

## 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](http://ph.lacounty.gov)

County of Los Angeles  
Community and Senior Services  
213-738-2600 or [dcss.co.la.ca.us](http://dcss.co.la.ca.us)

Los Angeles City Department on Disability  
213-202-2764 or 213-202-2755 TTY  
or [lacity.org/dod](http://lacity.org/dod)

County of Los Angeles  
Department of Animal Care and Control  
562-728-4882 or [animalcare.lacounty.gov](http://animalcare.lacounty.gov)

County of Los Angeles Information Line  
Dial 211 or [211la.org](http://211la.org)

Los Angeles City Information Line  
Dial 311 or [lacity.org/LAFD/311.htm](http://lacity.org/LAFD/311.htm)

Emergency Survival Program  
[espfocus.org](http://espfocus.org)

## County of Los Angeles Board of Supervisors



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CEO

County of Los Angeles  
Department of Mental Health  
Community and Government Relations Division  
Public Information Officer  
550 South Vermont Avenue, 6th Floor  
Los Angeles, CA 90020  
213-738-3700  
[dmh.lacounty.gov](http://dmh.lacounty.gov)

## County of Los Angeles Department of Mental Health



## Earthquake 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](http://dmh.lacounty.gov)

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



### Mission Statement

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

### What Is an Earthquake?

Earthquakes are the shaking, rolling or sudden shock of the earth's surface. They are the earth's natural means of releasing stress. They can cause collapse of buildings and other man-made structures, broken power and gas lines, landslides, tsunamis (giant sea waves) and volcanic eruptions. Earthquakes strike suddenly, violently and without warning. No one knows when or where an earthquake will occur, but everyone can reduce their risk of death, injury and property loss in an earthquake by following safety precautions.

### Before an Earthquake

#### Check for Hazards in the Home

Secure heavy objects. Place breakable items and large or heavy objects on lower shelves.

#### Identify Safe Places Indoors and Outdoors

**Indoors:** Under a sturdy table or against an interior wall away from windows, bookcases or tall furniture.

**Outdoors:** Stay away from buildings, trees, telephone and electrical lines, overpasses or elevated expressways.

#### Educate Yourself and Family Members

Practice evacuation drills. Teach children how and when to call 9-1-1. Learn how and when to turn off gas, electricity and water.

#### Have Disaster Supplies Available

Prepare an emergency kit with items for each family member including food, clothing, medication and toys.

#### Emergency Communication Plan

Designate a phone number of an out-of-state relative or friend to serve as the "family contact" that informs your loved ones where to reunite.

### During an Earthquake

#### Indoors

- **DROP** to the ground, take **COVER** by getting under a sturdy table or desk, and **HOLD ON** until the shaking stops.
- If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.
- Stay inside until the shaking stops and it is safe to go outside. Most injuries occur when people inside buildings attempt to move to a different location inside or outside the building.
- Do not light a match or turn on the gas stove.
- Do not use the elevators.

#### Outdoors

- Move to a clear area if you can safely do so. Avoid power lines, trees and other hazards.
- If driving, pull over to the side of the road stop, and stay in your car until the shaking stops. Avoid driving on overpasses, damaged roads, bridges and ramps.

### After the Earthquake

#### Expect Aftershocks

Secondary shockwaves are usually less violent than the main quake but can be strong enough to cause additional damage.

#### Stay Away From Damaged Areas

Avoid broken glass. Check water and electric lines if damaged. Shut off service. Stay away from damaged areas. Return home only when authorities say it is safe.

#### Check for Gas Leaks

If you smell gas or hear hissing noises, open a window and quickly leave the building. Turn off main valve.

#### Injuries

Give first aid as necessary. Do not move seriously injured persons unless they are in immediate danger.

[emergency.cdc.gov/disasters/earthquakes](https://emergency.cdc.gov/disasters/earthquakes)

### Common Reactions

- Disbelief and shock
- Fear and anxiety about the future
- Difficulty making decisions
- Emotional numbing
- Nightmares and reoccurring thoughts
- Irritability and anger
- Sadness
- Loss of appetite or overeating
- Crying for no apparent reason
- Headaches, back pains and stomach problems
- Increased use of alcohol and/or drugs
- Fear of loud sounds or shaking

#### Resiliency

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

- Identify emotional reactions to the earthquake 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.
- Avoid overexposure of media.
- Ask for financial, emotional and medical assistance, as needed.

#### Long-Term Impact

If you or a loved one are having 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 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.