

Get Prepared



Preparedness: An everyday task for everyday life

**Family & Business
Disaster Information
Plus
Personal Survival Guide**

www.palisadeschamber.com

**FLO ELFANT
P.O. BOX 393
Pacific Palisades, CA 90272
(310) 454-5775**

**THE PRINTING OF THIS DISASTER
SURVIVAL GUIDE HAS BEEN MADE
POSSIBLE BY GENEROUS
CONTRIBUTIONS FROM:**

Aldersgate Lodge

Lee Calvert

Sandy and Ron Dean

Festa State Farm Insurance

Joan and Peter Graves

Huntington Palisades Property Owners Corp.

Dorothea Jacobi

Marcella Jennings

Junior Women's Club

Knolls Pharmacy

Sharon and Brad Lusk

Ted Mackie

Dr. & Mrs. Robert Nelson

Dr. & Mrs. Michael Norman

Optimist Club of Pacific Palisades

Carol Pfannkuche

Riviera Lodge #780

Marco Rufo

Laura and Timothy Schneider

Seven Arrows School

Table of Contents and Explanation

The Folder

The inside cover and back page contain information provided by the Red Cross.

Introduction/letter

Explains the need for this plan and requests you to call immediately for catalogs and price list from the List of Suppliers.

List of Suppliers

Call for brochure and current price list or visit the local Red Cross Chapter near you.

How to React

How to react in an earthquake in various locations.
How to react in our Post 9/11 times

Preparing Your Business For the Unthinkable

Suggestions to protect your Business and Employees if a Disaster happened.

Out of State cards for the family and/or employees.

When electricity is out it is still possible to contact an out-of-state number using a line-connected telephone.

Tips For Preparing Children

Children need to be prepared more than adults.

Tips For The Elderly and Disabled

File of Life

Fill out in pencil. Place one on the refrigerator, one in your car and one on your person. If rendered unconscious and someone calls the paramedics they will be able to treat you intelligently.

Pandemic Flu Planning

How to plan for a pandemic, what to teach your family and items to have on hand.

A Brief Terrorism Guide

Provides education for you and your family. The more you know the less fearful you are and the more confidence is instilled in your family and your employees.

Guidelines For Handling Mail

Provided for educational purposes.

Frequently Asked Questions: About Biological Terrorism

Provided for educational purposes.

National Security Emergencies

Provided for educational purposes.

Nuclear Blast

Provided for educational purposes.

American Legion — Communication Center

Pali Net Roster

Ham Radio Operators near you who can provide information on what has happened should broadcast radio be unavailable due to a complete power failure.

Wildfire Preparedness

Provided for educational purposes.

Barricade Fire Blocking Gel

A description of a product that blocks the path of fires and is used by our Fire Department which can be purchased by an individual, street, Homeowners Group, business and building.

Disaster-Proof Your Life

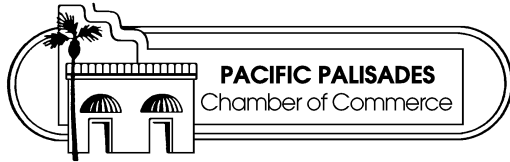
The papers, files, passwords and passports, etc. to photocopy and where to have them in the event of evacuation.

Important Items to Have

Additional items to have in your car, to add to your Disaster Packs, at your bedside and at your workplace.

Important Post-Disaster Hotlines

Phone numbers of agencies that may be of assistance after the Disaster.



15330 Antioch Street • Pacific Palisades, California 90272
Tel: 310-459-7963 • Fax: 310-459-9534 • www.palisadeschamber.com

LETTER FROM YOUR CHAIRPERSON

Dear Citizens,

Last spring, through the generosity of our community, we made available 3,000 Disaster Preparedness Folders with the latest updates and now our supply is exhausted. **The folders that you have picked up are to prepare as a single-family unit.**

In addition to the folder you should know that we have a Neighborhood Emergency Planning Guide.

The need to impart the necessary information is urgent to not only be prepared as a family in your individual homes but as a team on the street or building where you live. Too many of us are not aware of the children who come home without adults in attendance. Too many of us are not aware of who on our street is in a wheelchair, on oxygen or too ill to care for themselves in the event of an emergency.

It is important, together with your neighbors, to have a plan and act as a team. We have an easily operated Neighborhood Emergency Planning Guide with written details on how to prepare your street and/or building. We will be happy to come, give you copies of the plan and explain them. All you have to do is get a group of your neighbors together and call me.

During any disaster, the number and scope of incidents can overwhelm conventional emergency services. In Pacific Palisades, because of our geographical location, we may be isolated for an indeterminate time. Conventional emergency services may not be at all available to any of us. We must be there for each other and therefore it is imperative that we all prepare ourselves as a unit and as a team on our street and/or in our building.

Remember too, that if your neighbor is prepared it may save your life.

Flo Elfant
Spring 2008

FOLLOWING ARE A LIST OF SUPPLIERS IN THE EVENT OF A DISASTER:

**American Red Cross
Santa Monica Chapter**
P.O. Box 1008
1450 11th Street
Santa Monica, CA 90406
(310) 394-3773

Los Angeles Fire Dept.
offers a booklet
(818) 756-9674

Verizon Telephone Book
Pages 39-42.
Emergency Preparedness Information

*** Logistic Solutions, Inc**
P.O. Box 1201
Thousand Oaks, CA 91358
(805) 480-9919
www.logisticsolutions-inc.com

*** Barricade (Fire Blocking Gel)**
18425 S.E. Federal Highway
Jupiter, FL 33469
(800) 201-3927 Fax (561) 744-1020
www.barricadegel.com

*** The Emergency Lifeline**
P.O. Box 15243
Santa Ana, CA 92735
(800) 826-2201 or (714) 558-8901
www.emergencylifeline.com

*** Earthquake Preparedness Products**
23042 Alcalde Dr., Suite A-12
Laguna Hills, CA 92653
(800) 347-3239 or (714) 542-3200

*** Simpler Life Emergency Provisions**
2035 Park Avenue, Suite I
Redlands, CA 92373
(909) 798-8108 or (800) 266-PREP
Fax (909) 798-8718
www.simplerlife.com

*** RDR Disaster Services, Inc.**
23852 Pacific Coast Hwy., Ste. 326
Malibu, CA 90265
(310) 456-1040

*** Vector First Aid, Inc.**
27460 Aqua Vista
Temecula, CA 92590
(800) 999-4423 Fax (909) 296-1338
www.Vectorfirstaid.com

*** CALL FOR BROCHURE AND CURRENT PRICE LIST**

DISASTER PREPAREDNESS

HOW TO REACT IN AN EARTHQUAKE

IN YOUR HOME: Do not run outside (most earthquake related injuries happen outdoors). Get away from windows, mirrors and light fixtures. Watch out for tall bookcases or china cases that might topple. Get under a table or desk. If this isn't possible, crouch against a solid wall. Get into a duck and cover position, using sofa cushions or pillows to protect your head. If you're in bed, hold on and stay there, protecting your head with a pillow.

IN A CAR: Pull to the side of the road (if possible) and stop the car. Do not attempt to continue driving. Do not park under trees, light posts or signs. Do not park on or under a bridge. Stay inside your car and get down on the floor.

IN THE OFFICE: Get under your desk. If not, crouch against a solid wall and protect your head with what is available, such as a book, notebook, large handbag, suit, coat or briefcase. Many offices have fake dropceiling tiles that are easily shaken loose by quakes, so protect your head with whatever is available.

IN A MALL/STORE: Get away from glass storefronts. Do not head for the exits, most of which are glass. Crouch against a solid wall. If you have children, put them against the wall and drape yourself over them in a crouching position. Make yourselves as small a target as possible. Do not attempt to use escalators or elevators.

IN AN ELEVATOR: Most elevators will automatically stop moving when the shaking starts. When the quake stops, stomp on the floor in an attempt to get someone to hear you. If possible, escape through the trapdoor at the top of the elevator, since there is a danger of fire.

IN A RESTAURANT: The safest place is under the table, since table tops are made of sturdy material. Do not attempt to run across the restaurant. If you are at a table or booth near a window, get under the table and protect your head. Many restaurants have objects on the walls that could fly across the room, so getting under your own table is the best bet.

IN A HIGH RISE BUILDING: Get under a desk. Stay clear of windows, shelves, cabinets and glass partitions. Most highrises are built so they will sway with a quake more than you would think, but it is actually a protection to keep them from toppling. Do not run for the exit because the stairways may be broken and/or jammed with people. Do not attempt to use the elevator since the power may have failed.

IN A PARKING GARAGE: Do not run. Crouch against a pillar or solid wall, covering your head with your purse, jacket or shopping bags. If in your car, do not attempt to drive. Stay in the car and get down on the floor.

IN A SCHOOL: Each school is required by the state to have an earthquake preparedness plan and to have practiced earthquake drills. Children should get under their desks and cover their heads, and move away from windows if at all possible. The school can provide a copy of its earthquake plan to any parent wishing to see it.

IN A HOSPITAL: Every hospital accredited by the joint Commission of Hospital Accreditation is required to have an earthquake response plan and practice periodic drills. If you are a patient, you should ask what to do in the event of an earthquake, especially if you are hooked up to an intravenous bottle or other medical equipment. Also ask the hospital personnel about their evacuation plan.

OUTDOORS/IN A RURAL AREA: Get to where there are the fewest possible hazards from above—away from trees, power poles, etc. Flying debris is what usually hurts people, so the fewer objects that are around you the better.

IN THE MOUNTAINS: If possible, get away from trees and rocks and into the brush, which will catch some of the flying debris. Crouch and cover your head with your pack or whatever else is handy. Steer clear of boulders, which can be jarred loose by the quake. Be aware that trails may be wiped out.

ON THE BEACH: Stay put during the actual quake—there are very few dangers on the actual beach during a quake. When the shaking stops, get off the beach because a tsunami (a wall of water that can measure up to 40 feet) may have been triggered. Grab essentials and go to the parking lot. Remember to put on shoes, because there may be a lot of broken glass.

* * * * *

UNDERSTANDING POST 9/11 RISKS: In the event of chemical or toxic exposure — or bombs and explosives — do not panic.

- If you hear an explosion, take cover under a sturdy table or desk, away from falling items. Then exit as quickly as possible.
- If there is a fire, stay low, cover your nose and mouth with a wet cloth, and seek a safe escape route, away from heat or flames.
- If you are trapped in debris, cover your mouth with a handkerchief or clothing to avoid breathing dust. Whistle to alert rescuers or tap on a pipe or wall. Don't shout, and conserve your energy.
- If you think you have been exposed to any chemical or biological substance, contact a physician or medical clinic, as soon as possible.

Source: The Red Cross

PREPARING YOUR BUSINESS FOR THE UNTHINKABLE

Disasters can happen anywhere, often with little or no warning.

Is your business prepared?

What can you do to protect your business, employees and customers?

Where should you begin?

Disaster Recovery Begins Before a Disaster

Disasters take many forms, from tanker trucks overturning and power outages to earthquakes, earthquakes offshore causing tsunamis, terrorism, dirty bombs and nuclear attacks. All of these can occur without warning and would isolate us for days.

No business should risk operating without a disaster plan.

While reports vary, as many as 40 percent of small businesses do not reopen after a major disaster like an earthquake. These shuttered businesses were unprepared for a disaster—they had no plan or backup systems.

When you start to develop your disaster plan, consider three subjects: human resources, physical resources and business continuity. Think about how a disaster could affect your employees, customers and workplace. Think about how you could continue doing business if the area around your facility is closed or streets are impassable. Think about what you would need to serve your customers even if your facility is closed.

What can I do?

Get information about how to prepare your employees and clients to respond to possible hazards and provide help. Disaster safety information and CPR/first aid training are available from your local Red Cross chapter. Get more information at [**www.redcross.org**](http://www.redcross.org).

Network with others who have or need to develop risk or contingency management plans.

Attend seminars and get information from local risk management associations or chapters.

Develop a Plan

Start building your plan now.

Here are some suggestions you may want to consider.

- Keep phone lists of your key employees and customers with you, and provide copies to key staff members.
- If you have a voice mail system at your office, designate one remote number on which you can record messages for employees. Provide the number to all employees.
- Arrange for programmable call forwarding for your main business line(s). Then, if you can't get to the office, you can call in and reprogram the phones to ring elsewhere.
- If you may not be able to get to your business quickly after an emergency, leave keys and alarm code(s) with a trusted employee or friend who is closer.

- Install emergency lights that turn on when the power goes out. They are inexpensive and widely available at building supply retailers.
- Back up computer data frequently throughout the business day. Keep a backup tape off site.
- Use UL-listed surge protectors and battery backup systems. They will add protection for sensitive equipment and help prevent a computer crash if the power goes out.
- Stock a minimum supply of the goods, materials and equipment you would need for business continuity.
- Consult with your insurance agent about special precautions to take for disasters that may directly impact your business. Remember, most policies do not cover earthquake and flood damage. Protect valuable property and equipment with special riders. Discuss business continuity insurance with your agent.
- Keep emergency supplies handy, including:
 - Flashlights with extra batteries
 - First aid kit
 - Tools
 - Food and water for employees and customers to use during a period of unexpected confinement at your business, such as if a tanker truck overturned nearby and authorities told everyone in the area to stay put for an extended period.

For more information on suggested disaster supplies, see
<http://www.redcross.org>.

Reduce Potential Damage

Prevent or reduce disaster damage in your facility by taking precautions, such as:

- Bolting tall bookcases or display cases to wall studs.
- Protecting breakable objects by securing them to a stand or shelf using hook-and-loop fasteners.
- Moving to lower shelves large objects that could fall and break or injure someone.
- Installing latches to keep drawers and cabinets from flying open and dumping their contents.
- Using closed screw eyes and wire to securely attach framed pictures and mirrors to walls.
- Using plumber's tape or strap iron to wrap around a hot water heater to secure it to wall studs.

You should also consider having a professional install:

- Flexible connectors to appliances and equipment fueled by natural gas.
- Automatic fire sprinklers.

Protect Your Employees, Customers and Business

Designate one employee from each work shift to be the safety coordinator. This person will make all decisions relating to employee and customer safety and to the safety of the business itself. Safety coordinators should know how to contact the owner or operator at all times.

Everyone in your facility should know how to prepare for a disaster and what to do if a disaster occurs. Contact your local Red Cross chapter for specific information about how to stay safe in a tornado, earthquake, fire, flood, hurricane or other hazard.

You may also want to get a copy of the Emergency Management Guide for Business and Industry from your Red Cross chapter or <http://www.redcross.org>.

Another source of useful information is Open for Business, a booklet developed by the Institute for Business and Home Safety and the Small Business Administration. It is available at <http://www.ibhs.org>.

Fill out, copy and distribute to all family members

Family Disaster Plan

Emergency Meeting Place: _____
outside your home

Meeting Place: _____ Phone: _____
outside your neighborhood

Address: _____

Family Contact: _____
(name)

Phone: () _____ Phone: () _____
day evening

Fill out, copy and distribute to all family members

Family Disaster Plan

Emergency Meeting Place: _____
outside your home

Meeting Place: _____ Phone: _____
outside your neighborhood

Address: _____

Family Contact: _____
(name)

Phone: () _____ Phone: () _____
day evening

Fill out, copy and distribute to all family members

Family Disaster Plan

Emergency Meeting Place: _____
outside your home

Meeting Place: _____ Phone: _____
outside your neighborhood

Address: _____

Family Contact: _____
(name)

Phone: () _____ Phone: () _____
day evening

Fill out, copy and distribute to all family members

Family Disaster Plan

Emergency Meeting Place: _____
outside your home

Meeting Place: _____ Phone: _____
outside your neighborhood

Address: _____

Family Contact: _____
(name)

Phone: () _____ Phone: () _____
day evening

Fill out, copy and distribute to all family members

Family Disaster Plan

Emergency Meeting Place: _____
outside your home

Meeting Place: _____ Phone: _____
outside your neighborhood

Address: _____

Family Contact: _____
(name)

Phone: () _____ Phone: () _____
day evening

Fill out, copy and distribute to all family members

Family Disaster Plan

Emergency Meeting Place: _____
outside your home

Meeting Place: _____ Phone: _____
outside your neighborhood

Address: _____

Family Contact: _____
(name)

Phone: () _____ Phone: () _____
day evening

Fill out, copy and distribute to all family members

Family Disaster Plan

Emergency Meeting Place: _____
outside your home

Meeting Place: _____ Phone: _____
outside your neighborhood

Address: _____

Family Contact: _____
(name)

Phone: () _____ Phone: () _____
day evening

Fill out, copy and distribute to all family members

Family Disaster Plan

Emergency Meeting Place: _____
outside your home

Meeting Place: _____ Phone: _____
outside your neighborhood

Address: _____

Family Contact: _____
(name)

Phone: () _____ Phone: () _____
day evening

TIPS FOR PREPARING CHILDREN

CHILDREN NEED TO BE PREPARED FOR AN EARTHQUAKE AND/OR DISASTER AS MUCH AS ADULTS, IF NOT MORE.

- **Teach your children to dial 911.**

We suggest parents try role-playing. Have adults and children interchangeably act the parts of victim and rescuer, using an unplugged phone to dial 911. Add a third person to serve as the 911 operator.

- **Make sure younger children know their last name and address.**

Post a list of emergency names and numbers. In a convenient spot, low enough for any member of your household to read, tack up a list of important names and phone numbers. These might be relatives, friends or next-door neighbors who could be contacted in an emergency. Also include your work numbers. When traveling, add the phone number at which you can be reached.

- **Children should never let an unfamiliar caller at the door or on the phone know they are home alone, so teach them to say something like, “Mom can’t come to the phone (or door) right now.” Remind children never to speak with strangers on the street, accept gifts from strangers, or go near a vehicle if the driver or passenger asks them a question.**

Practice home evacuation drills with your children. Seconds can make the difference between life and death in a fire or explosion so it’s wise to have a home evacuation plan laid out in advance. With your children, go over all the different ways they could safely escape in an emergency.

- **To help young children understand how to escape in an emergency, draw a floor plan of your home and have your kids trace various exit routes. Quiz your children regularly on fire safety and disaster planning.**

Educate your kids in fire detection. Teach your children how to tell if a fire is on the other side of a closed door by using the palm of their hand to feel for heat on the door, the doorknob and the crack around the door. Conduct fire drills at least twice a year — holding one in the daytime and the other at night — and explain the symptoms of carbon-monoxide poisoning (e.g., light-headedness, headaches, dizziness, nausea, vomiting and fainting).

- **Give each of your children a flashlight and a bell or whistle to keep at their bedside for use in an emergency.**

Instruct children never to enter or re-enter a burning building. Make sure your children understand that they are never to enter or go back into a burning building — not to retrieve a pet, a toy, or even you. Assure them that the firefighters will rescue you.

- **Practice rolling on the floor or ground to put out flames**

This is one exercise kids love. Teach them to drop to the ground and roll if their clothes are on fire. Explain to them that running only fans the flames.

- **For more information on escape planning and fire education for kids, go to the Federal Emergency Management Agency website at www.fema.gov and the U.S. Fire Administration’s website at www.usfa.fema.gov.**

- **Pick places to gather in an emergency, and ask people to serve as phone contacts.**

Pick two places — one near your home and another outside your neighborhood — to meet in an emergency. Also, ask a few friends and relatives to serve as emergency contacts if the members of your family become separated. Be sure you and your children carry those numbers with you. Give older children mobile phones.

- **Choose at least one telephone contact from out of state in case the emergency disrupts local phone service or necessitates a large-scale evacuation. Don't neglect family pets in your emergency plan.**

INFANTS AND TODDLERS

For infants and toddlers, special emphasis should be placed on making their environment as safe as possible.

- Cribs should be placed away from windows and tall, unsecured bookcases and shelves that could slide or topple.
- A minimum of a 72-hour supply of extra water, formula, bottles, food, juices, clothing, disposable diapers, baby wipes and prescribed medications should be stored where it is most likely to be accessible after an earthquake and/or disaster. Also keep an extra diaper bag with these items in your car.
- Store strollers, wagons, blankets and cribs with appropriate wheels to evacuate infants, if necessary.
- Install bumper pads in cribs or bassinets to protect babies during the shaking.
- Install latches on all cupboards (not just those young children can reach) so that nothing can fall on your baby during a quake.

PRESCHOOL AND SCHOOL-AGE CHILDREN

By age three or so, children can understand what an earthquake is and how to get ready for one. Take time to explain what causes earthquakes in terms they'll understand. Include your children in family discussions and planning for earthquake safety. Conduct drills and review safety procedures every six months.

- Show children the safest places to be in each room when an earthquake hits. Also show them all possible exits from each room.
- Use sturdy tables to teach children to Duck, Cover and Hold.
- Teach children what to do wherever they are during an earthquake (at school, in a tall building, outdoors).
- Make sure children's emergency cards at school are up-to-date.
- Although children should not turn off any utility valves, it's important that they know what gas smells like. Advise children to tell an adult if they smell gas after an earthquake.

TIPS FOR THE ELDERLY AND DISABLED

- **Fill out an emergency health information card, such as the File of Life, and keep copies around the house.**

The American Red Cross suggests that the disabled and elderly should fill out an emergency health information card. The card tells the rescuers what they need to know about you if they find you unconscious or incoherent, or if they need to help evacuate you in a hurry. The card should list the medications you take and the healthcare equipment you use, as well as any allergies or sensitivities you may have. Also list the names of people who should be contacted in an emergency. Make multiple copies of the card to keep in your purse or wallet, near the doors to your home, in your car and, if appropriate, in your wheelchair pack.

- **Keep a working flashlight handy in case you have to signal emergency personnel. If you are disabled or elderly, you should augment your emergency supplies.**

Make sure you have enough prescription medicines and other necessary medical supplies (e.g., medication syringes, colostomy, respiratory, catheter, padding, distilled water, etc.) to last one to two weeks in the event of an emergency. If you have a respiratory, cardiac or multiple chemical-sensitivities condition, store towels, masks, industrial respirators or other supplies you can use to filter your air supply. Be sure, too, that you have a non-electric can opener and a battery-powered radio (and extra batteries) in case the electricity goes out. If you use a hearing aid, keep spare batteries on hand. Stay in contact with your friends and relatives.

- **Establish and maintain a personal support network. Keep in touch with your Neighborhood Disaster Plan Chairpersons.**

Call them every once in a while, saying hello and telling your network how you are and the condition you are in. Ask in advance if any of your contacts would be willing to take care of your pets in the event of evacuation.

- **The American Red Cross recommends the following six important items you should discuss with and give to your Neighborhood Disaster Plan Chairpersons.**

- Ask them to immediately check on you after a disaster and, if needed, offer assistance.
- Exchange important keys.
- Show where you keep emergency supplies.
- Share copies of your relevant emergency documents and emergency health information card (File of Life).
- Agree on and practice a communication system, and don't count on the telephone or cellphones working.
- You and your Neighborhood Disaster Chairperson should always notify each other when you are going out of town and when you return.

- **If you use a wheelchair or other special equipment, show the Chairpersons how it operates. If you have difficulty speaking, ask someone to record a message you can use over the phone in an emergency; the message should include your name, address, and the nature of your disability.**

- **Life-Support Devices That Depend on Electricity**

- Devices such as Home Dialysis, suction, breathing machines, etc.
- Talk to Equipment Suppliers about your power options in the event of a power cut, such as backup batteries, generators, etc.

KEEP INFORMATION UP TO DATE!
Review at Least Every Six Months!

Review at Least Every Six Months!

MO. YR.

EMERGENCY CONTACTS

Doctor: _____ Phone #: _____

EMERGENCY CONTACTS

Address: _____

Use pencil for ease in making changes

- cut along dotted line

Living Will on file at: _____

SEE BACK OF CARD FOR ADDITIONAL INFORMATION

Recent Surgery: _____ Date: _____

Do you have an EMS-NO CPR Directive or a DNR form?

☐ YES ☐ NO Where is it located? _____

MEDICAL CONDITIONS

Check all that exist

- | | | |
|--|---|---|
| <input type="checkbox"/> No known medical conditions | <input type="checkbox"/> Dementia | <input type="checkbox"/> Laryngectomy |
| <input type="checkbox"/> Abnormal EKG | <input type="checkbox"/> Diabetes/Insulin Dependent | <input type="checkbox"/> Leukemia |
| <input type="checkbox"/> Adrenal Insufficiency | <input type="checkbox"/> Eye Surgery | <input type="checkbox"/> Lymphomas |
| <input type="checkbox"/> Alzheimer's | <input type="checkbox"/> Glaucoma | <input type="checkbox"/> Memory Impaired |
| <input type="checkbox"/> Angina | <input type="checkbox"/> Hearing | <input type="checkbox"/> Myasthenia Gravis |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Heart Valve | <input type="checkbox"/> Pacemaker |
| <input type="checkbox"/> Bleeding Disorder | <input type="checkbox"/> Prosthesis | <input type="checkbox"/> Renal Failure |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Hemodialysis | <input type="checkbox"/> Seizure Disorder |
| <input type="checkbox"/> Cardiac Dysrhythmia | <input type="checkbox"/> Hemolytic Anemia | <input type="checkbox"/> Sickle Cell Anemia |
| <input type="checkbox"/> Cataracts | <input type="checkbox"/> Hepatitis-Type () | <input type="checkbox"/> Stroke |
| <input type="checkbox"/> Clotting Disorder | <input type="checkbox"/> Hypertension | <input type="checkbox"/> Tuberculosis |
| <input type="checkbox"/> Coronary Bypass Graft | <input type="checkbox"/> Hypoglycemia | <input type="checkbox"/> Vision Impaired |
| <input type="checkbox"/> Other: _____ | | |

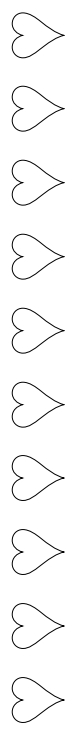
ALLERGIES

- | | | |
|---|--|---|
| <input type="checkbox"/> Aspirin | <input type="checkbox"/> Insect Stings | <input type="checkbox"/> Penicillin |
| <input type="checkbox"/> Barbiturate | <input type="checkbox"/> Latex | <input type="checkbox"/> Sulfa |
| <input type="checkbox"/> Codeine | <input type="checkbox"/> Lidocaine | <input type="checkbox"/> Tetracycline |
| <input type="checkbox"/> Demerol | <input type="checkbox"/> Morphine | <input type="checkbox"/> X-Rays Dyes |
| <input type="checkbox"/> Horse Serum | <input type="checkbox"/> Novocaine | <input type="checkbox"/> No Known Allergies |
| <input type="checkbox"/> Environmental: _____ | | |
| <input type="checkbox"/> Other: _____ | | |

MEDICAL INSURANCE

Med. Ins. Co.: _____
 Policy #: _____
 Other Med. Ins. Co.: _____
 Policy #: _____
 Medicaid #: _____ Medicare #: _____

What FILE OF LIFE® means



Benefits to first responders:

- Faster help for citizens in emergencies.
- Instantly know medical history of patient.
- Corrective treatment can begin at once.

Benefits to hospital emergency staff:

- On arrival, data is immediately available to medical staff.
- No wasted time getting information from confused patient.

Benefits to each individual:

- Peace of mind knowing they will have prompt and quality care.
- Easy access to potentially life-saving information.
- Assurance that proper persons will be notified quickly.

Member



National
Sheriff's
Association

National
Council
on Aging





Pandemic Flu Planning Checklist for Individuals & Families

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

1. To plan for a pandemic:

- ☐ 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 and disasters.
- ☐ Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs.
- ☐ Have 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, and model the current behavior.
- ☐ Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- ☐ Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.



3. Items to have on hand for an extended stay at home:

Examples of food and non-perishables	Examples of medical, health, and emergency supplies
<ul style="list-style-type: none"><input type="checkbox"/> Ready-to-eat canned meats, fish, fruits, vegetables, beans, and soups<input type="checkbox"/> Protein or fruit bars<input type="checkbox"/> Dry cereal or granola<input type="checkbox"/> Peanut butter or nuts<input type="checkbox"/> Dried Fruit<input type="checkbox"/> Crackers<input type="checkbox"/> Canned juices<input type="checkbox"/> Bottled water<input type="checkbox"/> Canned or jarred baby food and formula<input type="checkbox"/> Pet food<input type="checkbox"/> Other nonperishable foods	<ul style="list-style-type: none"><input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment<input type="checkbox"/> Soap and water, or alcohol-based (60-95%) hand wash<input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen<input type="checkbox"/> Thermometer<input type="checkbox"/> Anti-diarrheal medication<input type="checkbox"/> Vitamins<input type="checkbox"/> Fluids with electrolytes<input type="checkbox"/> Cleansing agent/soap<input type="checkbox"/> Flashlight<input type="checkbox"/> Batteries<input type="checkbox"/> Portable radio<input type="checkbox"/> Manual can opener<input type="checkbox"/> Garbage bags<input type="checkbox"/> Tissues, toilet paper, disposable diapers

PandemicFlu.gov



AvianFlu.gov

A BRIEF TERRORISM SURVIVAL GUIDE

How to Protect Your Business and Buildings

No company is immune from terrorism. However, because terrorists seek publicity, large, well-known companies are more likely to become targets than are small, lesser known ones. This doesn't mean, though, that simply because your company is small or relatively obscure, that it's out of danger. Terrorists might, for instance, target the building your firm is housed in, confuse your company name with that of another, or pick your name and location at random. Your business might even suffer collateral damage from a terrorist attack next door. Thus, while larger firms require the highest level of protection, all businesses, regardless of size or notoriety, should know the basics of antiterrorism protection, take appropriate preventive measures and institute emergency response and contingency systems.

Find someone with an understanding of information technology, because cyberspace threats are likely to grow in the future and you'll need a security chief who can speak the same language as your computer and internet technicians.

Institute a notification plan and chains of command. Emergencies often get out of control because of a lack of timely information and confusion over who's in charge.

Take precautions to prevent burglary and robbery. The Los Angeles Police Department offers some helpful advice under the heading "LAPD Crime Prevention Lesson Plans" which can be found by clicking "Crime Prevention Tips" at **www.lapdonline.org**

Develop building or office evacuation plans. For employees to react sensibly in a crisis situation, they ought to have an evacuation plan already down pat.

Follow the CDC's guidelines in your mailrooms. The CDC has issued the following "Health Advisory and Interim Recommendations" for protecting workers from exposure to biological agents. See **www.bt.cdc.gov**

Distribute information to employees on what to do in the event of a building explosion. Reprinted guidance can be obtained at **www.fema.gov**

Information Systems Security

Go to "Cyber Security Corner," at **<http://www.cscic.state.ny.us/cscorner>**

Maintain a duplicate directory of employee information at a secure, off-site location.

Keep duplicates of important business records, contracts, patents and copyrights at a safe, off-site location.

Maintain a current list of employee emergency contacts.

— — — — —

The above information is taken from the book *The Complete Terrorism Survival Guide: How to Travel, Work and Live in Safety*, by Juval Aviv.

GUIDELINES FOR HANDLING MAIL

Many people have questions about how mailrooms and offices should handle mail that may contain a written threat of chemical or biological material inside, or mail that may contain some form of powder. Following are common sense steps to take in workplaces. They have been developed jointly by health professionals, the FBI, and the California Governor's Office of Emergency Services.

The risk of contracting any disease from an envelope is extremely low. General awareness of one's surroundings and suspicious mail is appropriate.

General precautions for those who handle large volumes of mail:

- Wash your hands with warm soap and water before and after handling the mail.
- Do not eat, drink or smoke around mail.
- Do not smell mail.
- If you have open cuts or skin lesions on your hands, disposable latex gloves may be appropriate.
- Surgical masks, eye protection or gowns are NOT necessary or recommended.

If a letter is received that contains powder or contains a written threat:

1. Do not shake or empty the envelope.
2. Isolate the specific area of the workplace so that no one disturbs the item.
3. Evacuation of the entire workplace is NOT necessary at this point.
4. Have someone call 911 and tell them what you received, and what you have done with it. (Law Enforcement should also place a call to the local office of the FBI and tell them the same information.) Indicate whether the envelope contains any visible powder or if powder was released.
5. Wash your hands with warm water and soap for one minute.
6. Do not allow anyone to leave the office that might have touched the envelope.
7. When emergency responders arrive, they will provide further instructions on what to do.

Important:

- Do not panic.
- Do not walk around with the letter or shake it.
- Do not merely discard the letter.

COUNTY OF LOS ANGELES—DEPARTMENT OF HEALTH SERVICES
PUBLIC HEALTH
ACUTE COMMUNICABLE DISEASE CONTROL UNIT

Frequently Asked Questions (FAQs) about Biological Terrorism

1. What is bioterrorism?

Biological terrorism is the use of biologic agents (bacteria, viruses, parasites, or biological toxins) to intentionally produce disease or intoxication in a susceptible population to meet terrorist aims.

2. What are some of the diseases possibly associated with an act of biological terrorism?

The Centers for Disease Control and Prevention (CDC) have listed a group of diseases that are of highest concern because they have one or more of these characteristics: can be easily spread person to person; can cause high mortality; can cause public panic and fear; or can require special action for public health preparedness. This “Category A” list includes the biological agents that cause anthrax, plague, smallpox, botulism, tularemia, and the viral hemorrhagic fevers such as Ebola.

3. How likely is a biological terrorism attack in Los Angeles County?

The likelihood of a largescale bioterrorist event is currently thought to be low, given the high level of technical sophistication required to develop a weapon to disperse the biologic agents in the manner necessary to infect massive numbers of persons. Nonetheless, the Los Angeles County Department of Health Services is focusing its efforts on improving the ability to detect and respond to such an event, should it occur.

4. How prepared is Los Angeles County for a biological terrorism attack?

Los Angeles County has emergency response plans in place to deal with chemical or biological attack, as well as other disasters; the County agencies exercise these plans on a regular basis. These plans involve the coordination of multiple agencies involved in law enforcement, public health, fire, emergency medical services, and disaster response, in conjunction with other city, county, state, and federal officials. For example, Public Health has developed systems for rapid detection and investigation of disease outbreaks that could be the first indication of a biological attack. Early detection will be very important so that persons at risk can be identified and managed appropriately. Stockpiles of antibiotics that are effective against the most likely bacterial bioterrorist agents are already in place locally and will be made available in the event of a bioterrorist attack.

5. Have biological weapons ever been used in the United States?

Yes, but on a very limited scale. In 1984, 750 people became ill after eating from salad bars that had been intentionally contaminated with salmonella (a diarrheal disease) by followers of a religious cult (the Bagwan Rajneesh) in a small town in Oregon in an attempt to influence a local election. Thus far, all threats of anthrax releases in Los Angeles County have been determined to be hoaxes.

6. What can I do to protect myself and my family against biological terrorism?

Prepare as you would for an earthquake or other emergency, including ensuring that you have a portable radio, flashlight, extra batteries, and several days’ supply of food and water for your family. Have a plan to contact all family members if something happens during the work day. Public Health or other authorized agency will use the news media to release information and

instructions you may need to protect your health.

7. Where can I get the smallpox vaccine?

Smallpox vaccine is available to only a few laboratory workers who are at risk of infection with smallpoxlike viruses as a result of their occupation. The CDC cannot release smallpox vaccine to any other person for any reason. In the unlikely event smallpox was reintroduced into the United States, the use of limited existing stocks of smallpox vaccine would be reevaluated. The CDC and other government agencies have plans to respond if a bioterrorism attack were to occur. At this time these plans do not include smallpox vaccination. CDC has ordered production of millions of doses of new smallpox vaccine. However, it is highly unlikely that the United States will resume routine smallpox immunization for the whole population. It is much more effective to use the vaccine just for people who have been exposed by very close contact to someone who is ill such as a family member.

8. Where can I get anthrax vaccine?

Anthrax vaccine is only available to members of the military, since they may be at higher risk of exposure because of their occupation. At this time, public health officials do not recommend routine vaccination of civilians with anthrax vaccine. In the event of exposure, treatment with antibiotics and subsequent vaccination will be provided.

9. Should I ask my doctor to prescribe preventive antibiotics against anthrax, plague, or other bacterial bioterrorism threat diseases?

No unusual illnesses or deaths suggestive of bioterrorism have been reported in Los Angeles County or the state, nor have there been any credible threats of bioterrorism. Therefore, preventive antibiotics are not needed for anthrax, plague, or any other bioterrorist threat diseases, and public health officials strongly recommend against prescribing them. Inappropriate use of any antibiotics leads to increased antibiotic resistance among many microorganisms that cause common bacterial infections, and may also result in serious adverse effects, including allergic reactions and interactions with other medications. Taking prophylactic antibiotics (use of a medication before exposure to prevent infection) carries some risk and, in the absence of any evidence of a release of a biologic agent, currently provides no benefit. Given the risks associated with inappropriate antibiotic use and since medications from the national stockpile would be rapidly available for prophylaxis of exposed persons following a confirmed bioterrorist event, the LAC DHS strongly recommends that physicians not prescribe antibiotics for their patients to use now or to stockpile for the future.

10. Should I buy gas masks for my family?

Most gas masks are not designed to provide protection against biologic agents. Gas masks would only protect against chemical agents if worn at the time of release. Since gas masks are only effective for several hours without changing filter cartridges, it is impractical for persons to wear these masks continuously. They need to be fitted correctly to work properly, and improper use of gas masks can cause serious injury or even death in persons with chronic heart or lung disease. Given the lack of any benefit and possible risks associated with inappropriate use of gas masks, the LAC DHS strongly recommends against their use.

NATIONAL SECURITY EMERGENCIES

Terrorism

Acts of terrorism range from threats of terrorism, assassinations, kidnappings, hijackings, bomb scares and bombings, cyber attacks (computer-based), to the use of chemical, biological and nuclear weapons.

In the immediate area of a terrorist event, you would need to rely on police, fire and other officials for instructions. However, you can prepare in much the same way you would prepare for other crisis events.

Preparing for terrorism

1. Wherever you are, be aware of your surroundings. The very nature of terrorism means there may be little or no warning.
2. Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave luggage unattended. Unusual behavior, suspicious packages and strange devices should be promptly reported to the police or security personnel.
3. Do not be afraid to move or leave if you feel uncomfortable or if something does not seem right.
4. Learn where emergency exits are located in buildings you frequent. Notice where exits are when you enter unfamiliar buildings. Plan how to get out of a building, subway or congested public area or traffic. Note where staircases are located. Notice heavy or breakable objects that could move, fall or break in an explosion.
5. Assemble a disaster kit at home and learn first aid. Separate the supplies you would take if you had to evacuate quickly, and put them in a backpack or container, ready to go.
6. Be familiar with different types of fire extinguishers and how to locate them. Know the location and availability of hard hats in buildings in which you spend a lot of time.

What to do to prepare for a chemical or biological attack

Assemble a disaster supply kit plus a roll of duct tape and scissors, plastic for doors, windows and vents for the room in which you will shelter. This should be an internal room where you can block out air that may contain hazardous chemical or biological agents. To save time the sheeting should be pre-measured and pre-cut for each opening and vent.

www.redcross.org/services/prepare/0,1082,0_94_,00.html

What to do during a chemical or biological attack

Remain in sealed, protected area with disaster kit and battery-operated radio having turned off all ventilation, including furnaces, air conditioners, vents and fans.

For more information, go to:

<http://www.ki4u.com/guide.htm>

BE INFORMED

NUCLEAR BLAST

A nuclear blast is an explosion with intense light and heat, a damaging pressure wave and widespread radioactive material that can contaminate the air, water, and ground surfaces for miles around. **During a nuclear incident, it is important to avoid radioactive material, if possible.** While experts may predict at this time that a nuclear attack is less likely than other types, terrorism, by its nature is unpredictable.

IF THERE IS A NUCLEAR BLAST

If there is advanced warning of an attack:

Take cover immediately, as far below ground as possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave.

If there is no warning

1. Quickly assess the situation.
2. Consider if you can get out of the area or if it would be better to go inside a building to limit the amount of radioactive material you are exposed to.
3. If you take shelter, go as far below ground as possible, close windows and doors, and turn off air conditioners, heaters or other ventilation systems. Stay where you are, watch TV, listen to the radio, or check the Internet for official news as it becomes available.
4. To limit the amount of radiation you are exposed to, think about shielding, distance and time.

★ **Shielding:** If you have a thick shield between yourself and the radioactive materials, more of the radiation will be absorbed, and you will be exposed to less.

★ **Distance:** The farther away you are from the blast and the fallout, the lower your exposure.

★ **Time:** Minimizing time spent exposed will also reduce your risk.

For full information on what to do in a nuclear disaster is imminent, go to:

<http://www.ki4u.com/guide.htm>



**The American Legion Post 283
15247 La Cruz Drive
Pacific Palisades, CA 90272
Phone: (310) 454-0527**

The American Legion and The Department of Homeland Security (DHS) view community safety and the principle of service to our community as top priorities for their respective organizations and for the American people. As such, these organizations have come together to provide mutual support for hometown security.

The American Legion, in the event of any disaster that will isolate Pacific Palisades, will become a Communication Center and also a Shelter for those citizens within reach of the Legion on La Cruz Drive.

The American Legion will be offering courses in "How to Become a Ham Radio Operator," and also has offered its facility to hold classes such as "Community Emergency Response Team" (CERT), "Family & Business Disaster Plan" presentations, "Neighborhood/Building Preparedness Plans" presentations, Red Cross First Aid and/or CPR courses.

The facility will provide an alternative means for citizens to request assistance from emergency service resources (fire, police, medical, etc.) should telephone communications fail during earthquakes, terrorist incidents and other natural disasters that may isolate us as a community.

PALI NET ROSTER

NET MEETS MONDAYS AT 7:30 p.m. • 147.470 Mhz Simplex

PACIFIC PALISADES EMERGENCY NET ROSTER

CALL	FIRST NAME	LAST NAME	ADDRESS
K6AJG	TOM	WEESE	14903 PAMPAS RICAS BLVD.
WA6DYX	MITCH	MARGOLIS	16169 SUNSET BLVD #304
KD6EWW	BOB	JACOBSON	675 EL MEDIO AVE
*WA6EYA	BILL	BRANCH	428 EL MEDIO AVE
N6HC	ARNIE	SHATZ	10931 HUNTING HORN DR SANTA ANA 92705
N6KNH	STEVEN	COHEN	1356 PIEDRA MORADA DR
W60GS	DICK	NAGEL	16001 PCH #1 VISTA TER
WB60JB	ARNOLD	KALAN	16690 CHARMEL LN
K6QN	J.J.	QUINN	16001 PCH #12 SAMOA
NF6R	DAN	HAZEN	1322 LAS PULGAS RD
W7SLP	STAN	PERKINS	local address not available
K6TAR	SCOTT	REASER	1121 VILLA VIEW DR
WA6UUY	BILL	SELIGMANN	744 CHAPALA DR
KG6VCH	CARL	FREDLIN	15516 SUNSET BLVD #202
KF6VED	JEFF	GRANT	935 JACON WAY
KA6VIX	LELAND	FORD	1117 ILIFF ST
KQ6XS	BOB	PACK	16957 SUNSET BLVD
KB6ZZK	MIKE	KRAFT	407 VANCE ST
AE6RH	RON	MIDWIN	17314 AVE DE LA HERRADURA

*** BILL BRANCH operates his Ham Radio License from The American Legion Post 283,
15247 La Cruz Drive, Pacific Palisades**

WILDFIRE PREPAREDNESS

Here are four keys to preparation and planning that are crucial for survival:

A: With respect to wildfires, your kit should contain, at a minimum, the following items for each person in the household:

- | | |
|---|---|
| 1. Goggles | 5. FRS, 2-way radio |
| 2. Bottled Water | 6. Protective clothing, including long-sleeve cotton T-shirts, jeans, cotton/wool |
| 3. Respiratory protection (filter mask) | blankets, scarves, bandanna, gloves, etc. |
| 4. Flashlight and batteries | |

Educate yourself and your family, and create a family plan before a disaster occurs.

B: Remember, you may not be with your loved ones when they need this information.

1. Have a plan and discuss the plan with your family. Practice the plan.
2. First and foremost, refer to a map so everyone knows where everyone lives and works and/or goes to school.
3. Learn the evacuation routes that will be used for your area and study the locations of your nearest Community Safety Areas and Neighborhood Survival Areas.

Be prepared to leave immediately when an evacuation is ordered.

C: The longer you wait, the greater the chance you will not reach safety. You may interfere with firefighters trying to do their job. In a fire, evacuation routes can quickly be blocked by traffic congestion, downed trees and poles, rocks, etc.

1. Make an inventory list of all your belongings (including serial numbers) and keep this list in a safe place outside of your home (with friends or relatives or in a safe-deposit box).
2. Check your insurance policy to ensure that you have adequate coverage.
3. Place all important documents and photo albums, along with any other valuables or keepsakes, in a box or bin, and keep it wherever it will be readily accessible to grab if you need to leave your home in a hurry.

Before evacuating, consider spraying the fire-blocking gel BARRICADE on your home and surrounding landscape. (800) 201-3927 (or) www.barricadegel.com

D: Clear your brush for a defensible space.

BARRICADE®

FIRE BLOCKING GEL

FIRE TRUCK IN A DRUM

NEW



CUSTOM ENGINEERED FOR:

HOME KIT™

- Honda Pump WX 10
80 psi max
- 55 gallon poly drum
- 75 feet of heavy duty
3/4" garden hose
- Supply Hose & Valve with
Quick connect cam-locks
- 8—1¼ gallon containers
of Barricade Gel
- Garden Hose Applicator
Home Kit Nozzle

\$1,795

QUIK ATAK™

- Honda Pump WX 15
110 psi max
- 55 gallon poly drum
- 100 feet of 1" lightweight
firehose
- Suction Hose with Strainer
- Supply Hose & Valve with
Quick connect cam-locks
- 8—1¼ gallon containers
of Barricade Gel
- QuickAtak™ 15/gpm Adjustable
Applicator Nozzle

\$2,195

DISASTER-PROOF YOUR LIFE

WHAT TO KEEP WHERE (IN ZIPLOCK BAGS, IF POSSIBLE)

Grab-and-Go Case

Will and/or trust documents
Power of attorney
Insurance policies
Contact list
Recent investment statements
Recent tax return
Copies of birth/marriage certificates
Social Security cards
Passports and other identity documents
List of prescriptions you take
Emergency cash
Safe combination
Safe-deposit box keys
Copy of driver's license
Computer user names and passwords
List of checking/savings account numbers
List of credit card numbers and company information

Safe Deposit Box

Copies of will and/or trust
Copies of powers of attorney
List of insurance policies
List of financial account numbers
Family birth, marriage and death certificates
Adoption papers
Citizenship papers
Military service records
Loan agreements
Certificates of deposit
Real Estate deeds
Vehicle Titles
Mortgages paperwork
Stock and Bond certificates
Inventory of home contents (photos/list).
Jewelry/precious metals
Employment contracts/business agreements

Friend, Relative/Advisor

Paper or digital copies of documents in your grab-and-go case.
Your emergency contact information (including e-mail and cell phone)
Contact list for heirs and advisors should something happen to you.

In Event of Evacuation

Take:

Grab-And-Go Case
Sleeping bag and change of clothing
for each family member

When on Vacation:

Place Grab-And-Go Case in Freezer

DISASTER PREPARATION

IMPORTANT ITEMS TO HAVE

In Your Car:

1. A survival backpack
2. A pair of sneakers
3. A sweat suit
4. Flashlight
5. Your out-of-state card
6. Extra batteries
(**NOT RECHARGEABLE**)
7. **Cash**

In Your Disaster Pack at Home and at Work:

1. Out-of-state card
2. Crowbar
3. Rope
4. Chalk
5. Garden gloves
6. Mask
7. Light Sticks
8. Sanitary supplies
9. Pet supplies (if needed)
10. Garbage bags
11. Fire extinguisher
12. First aid supplies
13. Saran Wrap for burns
14. Extra batteries
(**NOT RECHARGEABLE**)
15. **Cash**
16. Toys, candy and books as needed
17. Hand wipes and/or hand sanitizer liquid

At Your Bedside:

In a plastic bag, tied to the bed or nightstand, have extra shoes, socks, glasses, medicines and flashlight.

Everyone should have on hand a full prescription and 1/2 (if you need medication), a flashlight, clothes nearby and CASH.

Do not use candles in case of gas leak.

Keep your gas tank at least 1/2 full at all times.

In The Event Of A Power Cut:

If there is a major power cut, unplug electrical appliances that will automatically switch on when power is restored. If several start at once, they may overload the system. Tune in to local radio for advice and updates, using a battery-powered radio.

In Case Of Evacuation:

If you have time, turn off electricity and water, unplug appliances, and lock all doors and windows.

When you are told that it is safe to return home, reconnect electric and water supplies.

The Gas Company **must** be called to check for leaks and turn on the gas.

IMPORTANT POST-DISASTER HOTLINES

TELEREGISTRATION (to register for disaster aid)(800) 462-9029

DISASTER INFORMATION HELPLINE (general info)(800) 525-0321

CONSUMER PROTECTION(800) 952-5225

CONTRACTORS STATE LICENSE BOARD(800) 962-1125

L.A. COUNTY MENTAL HEALTH(800) 854-7771

AMERICAN RED CROSS(310) 394-3773

AMERICAN RED CROSS(213) 739-5200

FEMA (for goods and services)(800) 621-3362

SALVATION ARMY(800) 725-9005

SMALL BUSINESS ADMINISTRATION(800) 488-5323

HUD HOUSING COMPLAINT HOTLINE(800) 347-3739

HUMANE SOCIETY(800) 227-4645

L.A. COUNTY BAR ASSOCIATION (legal info)(213) 627-2727

SOCIAL SECURITY ADMINISTRATION(800) 772-1213

INTERNAL REVENUE SERVICE (IRS)(800) 829-1040

STATE FRANCISE TAX BOARD (FTB)(800) 852-5711

U.S. DEPARTMENT OF VETERAN'S AFFAIRS(800) 827-1000

CALVET(800) 221-8998

Inspect Your Home:

- ☐ 1. Secure water heater, refrigerator, tall and heavy furniture to wall studs.
- ☐ 2. Move heavy items to lower shelves.
- ☐ 3. Install clips, latches and other locking devices on cabinet doors.
- ☐ 4. Provide strong support and flexible connections on gas appliances.
- ☐ 5. Remove or isolate flammable materials.

During an Earthquake

1. If you're indoors, get under a table, desk or bed, or brace yourself in a strong doorway. Watch for falling, flying and sliding objects. Stay away from windows.
2. If you're outdoors, move to an open area away from buildings, power poles and brick or block walls that could fall.
3. If you're in an automobile, stop and stay in it until the shaking stops. Avoid stopping near trees and power lines, on or under overpasses.
4. If you're in a high rise building, get under a desk until the shaking stops. Do not use the elevator to evacuate. Wait for instructions from building authorities.
5. If you're in a store, get under a table, or any sturdy object, or in a doorway. Avoid stopping under anything that could fall. Do not dash for the exit. Choose your exit carefully.

If you must evacuate:

1. Prominently post a message indicating where you can be found.
2. Take with you:
 - a. Medicines and first aid kit
 - b. Flashlight, radio and batteries
 - c. Important papers and cash
 - d. Food, sleeping bags/blankets & extra clothes
 - e. Make arrangements for pets

After a Disaster

1. Put on heavy shoes immediately to avoid injury from stepping on glass and other debris.
2. Check for injuries and give first aid.
3. Check for fires and fire hazards.
 - a. Clear top of stove.
 - b. Sniff for gas leaks, starting at the hot water heater. If you smell gas or suspect a leak, turn off main gas valve, open windows and carefully leave the house. Do not turn lights on or off or light matches or do anything that makes a spark.

Note: Do not shut off gas unless an emergency exists. If time permits, call the gas company or a qualified plumber. Do not turn it back on until the gas company or plumber has checked it out.

- c. If damage to electrical system is suspected (frayed wires, sparks, or the smell of hot insulation) turn off system at main circuit breaker or fuse box.
4. If water leaks are suspected, shut off water at main valve.
5. Check neighbors for injury.
6. Turn on radio and listen for advisories. Locate light source, if necessary.
7. Do not touch downed power lines or objects touched by downed wires.
8. Clean up potentially harmful material.
9. Check house, roof, chimney for damage. Stay in undamaged areas.
10. Open closets and cupboards carefully.
11. Check emergency supplies.
12. Do not use phone except for genuine emergencies.
13. Do not go sightseeing.
14. Cooperate with public safety officials. Be prepared to evacuate when necessary.

American Red Cross Disaster Relief Services

Red Cross disaster assistance may be in the form of feeding stations, clothing, shelter, cleaning supplies, comfort kits, first aid, or the provision of other basic needs. The Red Cross supplies blood and handles welfare inquiries, and as soon as possible helps with the most urgent needs to enable families to resume living as a unit. Given on the basis of verified need, help may include funds for food, clothing, housing, fuel, cooking and eating utensils, bed and bedding, cleaning supplies, linens, rent, necessary furniture, medical and health care, prescription drugs, prosthetic devices, eyeglasses, personal occupational supplies and equipment, transportation, and minor home repairs.

All Red Cross help to disaster victims is an outright gift. No repayment is required or requested. All funds used by the Red Cross for this purpose are voluntarily donated by the American people.

Red Cross disaster services are carried out by trained volunteers supported by a few paid staff. Your local chapter needs your help. Why not call or come in soon to find out how you can become a Red Cross volunteer.

FAMILY DISASTER PLAN

and

PERSONAL SURVIVAL GUIDE

There are many different kinds of disasters. Earthquakes, floods, fires, airplane crashes, chemical spills, pipeline leaks and explosions, and others, small and large which seldom give warning and are always equally devastating to their victims. This guide is primarily geared to earthquakes, but the planning you and your family do will be of benefit when and if any disaster strikes you.

Preparation:

Family Meetings: At least once a year have a meeting with your family to discuss and update your plan and determine what equipment and supplies are needed. Occasional drills will assure quick reaction and avoid injury and panic in an emergency. Share your plans with neighbors, friends, relatives and co-workers.

Training:

1. Learn how to protect yourselves from falling objects, smoke, fire, caustic fumes, etc.
2. Learn first aid (available through your American Red Cross Chapter)

Persons trained: _____ Date: _____
_____ Date: _____

Location of first aid kit: _____

3. Learn how and where to shut off utilities: _____
Location of gas valve: _____
Location of wrench: _____
Location of main water valve: _____
Location of main circuit breaker: _____
Location of other utilities: _____

4. Draw a Plan of your Home

On a separate piece of paper draw a floor plan of your home showing the location of exit windows \wedge and doors \blacktriangle , utility cutoffs \bullet , first aid $+$, emergency supplies \square , food, clothing, tools, etc. Be sure everyone in your household is familiar with it. Show it to babysitters and house guests when you're going to be away. They could use it to direct someone to a utility cutoff in an emergency.

5. Alternate places to meet around home

Outside: _____

Inside: _____

6. Alternate reunion locations when family is not at home, e.g. home, Red Cross shelter, neighbor, relative, park, school.
7. Name and telephone number of person outside area for family members to call to report location and condition:
8. Learn and discuss school disaster policy. Church? Club? Are medical consent forms complete?
9. **Where are emergency supplies and equipment located?**

Fire extinguisher: _____

Flashlight/Batteries: _____

Portable radio: _____

Tools: _____

Safety equipment: _____

Water: _____

Sanitation supplies: _____

Food: _____

Cooking equipment: _____

Blankets: _____

Prescription glasses: _____

Medication: _____

First aid supplies: _____

Complete set of clothes, shoes, gloves:

HOME EMERGENCY SUPPLIES

The list consists of items usually available in a home and used regularly. It is designed to help your family identify and organize them for any emergency. Quantities of emergency supplies should be adequate for at least 48 hours. A 2-week supply is recommended as a minimum reserve of water, food, medicine and other consumable items.

SURVIVAL

Water—2 quarts to 1 gallon per person per day.
First Aid Kit—ample and freshly stocked.
First Aid Book—know how to use it.
Essential medication and glasses—as required.
Smoke detector.
Fire Extinguisher—dry chemical, type ABC.
Flashlight—fresh and spare batteries and bulb.
Escape ladder for second story bedrooms.
Whistle—on your key chain.
Radio—portable, battery operated.
Spare batteries.
Food—canned or pre-cooked and requiring minimum heat and water. Consider special diets, such as for infants or elderly.
Food for pets.
Blankets—or sleeping bag for each member of family.
Money.
Watch or clock—battery or spring wound.

SANITATION SUPPLIES

Large plastic trash bags—for trash, waste, water protection, ground cloth.
Large trash cans.
Hand soap.
Liquid detergent.
Toothpaste and toothbrush.
Deodorant.
Dentures.
Feminine supplies.
Infant supplies.
Toilet Paper.
Household bleach.
Newspapers—to wrap garbage and waste. Can also be used for warmth.

SAFETY

Heavy shoes—for every family member.
Heavy gloves—for every person clearing debris.
Candles.
Matches—dipped in wax and kept in waterproof container.
Clothes—complete change kept dry.
Sharp knife or razor blades.
Garden hose—for siphoning and fire fighting.
Hat or cap—protection from sun, rain & cold.

COOKING

Barbecue—hibachi, camp stove, or sterno stove.
Fuel for cooking equipment—charcoal, lighter fluid, sterno.
Pots and heavy duty aluminum foil.
Paper Plates.
Plastic knives, forks, spoons.
Paper towels.

TOOLS

Crescent wrench—for turning off gas main.
Axe, shovel, broom.
Screw driver, pliers, hammer.
Coil of 1/2" rope.
Coil of baling wire.
Plastic tape.
Pen and paper.

CAR MINI-SURVIVAL KIT

Sturdy shoes.
Extra clothes—jeans, sweater.
Local maps.
Bottled water.
First aid kit and book.
Essential medications.
Fire Extinguisher.
Flares.
Flashlight—with spare batteries and bulbs.
Tools—screwdriver, pliers, wire, knife.
Short rubber hose—for siphoning.
Non-perishable food—store in empty coffee cans.
Blanket or sleeping bag.
Sealable plastic bags.
Small package of tissue.
Premoistened towelettes.

WATER TIPS

To purify drinking water use any of the following methods:

1. Boil for 5-10 minutes.
2. Add 10 drops of household bleach solution per gallon of water, mix well and let stand for 30 minutes. A slight smell or taste of chlorine indicates water is good to drink.
3. Add household tincture of iodine in the same manner as bleach above.
4. Use commercial purification tablets such as Halazone or Globaline. Follow package instructions.

Learn how to remove the water in the hot water heater and other water supplies.

Important Telephone Numbers

1. Fire Dept.: _____
2. Police Dept.: _____
3. Emergency Medical: _____
4. Physician: _____
5. Gas Co.: _____
6. Electric Co.: _____
7. Water Co.: _____
8. _____
9. _____
10. _____