

Prepare an Emergency Kit

Prepare to meet the needs of a family member or friend who has specific needs. Prepare emergency kits for all emergencies with the following items:

- Two weeks supply of nonperishable food and manual can opener.
- Two weeks supply of water (one gallon of water per person, per day).
- Prescribed medication.
- First aid kit.
- Fire extinguisher.
- Portable, battery-powered radio or television with extra batteries.
- Flashlight with extra batteries.
- Matches in a waterproof container.
- Whistle, extra clothing and blankets.
- Tools and a map of the local area.
- Special needs items for infants, old-er adults, pets, etc.
- Sanitation and hygiene items (e.g. hand sanitizer, moist towelettes and toilet paper).
- Photocopies of identification and credit cards; cash and coins.
- Eyeglasses, contact lens and solution.
- Prepare a detailed emergency list including family, friends and doctor's names.

Specific consideration for people with disabilities:

- Emergency plan/kit specific to your unique needs.
- Extra eyeglasses, batteries, hearing aid and mobility aid.
- Prepare a list of important information, including a list of prescribed medication, dosage, special equipment and instructions.

Resources

County of Los Angeles Department of Mental Health ACCESS CENTER HOTLINE

1-800-854-7771

562-651-2549 TDD/TTY

(Available 24/7 including holidays)

County of Los Angeles Department of Public Health 1-800-427-8700 or ph.lacounty.gov

County of Los Angeles Community and Senior Services 213-738-2600 or dcss.co.la.ca.us

Los Angeles City Department on Disability 213-202-2764 or 213-202-2755 TTY or lacity.org/dod

County of Los Angeles Department of Animal Care and Control 562-728-4882 or animalcare.lacounty.gov

County of Los Angeles Information Line Dial 211 or 211la.org

Los Angeles City Information Line Dial 311 or lacity.org/LAFD/311.htm

Emergency Survival Program espfocus.org

County of Los Angeles Board of Supervisors



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**County of Los Angeles
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Community and Government Relations Division
Public Information Officer**
550 South Vermont Avenue, 6th Floor
Los Angeles, CA 90020
213-738-3700
dmh.lacounty.gov

County of Los Angeles Department of Mental Health



Chemical Emergency



*Nurturing Hope, Promoting Wellness
and Supporting Recovery*

Emergency Outreach Bureau Disaster Services

550 South Vermont Avenue, 10th Floor
Los Angeles, CA 90020
213-738-4919
dmh.lacounty.gov

Jonathan E. Sherin, M.D., Ph. D.
Director



**County of Los Angeles
Department of Mental Health**

Mission Statement

Enriching lives through partnerships designed to strengthen the community's capacity to support recovery and resiliency.

What Is a Chemical Emergency?

A chemical emergency occurs when a toxic gas, liquid or solid that can poison people and the environment has been released. A few examples of chemical agents are mustard gas, sarin gas and arsenic.

Chemical releases can be unintentional, as in the case of an industrial accident, or intentional, as in the case of a terrorist attack.

General Information

Chemical incidents, such as a hazardous spill or a terrorist attack, may make "staying put" dangerous. In such cases, it may be safer for you to evacuate or leave the immediate area and go to an emergency shelter.

Symptoms

You may feel stinging of the skin, have trouble breathing and watery eyes.

- Some chemicals work quickly, poisoning people and animals immediately. Others take effect over hours or days.
- You may be exposed to chemicals even though you may not be able to see or smell anything unusual.

Exposure to Chemicals

Minimize Your Exposure

- If you are told to evacuate, do so. The farther away you are from a toxic chemical, the better.
- Stay inside. Do NOT leave your house or building until you are told that it is safe.
- If the chemical is inside a building, try to get out of the building without passing through the contaminated area.
- If you cannot get out of the building, it may be better to move as far away as possible and shelter in place.
- Immediately take off your clothes, shower and wash with soap.
- If a shower is not available, look for a hose, fountain or any source of water and wash the exposed or contaminated area. Be sure not to scrub the chemical into your skin.
- Seek emergency medical attention.



[emergency.cdc.gov/chemical](https://www.emergency.cdc.gov/chemical)

Common Reactions

- Fear of dying, if contaminated
- Concern about the safety of the environment
- Anger at perpetrators or government
- Hopelessness and sadness
- Anxiety
- Sleep disturbance
- Social isolation or withdrawal

Resiliency

Successful coping is influenced by the extent to which you can accomplish the following:

- Identify emotional reactions to the fear of being contaminated that are predictable.
- Maintain a routine.
- Maintain contact with family and friends.
- Find ways to relax that do not include alcohol or drug use.
- Participate in activities you enjoy.
- Realize that you cannot control everything.
- Stay focused on personal strengths.
- Limit overexposure to media.
- Ask for emotional and medical assistance as needed.

Long-Term Impact

If you or a loved one have difficulty coping during this period of uncertainty, consider seeking professional help.

Tips for Coping

Coping Strategies for Children and Teens

- Give honest age-appropriate information.
- Help them express their feelings.
- Encourage small children to express their feelings by drawing.
- Maintain parent, child and family routines and provide structure to their day.
- Limit media exposure to avoid unnecessary anxiety and fear.

Coping Strategies for Adults

- Remember that physical and emotional reactions to fear of being contaminated are normal.
- Focus on your strengths.
- Talk about your feelings.
- Become involved in the recovery process. Helping others heal can be beneficial to one's own recovery.
- Accept help from family, friends, co-workers and clergy.
- Make time for recreation and relaxation.

Stay Informed

- Listen to the television and radio for instructions regarding evacuations, public health concerns and safe travel.
- If an evacuation is ordered, the announcement will include information regarding evacuation routes and shelter locations. Evacuate quickly and follow all instructions.
- If ordered to "shelter in place," stay in your current location (e.g. home, business, etc.) until ordered or permitted to leave.