instructions from emergency responders. If you have special medical needs or have limited mobility, you should prepare to leave the area when an Evacuation Warning is issued.

Evacuation Shelter

may be set up by the Red Cross at the request of the County if an area must be evacuated for an extended amount of time. The location for an evacuation shelter will be announced by local officials once a safety assessment is complete and the shelter is ready to accept those affected by the evacuation.

Federal Emergency Management Agency

Agency of the US government tasked with Disaster Mitigation, Preparedness, Response and Recovery planning. Also administers various grant programs after a disaster.

FEMA

Fire Escape Plan

A step-by-step plan of your residence that shows at least two ways to escape in case of fire.

First Aid Kit

A well-stocked first-aid kit, kept within easy reach, is a necessity in every home. Having supplies gathered ahead of time will help you handle an emergency at a moment's notice. Keep one first-aid kit in your home and one in each car. Also be sure to bring a first-aid kit on family vacations.

Flash Flood Watch

A flash flood is possible in your area.

Flash Flood Warning

A flash flood is occurring or will occur very soon in your area.

Family Emergency Plan

A plan that ensures that each member of your household is well-informed on potential hazards and knows what to do in case of an emergency. Family plans should include: escape routes, evacuation plans, family communications, utility shut-offs, safety precautions, pet care and insurance and vital records information.

FRS Radio

Family Radio Service radios are a relatively inexpensive means of communicating in the event of a major disaster when phone service will likely be interrupted. Using FRS radios, you can communicate with your immediate neighborhood to assess damage and injuries and determine where resources are needed.

Hazard Mitigation

Any action taken to reduce or eliminate the long-term risk to human life and property from natural hazards.

Meals Ready to Eat (MRE)

Meals ready to eat are foods that are already available for consumption. These are packaged food designed to have a long shelf life. They are also designed to require very little preparation work. Therefore, these meals are perfect for emergency survival preparation such as earthquakes, floods, hurricanes, tornadoes and other natural disasters. These rations will be able to sustain individuals for a period of time until long-term relief aid comes.

Neighborhood Watch

A neighborhood watch (also called a crime watch or neighborhood crime watch) is an organized group of citizens devoted to crime and vandalism prevention within a neighborhood.

Neighborhood Networks

Neighbors coming together before a disaster to learn about each other and plan for neighborhood response and recovery after a disaster.

NOAA Weather Radio (MWR) All Hazards

A nationwide network of radio stations broadcasting continuous weather information directly from the nearest National Weather Service office. NWR broadcasts official Weather Service warnings, watches, forecasts and other hazard information 24 hours a day, 7 days a week.

Pandemic Flu

A pandemic is a global disease outbreak. A flu pandemic occurs when a new influenza virus emerges for which people have little or no immunity and for which there is no vaccine. The disease spreads easily person-to-person, causes serious illness, and can sweep across the country and around the world in a very short time.

Phone Tree

A list of phone numbers provided to a group; notification by phone is started by the first person and continued until everyone has been notified.

RAIN

If you suspect a problem with hazardous materials; Recognize the danger, Avoid the area, Isolate the area and keep others away, Notify authorities – then call 911. Remember to stay uphill, upwind and upstream.

Red Flag

A Red Flag Warning is a forecast warning issued by the United States National Weather Service to inform area firefighting and land management agencies that conditions are ideal for wildland fire ignition and propagation. Red Flag Warning means high fire danger with increased probability of a quickly spreading vegetation fire in the area within 24 hours.

Shelter-in-Place

Securing and protecting people and assets in the general area in which a crisis occurs. If authorities advise you to shelter-in-place you should turn off air conditioner and fan units, seal the gaps around windows and doors and listen to the radio for authorities to announce that the threat has passed. Do not venture out of your shelter area until you have been instructed that it is safe to do so.

Small Business Administration (SBA)

SBA provides low interest disaster loans to homeowners, renters, businesses of all sizes and private, non-profit organizations to repair or replace real estate, personal property, machinery & equipment, inventory and business assets that have been damaged or destroyed in a declared disaster. Additionally, SBA provides economic injury loans (operating capital) to businesses impacted by a disaster.

Survival Area

An area designated for individuals to find refuge during a large wildland fire. Survival Areas should be used only if residents cannot evacuate to a safe area; they are usually safer than sheltering in a home in highly vegetated areas and are safer than sheltering in a vehicle.

Unincorporated Area

Communities and areas that are outside the jurisdictional boundaries of incorporated cities. As such, they are not serviced by an incorporated city. County government serves as the "city" for these areas by providing basic municipal services such as law enforcement, zoning, building permits, libraries, parks, recreational programs, street maintenance, and traffic signals and stop signs.

Vital Records

Records of life events including birth certificates, marriage licenses, and death. Can also include contracts or agreements that prove ownership of property, equipment, vehicles, products, etc.

Wildland Fire

A wildfire is any uncontrolled, non-structure fire that occurs in the wilderness, wildland, or bush. Wildfires differ from other fires by its extensive size; the speed at which it spreads out from its original source; its ability to change direction unexpectedly; and to jump gaps, such as roads, rivers and fire breaks. Wildfires generally do not involve properties; however, with extensive urbanization of wilderness, they can cause extensive destruction of homes and other property located in the wildland-urban interface, a zone of transition between developed areas and undeveloped wilderness.

PHOTO CREDITS

Area E CERT Committee
City of Norwalk
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L.A. County Animal Care & Control Volunteer Equine Response Team
L.A. County Fire Department
L.A. County Health Services
L.A. Sheriff's Department Disaster Communication Service

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FEMA

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