

## 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](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



## Tsunami 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 a Tsunami ?

Tsunami, also called a seismic sea wave, may be caused by earthquakes, sub-marine landslides, sub-marine volcanic eruptions or a large meteorite impact in the ocean. Not all earthquakes generate tsunamis. Tsunamis can cause great loss of life and property damage. Following the arrival of the first wave, subsequent waves may increase in height and arrive minutes to hours later.

### Tsunami Facts

#### What You Should Know About Tsunamis

- A tsunami is not a single wave but a series of waves. The first wave is not necessarily the most destructive. Tsunamis are not tidal waves.
- Tsunamis may occur any time, usually triggered by earthquakes, with little or no warning.
- Waves are commonly 10 to 20 feet high, and have been over 1,500 feet high.
- Tsunamis can move faster than a person can run.



### Tsunami Terms

#### Warning

Issued when a triggering event has occurred or when a tsunami has been detected anywhere in the Pacific Basin.

#### Watch

Issued when a dangerous tsunami has not yet been verified but could exist and may only be an hour away.

#### Advisory

Issued when an earthquake has occurred in the Pacific Basin which might generate a tsunami.

### What to Do in a Tsunami

- At the beach or near the ocean, move immediately to higher ground. Do not wait for a tsunami warning to be announced.
- High, multi-story, reinforced concrete buildings can provide a safe place to find refuge if there is a tsunami warning and you cannot move quickly inland or to higher ground.
- In school, follow the directions given by teachers and other school personnel.
- At home, move to any safe place outside the evacuation zone.
- Stay away from rivers and streams that lead to the ocean.
- Keep important documents in a container that can be quickly accessed and carried in an emergency.
- Follow the advice of local emergency and law enforcement authorities.

[nws.noaa.gov/om/brochures/tsunami.html](https://www.nws.noaa.gov/om/brochures/tsunami.html)

### 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

#### Resiliency

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

- Identify emotional reactions to the tsunami 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 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.