ALL READY ☑️ LA COUNTY

A Guide to Community Preparedness

COUNTY OF LOS ANGELES
Public Health
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.
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.
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](http://facebook.com) group with the people you want to plan with, notify, and turn to during an emergency.
- Learn how to get on [Twitter](http://twitter.com). Add and follow emergency contacts to your Twitter feed as a way to stay informed, like @ReadyLA, @LACOOEM, @lapublichealth.
- Sign up for [Nextdoor](http://nextdoor.com) to meet your neighbors and connect with your neighborhood.
- Sign up for [Nixle](http://nixle.com) and [Alert LA County](http://alertlacounty.com) 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.
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.
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.

**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?

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

**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.

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

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

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

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

**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.

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

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

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

**Pet items:** Don’t forget pet food and water, and other comfort items for your pets.
Looking for more information or ways to connect?
Get Prepared

Los Angeles County Department of Public Health
Emergency Preparedness and Response Division
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 emergency.lacity.org/notifyla
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.

**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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ph.lacounty.gov
Gather Supplies

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- Flashlight
- First aid kit
- Fire extinguisher
- Food
- Prescriptions

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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.

This project was supported by Grant Cooperative Agreement Number 5U90TP000516-04 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the CDC.

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

Special Thanks to Our Partners:

LA County Office of Emergency Management
San Francisco Department of Emergency Management