

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.

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



Hilda L. Solis
First District

Mark Ridley-Thomas
Second District

Sheila Kuehl
Third District

Janice Hahn
Fourth District

Kathryn Barger
Fifth District

Sachi A. Hamai
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

County of Los Angeles Department of Mental Health



Flood 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

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Director



Mission Statement

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

What Is a Flood Emergency?

Floods are the most common natural disasters. They are usually caused by heavy rainstorms that overflow bodies of water to gather on certain sections of land. Flood water can gather slowly or quickly. A flash flood is the quick gathering of water and the most dangerous type of flooding. It occurs when a man-made structure, like a dam or levee, collapses from too much water.

Flood Watch

When a Flood Watch Is Issued, You Should:

- Fill your vehicle's gas tank and make sure the emergency kit for your car is ready.
- If no vehicle is available, make arrangements with friends or family for transportation.
- Identify essential documents, such as medical records, insurance card along with ID cards, and place in waterproof container to carry with you during an evacuation.
- Store bottled water.
- Listen for disaster sirens and warning signals.
- Put livestock and family pets in a safe area. Due to food and sanitation requirements, emergency shelters cannot accept animals.
- Adjust the thermostat on refrigerators and freezers to the coolest possible temperature.

emergency.cdc.gov/disasters/floods/

Landslides

Landslides are typically associated with periods of heavy rainfall or rapid snow melt, and tend to worsen the effects of flooding. Landslides are common in areas burned by forest and brush fires. Some landslides move so rapidly that they can destroy property and take lives suddenly and unexpectedly.

redcross.org/

Flood Information

Basic Steps to Take to Prepare for the Storm

- Contact the National Flood Insurance Program at <http://dpw.lacounty.gov/wmd/nfip/> and the FEMA flood zones at <http://gis.dpw.lacounty.gov/floodzone/index.cfm> to find out if your home is located in a flash flood-prone area or landslide-prone area.
- Learn about your community's emergency plans, warning signals, evacuation routes and locations of emergency shelters.
- Be prepared to turn off electrical power, gas and water supplies before you evacuate.
- Plan and practice a flood evacuation route with your family.
- For drains, toilets and other sewer connections, install backflow valves or plugs to prevent floodwaters from entering.

Guidelines for the Period Following a Flood

- Avoid flood or moving water. It may be contaminated by oil, gas or raw sewage.
- Water may also be electrically charged from underground or downed power lines.
- Stay away from downed power lines and report them to the power company.
- Be aware of areas where flood water has dried up. Roads may have weakened and could cave-in under the weight of a car.

fema.gov/hazard/flood/fl_during.shtm

Common Reactions

- Mourning loss of pets/personal property
- Helplessness
- Sadness
- Feeling restless, uneasy or worried
- Inability to rest or relax
- Excessive worry
- Fear about personal, family's and pet safety
- Fear of heavy rains

Resiliency

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

- Identify emotional reactions to flooding emergencies.
- Keep to 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 to 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.
- 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 possible evacuation, 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.