

ESP

FOCUS

Back to School



A Safe Place to Learn

There is a lot that can be done by school officials to plan for disasters, to limit the risk, to protect the safety of students and teachers, and to ensure that schools recover quickly. However, the clock is ticking. The time to prepare is right now.

Many states now require specific disaster preparedness activities in their school systems. In California, for example, schools are required to have a disaster plan, to hold periodic "Drop, Cover, and Hold On" drills and to hold educational and training programs for students and staff. Whether mandated or not, all schools should have an emergency response plan that addresses the following:

- Identification of hazards and steps to reduce the risk
- Evacuation plans and routes
- Needs of students and staff with disabilities
- Onsite shelter plans
- Emergency supplies and equipment
- Plans for releasing students and school personnel
- Communication

Parents should know the policies and procedures of their children's school during times of disaster or crisis. Parents should also make sure the school has their updated emergency contact information. Keep your children's school emergency release card current.

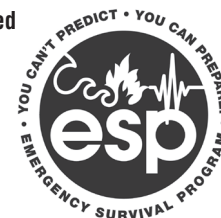
While planning for a future disaster may seem overwhelming, it is not impossible, and the benefits far outweigh the time and trouble it takes to prepare a school plan.

It is also important for schools to plan in advance to deal with the problem of psychological trauma after a disaster. Signs to look for include withdrawn and/or more aggressive students, those acting overly responsible or parental, children who are edgy, jumpy, quick to anger, out of control or with a non-caring attitude. Encourage teachers to discuss these and other changes in behavior with parents.

The reverse side of this Focus Sheet offers additional information for preparing your school and students for the next disaster. You can help take the terror out of terrorism, earthquakes and other disasters by preparing in advance.

Check these websites

- www.capso.org (California Association of Private School Organizations (CAPSO))
- www.cert-la.com (Community Emergency Response Team)
- www.espfocus.org (Emergency Survival Program)
- www.fema.gov/kids
- www.lacoe.edu/ (Los Angeles County Office of Education)
- www.redcross.org/disaster/masters (American Red Cross)



SEPTEMBER

www.espfocus.org

What You Can Do Now

Parents have an important role in assuring the safety of their children whether at school or at home. The suggestions below are guidelines for you to follow.


- Prepare a school emergency supplies kit for each of your children. Let them help you put the kit together. What they have on hand when a disaster occurs could make a big difference in their safety and survival. A list of some of the recommended items that could be included in each child's emergency supplies kit is as follows:
 - Emergency drinking water (3-day to one-week supply)
 - Non-perishable food (3-day to one-week supply)
 - First aid kit and book
 - Essential medications
 - Lightstick or a flashlight with extra batteries
 - Identification card
 - Family photos
 - Towelettes
 - Blanket
 - Medical release card
 - Emergency telephone numbers
 - Change of clothing
 - Favorite toy

- Teach your children what to do in an emergency and make sure they know their own names, addresses, and telephone numbers as well as the full names and contact information for parents and a second adult emergency contact.

A Special Note About Children


If earthquakes scare us because we feel out of control, think how much more true this must be for children, who already must depend on adults for so much of their lives. It is important to spend time with children in your care before the next earthquake to explain why earthquakes occur. Involve them in developing your disaster plan, prepare earthquake bags, and practice "Drop, Cover, and Hold On." Consider simulating post-earthquake conditions by going without electricity or tap water for a few hours.

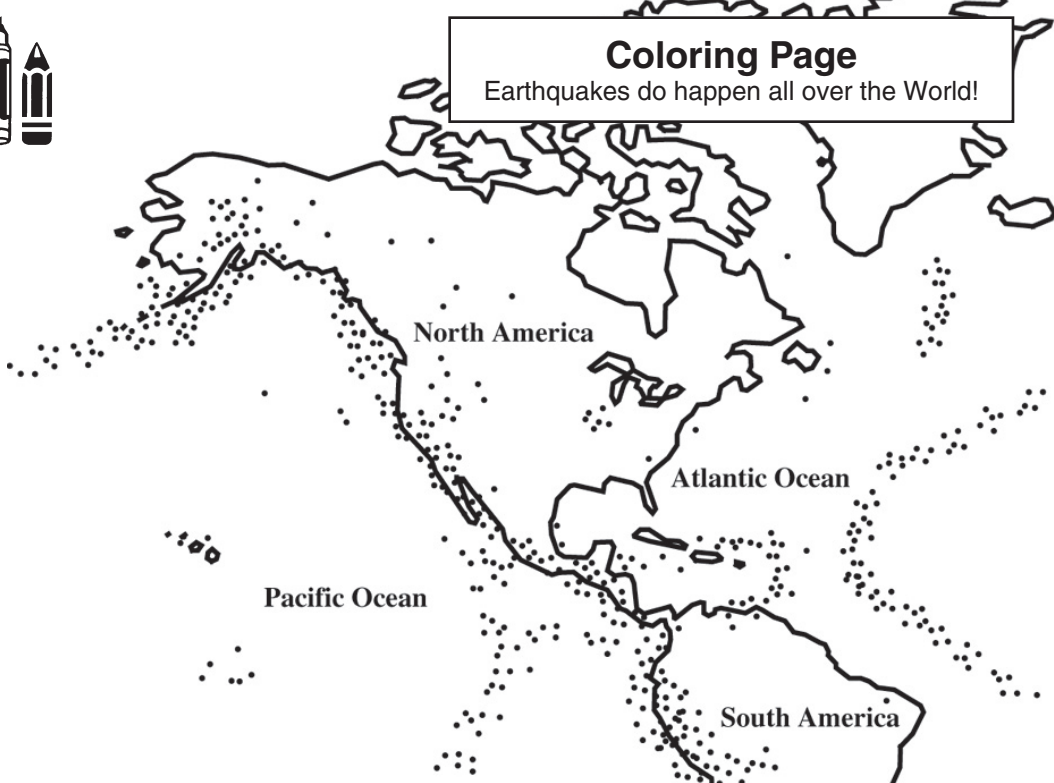
After the earthquake, remember that children will be under great stress. They may be frightened, their routine will probably be disrupted, and the aftershocks won't let them forget the experience. Adults tend to leave their children in order to deal with the many demands of the emergency, but this can be devastating to children. Extra contact and support from parents in the early days will pay off later. Whenever possible, include them in the recovery process.




Coloring Page

Earthquakes do happen all over the World!









Earthquakes Do Happen!

 Earthquake Activity

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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