

Step 11
Emergency Lighting

ESP

**FAMILY STEPS
TO SURVIVAL**

Family Emergency Plan



WHY?

Plan now, to avoid trouble later!

Do members of your family know the safest and most dangerous places in your home during a disaster or an emergency? Do they know where to meet if they're separated? Do they know how to report their physical conditions and whereabouts?

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.

Consider the recommendations included on the reverse side of this Focus Sheet when you develop or update your plan.

These are only suggestions for preparing your family. Use discretion and common sense in your preparations.

Flyer compliments of:

**COUNTY OF LOS ANGELES OFFICE OF EMERGENCY
MANAGEMENT**

Your Environment

Safe Spots: Identify objects or places in each room that will provide protection from falling objects:

- Sturdy desks and tables
- Interior walls/corners

Danger Spots: Identify objects or places in each room that

Extracted and adapted from "Make A Family Earthquake Plan," developed by the California Governor's Office of Emergency Services.

FAMILY STEPS TO SURVIVAL

WHY?

Supplies won't help if you can't get to them!

Flashlights, portable radios, first aid kits and other emergency supplies are essential after earthquakes and other disasters, but only if you can get to and use them. Emergency supplies aren't very useful if you're unable to get to them when you need them. Store your emergency supplies in a location that you can access.

Consider the options presented on the back side of this Focus Sheet. Remember, supplies won't help you if you can't get to them.

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MANAGEMENT**

Storage

There are several options for storing your emergency supplies, including:

- Backpacks
- Duffel bags
- Heavy plastic trash cans with wheels
- Other containers

One of the most important considerations in storing your supplies is determining a location that you'll have access to after a major earthquake or other disaster. At least two different locations are recommended.

Identify the safe spots in your house as you did when you developed your family emergency plan and conducted your home hazard hunt. Then, determine the locations in which you spend the most time and to which you'll have easy access.

Your options may include storing the supplies in the following locations:

- Under your bed
- In a hallway closet
- In the den
- In another location
- In more than one location such as in a backpack to take with you if you have to leave your home and in the pantry for use while you're at home.

You also might consider storing some of the supplies in different locations. **For example:**

Supply	Location
Flashlight	under/by your bed
Sturdy shoes	under/by your bed
Portable radio	under/by your bed
Eye glasses	under/by your bed
Canes, walkers, etc.	by your bed
Adjustable wrench	at the gas meter
Food, water	in the pantry

Remember, however, that food and water require special considerations:

- Empty open packages of sugar, flour, dried fruits and nuts into screw-top plastic jars or air-tight containers to avoid problems with insects and rodents.
- Place food and water stored in the pantry on lower shelves to prevent damage to the container.
- Store your food and water in a dark, cool place to increase their life span.
- Do not place plastic containers directly on cement floors. Lead and other contaminants may leak into the food or water if the container is placed on cement.

This action sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase individual and home emergency preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Imperial, Inyo, Kern, Los Angeles, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Ventura and Yuma counties assist in the development of campaign materials and coordination of the campaign.

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First Aid Training and Supplies



WHY?

You might be on your own for 72 hours!

After a disaster or an emergency, some people get hurt. Are YOU first aid ready? For example, after a major earthquake, many people are unaware that they might be on their own for up to 72 hours or more. You might have to depend on yourself to treat injured family members, friends and coworkers since outside assistance, including 9-1-1 service, might not be available immediately. If you don't have a first aid kit, NOW is the time to buy or assemble one. If you don't know how to administer first aid and cardiopulmonary resuscitation (CPR), enroll in a first aid and CPR class TODAY.

The reverse side of this Focus Sheet includes tips on common injuries, training, and first aid kits.

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MANAGEMENT**

Common Injuries

Earthquakes can cause a number of injuries. Their most common injuries and effects include:

- Bleeding
- Broken bones
- Burns
- Cuts from flying/broken glass
- Shock
- Stopped breathing

First Aid Courses

After a major disaster or other emergency, immediate medical assistance, including 9-1-1, might not be available. You might have to treat family members, friends and coworkers who suffer broken bones, cuts and other injuries. Take time NOW to learn first aid and CPR. Courses for adults and children are available through organizations such as local chapters of the American Red Cross, hospitals and community centers.

First Aid Kits

Make sure you have everything you need to treat injuries that might occur during a disaster or emergency. Assemble and store an emergency first aid kit that includes:

- First aid book
- Bandages
- Adhesive tape
- Butterfly bandages
- 3" elastic bandages
- Roller bandages
- Dust masks
- 4x4 sterile gauze dressings (individually wrapped)
- Magnifying glass to see splinters
- Nonallergenic adhesive tape
- Safety pins
- Scissors
- Triangular bandages
- Antiseptic wipes

- Blunt-tipped scissors
- Latex gloves
- Eye cup or small plastic cup to wash out eyes
- Emergency (foil) blanket
- Thermometer
- Antibiotic salve
- Tweezers
- High-absorbency pads
- Wound disinfectant
- Saline for eye irrigation
- Small paper cups
- Aspirin or acetaminophen
- Liquid soap
- Tissues
- Cold compress
- Smelling salts

Keep this kit with your other emergency supplies.

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**FAMILY STEPS
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Duck, Cover and Hold

WHY?

Practice promotes preparedness!

Every state in the U.S. is prone to earthquakes. Earthquakes such as the magnitude-7.3 Landers, CA temblor in 1992 can strike at any time and cause numerous deaths and injuries.

Experience also shows us that even moderate earthquakes—in the magnitude 5 to 6.9 range—can cause a significant number of deaths and injuries. The magnitude-6.7 Northridge, CA earthquake in 1994 caused 57 deaths, more than 10,000 injuries and an estimated \$40-42 billion in property losses.

Learn what to do during an earthquake—whether you're at home, work or school. Taking the proper actions can save lives and reduce your risk of death and injury.

Use the information on the reverse side of this Focus Sheet to help you become more prepared. Take part in earthquake safety exercises such as the annual statewide Earthquake—Duck, Cover and Hold Drill held in California during the month of April. Contact your local office of emergency services for more information.

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Car Kit and Office Kit

WHY?

You might not be at home!

No one knows whether he or she will be at home, at work or on the road when a damaging disaster strikes. Such an event could severely damage transportation routes or cause their temporary closure.

As a result, you might have to use alternate driving routes, abandon your car and walk home or remain where you are. Store emergency supply kits at work and in your vehicle to help make your situation less stressful.

Be sure to keep gasoline in your tank. If an earthquake occurs while you are driving, pull over to the side of the road and stop. Try to avoid stopping under overpasses, power lines or other objects that could fall.

The reverse side of this Focus Sheet includes recommendations on supplies you should store at work and in your car for use after a disaster or emergency.

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Car and Work Kit Supplies

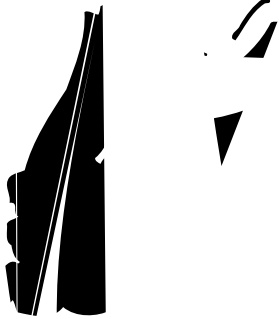
Be sure to store a backpack, duffel bag or tote bag containing the following emergency supplies at work and in your car:



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Emergency
Important

When an
Emergency



WHY Stash

A disaster
won't be
closed for
will stay

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Small bills—one

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plenty of change to call your out-
public phone. (Public phone lines
restored after a disaster.) You
card to make the call.

You'll also need insurance policies, birth certificates and other vital records after a damaging disaster. Take steps NOW to protect them. The reverse side of this Focus Sheet includes examples of documents you should have and suggestions on how to safely store them.

*These are only suggestions for pre-
tion and completion of your prep.*

Important Documents

After a damaging disaster or emergency, you'll need vital personal documents and information for insurance claims and other matters. Keep the following items and documents and/or copies of them in a safe deposit box, freezer or another safe place:

- Social security cards
- Birth certificates
- Marriage and death records
- Drivers' licenses
- Credit cards
- Insurance policies
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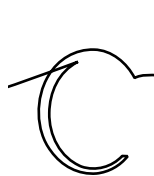
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FAMILY STEPS TO SURVIVAL

WHY?

To increase your safety and comfort!

You can't exist very long without water. It's essential to life.

Food also is important. Many of us could survive without it for several days, but the energy, psychological comfort and nutrition it provides are essential after experiencing a damaging disaster or major emergency.

There's no assurance that food and water will be available. For example, the Northridge earthquake severely damaged the water distribution system in the City of Los Angeles, leaving 100,000 homes and businesses without drinking water. Water quality also was a problem due to quake-caused interruption of the chlorination process and possible contamination through more than 2,000 pipeline

Water Storage

- Store at least a three-day to three-week supply of drinking water for each family member (at least one gallon per person, per day). Water is available in juice-box type containers, cans, foil packets and plastic bottles.
- Store additional water for hygiene and cooking.
- Store a three-day supply of water for your pets.
- Replace your home-stored tap water every six months.
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WHY?

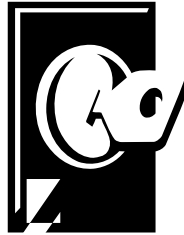
Preparation will reduce stress!

Disasters and emergencies can rattle the nerves of adults and children, alike. You can't do anything to prevent disasters such as earthquakes, or emergencies like rolling blackouts, but you and your children can work together to be prepared.

Encourage your children to participate in the activities outlined on the reverse side of this Focus Sheet. The recommendations have been extracted and adapted from a curriculum developed by Lissa Pederson Samuel, an instructor at Pacific Oaks College in Pasadena, and from "What To Expect After A Disaster: Typical Children's Reactions," jointly developed by the National Institute of Mental Health and the Los Angeles County Department of Mental Health.

Also encourage them to draw themselves and their emergency supplies in the space provided.

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E M E R G E N C Y S U R V I V A L P R O G R A M

**FAMILY STEPS
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WHY?

Fire Extinguishers

Equip your home with dependable fire extinguishers and teach family members how to use them. Proper use of fire extinguishers can keep a small fire from growing, provide you with an escape route through a small fire and help you fight a small fire until professional firefighters arrive.

How to Operate

Flashlights

Flashlights can provide psychological comfort and immediate emergency light when disasters or other emergencies disrupt power. They're good only when you can find them and the batteries work.

Place a flashlight in every room; secure each one to ensure accessibility. Maintain an ample supply of extra

