



# 10 STEPS FOR TERRORISM PREPAREDNESS



**Preparing for terrorism is the same as preparing for earthquakes, fires, floods and other disasters.** Follow the 10 steps below to increase your safety and survival. Remember – Preparedness is the key. Take steps **now** to be prepared.

1. Finding out what can happen is the first step. Determine what the possible threats are and discuss them with your family, household, or co-workers.
2. Create an emergency communications plan. Be sure to include your out-of-town contact to check on each other if local telephones are jammed or out of service.
3. Assemble a disaster supplies kit, in easy to carry containers, for home, for work and your car. Include a three-day supply of water, non-perishable food, a first aid kit and book, flashlights, battery-powered radio, extra batteries, fire extinguisher, tools, prescription medications, copies of important documents, duct tape, plastic sheeting, and towels to seal door cracks.
4. Learn basic first aid and CPR. The American Red Cross provides training.
5. Be aware of your surroundings and report any suspicious activities to local authorities.
6. Know where the emergency exits, staircases, and fire extinguishers are at home, at work or when traveling, and practice emergency evacuation procedures.
7. Check on the school and Day Care emergency plans for your school age children.
8. Learn what to do if asked by officials to “Shelter in Place” (remain indoors or in your car) or to “Evacuate” (leave the hazard area).
9. Be prepared to do without services you normally depend on, such as electricity, telephone, natural gas, gasoline pumps, ATM machines, and Internet transactions.
10. If there is an attack or strong warnings of an attack, remain calm and follow the advice of local emergency officials. Listen to the radio or television for news and instructions.

**For further information call:**

Los Angeles County Office of Emergency Management  
Emergency Survival Program (ESP) hotlines at (213) 974-1166 (English)  
and (213) 974-2217 (Spanish)

[www.lacoeoc.org](http://www.lacoeoc.org) or [www.cert-la.com/ESP](http://www.cert-la.com/ESP)