

## 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,

## 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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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



## Radiological 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)

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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 Radiation Emergency?

A radiation emergency occurs where radioactive material in significant concentrations escape into the environment. If the concentrations of the material are high enough, they could be dangerous to an individual's health.

[publichealth.lacounty.gov](http://publichealth.lacounty.gov)

### How Can Exposure Occur?

#### Radiation emergencies include:

- Radiological Dispersion Device (RDD), or a "dirty bomb," combines explosives and radioactive material, scattering radioactive material over a wide area.
- An accidental release of radiation from a medical, industrial device or power plant.
- People can be contaminated when the radioactive material gets inside their bodies. Anyone who comes into contact with body fluids, such as urine, sweat or blood of a contaminated person, may be in danger of exposure to radiation.
- People could be contaminated by having radioactive material on their bodies or clothes. Radiation may spread to anything the person touches, such as other people or personal belongings.

[emergency.cdc.gov/radiation/shelter.asp](http://emergency.cdc.gov/radiation/shelter.asp)

### Have You Been Exposed?

**If you think you may have been exposed to a chemical, 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 with soap. Be careful not to scrub the chemical into your skin.
- Seek emergency medical attention.

### Minimize Exposure

**Here are some helpful tips if there are unsafe levels of radiation near you:**

- If you are told to evacuate, do so. The farther away you are from radiation, the better.
- If you are close to the source of radiation and do not have time to evacuate, put heavy or dense material between you and the radiation source, such as barriers of lead or concrete.
- Stay inside. Do not leave your house or building until you are told that it is safe. Radiation becomes less dangerous over time.
- If you are inside the building where the radiation is happening and you do not have time to escape, you need to shelter in place.
- Close and seal your windows. Turn off fans, air conditioners and heaters.
- Cover your nose and mouth to avoid breathing in dangerous air.
- Take off your clothes. Place the clothing in a plastic bag and keep it away from you.
- Seek medical attention if you were exposed.



### Common Reactions

- Fear and anxiety
- Irritability
- Inability to rest or relax
- Excessive worry
- Avoidance and/or isolation due to fear of contamination



#### Resiliency

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

- Identify emotional reactions to the fear of being exposed to radiation 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 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 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.