

Safety Spotlight

Practical tips to keep you safe

Emergency Preparedness

Why Prepare?

An emergency can happen quickly and without warning. In a major disaster it might take several days for vital services to be restored or for organized emergency mutual aid resources from other regions to arrive. In the greater Los Angeles region you are most likely to experience an earthquake. If you and your family are prepared for a major earthquake you will be prepared for most other disasters. Emergency Management officials recommend that every person be prepared to survive for at least 72 hours on their own.



Components of a Personal Emergency Kit

Be prepared for an emergency at the home, at work, and in your car by having the following basic supplies stored in a mobile container:

- Water: At least one gallon of water, per person, per day, to drink, and at least three gallons of water for personal use (sanitation, hygiene, and for cooking).
- Hygiene supplies: toothbrush, toothpaste, toilet paper, moist wipes, large garbage bags, and shovel for waste disposal
- Food: A 3 day food supply of non-perishables
- Adequate shelter (tents, sleeping bags, etc.)
- First-aid kit and supplies
- Hand-crank AM/FM radio. Listen to KNX-1070 AM, KFVB 980 AM, and KFI 640 AM for regional emergency alert system (EAS) for the greater Los Angeles area
- Flashlights and spare batteries
- Whistle – for summoning aid or signal for help
- Medications
- Supplies for pets, including emergency food, shelter and water

Establishing an Emergency Plan Begins with Your Family

1. **Know where your emergency supplies are located.**
2. **Identify at least 2 evacuation routes.**
3. **Establish a reunion plan –** Determine a meeting place near a well known landmark (a park or a school for example).
4. **Establish an out-of-state or long distance phone call contact.** Family members should immediately call the emergency contact after an emergency. Local phone calls may be difficult to place.

