

You can do this.

A little advance planning can make the difference between tragedy and survival. It all starts with a conversation.



No one likes to think about—let alone talk about—an emergency that could disrupt our daily lives, or worse, do harm to us or our loved ones. Yet this thoughtful consideration is essential to effective emergency planning.

This brochure is intended to provide a starting point to help you make that plan. In it you'll find some basic information, things to think about and things to do. In addition, it contains information about how to access other resources for more details.

So for yourself, your loved ones and your neighbors; make a plan to be safe.

For more information about emergency preparedness, contact:

LA Department of Health and Hospitals	dhh.la.gov
American Red Cross	redcross.org
Centers for Disease Control	cdc.gov
Disaster Help	disasterhelp.gov
Federal Emergency Management Agency	fema.gov
U.S. Department of Homeland Security	ready.gov

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Ready

Everybody Ready.



Disaster preparedness for individuals and families.

1 Start a conversation.



Now is the perfect time. Talking things through can help create a sense of control and reduce stress.

WHAT TO PREPARE FOR

Discuss the types of events that are most likely to happen in your area. Think about the different ways to respond to a natural disaster, terrorist event, or a major public health emergency.

WHOM TO CONTACT

Ask an out-of-state friend or relative to be your “family contact.” Other family members can call this person and identify where they are. Use the form on the next panel as a guide.

WHERE TO MEET

Pick two places to meet:

- Right outside your house in case of a sudden emergency, such as a fire.
- Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.

WHERE TO STAY

Discuss the possibilities of evacuating the area or “staying put” and sheltering in place. Consider also:

- Developing a plan for children in childcare or school, older adults and other family members who need special assistance.
- Planning for the care of your pets. Shelters generally do not accept animals.

WHAT TO DO

Put together an emergency preparedness kit (see panel at far right for details) and keep it in a safe place in your home.

2 Make a plan.



Gather critical information into one place and share it with your family. It will save precious time for when you need it most.

The following types of information might be helpful in an emergency. Use this as a guide for making your own plan.

PERSONAL INFORMATION

Name _____
 Address _____
 Phone _____
 Cell Phone _____
 Birth Date _____

LOCAL CONTACT

Name _____
 Relationship _____
 Address _____
 Phone _____
 Cell Phone _____

OUT-OF-STATE CONTACT

Name _____
 Relationship _____
 Address _____
 Phone _____
 Cell Phone _____

NEAREST RELATIVE

Name _____
 Relationship _____
 Address _____
 Phone _____
 Cell Phone _____

PETS CARED FOR BY

Name _____
 Address _____
 Phone _____
 Cell Phone _____

MEETING PLACES

Outside your home _____
 Outside your neighborhood _____

If a disaster should occur, call your out-of-state contact, it is often easier to call long distance.

A specific plan should be created for children in child care or school, older adults, and other immediate family members who need special assistance.

3 Make a kit.



Start simply! Collect these nine essential items to help you shelter-in-place in the event of an emergency.

NINE ESSENTIAL ITEMS

1. One gallon of **water** per person for 3 days; ice chest
2. 5 day supply of non-perishable **food** that do not require cooking; baby formula & food; can opener
3. Extra **clothing, blankets, pillows, sleeping gear; baby diapers & supplies**
4. 5 days of **prescription medications; ask pharmacist to print a list of your meds; first aid supplies & non-prescriptions medications**
5. **Important papers, insurance cards, driver's license or I.D.**
6. **Flashlight & extra batteries**
7. **Radio** – battery operated
8. **Hygiene items (soap, toothbrush & paste, deodorant, toilet paper)**
9. **Quiet family activities (books, cards, quiet toys)**