

Preparedness Essentials

Preparedness Checklist

Disasters disrupt our lives. Some disasters, like floods and home fires, can occur anywhere. Other disasters, like wildfires and hurricanes, are more common in certain areas. Climate change is causing more frequent and extreme weather events. This increases our risk of death, injury, property loss and disruption. But we can take action to prepare. Prepare now to protect yourself, your loved ones and your home.



Be Prepared

Being prepared means that you:

- Know what hazards, like tornadoes or floods, are likely to happen in your community.
- Have plans in place so that you and your loved ones know how to respond.
- Have a way to monitor emergency conditions in your area.
- Have emergency skills, such as CPR and first aid.
- Have emergency supplies, like food, water and medicine, so that you can meet your basic needs.

- Have a battery-powered radio.
- Plan to monitor weather conditions near you.



Learn Emergency Skills

Prepare now so that you have critical skills and can meet your basic needs.

- Learn first aid and CPR.
- Utilities may be offline. Be ready to live without power, gas and water. Plan for your needs, including cell phones and medical equipment. Talk to your doctor. Plan for backup power.



Understand Your Risks

Some hazards, such as floods and home fires, can happen anywhere. Others, including earthquakes and hurricanes, are more common in certain areas. Reach out to your state or local office of emergency management agency to learn more about your local risks.



Gather Emergency Supplies

Gather food, water and medicine. Organize supplies into a Go-Kit and a Stay-at-Home Kit.

- Go-Kit: at least three days of supplies that you can carry with you. Include backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)
- Stay-at-Home Kit: at least two weeks of supplies. Stores and pharmacies might be closed.
- Have a 1-month supply of medication in a child-proof container and medical supplies or equipment.



Plan to Stay Connected

In a disaster, it is important to stay connected and informed.

- Sign up for free emergency alerts from your local government.
- Have a backup battery or a way to charge your cell phone.



Gather Emergency Supplies

- Keep personal, financial and medical records safe and easy to access (hard copies or securely backed up). Consider keeping a list of your medications and dosages on a small card to carry with you.
- Customize your kits to meet your household's needs and the season.

Basic supplies include:

- Water: 1 gallon per person, per day
- Food: non-perishable, easy-to-prepare items
- Can opener
- Medications and medical items
- Flashlight or battery-powered lanterns
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Multi-purpose tool
- Sanitation and personal hygiene items
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Hats, gloves, boots, coats, etc. (cold weather)
- Sun hats, sunglasses, sunscreen, bug spray, etc. (warm weather)
- Change of clothes
- Map(s) of the area
- Keep personal, financial and medical records safe and easy to access (hard copies or securely backed up).



Make Plans to Stay Safe

Stay or go? Depending on the emergency, you may need to stay where you are or evacuate to stay safe.

If you need to go somewhere else, think through these questions:

- Where will I go?
- How will I get there?
- Where will I stay?
- What will I bring with me?



Plan to Reconnect With Loved Ones

- If separated, or if the phone or internet is down, have a plan to communicate with loved ones.
- Complete a contact card for each member of your household. Ensure that they carry it with them.
- Text is best. A text message may go through when a phone call will not.
- Designate an out-of-town contact who can help your household reconnect. It may be easier to reach people outside the affected area.
- Agree to meet in a specific place to help you reconnect with loved ones when it is safe.
 - If you need to leave your home, choose a specific location nearby.
 - If you need to leave your community, choose a specific location outside your community.



Plan to Take Care of Yourself

- It's normal to have bad feelings, stress or anxiety after a disaster or other emergency.
- Plan to eat healthy food and get enough sleep to help you deal with stress.
- Know that you can contact the Disaster Distress Helpline for free if you need to talk to someone. Call or text **1-800-985-5990**.

Prepare so you can protect.

For more information, visit redcross.org/prepare

Download the Emergency App



Earthquake

Preparedness Checklist

An earthquake is a sudden, rapid shaking of the earth caused by the shifting of underground rock. Deaths and injuries occur when people fall trying to walk or run during shaking or when they are hit by falling debris. Smaller earthquakes, called aftershocks, always follow the mainshock. Earthquakes can cause tsunamis, landslides, fires, and damage to utilities. Earthquakes can happen anywhere, and there is no way to predict them. But we can take action to prepare. Prepare now to protect yourself, your loved ones, and your home.



What to Do: Before



Understand Your Risk

Earthquakes can happen anywhere but are more common in certain areas. Find out if you live in an area prone to earthquakes.



Secure Your Space

To prevent injuries, secure your space.

- Identify things that might fall during shaking. Imagine if the room were picked up, shaken up and down, and side to side. Which items could fall and injure you? Consider things such as televisions, shelves, mirrors, pictures, water heaters, refrigerators, and bookcases.
- Secure these items so they don't injure you during an earthquake. Straps, hooks, latches, and other safety devices are widely available.
- If you live in an area prone to earthquakes, get your building evaluated and consider structural improvements.
- Earthquakes are generally not covered by household or renters' insurance. Earthquake insurance policies may be available. Check with insurance providers.

Practice Drop, Cover, and Hold On

Practice how to DROP, COVER, and HOLD ON, a life-saving skill.

During an earthquake, you should Drop, Cover, and Hold On to protect yourself from falling debris. Practice with your entire household so everyone knows what to do. Here is how to practice:



DROP where you are onto your hands and knees.

This position protects you from being knocked down and allows you to crawl to a protected space.



COVER your head and neck with your arms.

- If a sturdy table or desk is nearby, crawl underneath it for protection.
- If you cannot find a protected space, crawl to an interior wall (away from windows).
- Stay on your knees and bend over to protect yourself from injury.



HOLD ON until the shaking stops.

- If you are under a table or desk, hold onto it as things will be moving. Use an arm to protect your head and neck.
- If you are not under a protected space, protect your head and neck with both arms.



Learn Emergency Skills

- Learn First Aid and CPR to help others. People may be injured, and emergency services may not be available.
- Learn how to turn off the utilities in your home.
- Get a fire extinguisher and learn how to use it safely.
- Be ready to live without power, gas, and water.



Gather Emergency Supplies

Gather food, water, and medicine. Stores and pharmacies might be closed. Organize supplies into a Go-Kit, Stay-at-Home Kit, and a Bed-Kit.

- **Go-Kit:** at least three days of supplies that you can carry with you. Include batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)
- **Stay-at-Home Kit:** at least two weeks of supplies.
- **Bed-Kit:** a bag of supplies attached to your bed. Include items you will need if an earthquake happens while you are sleeping. Store sturdy shoes to protect your feet from glass, one of the most common earthquake injuries. Also include a flashlight, glasses, a dust mask, and a whistle.
- Have a 1-month supply of medication in a child-proof container and other needed medical supplies or equipment.
- Keep personal, financial, and medical records safe and easy to access (hard copies or securely backed up). Consider keeping a list of your medications and dosages on a small card to carry with you.



Plan to Stay Connected

- Have a backup battery or a way to charge your cell phone.
- Have a battery-powered radio so that you can stay informed.
- Create a personal support team of people you may assist and who can assist you.
- There is no way to predict an earthquake, but earthquake early-warning systems are in development. See if they are available in your area.

What to Do: During



When Shaking Starts, DROP, COVER, and HOLD ON to Protect Yourself

Know what to do in different situations:

- If you are in bed, **STAY** there and **COVER** your head and neck with a pillow. Lie face down.
- If you are outdoors, drop, then crawl towards open space if you can. Stay away from buildings, power lines, and trees.

- If you are driving, stop and stay in your vehicle. Avoid stopping near buildings, trees, overpasses, and utility wires. Proceed cautiously once the earthquake has stopped. Avoid bridges or ramps.
- If you are in a wheelchair or use a walker, lock your wheels, and remain seated until the shaking stops. Protect your head and neck with your arms, a pillow, a book, or whatever is available. If you are unable to drop, brace yourself and protect your head and neck.

What to Do: After



Stay Safe

- Wait a minute before getting up. Check for any immediate dangers around you and protect yourself.
- Anticipate broken glass and debris on the ground, so put on sturdy shoes as soon as possible.
- If it is safe, exit the building. Go outside to a clear area. Check to make sure nothing will fall on you, such as bricks from a building, power lines, and trees.
- If you do not have a safe area outside, it may be better to remain inside.
- If you are near the coast, a tsunami could follow the earthquake. As soon as the shaking stops, climb to safety. Walk quickly to higher ground or inland away from the coast. Don't wait for officials to issue a warning.
- Expect aftershocks. **Drop, Cover, and Hold On** whenever you feel shaking.
- If you are trapped:
 - Protect your mouth, nose, and eyes from airborne debris. You can use a cloth, clothing, or a dust mask to cover your mouth and nose.
 - Signal for help. Use a whistle or knock loudly on a solid piece of the building three times every few minutes. Rescue personnel listen for such sounds.
- Care for any injuries you may have and assist others.
- If your home has been damaged and is no longer safe, leave and go to a safer place. If you can, take your Go-Kit of supplies.
- Use flashlights, not candles, due to fire risk.
- Do not use matches, lighters, appliances, or light switches until you are sure there are no gas leaks. Sparks from electrical switches could ignite the gas, causing an explosion.



Stay Connected

- Listen to local radio, TV, or other news sources for emergency information.
- Let friends and family know you are safe when you can.



Check Your Home for Safety

- Follow guidance from local officials.
- Inspect the outside of your home for damage before re-entering. If safe to do so, check the inside of your home.
- Check for damage to gas, water, electrical, and sewage systems. If there is damage, turn the utility off.
 - If you suspect a gas leak, leave your home, and call 911. Once you are in a safe place, report the issue to your utility company.
- If needed, have your home inspected by a professional for damage and safety issues.



Take Care of Yourself

- It's normal to have a lot of bad feelings, stress, or anxiety.
- Eat healthy food and get enough sleep to help you deal with stress.
- You can contact the Disaster Distress Helpline for free if you need to talk to someone. Call or text **1-800-985-5990**.

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PrepareSoCal



Weeks to prepare

Week 1				
Tour your home to gather items you already have. Place all items in a waterproof bag or container before packing in kit. Check off each item as you go.				
<input type="checkbox"/> A sturdy, easy-to carry container to hold items (backpack, duffle bag or large tote) <input type="checkbox"/> A set of clothes and sturdy shoes for each family member <input type="checkbox"/> Copies of important papers (birth certificates, ID, insurance policies, passports, home lease/deed, etc.)				
<input type="checkbox"/> A 3 day supply of your medications <input type="checkbox"/> A current list of family phone numbers and e-mails including someone who can be reached if local lines are down. <input type="checkbox"/> A map (mark an evacuation route from your local area) <input type="checkbox"/> Extra cash in small bills <input type="checkbox"/> Spare keys for house and car <input type="checkbox"/> Spare glasses or contacts and solution <input type="checkbox"/> Books or toys				
Week 2	Week 3	Week 4	Week 5	Week 6
<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 1 jar of peanut butter <input type="checkbox"/> 1 box of crackers <input type="checkbox"/> 2 boxes of energy bars <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 2 cans meat/fish <input type="checkbox"/> 2 cans fruits/veggies <input type="checkbox"/> Manual Can opener <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> 1 pkg hand sanitizer <input type="checkbox"/> 1 antibacterial soap <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 1 liquid dish soap <input type="checkbox"/> 2 rolls toilet paper <input type="checkbox"/> 1 box facial tissue <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> First aid kit & guide <input type="checkbox"/> Latex gloves <input type="checkbox"/> Tweezers <input type="checkbox"/> Weather radio \$1.75*
Week 7	Week 8	Week 9	Week 10	Week 11
<input type="checkbox"/> Thermometer <input type="checkbox"/> Allergy/pain reliever in a childproof container <input type="checkbox"/> Sunscreen <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Feminine supplies <input type="checkbox"/> Comb & brush <input type="checkbox"/> 1 potted meat <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> Towels & washcloths <input type="checkbox"/> Toothbrushes & paste <input type="checkbox"/> Shampoo, bar soap <input type="checkbox"/> Deoderant <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> Umbrella/slicker <input type="checkbox"/> Scarf <input type="checkbox"/> Winter gloves <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 1 pkg energy snacks <input type="checkbox"/> Emergency blanket <input type="checkbox"/> Matches <input type="checkbox"/> Weather radio \$1.75*
Week 12	Week 13	Week 14	Week 15	Week 16
<input type="checkbox"/> Flashlight <input type="checkbox"/> Batteries <input type="checkbox"/> Cotton rope <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Screwdriver <input type="checkbox"/> Utility knife <input type="checkbox"/> Pliers <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 2 cans fruit/veggies <input type="checkbox"/> 1 pkg eating utensils <input type="checkbox"/> 1 pkg plastic cups <input type="checkbox"/> Paper towels/napkins <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> Pet food & dishes <input type="checkbox"/> Extra water <input type="checkbox"/> Leash <input type="checkbox"/> Litter pan/litter <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 2 cans meat/fish <input type="checkbox"/> Cell phone & charger <input type="checkbox"/> Dried fruits & nuts <input type="checkbox"/> Weather radio \$1.75*
Week 17	Week 18	Week 19	Week 20	Week 21
<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Extra flashlight <input type="checkbox"/> Extra batteries for radio & flashlight <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Work gloves <input type="checkbox"/> Dust mask <input type="checkbox"/> Chlorine bleach <input type="checkbox"/> Garbage bags & ties <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Plastic sheeting <input type="checkbox"/> Plastic bucket & lid <input type="checkbox"/> Disinfectant <input type="checkbox"/> Notepad & pen <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 2 boxes dry cereal <input type="checkbox"/> 1 box graham crackers <input type="checkbox"/> Whistle <input type="checkbox"/> Duct tape <input type="checkbox"/> 1 pkg energy snacks <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> Comfort foods <input type="checkbox"/> Scissors <input type="checkbox"/> Extra blankets <input type="checkbox"/> Small pillows <input type="checkbox"/> Water container <input type="checkbox"/> Weather radio \$1.75*

*Save \$1.75 a week and purchase your weather radio at the end of 21 weeks.

Customize your kit for your family

For baby: baby food, formula, bottles, diapers, extra water for formula and washing bottles

For seniors: oxygen, walker, adult diapers, hearing aid with extra batteries and extra medications

For pets: carrier, medicines, inoculation and health records, ID tags, photo of you with your pet(s)

For children: toys, travel games, extra batteries, stuffed animal, cards, crayons, paper, books

Daylight Savings Time: When you change your clocks, check your kit! Replace expired food, medicine and batteries. Check clothing for fit and seasons. Also change smoke and carbon monoxide detector batteries.

For more preparedness tips, visit redcross.org

Home Fire Escape Plan



Use the graph to draw your home's floor plan and plot your home fire escape routes.

Tips for creating your home fire escape plan and practicing your 2-minute drill:

- Everyone in your household should know *two* ways to escape from each room in your home.
- Smoke is dangerous. Get low and go!
- Decide where to meet once you get outside:

- Get out and stay out. Never go back inside for people, pets or things.
- If a fire starts, you may have less than **two minutes** to get to safety. So time your fire drills and find out: what's your escape time?



If a fire starts in your home, get out to safety, then dial 911.

You can keep your family safe with 2 simple steps.



Practice your 2-minute drill.



Test your smoke alarms monthly.

A large, empty grid of small squares, intended for drawing a floor plan and plotting escape routes.

FEMA



MAKE SAFE HAPPEN[®]

Be Red Cross Ready

Prepare so you can protect.







**American
Red Cross**

Emergency Contact Card

Directions:

1. Print out a card for every member of your household.
2. Fill in all information.
3. Carry card to reference in the event of a disaster or other emergency.

Side 2 of the Emergency Contact Card is displayed below.

X Cut along dotted lines. X	<p>Emergency Contact Card</p> <p> American Red Cross</p> <p>Cardholder information:</p> <p>Phone: _____</p> <p>Home address: _____</p> <p>Healthcare provider: _____</p> <p>Fold here _____ Fold here</p> <p>In an emergency, call 911 or:</p> <p>Local Police: _____</p> <p>Local Fire Department: _____</p> <p>Poison Control: (800) 222-1222</p> <p>For more information, please visit redcross.org/prepare</p> <p>Be Red Cross Ready Prepare so you can protect.</p>	<p>Emergency Contact Card</p> <p> American Red Cross</p> <p>Cardholder information:</p> <p>Phone: _____</p> <p>Home address: _____</p> <p>Healthcare provider: _____</p> <p>Fold here _____ Fold here</p> <p>In an emergency, call 911 or:</p> <p>Local Police: _____</p> <p>Local Fire Department: _____</p> <p>Poison Control: (800) 222-1222</p> <p>For more information, please visit redcross.org/prepare</p> <p>Be Red Cross Ready Prepare so you can protect.</p>	X Cut along dotted lines. X
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**American
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Download the New Emergency App

Climate change is causing more extreme weather events. Download the new Emergency app to help you prepare. Search "American Red Cross" on your app store.

- We designed the app with accessibility in mind so that people of all abilities can use it.
- An easy-to-find language toggle makes it simple to change between English and Spanish.
- Customize and choose between over 40 NOAA weather alerts. Choose to receive alerts in Spanish or English.
- Learn how to prepare with step-by-step guides. We explain how climate change has impacted each hazard, so you know what to expect.
- Know what actions to take with our digital to-do list.

In a home fire,
can your family
safely escape
in just 2
minutes?



Home fires claim seven lives every day, but together we can help change that.

The American Red Cross is offering **free** home fire safety information and smoke alarm installations in your community!

To register for an appointment, see link and phone number at the bottom of this flyer. We will contact you when we have a team ready to install in your area. Our install teams will follow COVID-19 guidelines and will wear a mask on request.

Join our national movement and pledge to keep your family safe against home fires.

To request a free smoke alarm appointment, visit our website at SoundTheAlarm.org/SoCal or call 714-481-5334



American Red Cross
Southern California Region