

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, older 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.

County of Los Angeles Board of Supervisors



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Extreme Cold



*Nurturing Hope, Promoting Wellness
and Supporting Recovery*

Emergency Outreach Bureau Disaster Services

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Mission Statement

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

What Is Extreme Cold?

Extreme cold is defined as near freezing temperatures in areas with mild winter weather. Whenever temperatures drop below normal and as wind speed increases, heat can leave your body more rapidly. These conditions are dangerous to those without shelter, stranded or who live in homes that have no heat or are poorly insulated.

Winter storms can result in flooding, storm surge, closed highways, blocked roads, downed power lines as well as hypothermia and frostbites.

bt.cdc.gov/disasters/winter

What You Should Know

- Be aware of the fire danger from space heaters and candles. Keep them away from all flammable materials such as curtains and furniture.
- Install at least one carbon monoxide detector per floor in your home. Charcoal or other fuel-burning devices, such as grills, can produce carbon monoxide which can be harmful to your health.
- Watch for signs of frostbite, including loss of feeling and white or pale appearance in fingers, toes, ear lobes and the tip of the nose.
- Drink plenty of non-alcoholic fluids.

Extreme Cold Terms

Hypothermia: Occurs if a person becomes chilled from rain, sweat or from being under cold water for a long period of time. Symptoms include exhaustion, confusion, shivering, memory loss, slurred speech and drowsiness.

Freezing Rain: Creates a coating of ice on roads and walkways.

Sleet: Rain that turns to ice pellets before reaching the ground that may become slippery.

Frost/Freeze Warning: Below freezing temperatures are expected.

ready.gov/america/beinformed/winter.html

Common Reactions

- Irritability
- Restlessness
- Frustration from being indoors
- Boredom
- Decrease in activity level

What to Do in Extreme Cold Weather

- Maintain a routine.
- Eat a healthy diet and get enough rest.
- Exercise as much as possible indoors (e.g. jogging in place, workout video, etc.).
- Leisure activities (e.g. craft ideas, board games, etc.).

Tips During Extreme Cold

Dress for the Weather

- Wear several layers of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water-repellent.
- Wear hat, gloves and a scarf.



Stay Informed

- Listen to the television and radio for information.
- If ordered to "shelter in place," stay in your current location (e.g. home, business, etc.) until ordered or permitted to leave.