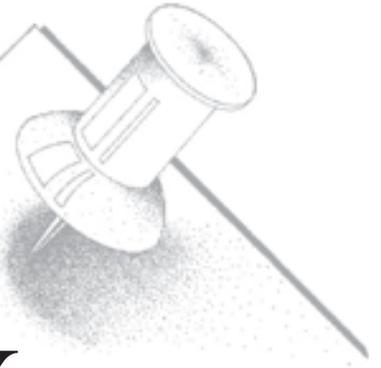




**EMERGENCY MEDICAL  
SERVICES AGENCY**  
LOS ANGELES COUNTY



# EMERGENCY PLANNING

Immediately after an emergency, essential services may be cut off and local disaster relief and response may not be available right away. Even if they could reach you, knowing what to do to protect yourself and household is essential.

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## CREATING A DISASTER PLAN

One of the most important steps you can take in preparing for emergencies is to develop a household disaster plan.

1. Learn about the natural disasters that could occur in your community from your local emergency management office or chapter of the American Red Cross (ARC); whether hazardous materials are produced, stored or transported near your area; and about possible consequences of deliberate acts or terror. Ask how to prepare for each potential emergency and how to respond.
2. Review the Department's Emergency Plan, located on the EMS Agency's webpage.
3. If you have children, talk with school officials about their emergency response plans.
4. Talk with your family members and others in your home about potential emergencies and how to respond to each one. Talk about what you would need to do in an evacuation.
5. Plan how your household would stay in contact if you were separated. Identify two meeting places: select a site near your home and another location away from your neighborhood in case you cannot return home.
6. Pick a friend or relative who lives out of the area for household members to call to during an emergency.
7. Draw a floor plan of your home. If possible, mark two escape routes from each room.
8. Post emergency telephone numbers by each phone in your home. Teach your children how and when to call 9-1-1.
9. Make sure everyone in your household knows how and when to shut off water, gas, and electricity at the main switches. Consult with your local utilities if you have questions.
10. Take a first aid and CPR class. Local ARC chapters regularly provide training. Official certification by the ARC provides "Good Samaritan" law protection for those giving first aid.

# CREATING A DISASTER PLAN

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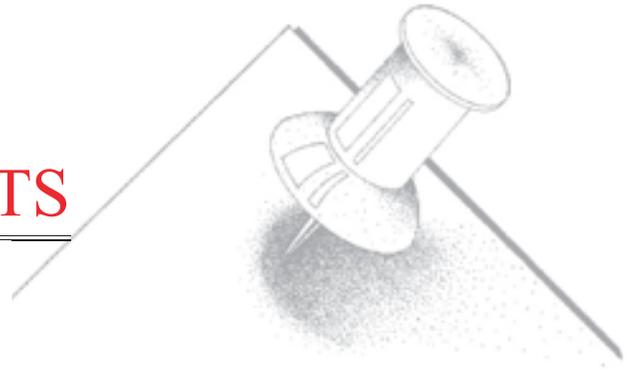


11. Reduce the economic impact of a disaster on your property and your household's health and financial well-being:
  - a. Review property insurance policies before disaster strikes. Make sure policies are current and be certain they meet your needs (type of coverage, amount of coverage, and type of hazards covered, i.e., earthquake, flood, wind, etc.)
  - b. Protect your household's financial well-being before a disaster strikes. Review life insurance policies and consider saving money in an 'emergency' savings account that could be used in a crisis. It is advisable to keep a small amount of cash (small bills) or traveler's checks at home in a safe place where you can quickly gain access in case of an evacuation.
  - c. Be certain that health insurance policies are current and meet the needs of your household.
12. Consider ways to help neighbors who may need special assistance, such as the elderly or disabled.
13. Make arrangements for pets. Pets are not allowed in public shelters; the only exception, service animals for those who depend on them.



# DISASTER SUPPLY KITS

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The 2005 Hurricanes helped everyone realize that they may be on their own for several days before any assistance will be available, including the first responders-law, fire, emergency medical. Therefore, it is important that we be prepared at home, work and in our vehicles, as we can never predict when, where, how, or what type of disaster will strike.

Putting together a disaster supply kit is not as difficult as you might imagine. In fact, you will soon realize that many of the supplies you already have, it's a matter of making them easily accessible during an emergency.

The Northridge Earthquake struck while most people were sleeping. Fortunately, it also happened on a holiday which probably contributed to the reduced number of fatalities. If each member of the families impacted by the earthquake had individual "go kits" maybe the number of injuries would have been reduced. What's a go kit? A go kit is a backpack with:

- Non-perishable food
- Water
- Light jacket or sweater
- Band-aids
- Medication, if needed
- Flashlight and batteries

You should also keep a pair of closed-in shoes next to your bed, if you wear glasses, keep them nearby.

You should keep a go kit in your car and at work. Make sure to update the water, food and batteries twice a year. If you schedule the updates to coincide with the time changes, you will ensure that you always have usable supplies.

By each member of your household having a go kit at home and developing a household emergency supply kit, you will increase your ability to be self-sustaining for extended periods should assistance be delayed. In addition to the items previously listed, a checklist of supplies is also included.

Pre-planning mitigation will help once a disaster strikes. Depending on the layout of your home, you may want to have more than one emergency container in your home, garage or storage container in your yard. If you use a barrel to store your household emergency supplies, make sure it has wheels. Once you load the container, it will be difficult to move around.

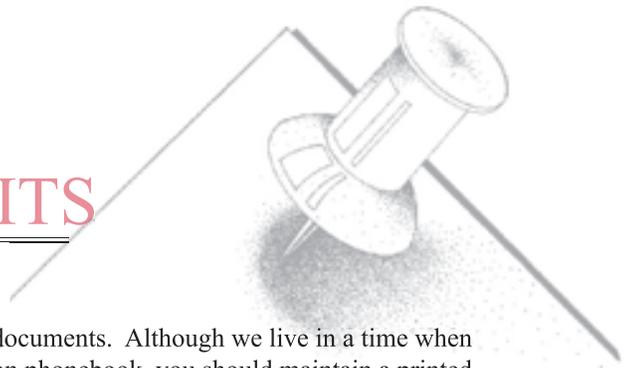
Documentation is very critical when it comes to submitting claims for reimbursement. Copies of documents such as birth certificates, insurance policies, credit and bank account information should be sent to your out of the area emergency contact or stored in a fire-proof safe that is small enough to place in your emergency kit. Should your home sustain damage that will destroy your records, it will be easy to reproduce or contact insur-

Continued on pg. 4



# DISASTER SUPPLY KITS

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ance companies, creditors, and bank establishments with these documents. Although we live in a time when most people have cell phones, thereby eliminating the old fashion phonebook, you should maintain a printed copy of an updated phone list of your personal contacts, including physicians and other medical/professionals.

In addition to our important documents, you should videotape your home in its current state. Make sure to take in all of your valuables: jewelry, pictures, furniture, appliances, etc. Also, include your paper documents: insurance policies, birth and marriage certificates, social security cards, credit cards, bank statements, warranties, etc. Videotape each room in your home and garage including your automobile(s). Send a copy to your out of the area contact. As you update/modify your home, update the videotape. This will help you when submit your claim for reimbursement.

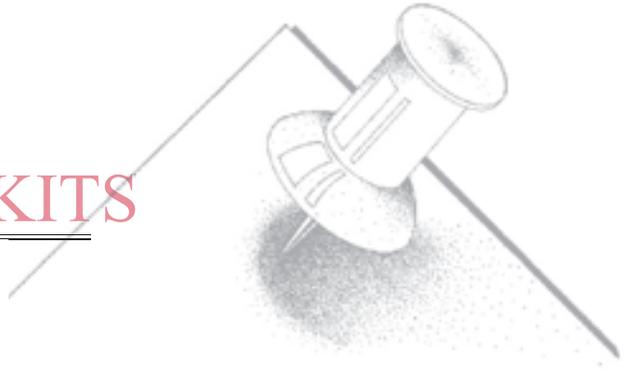
## CHECKLIST

- First aid kit
  - o Manual
  - o Sterile adhesive bandages (various sizes)
  - o Cleansing agents-alcohol pads, hydrogen peroxide, germicide/antiseptic wipes
  - o Antibiotic ointment
  - o Latex gloves
  - o Petroleum jelly
  - o 2-inch and 4-inch sterile gauze pads
  - o 2-inch and 3-inch sterile roller bandages
  - o Cotton balls
  - o Scissors
  - o Tweezers
  - o Aspirin and/or ibuprofen
  - o Ant-diarrhea medication
  - o Antacid
  - o Syrup of ipecac
  - o Lip balm and sunscreen
  - o Insect repellent



# DISASTER SUPPLY KITS

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## CHECKLIST

- Essential Safety and Comfort
  - o Water- 1 gallon per person per day
  - o Food (canned and non-perishable)
  - o Blankets/sleeping bags
  - o Food, water and restraints for pets
  - o Sturdy shoes
  - o Change of clothing
  - o Toilet paper and paper towels
  - o Toys for children



# DISASTER SUPPLY KITS

## CHECKLIST

- Tools and Emergency Supplies
  - o Portable, battery operated radio or television and extra batteries
  - o Flashlight and extra batteries
  - o Flares
  - o Water-proof matches
  - o Shut-off wrench, pliers and screwdriver
  - o Whistle
  - o An ABC type fire extinguisher
  - o Compass
  - o Work gloves
  - o Paper, pens and pencils
  - o Needles and thread
  - o Battery operated travel alarm clock
  - o Manual can opener
  - o Camping cookware and utensils
  - o Paper cups, plates and plastic utensils
  - o All-purpose knife
  - o Resealing plastic bags
  - o Towelettes, soap, hand sanitizer, liquid detergent
  - o Toothpaste, toothbrush
  - o Shampoo, deodorant, comb and brush
  - o Feminine hygiene supplies (can also be used in first-aid kit)
  - o Contact lens solutions
  - o Heavy duty plastic bags and ties for sanitary outdoor restroom use
  - o Special foods and supplies for children, elderly and pets
  - o Cash, in small bills

