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.

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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.
- Take livestock and family pets to a safe area.
- Plan and practice a flood evacuation route with family. For drains, toilets and other sewer connections, install backflow valves or plugs to prevent floodwaters from entering.

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.

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.

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.
- Accept 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.

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.

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.

Coping Strategies for Children and Teens

- Allow family to express their emotions.
- Accept help from family, friends, co-workers and clergy.
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Mission Statement

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

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Helping others heal can be beneficial to one’s own recovery.

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