



City of Los Angeles
DEPARTMENT ON DISABILITY



**EMERGENCY PREPAREDNESS
FOR PEOPLE WITH DISABILITY**

July 2016

EMERGENCY PREPAREDNESS FOR PEOPLE WITH DISABILITIES



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INTRODUCTION

Emergency Preparedness For People With Disabilities

The events of the last decade have shown that when a disaster takes place, everyone needs to be self-sufficient within their home for a period of at least seven days without help or emergency services. There are real benefits to being prepared. Preparedness can reduce fear, anxiety, losses that accompany a disaster, and may lessen its impact.

Los Angeles is the second most populous city in the United States with its almost four million residents, and it is spread across 470 square miles. Local first responders and resources may be overwhelmed in the beginning hours or days following a disaster and may be unable to respond to you. There may be no electricity, gas, water, telephone, or other services. In addition, streets may be closed or impassable and stores may be damaged or not open for service. **Remember, your home is the best place to be - if it is not too badly damaged to be safe and there are no evacuation orders.** By developing a plan and practicing it, obtaining necessary supplies, and keeping informed, you can gain confidence that you have prepared well for the safety and security of yourself and your loved ones following an emergency, such as a fire, earthquake, flood, mudslide, tornado, or severe storm.

Some emergency situations require that you **evacuate** your home or work location with little or no warning and move to a **shelter** or make other lodging arrangements. It is important to keep informed before, during, and after an emergency. By planning ahead, you can make sure you are ready to leave home and work with all of your most essential items, at a moment's notice. For children and adults with disabilities, it is critical that each individual's disability-related needs are addressed in the family plan.

This guide will help you prepare to survive the difficult days following a minor or major disaster. Dealing with a disaster can be especially difficult for people of all ages who have a disability and for those who care for them.

Only you can prepare yourself and your family to meet the challenges brought on by a disaster through planning ahead and using an All-Hazard approach.

GENERAL INFORMATION AND THE SEVEN STEPS TO PREPAREDNESS

Major disasters impact hundreds of thousands of people every year. Each disaster may have lasting effects on individuals, families, and their communities by leaving people homeless and straining local food, water, and medical supplies.

In Los Angeles, there are numerous types of disasters for residents and visitors to consider when developing plans, they include:

- Earthquakes
- Fires
- Floods
- Landslides
- Tornadoes
- Tsunamis
- Hazardous Material
- Terrorism
- Civil Unrest
- Technological Hazards
- Public Health Emergencies
- Extreme Weather Conditions

Each type of disaster has some unique factors to prepare for in order to reduce the impact on property and lives. It is recommended to prepare using an All-Hazard approach, addressing each individual's basic needs for daily survival in your plan.

Keep your family safe and minimize stress, fear, and anxiety by:

- Creating a Family Plan
- Practicing it
- Staying informed
- Understanding how to respond to any disaster that could occur in your area
- Being self-sufficient for at least seven days

CREATE AN EMERGENCY PLAN

STEP ONE

Learn which hazards you may experience in the City of Los Angeles

EARTHQUAKE . . .

We know that Southern California is subject to frequent and sometimes very destructive earthquakes. Earthquakes occur suddenly, at any time; day or night. They come in clusters and aftershocks follow the main quake, which can cause further damage to weakened building structures and freeway overpasses. Aftershocks can occur in the first hours, days, weeks or even months after the initial quake. You can track earthquakes in the Los Angeles area by visiting the United State Geological Survey (USGS) at <http://Earthquake.usgs.gov>.

- During an earthquake, you may feel back and forth shaking and/or jerking movements. You may have difficulty walking or crawling, lose your footing, have difficulty maneuvering your wheelchair or assistive device, be injured by flying objects that were not secured or be knocked to the floor. In addition, your assistive devices, including eye glasses or hearing aids that are not secured, may be thrown around the room and you may be unable to retrieve the assistive device in order to move and/or evacuate your home (or work). Your goal is to protect yourself as quickly as possible when the earthquake strikes.
- Federal, State and Local governments, emergency management experts, and preparedness organizations all agree that "**Drop, Cover, and Hold On**" until the shaking stops, is the appropriate action to reduce the possibility of injury and death during earthquakes.
- **Prior planning for an earthquake is critical.**

Individuals should:

- Identify safe places in each room of the house, workplace, or school;
- Conduct practice drills with every member of the family, including personal care attendants and agencies that provide services on any given day;
- Choose both in-state and out-of-state contacts;
- Know how and where the family will reunite;
- Learn how to shut off gas, water, and electricity;

- Make sure your house is bolted to its foundation; secure water heater and major appliances, including furniture, picture frames, and mirrors;
 - Secure breakable objects;
 - Keep hazardous liquids, including pool supplies, paint, and cleaning products separate in secured cabinets and on low shelves.
- **During an earthquake, DROP, COVER, AND HOLD ON!** Take immediate cover under a sturdy desk, table, or bench. Cover your head and neck, and hold on until the shaking stops. If you are physically unable to get under something sturdy, get to an inside wall if it is safe, or crouch down and cover your head, neck, and face with your arms. If you are in a wheelchair, put on the break and cover your head, neck, and face as best as you can.

Protect Yourself During Earthquakes!

**IF
POSSIBLE**



**USING
CANE**



**USING
WALKER**



**USING
WHEELCHAIR**



- **Use a load bearing wall and/or doorway** for shelter only if it is close to you and you know it is strongly supported.
- **Stay in bed** if you are there when the earthquake strikes, protecting your head, neck, and face with a pillow, and hold on. If there is an object that could fall on you and possibly cause harm, move to a safer location.
- **Stay away from** windows, hanging items, and anything that could fall, such as lighting fixtures or furniture.
- **If you are outdoors, STAY THERE!** Get to an open area and move away from buildings, windows, trees, streetlights, utility poles, and power lines.
- **Wait until shaking stops and it is safe to go outside.** Most injuries during earthquakes occur when falling or flying objects hit people when entering or exiting buildings.
- **Be aware that the electricity may go out** and the sprinkler system or fire alarm may turn on.
- **If you are in a public building or high-rise**, drop, cover, and hold on. Protect your head and neck as best as you can.
 - **DO NOT use the elevators.** When the shaking subsides, move to the designated evacuation zone (usually the stairwell) and wait for evacuation assistance from first responders.
 - **If you use a wheelchair** and an evacuation chair is available, individuals close by may be able to assist with your evacuation. If you cannot be evacuated safely, tell someone to inform security, the fire department, and/or law enforcement the specific location where you are waiting in the building.
- **If you are driving, stop as quickly as safety permits.** Wait in your vehicle if it is safe to do so.
 - **DO NOT** stop near or under buildings, trees, utility poles and wires, or freeway overpasses.
 - Once the earthquake has stopped, proceed cautiously watching for road, freeway, and bridge damage.
- Once the earthquake has stopped, **DO NOT** attempt to use the telephone or mobile phone, unless there is a life-threatening emergency.

- When it is safe, check your home and/or office structure for cracks and damage. Check for gas, water leaks, and broken electrical wiring or sewage lines. **Natural gas should only be turned off if you smell a leak.**
- **If the electricity is out** and it is dark, you may wish to wait until dawn, when there is greater visibility.
- **If you evacuate**, leave behind a note informing family, friends, or first responders that you (and your pets/service animal) are safe and have evacuated. This note should also indicate where you are going.
- **Employees with disabilities** working in high-rise buildings or above the first floor are encouraged to inform their employer and co-workers about the assistance they will need in an emergency. They should address building evacuation procedures with their employer, building security, floor wardens, and co-workers, especially if they may need to be lifted or carried.

BE...



PREPARED!

For additional information in California on earthquake preparedness visit:

- **EARTHQUAKE COUNTRY ALLIANCE** – <http://EarthquakeCountry.org>
- **EARTHQUAKE READINESS CAMPAIGN** – <http://earthquakecountry.org/prepare/>
- **THE GREAT CALIFORNIA SHAKEOUT** – <http://Shakeout.org>

TSUNAMI . . .

A tsunami is a series of giant waves most often generated by underwater movements such as earthquakes, landslides, or volcanic eruptions. The first wave is usually not the largest in the series nor is it the most significant. The tsunami waves can come ashore in many different ways, such as a wall of water, a rapidly rising tide, or a series of surf-like breakers. Waves can move hundreds of miles per hour and hit land topping up to 100 feet in height. A tsunami has the force to carry boats, debris, and heavy rocks a great distance inland. This swift-moving, debris-filled wave of water can injure or kill people.

TWO TYPES OF TSUNAMIS . . .

Earthquakes near our coast cause “Local Tsunamis.” The first wave could arrive within 10 minutes of the temblor. There may not be time for a **Tsunami Warning** to be issued.

Earthquakes that cause “Pacific-Wide Tsunamis” are located far away from our coast. They could reach our coastline within an hour of the earthquake, and will usually give authorities time to issue a **Tsunami Warning**.

Although tsunamis are rare in Los Angeles, they can be extremely deadly. Contact the City of Los Angeles Emergency Management Department if you live in West Los Angeles or Venice and request a Tsunami Brochure for your area to see if you are in a tsunami danger zone.

- **TSUNAMI WATCH** – A significant distant earthquake has occurred, and a tsunami approach is possible, but not confirmed. Listen to local radio and television and check the Internet for updated information about what to do, where to go, and places to avoid.
- **TSUNAMI WARNING** – To prepare when a tsunami approach has been confirmed, pack up your family and pets. Listen to local radio and television and check the Internet for updated information about what to do, where to go, places to avoid, and be prepared to evacuate inland if advised by local authorities.
- **TSUNAMI EVACUATION** – Those within the evacuation advisory area should immediately move to higher ground. Listen to local radio and television and check the Internet for updated information about evacuation routes and centers.

- For additional **Tsunami Emergency Information** along the City of Los Angeles coastline, visit one of the following sites:
 - **West Los Angeles**
https://www.piersystem.com/external/content/document/2511/1040831/1/WEST_ENG_m5FINAL.pdf
 - **Harbor**
https://www.piersystem.com/external/content/document/2511/1040811/1/HARBOR_ENG_m4FINAL.pdf
 - **Venice**
https://www.piersystem.com/external/content/document/2511/1040827/1/VENICE_ENG_m6FINAL.pdf



- **If you are near the ocean during a strong earthquake**, you should immediately turn on the radio, TV, or access the Internet and prepare for a tsunami warning or evacuation order.
- If you have a disability, evacuate to higher ground immediately. If you require assistance evacuating or have a communication barrier that may prevent you from receiving emergency information, it is recommended that you arrange transportation and address communication needs during a **Tsunami Watch**.
- When you develop your emergency plan, address evacuation assistance and communication issues, especially if you or family members rely on para-transit or DO NOT have personal transportation. To help ensure you can safely evacuate, it is important to discuss, develop, and practice a plan with your support service providers and family or friends prior to the need.

FLOODS . . .

Floods are one of the most common hazards in all the United States. Flooding can happen as a result of river overflow, heavy rain, a dam breaking, or snow melting too fast. Floodwaters can be extremely dangerous and move at very fast speeds. Some develop slowly, over a few days, while flash floods can develop quickly, in a few minutes, and without warning. The force of just a few inches of swiftly moving water can knock people off their feet and sweep away cars. If you cannot see the lines on the street, don't try to cross the intersection or the area. Floodwater can be contaminated and may contain dangerous substances. Flash floods often have a dangerous wall of roaring water that carries rocks, mud, and other debris and can sweep away most things in its path.

During times of heavy rain, it is important for you to listen to, follow, or watch the news for the issuance of either a **Flood/Flash Flood Watch** or **Warning**. Follow government warnings if requested to evacuate your area, especially if you need assistance or have communication disabilities.



DO NOT return home until local officials declare the area safe.

- **Flood Watch** – Flooding is possible. Be aware of the government warnings and weather information. Listen to local radio and watch TV and check the Internet for updated information about what to do, where to go, and places to avoid. Flash flooding is also possible. Be prepared to move to higher ground. DO NOT wait for “mandatory” evacuations, especially if you require additional assistance to evacuate.
- **Flood Warning** – Flooding is occurring or will occur soon. If advised to evacuate, do so immediately, especially if you require additional assistance to evacuate. Be sure to grab your emergency Go Kit, your pet/service animal, their Go Kit, and any necessary disability-related equipment, supplies, and medications as you leave. If a flash flood is occurring, seek higher ground immediately! For more information, contact:

NATIONAL FLOOD INSURANCE PROGRAM
(888) 379-9531 Voice • (800) 427-5593 TTY • <http://FloodSmart.gov>

- **Keep drains and gutters around the home clear.** Check drains on the streets. If they are blocked, call 3-1-1 (if you are a resident of the City of Los Angeles) or **2-1-1 for Los Angeles County Services**.
- **You may need sandbags.** Find out which fire stations in your area will have sandbags available and ask about their proper placement. If you require assistance due to a disability, determine who in your support network will be able to help you with the sandbags during an event. Consider purchasing, and having readily accessible, instant sandbags.
- **The best protection during a flood is to move quickly.** Leave the area and move to shelter on higher ground.
- **Watch TV, listen to the radio, check the Internet, and official social media postings.** Keep informed on storm updates, what to do, where to go, and places to avoid.
- **DO NOT walk or drive through flowing water.** Drowning is the number one cause of flood deaths. Six inches of moving water can knock you off your feet and move or tip your wheelchair.
- **DO NOT drive through a flooded area.** More people drown in their cars than anywhere else. DO NOT drive around road barriers. The road or bridge may be washed out.
- **After the storm, drive slowly and carefully.** Roads may have sustained damage, mud or debris may be on them, or they may have been washed out.
- **Stay away from power lines and electrical wires.** Electrocutation is also a major killer in floods. Electrical current can travel through water. Report downed power lines to your utility company or call 911.
- **Be alert for gas leaks.** Use a flashlight to inspect for damage. DO NOT smoke, use candles, lanterns, or open flames unless you are sure that the gas has been turned off and the area has been aired out.
- **Only use a generator or other gasoline-powered machines outdoors.**
- **Never use a BBQ or camping stove indoors.** Carbon monoxide exhaust and charcoal are especially deadly and should only be used outdoors.

- **Turn off your electricity when you return home.** Some appliances, such as TV sets, can shock you even after they have been unplugged. DO NOT use appliances that have gotten wet unless they have been taken apart, cleaned, and dried.
- **Talk to your children about avoiding rivers, creeks, and washes.** Teach the entire family about steps to take during a **Flood Watch** and/or a **Flood Warning**.
- **Look before you step.** After a flood, the ground and floors are covered with debris, including broken bottles and nails. Be careful with floors and stairs that have been covered with mud, as they can be very slippery, especially if you use a cane or other mobility device.
- **Watch for animals, especially snakes.** Small animals that may have been flooded out of their homes may shelter in yours.
- **Use a pole or stick.** Poke the ground with a stick beneath the standing water before you walk forward. Turn over items to move away small animals.
- **Clean everything that got wet.** Floodwater picks up sewage and chemicals from roads, farms, factories, and storage buildings. Spoiled food, cosmetics, and medications that have become wet are a health hazard. **When in doubt, throw them out.**

LANDSLIDES AND DEBRIS FLOW (MUDSLIDE) . . .

Landslides (also known as mudslides and debris flow) can occur quickly, often with little notice. In a landslide, masses of rock, earth, or debris move down a slope. They may be small or large, slow or fast, and are activated by storms, earthquakes, fires, erosion, or human modification of land.

Debris and mudflows are rivers of rock, earth, and other debris saturated with water. Landslides can develop during heavy rainfall or rapid snowmelt and flow rapidly, striking with little or no warning at great speeds.

FIRES . . .

Fires are unexpected events that can happen anywhere and at any time. They spread quickly and often DO NOT allow time to gather valuables or even make a

phone call. In just a few minutes, a fire can be life threatening and engulf the building into flames. Be certain to:



- Always know where two exits are anytime you enter a room or building.
- Have working “ABC” Fire Extinguishers in your home.
- Exit the building as soon as possible.
- DO NOT inhale the super-hot air because it can sear your lungs.
- Be aware that fire produces poisonous gases that will make you feel drowsy and disoriented. Heat and

smoke can be more dangerous than the flames.

- Be aware that asphyxiation is the leading cause of fire deaths.
- **Use a wet cloth**, if possible, to cover your nose and mouth.
- If you catch on fire, **DO NOT RUN! Stop-Drop-and-Roll** to put out the fire.
- Include everyone in your home and prepare an evacuation plan, making provisions for anyone who has a disability. Practice your plan at least twice a year.
- Install a smoke alarm with a flashing light, vibration, and sound.
- Install a carbon monoxide (CO) alarm outside each sleeping area, or in each sleeping room for maximum protection against CO gas. California state law requires all single-family homes with an attached garage or a fossil fuel source to install this type of devices within the home. Effective January 1, 2013, owners of multi-family leased or rental dwellings, such as apartment buildings, are required to comply with the law.

The National Fire Protection Agency recommends:

- Alarms with 10-year lithium batteries eliminate the problem of having to change batteries frequently. The batteries are designed to last the life of an alarm. 10-year battery alarms still need to be tested in accordance with manufacturer's instructions or at least once a month.
- Alarms that go off because of burnt toast, steam, or other non-threatening sources can be a nuisance and can discourage people from using smoke alarms. Use alarms with a silencing feature that can be pressed to delay the alarm for a short period time. If the smoke does not clear in a certain amount of time, the alarm will sound again.
- Install smoke alarms on every level of your home and outside each sleeping area. If you sleep with your bedroom doors closed, have a qualified electrician install interconnected smoke alarms in each room so when one sounds, they all sound. Install a new battery in all conventional alarms at least once a year. Test your alarm at least once a month, following the manufacturer's instructions.
- For more information, visit the **NATIONAL FIRE PROTECTION AGENCY** website at <http://NFPA.org>.

WILDFIRES . . .

Wildfires often begin unnoticed. They spread quickly, igniting brush, trees, and homes. Reduce your risk by preparing now before a wildfire strikes.

- Be sure to clear the area around your house every year to help reduce the spread of fires. Contact the Los Angeles Fire Department **(LAFD) BRUSH CLEARANCE UNIT** for requirements <http://LAFD.org/Brush/>.
- During times of high heat and winds, it is important for you to listen to the news for the issuance of a Red Flag Warning.¹
- On Red Flag Days, it is recommended that you:
 - Disconnect the automatic garage door in case of a power failure. Park your car facing out and keep your car keys with you.

¹ A Red Flag Day is when weather conditions are such that there is great potential for a fast-moving brush fire. The conditions are defined as wind speeds 25 mph or more and humidity 15% or less.

- Place important records and documents, your emergency Go Kit, pet carriers, and pet emergency Go Kits in your car.
 - Pack a folding chair, blankets, and/or sleeping bags.
 - Pack your car with clothes and belongings you wish to take.
 - Plan where you will go if evacuated. (Family, friends, hotel/motel, or a local shelter.)
 - People with disabilities and older adults who require assistance or who may have communication disabilities should assess if it would be safer and more advantageous to evacuate during the **Evacuation Warning** stage instead of waiting for the official **Evacuation Order**.
- **If you rely on para-transit or other transportation services**, speak with the provider(s) during your emergency planning. Tell them you may need assistance with evacuating.
 - Determine if and/or when they may be able to provide assistance to you.
 - **If they are unable to assist 100% of the time, it is critical to plan with your support network and determine who and when they will be available to assist you.**
 - Discuss options of whether it would be safer and more advantageous to evacuate during the **Evacuation Warning** stage instead of waiting for an official **Evacuation Order**.
- Follow government warnings and instructions when evacuating or being asked to shelter-in-place. If requested to voluntarily evacuate your area, do so, especially if you need assistance with evacuating.
 - **REGISTER FOR RED FLAG WARNINGS**
<http://notify.lafd.org/redflag/index.cfm?fuseaction=users.myaccount&tab=tab2&errmsg=2:0&fs=s&lang=en#tab2>
 - **LAFD – BRUSH CLEARANCE DETAILED INSPECTION PROCESS**
<http://lafd.org/fire-prevention/brush/inspection-process>
 - **VERY HIGH FIRE HAZARD SEVERITY ZONE**
<http://lafd.org/fire-prevention/brush/fire-zone>

THUNDERSTORMS AND LIGHTNING . . .

Thunderstorms are dangerous. They typically produce lightning and heavy rain, lasting between 30 minutes to one hour.

Lightning is unpredictable. It often strikes outside of heavy rain and can occur up to 10 miles from any rainfall.

TORNADOES . . .

Nature's most violent storms can appear as funnel-shaped cones with winds that reach up to 300 miles per hour. They develop from strong thunderstorms and can devastate an area in seconds. They may strike quickly with little or no warning and can be invisible until dust and debris are picked up or a cloud forms in the funnel.



The key to surviving a tornado and reducing the risk of injury lies in planning, preparing, and practicing what you and your family will do if a tornado strikes. Flying debris causes most deaths and injuries during a tornado. There is no *completely* safe place during a tornado; however, some locations are safer than others.

- **Develop a tornado emergency plan.** Draw a floor plan of where you live. **(See STEP TWO, PAGE 28)**
- **Walk through each room and discuss** where family members, including pets, could gather during a tornado. The safest place to be is underground or as low to the ground as possible and away from windows and glass doors. Other places to consider are interior bathrooms, closets, or hallways on the lowest floor. If possible, lie in a bathtub and cover yourself with a mattress.
- **Learn the emergency dismissal policy for your child's school.**

- **Keep aware of the government warnings and weather information.** Listen to local radio, watch TV, and check the Internet for updated information about what to do, where to go, and places to avoid.
- **During a tornado:**
 - **Avoid all windows.** Exploding windows can injure or kill.
 - If you are unable to move from a bed or a chair and assistance is not available, **protect your head and neck** from falling objects with blankets and pillows.
 - **Do not stay in a mobile home.** Mobile homes, even with tie-downs, may not withstand the force of tornado winds.
- The least desirable place to be during a tornado is inside a motor vehicle (cars, buses, and trucks). If you are in your car, **DO NOT** try to outrun the tornado.
 - **Stop your vehicle and get out.** **DO NOT** get under your vehicle.
 - **Lie down flat** in a ditch or low spot on the ground.
 - **Protect your head and neck.**
 - **Avoid trees and power lines.**
- If you are in a wheelchair, get away from windows and go to an interior room of the house. Cover your head and neck with anything available, even your hands.
- If you are outside and a tornado is approaching, get into ditch or lie flat and cover your head and neck with your arms.

EXTREME WEATHER CONDITIONS . . .

The Los Angeles County Department of Public Health (DPH) monitors weather conditions and will issue a heat or cold health alert. These health alerts trigger subsequent actions by the City and County.

Information on **PUBLIC HEALTH ALERTS** can be found at <http://LAPublicHealth.org/>. Scroll to the bottom of the page under “*HEALTH ALERTS.*”

COOLING CENTERS AND WARMING CENTERS . . .

To counter the health effects of cold and hot weather, City facilities will be utilized as **Cooling Centers** or **Warming Centers** to provide the public with relief from the cold or heat. The City primarily uses Recreation and Parks (RAP), Senior Citizen Centers (SC), and Library (LAPL) facilities for this purpose.



The City's **Cooling Center** locations will be open to the public during regular business hours. During periods of high temperature, the City may extend the hours of operation for these facilities.

Warming Center locations, unlike the Cooling Centers, must remain open, even if the City facility would normally be closed.

It is important to listen to local radio, television, and check the Internet for updated weather and news information about what to do, where to go, and on the extended hours of City facilities addressing extreme cold or extreme heat conditions.

- In addition to **Cooling Centers**, consider spending the hottest part of the day in movie theaters, shopping malls, or other community facilities.

WINTER STORMS AND EXTREME COLD . . .

Winter storms can result in flooding, storm surge, downed power lines, blocked roads, closed highways, and hypothermia.

The City may open **Warming Centers** (public libraries, recreation and park centers and senior citizen centers). Keep informed of updated information on locations and hours.

- **Frost Advisory** – Issued when the surface air temperature is expected to be 32°F or below over a widespread area for a climatologically significant period.
- **Freeze Watch** – Issued approximately 24 hours in advance when there is potential for temperatures down to 28°F.

- **Freeze Warning** – Issued for imminent conditions of temperatures below 28°F.

EXTREME COLD . . .



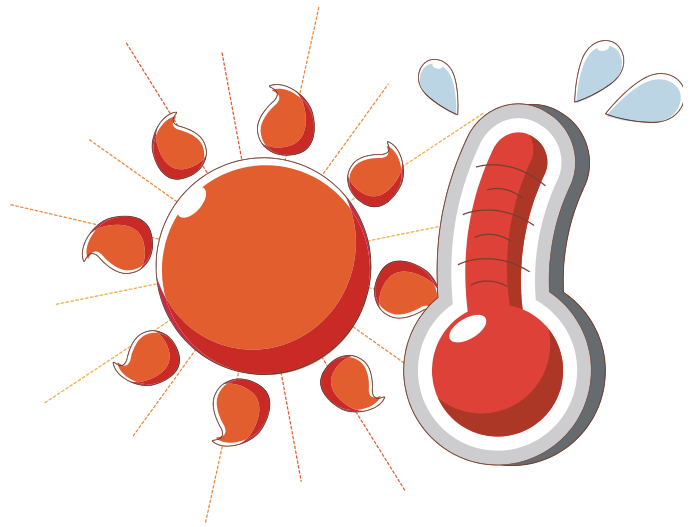
- Make sure heating appliances are in good condition prior to using them.
- **NEVER** use a BBQ, propane stove, or oven to heat your home.
- Install a Carbon Monoxide (CO) device in your home.
- Keep outside generators as far away from the home as possible.
- Wear layered clothing.
- In addition to **Warming Centers**, consider spending the coldest part of the day in movie theaters, shopping malls, and other community facilities.
- Check on family, friends and neighbors, who **DO NOT** have heaters, have been ill, recently injured, or who spend much of their time alone.

HOT SUMMERS AND EXTREME HEAT . . .

Prolonged periods of excessive heat are often combined with excessive humidity. Excessively dry and hot conditions can provoke dust storms and low visibility. Droughts may occur when a long period passes without substantial rainfall. A heat wave combined with a drought can create a very dangerous situation. Doing too much activity on a hot day, spending too much time in the sun, or staying too long in an overheated place, can cause heat-related illnesses. Know the symptoms of heat disorders and overexposure to the sun.

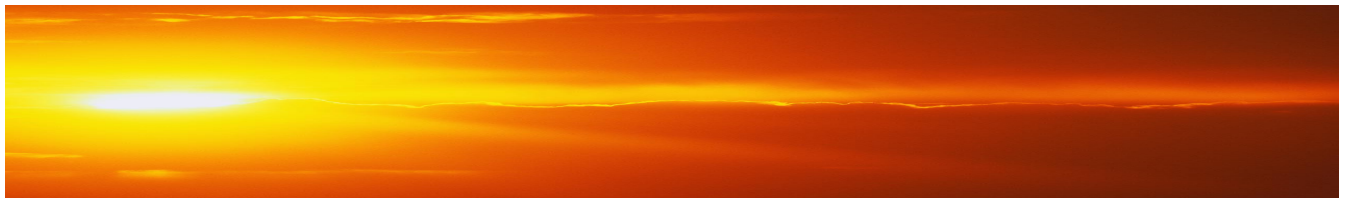
Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

The City may open **Cooling Centers** (public libraries, recreation and park centers, and senior citizen centers). It is important for you to listen to the radio, television, and check the Internet for updated information.



- **Excessive Heat Watch** - Issued within 24 hours when there is potential for heat index of at least 105°F for any duration.
- **Excessive Heat Warning** - Issued within 12 hours of onset for heat index of at least 105°F for any duration.

EXTREME HEAT . . .



- Older adults, young children, people who are sick or have a disability which affects regulating body temperature, and those who are overweight, are more likely to succumb to extreme heat.
- Never leave babies, children, older adults, or pets alone in closed vehicles, even with the windows cracked open.
- Stay indoors as much as possible and limit exposure to the sun. When in the sun, wear a hat.
- Wear light colored, loose-fitting clothing.
- Drink plenty of water. Consult your health care provider before increasing liquid intake if you have epilepsy; heart, kidney, or liver disease; are on a fluid-restricted diet; or have problems with fluid retention.

- Avoid drinking alcohol.
- In addition to **Cooling Centers**, consider spending the warmest part of the day in movie theaters, shopping malls, and other community facilities.
- Check on family, friends, and neighbors who DO NOT have air conditioning, who have been ill, recently injured, or spend much of their time alone.

BLACKOUTS AND POWER OUTAGES . . .

Blackouts can happen anywhere and to anyone. Rolling blackouts occur when power usage increases, especially during hot weather and people are using air conditioning to keep cool. Power companies try to provide warnings of when they will turn-off power to an area and will ask people to preserve energy during specific times of day. **See STEP SEVEN, PAGE 74**

HAZARDOUS AND CHEMICAL MATERIALS . . .



Hazardous materials are chemical substances, which if released or misused can pose a threat to the environment or people's health. These chemicals are often used in industry, agriculture, medicine, research, and consumer goods. Hazardous materials come in the form of explosives, flammable and combustible substances, poisons, and radioactive materials. These substances are most often released as a result of transportation accidents or because of chemical accidents in production plants.

- **Keep a safe distance** from incidents. Hold your thumb up in front of you (arm extended) and look toward the incident. If you can still see the incident on either side of your thumb, you are too close. Move back until your thumb covers the entire incident.
- **Keep informed** regarding evacuations, evacuation routes, shelters, and other instructions by listening to the radio, watching television, checking the internet, and following official social media postings.
- **If you are asked to shelter-in-place**, follow your emergency plan. Close and lock all windows and doors, close vents and fireplace dampers, and seal windows and doors with tape. **(See Illustration on Page 34)**

- **If you are asked to evacuate**, do so immediately.
- **Bring pets indoors.**
- **If you are outside, stay upwind, uphill, and upstream** from suspected hazardous materials and move as far away from the accident scene as possible.
- **Try to avoid inhaling gases, fumes, or smoke.**
- **If you are in your car, stop and seek immediate shelter in a building.** If you cannot seek shelter, close the windows and vents and shut off the air conditioner/heater.

HOUSEHOLD CHEMICALS . . .

Every household uses products containing hazardous materials or chemicals. Knowing what to do in the event of an accident is critical to survival. Products include, but are not limited to: oven cleaners, toilet cleaners, bleach, motor oil, air conditioning refrigerants, automotive batteries, anti-freeze, herbicides, insecticides, bug sprays, glues, paint, batteries, and fluorescent light bulbs.

- Always keep products in original containers and labels.
- Post the **NATIONAL POISON CONTROL (800) 222-1222** phone number on the refrigerator and next to or taped to the phone.

NUCLEAR POWER PLANT . . .



Nuclear power plants operate in most states and produce about 20 percent of the nation's power. Facilities are closely monitored and regulated. The potential danger is exposure to radiation. In California there are two nuclear power plants: Diablo Canyon (operating), near San Luis Obispo, and San Onofre (non-operating) on the Pacific coast midway between Los Angeles and San Diego.

In the event there is radiation dispersal, check emergency information from the Centers for Disease Control and Prevention (CDC) or the local Public Health Department.

Potassium Iodide (KI), which may be given by local public health authorities to treat radiation exposure, may have adverse health effects in some individuals. KI should not be taken unless under the instructions of your healthcare professional or public health authorities. <http://emergency.cdc.gov/radiation/ki.asp>

TERRORISM . . .

Terrorism is the use of force or violence to create fear among the public, get publicity for the perpetrator's cause, and convince the public that government cannot prevent these crimes. Acts of terrorism include: threats of terrorism, assassinations, kidnappings, hijackings, bomb scares, use of explosive devices, cyber-attacks (computer-based), as well as the use of chemical, biological, nuclear, and radiological weapons.

The possibility of future incidents in the United States, and specifically in the City of Los Angeles, has increased the public's stress and anxiety. However, being prepared for other types of disasters will also assist you in case of a terrorist attack.

- Listen to local authorities, and rely on instructions from police, fire, and other local emergency officials.
- Extended media coverage could exacerbate fears and uncertainty.
 - Take breaks or take turns while listening to media coverage.
 - Remember that young children may not realize you are watching repeated video footage and may think the event is still happening.
 - It is important to talk to children about what they are seeing, hearing, and feeling.
- Stay indoors (unless you are asked to evacuate), lock all windows and doors, and if possible, find a room without windows to stay in.
- Continue to monitor the radio, television, Internet, and official social media messages to stay informed regarding possible evacuations and where to go or places to avoid. If already evacuated, stay updated on additional information and on when it is safe to return home.

PUBLIC HEALTH EMERGENCY . . .

It may take time for public health officials to determine the exact illness they are dealing with, how to treat it, and who needs to be treated. Watch or listen to the

news and check the Internet for official information from the Department of Public Health (DPH) or the Centers for Disease Control and Prevention (CDC).

Public health emergencies may be related to outbreaks of infectious illnesses (such as Pandemic Influenza, West Nile Virus, and Avian Flu), food and waterborne illnesses (such as Salmonella and E. Coli), as well as other threats to public health and safety.

PANDEMIC INFLUENZA . . .

A pandemic is a global disease outbreak. Flu pandemic occurs when a new influenza virus emerges for which people have little or no immunity and for which there is no vaccine. The virus begins to cause serious illnesses and can easily spread from person-to-person and around the world.

- You may not be able to get to a store. Transportation and other public services may be disrupted. Schools may be closed. You may be asked to stay home (shelter in place). You may not be able to go to work.



- Keep your emergency kit updated with food, water, and supplies.
- Keep your medical supply kit (prescriptions, pain relievers, stomach remedies, cough and cold remedies, fluids with electrolytes, vitamins, and first aid material) and medical information card updated indicating any serious health conditions, allergies, and medications that you and your family need.
- If you provide care for a person with a disability, it is important that you take steps to prevent that person from getting the flu and provide help if they become ill. You should take all the necessary precautions to protect yourself and the person with a disability from the flu.
- If you have a disability or care for someone with a disability or weakened immune system, get the flu vaccine as soon as it is available in your area. It is your best protection against the flu.

- Be sure to ask anyone you have regular contact with if they have received the yearly flu vaccine, especially if you have people assisting you with personal care.
- Talk to children about washing their hands with soap and water, covering coughs and sneezes, and to avoid others as much as possible if they are sick.
- Stay home and encourage others to stay home from work or school if they are sick.
- Individuals with specific medical conditions such as, arthritis, asthma, cancer, diabetes, heart disease, or HIV/AIDS should learn how to stay healthy during flu season. For more information, go online to <https://www.cdc.gov/flu/pandemic-resources/index.htm>.



RESOURCES:

- U.S. Department of Health and Human Services
<http://Flu.gov/>
- Centers for Disease Control and Prevention
<http://CDC.gov/flu>

STEP TWO

Prepare Your Home Safety Plan

DRAW A MAP OF YOUR HOME . . .

- Determine at least two usable exits in each room and in your building. (Make it a habit to do this whenever you are out shopping, at the movies, visiting friends, in a hotel, on vacation, at work, etc.)
 - If equipment such as a rope ladder is needed to safely evacuate the room, mark where it is kept/stored on the plan.
- **Mark** where the utility switches or valves are located on the plan.

- **“Know and show” the location of your electrical box and gas and water shut-off valves.** Show your neighbors, family, and caregivers how to shut off electricity, gas, and water.
- **Mark** where your first-aid kit and fire extinguishers are located.
- **Mark** where your emergency supplies and GO KITS are located.

DEVELOP A BUDDY SYSTEM . . .

Speak with family, friends, neighbors, and co-workers on how you will help each other in an emergency. Following a disaster, neighbors make 70% of the rescues.

TIPS FOR THE HOME . . .

- **Reduce hazards in your home.**
 - Strap or move furniture and heavy items such as bookcases, dressers, pictures, and TVs away from beds, sofas, or other places where you sit or sleep.
 - Securely anchor medical equipment, appliances, bookcases, hanging plants, etc.
 - Place heavy objects on low shelves.
 - Fasten water heater to the wall.
 - Arrange furniture so that if it falls or moves, it will not block the path of travel to your emergency exits.
 - Most hardware stores and home centers carry earthquake safety straps, fasteners, and adhesives.
- **Keep family or personal records in a watertight and fireproof container.** Place in an easily accessible location if you needed to take it during an evacuation.
- **Install safety latches** to keep cupboards, cabinets, doors, and drawers securely closed.

STEP THREE

Prepare an Evacuation Plan and Identify Meeting Sites and Evacuation Routes

EVACUATION – FAMILY PLAN . . .

There may be conditions under which you will decide to get away or situations when you are ordered to leave. Your **Evacuation Plan** should include places where you and your family will meet. You should choose multiple destinations in different directions so you have options depending on the type of emergency.

EVACUATION – WORK OR SCHOOL PLAN . . .

Employees, students, and faculty with disabilities **should inform** their employer or teachers about the assistance they will need in an emergency. **Employees and students with disabilities should always participate** in emergency drills, training, and exercises offered by their employer, building manager, school, or any government agency. In addition, individuals are encouraged to talk with trusted colleagues who may be able to assist during an emergency.

- Address building evacuation procedures with the employer, building security, floor wardens, and colleagues, especially if you may need to be lifted or carried.
- Address building evacuation procedures with teachers and the principal (administration) of the school or university, especially if you or your child may need to be lifted or carried.
- If you are deaf or hard of hearing, discuss the best ways to notify you and instruct you during an emergency.
- If you have a cognitive or intellectual disability, talk with your employer or teacher about the best and easiest way to notify you and instruct you during an emergency.

EVACUATION WARNING – VOLUNTARY EVACUATION . . .

Time to prepare to leave your home/work and the area! It is recommended that people with disabilities and those who rely on para-transit or others for transportation and people with specific medical needs should leave immediately and not wait for an Evacuation Order.

EVACUATION ORDER – MANDATORY EVACUATION . . .

During an evacuation order, you will be directed by law enforcement or firefighters to leave your home or work site immediately. It is critical to follow all directions and instructions. Refusal to do so may put you, your family, friends, and/or neighbors in danger. Once you have left the area, you will not be permitted to return until the *Evacuation Order* has been lifted.

EVACUATION SHELTER . . .

The American Red Cross, upon the City's request, may set up a shelter. Local officials will announce the location of evacuation shelters once they have been assessed for safety, accessibility, and are ready to assist evacuees.

- **Keep a** half tank of gas in your car at all times.
- **If you** DO NOT have a car, plan how you will leave if you have to due to an emergency order. If you rely on public or para-transit transportation, and will need assistance evacuating, it is important to discuss plans with your service providers and personal care attendants about what you can expect from them when you need to evacuate. Establish a back-up plan in case the original one does not work.
- **Take your emergency kit unless** you have reason to believe it has been contaminated.
- **Lock** the door behind you.
- **Take your** service animals, emotional support animals, pets, **and their Go Kit** with you. Service and Emotional Support Animals may be permitted in public shelters. The City of Los Angeles Department of Animal Services is prepared to address the needs of individuals with pets following a major disaster or emergency.
- **Be sure to inform your contact person** regarding where you are or where you are going.
- **Stay informed** through radio, television, Internet, and official social media postings for up-to-date information on what to do, where to go, and places to avoid.

- Familiarize yourself with the City of Los Angeles Emergency Management Department websites, <http://emergency.lacity.org> and social media applications.
- Familiarize yourself with the City of Los Angeles' Emergency Management Department websites and social media applications. For update information on Protection & Emergency Management Guidance, check <http://www.updatela.com/> and 5 steps to Neighborhood Preparedness, <http://5steps.la>
- If you live in Los Angeles County, register with AlertLA (<http://Alert.lacounty.gov>) to receive critical mass notification during a disaster.
- *You can also choose to opt into notification or evacuation assistance while you complete your emergency plan online at PLAN – Prepare LA Now – <http://preparelanow.org>.*
- **Leave a note** behind informing family, friends, and/or first responders that you and your pets/service animal/emotional service animal have evacuated and indicate where you are going.

SHELTER-IN-PLACE . . .

There are certain situations in which the best place to keep safe will be indoors. If local officials advise you to shelter-in-place:



- **Bring** your family and pets **inside**.
- **Lock** doors, **close** windows, air vents, and fireplace dampers.
- **Turn off** fans, air conditioning, and forced air heating systems.
- **Go into an interior room** with few or no windows, if possible.
- Seal all windows, doors, and air vents with plastic sheeting and duct tape. If you have a disability, **consider measuring and cutting the sheeting in advance** to save time. If you would be unable to seal the home, make

arrangements for someone to come and assist you in the event you were to shelter in place. **(See Illustration on Page 34)**

- Be prepared to **improvise** and use what you have on hand to **seal gaps** so that you create a barrier between yourself, your family, and any contamination.
- **Take your emergency supply kit** unless you have a reason to believe it has been contaminated.
- Local authorities may not be immediately able to provide information on what is happening and what you should do. However, you should **watch television, listen to the radio, and check the Internet often for official news and instructions about what to do, where to go, and places to avoid.** This information will be regularly updated.

YOUR SOCIAL MEDIA . . .





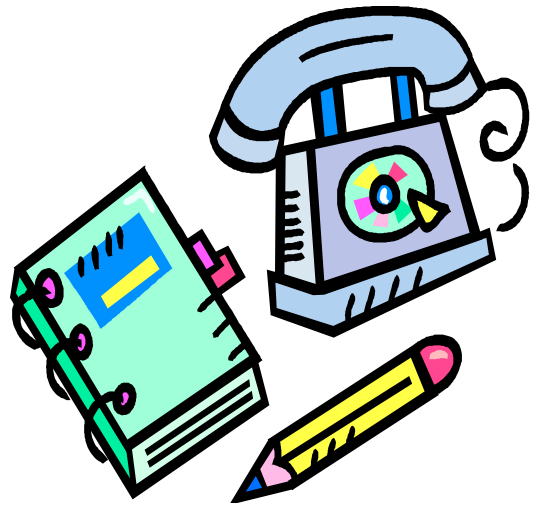
STEP FOUR

Develop your Communication Plan and Personal Support Network

LIST OF EMERGENCY CONTACTS . . .

Include the names, telephone/videophone numbers, and e-mail addresses of members of your personal support network. Include family members, health care providers, equipment suppliers, and utility companies. **(See Appendix A)**

- Make arrangements, prior to an emergency, for your support network to immediately check on you after a disaster.
- Provide duplicates of important keys to those in your support network whom you trust.
- Show them where you keep emergency supplies.
- Have copies of relevant emergency documents that specify medication, allergies, sensitivities, reactions, most effective treatments, treatments that are harmful to you, special equipment, and other life support needs. **(See APPENDIX B)**
- Agree to and practice a communication system regarding how to contact each other before, during, and after an emergency. Your plan should consider and address the fact that telephones, videophones, monitoring service such as medical alert, home security, or OnStar and other electronic telecommunication devices may not be working after a major disaster. Mobile phones and other mobile telecommunication devices may also not work. Speak with service providers that you have at home, for your car, or at work to learn if your system(s) will work during and in the aftermath of an emergency.
- You and your personal support network should always notify each other when you are going out of town. Include information on the location, the departure, and the return dates.



- The relationship with your personal network should be mutual. Learn about each other's needs and how to help each other in an emergency. You could be responsible for arranging food supplies, organizing neighborhood watch meetings, etc.
- **Choose one out-of-state and at least one local relative/friend** that your family will call after a disaster. Keep these names and numbers with you at all times. They can assist with connecting, providing information, and reuniting family, friends, and caregivers.
- **Write down the instructions** needed to secure your house and to provide for your personal safety. It may be difficult to remember these things due to shock, confusion, injury, or fear following a disaster. Keep a copy with you, post a copy on a highly visible place, such as the refrigerator, and share copies with your personal support network. Be sure to also include a map with pertinent information. The following items should be included:
 - How to turn off utilities;
 - What supplies and/or equipment you will need to take with you;
 - Where your medical supply and emergency kits are located;
 - Where your service animals/emotional support animals, pets, and Go Kits are located; and
 - Where you will go.
- **Develop and laminate a personal communication board** for use during an emergency.
- **Include business cards** for personal care attendants (PCA), support service providers (SSP), sign language interpreters (SLI), other service agencies, and any other individuals or organizations that may be able to provide assistance to you or your family.
- **Pre-program your current technology devices** (mobile phones, tablets, laptop computers, notebooks, recording devices, etc.) with comments, messages, and critical information that first responders, shelter staff, emergency personnel, or others assisting you may need to know.

Familiarize yourself with the City of Los Angeles Emergency Management Department websites and social media applications. For update information on Protection & Emergency Management Guidance, check www.UpdateLA.com/ and 5 steps to Neighborhood Preparedness, <http://5steps.la>

Register with AlertLA (<http://Alert.lacounty.gov>) to receive critical mass notification messages during a disaster.

STEP FIVE

Request other Necessary Emergency and Evacuation Plans

WHERE DO YOU AND YOUR FAMILY MEMBERS SPEND THE MAJORITY OF YOUR TIME . . .

It is important to indicate in your plan where you and your family members spend most of your time: work, daycare, or locations you and your family may regularly visit, such as, places of worship, sports arenas, movie theatres, shopping malls, hotels, etc.

- Learn the emergency, shelter-in-place, and evacuation protocols for programs your child attends.
- Learn the emergency, shelter-in-place, and evacuation protocols for programs that an adult family member with a disability or a parent/grandparent may be attending, living, or receiving care.
- Know the dismissal policy for your child's school and how to identify to the school who is allowed to pick up your child in the event of a disaster or emergency.
- Document all workplace emergency and evacuation plans.
- If you, your child, or family member needs assistance with evacuation, use a wheelchair or other mobility device, check with the program that the individual is attending and ask about whether evacuation chairs are available and assigned to assist you or your family member with immediate evacuation.
- Discuss your family members communication needs during an emergency situation that you or family members requires. How will they notify or alert you?
- Ask programs and schools whether they store food, water and other basic first aid or medical supplies to address your family members needs.
 - Discuss the critical basic needs for yourself or your family member and ask if they can store any additional consumable medical

supplies, back-up durable medical equipment, or food that may be needed.

- For locations frequently visited, learn where the emergency exits are in the facilities and how to ask for assistance during an evacuation.
 - Are building locations equipped with a visible and audible alarm and/or alert system?

STEP SIX

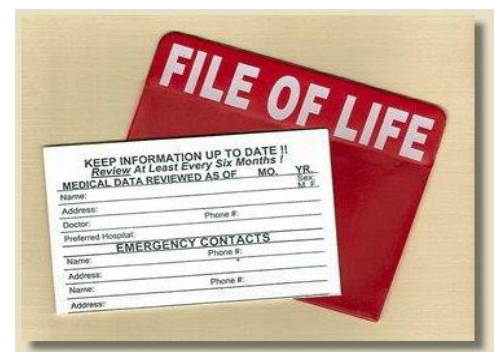
Assemble Emergency Supply Kits – Home, Work, School, and Cars

THE MOST IMPORTANT ITEMS TO HAVE . . .

- **One-week water supply.** One gallon of water per person per day for drinking and sanitation. Replace stored water with fresh water every six months.
- **One-week food supply.** Select types of ready-to-eat food that will provide the nourishment you and your family members require and can tolerate (canned meat, fruits and vegetables, juices, soup, high energy foods – peanut butter, crackers, granola, trail mix, baby food, formula, sugar, salt, pepper, any special dietary needs). Include comfort/stress foods, such as cookies, hard candy, cereals, instant coffee, and tea bags. Select non-perishable foods that meet your dietary needs and do not require refrigeration. Pack foods that you would normally eat. Pack treats for younger children.
- **Manual can-opener**
- **One-week supply of food and water for your service animal or pet.** Include favorite treats and food that your pet/service animals usually eat. Keep one gallon of water per animal per day. This will help prevent dehydration. Replace stored water with fresh water every six months.



- **Several flashlights and extra batteries.** Anchor a flashlight to the bed, between the mattresses, and around the house, in case of a power outage. Store fresh batteries nearby or be sure rechargeable batteries are fully charged. Consider nightlights that are also emergency flashlights.
- **\$\$\$ Money.** Keep cash in small denominations. Banks may be closed and ATMs inoperable. Stores may be unable to give change for large bills.
- **Keep a folding chair, blankets, and/or sleeping bags** ready to take with you.
- **Seven to ten-day supply of prescription medications (rotated regularly).** If necessary, request from your physician or pharmacy enough extra medication for your emergency supply kit.
 - **Instructions for use of the medications.** Emergency instructions for medication should include dosage, frequency, doctor's name, and telephone number. This information should be posted on your refrigerator and kept in your wallet/purse and in other areas where it is readily accessible.
- **Document important lifesaving information.** Create an emergency health information card, to be kept in your wallet or purse at all times. This communicates to rescuers what they need to know about you if you are ever unconscious, incoherent, or if there is a need for your evacuation. List the medications you use; any communication preferences, devices or mobility difficulties; allergies, sensitivities, and reactions; the most effective treatments for you or treatments that are harmful to you; special equipment you use, your medical providers information, and important contact people. **(See APPENDIX B)**
- **“File of Life”** is a program with the Los Angeles Department of Aging that provides critical medical information to emergency response personnel during a medical emergency. If you would like more information regarding this, visit <http://aging.lacity.org/pdf/programs/FileofLife.pdf>.



EMERGENCY PRESCRIPTIONS ASSISTANCE PROGRAM (EPAP) . . .

EPAP is a Federal program available for designated eligible individuals in a Federally identified disaster area. The purpose of EPAP is to perform activities related to processing prescription drug claims for medications and durable medical equipment, <http://phe.gov/about/OPP/dhsp/Pages/pmpi.aspx>

MEDICAL CARE AND PRESCRIPTION DRUGS IN A DISASTER OR EMERGENCY AREA . . .

If you belong to a Medicare health plan, you have special rights to get Out-of-Network Care if you live in an area where one of the following is true:

- The President has declared an emergency or major disaster; or
- The Secretary of the Department of Health and Human Services (DHHS) has declared a public health emergency.

You can also check television or radio reports, or a local newspaper to see if you are in an area declared as having an **Emergency** and/or a **Major Disaster** and a public health emergency.

<https://www.medicare.gov/>

Build a First Aid Kit. Buy only currently dated stock, and rotate your supply. Check fire extinguishers, fire alarms, carbon monoxide devices, and rotate stock at the same time you change your clocks for Daylight Savings Time.

- | | |
|--|--|
| <input type="checkbox"/> Disposable Burn Blanket | <input type="checkbox"/> Surgical Mask |
| <input type="checkbox"/> Latex Gloves | <input type="checkbox"/> Instant Cold and Heat Packs |
| <input type="checkbox"/> Antibiotic Ointment | <input type="checkbox"/> Ace Bandages |
| <input type="checkbox"/> Anti-bacterial Towelettes | <input type="checkbox"/> Butterfly Bandages |
| <input type="checkbox"/> Burn Ointment | <input type="checkbox"/> Gauze Pads (4" x 4") |
| <input type="checkbox"/> Tweezers | <input type="checkbox"/> Cotton/Q-tips/Swabs |
| <input type="checkbox"/> Eye Pad | <input type="checkbox"/> Adhesive Tape (2") |
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Gauze Wide Sterile Roller (2" & 4") |
| <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Safety Pins, Sewing Needles & Thread |
| <input type="checkbox"/> Diarrhea Medication | <input type="checkbox"/> Triangular Bandage for Sling, etc. |
| <input type="checkbox"/> Laxative | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Antacid | <input type="checkbox"/> Tongue Depressors (Popsicle sticks) |
| <input type="checkbox"/> Eye Drops | <input type="checkbox"/> Ear Plugs |
| <input type="checkbox"/> Cold/Cough Medicine | <input type="checkbox"/> Splint Material |
| <input type="checkbox"/> Antihistamines (Benadryl) | <input type="checkbox"/> Spray Bottle with 10% Bleach Solution (for disinfecting objects) |
| <input type="checkbox"/> Insect Spray | <input type="checkbox"/> Band-Aids (various assortments) |
| <input type="checkbox"/> Ear and Nose Drops | <input type="checkbox"/> Skin Disinfectant Spray |
| <input type="checkbox"/> Hydrogen Peroxide, Betadine | <input type="checkbox"/> Eye Wash |
| <input type="checkbox"/> Aspirin and/or Pain Relief Pills (include children & pets) | |

DON'T FORGET . . .

KEEP A FIRST AID MANUAL WITH YOUR SUPPLIES!!!

OTHER IMPORTANT ITEMS YOU MAY NEED . . .

- **Battery or crank operated radio television** to receive information about the disaster and at least one extra set of batteries.
- **Whistle or loud bell** to attract attention.
- **Smoke Alarm and Carbon Monoxide Device** batteries should be checked and tested once a month and replaced every six months.
- **ABC Fire Extinguisher.** Check every six months to see if it is charged and know how to use it safely. If you have chemical sensitivities or allergies, be aware of any sensitivity to the fire extinguisher contents.
- **Wrench or pliers for utility and gas shut-off.** Use only if you smell gas or are instructed to do so. **If you turn the gas off, a professional must turn it back on. DO NOT attempt to do this yourself.**
- **Keep a pair of shoes under the bed, between the mattresses, or at the foot of the bed.** Be sure they are sturdy enough to protect your feet from broken glass, nails, and other debris.
- **Keep a pair of sunglasses, a hat, and a pair of gloves** readily available in your kit.
- **Toilet paper, moist towelettes or baby wipes, garbage bags, plastic ties or closeable containers, and gloves** for personal waste disposal.
- **Keep extra eyeglasses, optical aids, contact lenses, hearing aids, and/or mobility aids.**
- **Important family documents.** Make copies and store in a fire and waterproof safe or portable container, and back up information on a flash drive or save files in a cloud storage system. You can then access your documents from any computer. If you have warning, you can e-mail them to yourself and then they could be accessed from any device with Internet connection.



- **Legal Documents:** Wills/Living Trusts and Letter of Instruction, Power(s) of Attorney (i.e. medical and personal property), such as

Mortgage or Real Estate Deeds of Trust, Insurance Policies, and Vehicle Registration/Ownership documents.

- **Family Documents:** Birth and death certificates, marriage license, adoption papers, divorce papers, social security card(s), passport(s), green card(s), naturalization documents and driver's license(s).
 - **Financial Documents:** Living Will, previous year's tax return, Property Tax Statement, Bank or Credit Union Statements, credit and debit card statements, retirement accounts, investment accounts. Copy of government benefits, securities, and loan numbers, including addresses and phone numbers.
 - **Medical Documents:** Health Insurance Card, copies of records of immunizations, allergies, list of medications (include name, RX number, dosage, frequency, color/size, medical issue, and prescribing doctor), pharmacy name and phone number, documentation of disability (include a copy of any disabled placard or license plate that has been issued to you or a family member), durable medical equipment, consumable medical supplies used daily, dental records, and child identity cards/DNA swabs.
 - **Military Documents:** Current Military ID, Veteran's Benefits, Military Discharge papers (DD Form 214). If you or family members need to obtain records, you can access information at the National Archives Veterans Service Records <http://archives.gov/veterans/>.
 - **Household Inventory:** List contents in household and include serial numbers. Take photographs and/or videotape contents in each room, especially jewelry, paintings, and any collectables.
- **List specifications for adaptive equipment or durable medical equipment prosthetics, orthotics, and other devices.** Include model number, vendor name, vendor telephone number, serial number and if it is covered by insurance, in case it needs to be replaced.
 - **Extra blankets, sleeping bag, or warm blanket for each person.** If gas or electricity is out, you may not have heat. Inexpensive solar blankets can be purchased at large discount stores.
 - **Include feminine and personal hygiene supplies** (i.e. hairbrush, deodorant, toothbrush, toothpaste, soap, shampoo, wash cloths, etc.) Don't let your stock get lower than a one-week's supply.
 - **A gallon of chlorine bleach and a standard-size medicine dropper** to be used only for this purpose. Use to sterilize water and food preparation

areas in order to control germs and parasites that could come into contact with water/food. **(See APPENDIX D)**

- **Clothing** – A complete change of clothing for each person, including a long sleeve shirt, long pants, and sturdy shoes.
- **Plastic bucket** with a tight lid.

OTHER GOOD ITEMS TO CONSIDER . . .

- **Duct tape, masking tape, or electrical tape** for temporary repairs and to shelter in place.
- **Rubber or heavy gloves, broom, etc.**, to clear up broken glass or other unsafe conditions, such as chemical product spills.
- **Paper and Pencils** especially if you have a communication or mental health disability or think you may have difficulty communicating your needs in a high stress situation. Include a dark felt tip pen and high contrast paper if that makes it easier to see.
- **Laminated emergency communication boards or communication cards** with pre-printed messages and pictures.
- **Signal flares and matches** kept in a waterproof container.
- **Glow sticks.**
- **Paper towels, paper plates, and utensils**, especially if you utilize modified utensils, cups, or straws due to a disability.
- **Activities, books, games, cards, and puzzles** for children.
- Charcoal mask and/or respirator.
- Baking soda stored in a waterproof container for washing.
- Portable charcoal water filter
- Portable BBQ, cooking pots, pans, and utensils.

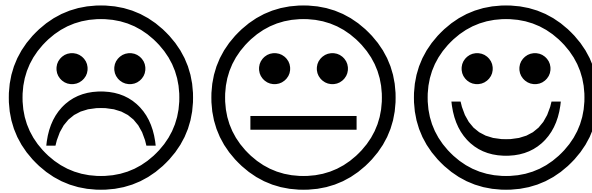
CREATE AN EMERGENCY “GO KIT”



- Prepare a bag with your most essential items that you could grab and take with you if there is a need to quickly evacuate. Make sure it is not too heavy to lift and carry easily.
- **Include necessary medications** (in the original bottles or have a copy of the prescription), basic toiletries, and any special sanitary supplies.
- **Include a copy of the list of important medical information** that includes names, dosages, and the way of administering your medications. Specify any allergies, sensitivities, reactions, most effective treatments, and those that are harmful to you, in addition to any special equipment you use.
- **Include a copy of the contact list** of whom to notify in emergencies with name(s), telephone/videophone numbers (including mobile and text) and e-mail addresses. Include information related to social media applications, screen names for instant messaging, Skype, Facetime, etc.
- **If you are a person who has trouble communicating verbally, write your own communication cards or create emergency communication boards and laminate them.** Include various statements or questions that you believe you may need to ask or respond to during an emergency, such as: personal care needs, specific dietary needs, the proper way to lift and move you, should that become necessary, medical issues such as allergies, medication, sensitivities, anything that may be harmful to you, and any other important information.
- **Include business cards** for personal care attendants (PCA), support service providers (SSP), sign language interpreters (SLI), other service agencies, and any other individuals or organizations that may be able to provide assistance to you.
- Gather copies of important family **documents** on a flash drive in a fire and waterproof box. Email the documents to yourself and ensure a trusted friend or relative **out of the area** has copies. **Gather copies** of irreplaceable family photos and back up digital photos on a portable hard drive or flash drive or save files in a cloud storage system.

STEP SEVEN

Coping with Disaster – Take Care of Your Emotional Health



- **Times of crises leave many people feeling more vulnerable than usual.** In a major disaster, feelings of acute anxiety, confusion, and fear can be critical issues for individuals of all ages with or without a disability.
- **It is important to take care of yourself and your family.** Acknowledge that a disaster may have long lasting effects on you and your family.
- **Common reactions to a disaster are:** feeling physically and/or mentally drained, irritability, anger, change in appetite, nightmares, headaches, hyperactivity, hyper-alertness, fatigue, change in sleep patterns, feeling sad, feeling numb, nausea, lack of concentration, difficulty making decisions, easily frustrated, feeling lonely or worried, increased alcohol or drug consumption.
- **It is important to take steps to promote emotional healing** by talking with someone about your feelings and emotions. This is especially important for children. Seek help from professional counselors and spend time with family and friends.
- **Take care of your and your family's safety.**
- **Choose a healthy diet.** It is important that you maintain a balanced diet and drink plenty of water.
- **Try to get some rest.** Giving your body and mind a break can improve your ability to cope with the stress you may be experiencing.
- **If feelings persist** or begin to influence relationships with family, friends, and others, seek help from a disaster service or community mental health professional.

Emergency Preparedness For

PEOPLE WHO ARE BLIND OR HAVE LOW VISION



If you are a person with limited vision, in addition to the general suggestions provided on the previous pages, you may want to take additional precautions to prepare for an emergency.

CANES . . .

If you use a cane, make sure one is always readily accessible to you immediately following a disaster. Label and keep extra canes in your home, car, workplace or school, and at any other place that you frequent. Store them securely and consistently where they can be easily located.

MAKING THE MOST OUT OF YOUR VISION . . .

If you have some vision, there are things you can do to help yourself see as well as possible when the lights go out.

- Place security lights in each room in the wall outlets to light paths of travel. Make certain the special lights/timer will turn-on automatically if there is loss of power. There are also nightlights that turn on from dusk to dawn. Depending on the type of device, they may continue to operate for 1 to 6 hours, can be turned off manually, and may be used as a short-lasting flashlight.
- Store high-powered flashlights with wide beams and extra batteries. Flashlights can offer assistance for your mobility and that of someone who might be assisting you, but more importantly, for signaling purposes.
- Whistle. It is tiring to continue to shout at a high enough volume over time. Whistles are critical for signaling purposes.
- If you wear contact lenses, plan to have an alternate pair of contacts last 1-2 weeks without cleaning or have disposable contact lenses. You may also consider using battery-operated cleaning device to clean contact lenses. Without power, you may not be able to operate the cleaning unit.
- A pair of work gloves, sturdy shoes, and kneepads can offer safety and security in exploring an environment after a disaster.
- Mark your emergency supplies with large print, fluorescent tape, or Braille.

REMINDER: Store the above-listed items securely and consistently where they can be easily located, and place them in a plastic bag to prevent corrosion.

IMPORTANT CONSIDERATIONS . . .

- Keep an extra folding mobility cane and an extra pair of dark glasses or other optical aids in your emergency supply kit.
- Have a tape recorder with extra batteries.
- **Service animals may become frightened, confused, and panicked** during and after a disaster. **Be prepared to calm your animal** and to keep it confined or securely leashed or harnessed. The leash/harness is a very important item for managing a nervous animal. Have extra food, treats, water, favorite toy or blanket, and a leash or harness available.
- In the event that your service animal is unable to assist you, **be prepared to use alternative ways** to negotiate your environment.
- There may be major disruptions following an earthquake or other disaster, and you may not be able to rely on your usual auditory cues.
- Arrange in advance emergency phone numbers of family, friends, caretakers, and neighbors who can assist in describing damage and obstacles such as fallen trees, blocked sidewalks, debris, or gaping holes that may be present after a disaster.
- Anchor special equipment such as computers, printers, and TVs. Back up important data onto a portable hard drive or flash drive and store it off site.
- Know alternate transit, transportation, and pedestrian routes in your neighborhood and work environments.
- Create and implement your support system, including a reliable designated driver for home, school and work in case you need a ride.
- Request pre-event emergency planning information in accessible formats.

(See next section titled, **EMERGENCY PREPAREDNESS FOR OWNERS OF SERVICE ANIMALS, EMOTIONAL SUPPORT ANIMALS, AND PETS** for more information)

Emergency Preparedness For

**OWNERS OF SERVICE ANIMALS,
EMOTIONAL SUPPORT ANIMALS,
AND PETS**



Natural disasters, such as earthquakes, major storms and fires, can be frightening experiences for the animals in our lives. They can become confused, panicked, and/or disoriented before, during, and after a disaster.

On October 6th, 2006, President Bush signed into Federal law the Pet Evacuation and Transportation Standards Act of 2006, better known as the “PETS” Act. This law amended the Robert T. Stafford Disaster Relief and Emergency Assistance Act to ensure that state and local emergency plans address the needs of individuals with household pets and service animals following a major disaster or emergency.

The following tips on creating emergency supply kits and Go Kits will help you keep your pets and service animals’ safe and secure.

DISASTER SUPPLY CHECKLIST FOR SERVICE ANIMALS, EMOTIONAL SUPPORT ANIMALS, AND PETS . . .

It is important to assemble disaster supply kits for your pets and service animals. Have everything ready to go at a moment's notice. Keep everything accessible and stored in sturdy containers (duffel bags, covered trash containers, etc.) that can be lifted and carried easily. Be sure all dogs and cats are wearing collars with current identification.

If you reside in an area prone to certain seasonal disasters, such as flooding or fires that might require evacuation, create a kit to keep in the car as well.

IDENTIFICATION TAGS AND LICENSES . . .

- Pets can become separated from their owners during and after an earthquake, fire, flood, or other emergency. You can increase the chances that they will be returned to you if you:
 - Take a picture of yourself with the pet. Keep a copy with you, attach one to the pet’s cage/carrier, keep one in your mobile phone or mobile device picture file, and put one in the pet disaster supply kit.
 - Make sure your dog’s license is current. Dog owners can obtain a license through the:

City of Los Angeles Department of Animal Services
(888) 452-7381 Voice -or- (887) 875-8205 TTY
<http://laanimalservices.com/Laws-Policies/animal-licenses/>

- If you have a service dog, it is recommended that you apply for a Service Dog Identification Tag from the City of Los Angeles Department of Animal Services. Upon certifying that your licensed dog is a service dog, you will receive a blue California-shaped metal Service Dog ID tag. This way, those assisting you will know immediately that the service dog is to be kept with you. Additionally, if your service dog is found loose after an incident, this may alert rescuers to search for you.
- Provide all your pets with **identification tags and microchip implants** that have your home/mobile telephone or videophone number, e-mail, and that of your primary out-of-town contact person.
- Include information on feeding schedules, medication, medical condition, and problem behaviors.

ANIMAL CARE . . .

- Talk to other pet owners in your neighborhood to ensure there will be someone to help or provide care for your pets in case you are not home.
- After a disaster, your pets may need to be calmed, comforted, and prevented from running away. Keep them confined or securely leashed or harnessed.
- In the event that you become separated from your service dog or the dog is unable to assist you, be prepared to use alternative ways to navigate your environment.
 - In the event that your service dog is lost, injured, or killed during or after an event, keep in mind that you may not be able to receive a replacement dog immediately. Include the contact information for where you received the dog or the trainer you used.
 - During your planning, contact the agency or individual where you received your service dog and ask about how they may be able to assist after a disaster if you need to replace it. Document all procedures and information and keep it in your animal supply kit.
- **DO NOT leave your pets behind.** Plan how your pets will be cared for if you have to evacuate.
- **Service dogs can accompany you to an emergency shelter.**

- Service dogs, whether registered or not, are permitted in shelters although the service dog must be under your direct control (on leash, in a harness device, or secured in a carrier or pouch) at all times.
- While not required by law, but to avoid any misunderstandings or additional stress during times of disaster, you may wish to carry with you an identification card or letter from the school or individual that trained your service dog.

Service Animals Welcome



It's the law.

It is best to identify several animal care options ahead of time.

Contact the City of Los Angeles Department of Animal Services or your local Red Cross chapter for guidance. **(See APPENDIX H)**

- Have a cage or carrier case available with your supplies to transport your small pets.
- Label the cage/carrier with: a picture of you with your pet, the pet's name, your name, address, telephone/videophone number, e-mail address, and an emergency name with their contact information.

(See next section titled, PET DISASTER SUPPLY KIT FOR SERVICE ANIMALS, EMOTIONAL SUPPORT ANIMALS, AND PETS for a pet supply kit.)

DISASTER SUPPLY KIT FOR SERVICE ANIMALS, EMOTIONAL SUPPORT ANIMALS, AND PETS . . .

Prepare a Pet Disaster Supply kit for your service dog or pet(s) covering their needs for 7 - 10 days. Pack the supplies in a container or bag that the animal can carry, in case you are evacuated. Be sure to include:

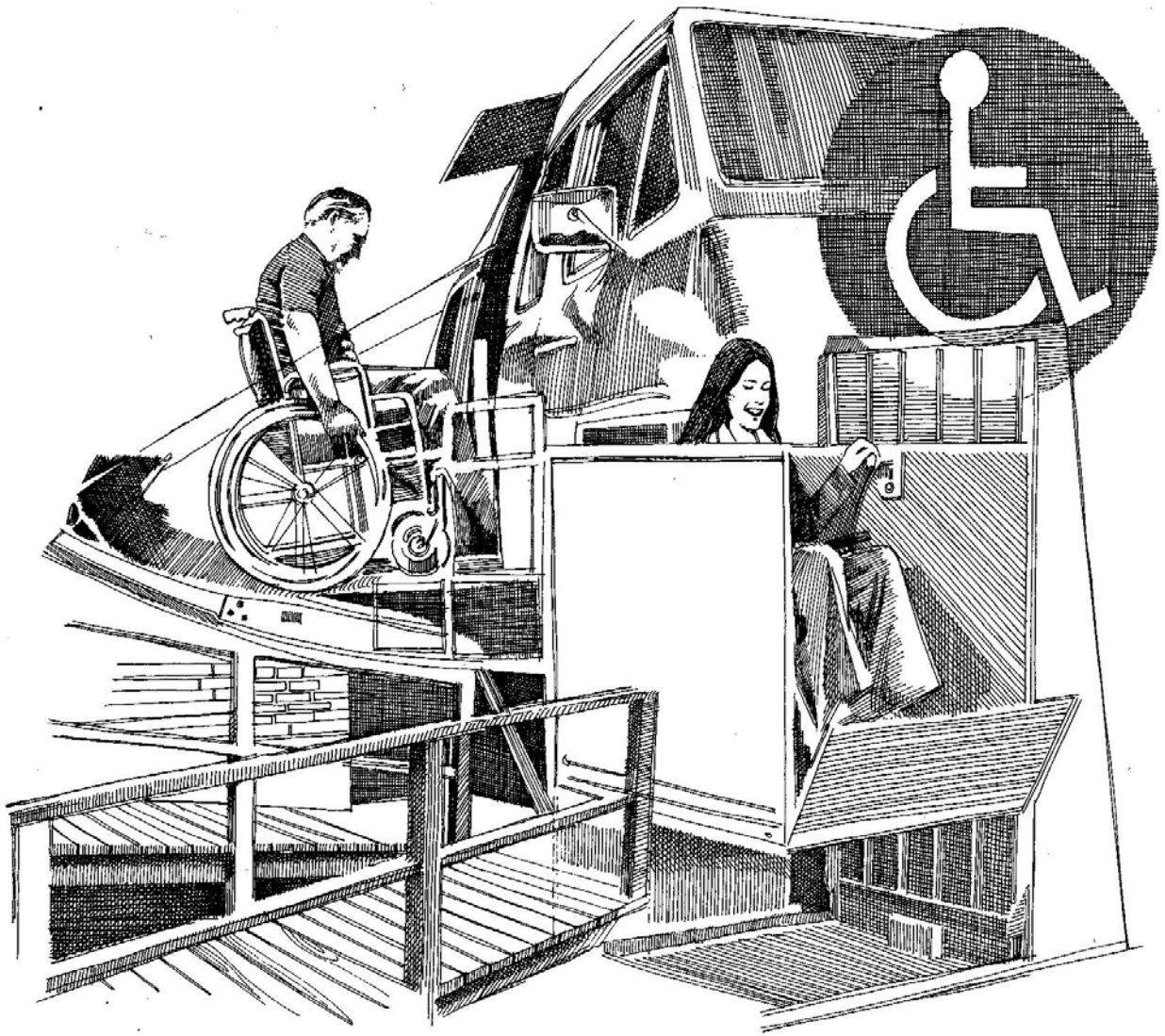
| | | |
|--|--|---------------------------------|
| <input type="checkbox"/> Food (7-10 days) | <input type="checkbox"/> Two non-spill Bowls | <input type="checkbox"/> Treats |
| <input type="checkbox"/> Favorite toy | <input type="checkbox"/> Extra harness & leash | <input type="checkbox"/> Muzzle |
| <input type="checkbox"/> Blanket for bedding | <input type="checkbox"/> Stakes & tie-downs | |
| <input type="checkbox"/> Foil or plastic lids for cans | <input type="checkbox"/> Manual can opener and spoon | |
| <input type="checkbox"/> Litter box, pan, and scoop | <input type="checkbox"/> Microchip information | |
| <input type="checkbox"/> Water (1 gallon per pet, per day, for 7 days) | | |
| <input type="checkbox"/> Crate/carrier with ID tag and picture (critical for evacuation and public shelters) | | |
| <input type="checkbox"/> Medications and medical condition, if any (dosage and frequency) | | |
| <input type="checkbox"/> Current photo with you and description of each pet | | |
| <input type="checkbox"/> Plastic bags/paper towels for disposing of feces | | |
| <input type="checkbox"/> Roll of gauze bandage and bandage tape | | |
| <input type="checkbox"/> Name and telephone number of your veterinarian | | |
| <input type="checkbox"/> Current medical and vaccination records and any other pertinent medical information (See APPENDIX B) | | |
| <input type="checkbox"/> First Aid Kit (include large/small bandages with elastic tape, scissors, tweezers, Q-tips/cotton balls/swabs, antibiotic ointment, saline eyewash, and hydrogen peroxide) | | |

Check with your veterinarian to see if there is anything specific you should include for your service dog or pet.

LARGE ANIMAL EVACUATIONS – contact the **Los Angeles Department of Animal Services** for guidance on where to evacuate large animals.

Emergency Preparedness For

PEOPLE WITH MOBILITY DISABILITIES



If you are a person who uses crutches, a walker, wheelchair, or other mobility aids, you may find the following information especially helpful.

CUSTOMIZING YOUR EMERGENCY KIT . . .

- Include a pair of heavy gloves in your supply kit to use while wheeling or making your way over glass and debris, and wear shoes with hard soles.
- If you use a motorized wheelchair/scooter, consider how you will deal with a battery-emergency. If possible, have an extra battery available. A car battery can be substituted for a wheelchair battery but this type of battery will not last as long as a wheelchair's deep-cycle battery.
 - Have a lightweight manual chair available for emergencies.
 - Know the size and weight of your wheelchair.
 - If your wheelchair is collapsible, have printed instructions or be able to explain how to collapse it in case it has to be transported.
- In the event of loss of electricity, you may be able to charge batteries by either connecting jumper cables to a vehicle battery or by connecting batteries to a specific type of converter that plugs into an automotive vehicle's cigarette lighter. Check with your vendor.
- Damage from an earthquake or other disaster may include broken glass. Be prepared to deal with a flat tire. Keep a patch kit or can of "seal-in-air product" to repair flat tires and keep an extra supply of inner tubes.
- Ensure that dentures, hearing aids/cochlear implants, prosthetic devices, mobility aids, canes, crutches, walker, respirator, nebulizer, service dog harness or leash, augmentative communication device or electronic communicator, artificial larynx, wheelchair, sanitary aids, batteries, eye glasses, contacts including cleaning solutions, or other optical aids, etc., are secured when not in use.

STORAGE OF EMERGENCY SUPPLIES . . .

- Following an earthquake, you may be unable to reach a particular closet or cupboard, so store your most critical emergency supplies in a pack or backpack that may be attached to your walker, wheelchair, scooter, etc.
- **Mobility aids such as canes, crutches, walkers, and wheelchairs should be kept close to you.** When not in use, keep them in a consistent,

convenient, and secure location. Keep extra aids in several locations, if possible.

EVACUATION PLAN . . .

- Arrange and secure furniture and other items so that you will have a clear, barrier free path of travel to the door.
- **Think about where you spend your time.** If you are often above the first floor of a building, plan and practice alternate methods of evacuation. Be sure that you talk about building evacuation procedures with your employer, building security, floor wardens, and colleagues, especially if you may need to be lifted or carried.
- **Always participate in emergency drills, training and exercises offered by your employer, building manager or government agency.** If necessary, enlist the help of your colleagues or personal support network.
- **Request a copy of the evacuation plan** from your employer and ensure that the plan addresses your needs. If it does not, alert your employer and/or the building manager.
- **If you cannot use stairs**, discuss appropriate safe lifting and carrying techniques with those who might provide assistance. In some cases, wheelchair users will need to leave their chair behind in order to safely evacuate a structure.
 - Request to have an evacuation chair located at or near your workstation.
 - The traditional “**firefighters carry**” **may be dangerous** for someone with respiratory weakness, a spinal cord injury or other conditions. **Be prepared to provide first responders, including the public, brief instructions** regarding how to move you and your mobility aid(s) or equipment.
 - **Laminate communication cards with pre-printed instructions and keep them with you.**
- It could take two or more people to assist and carry someone using an evacuation chair up or down stairs.

REMEMBER: DO NOT use an elevator during a fire, earthquake, or other emergency. The elevator may not work and you could become trapped.

Emergency Preparedness For

PEOPLE WHO ARE DEAF, DEAF-BLIND, OR HARD-OF-HEARING



DEAF, DEAF-BLIND, OR HARD-OF-HEARING . . .



Maintaining and having access to communication is especially critical during times of crises. You will need to plan for communicating clearly with emergency personnel or your support network. You will want to **stay current on the latest information regarding the disaster** by watching news that is captioned or provides sign language interpreters, notification alerts, the Internet, or other types of communication systems that may be available to you.

STORING HEARING AIDS OR COCHLEAR IMPLANT DEVICES . . .

When not in use, always store your hearing aid(s) or cochlear implant devices in the same, familiar location. That way, you'll be able to find them when you need them during or after an emergency.

- Attach the container for the hearing aid or cochlear implant device(s) to the nightstand or bed frame with Velcro. You can expect that replacing or repairing damaged or missing hearing aids or cochlear implant devices may be difficult or impossible immediately after a major disaster. You may need to wait until there is access to an audiology department with your provider.
- Consider how you will replace your devices if damaged or lost. External parts, if new, may have a warranty from the manufacturer that will replace equipment lost, damaged beyond repair, or stolen, at no cost.
 - In the event your warranty expires, contact the manufacturer to see if they have a service contract. For repair and replacement coverage, check your health insurance plan and your homeowner's insurance policy.
- If you can, store an extra hearing aid or behind-the-ear cochlear implant device with your emergency supplies.
- Carry a back-up battery wherever you go.
- Keep extra flashlights, extra batteries, and consider having camping lanterns in your kits as communication will be more difficult in the dark.

- Consider a battery operated TV that displays closed captions to stay informed during an emergency.
- Have zippered plastic bags to keep devices dry and protected.
- Purchase a drying case for the processor and for your hearing aids.
- In the event there is no power, use the car battery with an inverter (electrical device that converts DC to AC) to power the drying kit. By using an inverter or solar power, you would also be able to charge your mobile phones or other devices.
- Another method of drying is to use rice. You will need a plastic container that seals well, a small cup large enough to store about half a cup of rice and a clean towel. Put the cup of rice on one side of the container and the towel on the other side. Place the device on the towel and close the lid on the container. Leave overnight and the device will be dried.

BATTERIES . . .

- Keep an extra supply of batteries on hand and in your “Go Kit” for your hearing aid or cochlear implant. Rotate them regularly.
- Maintain TTY batteries according to the manufacturer’s operating manual.
- Have a back-up charger for your mobile phone, laptop, and other communication devices. Note that some emergency crank operated radios also have built-in mobile phone chargers.

SMOKE ALARMS AND CARBON MONOXIDE DEVICES . . .

- Install both audible and visual smoke alarms.
- Install both audible and visual Carbon Monoxide Devices.
- Check batteries monthly and change them every 6 months or at least once a year.

COMMUNICATION . . .

- Plan how you can communicate with emergency personnel **without** your hearing aid(s) or cochlear implant, should it become necessary.
 - **Store pens/pencils and paper** or small notebooks with your emergency supplies. Include a dark felt tip pen and high contrast paper if that makes it easier to see.
 - **Consider carrying and laminating personal communication boards and/or communication cards with pre-printed messages** such as:
 - “I use American Sign Language (ASL). I need an ASL interpreter.”
 - “If you make announcements, please write them down for me and hand them to me. I cannot hear them.”
 - “I do not write or read English.”
 - “I am allergic to _____.”
 - **Include Braille Communication Cards if you are deaf-blind.**
 - **Pre-program your communication devices** with messages, important medical information, and instructions on how to assist you.
- **Include business cards** for personal care attendants (PCA), support service providers (SSP), sign language interpreters (SLI), other service agencies, and any other individuals or organizations that may be able to provide assistance to you.
- Determine which broadcast television stations are usually accessible and which provide continuous news that is captioned. This will allow you to have access to emergency reports, assuming that the power is on.
- Determine if any local television stations will provide sign language interpreters on screen for breaking news and emergency information.
- Have a car charger for communication and mobile devices.
- Develop plans on how you will communicate if your videophone and mobile devices do not work due to a power outage.



Emergency Preparedness For

PEOPLE WHO HAVE A COGNITIVE OR INTELLECTUAL DISABILITY



COGNITIVE AND INTELLECTUAL DISABILITIES . . .

Cognitive and intellectual disabilities impact an individual's ability to access, process or remember information. A person with a cognitive or intellectual disability may have difficulty processing emergency warnings and instructions. For many individuals, being involved in the development of a personal emergency plan, practicing it on a regular basis, and participating in emergency evacuation drills and exercises allow for the process to be learned in a variety of modes and can be extremely beneficial.

Practice what to do during and after different types of disasters that occur in your area. Practice communicating and evacuating from places where you spend time (work, home, school, volunteer assignment) until you feel comfortable and confident that those who are assisting you know what to do during and after an emergency.

If your family member lives in a group home or residential care facility, request the agency's *Emergency and Evacuation Plans*. Document the name of the staff person responsible for your family member, their contact telephone number and e-mail. Update the information every six months.

COMMUNICATION . . .

- **Talk with your employer/teacher** about the easiest way to notify you or your child of an emergency situation and which is the best ways to instruct you or your child.
- **Think about what a rescuer might need to know about you.** Be prepared to say it, pre-program your communication device with messages, or keep laminated emergency communication boards and/or communication cards with you. For example:
 - "I communicate using a communication board."
 - "You can find my emergency information in my (wallet/purse, backpack or emergency supply kit)."
 - "I may have difficulty understanding what you are telling me, please _____ to help me understand."
 - "I forget easily. Please write down information for me."
 - "I need specific help with (walking, eating, standing, dressing, and/or transferring)."
 - "The best way to assist me with walking is to allow me to hang onto your arm for balance."

- **Include business cards** for personal care attendants (PCA), support service providers (SSP), sign language interpreters (SLI), other service agencies, and any other individuals or organizations that may be able to provide assistance to you.

CREATE A CARE-GIVING FILE . . .

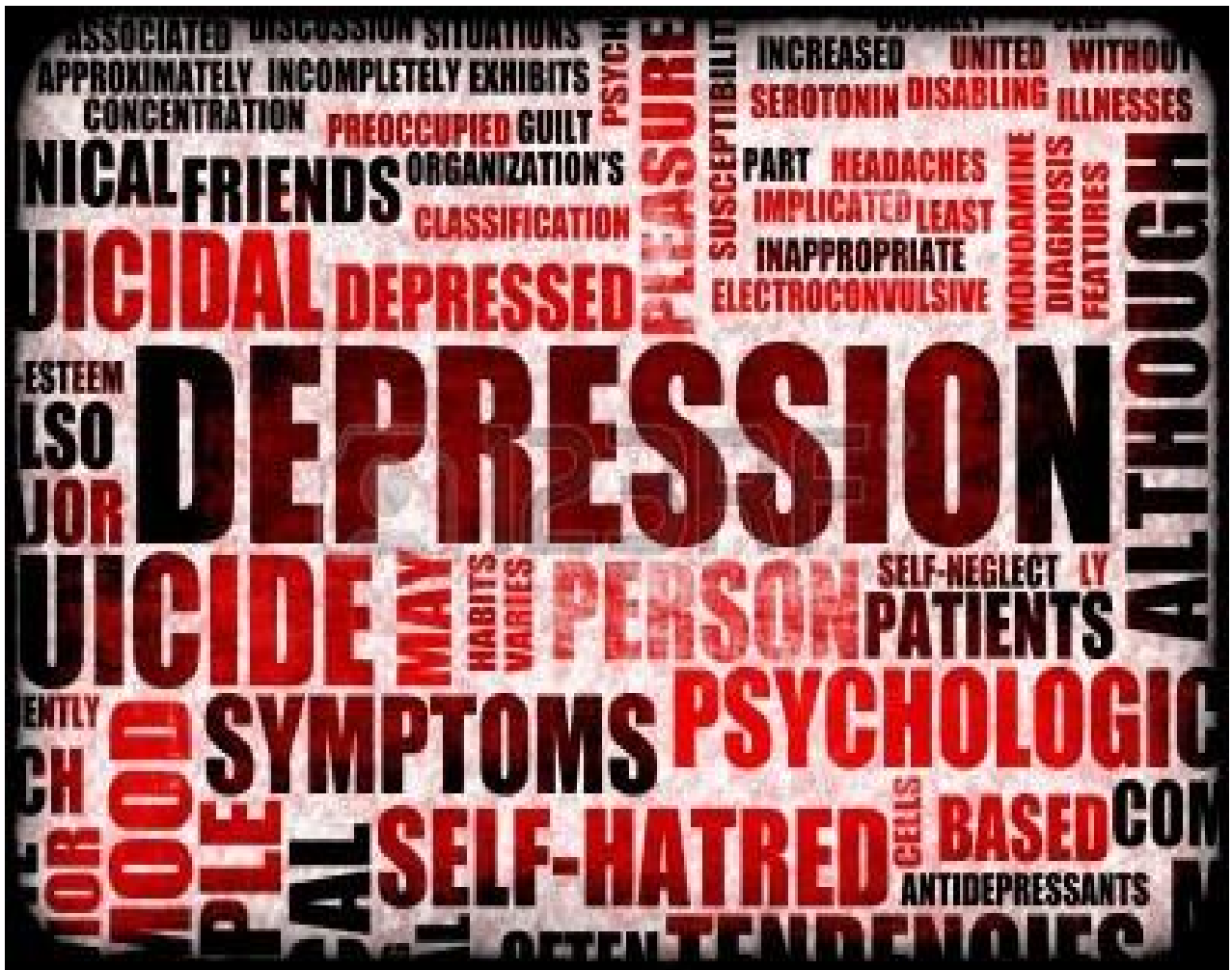
- Keep an updated record of medications, including dosage, frequency, etc., in addition to any changes in health. Include the following:
 - Special dietary information;
 - Instructions and routines that would be helpful to responders; and
 - Information of what may be helpful in deescalating behaviors.
- Also include the name of any Regional Center or other program that the individual receives services from, including but not limited to, names of Case Workers and their contact information.



Create Your Network Team
Create Your Network Team

Emergency Preparedness For

**PEOPLE WHO HAVE A MENTAL
HEALTH DISABILITY**



COMMUNICATION . . .

Think through what a rescuer might need to know about you and be prepared to say it briefly. You may also consider pre-programming messages into communication devices, laminating a communication board for emergency situations, or keep laminated, pre-printed communication cards with you. Practice how to communicate your needs, for example:

- “I have a psychiatric disability. In an emergency or under stress, I may become confused and not make any sense. Help me find a quiet area and I should be fine in approximately 10 or 15 minutes.”
- “I have a panic disorder. If I panic, give me one green pill (name of medication) located in my (purse, wallet, pocket, etc.)”
- “I take (name of medication and color of pill) every (frequency).”

REACTIONS . . .

- Many emotional reactions may occur or become more severe during and after a disaster. Think through the types of reactions you may have and plan strategies for coping with these reactions and how to inform first responders or American Red Cross personnel.
- Discuss coping skills with family, friends, and support service providers.
- Include pertinent information in your emergency supply kit.

TREATMENT INSTRUCTIONS . . .

In a disaster, you may be injured and need medical assistance or be hospitalized. You should keep any instructions for your care and treatment with you at all times. Include a copy of your Durable Power of Attorney for Health Care so that the person you have chosen may assist, advocate, and intervene on your behalf.

Emergency Preparedness For

**PEOPLE WHO USE LIFE SUPPORT
SYSTEMS, HAVE MEDICAL NEEDS,
AND/OR COMPROMISED IMMUNE
SYSTEM**



If you or a family member uses a life support system, have medical needs or a compromised immune system, you will want to take proactive steps to ensure that those needs can be met following an emergency of any kind. Think about your medical needs as well as medical supplies and devices that you use on a daily basis (such as: a suction machine, home dialysis device, motorized wheelchair, oxygen, aerosol tents, respiratory devices, syringes, etc.) and how you can prepare your emergency “Go Kit” to continue using them for up to seven days following a disaster.

Individuals with weakened immune systems and/or medical conditions that affect the lungs may be at increased risk from environmental contaminants following a disaster.

If your medical condition may require you to go to a hospital instead of a general population shelter, consult with your physician (and medical insurance company) about whether you would need a signed letter from the physician authorizing pre-admission during a disaster. Keep in mind that dialysis, respirators, etc., may require special arrangements during and after a disaster. Oxygen, on the other hand, may be able to be offered at several shelters.

In addition to the general preparedness activities, you may find the following tips helpful:

CREATE A CARE-GIVING FILE . . .

- Keep an updated record of medications, including dosage, frequency, and any other health changes.
- Include any special dietary information and special instructions.

AN EMERGENCY “GO KIT” . . .

Have a bag packed at all times at home and at work with the medications and medical supplies you use on a regular basis. In the event of an emergency, you may have to leave your home on a very short notice or stay at work for a prolonged period of time.

Consider using a 3-ring binder or create a folder on your communication device(s) and include information that would be needed in a shelter to assist you in the event that you are separated from your family, caregiver, or personal care attendant.

Include the following items:

- A ten-day supply (minimum) of all your medications. Store the medications in their original containers or have a copy of the prescription. Rotate medications every six months.
 - List each medication; name of medication, dosage, frequency, and the prescribing doctor.
- A two-week supply (minimum) of the medical supplies you know you will need, such as bandages/dressings, nasal cannulas, colostomy bags, suction catheters, syringes, etc. (include a week supply in your Emergency Kit for work). Rotate these supplies every 6 months.
- Include a calendar with regular medical appointments.
- Keep a supply of disposable facemasks and gloves, for extra protection when needed. If you have a respiratory condition maintain a 7-day supply of facemasks.
- Determine which facilities your providers may use to provide medical services or procedures to you during and after a disaster.
- Have tools and supplies needed to maintain the respirators, or other electrically powered equipment.
- If you have a respiratory, cardiac, or multiple chemical sensitivity condition, store a 7-day supply of towels, masks, industrial respirators, or other supplies you can use to filter your air supply.
- List allergies and what to do to assist you (e.g. “my epinephrine is in my purse”). Include what you may be allergic to (i.e. peanuts, peas, milk, eggs, other foods, penicillin, aspirin, antibiotics, narcotics or pain relievers, anesthetics, adhesive tape, latex, insect bites, bee stings, etc.)
- List the model name, manufacturer, and contact information for the respirator and/or other life support equipment.
- Consider including informational materials or pamphlets to explain your medical conditions.
- Include your list of emergency contacts including the type of help or information they can provide for you.

LIFE SUPPORT, OXYGEN, AND BREATHING EQUIPMENT . . .

- Attach written operating instructions to all equipment.
- Have a seven-day supply (minimum) of the breathing equipment supplies that you need on a daily basis such as tubing, solutions, medications, etc.
- Have at least a seven-day emergency supply of oxygen.
 - Oxygen tanks are heavy and can create a hazard during an earthquake or fire. Check with your medical supply company about how to brace or secure them to prevent damage from falling.
 - Check with your provider to determine whether a reduced flow rate may be used in the event of a disaster to prolong the life of the system. Record on your equipment the reduced flow numbers so that you can easily refer to them.
- Determine which suppliers would be able to provide service in the event your system becomes inoperable or your supplier is unable to provide service.
 - Post "Oxygen in Use" signs in your home or workplace.
 - Keep the shut-off switch for oxygen equipment near you so you can get to it quickly in case of an emergency.

Department of Water and Power – (800) DIAL-DWP (342-5397)

Register your use of life-support devices with the City of Los Angeles Department of Water and Power (DWP). DWP will make every effort to restore power as soon as possible to those who need it most when there are power outages.

Registering for this service may also qualify you for a discount rate.

DO NOT COUNT ON YOUR POWER BEING QUICKLY RESTORED.

DWP personnel may not be able to get to you after a major disaster/earthquake.

INTRAVENOUS (IV) AND FEEDING TUBE EQUIPMENT . . .

- Attach written operating instructions to all equipment.
- Have a seven-day supply (minimum) of the IV and feeding tube equipment supplies that you need on a daily basis such as tubing, solutions, medications, etc.
- Know if your infusion pump has battery back-up, and how long it would last in an emergency.

- Ask your home care equipment provider about manual infusion techniques in case of a power outage.

ELECTRICALLY POWERED MEDICAL EQUIPMENT . . .

- Attach written operating instructions to all equipment.
- Medical equipment that requires electrical power such as breathing equipment or infusion pumps may become inoperable when the electricity fails. Talk with your health care provider about how you can prepare for its use during a power outage. Contact the medical supply company for information regarding a back-up power source such as a battery or generator.
 - After installing back-up power equipment, you can check with your local utility company to be sure it is properly installed.

COMPROMISED IMMUNE SYSTEM . . .

- Keeping a 10 to 14 day supply of medication in a kit may be difficult due to a variety of factors, including storage requirements (light, temperature, etc.) It is recommended that you keep as much on hand as possible and talk with your health care provider or pharmacist about what you can do to prepare.
- If you have routine treatments in clinics or hospitals, talk with your provider about how to continue treatments and identify back-up services in your area and what to do if you are evacuated.
- If you receive services in your home, it is important to talk with your service providers (transportation services, home health care, personal assistance services, oxygen providers, etc.) and identify back-up services and providers in your area and what to do if you are evacuated.

If you are undergoing cancer treatment and are displaced from your home, the National Cancer Institute, Cancer Information Service (NCI-CIS) can offer assistance on where to receive care.

The National Cancer Institute (NCI) – (800) 4-CANCER (422-6237)
<http://Cancer.gov/>

Emergency Preparedness For

PEOPLE WHO HAVE MULTIPLE CHEMICAL SENSITIVITY



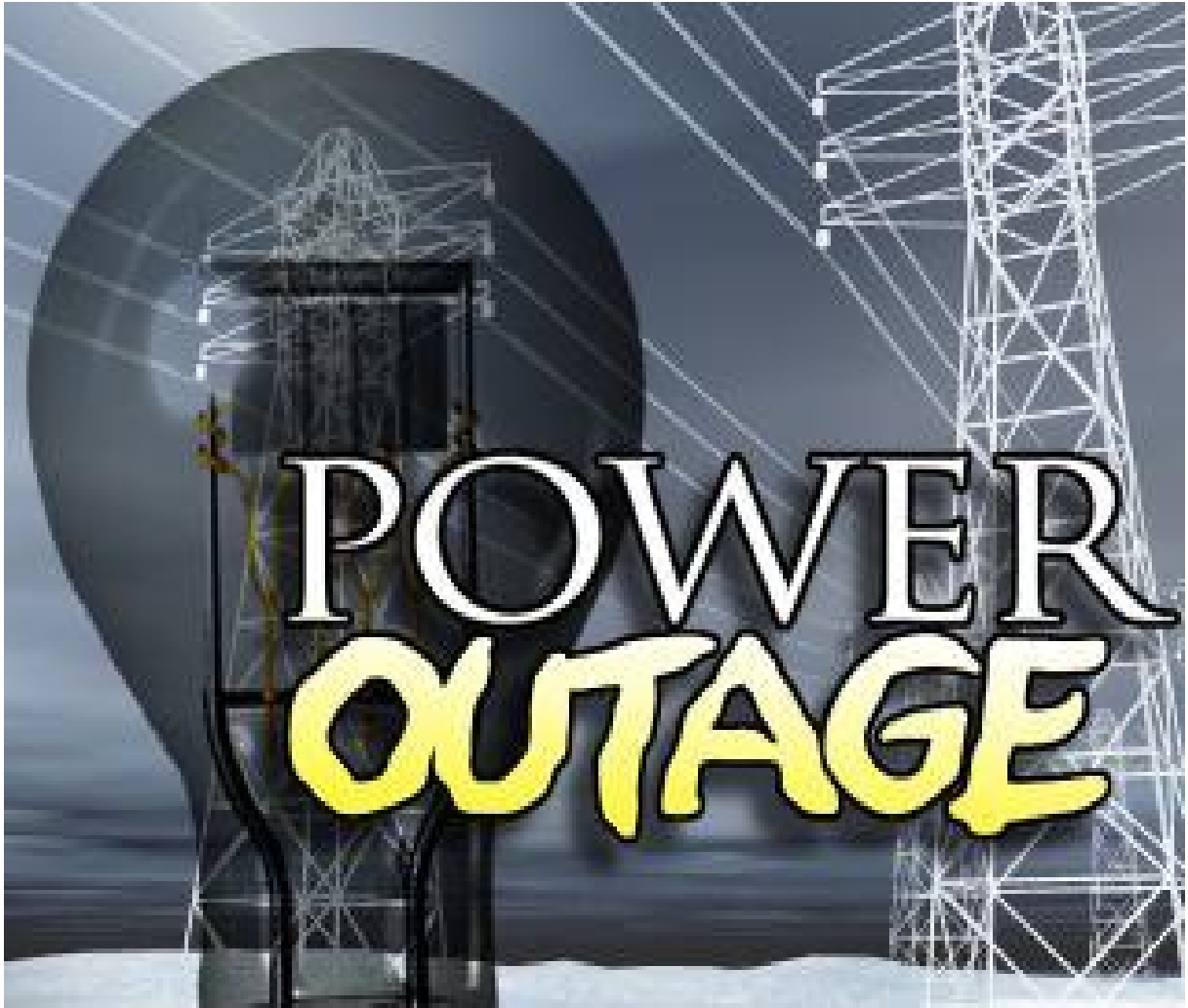
MULTIPLE CHEMICAL SENSITIVITY . . .

After a major quake, fire or disaster, an excess of smoke, dust, molds, gas leaks, diesel from idling rescue vehicles, flashing lights, radio waves, electromagnetic fields, and airborne toxins may trigger stronger reactions than you normally experience.

- **Be specific** and clearly explain your sensitivities and reactions, helpful treatments, **and treatments which are harmful**. Keep in mind that some reactions (disorientation, aphasia, panic) may be viewed, diagnosed, and treated by first responders as something other than chemical sensitivity. Plan how you can communicate your needs if you are unable to speak.
- **Have laminated communication cards with pre-written messages** if you feel an attack coming on or if you are being evacuated to an area that may affect you, such as “I cannot be near idling cars, the fumes make me ill, please help me find a clear area or oxygen,” “my epinephrine is in my backpack,” etc.
- **Include business cards** for personal care attendants (PCA), support service providers (SSP), sign language interpreters (SLI), other service agencies, and any other individuals or organizations that may be able to provide assistance to you.
- **Keep a copy** of your Health Information Card and pre-printed cards with critical messages in your purse, wallet, or backpack. This can assist in proper identification and response.
- Keep additional medications including inhalers, epinephrine shots, and anticonvulsants in your medical supply kit at home, your car, office, as well as in your purse, briefcase, or backpack.
- Ensure you have copies of your prescriptions and Treatment Authorization Request (T.A.R.'s) from your doctor for unusual, orphan, or hard-to-find medications. Scan and e-mail them to yourself or store on a flash drive so that you can easily access them from a computer or mobile device with Internet Service or Wi-Fi.

Emergency Preparedness For

POWER SHORTAGES AND POTENTIAL BLACKOUTS



POWER SHORTAGE / POTENTIAL BLACKOUTS . . .

Temporary power outages occur for a variety of reasons. Planned rolling blackouts due to an energy crisis, or the more extensive outages caused by windstorms or other inclement weather conditions, may inconvenience everyone. People with significant disabilities and others who are sensitive to cold or heat because of age or health conditions are at the greatest risk when electrical power is unavailable. The following information will be especially useful to persons who depend on respirators to assist with breathing, home dialysis machines, or electrically powered assistive devices or lifts.

Thirteen Steps You Can Take To Minimize The Impact:

1. Contact your local electric utility company in advance and inquire about any specific needs regarding breathing machines or other life-sustaining devices that depend on electricity. When rolling blackouts are planned, the utility company **may** avoid your area or be able to provide immediate assistance.
 - Customers of the City of Los Angeles Department of Water and Power (DWP) who are dependent upon an electrically powered life-support system can apply to be included on a “**Life Support Priority List.**” This will allow DWP to notify them in advance of a planned outage and to be aware of their location in the event of an unplanned outage, so that their electricity can be restored as quickly as possible.
 - To request an application, call the **DWP CUSTOMER CALL CENTER – (800) 342-5397 Voice or (800) 432-7397 TTY.**
 - For additional information, call the **DWP CUSTOMER RELATIONS OFFICE – (800) 499-1544.**

NEVER COUNT ON YOUR POWER BEING QUICKLY RESTORED. DWP personnel may not be able to get to you after a major disaster or earthquake.

2. **If you need to call 9-1-1 for the local fire or police department during an emergency, use a landline phone or TTY** and inform the operator if you need life-support or special assistance due to a disability. To expedite the emergency response, your house number should be readily visible from the street.

3. **Keep a flashlight or lantern equipped with fresh batteries within easy reach.** For people with limited reach or grasping ability, inexpensive battery-operated touch lamps are a good option. Such lights can be installed in areas of greater use and are small enough to be carried in an emergency. Lights that turn on automatically when the power goes out are also helpful.
4. **DO NOT use candles for light or heat** during or immediately after an emergency, as they can be fire hazards.
5. **DO NOT use BBQs, gas powered appliances, or propane heaters as a heat source.** They can lead to death from carbon monoxide poisoning.
6. **Store extra blankets or warm clothing within easy reach.** Most homes will retain some heat for several hours during electrical outages.
7. **People using electrically-powered life support systems,** follow your health care provider's advice regarding use of a manual or battery-operated back-up system or obtain a back-up generator. It is critical that you prepare ahead of time and always remain prepared for a power outage.
8. **People using battery-powered mobility or breathing equipment,** ensure that batteries are fully charged each day.
9. **Cordless telephones may not work during a power outage so consider keeping a standard, landline phone** available or plugged into a second phone jack. A mobile telephone is also a good back-up option, but be aware that in a widespread emergency, communication networks may quickly become overloaded with calls. **KEEP IN MIND** that if you use a Voice over Internet Protocol (VoIP) service provider (VSP), you will lose your service in a power outage. Computers, cable, and videophones will not work.
10. If you have discontinued your landline phone services, check with your local phone company to see if the line is considered a "warm line" or "soft dial tone" to allow you to still call 9-1-1 for emergency services.
11. **Monitor local TV, radio news stations, and the Internet** to determine if and in what general area blackouts will occur.



It is highly unlikely that DWP customers would be affected by the rolling blackouts caused by an energy crisis, because the City of Los Angeles generates its own electricity. For those serviced other than electricity company other than DWP, check your monthly electric utility bill to determine the Power Block number, as that is usually how the blackout areas will be identified.

If the Power Block number is not shown on the monthly bill, contact your local electric utility company to learn where that information is available.

- Electrical power outages may occur in the City of Los Angeles as a result of an earthquake, fire, or other natural disaster.
12. When an electrical outage does occur, turn off all appliances, computers and lights. Leave one light on to indicate when power has been restored.
 13. **Keep refrigerator and freezer doors closed.** Most food requiring refrigeration can be kept safely in a closed refrigerator for several hours. An unopened refrigerator will keep food cold for about 4 hours. A full freezer will keep the temperature for about 48 hours. For more information about food safety visit our food page. <http://ready.gov/food>

REMINDER: If you think you may need assistance during a power outage, ask your personal support network to check on your safety.

For additional information on blackouts and power outage preparedness visit:

- **CALIFORNIA ENERGY COMMISSION** – <http://energy.ca.gov>
This site contains useful information regarding blackout preparedness, conservation, and emergency preparedness.
- **LOS ANGELES DEPARTMENT OF WATER AND POWER** – <http://LADWP.com>
This site also contains information that provides preparedness tips relating to electrical and power outages.

APPENDIX

A – Personal Emergency Information List

B – Medical Information List

C – Service Animals, Emotional Support Animals, and Pets Information List

D – Emergency Water Supplies

E – Sanitation During An Emergency

F – Emergency Supplies – Storage

G – Earthquake Kit

H – LAFD – Brush Clearance Safety Tips For Homeowners

I – Quick Reference – Emergency Resources

APPENDIX A

PERSONAL EMERGENCY INFORMATION LIST

Please complete this form, keep it readily available in your emergency kit and distribute copies to your emergency contact(s), in addition to member(s) of your personal support network.

| | | |
|---|--|-------------|
| Name: | Sex: Gender | Birth Date: |
| Address: | | |
| Telephone Number: | Social Security Number (Optional): | |
| Local emergency contact person(s): | Emergency contact person's home/work numbers and e-mail: | |
| Support network members: | Support network members' home/work numbers and e-mail: | |
| Out-of-town contact(s): | Out-of-town contact's home/work numbers and e-mail: | |
| How best to communicate with me: Native Language (If not English): | | |
| Religion (optional): | | |

APPENDIX B

MEDICAL INFORMATION LIST

Please complete this form, keep readily available in your emergency kit and distribute copies to your emergency contact(s) in addition to member(s) of your personal support network.

| Primary Physician: | | Telephone Number: | | | |
|--------------------------------------|------------|------------------------------|--------|----------------|--------------------|
| Address: | | | | | |
| Hospital Affiliation: | | Insurance Co: | | Policy Number: | |
| Medical #: | | Medicare #: | | | |
| Blood Type: | | Allergies and Sensitivities: | | | |
| Dentist: | | Telephone Number: | | | |
| Dentures: | | Specific Dental Information: | | | |
| Medications and dosages being taken: | | | | | |
| Medical Problem | Medication | RX Number | Dosage | Frequency | Doctor Prescribing |
| _____ | _____ | _____ | _____ | _____ | _____ |
| Pharmacy Name: | | Telephone Number: | | | |
| Recent Surgery: | | | | | |
| Mental Health Professional: | | | | | |
| _____ | | | | | |

Substance Abuse Professional Care Provider/ Recovery Sponsor:

Comments/Additional Information:

Durable Medical equipment and vendors' contact information:

| Item | Model # | Vendor Name | Vendor # | Serial Number | Paid for by Insurance? |
|------------------------------|---------|-------------|----------|---------------|------------------------|
| Pacemaker | | | | | |
| Defibrillator | | | | | |
| Hearing Aid/Cochlear Implant | | | | | |
| Eyeglasses/Optical Aids | | | | | |
| Prosthetic Devices | | | | | |
| Wheelchair | | | | | |
| Walker | | | | | |
| Cane | | | | | |
| Bariatric Bed | | | | | |
| CPAP | | | | | |
| Catheter | | | | | |
| Blood Glucose Monitor | | | | | |
| Blood Pressure Monitor | | | | | |
| Other | | | | | |

Consumable Medical Supplies Used Daily:

| Item Description | Item # | Daily Quantity Used | Vendor Name | Vendor # | Paid for by Insurance? |
|------------------|--------|---------------------|-------------|----------|------------------------|
| | | | | | |

Communication difficulties to be aware of and/or communication preferences:

Personal Communication Device:

Memory / Thought / Cognitive difficulties to be aware of:

Auxiliary Aids and Services needed:

APPENDIX C

**PETS/SERVICE ANIMALS/EMOTIONAL SUPPORT ANIMALS
INFORMATION LIST**

Please complete this form, keep readily available in your emergency kit and your pet emergency kit. Attach a photo of you with each animal in addition to proof of current vaccinations.

| | | | | | |
|---|------------------------------|--|--------|-----------|--------------------|
| Veterinarian: | | Telephone Number: | | | |
| Address: | | | | | |
| 24 Hour Hospital: | Pet Insurance Co: | Policy Number: | | | |
| Name: | Breed/Color: | License Number: | | | |
| Service Animal? <input type="checkbox"/> Yes <input type="checkbox"/> No | Type of service provided: | Has Animal been chipped? <input type="checkbox"/> Yes <input type="checkbox"/> No Chip # | | | |
| Blood Type: | Allergies and sensitivities: | | | | |
| Medications and dosages being taken: | | | | | |
| Medical Problem | Medication | RX Number | Dosage | Frequency | Doctor Prescribing |
| _____ | _____ | _____ | _____ | _____ | _____ |
| Recent Surgery: | | | | | |
| Comments/Additional Information: | | | | | |
| _____ | | | | | |

PETS/SERVICE ANIMALS/EMOTIONAL SUPPORT ANIMALS (#2)

| | | | | | |
|---|------------|---------------------------|--------|-------------|--------------------|
| Name: | | License Number: | | Blood Type: | |
| Pet Insurance Co: | | Policy Number: | | | |
| Allergies and sensitivities: | | | | | |
| Service Animal? <input type="checkbox"/> Yes <input type="checkbox"/> No | | Type of service provided: | | | |
| Medications and dosages being taken: | | | | | |
| Medical Problem | Medication | RX Number | Dosage | Frequency | Doctor Prescribing |
| Recent Surgery: | | | | | |
| Comments/Additional Information: | | | | | |

PETS/SERVICE ANIMALS/EMOTIONAL SUPPORT ANIMALS (#3)

| | | | | | |
|---|------------|---------------------------|--------|-------------|--------------------|
| Name: | | License Number: | | Blood Type: | |
| Pet Insurance Co: | | Policy Number: | | | |
| Allergies and sensitivities: | | | | | |
| Service Animal? <input type="checkbox"/> Yes <input type="checkbox"/> No | | Type of service provided: | | | |
| Medications and dosages being taken: | | | | | |
| Medical Problem | Medication | RX Number | Dosage | Frequency | Doctor Prescribing |
| Recent Surgery: | | | | | |
| Comments/Additional Information: | | | | | |

APPENDIX D

EMERGENCY WATER SUPPLIES

BOTTLED WATER IS BEST

In an emergency situation, it is best to **use bottled water whenever possible**. Use the bottled water provided throughout the community or available on store shelves until community water supplies are officially restored and certified as safe to drink.

- Fresh water from neighboring municipalities not affected by the disaster may also be used.
- You can melt ice cubes from the freezer.
- If plumbing fixtures within a household have not been affected, the water heater or water pressure tank can supply emergency gallons of water. Turn off the water shutoff valve and power that heats the tank and let it cool before opening the drain valve at the bottom of the tank. Strain water through a coffee filter or clean cloth.
- Water from a pool, spa, or waterbed should only be used for sanitary purposes and not for drinking water.
- Store at least one gallon per person and pet/service animal per day for drinking and cooking.
- Recycle self-stored water every 6 months and bottled water every 12 months.

IF YOU CAN'T BE SURE, PURIFY!

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as dysentery, typhoid, and hepatitis.

You should purify all water of uncertain purity before using it for drinking, food preparation, or for hygiene.

There are many ways to purify water and none are perfect. Two easy purification methods are outlined below. These methods will kill most microbes but will not remove other contaminants such as heavy metals, salts, and most other

chemicals. Before purifying, let any suspended particles settle to the bottom, or strain them out through a clean cloth or layers of paper towels.

1. Boiling

The best method of purifying water is boiling. Bring water to a rolling boil for at least 5 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This will also improve the taste of stored water.

2. Disinfection Using Bleach

When boiling the water is not possible, you can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25% sodium hypochlorite. **DO NOT** use scented bleaches, color-safe bleaches or bleaches with added cleaners.

For one quart of water, add 2 drops of bleach to clear water and 4 drops to cloudy water. This translates into 8 drops for a gallon of clear water or 16 drops for a gallon of cloudy water. You should let the water sit for 20 - 30 minutes before using it.

If you DO NOT have a dropper, you can use a spoon and a square-ended strip of paper or thin cloth about $\frac{1}{4}$ " x 2". Place the strip in the spoon with an end hanging down about $\frac{1}{2}$ inch below the scoop of the spoon. Place bleach in the spoon and carefully tip it. Drops the size of those from a medicine dropper will drip off the end of the strip.

This needs practice! DO NOT wait until you need to use it.



APPENDIX E

SANITATION DURING AN EMERGENCY

After a major disaster, water and sewage lines may have been disrupted and you may need to improvise and create a personal emergency toilet.

BUILDING A TEMPORARY OR MAKESHIFT TOILET . . .

Supplies You Will Need

- | | |
|---|---|
| <input type="checkbox"/> Medium-sized plastic bucket with tight lid | <input type="checkbox"/> Plastic garbage bags and ties (Heavy duty) |
| <input type="checkbox"/> Soap, liquid detergent | <input type="checkbox"/> Towelettes or wet wipes |
| <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Household chlorine bleach |

- Line the inside of a toilet bowl, or if backed-up, a 5-gallon bucket or any other appropriately sized waste container with two heavy-duty plastic garbage bags.
 - To make a toilet seat, place two boards parallel to each other across the bucket or remove your toilet seat and place it on the bucket.
 - Place kitty litter, fireplace ashes, or sawdust into the bottom of the bags.
 - At the end of each day, securely tie the bags and remove them to a protected location such as a garage, basement, outhouse, etc., until you are informed by local government of safe disposal options.
- At the end of each day, pour bleach or other disinfectant into the container to help avoid infection and stop the spread of disease.
- Cover the container tightly when not in use.
- During a declared emergency, you will be informed of options to disposing of these bags. Keep up-to-date on information.
- If garbage cannot be buried immediately, strain any liquids into the emergency toilet.
- Wrap the residue in several layers of newspapers and in a large can with a tight-fitting lid.

APPENDIX F

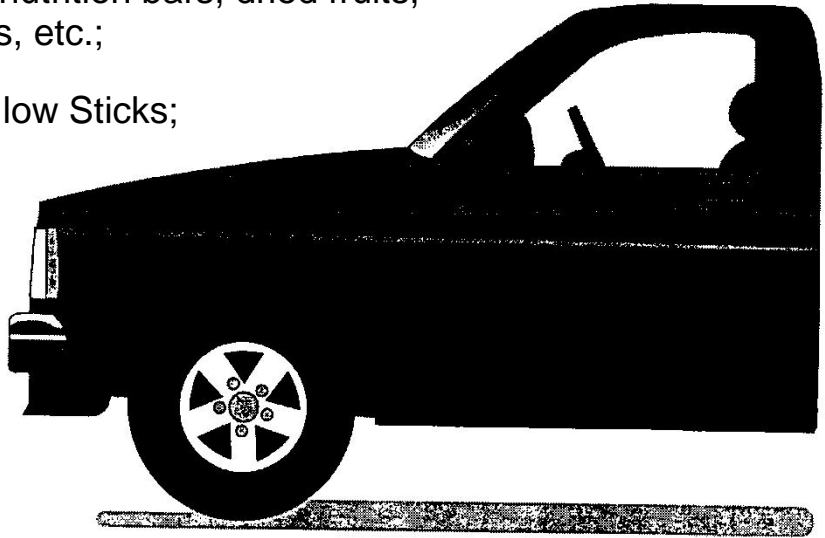
EMERGENCY SUPPLIES – STORAGE

It is helpful to have all of your emergency supplies stored together in a location that you can reach in the event of an emergency. The diagram on the following page, entitled “Earthquake Kit” illustrates a convenient way to arrange and store your supplies at home so that you can get to them easily in an emergency.

An earthquake or other emergency may strike when you are not at home; therefore, it is a good idea to keep emergency supplies in your vehicle as well as in your home. Here are some suggestions for preparing your car/van with the emergency supplies you may need when away from home.

Car/Van Kit

- Canned Food, Manual Can Opener;
- Non-Perishable Food: nutrition bars, dried fruits, jerky, crackers, cookies, etc.;
- Flashlight, Batteries, Glow Sticks;
- Fire Extinguisher;
- Small First-Aid kit;
- Extra Clothing;
- Bottled Water;
- Sturdy Shoes;
- Toilet Tissue;
- Street Maps;
- Folding Chair, Blankets and/or Sleeping Bags;
- Disability-Related Supplies.



APPENDIX G

EARTHQUAKE KIT

Storing Supplies At Home

Use large containers such as a footlocker or 30-gallon trash can, and label each item with the date of purchase or the last date it should be used. Items with the shortest shelf life should be easily reached. Place the container in a cool, accessible place, raised off the ground.

A good rule to follow is to check, rotate or replace supplies when clocks are changed to or from daylight savings time, twice a year. When assembling a survival kit, don't forget about food and water for pets and/or service animals.

SHELF LIFE: 3-months 6-months 1-year *Check Expiration Dates

Top

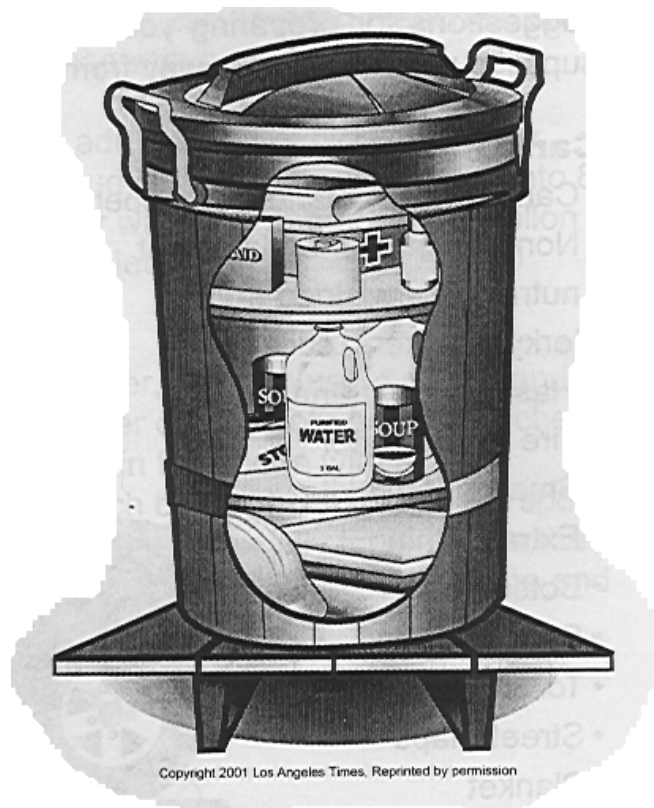
- Batteries with Tester
- Flashlight & Glow Sticks
- Portable Radio
- First-aid Kit

Middle

- Manual Can Opener
- Food and Water for Pets
 - *Dry & Instant Foods (pasta, rice)
- Water and Purification Tablets
 - *Canned Food
- Disability-Related Supplies

Bottom

- Blankets
- Tarps
- Extra Clothing & Shoes
- Towelettes
- Personal Hygiene Items
(toilet paper, diapers, soap, deodorant, toothbrush and toothpaste, shampoo, towels, wash cloths, and heavy-duty plastic bags.)



APPENDIX H



BRUSH CLEARANCE SAFETY TIPS FOR HOMEOWNERS

Remember that when clearing your brush, safety is very important. In recent years many brush fires have started by homeowners attempting to clear their brush. Many times, the sparks produced from metal blades on motorized equipment have started fires.

The following are simple guidelines for homeowners to follow to clear their brush safely:

- Always have a water source readily available. A water extinguisher, garden hose or a few buckets of water.
- Avoid clearing brush during the peak temperatures of the day, between 11:00 a.m. and 3:00 p.m., and on days when a **Red Flag Alert*** has been declared by the Fire Department.
- Only use properly maintained motorized equipment and have a spark arrester available when required.
- DO NOT refuel motorized equipment while motor is running. Use approved fuel-dispensing containers only.
- Always make sure the hot exhaust on any motorized equipment is clear of any vegetation (i.e. grasses, weeds, shrubs).
- DO NOT use metal blades on weed whackers/whips. Use nylon line or plastic blades instead.
- Always wear safety glasses and gloves. Hard hats and dust masks are recommended.

Thank you for clearing your hazardous vegetation and making your community a safer place. For additional information, please contact the Brush Clearance Unit at (818) 374-1111, or visit <http://lafd.org/fire-prevention/brush>

NOTE: “Red Flag” weather days refer to certain weather conditions that can cause a wild-land fire to start and to spread rapidly. These conditions generally exist when the winds exceed 25 mph and relative humidity is below 15%.

APPENDIX I

QUICK REFERENCE EMERGENCY RESOURCES

- **DIAL 9-1-1 IF YOU HAVE A LIFE-THREATENING EMERGENCY.**
This number accepts direct TTY calls. If the line is busy, for Fire or Paramedics only (not Police), call (800) 688-8000.
- For routine City business and non-emergency services, you should call **3-1-1** or (213) 473-3231 for referrals and updated information. If you are outside the City of Los Angeles and need assistance within the Counties of [Los Angeles](#), [Orange](#), [Riverside](#), [San Bernardino](#), and [Ventura](#), you can contact the City of Los Angeles 3-1-1 Center toll-free at: **(866) 4LACITY**.
 - If you are outside the above mentioned areas, please call:
City of Los Angeles Call Center 3-1-1 or (213) 473-3231
- **City of Los Angeles Department of Water and Power (DWP)**
(800) 342-5397 Voice; (800) 432-7397 TTY
- **City of Los Angeles, Emergency Management Department (EMD)**
(213) 484-4800 Voice; (213) 978-0517 Fax
<http://emergency.lacity.org>
 - Public Information Helpline – Updated recorded information during emergencies and significant events - (800) 439-2909.
- **City of Los Angeles Fire Department (LAFD) – Fire/Safety Information**
(818) 756 - 9671 Voice; (818) 971-6983 TTY; <http://LAFD.org/>
- **Los Angeles Department of Animal Services (DAS)**
(888) 452-7381 Voice; (877) 875-8205 TTY
<http://LAAnimalServices.com/>
- **Los Angeles Department of Aging (DOA)**
<http://aging.lacity.org/>
- **Los Angeles Police Department (LAPD) – Non-Emergency Number**
(877) 275-5273 Voice or TTY;
<http://LAPDOnline.org/>
- **2-1-1 L.A. County** – Partners with the Los Angeles County Office of Emergency Management to be the primary provider of disaster

preparedness and response information service to the community before, during, and after disasters.

- In times of local or national distress, L.A. County 2-1-1 will provide timely and accurate information to any member of the community.
- LA County 2-1-1 is accessible to TTY users.
- **NOAA WEATHER RADIO**
<http://nws.noaa.gov/nwr/>
- **AMERICAN RED CROSS OF GREATER LOS ANGELES**
<http://redcross.org/ca/los-angeles>
- **SAFE AND WELL PROGRAM – American Red Cross**
<https://SafeAndWell.Communityos.org/cms/index.php>
- **Register yourself as “Safe and Well”**
 - After a disaster, letting your family and friends know that you are safe and well can bring your loved ones great peace of mind. This website is designed to help make that communication easier.
- **Search for Loved Ones**
 - Concerned family and friends can search the list of those who have registered themselves as “Safe and Well” by clicking on the “Search Registrants” button. The results of a successful search will display a loved one’s first name, last name, and a brief message.

This manual, Emergency Preparedness for People with Disabilities, was produced in April 2001 and updated January 2016 by the Department on Disability for the City of Los Angeles and the Communities we serve.

As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and, upon request, will provide reasonable accommodation to ensure equal access to its programs, services, and activities.