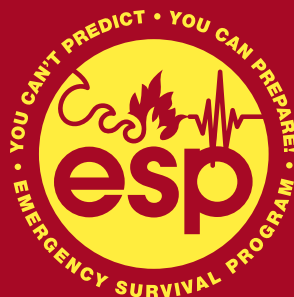


EMERGENCY SURVIVAL PROGRAM

Get it Together!

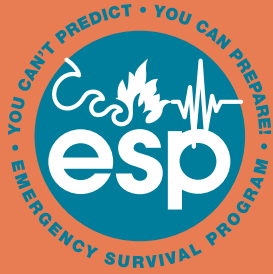
A Guide to Emergency Preparedness Planning



PREPAREDNESS PLANNING



- Learn what to do to prepare your family for any emergency.
- Create a disaster plan to be safe during and after a disaster.
- Learn about all the different disaster kits to have in your home for yourself, your family, and your pets.
- From dogs to cats to birds to horses, learn what else you can do to protect your pets.
- Learn how back to school is a great time to update your emergency plans and kits.
- Learn the seven essential steps to earthquake safety and planning.



County of Los Angeles Office of Emergency Management

Make a Plan



Create A Disaster Plan

Will everyone in your household do the right thing during the violent shaking of a major earthquake, or during a terrorist attack? Before the next disaster, get together with your family or housemates to plan now what each person will do before, during and after.

Once the earthquake or disaster is over, we will have to live with the risk of fire, the potential lack of utilities and basic services, and the certainty of aftershocks. By planning now, you will be ready. This plan will also be useful for other emergencies.

Many government agencies, schools and businesses have plans for various types of disasters and other emergencies. Your family should also have one. The safety and well-being of your loved ones are important, so take time NOW to develop a family

emergency plan. If you've already developed a plan, take time now to review and update it.

Plan to Be Safe During a Disaster

- Practice "drop, cover, and hold on" to be safe during an earthquake.



- Identify safe spots in every room, such as under sturdy desks and tables.
- Learn how to protect yourself no matter where you are when a disaster strikes.

Plan to Respond After a Disaster

- Keep shoes and a working flashlight next to each bed.
- Teach everyone in your household to use emergency whistles and/or to knock 3 times repeatedly if trapped. Rescuers searching collapsed buildings will be listening for sounds.
- Identify the needs of household members and neighbors with special requirements or situations, such as use of a wheelchair, walking aids, special diets, or medication.
- Take a Red Cross first aid and cardiopulmonary resuscitation (CPR) training course. Learn

who in your neighborhood is trained in first aid and CPR.

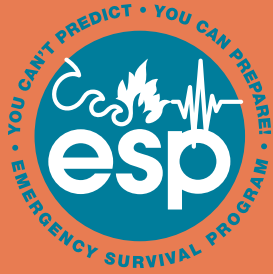
- Know the location of utility shutoffs and keep needed tools nearby. Know how to turn off the gas, water, and electricity to your home. Only turn off the gas if you smell or hear leaking gas.
- Get training from your local fire department in how to properly use a fire extinguisher.
- Install smoke alarms and test them monthly. Change the battery once a year, or when the alarm emits a “chirping” sound (low-battery signal).
- Check with your city or county to see if there is a Community Emergency Response Team (CERT) program in your area. If not, ask if they will start one.

Plan to Communicate and Recover After a Disaster

- Locate a safe place outside of your home to meet your family or housemates after the disaster.
- Designate an out-of-state contact person who can be called by everyone in the household to relay information.
- Provide all family members with a paper list of important contact phone numbers.
- Determine where you might live if your home cannot be occupied after an earthquake or other disaster (ask friends or relatives).
- Know about the emergency plan developed by your children’s school or day care. Keep your children’s school emergency release card current.
- Keep copies of essential documents, such as identification, insurance policies and financial records, in a secure, waterproof container, along with your disaster supplies kits. Include a household inventory (a list and photos or video of your belongings).

Have occasional disaster “drills” to practice your plan. Ask your babysitters, house sitters, neighbors, coworkers, and others about their disaster plans, and share your plan and with them.

Adapted from Putting Down Roots in Earthquake Country, published by the Southern California Earthquake Center and available online at www.earthquakecountry.org.



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Make Disaster Kits



Create Disaster Supplies Kits

Everyone should have personal disaster supplies kits. Keep one kit in your home, another in your car, and a third kit at work or school. This is so they can be reached even if your building is badly damaged. Backpacks or other small bags are best for your disaster supplies kits so you can take them with you if you evacuate. The kits will be useful for many emergencies. Include at least the items listed in the checklists on this sheet.

Electrical, water, transportation, communications, and other vital systems can be disrupted for several days after a large earthquake or other disasters. Emergency response agencies and hospitals could be overwhelmed and unable to provide you with immediate assistance. Knowing first aid and having supplies will save lives, will make life more comfortable, and will help you cope

after the next disaster. In addition to your personal disaster supplies kits, store a household disaster supplies kit in an easily accessible location (in a large watertight container with wheels that can be easily moved), with a three-day to 10-day supply of the items listed on side two of this Focus Sheet.

Personal Disaster Supplies Kits

- Medications, prescriptions list, copy of medical card, doctor's name and contact information
- Medical consent forms for dependents
- First aid kit and handbook
- Examination gloves (non-latex)
- Dust mask
- Spare eyeglasses or contact lenses and cleaning solution
- Bottled water
- Whistle (to alert rescuers to your location)
- Sturdy shoes
- Emergency cash (small bills and coins)
- Road maps
- List of emergency out-of-state contact phone numbers
- Non-perishable food and snack foods, high in water and calories
- Manual can opener
- Working flashlight with extra batteries and light bulbs, or lightsticks
- Personal hygiene supplies
- Premoistened towelettes
- Comfort items such as games, crayons, writing materials, teddy bears
- Toiletries and special provisions you need for

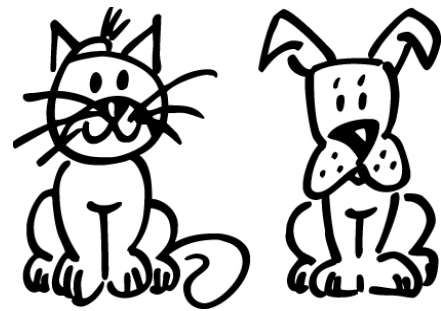
yourself and others in your family including elderly, disabled, small children, and animals.

- Sealable plastic bags
- Extra clothes
- Copies of personal identification (driver's license, work identification card, etc.)

Household Disaster Supplies Kit

- Flashlight with extra batteries
- Wrenches to turn off gas and water supplies
- Sturdy work gloves and protective goggles
- Heavy duty plastic bags for waste, and to serve as tarps, rain ponchos, and other uses
- Portable radio with extra batteries
- Additional flashlights or lightsticks
- Drinking water (minimum one gallon per person, per day)
- Canned and packaged foods
- Manual can opener
- First aid kit and handbook
- Charcoal or gas grill for outdoor cooking and matches if needed
- Cooking utensils
- Pet food and pet restraints
- Comfortable, warm clothing including extra socks
- Blankets or sleeping bags, and perhaps even a tent
- Copies of vital documents such as insurance policies
- Fire extinguisher
- Sealable plastic bags
- Essential medications

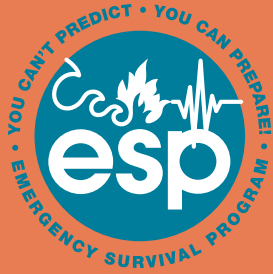
Use and replace perishable items like water, food, medications, first aid items, and batteries on a yearly basis.



Pet Disaster Supplies Kit

- Medications and medical records (stored in a waterproof container)
- First aid kit
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape
- Current photos of your pets in case they get lost
- Food, potable water, bowls, cat litter/pan, and manual can opener
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets
- Pet beds and toys, if easily transportable

Adapted from Putting Down Roots in Earthquake Country, published by the Southern California Earthquake Center and available online at www.earthquakecountry.org and from "Pets and Disasters: Get Prepared", published by the American Red Cross and the Humane Society of the United States.



County of Los Angeles Office of Emergency Management

Pet Preparedness



When you developed your family emergency plan, did you include plans for your pets? It's important to include provisions for your pets because they depend on you for care. Pets also can provide psychological comfort after an earthquake or other disaster.

Plan: What Will You Do in an Emergency?

- Create an evacuation plan now and review with your family. Research appropriate lodging in advance. Know where you and your pet will be going after an emergency. Please note that some emergency shelters will NOT accept animals. Research a pet friendly hotel or some other alternative as more than likely, you may be directed to another location.
- Develop alternate plans and keep them in your wallet. Have pre-planned boarding information

for your pets in case you are sick, injured or have to evacuate during a disaster.

- Keep current documentation. It is a good idea to maintain current records such as medical history and identification for every pet. During disasters this information is useful in the event your pet is missing or is taken to a shelter. Also, you should consider having a microchip implanted in your animal by your pet's veterinarian in case you get separated.

Prepare:

Make a Pet Disaster Kit

You should have the following items assembled and ready to take in a crisis (keep in a duffel bag or sturdy container in a spot where it's handy to grab):

- Wire cage or carrier with good air circulation, along with bedding and cover for sun, rain, ash, etc., and/or sturdy leashes and harnesses or collars, with a ground mounting device or carabiner for tying pets up temporarily.
- Food, water (for several days), bowls, cat litter/pan, and a manual can opener.
- Several days supply of medications (including anti-stress remedies) recommended by your veterinarian. List dosing instructions in case you are separated from your pet.
- Name, telephone number and address of your veterinarian; information on feeding schedules, vaccination dates, medical and behavioral problems, and any other special issues your pet may have (attach to the cage or carrier in a waterproof, chew-resistant bag).
- Find protective booties for dogs and/or cats because after a disaster broken glass and other

debris can harm a pet's paws. Booties are also helpful in harsh weather conditions such as snow.

- Current identification tags on animal collars and/or microchip.
- Animal first aid kit and supplies such as gauze rolls for bandaging and making muzzles, towels, and blankets.
- Current photos of you with your pet to help claim ownership and photos of your pet alone in case you need to put up signs or posters if the pet gets lost.
- Outside contact information: Your own, plus someone who can take custody of your pets if you are unable to do so (attach to carrier), as well as an out-of-state contact.
- Pet beds and toys to reduce animal's stress, if easily transportable.
- Plastic bags and scoopers to pick up and store pet waste.

Respond:

What to Do if Your Pet is Lost

- Immediately call or visit the nearest animal shelter to report your pet missing.
- When it is safe, return to your neighborhood to post or distribute "Lost Pet Posters". Be sure to include your name, home address, and home and work phone numbers. It's always helpful to include a current photograph of your pet.
- When it is safe, continue to search the area for your missing pet. A frightened animal may stay hidden for days.

Animals Other than Dogs and Cats

- Horses and livestock need their own unique evacuation plan. Establish pre-designated plans before an emergency.
- Birds should be transported in a secure travel cage with a blanket for cold weather or a plant mister for hot weather.
- Snakes can be transported in a pillowcase but must be transferred to more secure housing when you reach the evacuation site. Take a water bowl

large enough for soaking, and a heat source. Bring food if they need to eat often.

- Small mammals and chickens should be transported in secure carriers suitable for animals to live in while they are being sheltered. Take bedding materials, cage liners, food bowls and water bottles.
- Ask your pet's veterinarian about possible identification means for your animal if a microchip is not an option.

After the Disaster

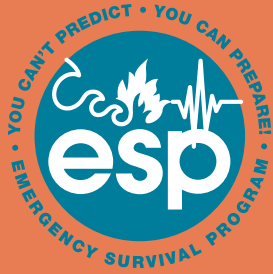
After the crisis has passed, it may be some time before you can return to your home, so be prepared for a stay of several days or even a week or two. Keep in mind that even if your house is intact and you are allowed to return, the area may not yet be safe for your pets.

Risks after a fire include burned or cut paws, eating or inhaling toxic substances or residues, escaping because of downed fences or other damage, loss of shelter and shade, and a lack of water supply, power supply, and other services. Many similar risks will be present after an earthquake or other disaster.

Keep in mind that when animals return to a changed landscape, they may be upset, disoriented, and easily stressed. Give them as much calm and normalcy as you can, and follow similar rituals whenever possible.

Pet Tip

Remember that pets may be confused and upset with the possible changes to their routine during and after a disaster. We suggest that pets get used to their pet carriers by letting them sleep in them (opened) from time to time so that they can equate it to something pleasant. Also, if possible, teach the pet some basic obedience commands or go to obedience training so that they can look to you for guidance and that they can possibly control their urge to run away after a disaster. Crate training and obedience training will also make it easier on the pet if they have to be in a shelter situation away from you or other family members for any length of time.



County of Los Angeles Office of Emergency Management

Back to School



A Safe Place to Learn

There is a lot that can be done by school officials to plan for disasters, to limit the risk, to protect the safety of students and teachers, and to ensure that schools recover quickly. However, the clock is ticking. The time to prepare is right now.

Many states now require specific disaster preparedness activities in their school systems. In California, for example, schools are required to have a disaster plan, to hold periodic “Drop, Cover, and Hold On” drills and to hold educational and training programs for students and staff. Whether mandated or not, all schools should have an emergency response plan that addresses the following:

- Identification of hazards and steps to reduce the risk
- Evacuation plans and routes

- Needs of students and staff with disabilities
- Onsite shelter plans
- Emergency supplies and equipment
- Plans for releasing students and school personnel
- Communication

Parents should know the policies and procedures of their children’s school during times of disaster or crisis. Parents should also make sure the school has their updated emergency contact information. Keep your children’s school emergency release card current.

While planning for a future disaster may seem overwhelming, it is not impossible, and the benefits far outweigh the time and trouble it takes to prepare a school plan.

It is also important for schools to plan in advance to deal with the problem of psychological trauma after a disaster. Signs to look for include withdrawn and/or more aggressive students, those acting overly responsible or parental, children who are edgy, jumpy, quick to anger, out of control or with a non-caring attitude. Encourage teachers to discuss these and other changes in behavior with parents.

What You Can Do Now

Parents have an important role in assuring the safety of their children whether at school or at home. Prepare a school emergency supplies kit for each of your children. Let them help you put the kit together. What they have on hand when a disaster occurs could make a big difference in their safety and survival. A list of some of the recommended items that could be included in each child’s emergency supplies kit is as follows:

- Emergency drinking water (3-day to one-week supply)

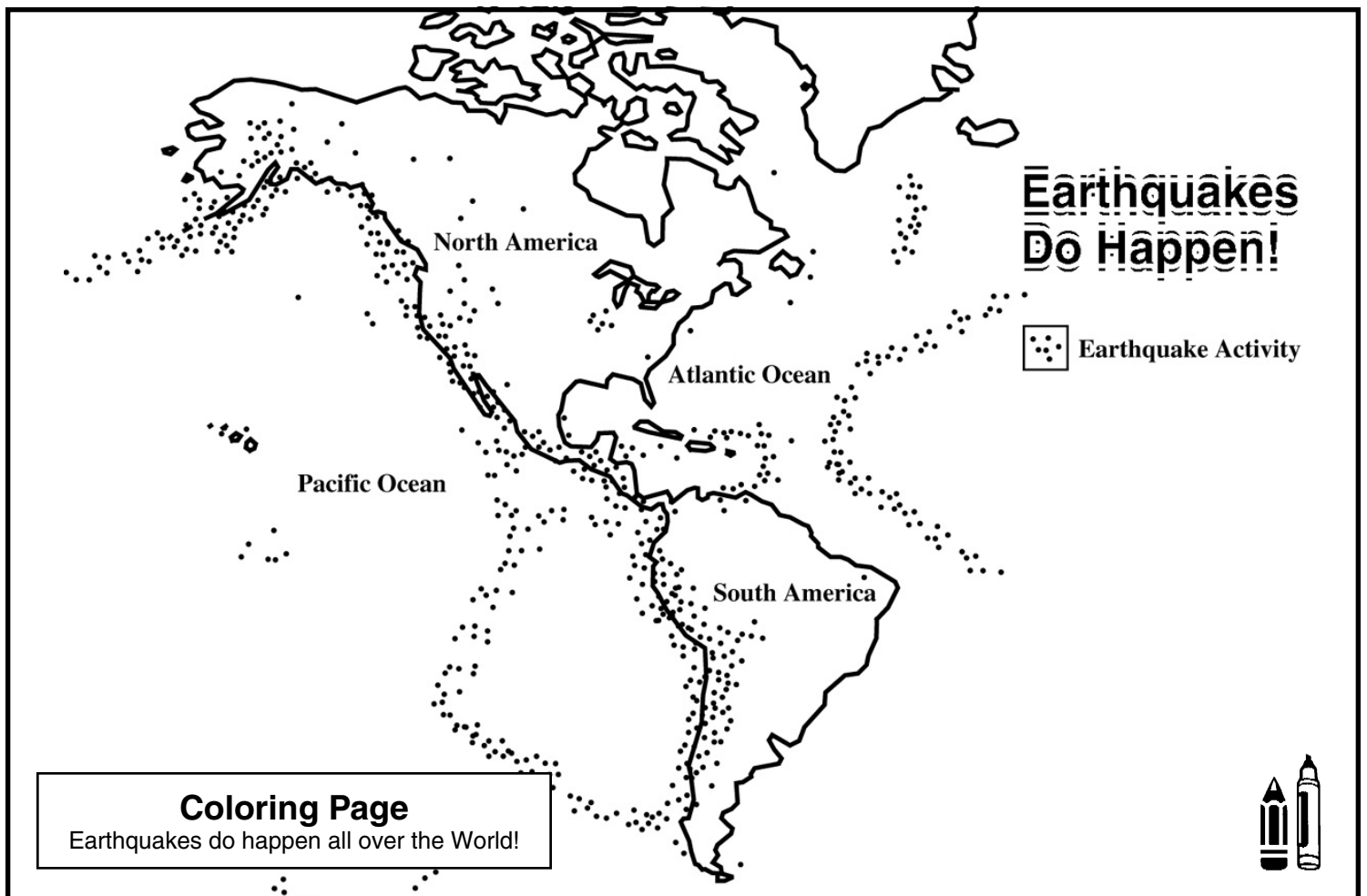
- Non-perishable food (3-day to one-week supply)
- First aid kit and book
- Essential medications
- Lightstick or a flashlight with extra batteries
- Identification card
- Family photos
- Towelettes
- Blanket
- Medical release card
- Emergency telephone numbers
- Change of clothing
- Favorite toy

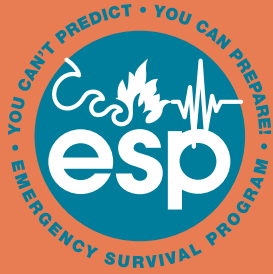
Teach your children what to do in an emergency and make sure they know their own names, addresses, and telephone numbers as well as the full names and contact information for parents and a second adult emergency contact.

A Special Note About Children

If earthquakes scare us because we feel out of control, think how much more true this must be for children who already must depend on adults for so much of their lives. It is important to spend time with children in your care before the next earthquake to explain why earthquakes occur. Involve them in developing your disaster plan, preparing earthquake bags, and practicing “Drop, Cover, and Hold On.” Consider simulating post-earthquake conditions by going without electricity or tap water for a few hours.

After the earthquake, remember that children will be under great stress. They may be frightened, their routine will probably be disrupted, and the aftershocks won’t let them forget the experience. Adults tend to leave their children in order to deal with the many demands of the emergency, but this can be devastating to children. Extra contact and support from parents in the early days will pay off later. Whenever possible, include them in the recovery process.





County of Los Angeles Office of Emergency Management

7 Steps to Earthquake Safety



The following steps are excerpted from *“Putting Down Roots in Earthquake Country.”* The full text can be viewed and print copies ordered at www.earthquakecountry.org/roots .

Step 1: Fix potential hazards in your home

- Install latches on kitchen cabinets
- Secure TVs, stereos, computers, etc. with Velcro straps. Use putty or wax adhesive for smaller items
- Hang mirrors and artwork from closed hooks
- Secure top-heavy furniture and appliances to walls
- Install flexible connectors on gas appliances
- Strap water heaters correctly to the wall
- Store flammable or hazardous materials on lower shelves or on the floor

Step 2: Create a disaster plan

- Practice “drop, cover, and hold on”
- Keep shoes and a flashlight next to each bed

- Take a Red Cross first aid and CPR course
- Know how and when to shut off utilities
- Learn how to properly use a fire extinguisher
- Select a safe place outside of your home to meet your family or housemates after the earthquake
- Designate an out-of-state contact person who can be called to relay information
- Keep your children’s school release card current

Step 3: Create disaster supplies kits

Keep a *personal disaster supplies kit* in your home, in your car, and at work, with at least the following:

- Medications and important medical information
- First aid kit and handbook
- Spare eyeglasses or contact lenses
- Bottled water and snack foods
- Whistle (to alert rescuers to your location)
- Emergency cash, in small bills
- List of out-of-state contact phone numbers
- Working flashlight with extra batteries and bulbs
- Personal hygiene supplies
- Copies of personal identification
- In addition to your personal disaster supplies kits, store a household disaster supplies kit with a three-day to one-week supply of items needed to live without normal services (water, electricity, etc.)

Step 4: Fix your building’s potential weaknesses

If your building needs the following retrofitting, you likely need to consult a professional:

- The framing of your house should be bolted at least every 6 feet to the perimeter of the concrete foundation (every 4 feet in a multistory building)
- Homes with a crawl space should have plywood connecting the studs of the short “cripple” walls
- Larger openings in the lower floor, such as a garage door, should be properly reinforced

- Masonry walls and chimneys should be reinforced

For those who rent: You control which apartment or house you rent. Ask the landlord these questions:

- What retrofitting has been done on this building?
- Have water heaters been strapped to the wall studs?
- Can I secure furniture to the walls?

Step 5: During earthquakes and aftershocks

Drop! Cover! and Hold On!

- During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly
- If you are in bed, hold on and stay there, protecting your head with a pillow
- The area near outer walls is very dangerous. Do not try to go outside during shaking
- If outside, move to a clear area if you can safely do so; avoid power lines, trees, and other hazards
- If driving, pull over to the side of the road, stop, and stay in your car until shaking stops

Step 6: After the earthquake, check for injuries and damage

Check for injuries:

- If a person is bleeding, put direct pressure on the wound. Use clean gauze or cloth, if available
- Administer rescue breathing if necessary
- Carefully check children or others needing special assistance
- Do not move seriously injured persons unless they are in immediate danger of further injury
- Get medical help for serious injuries

Check for damage:

- If possible, put out small fires immediately
- Shut off the main gas valve only if you suspect a leak. Wait for the gas company to turn it back on
- Shut off power at the main breaker switch if there is any damage to your house wiring. Unplug broken lights or appliances as they could start fires
- Hazardous materials such as bleach, chemicals, and gasoline should be covered with dirt or cat litter

- Stay away from chimneys or brick walls with visible cracks. Don't use a fireplace with a damaged chimney
- Stay away from downed power lines and objects in contact with them

Step 7: When safe, continue to follow your disaster plan

The first days after the earthquake...

Until you are sure there are no gas leaks, do not use open flames or operate any electrical or mechanical device that can create a spark. Never use the following indoors: camp stoves, gas lanterns or heaters, gas or charcoal grills, or gas generators. These can release deadly carbon monoxide or be a fire hazard in aftershocks.

- Turn on your portable or car radio for information and safety advisories
- Call your out-of-state contact, tell them your status, then stay off the phone
- Check on the condition of your neighbors
- If power is off, plan meals to use up refrigerated and frozen foods first
- If your water is off or unsafe, you can drink from water heaters, melted ice cubes, or canned vegetables
- Report damage to your local building department and to your local office of emergency services

If you cannot stay in your home...

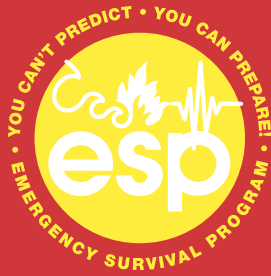
Because shelters will likely be overcrowded, do not leave home just because utilities are out of service or your home and its contents have suffered only moderate damage. If you do evacuate, tell a neighbor and your out-of-state-contact where you are going, and take your personal disaster supplies kits and other essentials.

HEALTH TIP: Earthquakes may result in physical damage and injuries, but they can also bring fear, confusion and uncertainty into everyday life. It is important to understand that strong emotional reactions to such events are normal. Re-establish daily routines for work, school, play, meals, and rest. Work with the support networks within your community.

WHAT TO DO WHEN...



- Drop! Cover! Hold on! Where you are when an earthquake hits should determine how you respond. Learn how to stay safe during an earthquake whether at home or on the go!
- Learn when it's best to "shelter in place" or evacuate!
- Learn the simple steps to maintain your sense of control in the event of a terrorist attack.



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Drop! Cover! Hold On!



Protect Yourself During Earthquake Shaking!

Official rescue teams from the U.S. and other countries who have searched for trapped people in collapsed structures around the world, as well as emergency managers, researchers, and school safety advocates, all agree that “Drop, Cover, and Hold On” is the appropriate action to reduce injury and death during earthquakes.

Immediately when Earthquake Shaking Begins:

DROP! down onto your knees (before the earthquake knocks you down). This position makes you a smaller target but allows you to still move if necessary.

COVER! your head and neck (or your entire body) under a strong table or desk. If there is no table to get under, get down near an interior wall and cover your head and neck with your arms and hands.

HOLD ON! to the furniture or to your head and neck until the shaking stops. Be prepared to move with your shelter if the shaking shifts it around.

Earthquakes occur without any warning and may be so violent that you cannot run or crawl; you therefore will most likely be knocked to the ground where you happen to be. But, if possible, take cover away from exterior walls of a building which are the most dangerous places to be. Windows, facades and architectural details are often the first parts of the building to collapse. To stay away from this danger zone, stay inside if you are inside and outside if you are outside.

Given the dynamics of earthquakes and their effects on structures, “Drop, Cover, and Hold On” is the single most useful instruction that you can follow to protect yourself in the majority of situations. It gives you the best overall chance of protecting yourself during an earthquake... even during quakes that cause furniture to move about rooms, and even in buildings that might ultimately collapse.

DO NOT Head for the Doorway

An enduring earthquake image of California is a collapsed adobe home with the door frame as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. True—if you live in an old, unreinforced adobe house. In modern houses, doorways are no stronger than any other part of the house.

You are safer taking cover under a sturdy table or desk.

If you are...

Indoors: Drop, cover, and hold on. During earthquakes, drop to the floor, take cover under

a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops. If you are not near a desk or table, drop to the floor against the interior wall and protect your head and neck with your arms. Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and kitchen cabinets with heavy objects or glass. Do not go outside!



In bed: If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are. Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways.



In a high-rise: Drop, cover, and hold on. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.



Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards.



Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If a power line falls on the car, stay inside until a trained person removes the wire.

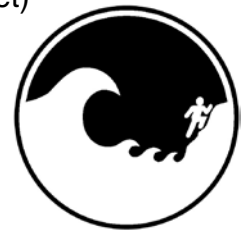


In a stadium or theater: Stay at your seat and protect your head and neck with your arms. Don't try to leave until the shaking is over. Then walk out slowly watching for anything that could fall in the aftershocks.



Near the beach: Drop, cover, and hold on until the shaking stops. Estimate how long the shaking lasts. If severe shaking lasts 20 seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake. Move inland 3 kilometers (2 miles) or to land that is at least 30 meters (100 feet)

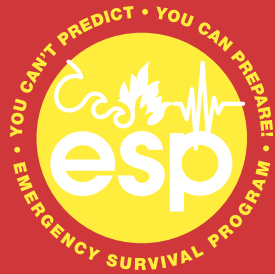
above sea level immediately. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.



Below a dam: Dams can fail during a major earthquake. Catastrophic failure is unlikely, but if you are downstream from a dam, you should know flood-zone information and have prepared an evacuation plan.

Triangle of Life? You may have received an email that seems to make sense, but unfortunately it actually has dangerous instructions and is promoted by someone whose credibility has been broadly questioned. Learn more at www.earthquakecountry.org/dropcoverholdon.

Adapted from Putting Down Roots in Earthquake Country, published by the Southern California Earthquake Center and available online at www.earthquakecountry.org.



County of Los Angeles Office of Emergency Management

Shelter in Place? Or Evacuate?

Shelter in Place or Evacuate? That is the Question!

Chemical releases and accidents involving gasoline, oil, paints and other hazardous materials could cause a wide range of serious injuries and possibly death from exposure to vapors, fumes and smoke.

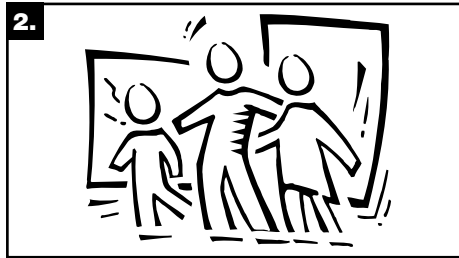
Sometimes, local officials may ask the public to protect themselves by staying inside their homes, cars and offices. At other times, local officials may order an evacuation, know the difference between these two protective measures.

BEFORE

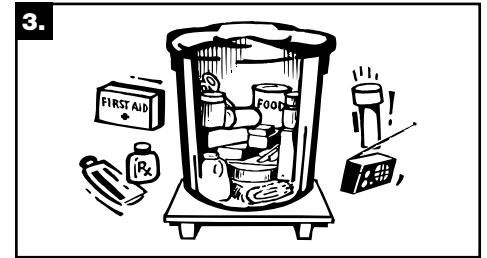


1. **CONDUCT** a hazard hunt of your home, business, school and community.

SHELTER IN PLACE



2. **DEVELOP** a plan for your family, business, school and community that includes places where you could reunite if you are forced to leave.

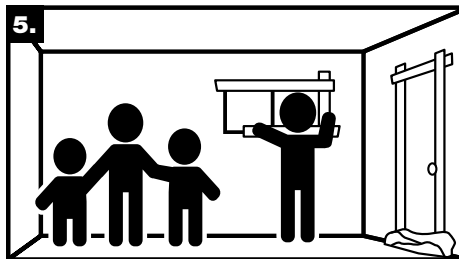


3. **STORE** at least a 72-hour supply of food, drinking water (one gallon per person per day for a three-day to a three-week supply) and other supplies.

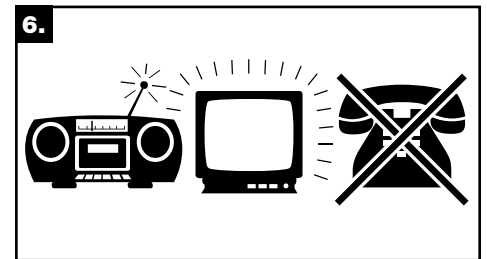
DURING



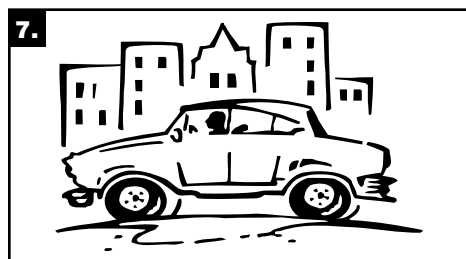
4. **GO** indoors immediately. If indoors, **STAY** indoors. **STAY** in your car if driving. **CLOSE** doors, windows, vents and openings. **SHUT OFF** heating and air conditioning systems, and close ventilation systems.



5. **GO** to the room with the least amount of windows, doors and other openings. **SEAL** openings or cracks with duct tape, plastic sheeting or wet towels. **COVER** your face and mouth with a wet cloth.



6. **LISTEN** and watch for instructions from local officials. Use the phone only for emergencies.



7. **STAY** inside your vehicle until advised that it is safe to go outside.

AFTER



8. **VENTILATE** your house, apartment, building or vehicle. **STAY** outdoors during ventilation.

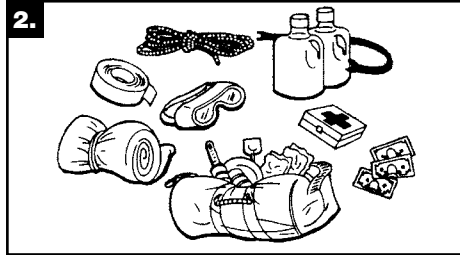
EVACUATION

Evacuation orders may come with little or no warning. Even so, you can use the tips below to prepare for the possibility of evacuating as part of your personal preparedness efforts at home and work.

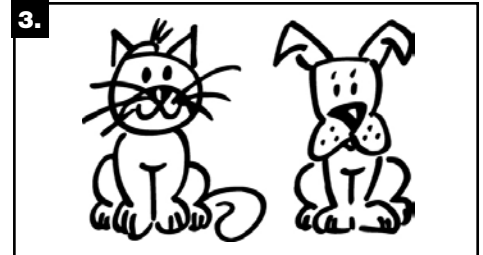
BEFORE



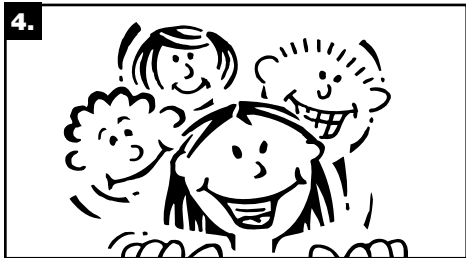
1. IDENTIFY possible places to reunite with family members after the event as part of your emergency plans.



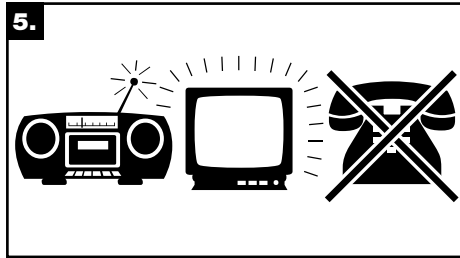
2. ASSEMBLE enough food, drinking water, medicines, and other supplies to last at least three days in an emergency kit or backpack that is easy to transport.



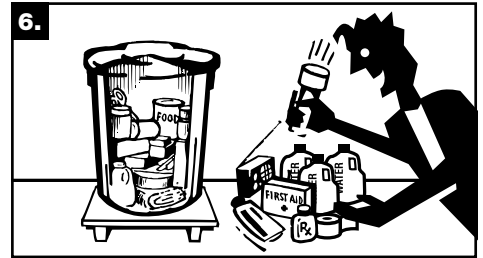
3. IDENTIFY facilities that care for pets during disasters since pets are not allowed in American Red Cross shelters. (In-service animals excluded).



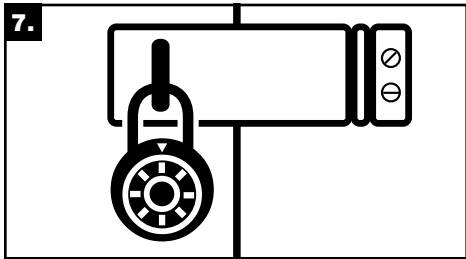
4. MAKE plans for children, seniors and others with special needs. **CHECK** with your schools, work place and other sites about their evacuation plans.



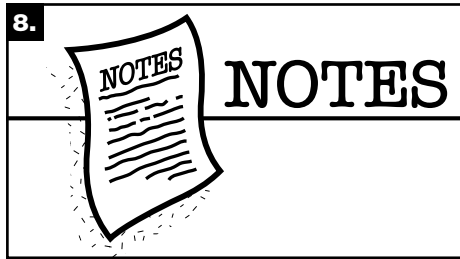
5. LISTEN to the radio or watch TV for information from local officials. **FOLLOW** their instructions. **REMAIN** calm. Use the phone only to report life-threatening emergencies.



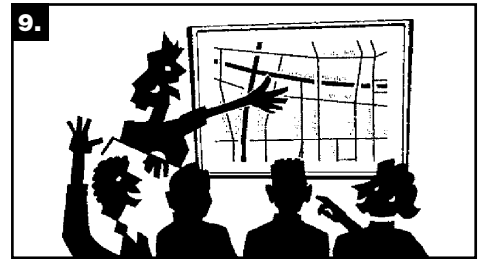
6. RETRIEVE emergency supplies and evacuation kits if possible. Be sure to include medications.



7. SECURE the building if possible. **TURN OFF** utilities only if instructed to do so by local officials.

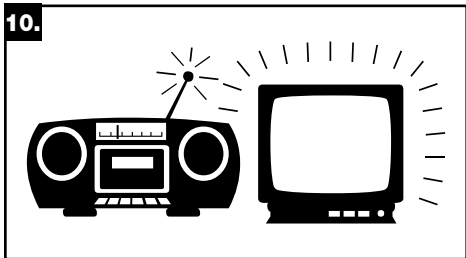


8. LEAVE a note indicating your destination if possible.

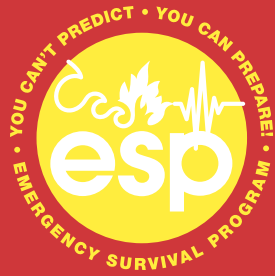


9. REPORT to the evacuation site, using recommended routes given by local officials.

AFTER



10. LISTEN for further instructions from local officials.



County of Los Angeles Office of Emergency Management

Terrorism



Terrorists are Not in Charge!

Earthquakes, floods and wildfires are frightening experiences for most of us. Fear is a natural human reaction to natural disasters and other events that hit suddenly and seem to threaten our safety, our loved ones, and our daily lives. Terrorists use this natural reaction to multiply the effect of their actions in order to advance their political or social goals. Like bullies in the schoolyard, terrorists want to intimidate and frighten others to get their own way.

Until recently, many Americans believed that terrorism only affected other countries. Now we know that it can happen here, but we don't know where or when. Much of the fear caused by terrorism—or the threat of it—is based on this uncertainty: not knowing whether it will hurt us or our loved ones directly, or whether it will target our own community or workplace.

Governmental officials are working hard to find terrorists and to limit their ability to harm Americans. At the same time, there is a lot that each of us can do to limit the terrorists' ability to frighten us. The terrorists are not in charge. We have control over our peace of mind and can help ensure our safety by taking some of the same actions that we would take to prepare for earthquakes, floods, or fires. We can also contribute to the safety of others by becoming more aware of our surroundings and reporting suspicious activities or items to local officials.

The simple steps listed on this sheet will help you maintain your sense of control, and they could make a big difference in your personal safety in any emergency.

What You Can Do Now

Preparing for terrorist attacks is the same as preparing for earthquakes, fires, and other emergencies. It all starts with a family emergency plan.

- Evacuation: Whether you are at home, at work, or in a public place, think of how you could leave quickly and safely. Locate stairways and emergency exits. Pay attention to posted evacuation signs in buildings, subways and crowded public areas.
- Out-of-state contact: Think how you will get in contact with your family if you become separated. Choose an out-of-state contact that your family members or friends can call to check on each other.
- Meeting place: Decide where you and family members will meet if the emergency affects your home, or if officials have to evacuate

your neighborhood.

- School plans: Learn the emergency plans at your children's schools, and make sure the school has your updated emergency contact information. Give written permission to a trusted friend or neighbor to pick up your children from school or day care in case you cannot get there on time.
- Preparation for children: Teach your children what to do in an emergency, and make sure they know their own names and addresses, as well as the full names and contact information for parents and a second adult emergency contact.

Finally, review your emergency plan and assemble and maintain an emergency supply kit at home, at work, and in your car.

What You Can Do During an Attack

Terrorists are counting on surprise, fear, and confusion to add to the impact of their actions. If you realize an attack is underway, gather all your strength to pause and think. Look around you to see what is happening, and what immediate steps you can take to protect yourself and others.

- If there is flying debris, drop down; take cover under something sturdy, and hold on to it with one hand while protecting your head and neck with the other.
- If there is smoke, get near the floor, cover your mouth and nose with a cloth, and move carefully toward the nearest marked exit.
- If it is necessary to evacuate, try to do so calmly. Use only marked exits and stairways. Never use elevators. Help others who are moving more slowly or who may be disoriented.

If you are not directly affected by the attack, try to stay calm, think before you act, encourage others, and comfort children. Turn on news radio or television, and listen for official instructions. Follow the directions of authorities.

What You Can Do After an Attack

Try to stay calm. Think before you act. Don't let terrorists get what they want most: to hurt a few people in order to intimidate many.

- Stay informed. Listen to official reports and instructions on the radio or television.
- If officials order an evacuation, cooperate quickly and follow their instructions regarding evacuation routes and shelter locations.
- If officials tell you to "Shelter in Place," they mean for you to stay inside your home, vehicle or workplace until it is safe to come out. They will provide you with detailed instructions.
- Do not leave your sheltered location or return to the evacuated area until local officials confirm that it is safe to do so.
- Implement your family emergency plan and notify your out-of-state contact of your location and status.
- Be aware of the psychological impact that terrorism can inflict even when it happens to people you do not know personally.

NATURAL DISASTERS & EXTREME WEATHER



- Earthquakes are a reality of life in Southern California. Learn the 7 Steps to Earthquake Safety.
- Learn what to do before and after a flood hits and how to prepare.
- Learn to reduce the risk of injury and property loss from landslides, mudslides and other types of ground failure.
- Understand the real threat of a tsunami and learn smart ways to react.
- Learn how to protect your home from wildfires and prepare your household for evacuation.
- Prevent injuries from excessive heat exposure and learn to spot heat related conditions and symptoms.
- Be prepared for fire or ice!



County of Los Angeles Office of Emergency Management

Earthquake: Fact or Fiction?



What Should I Do During an Earthquake?

Drop! Cover! Hold On! Drop to the floor; take cover under a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops. This is the safest action when the earth begins to shake. If you are not near a desk or table, drop to the floor against an interior wall and protect your head and neck with your arms. If you are in bed, hold on and stay there, protecting your head with a pillow.

Recently an e-mail has been circulating which describes actions to take during an earthquake, including an alternative to **Drop! Cover! Hold On!** and advice to run outside when an earthquake begins. The advice in this e-mail is potentially life-threatening, and the author has been broadly discredited.

The Federal Emergency Management Agency (FEMA), the American Red Cross, and other official preparedness organizations reaffirm that **Drop! Cover! Hold On!** is the appropriate action to reduce injury and death during earthquakes. You are much more likely to be injured by falling or flying objects (TVs, lamps, bookcases, etc.) than to die in a building collapse. The **Drop! Cover! Hold On!** position will protect you from most of these objects. The alternative theory leaves you exposed to injury. Most injuries in U.S. earthquakes occur when people inside buildings attempt to move to a different location inside the building or try to leave.

Practice **Drop! Cover! Hold On!** at school, in the office, and other buildings so that when the earth shakes, you'll be ready.

Should I get in a doorway during an earthquake?

An enduring earthquake image of California is a collapsed adobe home with the door frame as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. True—if you live in an old, unreinforced adobe house. In modern houses, doorways are no stronger than any other part of the house and usually have doors that will swing and can injure you. It is much safer to **Drop! Cover! Hold On!**

Can earthquakes be predicted?

Scientists continue to study all aspects of earthquakes, including how they may be predicted. Unfortunately no method has been shown to be reliable in any timeframe. To be useful, predictions must be specific in time, location, and size. We know there will be hundreds of earthquakes throughout seismic regions each year, but very few will be large enough to cause damage, and we don't know exactly when and where

the large earthquakes will occur. Until this information can be known, it is important to always be ready for large earthquakes that may happen anytime.

Do big earthquakes always happen in the early morning?

This myth may be so common because we want it to be true. Several recent damaging earthquakes have been in the early morning, so many people believe that all big earthquakes happen then. In fact, earthquakes occur at all times of day. The 1933 Long Beach earthquake was at 5:54 pm and the 1940 Imperial Valley event was at 8:37 pm. More recently, the 1992 Joshua Tree earthquake was at 9:50 pm and the 2003 San Simeon event was at 11:15 am. It is easy to notice the earthquakes that fit the pattern and forget the ones that don't.

What is earthquake weather?

Many people believe that earthquakes are more common in certain kinds of weather. In fact, no correlation with weather has been found. Earthquakes begin many kilometers below the region affected by surface weather. Again, people tend to notice earthquakes that fit the pattern and forget the ones that don't! Also, every region of the world has a story about earthquake weather, but the type of weather is whatever they had for their most memorable earthquake.

Will California fall into the ocean?

The idea of California falling into the ocean has had an enduring appeal to those envious of life in the Golden State. Of course, the ocean is not a great hole into which California can fall, but it is itself land at a somewhat lower elevation with water above it. The motion of plates will not make California sink—California is moving horizontally along the San Andreas fault and up around the Transverse Ranges.

Is there anywhere in California I can escape earthquakes?

Most seismologists believe that damaging earthquakes can occur virtually anywhere in California. Historically, much of the Central Valley, north of Bakersfield and the north-easternmost part of the state have had lower levels of seismic activity than the coastal regions, the Sierra Nevada, or Southern California.

We have good building codes so we must have good buildings, right?

The best building codes in the world do nothing for buildings built before a code was enacted. While the codes have been updated, the older buildings are still in place. Fixing problems in older buildings—retrofitting—is the responsibility of the building's owner.

Will the earth open up and swallow me or my home?

A popular literary device is a fault that opens during an earthquake to swallow up an inconvenient character. However, gaping faults exist only in novels and movies. The ground moves across a fault during an earthquake, not away from it. If the fault could open, there would be no friction. Without friction, there would be no earthquake!

LEARN MORE

Portions of this bulletin are from Putting Down Roots in Earthquake Country (www.earthquakecountry.info) and are used with permission of the Southern California Earthquake Center (www.scec.org). These websites have more information about earthquake hazards and what to do before, during and after a large earthquake. Experiencing an earthquake can be a frightening and confusing experience. Knowing what just happened can reduce our fear and help us understand what to expect next. Several websites will have information quickly after major earthquakes. To know where the earthquake was centered and its magnitude, visit www.data.scec.org. To know how strongly the ground shook throughout the region, visit <http://earthquake.usgs.gov/shakemap>. To report your experience in the earthquake and see maps of what other people report, visit <http://pasadena.wr.usgs.gov/shake/ca>. Similar websites also exist for other areas of the U.S. and can be accessed through these links.

More information about what to do during an earthquake is at www.dropcoverholdon.org.



County of Los Angeles Office of Emergency Management

Floods



Don't Get Swept Off Your Feet!

Floods are one of the most common hazards in the United States. They can cause deaths, injuries, significant property damage, and also contaminate drinking water and disrupt electrical service. These effects can be local, impacting a neighborhood or community, or regional, affecting entire river basins and multiple states.

All floods are not alike. Some floods develop slowly, sometimes over a period of days. Flash floods can develop quickly, sometimes in just a few minutes and without any visible signs of rain. Flash floods often have a dangerous wall of roaring water that carries rocks, mud, and other debris and can sweep away most things in its path. Overland flooding occurs outside a defined river or stream, such as when a levee is breached, but still can be

destructive. Flooding can also occur when a dam breaks, producing effects similar to flash floods.

Be aware of flood hazards no matter where you live, but especially if you live in a low-lying area, near water, or downstream from a dam. Even very small streams, gullies, dry streambeds, or low-lying ground that appear harmless in dry weather can flood. Be very cautious when near or crossing streams, rivers, flood control channels and flooded intersections. Every state is at risk from this hazard.

Use this information and the recommendations on the reverse side of this Focus Sheet to help reduce your risk of death, injury, and property losses from flooding wherever you live, work, or play.

Before the Flood Warning or Watch

Be prepared to respond to flooding by taking the following actions before the rains and flooding begin:

- Assemble emergency supply kits for your home, workplace, and vehicle.
- Store a seven-day supply of food and water (at least one gallon per person, per day) in closed, clean containers.
- Store the following materials for protecting your home in a location away from potential flooding:
 - Sandbags
 - Plastic sheeting
 - Plywood
 - Lumber
- Teach children not to play in or near rivers,

streams, or other areas of potential flooding.

- Maintain fuel in your cars; electrical outages might make gasoline pumps inoperable.
- Identify safe routes from your home or work place to high, safe ground. Determine whether you can use these routes during flooding or storms. Be familiar with your geographic surroundings.
- Check with your local public works building or planning department to see if you live in an area subject to flooding.
- Clear debris and overgrowth from gutters and storm drains.
- Notify your local department of public works about debris and overgrowth in public drainage facilities.
- Work with neighbors to solve potential drainage problems and to avoid diverting debris onto their properties. Consult a licensed civil engineer if you're in doubt.
- Identify an out-of-state contact so that friends and relatives can obtain information about your condition and whereabouts.

When there is a flood warning or watch

- Relocate valuables from lower to upper floors.
- Be prepared to move to a safe area, before flood waters cut off access, when local authorities advise.
- Disconnect all electrical appliances or turn off electric circuits at the fuse panel or circuit breaker panel before evacuating.

During the flood

- Avoid unnecessary trips.
- Do not drive or walk through moving water. You can be knocked off your feet in as little as 6 inches of water.
- Do not "sightsee" or enter restricted areas.
- Stay away from streams, rivers, flood control channels and other areas subject to sudden flooding.
- Move to higher ground if you're caught by rising waters.

- Listen to the radio or watch television for information and instructions.
- Use the phone only to report dangerous conditions or emergencies that are life threatening. Report damaged utilities to the appropriate agencies.

After the flood

- Listen to the radio or watch television for information and instructions from local officials.
- Call your utility companies to restore service.
- Do not use fresh or canned foods that have come in contact with flood waters.
- Follow the instructions of local officials regarding the safety of drinking water. Boil or purify water if you're in doubt. Pump out wells and test the water before drinking.
- Avoid going into disaster areas.
- Stay away from live electrical equipment in wet areas. Check electrical equipment or appliances that come in contact with water before using them.
- Maintain a safe distance from downed power lines and broken gas lines; immediately report them to the appropriate utility.
- Use flashlights, rather than lanterns, candles or matches, to check on the condition of buildings. Flammables may be present.

Flood insurance

Damage and other flooding losses are not covered by most homeowner's insurance policies. However, the Federal Emergency Management Agency (FEMA) offers special flood insurance through its National Flood Insurance Program. Contact your insurance agent or call FEMA at (800) 638-6620 or visit www.fema.gov for more information.

Extracted and adapted from "Be Winter Wise," published by the California Governor's Office of Emergency Services, "Be Flood Aware," published by the Los Angeles County Department of Public Works, and FEMA's Flood website (www.fema.gov/hazard/flood).



County of Los Angeles Office of Emergency Management

Landslides and Mudslides



The Ground Can Move Without a Quake!

When most people think about ground movement, they probably envision images of the ground below them moving from side to side, or up and down, during an earthquake.

It is important that residents who live on steep hillsides and in canyons be prepared for landslides. Areas that don't have grass, trees, shrubs and plants, such as after a fire, are more likely to have landslides. This includes sliding, falling and flowing soil, rock, mud, brush and trees, especially during or after heavy rains.

Slow-moving landslides can cause significant property damage, but they usually don't cause

injury or death. Mudslides, however, are much more dangerous. According to the California Geological Survey, mudslides can easily exceed speeds of 10 miles per hour and often flow at rates of more than 20 mph. Because mudslides travel much faster than landslides, they can cause deaths, injuries and significant property damage.

Wherever you live, work, or play, take the actions on this sheet to help reduce your risk of death, injury and property losses from landslides, mudslides and other types of ground failure.

Before the Landslide/Mudslide

You can reduce the potential impacts of land movement by doing the following:

- Assume that burn areas and canyon, hillside, mountain and other steep areas are more likely to have landslides and mudslides.
- Limit the height of plants near buildings to 18 inches.
- Use plants and bushes that are less likely to burn and keep them watered. This not only helps with landslides/ mudslides but is also helpful for fire safety.
- Water landscape to promote early growth.
- Eliminate litter and dead and dry vegetation.
- Inspect slopes for increases in cracks, holes and other changes.
- Build away from steep slopes.
- Build away from the bottoms or mouths of steep ravines and drainage facilities.

- Consult with a soil engineer or an engineering geologist to minimize the potential impacts of landslides.
- Develop a family plan that includes:
 - Out-of-state contact
 - Place to reunite if family members are separated
 - Routes to evacuate
 - Locations of utility shut-offs
- Store the following emergency supplies:
 - Food
 - Water
 - First aid kit
 - Flashlights and batteries
 - Battery-operated radios
 - Special medications/eye care products
- Store an evacuation kit that includes:
 - Cash (small bills and change)
 - Important documents
 - Birth certificates
 - Insurance policies
 - Marriage certificates
 - Mortgage documents
 - Irreplaceable objects
 - Games, toys for children
- Purchase supplies to protect your home:
 - Hammer
 - Nails
 - Plywood
 - Rain gauge
 - Sand
 - Sandbags
 - Shovel
- Contact your local public works department for information on protection measures.

When It Rains

- Monitor the amount of rain during intense storms. More than three to four inches of rain per day, or 1/2-inch per hour, have been known to trigger mudslides.
- Look for geological changes near your home:
 - New springs
 - Cracked snow, ice, soil or rocks
 - Bulging slopes
 - New holes or bare spots on hillsides
 - Tilted trees
 - Muddy waters
- Listen to the radio or watch television for information and instructions from local officials.
- Implement protection measures when necessary:
 - Anticipate runoff and place sandbags in areas as needed
 - Board up windows and doors
- Prepare to evacuate if requested to do so.
- Respect the power of the potential mudslide. Remember, mudslides move quickly and can cause damage and kill.
- Prioritize protection measures:
 - Make your health and safety and that of family members the number one priority.
 - Make your home the number two priority.

Key Considerations

- Use permanent measures, rather than sandbags, if possible.
- Deflect, rather than stop or dam, debris.
- Use solutions that do not create problems for your neighbors.

Extracted and adapted from the Los Angeles County Department of Public Works publication "Homeowners Guide for Flood, Debris and Erosion Control" and the California Department of Conservation publications "Hazards from Mudslides—Debris Avalanches and Debris Flows in Hillside and Wildfire Areas" and "Landslide Facts."



County of Los Angeles Office of Emergency Management

Tsunamis



You Can't Surf These Waves!

You may not live near the coast, but you may visit beaches and coastal cities. Wherever you live, work or play, use the information on the reverse side of this ESP information sheet to learn more about the tsunami threat and what to do if a tsunami occurs or if a tsunami watch or warning is issued.

Contrary to popular belief, a tsunami isn't one giant wave. It is a series of waves most commonly generated by great earthquakes below the ocean floor. Underwater landslides also can cause tsunamis.

Tsunamis can travel at speeds up to 500 miles per hour in the open sea and reach heights of up to 100 feet in shallow coastal waters. Usually, however, tsunamis that reach California average 10 feet in height and peak in the 20-40 foot range.

The first tsunami wave is seldom the highest or the last. Waves will continue to arrive for several hours, spaced minutes to hours apart. In fact, hundreds and perhaps thousands of people in the affected south Asian nations died in the catastrophic 2004 tsunami when they went to the ocean to see the impacts of the first waves and were swept to their deaths when subsequent waves struck.

The time it takes for tsunami waves to reach the coast depends on where the earthquake or underwater landslide occurs. A tsunami caused by an earthquake a few miles off the coast is called a "locally generated" tsunami. It will arrive within minutes of the quake. Residents of coastal communities probably will feel such an earthquake. The earthquake may be the only warning of an approaching tsunami so it is important to respond quickly.

The Threat in California

Tsunamis caused by large earthquakes centered near Alaska and other distant parts of the Pacific Ocean are called "distant source" tsunamis. The first waves from these events take several hours to reach the California coastline. The West Coast and Alaska Tsunami Warning Center will issue a Tsunami Warning or Tsunami Watch if an Alaskan or Pacific tsunami threatens California.

More than a dozen tsunamis with waves three feet high or more have struck California since 1812. Six caused damage. The tsunami generated by the 1964 Alaska earthquake killed a dozen Crescent City residents and caused more than \$34 million in damage. Three tsunamis flooded Santa Barbara

during the 1800's; a tsunami resulting from a Chilean earthquake damaged a pier in San Diego Harbor in 1960; and one-foot waves resulted from the 1992 Cape Mendocino earthquake were detected near Santa Barbara.

Historically, while tsunamis have caused greater casualties and damage in northern California, and while the threat of local and distant tsunamis is greater on the north coast, southern California also has significant risk because of its large coastal population.

Most common mention of tsunamis in California is when a tsunami advisory is given.

What is a tsunami advisory?

- A tsunami advisory indicates a tsunami which may produce strong currents and is dangerous to those in or very near where the water is expected.
- Large inundations are not expected in areas under advisory status.**
- Advisories will be cancelled, extended, or upgraded to a warning depending on the event severity.
- Advisories are issued when the expected tsunami amplitude is in the range of 0.3 to 1 meter.

Before the next tsunami or tsunami warning

- Determine the elevation of your home and how far it is from the coast. Know whether you live in a tsunami danger zone.
- If you live within a couple of miles of the coast, identify a location to go if a tsunami strikes. The location should be at least two miles inland or 100 feet above sea level.
- Learn the signs of an approaching tsunami. If the tide rises or recedes rapidly, move immediately inland to higher ground.
- Ask local emergency officials or your planning department what areas are susceptible to the flooding from a tsunami.
- Locate refuge areas and learn evacuation

routes that are safe.

- Develop or update your family's emergency plan.
- Assemble an emergency supply kit, if you haven't done so. Include a portable radio.
- Identify a friend or relative living in another state as your family point of contact.
- Learn first aid.
- Teach family members how and when to turn off the utilities.
- Join a Community Emergency Response Team.

During and after the tsunami or tsunami watch

- If you feel an earthquake, **Drop! Cover! Hold On!** until the shaking stops. Estimate how long the shaking lasted. If severe shaking lasted 20 seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake.
- Move inland two miles or to land that is at least 100 feet above sea level immediately. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.
- Stay away from coastal or low-lying areas until an "all clear" notice has been issued by local emergency officials. Waves might continue to arrive for several hours.
- Use common sense. Do not go to the coast to see a tsunami. Tsunamis are not like regular waves. They are much faster, higher and are filled with debris.
- Obey evacuation notices. Listen to the radio or watch television for emergency information and instructions from local officials about re-entry.
- Contact your local office of emergency services for more information about preparing for tsunamis.

Extracted and adapted from "Tsunami! How to Survive This Hazard on California's North Coast," Humboldt Earthquake Education Center, Humboldt State University, Arcata, CA; Other sources included the FEMA publication "Are You Ready? Your guide to disaster preparedness," and from information provided by the California Emergency Management Agency (Cal EMA), Earthquake and Tsunami Program and NOAA's National Weather Service West Coast and Alaska Tsunami Warning Center.



County of Los Angeles Office of Emergency Management

Wildfires



Get Ready, Set, Go!

On August 26, 2009, an arsonist ignited the Station Fire in the Angeles National Forest bordering Los Angeles County, and became the largest wildfire in its recorded history. It burned 160,577 acres – roughly the size of the City of Chicago – killed two Los Angeles County firefighters, and burned until mid-October. Fire is, and always has been, a natural part of Southern California’s landscape. These wildfires are often fueled by dry vegetation and driven by hot, dry “Santa Ana” winds, making them extremely dangerous and impossible to control. Fire season is now year-round and requires everyone to be on heightened alert, especially for those living in wildland area communities.

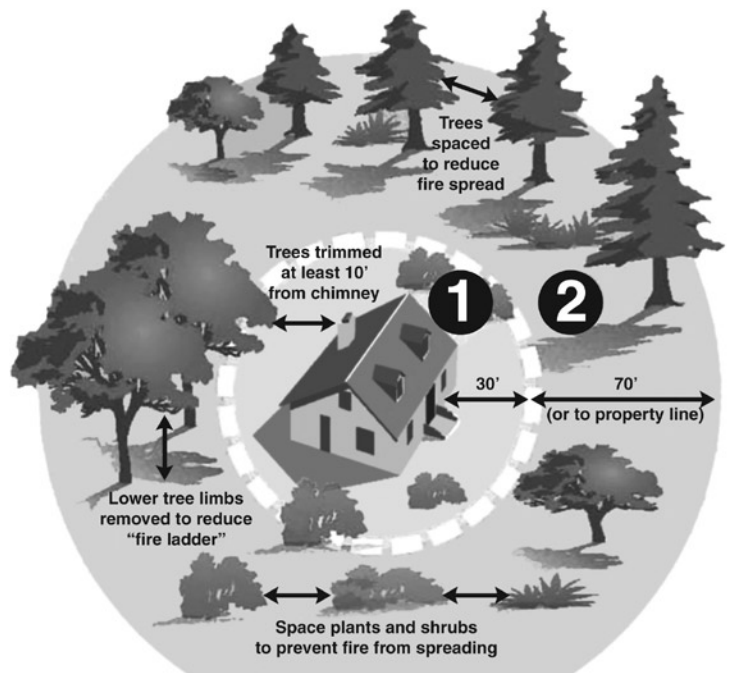
Following these simple steps from the Ready, Set, Go! Personal Wildfire Action Plan may save your

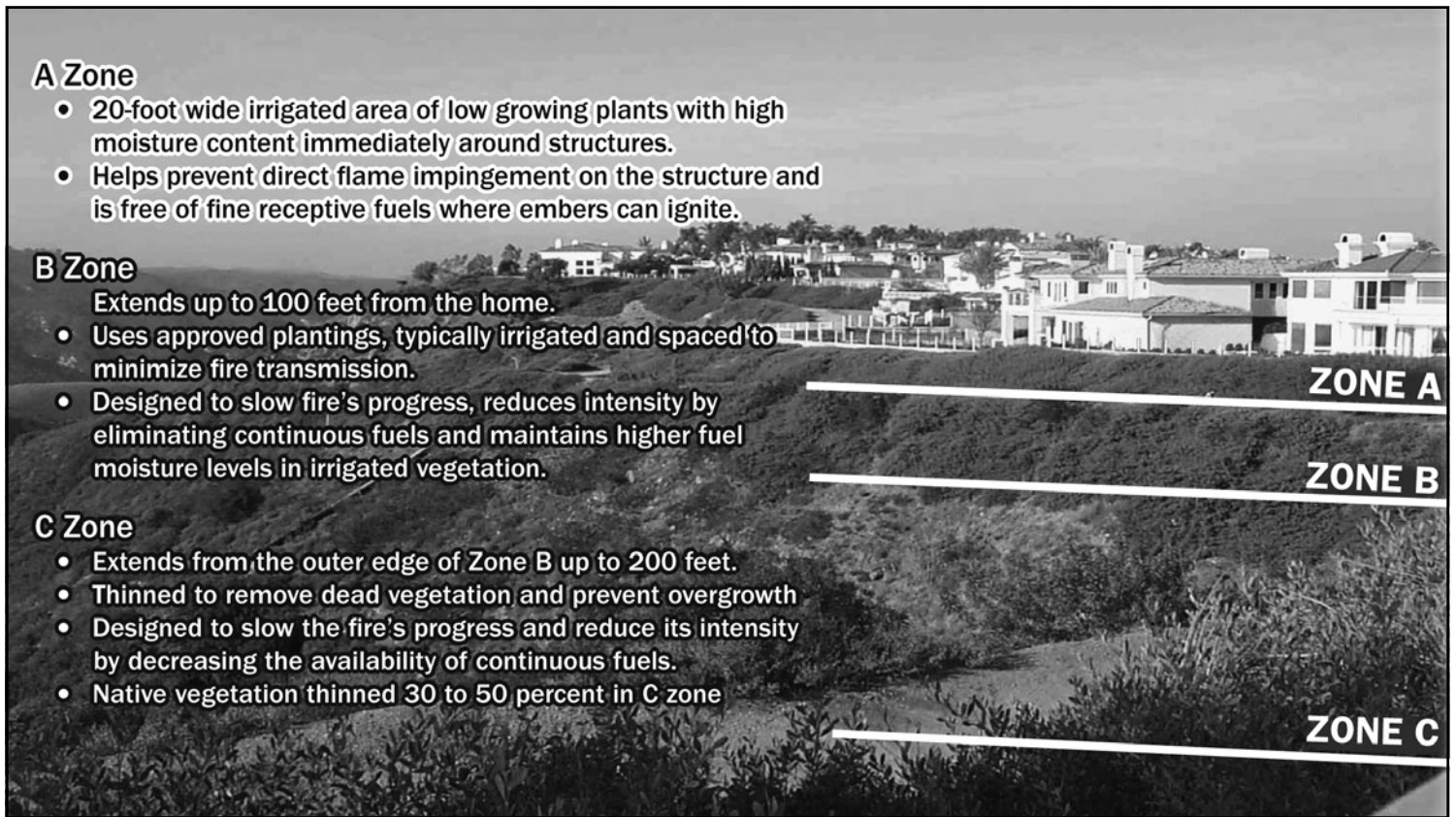
life, your family, and protect your home from a devastating wildfire.

Create Defensible Space Around Your Home

Defensible space is the area around your home that is free of flammable plants and objects. This space is wide enough to prevent the flames and heat from a wildfire to reach your home. There are two zones to help protect your property, as you can see in the diagram above. Zone 1 extends 30 feet out from all buildings, structures, decks, etc. To increase your protection, remove flammable vegetation within 30 feet of your home, or 50 feet if you live in areas determined to be “High Hazard.”

In Zone 2, thin out or remove vegetation an additional 70 feet from your home, for a total of 100 feet. High Hazard Areas may require up to 100 additional feet, for a total of 200 feet.





A Zone

- 20-foot wide irrigated area of low growing plants with high moisture content immediately around structures.
- Helps prevent direct flame impingement on the structure and is free of fine receptive fuels where embers can ignite.

B Zone

Extends up to 100 feet from the home.

- Uses approved plantings, typically irrigated and spaced to minimize fire transmission.
- Designed to slow fire's progress, reduces intensity by eliminating continuous fuels and maintains higher fuel moisture levels in irrigated vegetation.

C Zone

- Extends from the outer edge of Zone B up to 200 feet.
- Thinned to remove dead vegetation and prevent overgrowth
- Designed to slow the fire's progress and reduce its intensity by decreasing the availability of continuous fuels.
- Native vegetation thinned 30 to 50 percent in C zone

Get READY...Get in the Zone!

You can make your home more defensible so that it has the greatest chance of surviving a wildfire. For homes in High Fire Hazard Areas, the Los Angeles County Fire Department's Fuel Modification Program helps protect homes and neighborhoods by requiring specific vegetation planted in three zones (Zones A, B, and C).

Take a look at these three zones to become more familiar with what should be planted around your home. When added up, these zones extend over 300 feet from your home, and each is designed to keep wildfire from reaching your home.

Learn How to "Harden" Your Home

Embers from a wildfire will find the weak link in your home's construction and the quality of the "defensible space" surrounding it. You can safeguard your home by assessing it and taking these steps to "harden" it from the threat of wildfire:

- Roof your home with fire-resistant material.
- Block any spaces to prevent ember intrusion.
- All vent openings should be covered with 1/8 inch metal mesh. Fiberglass will melt and burn.
- Ensure that all trees are far away from power lines.
- Install dual-paned windows with exterior tempered glass to reduce breakage in a fire. Heat from a wildfire can cause windows to break before the home ignites.
- Fire-resistant building materials, such as brick, cement, masonry, or stucco, provide more protection than wood-siding.
- Keep a fire extinguisher and tools, such as a shovel, rake, bucket, and hoe, easily accessible.
- Screen or enclose rain gutters to prevent accumulation of plant debris.
- Have multiple garden hoses long enough to reach any area of your home.

Get SET – Prepare your Family

Your Wildfire Action Plan should be prepared with all members of your household well in advance of a fire. Once you finish your plan, rehearse it regularly with your family and keep it in a safe, accessible place. Below is a partial checklist; more preparation lists are available at www.fire.lacounty.gov.

- Create and rehearse a Family Disaster Plan that includes meeting locations and communication plans.
 - Keep fire extinguishers on hand and train your family on how to use them.
 - Make sure your family knows where the gas, electric and water main shut-off controls are and how to use them.
 - Plan several different escape routes.
 - Assemble an emergency supply kit and keep an extra one in your car.
 - Maintain emergency contact numbers.
 - Appoint an out-of-state friend or relative as a point of contact.
 - Keep a portable radio or scanner available.
- Papers, phone numbers and important documents.
 - Prescriptions, vitamins, and eyeglasses.
 - Pictures and irreplaceable memorabilia
 - Personal computers (information on hard drive and discs).
 - “Plastic” (credit cards, ATM cards) and cash.
 - Leave early enough to avoid being caught in fire, smoke, or road congestion.
 - Don’t wait to be told by authorities to leave. They may not have time to knock on every door.
 - Have a predetermined meeting place.
 - Have several escape routes.

GO Early – Don’t Hesitate!

Don’t wait until the fire comes to your neighborhood. By leaving early, you will give your family the best chance of survival. You will also help firefighters by keeping the roads clear of congestion, which will help them move more freely and do their job to save your home! To get started, make a kit of the following items:

- Keep a pair of old shoes and a flashlight handy for a night evacuation.
- Keep the six “P’s” ready for immediate evacuation:
 - People and pets



County of Los Angeles Office of Emergency Management

Heat Waves



It Can Get Too Hot!

During an average summer, some 200 people across the country die due to heat injuries from exposure to high summer temperatures.

Clearly, heat can be a force, particularly in Southern California, where temperatures exceeding 100 degrees in the suburban valleys and 110 degrees in the low desert areas are not uncommon during the summer and fall.

Heat-wave emergencies can strike very quickly. In 1995, for example, the city of Chicago's medical examiner received reports regarding the first heat-related fatalities at 9 p.m. on a Friday night. By 8 a.m. the following morning, an additional 87 people had died. These deaths were caused directly by the heat.

Exposure to sunlight is a mixed blessing. Although sun is necessary for life, exposure to ultraviolet (UV) radiation is potentially dangerous and can damage the skin. Varied burns result from prolonged exposure to UV rays, but some people also may burn from very little exposure. Ultraviolet rays can significantly keep the skin from compensating for the excess heat.

Overexposure to heat or excessive exercise in the heat also can cause other injuries. The severity of such injuries increases with age; heat cramps in a younger person may be heat exhaustion in a middle-aged person, but may be heatstroke in an elderly person. This occurs because the person has not adapted to the heat and is unable to adjust to changes in the body.

Heat Conditions, Symptoms and First Aid

What you might see in a heat injury

Sunburn is usually a first-degree burn that involves just the outer surface of the skin. Symptoms include redness and pain. Severe cases may cause swelling, blisters, fever of 102 degrees or above and headaches.

First Aid: Use ointments, as well as cool baths or compresses, for less severe cases. Don't break the blisters; if blisters do break, use a dry germ-free dressing. In severe cases consult a physician. Drink plenty of water.

Preventing Heat Injuries

What You Can Do to Prevent Heat Injuries

Heat cramps often are related to dehydration. Symptoms include increased sweating with painful muscle spasms of the arms, legs and occasionally the abdomen.

First Aid: Remove the victim from the hot environment. Apply pressure on or gently massage the spastic muscles to relieve spasms.

Heat exhaustion is the inability to sweat enough to cool yourself. Symptoms include fatigue, weakness, dizziness, nausea or vomiting as well as cold, clammy, pale, red or flushed skin. A marked body temperature rise will not occur.

First Aid: Remove the victim from the heat. Lay the victim down and loosen the clothing. Apply cold compresses and cool the body by fanning the victim or placing the victim in a cool environment. Consult a physician if vomiting continues.

Heatstroke occurs when the body stops sweating but the body temperature continues to rise. Symptoms include visual disturbances, headache, nausea, vomiting, confusion and, as the condition progresses, delirium or unconsciousness. The skin will be hot, dry, red or flushed even under the armpits. This condition is a severe medical emergency that could be fatal.

First Aid: Consult a physician immediately or call 9-1-1. Remove clothing and place victim in a cool environment, sponge the body with cool water or place the victim in a cool bath. Continue the process until temperature decreases. **DO NOT PROVIDE FLUIDS** to an unconscious victim.

- Avoid the sun from 10:00 a.m. to 3:00 p.m. when the burning rays are strongest.
- Reduce physical activity.
- Wear a wide-brimmed hat and light colored, lightweight, loose-fitting clothes when you're outdoors. This type of clothing reflects heat and sunlight, which helps you maintain a normal body temperature.
- Avoid sudden changes of temperatures, (i.e., air out a hot car before getting into it).
- Avoid hot, heavy meals that include proteins. They increase your metabolism and water loss, and raise your body's natural way of cooling.
- Set your air conditioning thermostat between 75 and 80 degrees. If you don't have an air conditioner, take a cool bath or shower twice a day and visit air-conditioned public spaces during the hottest hours of the day.
- Drink plenty of fluids even if you aren't thirsty. Eight to 10 glasses of water a day are recommended. Drink even more if you are exercising or working in hot weather.
- Do not drink alcohol or caffeine since they are diuretics and promote water loss.
- Use a sunscreen with a sun protection factor (SPF) of at least SPF 15 if you need to go out in the sun.

Extracted and adapted from "Heat Illness Prevention," American College of Sports Medicine, Indianapolis, IN.



County of Los Angeles Office of Emergency Management

Fire & Ice



Severe weather conditions can cause wildland fires, heat waves, and winter storms. Winter storms have caused many disasters, as recently as the winter of 2010. Hundreds of residents living in the burned out areas adjacent to the Station Fire of 2009 in Los Angeles County experienced severe mudslides following major rainstorm activity and needed to be evacuated to safety. Many of their homes were damaged, and recovery efforts will take years to complete and cost millions of dollars. Timely preparation and key action steps to protect your home and property will help avoid the effects of severe winter weather, including the financial costs.

Snow and ice on roadways can also create hazardous driving conditions, especially in mountainous areas where driving is impaired. Even if you don't live in severe or winter storm areas, you might travel to or visit these areas. Be aware of these winter hazards and be prepared to handle them.

Your home

- Follow building, fire and hazard abatement codes.
- Install non-flammable screens with mesh 1/2 inch or less on chimneys and enclose all roof eaves with fire resistant material such as aluminum or steel and place metal mesh over all attic or roof vents.
- Keep roofs and rain gutters free of needles, leaves, or other debris.
- Enclose the underside of balconies and decks with fire resistant material, such as aluminum decking.
- Inspect chimneys and screens twice annually.
- Install a smoke alarm on each level of your home, especially in bedrooms, and test them monthly.

Your yard

- Clear the brush away from your home (a minimum of 100 feet).
- Trim all trees and tree branches away from electrical lines and chimneys. (Use a professional to trim near utilities and power lines)
- Remove weak, dead, and leaning trees and bark beetle infested trees.
- Stack firewood at least 30 feet away from your home or other structures.
- Store all combustible or flammable liquids in approved storage containers.
- Locate all propane tanks at least 30 feet from any structure.
- Use fire-retardant plants and bushes to replace highly combustible vegetation.

When wildland fires approach

- Listen to the radio or watch television for instructions.
- Evacuate as soon as directed by public safety officials or when danger is perceived.
- Park your vehicles facing the direction of escape with windows rolled up.
- Place your disaster supplies kit and evacuation kit along with valuables and other essentials in your vehicle.
- Secure pets and livestock and prepare them for evacuation.
- Leave your electricity on and leave inside lights on.
- If time permits, cover up by wearing long pants, a long sleeved shirt, goggles, cap, and bandana. 100% cotton is preferable.
- Close doors behind you when evacuating to slow down the flames, smoke, and heat.
- Help young children, seniors, and persons with disabilities to evacuate safely.

Plan for evacuation

- Develop and practice a home evacuation plan. Your plan should include:
 - A floor plan with all escape routes
 - Easily accessible exits for young children, seniors and persons with disabilities. (Locate their rooms as close to exits as possible).
 - A list of valuables to take in an emergency. (Store them together in one location, if possible.)
 - Identify the most important papers to take if you have to leave, such as insurance policies, medical records, and driver's license
 - Include medications and eyeglasses
 - A place to reunite after evacuation
 - The location of animal shelters or other sites that house pets
 - Practice drills

- Work with neighbors to assist:
 - People with special needs
 - People who need transportation to other sites
- Work with local emergency officials to identify:
 - Several routes out of your neighborhood
 - Likely evacuation sites or safe refuge areas

Winter storm preparedness

- Be familiar with winter storm warning messages, such as a flood watch or warning.
- Make sure you have sufficient heating fuel in case regular fuel sources are cut off.
- Have safe emergency heating equipment available.
- Install and check smoke alarms.
- Have disaster supplies on hand, in case you have to shelter in place or in case the power goes out.
- Develop an emergency communication plan.
- Keep cars and other vehicles fueled and in good repair.
- If you are in low-lying areas, keep sandbags, plywood, and plastic sheeting on hand.

Resources

www.calema.ca.gov (California Emergency Management Agency)

www.cdfa.ca.gov (State of California Agriculture Department)

www.cert-la.com (Community Emergency Response Team)

www.dropcoverholdon.org (Drop! Cover! Hold on!)

www.dropcoverholdon.org/espanol (Drop! Cover! Hold on! – Spanish)

www.earthquakecountry.org (Earthquake Country Alliance/SCEC)

www.espfocus.org (Emergency Survival Program)

www.fema.gov/kids (Federal Emergency Management Agency)

www.fire.ca.gov (California Department of Forestry and Fire Protection)

www.fire.lacounty.gov/SafetyPreparedness/ReadySetGo/home.asp

(Los Angeles County Fire Department)

www.firesafecouncil.org (The Fire Safe Council)

www.hsus.org (The Humane Society of the United States)

www.lacoe.edu (Los Angeles County Office of Education)

www.noaa.com (National Oceanic and Atmospheric Administration)

www.noahswish.org (Noah's Wish-Animal Emergency Preparedness)

www.oes.ca.gov (California Governor's Office of Emergency Services)

www.ready.gov (Federal Emergency Management Agency)

www.redcross.org (American Red Cross)

www.scec.org (Southern California Earthquake Center)

www.shakeout.org

www.teamsafe-t.org (Team SAFE-T)



www.espfocus.org