



Emergency Preparedness Newsletter

Volume 1
January, 2015

INSIDE THIS ISSUE:

Making a Family Disaster Plan	2
Preparing an Emergency Supply Kit	3
Important Contacts	3
Crisis Readiness	4

Preparing Makes Sense

Disasters happen unexpectedly. Emergency situations may force you to evacuate your neighborhood or confine you to your home. A major disaster could leave many thousands of people homeless and without food, water or shelter. You may be without basic services such as gas, electricity or telephone for an unknown period of time.

By preparing and planning ahead of time, you can remain calm and safe and be ready to take care of yourself and your loved ones during a natural or manmade disaster. The likelihood that you and your family will survive a disaster or emergency depends on the tools and plans you have in place to make it on your own, at

least for a period of time, no matter where you are when disaster strikes.

Although our cities and counties are preparing diligently to provide assistance to its residents when emergencies strike, large disasters may completely overwhelm our first responders (fire, police, medical personnel and In-Home Support Service workers) with multiple public safety needs in which to respond to. First responders will need to focus first on the areas which are the hardest hit and help the most severely endangered people and heaviest impacted areas. The 911 emergency system will most likely be overloaded and not everyone will be able to

get through. Hospitals and other medical facilities may sustain major damage and not be able to accept and treat injured persons.

Other types of medical support entities like assisted living, critical care and dialysis center may not functional after a disaster. By creating plans ahead of a disaster, we are preparing ourselves in case First Responders are not able to come to our assistance immediately or even several days. The time to start thinking about what to do in an emergency situation is before it happens.



Special points of interest:

- Why We Need to Prepare for Emergencies and Natural Disasters in Advance
- Types of Emergencies that Can Happen in Southern California
- How to Prepare for Emergencies Before they Happen

Types of Emergencies That Can Happen

The Los Angeles region is subject to multiple destructive emergencies including earthquakes, floods, landslides, tornadoes, urban fires, terrorism and civil unrest. Major earthquakes have occurred in Southern

California causing significant damage to the Los Angeles area in 1933, 1971, 1987 and 1994. Local scientists estimate that there is an 86% probability that a magnitude 7.0 or greater earthquake will strike again in Southern

California within the next 30 years.

Fact: In recent years, heat waves have caused more deaths than all other weather events, including wild fires.

Make a Family Disaster Plan for Emergencies

Your family disaster plan should include the following:

Conduct annual safety drills at your home and your place of business. Prepare for various types of emergencies such as earthquakes and fires. Identify safe spots in each room to take cover, such as under tables and desks and against interior walls in case of an earthquake.

Escape Routes: Think about and know the various emergency exits and alternate escape routes at the places where you frequently are in case a disaster such as a fire or earthquake strikes: your home, your place of business, your place of worship and your children's school. Talk to your employer and your children's school about emergency plans. Find out how they will communicate with families during an emergency. Talk to your neighbors about how you can work together. Make special arrangements for children or people with disabilities to safely be able to reach the ground level if they have to be evacuated from a second-story.

Identify meeting places outside of your home and your neighborhood. Create a plan to get away if you must leave your neighborhood: Plan in advance how you will assemble your family and where you will go if you must evacuate your home. Choose several destinations in different directions so you will have options in case roads and freeways become blocked. Keep at least a

Listen for Emergency Instructions

Local radio stations will transmit emergency alert messages and pass along directions and updates on emergencies from public authorities. Tune in on

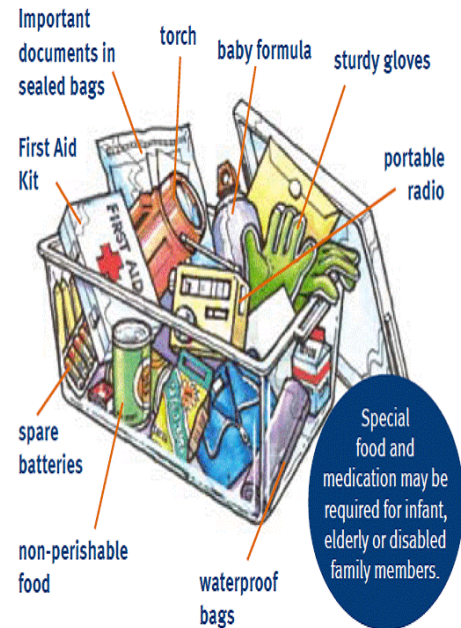
half of tank of gas in your vehicle at all times. Become familiar with alternative forms of transportation as well.

Develop a Family Communications Plan, so that if your family is not all together when a disaster strikes, you will know how to contact each other. Review with your family what you will do under various emergency situations. Create a plan where everyone knows how to contact each other through phoning or emailing the same family member or relative in the event of an emergency. Having an out of town person for all family members to contact in case local phone lines are not operational, is a safe strategy. Make sure all family members have the emergency family contact numbers, as well as a working cell phone, prepaid phone cards or coins for a public phone and email addresses.

Persons with Special Needs: Be certain your family plan includes the needs of all members of your household including your pets. People with special needs may include persons with developmental and physical disabilities, pregnant women, the elderly, people with no access to transport and rely on devices such as wheelchairs and other walking devices.

Safety Skills: Learn First Aid and CPR, as well as take Community Emergency Response Team (CERT) training. To receive training on First Aid & CPR, contact the Red Cross at 888-864-3575 or <http://redcrossla.org>. To receive CERT training, contact Los Angeles Fire Department at 323-881-2481 or www.firelacounty.gov

Dial 911 for emergency services; 211 in Los Angeles County to get information on local support services.



your portable radio to KFI 640 AM; KNX 1070 AM; KFVB 980 AM; KRLA 870 AM & KABC 790 AM

Preparing an Emergency Supply Kit

Be prepared to use what you have on hand for at least three to ten days or more. Consider having more than one emergency kit – a kit for home, your vehicle, workplace and your child’s school. Your kit for home should be everything you will need to stay where you are and make it on your own. The other kits for outside of the home should be a lightweight smaller version that is easier to transport if you have to be mobile.

Items for Emergency Kits:

- At least one gallon of water per day per person for drinking and sanitation. Water should be stored in clean plastic, glass or enamel lined metal containers. Commercially bottled water should be recycled every 12 months and faucet bottled water every six months.
- Store three to ten day supply of non perishable foods that are easy to store, such as protein bars, canned goods, ready to eat meals, canned juices, food for infants, elderly and persons with special diets, plastic re-sealing bags, an all purpose

- knife, as well as a manual can opener.
- Battery-powered radio & flashlights and extra batteries.
- Extra sets of clothing and closed toe shoes – consider various seasons (summer, winter).
- First aid kit and instructions on how to administer first aid.
- Important documents – Social Security card, drivers license, passport, medical card with vital information, insurance information (vehicle, medical and home).
- Cash (small bills and coins) and credit cards.
- Unique family needs such as medications (prescription and non-prescription), infant formula, diapers, hygiene products [toothbrush, toothpaste, soap, shampoo, deodorant, lotion, toilet tissue].
- Wheelchairs, canes, walkers, hearing aids & extra batteries.

- Filter masks or handkerchiefs to protect against particles or debris in the air.
- Portable cooking options such as sterno, charcoal and barbeque grills.
- Duct tape & heavyweight garbage bags or plastic sheeting to seal windows and doors to create a barrier between yourself and potential contamination outdoors. If you see large amounts of debris in the air or if local authorities say the air is contaminated and it is unsafe to leave your home, you may want to shelter-in-place and seal off a room in your home.
- Household bleach to treat drinking water (16 drops of bleach per 1 gallon of water).



Important Contacts and Numbers to Have in the Event of an Emergency

American Red Cross
888-864-3575 <http://redcrossla.org>
(Assistance with shelter)

Los Angeles County Office of Emergency Management
213-974-1166
www.espfocus.org
(Emergency planning and preparedness)

Los Angeles County Fire Department
323-881-2481
www.fire.lacounty.gov
(For fires, emergency medical attention and damaged structures)

Los Angeles County Sheriff Dept.
323-526-5541 www.lasd.org
(Community and personal protection issues)

Los Angeles County of Department of Public Works
800-675-4357 www.ladpw.org
(Road closures in Los Angeles County)

Los Angeles County Department of Mental Health
800-854-7771 www.dmh.lacounty.gov
(Mental health services for disaster victims)

Federal Emergency Management Agency (FEMA)
www.fema.gov
(Supporting citizens and first responders during natural and man-made disasters)

211 or www.211lacounty.org
(Organizations that provide response and recovery assistance in the event of a disaster)





650 W. Adams Boulevard
Los Angeles, California 90007

Phone: 213-744-7000
Fax: 213-744-8848

WWW.SCLARC.ORG

**Celebrating 40
years of service!**

South Central Los Angeles Regional Center for Persons with Developmental Disabilities (SCLARC) is a private, non profit, community based organization which contracts with the State Department of Developmental Services (DDS) to coordinate services for individuals with developmental disabilities and their families. SCLARC is one of 21 regional centers that serve communities throughout California. Our mission is to ensure that individuals who are eligible to receive services (consumers) are assisted in reaching their potential for the highest quality of life in their community. We provide intake, assessment, diagnosis and lifelong service coordination. Although, we are not First Responders, SCLARC wants to make sure you have the necessary information in case of emergency.



During and After an Emergency Occurs

When an earthquake is taking place, get under a table or desk. If indoors, stay there. Stay away from windows, bookcases, filing cabinets or heavy objects that could fall. If outdoors, stay away from downed power lines and move to an open area away from trees, walls and buildings.

If you are driving during an earthquake, pull your car to the side of the road and stop. Stay in your car until the shaking has stopped and again, avoid fallen power lines.

Listen to your radio or television for updates from public officials about the disaster and recovery efforts.

If you are instructed to shelter-in-place, remain in your home or a safe location until informed by

public officials that it is safe to relocate or leave your dwelling. If instructed by public officials to evacuate your area, follow the routes recommended by authorities – alternative routes may be closed or unsafe.

Remember to take your portable emergency kit with you if you are told to evacuate.

After communicating with your family members as planned in case of an emergency, do not use the telephone unless there is a life-threatening emergency.

Check for gas and water leaks, downed or damaged electrical wiring.

Do not attempt to use gas appliances or re-light gas pilots unless your gas lines have been

inspected by the utility company.

If it safe to go outside, check your residence for cracks and damages. Minimize use of your vehicle, unless there is an emergency.

If you are told to evacuate, communicate with other family members on your emergency plan team who are not with you, where you will be seeking shelter.

