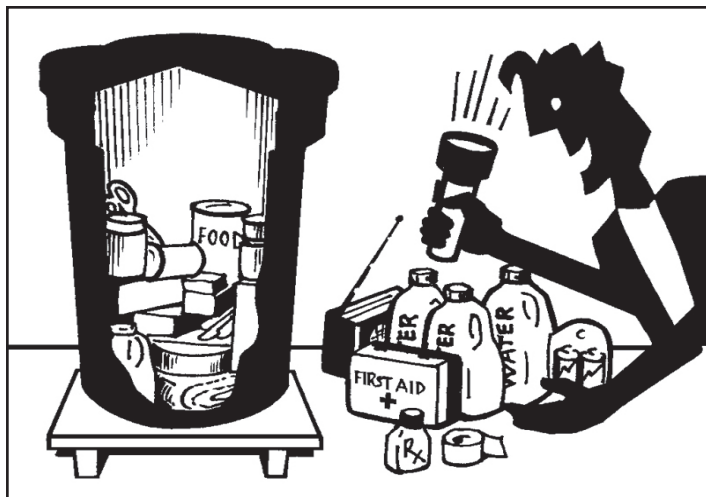


ESP

FOCUS

Make Disaster Kits



Create Disaster Supplies Kits

Everyone should have personal disaster supplies kits. Keep one kit in your home, another in your car, and a third kit at work or school. This is so they can be reached even if your building is badly damaged. Backpacks or other small bags are best for your disaster supplies kits so you can take them with you if you evacuate. The kits will be useful for many emergencies. Include at least the items that are listed on side two of this Focus Sheet.

Electrical, water, transportation, communications, and other vital systems can be disrupted for several days after a large earthquake or other disasters. Emergency response agencies and hospitals could be overwhelmed and unable to provide you with immediate assistance. Knowing first aid and having supplies will save lives, will make life more comfortable, and will help you cope after the next disaster. In addition to your personal disaster supplies kits, store a household disaster supplies kit in an easily accessible location (in a large watertight container with wheels that can be easily moved), with a three-day to 10 days of the items listed on side two of this Focus Sheet.

Check these websites

<http://dropcoverholdon.org/> (dropcoverholdon.org/espanol)

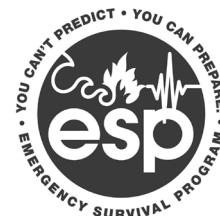
www.earthquakecountry.org (Earthquake Country Alliance/Southern California Earthquake Center)

www.espfocus.org (Emergency Survival Program)

www.calema.ca.gov (California Emergency Management Agency Cal-EMA)

www.noahswish.org (Noah's Wish-Animal Emergency Preparedness)

www.redcross.org (American Red Cross)



MARCH

www.espfocus.org

Personal Disaster Supplies Kits

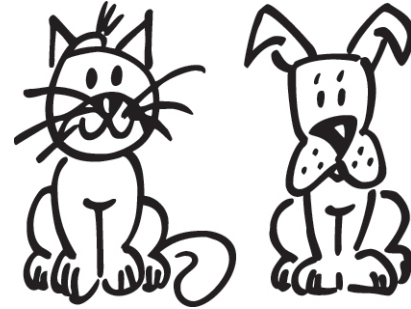
- Medications, prescriptions list, copy of medical card, doctor's name and contact information
- Medical consent forms for dependents
- First aid kit and handbook
- Examination gloves (non-latex)
- Dust mask
- Spare eyeglasses or contact lenses and cleaning solution
- Bottled water
- Whistle (to alert rescuers to your location)
- Sturdy shoes
- Emergency cash (small bills and coins)
- Road maps
- List of emergency out-of-state contact phone numbers
- Non-perishable food and snack foods, high in water and calories
- Manual can opener
- Working flashlight with extra batteries and light bulbs, or lightsticks
- Personal hygiene supplies
- Premoistened towelettes
- Comfort items such as games, crayons, writing materials, teddy bears
- Toiletries and special provisions you need for yourself and others in your family including elderly, disabled, small children, and animals.
- Sealable plastic bags
- Extra clothes
- Copies of personal identification (driver's license, work identification card, etc.)

Household Disaster Supplies Kit

- Flashlight with extra batteries
- Wrenches to turn off gas and water supplies
- Sturdy work gloves and protective goggles
- Heavy duty plastic bags for waste, and to serve as tarps, rain ponchos, and other uses
- Portable radio with extra batteries
- Additional flashlights or lightsticks
- Drinking water (minimum one gallon per person, per day)
- Canned and packaged foods
- Manual can opener
- First aid kit and handbook
- Charcoal or gas grill for outdoor cooking and matches if needed
- Cooking utensils, including a manual can opener
- Pet food and pet restraints
- Comfortable, warm clothing including extra socks

- Blankets or sleeping bags, and perhaps even a tent
- Copies of vital documents such as insurance policies
- Fire extinguisher
- Sealable plastic bags
- Essential medications

Use and replace perishable items like water, food, medications, first aid items, and batteries on a yearly basis.



Pet Disaster Supplies Kit

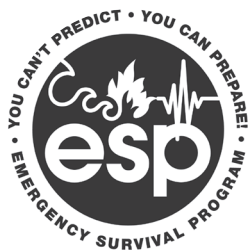
- Medications and medical records (stored in a waterproof container)
- First aid kit
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape
- Current photos of your pets in case they get lost
- Food, potable water, bowls, cat litter/pan, and manual can opener
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets
- Pet beds and toys, if easily transportable

Adapted from Putting Down Roots in Earthquake Country, published by the Southern California Earthquake Center and available online at www.earthquakecountry.org and from "Pets and Disasters: Get Prepared", published by the American Red Cross and the Humane Society of the United States.

This project was supported by FY07 UASI funding awarded by the California Emergency Management Agency, through FEMA/DHS.



This information sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Emergency Management Agency (Cal EMA) and representatives from Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties, Southern California Edison, the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.



Emergency Survival Program (ESP)

YOU CAN'T PREDICT. YOU CAN PREPARE!

Use the Emergency Survival Program's new list of actions as your guide for personal and community emergency preparedness.

January

Then and Now

In large regional earthquakes, such as the 1906 San Francisco earthquake, or the terrorism acts of September 11, 2001, emergency response agencies might be overwhelmed. You, your neighbors, co-workers and classmates may be forced to take actions on your own. Take time now to learn about what happened then and how it can prepare you for the safety actions to take now.

February

Make a Plan

Planning for an earthquake, terrorist attack, or other emergency is easier than you think. Make sure that your emergency plan includes evacuation and reunion plans; your out-of-state contact person's name and number; the location of your emergency supplies and other pertinent information. By planning now, you will be ready for the next emergency.

March

Make Disaster Kits

Everyone should have disaster supplies kits stored in accessible locations at home, at work and in your vehicle. Having emergency supplies readily available can reduce the impact of an earthquake, a terrorist incident or other emergency on you and your family. Your disaster supplies kits should include food, water, flashlights, portable radios, batteries, a first aid kit, cash, extra medications, a whistle, fire extinguisher, etc.

April

Floods

Storms can cause flash floods, create power outages and damage homes. Assemble emergency supplies to include sand bags; identify safe routes; and teach children to avoid areas of potential flooding. When flooding occurs, listen to the radio or watch television for information and instructions.

May

Terrorism

Fear is a major tactic used by terrorists to achieve political and social objectives. But the terrorists are not in charge. You can fight back by taking many of the same actions you would to prepare for earthquakes, fires, and other emergencies. Start by having a family emergency plan. Also assemble emergency supply kits at home, at work, and in your car.

June

Public Health Emergencies

Public Health Emergencies may be related to outbreaks of infectious diseases, food and waterborne illnesses, and other threats to the public's health and safety. Pandemic flu is of concern and health experts recommend the following to prevent the spread of flu: wash your hands with soap and water frequently; cover your cough and sneeze; stay home if you are sick. Stay away from others so they will not become sick. In autumn, get the flu shot!

July

Heat Wave

Although sun is necessary, exposure to ultraviolet radiation is potentially dangerous and can damage skin. Heat injuries that can occur include sunburn, heat cramps, heat exhaustion and heatstroke. If your home is not air-conditioned, spend time in public facilities like public libraries, malls, and community centers that are air-conditioned. Never leave children or pets unattended in hot vehicles.

August

Drop, Cover, and Hold On!

Learn what to do during an earthquake, whether you're at home, at work, at school or just out and about. Taking the proper actions, such as "Drop, Cover, and Hold On", can save lives and reduce your risk of death or injury. During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops. If you are at the beach, move to higher ground.

September

Back to School

Schools should have emergency plans to meet the threat of terrorism, earthquakes and other emergencies. They should be updated and exercised regularly. Emergency supplies, such as water, food and other basic items, are also an important part of school preparedness. If you are a parent or guardian, know your child's school emergency plan and make sure they have your updated emergency contact information.

October

Earthquakes

No one knows when the next earthquake will happen, but we can reduce its impact by being prepared. Identify hazards and remove or reduce them. Store emergency supplies and replenish them annually. Educate your family where to drop, cover, and hold on and take a first aid course. Conduct practice drills on a regular basis.

November

Fire and Ice

Preparedness is the key to surviving wildland fires and lethal winter storms. Timely preparation, including structural and non-structural measures to avoid the impacts of wildland fires and severe winter weather, can help reduce heavy repair expenditures following an event. Also remember to keep your car and other vehicles fueled and in good repair in case you are asked to evacuate. Have your emergency survival kit ready to go with you, just in case.

December

Landslides and Mudslides

Significant property damage can be caused by landslides and mudslides. Prepare an evacuation kit to include important documents and irreplaceable items such as photographs. When it rains, monitor the amount of rainfall and look for warning signs of landslides and mudslides such as new springs, tilted trees or new holes in hillsides.

Additional campaign materials are available through your local County Office of Emergency Management.

www.espfocus.org

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