



EMERGENCY PLAN 2019

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NORTH HILLS WEST

Revised June 3, 2019



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Section A - Acknowledgements

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Bonnie Cockrell
Jim Cockrell

Section B - Introduction

MANY SOUTHERN CALIFORNIANS BELIEVE that the so-called “Big One”— a major earthquake on the southern San Andreas Fault—is the one they need to fear most. When such an earthquake does occur, many people will be without water or power for weeks to months. Earthquakes of this size happen once every 150 years or so, and can happen any time. But recent earthquakes have shown that magnitude 6 events in densely populated areas can be the “big one” to those living in the impacted areas. The 1994 Northridge earthquake, for example, was not considered a major earthquake. Still, it had disastrous effects. The magnitude 6.7 temblor caused 57 deaths, more than 10,000 injuries and an estimated \$40-42 billion in property losses. California experiences earthquakes as large as the 1994 Northridge or 1989 Loma Prieta quakes (or larger) twice each decade, on average.

Some southern Californians might be thinking, “It won’t happen to me!” And, perhaps some of those affected by the Northridge earthquake thought the same thing before 4:31 a.m. on January 17, 1994. But it can happen! Seismologists estimate that more than 200 faults in southern California are capable of producing earthquakes of magnitude 6 or more. You can be affected even if you don’t live or work near the fault that ruptures. Residents and business owners in Santa Monica, Fillmore and other areas outside the San Fernando Valley also experienced strong ground shaking and considerable damage as a result of the earthquake.

Whether the next earthquake in southern California occurs on the San Andreas or a fault capable of producing only a magnitude 6 event, communications, transportation and utility systems in your area might be impacted. Police, fire and other agencies that normally provide emergency services in an efficient manner might be overwhelmed and unable to assist your neighborhood for at least 72 hours. Neighborhoods can greatly reduce the impacts of moderate and major earthquakes and other disasters by preparing and responding as a group.

Other disasters to be prepared for at home include fire, both in your own residence and in the brush in your surrounding community. Preparing for a fire disaster is also important.

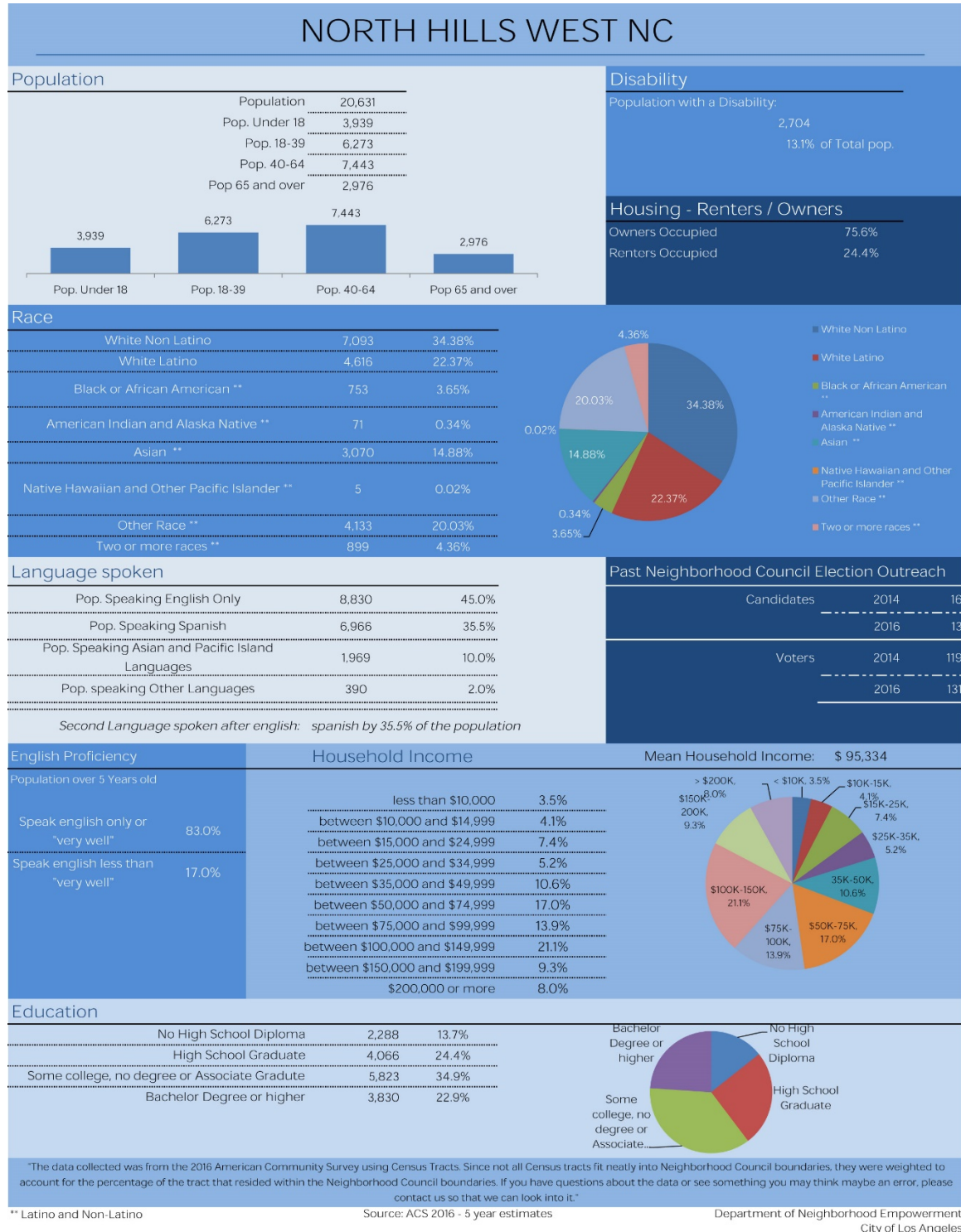
Increasingly, active shooter incidents have become all too present in the news. Our safety today calls for keeping an eye out for statements, behaviors and signs of an active shooter in our community and being mindful of how to run, hide or fight whenever we are out in public.

Disclaimer

This material is prepared for your use by our volunteer Emergency Preparedness and Public Safety Committee. It is not meant to be comprehensive, nor are we specifically endorsing any of the organizations, resources or vendors we list.

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Demographics of North Hills



Emergency Preparedness implications of the data

North Hills West is a community of mostly single-family, single-story homes with wood frame construction, which are among the better residence options in an earthquake. It is likely that our homes will be in better shape after an earthquake than neighboring communities which largely consist of multi-level apartment buildings.

Being surrounded by other communities in the relative flat of the San Fernando Valley, North Hills West would not likely be at risk of the type of brush fire conflagration which plagues our local hillside communities, but our commute to work could negatively be impacted by wildfire.

Owner occupied homes make up 75.6% of the housing. This gives the owners the space to store emergency supplies and no disincentives to do so, which might exist in a rental situation. A cursory review of blocks across North Hills West indicates that from 15%-60% of houses have pools. Pool owners might think that they have a ready built emergency supply of water in their backyards and need to be made aware of the hazards of that water supply in an emergency. Specifically, pool water can be used for flushing toilets if they still work, general washing of people and items, but must be distilled prior to considering drinking it. Simply boiling pool water for drinking is insufficient.

With 83% speaking English very well, and 17% speaking English less than very well, most people will be able to communicate in a disaster. The 17% who don't speak it very well will be at a distinct disadvantage in communicating with their neighbors.

The mean household income of \$95,334 suggests that most residents have the wherewithal to prepare. The 30.8% of residents with income less than \$50,000 may have more of a financial challenge to procure emergency supplies to last more than a minimum length of time.

While North Hills has a number of schools, a library and the Sepulveda VA, we are short on parks and readily accessible open spaces for residents to gather and staging of supplies. We also have relatively

few grocery stores in North Hills West and would rely on stores in surrounding communities for supplies. Of course the folks in those surrounding communities will also be relying on the same.

The area codes are 818 and 747. The zip code is 91343.

Section C – Be Ready!

Sign up for Emergency Alerts

The [Los Angeles Times reported November 20, 2018](#) that California Governments entities have been inconsistent in using the Federal Government's Wireless Emergency Alert System (WEA). Wireless Emergency Alerts are sent by government agencies to your mobile phone when it is turned on. An Amber Alert is an example of a WEA. Find out more about WEA here: <https://www.fema.gov/frequently-asked-questions-wireless-emergency-alerts/>

Alert systems to sign up for include:

- Alert LA County: <https://www.lacounty.gov/emergency/alert-la/>
- NotifyLA: <https://emergency.lacity.org/notifyla>
- LAPD Nixle: <https://local.nixle.com/register/?cc=lapd>

Online sources of information about emergency incidents include:

- <https://twitter.com/lafd>
- https://twitter.com/CAL_FIRE
- <http://www.google.org/publicalerts>
- <https://www.apexmobile.net/app/lapd-devonshire/> Download the LAPD Devonshire Mobile App

Be a Ready Resident

The North Hills West Community cannot be prepared without prepared residents. Every household should be encouraged to get prepared by making a **Family Emergency Plan** with an out-of-state contact, storing food, water and emergency supplies and having knowledge, skills and resources to handle the emergency situation. Each person should have a **Grab & Go Bag** for quick evacuation when needed. Keep a kit in your car and at work as well. Download and take action:

- [LAFD Emergency Preparedness](#)
- [FEMA: Are You Ready? An In-depth Guide to Citizen Preparedness](#)
- [Home Fire Safety Checklist](#)
- [Protect Your Family From Fires](#)
- [ReadyLA: Terrorism – How to prepare](#)
- [Preparedness Handouts on SoCalPrep Website](#)
- [Ready Kids!](#)

Every Family should have at least one person trained and certified to provide **First Aid and CPR**. First Aid and CPR training is offered by the [American Red Cross](#).

Get trained to take action in an emergency when all first responders will be busy elsewhere. Take a free [Community Emergency Response Team](#) (CERT) Class: [Find a CERT class](#).

Be a Ready School

All schools are required to have a [School Safety Plan](#) in place to provide for the safety of their students, faculty and other employees. Consider starting a [TEEN CERT](#) program at your school.

Be a Ready Business

Every Business should have a **Business Emergency Plan** that provides for the safety of their employees and enables the business to continue its operations. Take the American Red Cross [Ready Rating](#) to see how prepared you are.

Be a Ready Congregation

Every house of worship should have an emergency plan that provides for the safety of the congregation and aids to the community.
http://n-din.org/ndin_resources/ndin_tips_sheets.php

Section D – Be a Ready Community

Every community should have a [Neighborhood Preparedness Plan](#) and a **Community Emergency Response Team (CERT)**. This consists of

residents and other stakeholders who are trained and ready to respond immediately and safely to emergencies until professional disaster responders arrive. CERT training is offered by the Los Angeles Fire Dept., Citizens are trained by professional fire fighters and paramedics. www.cert-la.com

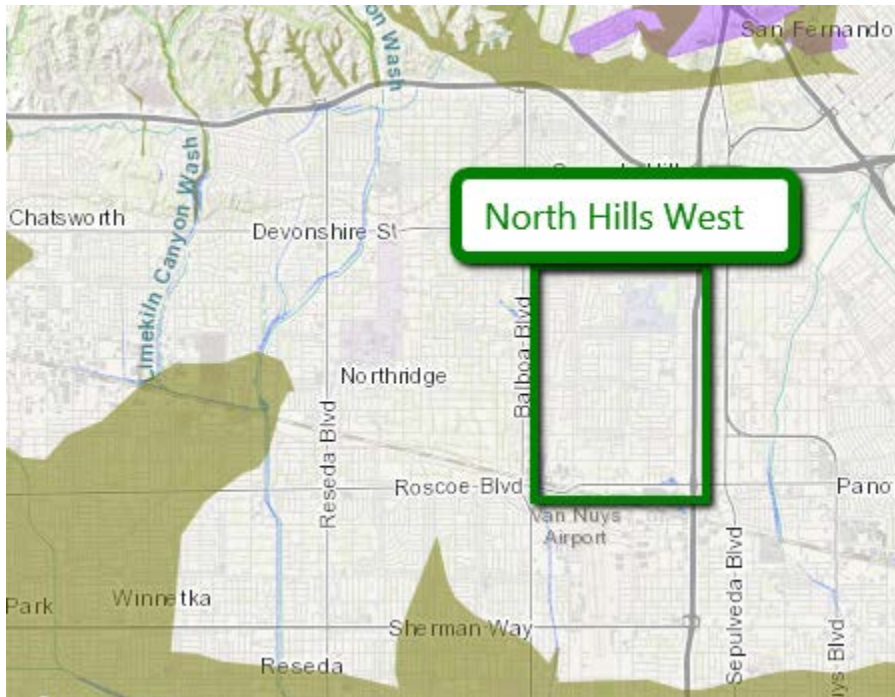
Los Angeles has a [Ready Your LA Neighborhood](#) (RYLAN) Initiative which focuses on the steps of Prepare, Organize, Practice, Connect, Communicate and Train. The most critical preparation step is Map Your Neighborhood (MYN). MYN is a bridge between individual preparedness and CERT. It is a free and easy neighborhood response plan taught by community volunteers in about three hours to you and your neighbors. Contact the [City of LA](#) or the [Southern California Preparedness Foundation](#) to get started.

Los Angeles is prone to [13 possible federally identified natural and man-made threats](#). Los Angeles is particularly vulnerable to the destructive affects wildfires, flooding, mudslides and earthquakes not to mention terrorist threats, cybercrimes, pandemics and hazardous material spills. Because of the many threats that Los Angeles faces, the importance of readiness as a city and for residents cannot be overstated. Part of disaster preparedness is being aware what kinds of hazards and disasters you might be subject to living in Los Angeles.

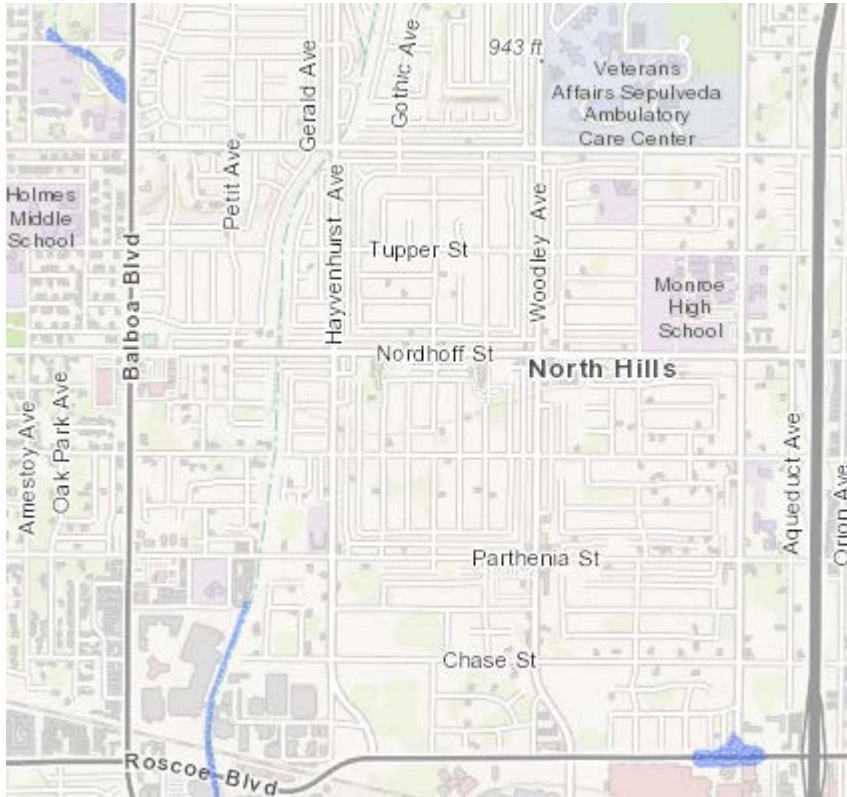
Let's take a look at the **North Hills West Hazard Analysis** to see how we fit into this picture.

Section E - Hazard Analysis

Earthquake Hazard



In the above image the olive color along the bottom of the map represents a liquefaction zone area. The purple represents an earthquake fault.



In this zoomed in image, the light blue represents 100 year flood plains

Earthquake hazard:

- **HIGH Ground Shaking**
This map shows the potential level of ground shaking hazard from earthquakes that geologists and seismologists agree could occur in California. It takes into consideration the uncertainties in the size and location of earthquakes and the resulting ground motions that can affect a particular location. (more information at <http://myhazards.caloes.ca.gov/>)

Earthquake Checklist

What Should I do?

Based on the above results, use the following mitigation checklist and information to reduce injuries, protect your life and those of others, and reduce damage to your home and property.

Recommended Actions for your Ground Shaking Intensity:

ACTION	RECOMMENDATION
<input type="checkbox"/> Secure your water heater	recommended
<input type="checkbox"/> Secure your tall furniture and bookcases	recommended
<input type="checkbox"/> Secure your TVs, computers, and electronics	recommended
<input type="checkbox"/> Secure your kitchen cabinets	recommended
<input type="checkbox"/> Secure wall-mounted objects	recommended
<input type="checkbox"/> Secure objects on opens shelves or table tops	recommended
<input type="checkbox"/> Secure natural gas appliances	recommended
<input type="checkbox"/> Secure garage items and hazardous chemicals	recommended
<input type="checkbox"/> Secure your unreinforced masonry chimney	recommended
<input type="checkbox"/> Secure garage propane tanks	recommended
<input type="checkbox"/> Secure propane tanks	recommended
<input type="checkbox"/> Secure your refrigerator	recommended
<input type="checkbox"/> Secure your shop or gym equipment	recommended

Flood Hazard

Your location is IN or NEAR an area of Low hazard of flooding.

Coastal floodplains have additional hazards associated with storm waves and wind. Flood insurance purchase may be required.

Remember that flood insurance does not reduce the risk of damage or injuries due to floods but helps you recover financially after a flood.

Based on the above results, use the following mitigation checklist and information to reduce injuries, protect your life and those of others, and reduce damage to your home and property.

ACTION

- [Protect Wells from Contamination by Flooding](#)
- [Install Sewer Backflow Valves](#)
- [Anchor Fuel Tanks](#)
- [Raise Electrical System Components](#)
- [Raise or Floodproof HVAC Equipment](#)
- [Add Waterproof Veneer to Exterior Walls](#)
- [Elevating Your Home](#)
- [Relocate Your Home](#)

RECOMMENDATION

recommended

optional

optional

optional

optional

optional

not

recommended

not recommended

Active Shooter and other Hazards

While the <http://myhazards.caloes.ca.gov/> site does not specifically call out North Hills West for fire, power outages or other potential hazards, residents should be mindful of being prepared with supplies that will be useful in any kind of disaster.

Active shooter incidents can occur anywhere at any time. In our appendix we include details on preparing to Run, Hide and Fight during an incident. You can start by watching this video:

<http://www.youtube.com/watch?v=5VcSwejU2D0> and attending a training class in how to survive an active shooter. The LAPD offers an excellent, more detailed training session on this topic.

Key messages from the training include that there is no standard profile of an active shooter. Prevention is about identifying and communicating “threat leakage”, which are communications by the assailant about their plans. Usually they have taken a lot of time to plan their attack and are like a boiling pot, spilling information about their plans out through social media, school projects, diaries, comments and more.

With active shooter incidents hitting closer to home, it is important to be mindful to identify potential exits wherever you go in case of an active shooter. Bearing in mind that the shooter has planned out the attack at great length, if necessary consider doing something the shooter wouldn’t expect as you Run, Hide and Fight.

Section F - Disaster Preparation & Training

Key elements of the NHWNC Emergency Response Plan include:

1. Red Cross First Aid /CPR training <http://www.redcross.org>
 - At least one member of each household should be certified.
2. Los Angeles Fire Department (LAFD) *Community Emergency Response Team* (CERT) program.
 - All residents 18+ years should take this important free training program. Information is available at <http://www.cert-la.com> .
 - The 17 ½ hr training covers 7 different topics:
 - ☐ Emergency Preparedness (kits, home plan, etc)
 - ☐ Fire Suppression
 - ☐ Disaster Medical Part 1 (Triage)
 - ☐ Disaster Medical Part 2 (Treatment)
 - ☐ Light Search & Rescue
 - ☐ Team Organization & Disaster Psychology
 - ☐ Terrorism & Homeland Defense
3. NHWNC's Emergency Preparedness & Public Safety Committee (comprised of CERT-trained volunteers) in conjunction with other groups, will help organize and facilitate bi-annual CERT training classes in our locale to make it easier for residents to attend. Please visit www.cert-la.com for a list of classes in our area.
4. Monthly Emergency Preparedness and Emergency Communications meetings, weekly, monthly and quarterly drills and more are held by a variety of groups, many are Committees of Neighborhood Councils. There are several in our area, all are free and everyone is welcome to participate.
5. The NHWNC has constructed a website, including calendar that is intended to provide a quick and easy means to find local information. Links are maintained to access local and wider area information that can provide basic to advanced opportunities to learn about Emergency Preparedness. Some examples of learning opportunities that are kept up to date are:
 - Lake Balboa NC Emergency Preparedness/Communications Meetings 2nd Saturday each month, 9am to 11am at the Van Nuys Flyaway Terminal, 2nd floor meeting room. Park free out front closest to

- Woodley. Also FRS-GMRS-Ham radio practice net every Sunday at 9:45am
- Lake Balboa NC Public Safety Committee meetings, every 3rd Saturday at Van Nuys Flyaway Terminal from 10am to noon. Free CPD/AED training, including certification if needed at a nominal additional fee.
 - Granada Hills North NC Emergency Preparedness Meetings 3rd Tuesday each month at 7pm. Engaging Guest Speakers and timely topics
 - SOS Emergency Products hosts classes, typically on Saturdays, at their main location classroom: Strathern St, Van Nuys. Classes range from basic to advanced First Aid, for both people and pets. Water and food storage, backup/standby power, radios and how to use them and much more. <https://www.sosproducts.com/training-classes-s/1826.htm>
 - Southern California Preparedness Foundation, a non-profit, produces the annual Valley Disaster Preparedness Fair, facilitates CERT classes, and sponsors MYN (Map Your Neighborhood) workshops. An extensive resource section is available free for use on the main website. <https://www.socalprep.us/preparation/>

Section G – What to do BEFORE an Earthquake / Disaster

When disaster occurs, **all that you can depend upon is what you know and what you have** at your disposal. The time to prepare is **BEFORE** a disaster happens.

MAKE A PLAN – GET A KIT – STAY INFORMED

Hold a Family Meeting

The purpose of a family meeting is to inform and educate family members, including children, seniors and family members with disabilities. Having a plan is one of the most important steps you can take in disaster preparedness. Knowing what to do and how to do it can help you and your family manage disasters with less worry, fear, and uncertainty.

All Family Members need to know the following:

- ☐ The location of your Survival Supplies
- ☐ The location of the "GO BAGS"
- ☐ Create emergency cards for each of your family members

- ☐ Draw a map of the house. Locate doors and windows that can be used as evacuation routes.
- ☐ Identify two evacuation routes from each room.
 - Practice your evacuation routes.
- ☐ Determine a meeting place outside of your residence, in case it is unsafe to remain indoors. This is particularly important as people have exited different doors and gone back inside looking for each other with dire results. **Do not** meet on the roof.
- ☐ Determine one location outside neighborhood in case of evacuation.
- ☐ Keep gas tank half full at all times. Gas might not be available after a disaster.
- ☐ Determine out of state contacts. Family members should be instructed to call them in event of emergency. Local calls may be difficult to place. Cell phone texts may get through when voice calls don't.
- ☐ Practice your **Drop, Cover & Hold-On** (Earthquake) and **Stop, Drop & Roll** (Fire Drills).
- ☐ Install **smoke alarms** and **carbon monoxide CO detectors**
- ☐ Teach each member of your family how to use a fire extinguisher. This is included with basic CERT instruction.
- ☐ Locate utilities, and determine how to turn them off and with what tools. Secure a wrench or specialized tool by a short cord by the shut off so you can find it by hand in the dark. **DO NOT** turn the gas back on by yourself.



Gas Meter



Gas On-Off Valve



Electrical Meter



Water Shut-Off

Emergency Supplies Checklist

- ☐ **Water** - 1 gallon/person/day for 3-7 days. People can become dehydrated quickly, even in cold weather.
- ☐ **Food** - 3-7 day supply of non-perishables: canned meat, fruits and vegetables; cereal, peanut butter
- ☐ **Utensils** -manual can opener, sharp knife utensils, plates, cups, plastic forks & spoons, paper towels.
- ☐ **Battery operated or Hand-Crank Radio** Use AM Radio. Listen to KNX 1070 AM, KFWB 980 AM, and KFI 640 AM radio stations for regional emergency alert information for the Los Angeles County area. **Two-way Radio** is a big plus! Free local classes are held to show how to use the inexpensive FRS (Family Radio Service) walkie talkies. Check our NHWNC.net calendar.
- ☐ **Flashlight** (in kit -Batteries should be inserted at time of emergency.) Flashlight in rooms should have batteries already inserted.
- ☐ **First Aid Kit** can be purchased at local pharmacy. You can attend to the immediate first aid needs of your family, including bleeding and burn relief. Look for instructions inside the First Aid Kit.
- ☐ **Whistle** to signal for help.
- ☐ **Duct-Tape; Plastic Sheeting; Dust Mask** - Duct tape is versatile. Plastic sheeting and duct tape can be used as a shelter-in-place barrier. Mask is for blocking contaminants.
- ☐ **Sanitation:** soap, toothbrush, toothpaste, toilet paper, moist wipes, large garbage bags and shovel for waste disposal
- ☐ **Tools:** Shut-off wrench, shovel, axe, hammer, pliers - Know where the gas shut-off is. Turn off only in an emergency.
- ☐ **Local [Maps](#)** You should be familiar with evacuation routes. Paper maps will still work when there is no power.
- ☐ **Clothes** Two sets of clothes, undergarments, socks, comfortable sturdy shoes. Babies may need more.
- ☐ **Blankets/ Sleeping Bags** For family warmth and comfort.
- ☐ **Medication** One week supply. Instant cold packs for refrigerated medications since you may not have access to refrigeration.
- ☐ **Matches** Stored in a water-proof container. Water-proof matches can be purchased at camping supply stores.
- ☐ **Documents** – Copies of birth/death/marriage certificates; insurance and medical records, deeds, bank statements, credit cards, driver's license, passport, credentials, etc. in a quick, convenient, easy to carry format, additionally including on a USB stick
- ☐ **Household Inventory** (including pictures for insurance)
- ☐ **Family photos** for identification
- ☐ **Pet Supplies** Food, water and medication for your animals.

Section H - What to do *DURING* an Earthquake

Stay as safe as possible during an earthquake. Be aware that some earthquakes are actually foreshocks and a larger earthquake might occur. Minimize your movements to a few steps to a nearby safe place and if you are indoors, stay there until the shaking has stopped and you are sure exiting is safe.

If indoors

- **DROP** to the ground; take **COVER** by getting under a sturdy table or other piece of furniture; and **HOLD ON** until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.
- Stay in bed if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.
- Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load-bearing doorway.
- Stay inside until the shaking stops and it is safe to go outside. Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave. Be aware of falling debris from the building itself.
- Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.
- DO NOT use the elevators.



If outdoors

- Stay there.
- Move away from buildings, streetlights, and utility wires.
- Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls. Many of the 120 fatalities from the 1933 Long Beach earthquake occurred when people ran outside of buildings only to be killed by

falling debris from collapsing walls. Ground movement during an earthquake is seldom the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects.

If in a moving vehicle

- Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.
- Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

If trapped under debris

- DO NOT LIGHT A MATCH!
- Do not move about or kick up dust.
- Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

Section I – What to do AFTER an Earthquake / Disaster

Earthquakes: Earthquakes damage can extend for miles from the epicenter. Damages can include collapsed building, bridges, and overpasses; cracked roadways; downed power lines; broken gas lines; fires; explosions; and landslides.

- **Earthquake responses:** Drop, Cover, and Hold On. Evaluate damages to structure and humans. Evacuate structure if necessary. **Take your GO BAG.**

Fires: Fires can spread quickly. In five minutes an entire house can be engulfed in flames. Often, the heat and smoke can be even more dangerous than the flames.

- **Fire Response:** If you are on fire: **STOP, DROP, and ROLL.** Evacuate immediately when you see, hear, feel, smell smoke and/ or fire. **Take your GO BAG**

Chemical or Biological Release: A chemical emergency can occur as an accident or maliciously resulting with a release of chemical agents. A biological emergency can be a natural outbreak of disease or a deliberate release of germs or other biological substances.

- **Chemical or Biological Release Response:** Get to a safe area by evacuating or shelter-in-place (use duct tape and plastic sheeting to create barrier).

In case of a disaster, ALL RESIDENTS should:

1. Check in with your out-of-state contact and register yourself at [SAFE and WELL](#) to let your family know that you are OK.
2. Take care of yourself, your family, pets, home, and neighbors.
 - Assess your situation
 - Check yourself for injuries. Often people tend to others without checking their own injuries. You will be better able to care for others if you are not injured or if you have received first aid for your injuries.
 - Place a **HELP** or **OK** sign on your front door or window.
 - Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, hard hat, goggles, and work gloves. This will protect you from further injury by broken objects.
 - After you have taken care of yourself, help injured or trapped persons. If you have it in your area, call 9-1-1, then give first aid when appropriate and **AS YOU ARE TRAINED**. Don't try to move seriously injured people unless they are in immediate danger of further injury.

- Use the telephone only to report life-threatening emergencies. Telephone lines are frequently overwhelmed in disaster situations. They need to be clear for emergency calls to get through.
- Use **battery-powered lanterns or flashlights** to inspect your home. Kerosene lanterns, torches, candles, and matches may tip over or ignite flammables inside.
- **Get everyone out if your home is unsafe. Be sure to take your Grab 'n Go bags with you.** Aftershocks following earthquakes can cause further damage to unstable buildings. **If your home has experienced damage, get out before aftershocks happen.**
- Look for and extinguish small fires. Eliminate fire hazards. Putting out small fires quickly, using available resources, will prevent them from spreading. Fire is the most common hazard following earthquakes.
- If you don't need to extinguish a fire, place your fire extinguisher out front on the sidewalk. (This allows for several resources in case a neighbor's house catches fire to keep it from spreading.)
- Leave the gas on at the main valve, unless you smell gas or think it's leaking. It may be weeks or months before professionals can turn gas back on using the correct procedures. Explosions have caused injury and death when homeowners have improperly turned their gas back on by themselves.
- Clean up spilled medicines, bleaches, gasoline, or other flammable liquids immediately. Avoid the hazard of a chemical emergency.
- Open closet and cabinet doors cautiously. Contents may have shifted during the shaking of an earthquake and could fall, creating further damage or injury.
- Help neighbors who may require special assistance. Elderly people and people with disabilities may require additional assistance. People who care for them or who have large families may need additional assistance in emergency situations.
- Listen to a portable, battery-operated radio (or television) for updated emergency information and instructions. If the electricity is out, this may be your main source of information. Local radio and

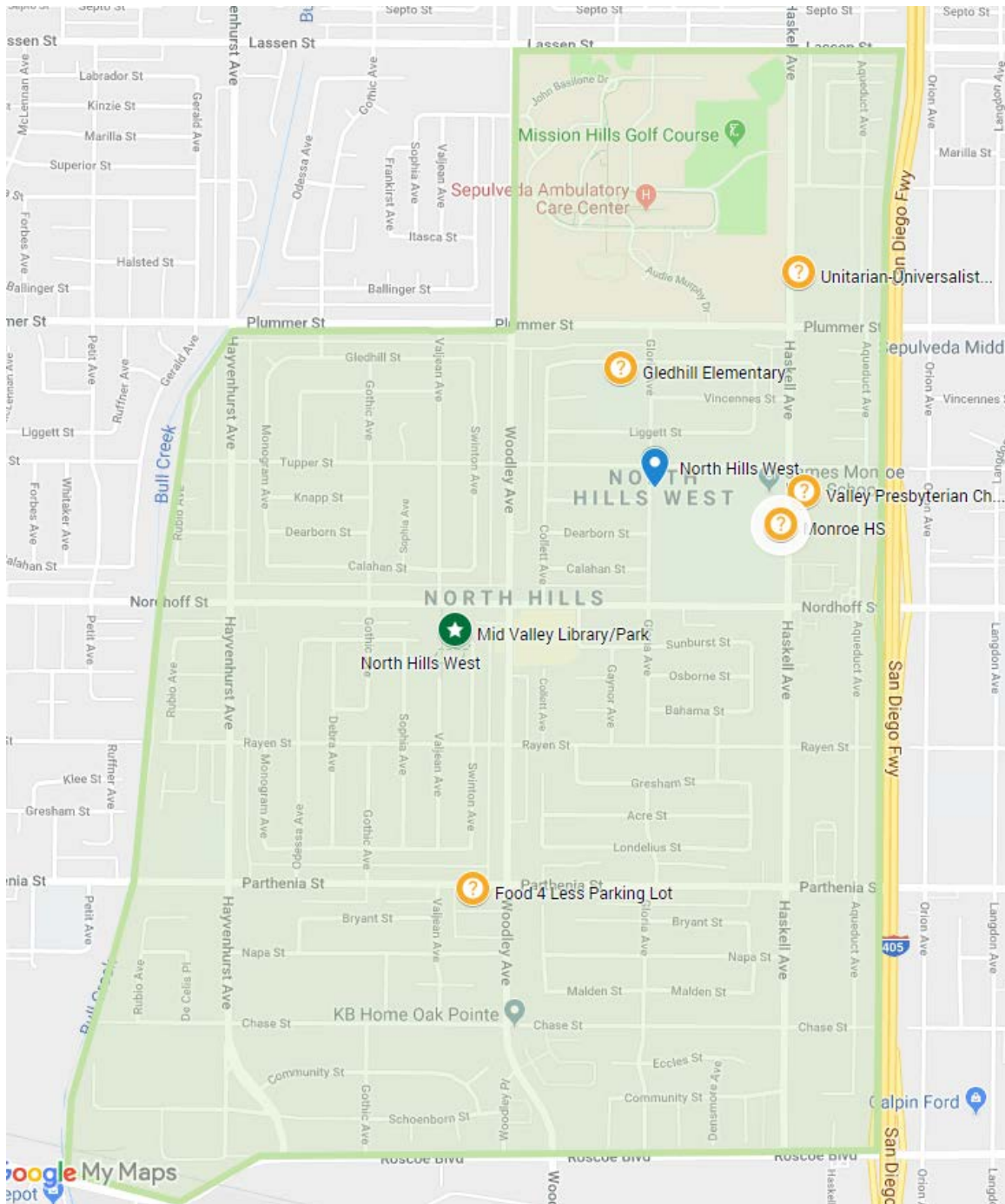
local officials provide the most appropriate advice for your particular situation.

- Expect aftershocks. Each time you feel one, **drop, cover, and hold on!** Aftershocks frequently occur minutes, days, weeks, and even months following an earthquake.
- Watch out for fallen power lines or broken gas lines, and stay out of damaged areas. Hazards caused by earthquakes are often difficult to see, and you could be easily injured.
- Stay out of damaged buildings. If you are away from home, return only when authorities say it is safe. Damaged buildings may be destroyed by aftershocks following the main quake.
- Watch animals closely. Leash dogs and place them in a fenced yard. The behavior of pets may change dramatically after an earthquake. Normally quiet and friendly cats and dogs may become aggressive or defensive.
- All residents with FRS radios should listen for emergencies and local status. See **Section M-Disaster Communications** for more details.
- All residents with ham radios should monitor Incident Command at the LA Battalion 10 simplex frequency 145.525 MHz, PL 110.9. See **Section M-Disaster Communications** for more details.

All CERT trained residents should follow the LAFD CERT Battalion 10 Action Plan (Contact [CERT Coordinator Sally Thompson at lafdcertbatt10@gmail.com](#) if you need a copy.) Our nearest Fire Station is number 90, at 7921 Woodley Ave. Next nearest is Fire Station 87 at 10124 Balboa Blvd

- Contact FEMA for disaster relief: <https://www.fema.gov>

Section J - Community Meeting Areas



North Hills West has relatively few large open public areas to meet. The one clear area we have is the Mid Valley Regional Library. Other open areas shown on this map have been identified as possibly

available for gathering or staging supplies, however, we have not contacted the organizations in question to confirm. They include:

- The Unitarian-Universalist Church front garden
- Gledhill Elementary front lawn
- Valley Presbyterian front lawn and parking lot
- Monroe HS front lawn on Haskell
- Food 4 Less parking lot

In any event, you need to have a preselected local gathering spot in mind. This can be as simple as a neighbor's front yard.

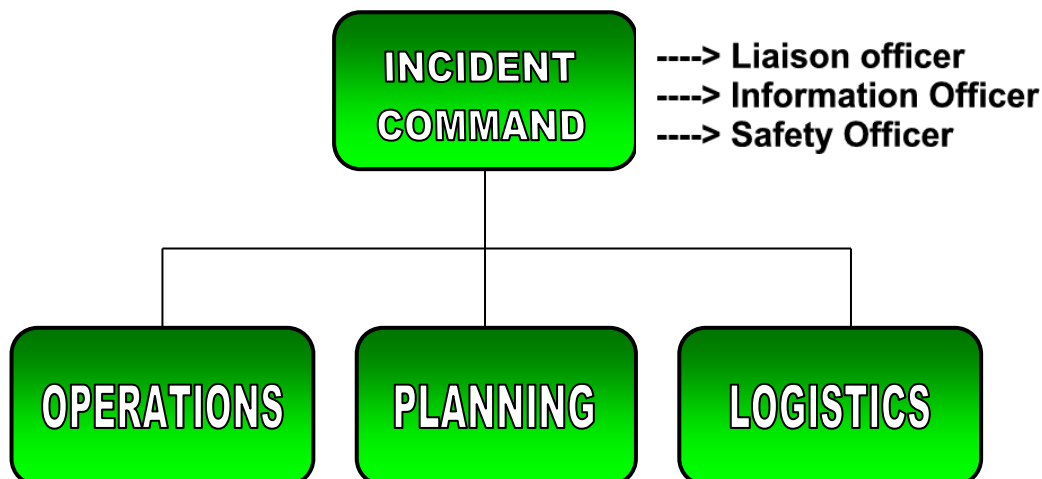
Section K - NHWNC Emergency Supplies & Equipment

#	Item	Location	Provided by
1	Incident Command Tents		NHWNC & Residents
2	ICS kits (2-way radios, clipboards, pens, pencils, marking crayons, duct tape)		NHWNC & individual CERT members
3	Triage supplies (tarps, medical station signs, triage tape, exam gloves, medi-masks, 1 st aid trauma supplies)		NHWNC & individual CERT members
4	Search & Rescue supplies (fire extinguishers, helmets, goggles, N95 masks, work gloves, flashlights, crow bars, utility wrenches, cribbing blocks)		NHWNC & individual CERT members
5	Ropes		NHWNC & Residents
6	Pulley		NHWNC & Residents
7	Heavy Jack		Residents
8	Shovel		NHWNC & Residents
9	Axe		NHWNC & Residents
10	Bolt cutter		NHWNC & Residents
11	Folding Table & Chairs		NHWNC & Residents

12	Stationery supplies - notepads envelopes, colored paper, duct tape		NHWNC & Residents
13	Propane Generator(s) & fuel		NHWNC & Residents
14	Power Strips, extension cords		NHWNC & Residents
15	55-gal blue water drums		NHWNC & Residents
16	Siphon & universal drum wrench for 55 gal drum		NHWNC & Residents
17	Oil, Gas, Gas Stabilizer		Residents
18	Butane Stove		NHWNC & Residents
19	Paper plates, cups, utensils		NHWNC & Residents
20	Plastic trash bags		NHWNC & Residents
21	Outdoor grill / charcoal		NHWNC & Residents
22	Camera (for documentation)		NHWNC & CERT Members

Section L – Community Emergency Response Team, CERT

CERT TEAM ORGANIZATION



- Organize training, drills & exercises
- Manage search & rescue, fire suppression
- Manage triage & medical
- Emergency Operations Plan
- Collect & manage information
- Disseminate information
- Staging
- Manage resources
- Manage supplies & equipment
- Manage services
- Communication

Section M –Disaster Communications

NORTH HILLS WEST EMERGENCY COMMUNICATION PLAN		
• North Hills West	FRS 11* (alt. 12)	* Monitored by CERT Personnel
• Status Report & Special Alerts to Community	FRS 9**	** Outgoing reports from CERT IC only
• CERT (Search & Rescue – Medical)	FRS 9***	*** Monitor IC on Channel 9
CERT INCIDENT COMMAND (IC)	HAM Channel CERT 12	CERT IC to LAFD

Emergency Information will be posted at www.nhwnc.net

Section N – North Hills West Community Resources:

Councilmember District 12 12 th District Community Service Center 9207 Oakdale Ave, Ste 200 Chatsworth, CA 91311 (818) 882-1212	LAPD Devonshire Division Senior Lead Officer: Efren Corral #35472 10250 Etiwanda Ave Northridge, CA 91325 Desk: (818) 832-0746 Cell: (424) 339-4079 Email: 35472@lapd.online
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Empower LA 200 N. Spring Street, Suite 2005 Los Angeles, CA 90012 Phone: (213) 978-1551 Fax: (213) 978-1751 toll-free: 311	LAPD Mission Division Mission Division Senior Lead Officer: Charles Chacon 11121 Sepulveda Blvd Mission Hills, CA 91345 Desk: (818) 838-9800 Cell: (818) Email: #35441@lapd.online
County Supervisor District 3 Sheila Kuehl	LAFD #87 10124 Balboa Blvd Northridge, CA 91344 (818) 756-8687
State Senator District 18, Bob Hertzberg	LAFD #90 7921 Woodley Ave Van Nuys, CA 91406 (818) 756-8690
State Assembly, District 46, Adrin Nazarian	Mid-Valley Regional Library 16244 Nordhoff Street, North Hills, CA 91343 Phone: (818) 895-3650 Fax: (818) 895-3657
US Congress, District 29, Tony Cardenas	American Red Cross 501 Shatto Place Los Angeles, CA 90020 (213)351-6769

Section O – Emergency Information Sources:

- Federal Emergency Management Agency (FEMA)
<http://www.ready.gov/>
- California Emergency Management Agency – Hazard Mitigation
<http://myhazards.caloes.ca.gov/>
- City of Los Angeles Emergency Management Department
<http://www.readyla.org>
 - Ready Your LA Neighborhood
<http://www.emergency.lacity.org/rylan/about>
 - Emergency Shelter information
http://readyla.org/index2.php?lang=en&cat=recovery_assistance&text=rec_emer_shelters

- LA Department of Water and Power
<https://www.ladwp.com/ladwp>
- CERT Los Angeles - Community Emergency Response Team
<http://www.cert-la.com>
- American Red Cross
<http://www.redcross.org>
- American Red Cross "Safe and Well" registry
<https://safeandwell.communityos.org>
- LAUSD Office of Environmental Health and Safety
<http://www.lausd-oehs.org>
- Los Angeles County Emergency Survival Program
<http://www.espfocus.org/>
- Google Public Alert System
<http://www.google.org/publicalerts>
- Maps of Los Angeles
http://www.takemaps.com/en/map_of_los_angeles_en.php
- National Fire Protection Agency
<http://www.nfpa.org>
- National Disaster Interfaith Network
<http://n-din.org/ndin/index.php>
- Protect Your Pets in an Emergency
<https://www.cdc.gov/disasters/petprotect.html>
- SOS Survival Products and Training Classes
<https://www.sosproducts.com/>
<https://www.dhs.gov/private-citizen>
https://www.youtube.com/watch?v=5VcSwejU2D0&feature=player_embedded
<https://www.ready.gov/active-shooter>

BE INFORMED

**How to Respond
to Various Threats**

HOW TO PREPARE FOR AND RESPOND DURING AND AFTER AN ACTIVE SHOOTER INCIDENT

Recent national tragedies remind us that the risk is real: an active shooter incident can happen in any place at any time. The best ways to make sure you and your loved ones stay safe are to prepare ahead of time and be ready. Taking a few steps now and mentally rehearsing what to do can help you react quickly when every second counts.



TAKE AN ACTIVE ROLE IN YOUR OWN SAFETY

NOW PREPARE

- Sign up for active shooter training
- If you see something suspicious, say something
- Know community response plans
- Identify the exits and good places to hide
- Learn and practice first aid skills and use of tourniquets

DURING SURVIVE

- Run
- Hide
- Fight



You may need to use more than one option.

AFTER BE SAFE

- Help law enforcement
- Seek out medical help
- Help others survive
- Seek help to cope with psychological trauma



NOW PREPARE

- Sign up for active shooter training.
- If you see suspicious activity, let an authority know right away.
- Many places like houses of worship, workplaces, and schools have plans in place to help you respond safely. Ask about these plans and get familiar with them. If you participate in an active shooter drill, talk to your family about what you learn and how to apply it to other locations.
- When you visit a building like a shopping mall or health care facility, take time to identify two nearby exits. Get in the habit of doing this.
- Map out places to hide. Solid doors with locks, rooms without windows, and heavy furniture like large filing cabinets and desks make good hiding places.
- Sign up for first aid and tourniquet training.



DURING SURVIVE

- **RUN.** Getting away from the shooter or shooters is the top priority. Leave your things behind and run away. If safe to do so, warn others nearby. Call 911 when you are safe. Describe each shooter, their locations, and weapons.
- **HIDE.** If you can't get away safely, find a place to hide. Get out of the shooter's view and stay very quiet. Silence your electronic devices and make sure they won't vibrate. Lock and block doors, close blinds, and turn off the lights. Don't hide in groups—spread out along walls or hide separately to make it more difficult for the shooter. Try to communicate with police silently—like through text messages or by putting a sign in an exterior window. Stay in place until law enforcement gives you the all clear.
- **FIGHT.** Your last resort when you are in immediate danger is to defend yourself. Commit to your actions and act aggressively to stop the shooter. Ambushing the shooter together with makeshift weapons such as chairs, fire extinguishers, scissors, and books can distract and disarm the shooter.



AFTER BE SAFE

- Keep hands visible and empty.
- Know that law enforcement's first task is to end the incident, and they may have to pass injured along the way.
- Follow law enforcement instructions and evacuate in the direction they come from.
- Consider seeking professional help for you and your family to cope with the long-term effects of the trauma.

HELPING THE WOUNDED

Take care of yourself first, and then you may be able to help the wounded before first responders arrive:

- If the injured are in immediate danger, help get them to safety.
- While you wait for first responders to arrive, provide first aid—apply direct pressure to wounds and use tourniquets if you have been trained to do so. Turn wounded people onto their sides if they are unconscious and keep them warm.

Additional Resources

VIDEO

Run. Hide. Fight. Surviving an Active Shooter Event
www.youtube.com/watch?v=5VcSwejU2D0

ONLINE COURSE

Active Shooter: What You Can Do <https://training.fema.gov/is/courseoverview.aspx?code=IS-907>

GUIDE FOR HOUSES OF WORSHIP

www.dhs.gov/sites/default/files/publications/Developing_EOPs_for_Houses_of_Worship_FINAL.PDF

GUIDE FOR K-12 SCHOOLS

www.fema.gov/media-library-data/20130726-1922-25045-3850/rem_s_k_12_guide.pdf

WEBSITES

www.dhs.gov/active-shooter-preparedness

www.fbi.gov/about/partnerships/office-of-partner-engagement/active-shooter-incidents

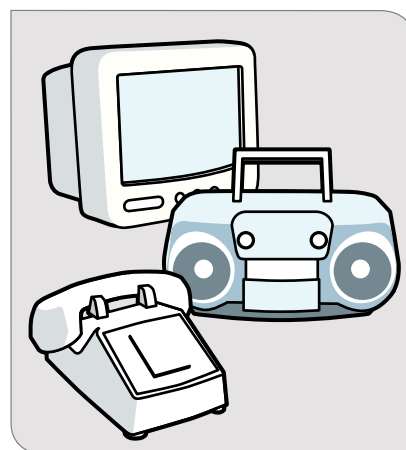
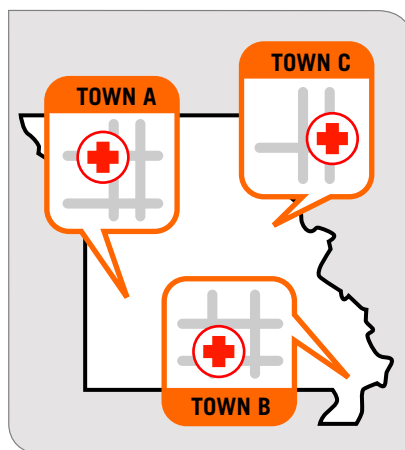
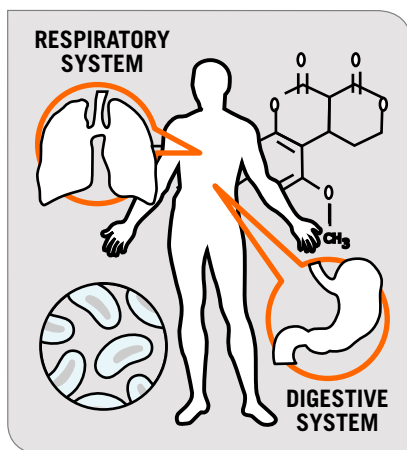
www.fema.gov/faith-resources

www.redcross.org/ux/take-a-class

BE INFORMED

BIOLOGICAL THREAT

<http://www.ibwc.gov/Files/biologicalthreat.pdf>



1. A biological attack is the release of germs or other biological substances. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents can cause contagious diseases, others do not.

2. A biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack it is perhaps more likely that local health care workers will report a pattern of unusual illness.

3. You will probably learn of the danger through an emergency radio or TV broadcast.

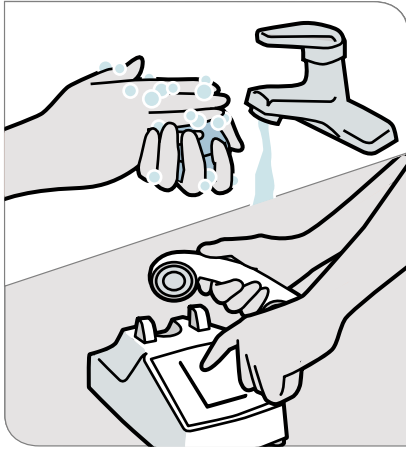


4. If you become aware of an unusual or suspicious release of an unknown substance nearby, it doesn't hurt to protect yourself.

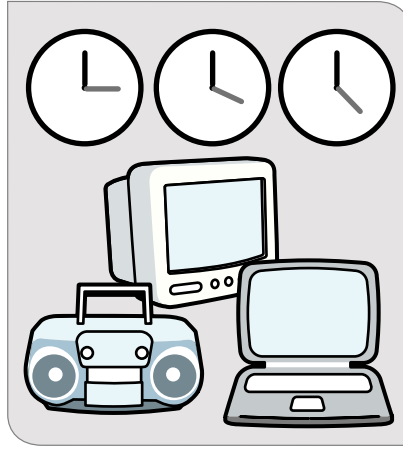
5. Get away from the substance as quickly as possible.

6. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing.

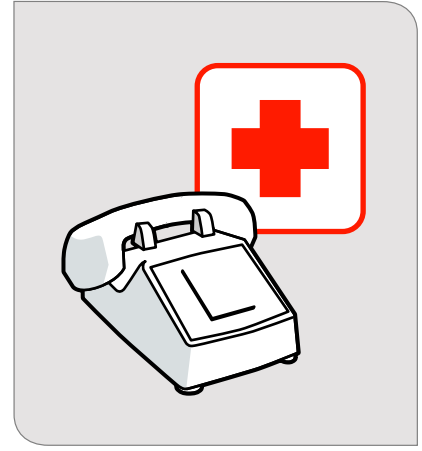
BIOLOGICAL THREAT



7. Wash with soap and water and contact authorities.



8. In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. However, you should watch TV, listen to the radio, or check the Internet for official news as it becomes available.

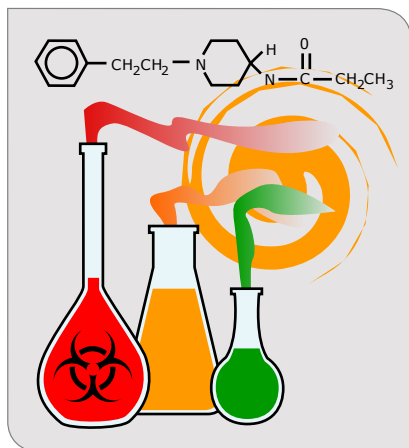


9. At the time of a declared biological emergency be suspicious, but do not automatically assume that any illness is the result of the attack. Symptoms of many common illnesses may overlap. Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.

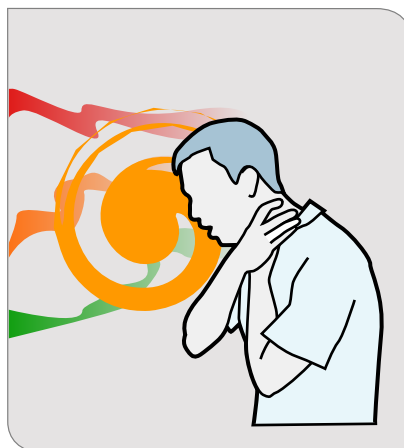
BE INFORMED

CHEMICAL THREAT

<http://www.ibwc.gov/Files/chemicalthreat.pdf>



1. A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment.



2. Watch for signs such as many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination.



3. Many sick or dead birds, fish or small animals are also cause for suspicion.



4. If you see signs of a chemical attack, quickly try to define the impacted area or where the chemical is coming from, if possible.

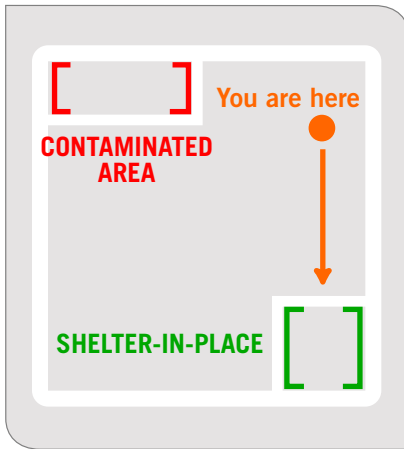


5. Take immediate action to get away from any sign of a chemical attack.

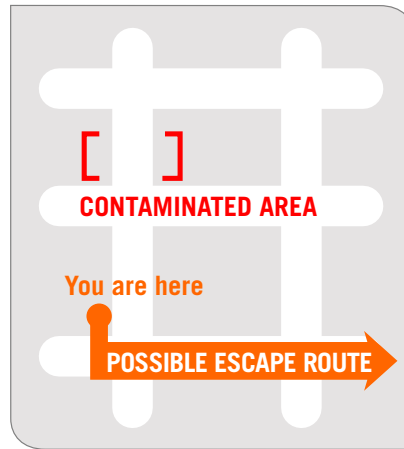


6. If the chemical is inside a building where you are, try to get out of the building without passing through the contaminated area, if possible.

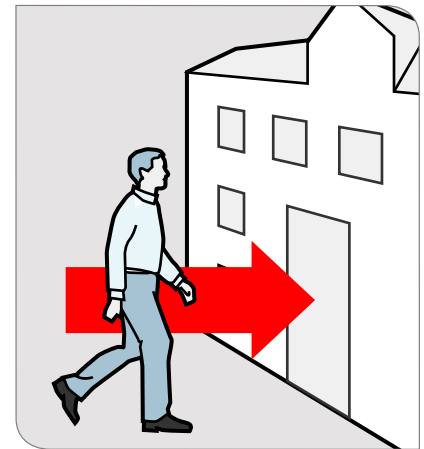
CHEMICAL THREAT



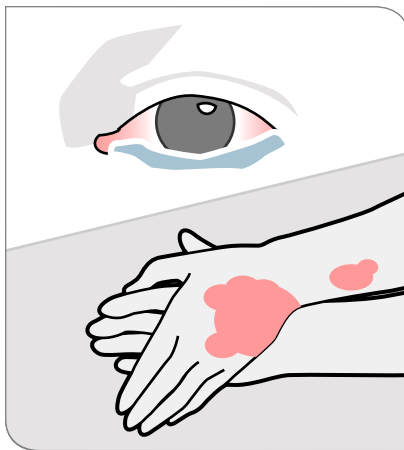
7. Otherwise, it may be better to move as far away from where you suspect the chemical release is and "shelter-in-place."



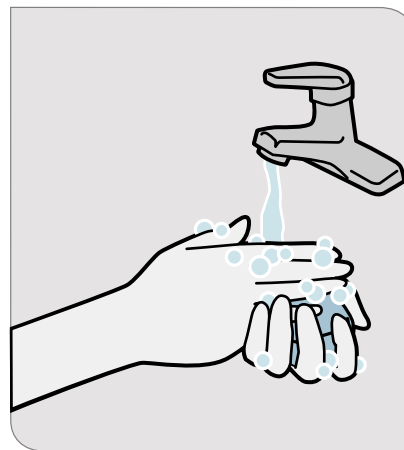
8. If you are outside when you see signs of a chemical attack, you must quickly decide the fastest way to get away from the chemical threat.



9. Consider if you can get out of the area or if it would be better to go inside a building and follow your plan to "shelter-in-place."



10. If your eyes are watering, your skin is stinging, you are having trouble breathing or you simply think you may have been exposed to a chemical, immediately strip and wash. Look for a hose, fountain, or any source of water.



11. Wash with soap and water, if possible, but do not scrub the chemical into your skin.



12. Seek emergency medical attention.

EXPLOSIONS

If there is an explosion...



1. Take shelter against your desk or a sturdy table.



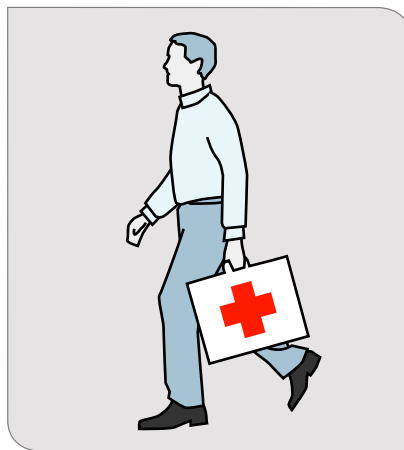
2. Exit the building as quickly as possible.



3. Do not use elevators.



4. Check for fire and other hazards.



5. Take your emergency kit if time allows.

BE INFORMED

EXPLOSIONS

If there is fire...



1. Exit the building as quickly as possible.



2. Crawl low in smoke.



3. Use a wet cloth to cover your nose and mouth.



4. Use the back of your hand to feel the lower, middle, and upper parts of closed doors.



5. If the door is not hot, brace yourself against the door and open it slowly.



6. Do not open the door if it is hot. Look for another way out.

EXPLOSIONS If there is fire...



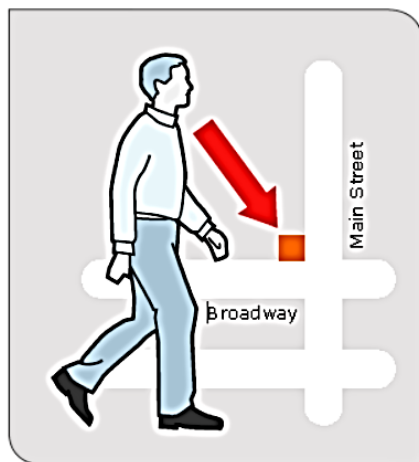
7. Use appropriate fire exits, not elevators.



8. If you catch fire, do not run!



9. Stop, Drop and Roll.



10. If you are at home, go to previously designated meeting place.



11. Account for your family members.



12. Do not go back into a burning building and carefully supervise small children.

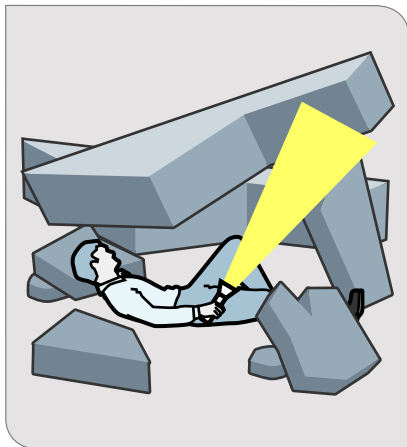


13. Call the fire department.

BE INFORMED

EXPLOSIONS

If you are trapped in debris...



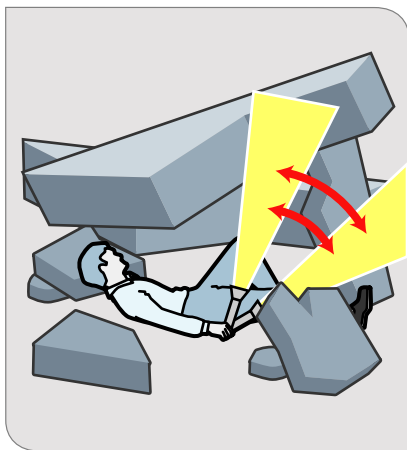
1. If possible, use a flashlight to signal your location.



2. Avoid unnecessary movement so that you don't kick up dust.



3. Cover your mouth and nose with anything you have on hand. Dense weave cotton material can create a good filter. Try to breathe through the material.



4. Tap on a pipe or wall so that rescuers can hear where you are.



5. Use a whistle if one is available. Shout only as a last resort - shouting can cause a person to inhale dangerous amounts of dust.

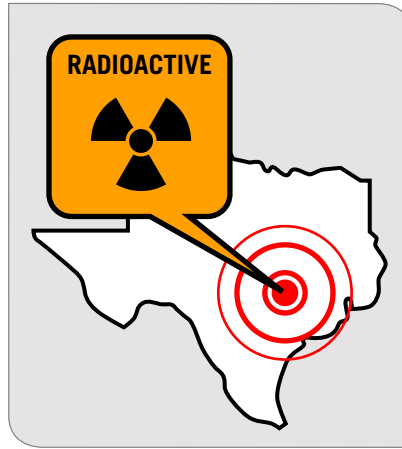
BE INFORMED

RADIATION THREAT

<http://www.ibwc.gov/Files/radiation.pdf>



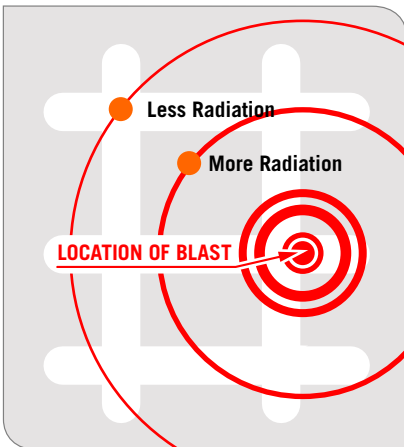
1. A radiation threat or "Dirty Bomb" is the use of common explosives to spread radioactive materials.



2. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. In order to limit the amount of radiation you are exposed to, think about shielding, distance and time.



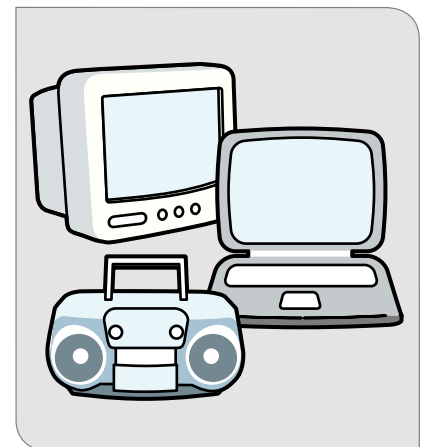
3. **Shielding:** If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed by the thick shield, and you will be exposed to less.



4. **Distance:** The farther away you are from the radiation the lower your exposure.



5. **Time:** Minimizing time spent exposed will also reduce your risk.



6. Local authorities may not be able to immediately provide information on what is happening and what you should do. However, you should watch TV, listen to the radio, or check the Internet often for official news and information as it becomes available.

BE INFORMED

NUCLEAR BLAST

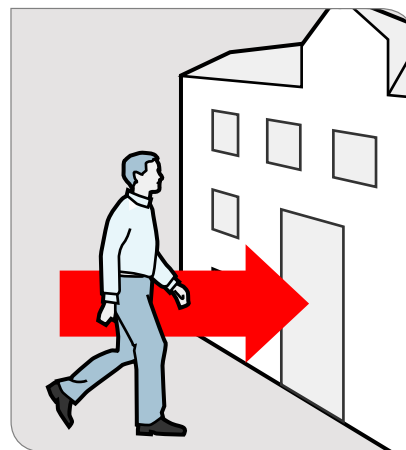
<http://www.ibwc.gov/Files/nuclear.pdf>



1. Take cover immediately, below ground if possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave.



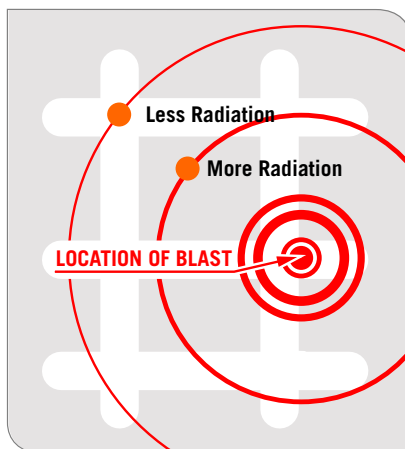
2. Consider if you can get out of the area;



3. Or if it would be better to go inside a building and follow your plan to "shelter-in-place".



4. **Shielding:** If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed, and you will be exposed to less.

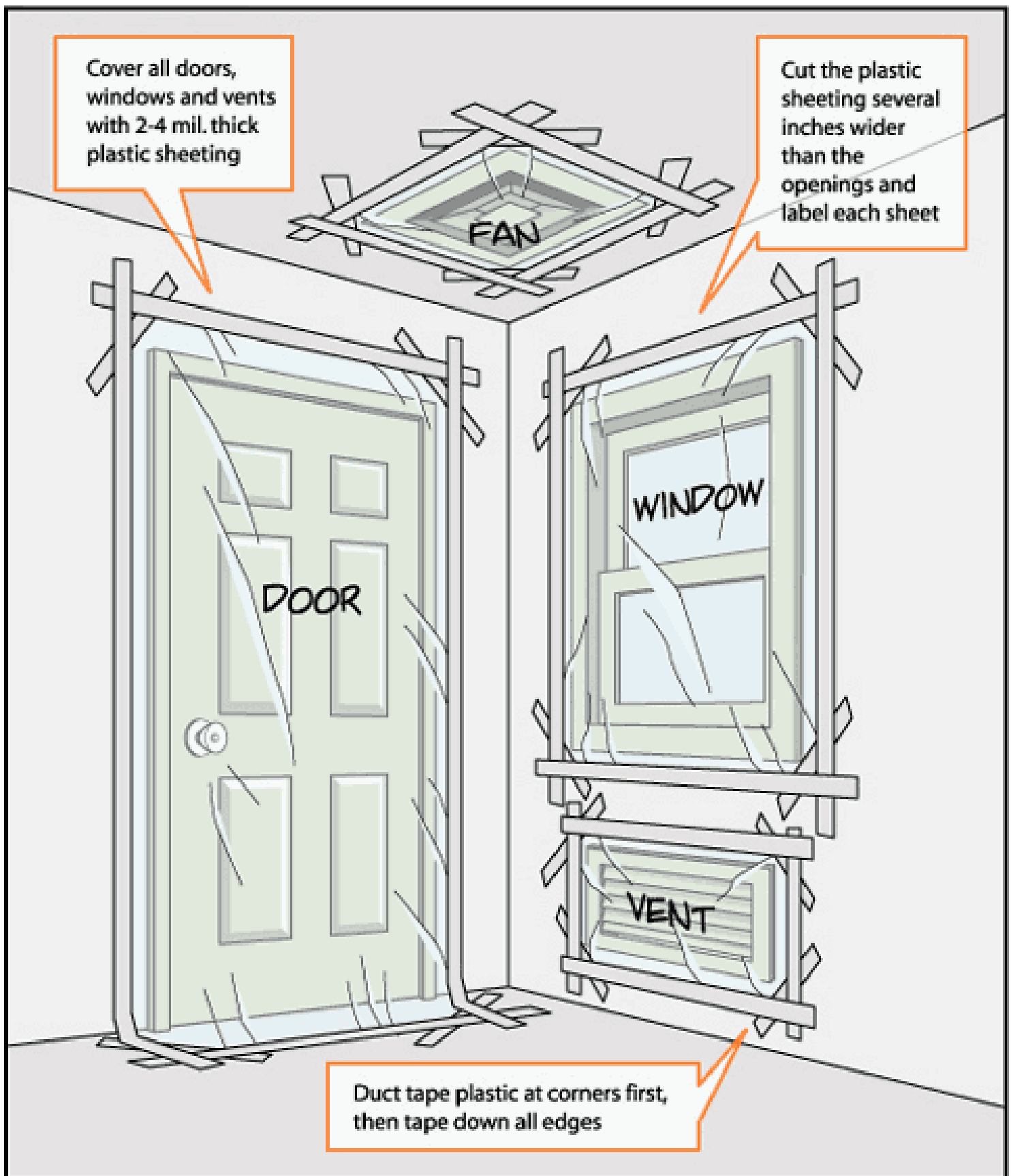


5. **Distance:** The farther away from the blast and the fallout the lower your exposure.



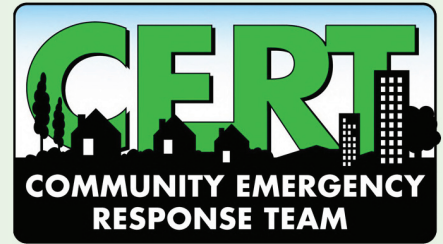
6. **Time:** Minimize time spent exposed will also reduce your risk.

HOW TO SHELTER IN PLACE IN CASE OF TOXIC AIR HAZZARDS





Do You Know What To Do In An Emergency?



WHY TAKE THE CERT TRAINING?

Well, it's like paying for car insurance. You might never need it, in fact you hope you won't. But if the occasion arises, having the CERT training, just like having car insurance, means you're as ready as you can be to help yourself, your family and your neighborhood in an emergency situation.

Class members receive 17 1/2 hours (one day a week for seven weeks) of initial training. CERT is provided free of charge within the city of Los Angeles to anyone 18 or over.

Classes are taught year-round, Monday-Friday, morning, afternoon, or evening. We will come to your location. Classes can be held anywhere in the City of Los Angeles. CERT members are trained in basic disaster response skills such as fire safety, light search and rescue, team organization and disaster medical operations. You will learn how to prepare for emergencies, what supplies you should NOW have in your house, how much food, how much water but most importantly, how to protect your family in an emergency!

It is important to know, if a major disaster occurs, the LAFD, paramedics, police... WILL NOT COME! They will be deployed FIRST to major incidents such as collapsed buildings. That is why you constantly hear... You MUST be prepared to take care of yourself. In the CERT course they say...

***"The Greatest Good for the
Greatest Number of People"***

When you are trained, you are far more equipped to deal with your circumstances without needing aid from outside sources.

Take CERT training for:

Yourself

Your family

Your workplace

Your neighborhood

CERT Classes Are FREE!

CERT Course Class Topics

- Personal & Family Preparedness
- Earthquake Preparation
- Disaster Preparedness
- Team Organization
- Disaster Psychology
- Medical Operations
- Medical Triage
- Damage Assessment
- Fire Suppression
- Fire Chemistry
- Hazardous Materials
- Utility Control
- Light Search & Rescue
- Full Disaster Simulation



This was a CERT call-out to assist during the Station Fire. CERT members were a great help at such an awful time by directing traffic, giving directions & patrolling the Fire Fighting Staging Area at Hansen Dam. This freed up emergency personnel for more critical tasks.

Free Emergency Preparedness Booklet

"Download the Emergency Preparedness Booklet by the Los Angeles Fire Department."

cert-la.com/emergprepbooklet.pdf

This is well worth your time and has critical information for you and your family's survival in an emergency.



CERT Training-Refresher

If a major earthquake hits, do you ...

- have enough supplies for a minimum of 72 hours up to an entire month for all family members, including pets?
- know how to turn off the gas?
- know how to safely turn off the power?
- know how to apply first aid?
- have enough water for all of your family and your pets?
- have provisions for living outside your home for a length of time if the structure is compromised?

CERT classes are given by the Los Angeles Fire Dept.
Please sign-up for the classes at:

cert-la.com/eventbrite

We invite you to browse the ***cert-la.com*** website where you will find valuable and instructive information.



COMMUNITY EMERGENCY RESPONSE TEAM PROGRAM

Los Angeles Fire Department – Homeland Security Division

201 N Figueroa Street - Suite 1225

Los Angeles, California 90012

Phone: (213) 202-3136 / Fax: (213) 202-3187

Email: lafdcert@lacity.org Web Page: www.cert-la.com



LEVEL 1 SYLLABUS

CLASS 1 - INTRODUCTION, DISASTER AWARENESS

Registration
Introduction
Earthquake Threat in Southern California
Personal & Family Preparation
Nonstructural Hazard Mitigation



CLASS 2 - DISASTER FIRE SUPPRESSION TECHNIQUES

Fire Chemistry
Fire Extinguisher Use
Utility Control
Creative Firefighting Techniques
Hazardous Materials / Placarding



CLASS 3 - DISASTER MEDICAL OPERATIONS (SESSION 1)

Recognizing Life-Threatening Emergencies
Treating Life-Threatening Emergencies
Triage



CLASS 4 - DISASTER MEDICAL OPERATIONS (SESSION 2) AND MULTI-CASUALTY INCIDENT

Head-to-Toe Evaluation
Treating Non-Life-Threatening Emergencies
Treatment Area Management



CLASS 5 - LIGHT SEARCH & RESCUE OPERATIONS

Evacuation
Search Techniques
Rescue Methods / Cribbing



CLASS 6 - TEAM ORGANIZATION & DISASTER PSYCHOLOGY

Developing a Response Team
Incident Command System "ICS"
Psychological "Size-Up"



CLASS 7 - TERRORISM & HOMELAND DEFENSE

History of Terrorism
Do's and Don'ts During a Terrorist Act
Homeland Defense Tips



PROGRAM OVERVIEW

The Los Angeles Fire Department's CERT Program (free of charge) was developed because of the need for a well-trained civilian emergency work force. The CERT Program provides for community self-sufficiency through the development of multifunctional response teams who act as an adjunct to the city's emergency services during major disasters. When emergencies happen, CERT members can give critical support to first responders, and provide immediate assistance to victims. CERT members can also assist with non-emergency projects that help improve the safety of the community. Through this unique program, people from community organizations, business and industry, and city employee groups will become CERT members. They work as team members and perform as individual leaders by directing untrained volunteers in the initial phase of an emergency.

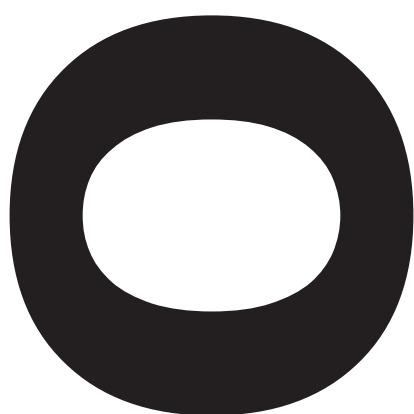
To become a CERT graduate, you must complete the 17-1/2 hour course (Level 1). Level 1 training is taught by professional experienced firefighters and paramedics. The course is followed by continuing education programs, including biannual refreshers.

We encourage our Level 1 graduates to enhance their education. Following the completion of Level 1, the CERT Program also offers Level 2 and Level 3 sequential training through the American Red Cross (ARC). CERT Level 2 includes 12 additional training hours in: "Disaster Services: An Overview", "First Aid and CPR/AED", and "Shelter Operations & Shelter Simulation". Currently, Level 2 classes are free. Check your local ARC's or CERT's website for available classes and dates.

After you have completed Levels 1 & 2 training, Level 3 is a 50 plus-hour "Emergency Medical Response" course. A Level 3 CERT member will have completed nearly 80 total hours of training and be capable of effectively assisting the needs within the community. Contact the ARC for dates and cost for this course.

Currently, CERT teams are regionally located within the city according to the Fire Department battalion they live in or work in. Opportunities are available to join and train with a team and potentially become a CERT Battalion Coordinator. Currently, Battalion Coordinators have completed at least Levels 1 & 2 training. These Battalion Coordinators work closely with CERT team members and the Fire Department to develop a capable "response-ready" team.

If you are a licensed amateur radio operator (Ham) who desires to serve the Department and the community, the ham radio will back up the Department's 800-MHz radio system and provide radio support to CERT members, their families, and their Battalion Coordinators. Contact Battalion Chief Kevin Nida, the Los Angeles Fire Department's City Radio Officer at (213) 978-3536 or e-mail him at kevin.nida@lacity.org.



























Emergency Kit

Visual Checklist for Disaster Supplies

 Water	 Food	 Prescription Medications	 First Aid Kit	 Baby Supplies	 Pet Supplies	 Bleach & Eye-dropper
 Mylar Blanket	 Blankets	 Sleeping Bag	 Glasses & Eye Protection	 Extra Clothing	 Personal Hygiene	 Towelettes
 Towels	 Sanitation	 Plastic Sheeting	 Tube Tent	 Backpack	 Dust Mask	 Work Gloves
 Flashlight	 Batteries	 Matches	 Candles	 Lightsticks	 Knife	 Multi-purpose Tool
 Wrench, Pliers, Crowbar	 Rope / Cord	 Duct Tape	 Can Opener	 Kitchen Items	 Scissors	 Fire Extinguisher
 Compass	 Pen & Paper	 Radio	 Cell Phone & Charger	 Whistle	 Signal Mirror	 2-way Radios
 Emergency Guide/Plan	 Family Documents	 Maps	 Camera	 Games & Books	 Extra Keys	 Cash, Travelers Checks, Coins

References



American Red Cross
www.redcross.org



Ready
www.ready.gov



Federal Emergency Management Agency
www.fema.gov



Letter or Note of Love & Hope

You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days. In addition, basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer.
Ready America

1. Get a kit
2. Make a plan
3. Be informed

Checklist prepared with guidance from Craig Baldwin, Tracy Burt, Abigail Cernak, Michelle Gregory, Hideko Kanegai PhD, Andy Parish, Lisa Peltier, Nari Prinsvas PhD, June Stephens, Tomoko Sugatani and Bob Weil.
Spring 2011



Emergency Comfort Kit Guide
www.stephensplanning.com/comfort_kit.pdf

