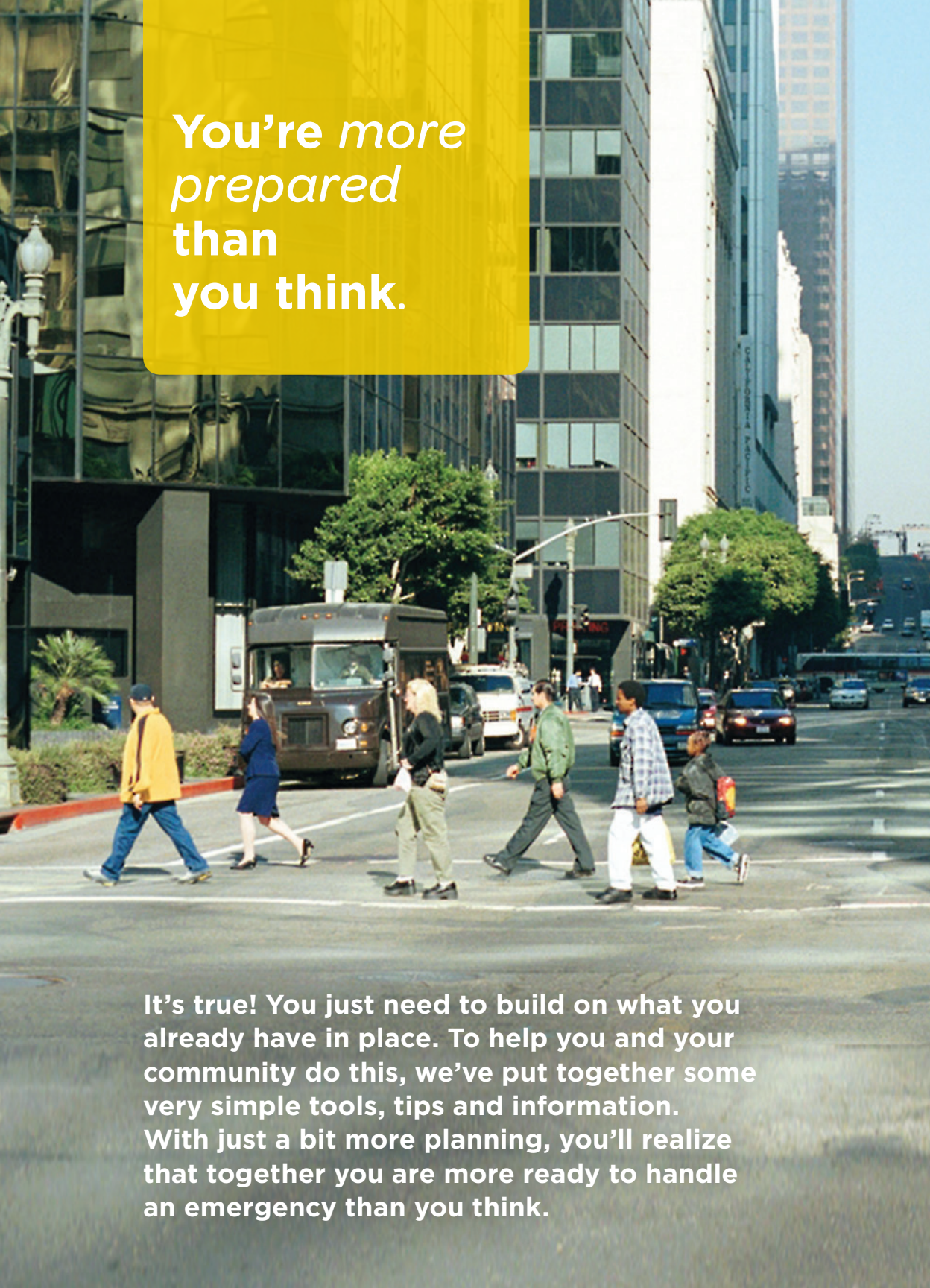
ALL READY LA COUNTY

A Guide to Community Preparedness

County of Los Angeles Public Health



You're *more prepared* than you think.

It's true! You just need to build on what you already have in place. To help you and your community do this, we've put together some very simple tools, tips and information. With just a bit more planning, you'll realize that together you are more ready to handle an emergency than you think.

Photo Courtesy of John Hyun.

Think
connection,
not
catastrophe.

Being prepared does mean getting your supplies together. But it's just as important to be connected to other people, to know about key resources, and to have a plan.

Past disasters and emergencies large and small have shown that connected and prepared communities respond better and recover more quickly—they're more resilient. Take steps to build on what is already strong in your life and community, and prepare for what could *go right*.

So let's take action

See how to GET CONNECTED:
Your connections can make it possible for you to get help or help others who need it.

Learn to MAKE A PLAN:
It's pretty simple. Know where you'll go, what you'll do, and who you'll connect with.

Check your list and GATHER SUPPLIES:
Much of this stuff you already have. You're more prepared than you think!

Know the RESOURCES:
Check out the **Resources** tab—our list will help you be better informed and prepared.

Preparedness is all about *people*.

Photo Courtesy of CicLAvia.

When an emergency or disaster happens, we often reach out to family, friends, loved ones, or neighbors to both get help and give it. Being prepared means staying connected and being familiar with important sources of information and assistance.

Connect through your online networks

Many of the connections we have are online. Make the most of your online communities and use social media to share updates and get information quickly when something happens.

Create a **Facebook** group with the people you want to plan with, notify, and turn to during an emergency.

Learn how to get on **Twitter**. Add and follow emergency contacts to your Twitter feed as a way to stay informed, like @ReadyLA, @LACOOEM, @lapublichealth.

Sign up for **Nextdoor** to meet your neighbors and connect with your neighborhood.

Sign up for **Nixle** and **Alert LA County** to receive text message or email alerts about emergency events in your area.

Know who you know

Consider the connections you already have—and make new ones! Think about the groups in your community that you already belong to, or could join:

- School-based groups
- Parenting groups
- Co-workers
- Faith-based groups
- Volunteer groups
- Exercise groups

Connect beyond your household

During an emergency or disaster, you and members of your community can come together to help each other. Think about people in your community who may need additional help during an emergency or disaster, including people with access and functional needs. See the Resources tab of this booklet for agencies that provide training and information.

The Music Center Plaza. Photo Courtesy of The Music Center.

Make a plan
and *share* it.

Make a plan now so that when something happens, you and those close to you know how to find each other and connect.

6 simple steps to be more prepared today

1. **Set a place to meet up.** If you have to leave your home or work during an emergency, decide where you will go. How about a local park or nearby landmark?

2. **Get connected.** Who do you need to communicate with when an emergency or disaster happens?

3. **Be informed.** Know local sources of emergency information and resources.

4. **Know the plan.** Ask about the emergency plans at work, at your children's school or daycare, or if your family and dependents are in other facilities. Include your pets in your plan.

5. **Know where your important documents are.** Scan or take pictures of them and save digital copies.

6. **Share your plans.** Take five minutes to fill out the plan at the back of this booklet. Snap a photo, and share it with the people you care about. Think about plans for people in your family or community who may need extra help, including those with access and functional needs.

Gather the things you *need*.

Photo Courtesy of CicLAvia.

You're more prepared than you think.

Gathering your emergency supplies is easy. A good rule of thumb is to have supplies for at least 3 days, or 72 hours. You'll be surprised by how much you already have. Consider gathering supplies with others in your community.

ESSENTIALS

Water: 1 gallon/person per day (remember pets).

Flashlight: Make sure your flashlight works and keep extra batteries on hand.

First aid kit: Keep a basic kit on hand; restock as needed.

Fire extinguisher: Know how to use your fire extinguisher. Check its expiration date.

Food: Meals that don't need heating or refrigeration. Do you have a manual can opener?

Prescriptions: Keep at least an extra 3-day dose of the medicines you need.

USEFUL

Comfortable clothes and sturdy shoes: Be prepared for any weather and keep comfortable walking shoes on hand.

Sleeping bags or blankets: You'll keep warm and comfortable in case of a power outage or evacuation.

Radio: (battery operated or hand crank) If power is out, you'll still have a source of news, information and entertainment.

Cellphone charger: Keep a portable charger on hand to stay connected and informed, even when the power is out.

Cash: Keep small bills on hand, in case you can't access an ATM or use your credit cards.

Tools: A basic tool kit can help during an emergency and with simple repairs.

PERSONAL

Comfort foods: A stash of your favorite treats can help keep spirits lifted.

Toys and games: Favorite games and special toys can keep you busy and provide comfort.

Personal hygiene and sanitation items: Include toilet paper, feminine supplies, hand sanitizers, toothbrushes, soap, etc.

Pet items: Don't forget pet food and water, and other comfort items for your pets.

Personal documents: Make and upload copies of your important documents for digital safe-keeping.

Looking for more information or ways to *connect?*

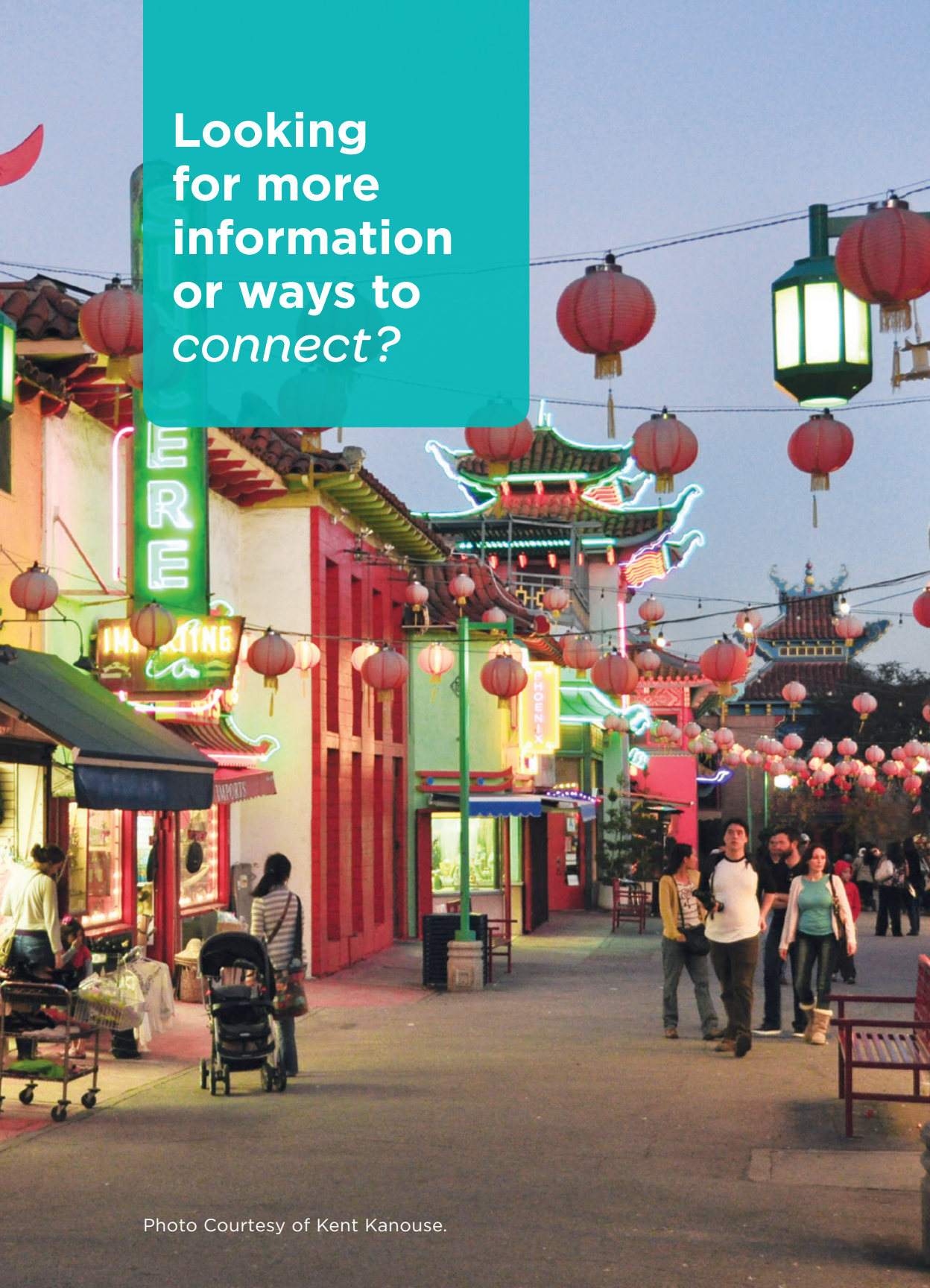


Photo Courtesy of Kent Kanouse.

Get Prepared

Los Angeles County Department of Public Health Emergency Preparedness and Response Program
publichealth.lacounty.gov/eprp

Los Angeles County Office of Emergency Management (LACOEM) *lacoa.org*

Ready LA *readyla.org*

Ready.gov Includes planning and preparedness support for individuals with disabilities, and access and functional needs.

Great California Shakeout *shakeout.org*
Participate in state-wide earthquake drills.

Emergency Preparedness & Pets: A Guide for Pet Owners
publichealth.lacounty.gov/hea/library/topics/eprp/

Community Emergency Response Teams (CERT)
cert-la.com Get training to help your family and community in a disaster.

Be Informed

Alert LA County *alert.lacounty.gov*
Sign up for alerts and updates from LA County.

NotifyLA *notifyla.org*
Sign up for alerts and updates from the City of LA.

Nixle *nixle.com*
Sign up for public safety alerts via text or email.

Get Help

211 Los Angeles County *211la.org*
Dial 2-1-1 or visit the website for more information.

American Red Cross *redcrossla.org*
866-GET-INFO (866-438-4636)

Department of Mental Health, Los Angeles County
dmh.lacounty.gov
Access Center 24/7 Helpline: (800) 854-7771

Make a plan and share it.

ALL READY ☑LA COUNTY

Meeting Spot: Where will you go and meet up with others when something happens?

Location: .....

Address: .....

Personal Contacts: Who are the first people you will want to contact when something happens?

Name: ..... **Phone:** .....

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My Connections: Identify other contacts from groups you belong to.

Name: ..... **Phone:** .....

Address: .....

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Other Important Contacts: What other numbers will be helpful? For example, work, doctor, local law enforcement, or utilities.

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Gather Supplies

ESSENTIALS

☐ Water

☐ Flashlight

☐ First aid kit

☐ Fire extinguisher

☐ Food

☐ Prescriptions

USEFUL

☐ Comfortable clothes and sturdy shoes

☐ Radio

☐ Cash

☐ Sleeping bags or blankets

☐ Cellphone charger

☐ Tools

PERSONAL

☐ Comfort foods

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☐ Personal documents

☐ Toys and games

☐ Pet items

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This material was adapted from SF72 **www.sf72.org**, a resource guide developed by the San Francisco Department of Emergency Management, in partnership with the people of San Francisco.

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Los Angeles County
Department of Public Health
Emergency Preparedness
and Response Program

Special Thanks to Our Partners:

LA County Office of Emergency Management

San Francisco Department of Emergency Management

County of Los Angeles
Public Health

ph.lacounty.gov