



Southern California Preparedness Foundation

Suggested Items for 72-hour (Grab-and-Go) Emergency Preparedness Kit

Keep your kits where they will be readily available during an emergency or disaster

TO TRANSPORT ITEMS

Backpack
Canvas bag or duffle bag
Sea bag
Suitcase (preferably on wheels)

SHELTER

Tube tent shelters, 20' nylon cord per person, or
Lightweight tent
4mm plastic sheeting
Hammer, rope, utility knife
Duct tape for repairs and 101 other uses

SLEEPING

Sleeping bag and 2 emergency blankets
Inflatable air mattress
Pillow or pad
Hand warmers
Head warmer (watch cap or similar)

COOKING & EATING

Small cook stove and fuel, matches
Small nesting pot & pan set
Eating utensils, paper plates, and cups
Water - 5 day supply per person (1 gal/day/person min.)
Collapsible water jug and purification tablets
Ready-to-eat foods, snacks, energy/trail mix bars
Non-perishable food, 3-day supply/person
Can opener (manual)
Garbage bags, paper towels, dish soap
Dish cloth and towel
Antibacterial hand wipes

COMMUNICATIONS

Car cell phone charger
Solar small battery charger with rechargeable batteries
Cell phone adapter for your battery charger
Prepaid phone card
Out-of-state contact/personal phone book
Disposable camera
Radio, battery/wind-up/solar
Extra batteries if needed
Family Radio Service (FRS) radios, pair

ILLUMINATION

Small lantern (battery preferred)
Flashlights, LED preferred (bright & batteries last longer)
Extra batteries and bulbs for above
Chemical light sticks or LED light sticks

PERSONAL ITEMS

Whistle on a neck cord (wear constantly)
Medications (check with your doctor)
List of prescriptions, prescription numbers, name of drug
Phone numbers for doctors and pharmacies
List of insurance policies and number(s)
Names and phone numbers for agents
First aid kit (see car backpack list)
Cash (small bills and change)
Goggles, dust masks (N95 or better)
Leather or leather-palmed gloves
Sunglasses and reading glasses
Eye drops, sunscreen, lip balm, hand cream
Contact lens supplies
Hearing aid batteries (if applicable)
Tissues, toilet paper, baby wipes
Antibacterial hand wipes
Sealable plastic bags for disposal of trash
Small writing pad and pen
Toothpaste and brush, dental adhesive, mouthwash
Soap, wash cloth, hand towel, deodorant
Shampoo, comb and/or brush
Shaving items, nail file and clipper
Personal hygiene and feminine products
Close-up photo of family (for ID purposes)

CLOTHING

Remember layering!
Walking shoes and socks (2 pairs)
Cap or hat, hooded jacket and/or sweatshirt
T-shirt, jeans, belt, underwear
Long and short sleeve shirt
Plastic poncho with hood

OTHER

Maps (Valley, L.A., city, state) and compass
Hand-held fan
Entertainment items (cards, books, puzzles)
Baby, child, or special needs items
Pet kit and car roadside kit

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Where to Purchase Emergency Preparedness Supplies

As you can tell from the list below, EP supplies can be bought just about anywhere. There are some items, such as brush jackets or Kevlar helmets, that you may want to purchase at specialty stores. Most other items for your kits you can get inexpensively at places where you normally shop or visit. Remember, you need not purchase everything you think you'll need all at once. If your favorite store is not listed, let us know (info@SoCalPrep.us) and we'll consider including it in the next revision.

Company	Website	Description
99¢ Only Stores	99only.com	First aid supplies, storage containers, etc.
A Plus Survival	aplussurvival.com	Survival kits, supplies, camping gear
Adventure 16 (A16)	adventure16.com	Camping supplies, outdoor gear
Adventure Medical	adventuremedicalkits.com	First aid kits
Amazon	amazon.com	Almost everything and anything
Backpacker's Pantry	backpackerspantry.com	Freeze-dried food in pouches, kits & more
Batteries America	batteriesamerica.com	Batteries for everything
BIG 5	big5sportinggoods.com	EP and outdoor (camping) supplies
Bishop's Storehouse (LDS)	providentliving.org	Packaged and bulk items
CERT Los Angeles	cert-la.org	CERT information and branded items
Coolibar	coolibar.com	Sun protective clothing
Costco	costco.com	Survival food, first aid, supplies, etc.
CountryComm	countycomm.com	Survival and other supplies
Dollar Tree	dollartree.com	First aid supplies, storage containers, etc.
Emergency Disaster System	edisastersystems.com	Hi-visibility clothes
Emergency Essentials	beprepared.com	Food for long-term storage, accessories
Emergency Medical Products	buyemp.com	Medical supplies
Fire Outfitters	fireoutfitters.com	Kevlar helmets, protective clothing, etc.
First Aid Mart	firstaidmart.com	First aid supplies and more
Food Storage Moms	foodstoragemoms.com	Recipes, food storage, free ebooks
Goal Zero	goalzero.com	Battery backup equipment, inverters, solar
Hanna Andersson	hannaandersson.com	Sun protective clothing for infant, children, adolescent only
Harbor Freight	harborfreight.com	Tools (pry bars, goggles), equipment (tarps, flashlights), etc.
Home Depot	homedepot.com	Tools, equipment, rebuilding supplies
Leatherman	leatherman.com	Multi-purpose tools
Line Gear	shop.linegear.com	Brush jackets, etc.
Lowe's	lowes.com	Tools, equipment, rebuilding supplies
More Prepared	moreprepared.com	Preparedness supplies
Mountain House	mountainhouse.com	Freeze-dried food in pouches, cans, kits



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Suggestions for Organizing Vital Records

It could be "the Big One," a fire, flood, or terrorist attack. But at some point, you are likely to need copies of vital records and other important information that may not be readily accessible in the event of a sudden evacuation, or household disaster. However, if you have already organized this information, and have it safely packed in your 72-Hour Grab-And-Go kit, you'll be far ahead of the game. (By the way—this is a great "first item" to start that kit.)

Purchase a 3-ring binder and a box of clear plastic sheet protectors in which to put copies of important papers. Start gathering today, and every time you find a new piece of information, copy it and put the copy into the book. Originals of important papers should be kept in a fire-proof safe or a safety deposit box. Also, consider sending copies of special documents to a trusted friend or relative, preferably out-of-state.

Following, in no particular order of importance, are examples of the kinds of information you'll want. Check each off as you add it to your binder, or mark through if not applicable to your situation.

Your family's emergency plan
Wills, living wills, and trust documentation
Organ donor information
Retirement and pension information
Automobile titles and other property titles
Marriage licenses/certificates, divorce papers
Social Security/Medicare cards and info
Driver's license
Passport information
Education certificates and diplomas
Income tax records
Insurance policies
Investment papers
Birth certificates and adoption records
Baptismal and other religious records
Genealogy records
Death/birth certificates
Medical histories and records
Medical consent forms
Bank, checking, and savings account information
Organization and membership records
Military records and discharge papers
Real estate deeds (don't forget burial plots)
Mortgage information and loan agreements
Pet records – pedigree/spay-neuter/inoculation
Recent close-up photo of each family member
Recent close-up photo of each pet with you
Recent photos of home exterior, all sides
Recent photos of home interior (each room, various views)
Recent pictures of detached buildings, inside and out

Recent pictures of valuables (jewelry, objets d'art, paintings, collections, silverware, etc. And copies of *recent* appraisals)

You may want to have a small separate address/phone book you can tuck into a pocket, and/or include this info in your 3-ring binder.

Names, addresses (and email), and phone numbers for:

Out-of-state contacts
Close relatives, friends and neighbors
Business, church and school associates
Religious representatives
Doctors, home care-givers
Veterinarian
Pharmacies (and names and numbers of prescriptions taken regularly)
Attorneys
Accountants
Financial advisors
Credit card companies (and card numbers)
Banks, mortgage and loan companies
Insurance agents (home, car, motor home, boat, etc.)
Pool maintenance people and gardeners
Repair companies (electrician, plumber, heating and air conditioning, alarm company, roofer, mason, window glass repair, carpenter, handyman)
Utility companies (phone numbers and account info)

Add a zippered pouch to the binder and tuck in an extra house key and vehicle key(s). Also, add travel/thumb/USB drives (a portable flash drive storage unit for your computer), or a CD/DVD containing copies and/or images of all your important photos, paper documents (see above), computer files, and your email contact list. You can also consider storing/uploading this info to the "cloud." But remember that you'll need hard copies of some of the above in case computer/Internet access is not available.



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Suggested Emergency Preparedness Items

Backpack Items in Vehicle

Water purification tablets	Insurance policy numbers and phone numbers for agents
Electrolyte replacement tablets	Plastic goggles
Food and/or energy bars	N95 (or better) breathing masks
Emergency blanket/sleeping bag	Leather-palmed gloves
First aid supplies (see below)	Tissues, toilet paper, baby wipes
AM/FM radio—solar, battery (extra batteries) or wind-up	Bags for disposal of biohazard (human) waste
Flashlight—solar, battery (extra batteries, bulb), crank	Antibacterial hand wipes
Medications (check with your doctor, and rotate stock)	Sealable plastic bags for disposal of trash
Eyedrops (dust fighter)	Small writing pad and pen/pencil
Small bottle of sunscreen	Walking shoes and socks
Cash (small bills and change)	Cap or hat (or hardhat)
Contact lens supplies (if applicable)	Hooded jacket and/or sweatshirt
Hearing aid batteries (if applicable)	Whistle on a neck cord
List of prescription numbers, name of drugs, and dosage	Sunglasses and reading glasses
Phone numbers of doctors and pharmacies	Maps (Valley, L.A., city and state)
Personal phone book/out-of-state contacts	Compass (GPS receivers don't work everywhere)
Email addresses	Fan (personal)
Exam gloves (nitrile, non-latex)	Water (1 gallon/person/day minimum)
Triangular bandages (several)	Spade (for digging, etc.)

Suggested Additional Backpack Items

General Items

Extra water
Additional food bars
Snack items (freeze-dried fruit, unsalted nuts, etc.)
Extra batteries for radio and flashlight (if applicable)
Personal hygiene products
Swiss army knife or all-purpose tool
Bandanas (use as a sling, bandage, wet for personal cooling, etc.)
Light sticks
Head lamp
Hand cream and lip balm
Playing cards
Water bottle or tank
Water purification tablets
Plastic poncho
Jeans & belt
T-shirt
Waterproof matches/tinder

First Aid Kit in a Plastic Bag

Small first aid book
Hydrogen peroxide
Antiseptic wipes (Bactine®, peroxide, etc.)
Antibiotic ointment with pain reliever
Band-aids (various sizes)
Gauze pads and rolls (various sizes)
Tape (various kinds and sizes)
Scissors, needle, and tweezers
Alcohol wipes to sterilize above items
Elastic bandages with clips
Your favorite painkillers (aspirin, Tylenol®, etc.)
Eye wash, eye pads
Burn gel and sting reliever
Cold packs
Examination gloves (nitrile, vinyl, non-latex)
Moleskin® (or equivalent)

Enroll in CERT, CPR, and First Aid classes now



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Suggested Emergency Preparedness Items

Roadside Kit

Reflectors and road flares	Hammer
ABC fire extinguisher (flammable liquids & electrical)	Screwdrivers (assorted)
Safety goggles	Pliers (assorted)
Leather-palmed gloves	Wire cutters, dikes
N95 (or better) breathing masks	Wrenches (assorted)
Inverter (200 - 300 watt, 120 volts AC from car battery)	Vinyl sheets (for lying or kneeling on)
Flashlight with extra batteries and extra bulbs	WD-40 or other lubricant
Crow bar, pry bar	Duct tape
Shovel	Scissors
Writing pad and pencils/pens	Electrical tape
Disposable camera	Radiator sealant
Car potty	Radiator hose tape
Car shades (for windshield and other areas of car)	Fuses (for <u>your</u> car) and fuse puller
"NEED HELP/OK" sign	Hose clamps (assorted)
Cell phone charger	Rags/paper towels
Bungee cords	Hand cleaner
Funnel	Glass cleaner
Siphon and hose	12-volt work/drop light
Jumper cables/terminal cleaner/emery boards	Know how to operate your vehicle's car jack
Tire pressure gauge	Warm blankets (for you and passengers)
Fix-A-Flat®	Trash bags
Air pump/compressor (12 volt or manual)	Extra wiper blades (sealed)
Knife	Knee pads

Pet Kit

Miscellaneous items

Pet carrier
Leash/harness/collar
Spiral ground stake (screws into ground) and chain
Water and bowl (collapsible bowls are available)
Food, treats, and bowl (rotate food often -- talk with vet)
Manual can opener and spoon (if needed)
Medications (rotate meds often -- talk with vet)
Waterproof container with vet name, address, phone number, vaccination records, microchip and licensing info
Photos of your pet
Photos of you with your pet (to establish ownership)
Litter, scoop, liners, freshener
Boxes/litter pans for kitties
Plastic bags for disposal of used litter
Bedding, toys
Brush/comb

Pet First Aid Kit Containing (at minimum)

Pet first aid guide (read it now)
Antiseptics, sting and burn medication
Eye wash
Gauze and pads
Tape (various sizes)
Examination gloves (nitrile and non-latex)
Tissues
Hydrogen peroxide
Q-tips (sealed)
Antibiotic ointment
Tweezers, scissors, oral syringe
Disinfecting towelettes for cleaning
Paper towels
Sealable plastic bags for disposal of trash/waste
Dog repellent

If you have hamsters, guinea pigs, birds, rabbits, reptiles, amphibians, ponies, etc., include supplies for them as well.

Learn Pet First Aid and Pet CPR now



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Personal Emergency Preparedness Kit

Keep your kits where they will be readily available during an emergency or disaster

In preparing your personal Emergency Preparedness kit, there are a multitude of lists available, including ours, which provide suggested and recommended items that you should have at the ready. There are also many pre-packed kits on the market. We are always asked for suggestions as to what to put in "my" kit, and then the big question, "What does all this cost?" Therefore, we have provided the contents of a great kit, listed below, that includes precise prices and locations where you can get these items (see also our [Where To Purchase Emergency Preparedness Supplies](#) and [Suggested Items for 72-hour \(Grab-and-Go\) Emergency Preparedness Kit](#)). You will need to customize these lists to suit your individual and particular circumstances.

Total cost is **\$59.62**. (Plus sales tax. Prices effective as of date of publication and are subject to change.)

Misc.

Oversize Backpack	\$19.00 (SOS Survival)
Plastic Shoeboxes to Store Supplies (2)	\$1.98 (99 Cent Store)
Bottled Water 34 oz. (2)	\$0.99 (99 Cent Store)
Roll of Toilet Paper	\$0.39 (99 Cent Store)
LA County Emergency Survival Guide	FREE

Box One Contents

4x4 Sterile Gauze Pads (20)	\$0.80 (1,200 for \$48.31—Amazon)
Alcohol Swabs (20)	\$0.40 (100 for \$1.98—Wal-Mart)
Antibacterial Wipes (30)	\$0.99 (99 Cent Store)
Antibiotic Ointment	\$1.99 (2 for \$3.98—Wal-Mart)
Bandage Roller (Gauze)	\$0.99 (99 Cent Store)
Band-Aid® First Aid Kit	\$3.33 (3 for \$9.98—Costco)
Elastic Bandage	\$0.99 (99 Cent Store)
Gauze Rolls 3 Pack	\$0.99 (99 Cent Store)
Ibuprofen Tablets (40)	\$0.99 (99 Cent Store)
Medical Exam Gloves (5 pair)	\$0.50 (400 (200 pair/box) for \$19.98—Costco)
Purell® Hand Sanitizer	\$0.99 (99 Cent Store)
Scissors	\$0.50 (2 for \$0.99—Bargain World)
Sports Tape	\$0.99 (99 Cent Store)
Tissue (Facial) Paper	\$0.12 (8 for \$0.99—99 Cent Store)
Waterproof Tape	\$0.99 (99 Cent Store)

Box Two Contents

Bags for Waste (2)	\$0.10 (20 for \$0.99—99 Cent Store)
Chemical Light Stick	\$0.99 (SOS Survival)
Emergency Mylar Blanket	\$1.29 (SOS Survival)
Extra AAA Batteries (9)	\$2.88 (48 for \$15.48—Costco)
Extra Flashlights with batteries (2)	\$3.33 (6 for \$9.99—Home Depot)
Flashlight with batteries	\$4.98 (Home Depot)
Leather Gloves	\$1.49 (12 for \$17.89—SOS Survival)
Mechanical Pencil	\$0.46 (12 for \$5.49—Staples)
Memo Book	\$0.25 (4 for \$0.99—Bargain World)
N95 Masks (3)	\$1.50 (20 for \$9.98—SOS Survival)
Raincoat	\$0.99 (99 Cent Store)
Safety Goggles	\$1.55 (SOS Survival)
Whistle, Compass ,Thermometer	\$1.90 (A Plus Survival)



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Personal Emergency Preparedness Kit

Keep your kits where they will be readily available during an emergency or disaster

Suggested Additional Items

(Refer also to *Suggested Items for 72-hour (Grab-and-Go) Emergency Preparedness Kit*)

Baseball Cap or Wide-Brimmed Hat
Can Opener ("GI-style")
Cellphone charger (wall adapter, car, solar, battery backup, etc.)
Change of Clothes and/or Sweat Shirt & Pants
Energy Bars, Peanut Butter, Crackers
Extra Potable Water
First Aid Book
Leatherman®-Style All-Purpose Tool
Personal Hygiene Products
Playing Cards
Portable Radio with Extra Batteries
Utensils
Walking Shoes (comfortable!)
Water Filter or Bottle
Water Purification Tablets
Waterproof Ziplock® bag containing:

- cash in small bills and coins
- local map
- info for out-of-state contacts, children's schools, family members, doctors
- insurance policy numbers and agent's phone numbers
- financial information
- credit/debit card(s)

"As Needed" Items to Include

Baby Wipes
Diapers
Eyeglasses and/or Contact Lens Supplies
Formula for Babies and Young Children
Hearing Aid Batteries
Prescription Medication



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Financial Preparedness Checklist

Physical disasters can also create financial disasters, and financial disasters can exist without physical disasters. Here are some things to consider in preparing for a financial crisis or disaster. Remember, we can't predict, but we can prepare. This certainly applies to personal finances. By taking the steps listed below, you and your family will be in a better position to weather a physical or financial disaster. No matter your age, income, or financial history, start preparing today.

Know and track (paper or computer) how much you make and how much you spend each month

Use bank statements, paycheck stubs, household bills (natural gas, water, electricity, etc.)

Create a budget for each spending category (housing, food, transportation, utilities, phone, insurance, etc.)

This is especially important for discretionary spending (clothing, entertainment, dining, vacation, etc.)

Stick to the budget (see over)

Get **Term Life Insurance** (20-35 year) if someone depends on your income or you have debt

A general rule is 5-10 times individual annual income

Properly insure home, car(s), motorcycle(s), and recreational vehicle(s). Understand coverage and review periodically

Minimum coverage is rarely appropriate for most people over 21

Take pictures or videos of possessions, save in multiple locations, and update periodically

Emergency savings of 3 to 6 months of living expenses (bank and credit union accounts, money market, U.S. bonds)

This money should be easily and quickly accessible. Have bank and account information handy.

Plan to pay off current credit card debt, starting with the lowest balance first (creates positive momentum)

Especially effective when any extra money is used to pay more than the minimum amount due

Long term wealth building investment accounts (IRAs, 401K, 403b). Plan to save 5%-15% of monthly income

A monthly auto-deduction from a bank account or paycheck is a very effective way to save

Create multiple streams of income. The loss of a full time job can be devastating

Everyone able could have a part time job; be an independent contractor or consultant; have investment income

Keep \$200-500+ in cash (dispersed between home, car, wallet, EP kits)

Keep in small-denominated bills (\$1, \$5, \$10)

Have account numbers, policy numbers, credit card numbers and creditor contact information readily available

Keep a copy offsite, save one "in the cloud" and give one to a friend or relative for safekeeping out of the area.

Create a **Simple Will** for custodial issues regarding minor children and update as needed

Create **Power of Attorney and Medical Directives** to handle your affairs if you become incapacitated

Create a **Living Trust** for legacy matters and properly fund and update as needed

Using a quality estate planning attorney is generally worth the extra cost



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Financial Preparedness Checklist

Slash Your Grocery Budget and Eat Better When Times Are Tough (or even when they aren't)

1. Be flexible and willing to change. Don't be afraid to try something different. Experiment!
2. Look at your past grocery expenses, determine your baseline budget, and reduce that by 20-50+% depending on how much money you want to free up.
3. Visit all the grocery stores in your area (home, work and along the way). Not every store will have the best price on everything but you don't want to drive all over town to save a couple dollars either.
 - a. Check out local farmers' markets. Often less expensive for greater quantities.
 - b. Ethnic, discount and independent markets are often good choices for price and variety
4. Take an inventory of what food/pantry items you currently have. Write it down.
5. Write out a meal plan using those items.
6. Do not let any food go to waste. Freeze anything you won't use in the next several days.
7. Check out the weekly sales at the markets near you and make a plan on what to buy and where.
8. Set price limits for your purchases (produce under \$1/lb., organic produce under \$1.75/lb, meat under \$5/lb.).
9. Use a list but be flexible enough to take advantage of in-store specials.
10. Buy real food! It is cheaper and healthier to eat well than it is to eat processed or "junk" food.
11. Shop along the perimeter of the market. Most, if not all, of your items will be found there.
12. Shop as many or as few days as you need, just know the more you shop, the more you'll likely to spend.
13. Once you get your food home, prepare it for storage (wrap veggies in plain, preferably unbleached paper towels and then in plastic, separate meat into meal size portions, date package, and freeze).
14. Repeat step 6.
15. Take a new inventory.
16. Update your meal plan for that week using *ONLY* what you have on hand.
17. Batch cook (prepare several dishes that can be eaten throughout the week, at one time).
18. Use Excel, a checkbook register, a piece of paper, or an app to track your spending.
19. Starting with your budget goal (the total monthly amount), subtract what you spend each time you go to the market. Do not save receipts and do it at the end of the month. For example, starting with \$200:
 - a. January 1 \$200 - \$25 = \$175 left for the month
 - b. January 8 \$175 - \$55 = \$120 left
 - c. January 16 \$120 - \$20 = \$100 left
 - d. January 18 \$100 - \$50 = \$50 left
 - e. January 23 \$50 - \$35 = \$15 left
 - f. January 29 \$15 - \$14 = \$1 left
20. Once you hit \$0 don't spend any more for that month in those categories, PERIOD.
21. Follow this plan for all your expenses and you will be amazed at how much you can save.



Weeks to prepare

Week 1				
Tour your home to gather items you already have. Place all items in a waterproof bag or container before packing in kit. Check off each item as you go. <ul style="list-style-type: none"> <input type="checkbox"/> A sturdy, easy-to carry container to hold items (backpack, duffle bag or large tote) <input type="checkbox"/> A set of clothes and sturdy shoes for each family member <input type="checkbox"/> Copies of important papers (birth certificates, ID, insurance policies, passports, home lease/deed, etc.) <input type="checkbox"/> A 3 day supply of your medications <input type="checkbox"/> A current list of family phone numbers and e-mails including someone who can be reached if local lines are down. <input type="checkbox"/> A map (mark an evacuation route from your local area) <input type="checkbox"/> Extra cash in small bills <input type="checkbox"/> Spare keys for house and car <input type="checkbox"/> Spare glasses or contacts and solution <input type="checkbox"/> Books or toys 				
Week 2	Week 3	Week 4	Week 5	Week 6
<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 1 jar of peanut butter <input type="checkbox"/> 1 box of crackers <input type="checkbox"/> 2 boxes of energy bars <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 2 cans meat/fish <input type="checkbox"/> 2 cans fruits/veggies <input type="checkbox"/> Manual Can opener <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> 1 pkg hand sanitizer <input type="checkbox"/> 1 antibacterial soap <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 1 liquid dish soap <input type="checkbox"/> 2 rolls toilet paper <input type="checkbox"/> 1 box facial tissue <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> First aid kit & guide <input type="checkbox"/> Latex gloves <input type="checkbox"/> Tweezers <input type="checkbox"/> Weather radio \$1.75*
Week 7	Week 8	Week 9	Week 10	Week 11
<input type="checkbox"/> Thermometer <input type="checkbox"/> Allergy/pain reliever in a childproof container <input type="checkbox"/> Sunscreen <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Feminine supplies <input type="checkbox"/> Comb & brush <input type="checkbox"/> 1 potted meat <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> Towels & washcloths <input type="checkbox"/> Toothbrushes & paste <input type="checkbox"/> Shampoo, bar soap <input type="checkbox"/> Deoderant <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> Umbrella/slicker <input type="checkbox"/> Scarf <input type="checkbox"/> Winter gloves <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 1 pkg energy snacks <input type="checkbox"/> Emergency blanket <input type="checkbox"/> Matches <input type="checkbox"/> Weather radio \$1.75*
Week 12	Week 13	Week 14	Week 15	Week 16
<input type="checkbox"/> Flashlight <input type="checkbox"/> Batteries <input type="checkbox"/> Cotton rope <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Screwdriver <input type="checkbox"/> Utility knife <input type="checkbox"/> Pliers <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 2 cans fruit/veggies <input type="checkbox"/> 1 pkg eating utensils <input type="checkbox"/> 1 pkg plastic cups <input type="checkbox"/> Paper towels/napkins <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> Pet food & dishes <input type="checkbox"/> Extra water <input type="checkbox"/> Leash <input type="checkbox"/> Litter pan/litter <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> 2 cans meat/fish <input type="checkbox"/> Cell phone & charger <input type="checkbox"/> Dried fruits & nuts <input type="checkbox"/> Weather radio \$1.75*
Week 17	Week 18	Week 19	Week 20	Week 21
<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Extra flashlight <input type="checkbox"/> Extra batteries for radio & flashlight <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Work gloves <input type="checkbox"/> Dust mask <input type="checkbox"/> Chlorine bleach <input type="checkbox"/> Garbage bags & ties <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 1 gallon of water <input type="checkbox"/> Plastic sheeting <input type="checkbox"/> Plastic bucket & lid <input type="checkbox"/> Disinfectant <input type="checkbox"/> Notepad & pen <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> 2 boxes dry cereal <input type="checkbox"/> 1 box graham crackers <input type="checkbox"/> Whistle <input type="checkbox"/> Duct tape <input type="checkbox"/> 1 pkg energy snacks <input type="checkbox"/> Weather radio \$1.75*	<input type="checkbox"/> Comfort foods <input type="checkbox"/> Scissors <input type="checkbox"/> Extra blankets <input type="checkbox"/> Small pillows <input type="checkbox"/> Water container <input type="checkbox"/> Weather radio \$1.75*

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

Customize your kit for your family

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

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

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

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

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

For more preparedness tips, visit redcross.org



**Cruz Roja
Americana**



Semanas para Preparar

Lista de compras semanal para una familia de 4

Semana 1				
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*Ahorre \$1.75 por semana y compre su radio meteorológica al fin de la semana 21.

Adapte su botiquín al gusto de su familia.

Para bebe: comida, formula, biberones, pañales, agua adicional para formula y para lavar las botellas

Para ancianos: oxígeno, paseante, pañales para adultos, aparato del oído con pilas adicionales y medicamentos adicionales

Para mascotas: transportistas, medicamentos, inoculación y expedientes de salud, etiquetas de identificación, fotos de usted con su mascota

Para niños: juguetes, juegos, pilas adicionales, monos de peluche, cartas, colores, papel, y libros

Horario de verano: Cuando cambie sus relojes, cheque su botiquín! Reemplace comida, medicamentos y pilas expiradas. Cheque ropa por tallas y temporadas adecuadas. También cambie las pilas de su detector de humo y su detector de monóxido de carbón.

Para mas información en como prepararse, visite redcross.org



Southern California Preparedness Foundation



Disaster Planning Information For Your Pets

Animals are dependent on people to survive when disaster strikes. You need to take the time NOW to plan and prepare for evacuation and care for your animals when a disaster does strike.

To begin, take three simple steps:

- 1. Make sure you have a safe way to transport your animals when evacuating***
- 2. Plan ahead of time and know where you are going to take them (pet friendly hotel)***
- 3. Get your Pet Go Kit together***

If you are not home when a disaster strikes, who could you trust to step in and help your animals? Choose someone you can depend on to notify when you are not at home. If they have animals, you can become each other's backup. Think of a friend, relative, landlord, or even a co-worker. Make sure you know where you will meet and how to contact one another.

To take planning one step further you can put together supplies needed to care for your animals during the time you are evacuated. It's suggested that you be self-sufficient for those first critical 72 hours, but 2 weeks of supplies is ideal.

Animal Disaster Supply Kit: (Pet-Pac.com sells amazing pre-built Pet Emergency Kits)

- Food, water and bowls
- Grooming supplies
- Treats, toys
- Sanitation items - disinfectant, plastic bags, litter and litter box
- Pet first aid supplies
- Identification/tags on all animals
- Control and confinement equipment- carriers, crates and leashes with collars or harnesses
- Medications and copies of current veterinary records
- Current photos of your animal(s) with you included in the picture as proof of relationship
- Bedding

Put these numbers in your cell phone and keep a printed copy in your Pet Go Kit

Pet Poison Hotline:

(800) 213-6680, \$39 per incident

Nearest Emergency Pet Hospital:

() _____ - _____

Local Animal Control:

() _____ - _____

Office of Emergency Services:

() _____ - _____

Nearest Pet Friendly Hotel:

() _____ - _____

Pet Board and Care:

() _____ - _____

For More Disaster Readiness Info:
Ready.gov

For Pet Go Kits/Safety and Pet Friendly Hotels:
pet-pac.com
petswelcome.com
officialpethotels.com



Southern California Preparedness Foundation



During a disaster:

- It may not be safe to "hang on" to your pet as this could be dangerous for you so try to confine them or you may need to just let them loose
- When asked to evacuate **ALWAYS TRY TO TAKE YOUR PET WITH YOU**
- In the event you cannot find or get a hold of your pet – leave an opening in your home for them to give them a fighting chance to get loose and to safety on their own

Returning Home with your Pets after a Disaster:

- Make sure hazards are removed from your home before letting your pets loose
- Your pets may be disoriented or even aggressive returning home – Walk your dog around home and neighborhood to give them a chance to take in new smells
- Keep cats confined to smaller spaces and gradually let them explore home

If you were unable to retrieve Pet when disaster happened and your Pet is not home when you return:

- Ran Away due to home destruction – look for a Found Pet poster
- Picked up by Neighbor – look for a note
- Retrieved by an Animal Rescue Group or Animal Control Agency – look for a notice posted on your property

After checking with Neighbors...Call Animal Control:

- They are the acting governing agency for the welfare of your pet
- They should know what groups, non profits, and Animal Control Agencies sheltering animals in the aftermath of a disaster

Next Call your Office of Emergency Services:

- Each County has their own Office – Look up yours
- They should also know what agency is governing Animal Response for the disaster

If all else fails...

- Listen intently for radio or television information about response. Typically a Public Information Officer (PIO) for the Office of Emergency Services (OES) will be announcing what and where services are being provided to the victims of a disaster
- 211 (you may be able to call for updated information affecting your area) and Reverse 911 (may call you with emergency in your area)

Retrieving your Pet from an Emergency Shelter:

- Have documentation – pet photo, vet records, neighbors name that may have dropped off your pet
- Have your pet checked over by your regular vet for any unknown/non presented medical issues and exposures

AND NOW...Be a Super Hero!

- Learn Human and Pet First Aid/CPR
- Become a member of your Community Emergency Response Team (CERT) and an Animal Response and Rescue Coalition (ARRC) Volunteer



Southern California Preparedness Foundation

Nuclear Safety Checklist

More than 116 million U.S. citizens live within a 50 mile radius of a nuclear power plant. That's more than 1 in 3! The key to surviving a nuclear incident is minimizing exposure to internal (that which comes from ingesting contamination) and external radiation.

Items that can be used to help protect you and your home

- Rolls of masking tape (blue "painter's masking tape" preferred for easy removal), duct tape
- Boxes of exam gloves, large (easier to remove)
- Swiffer®-style damp mop (or wet mop)
- Brita®-style water filter for faucet, and pitcher for when tap water is unavailable
- Water filtered vacuum (shop vac, etc.)
- Sponges (lots, as you'll use a new one for each cleaning operation)
- Paper towels (lots)
- Sheet plastic (roll or folded)
- Plastic bags (lots)
- Sturdy trash containers, 13-gallon size, at least one inside and outside main point of egress/ingress
- Supply of 13-gallon trash bags for disposal of contaminated cleaning supplies, clothing, etc.
- Hand-held radiation detector (Google search)
- Install a HEPA filter on your central air system, or inexpensive filter that you change daily (have a supply ready)

Tips to protect yourself when a harmful release of radiation occurs

- By keeping your household surfaces clean, you are doing everything you can to prevent contamination from getting inside your body.
- Think of radiation as dust that settles on surfaces (you and your pets included!) that can be consistently and carefully cleaned and disposed of properly. Internal contamination, from ingesting or inhalation, is 20 to 100 times more harmful to your body than external exposure.
- DO NOT dry-dust or sweep because this will cause dust, and potentially radioactive isotopes, to become airborne where they can settle onto surfaces or be inhaled. Feather-type dusters should especially be avoided.
- DO NOT use fans or air conditioning units to draw outside air into your house. Try to keep indoor air from becoming too dry.
- Run the air conditioner 12 hours a day on the recirculation setting, if you have the option. Most home A/C units do not draw in outside air, but be sure to check and if your unit can, learn how to turn the option off. Use the recirc setting for your vehicle when traveling.
- Daily or even twice-daily vacuuming of household surfaces is recommended.
- Keep dinnerware and utensils in clean cabinets with doors, or place them in containers with sealing lids. Remove coverings carefully to avoid landing on clean surfaces.
- Consider using plastic (disposable) utensils and plates, cups, etc. Use once and discard.
- Rinse cooking utensils and can openers with clean filtered water before use. The best filters use activated charcoal or reverse osmosis, which are very effective at filtering out radioisotopes. (Note: Reverse osmosis uses LOTS of water.)
- Rinse the outside of food cans and packages with filtered water before opening.
- Drink only filtered water (use Brita-style pitcher).

Practice these procedures for several days or even a week or two after the danger appears to have passed

- Think of radiation as an invisible layer of dust on all surfaces that needs to be carefully cleaned and managed.
- Create an air tight seal in your home by sealing windows, unused doors, cracks, etc. with duct tape or similar.
- Aggressively clean surfaces without creating dust storms by using wet wipes and water-filtered vacuums.
- Keep food in clean, sealed containers.
- Clean your floor and furniture with a water-filtered vacuum.
- When you have to go outside, wear a set of coveralls or a duster over your clothes. Keep these clothes outside.
- Shower (with filtered water if possible) every time you come indoors after having spent more than a few minutes outdoors.



Southern California Preparedness Foundation

Nuclear Safety Checklist

Practice these procedures for several days or even a week or two after the danger appears to have passed (cont)

- Use good quality dust masks to cover you mouth and nose, especially when venturing outside. Dispose of masks when re-entering (use that 13-gal can you placed just outside your door).
- Launder sheets, handkerchief masks, and outdoor clothing at least once a day in filtered water.
- Keep all windows closed, even if it's nice outside or not nice inside, and sealed with duct tape or similar.
- Seal all doors that open to the outside with duct tape or similar.
- Use only one door for ingress/egress.
- Carry young children while outdoors or going to/from a vehicle to minimize their contact with contamination.
- Keep pets indoors as much as possible. Wipe them down with damp paper towels using filtered water upon re-entry.
- Sleep at least two feet above the floor.
- Keep pots, pans, plates, utensils in clean cabinets.
- Rinse cookware, cooking utensils, plates, glassware, etc., with filtered water before use.
- Rinse the outside of all food cans and packages with filtered water before opening.
- Do not do anything that can stir up dust (don't use a duster or a regular vacuum). Consider any dust to be contaminated.

Sources of information before and after an incident

- Visit local "hangouts" such as bars, bistros, nightclubs, etc., that nuclear workers visit after their shift to pick up valuable insight and info. WARNING: This suggestion is for eavesdropping purposes only. Do not confront any worker or challenge what you may hear. If they know you're listening, they'll likely clam up.
- Internet resources
 - enformable.com
 - safecast.org (world-wide; with emphasis on radiation monitoring in Japan)
 - world-nuclear-news.org (free email subscription)
 - enviroreporter.com
 - nuclearhotseat.com (also has podcasts)
 - San Onofre info: email rhoffman@animatedsoftware.com and request to be added to his emailing list
 - ex-skf.blogspot.com (reports on Fukushima Daiichi nuclear accident)
 - seintl.com (good source for radiation detectors)
 - <http://emergency.cdc.gov/radiation/ki.asp> (info on potassium iodide, KI, pills)
 - acehoffman.org (free book download, *The Code Killers*, about DNA and ionizing radiation)



Southern California Preparedness Foundation

Home Security Checklist

Protect Your Home

- Walk your property with law enforcement, friend, or neighbor to help find easy entry points.
- Prune trees and shrubs that can hide someone. Keep your lawn mowed, and repair broken sprinklers promptly.
- Protect ladders, tools, and hidden house keys.
- Replace flimsy doors and secure door windows with wire mesh, or install a steel outer door.
- Pin the hinges of exterior doors that swing into your home (a screw protrudes between them).
- Rekey your locks every 10 years or when you lose a key.
- Keep your doors and windows locked as often as possible.
- Keep a hidden key with a trusted neighbor.
- Use a quality deadbolt that has a heavy-duty strike plate and use screws that are 2½" or longer.
- Use a patio pinlock, screws in the upper track or a broomstick or heavy PVC pipe to secure sliding glass doors.
- Install heavy-duty sash lock on double-hung windows & vertical surface bolts on French doors.
- Install motion lights outside, above the reach of criminals and not aimed at your neighbors.
- Always keep your car(s) locked, with the windows fully closed, and valuables (including your GPS) out of sight.
- Use an electronic garage door opener and keep your car(s) inside (change the default factory code).
- When parking outside, select a well-lit location.
- Engrave your valuables with your driver's license number.
- Keep irreplaceable items in a fire-resistant safe or bank safety deposit box.
- If you have a home alarm system, use the perimeter feature at night.
- Dogs are great. Post a "Beware of Dog" sign (even without a dog). Laying out a dog bowl and toy is good, too.
- Don't open the door to a stranger.
- Don't put your full name on your mailbox, and don't leave mail outside for pickup.
- If you have a fence with a gate, lock it, and don't leave notes for delivery or service people.
- Password-protect your electronic devices (smart phone, computer, tablet, etc.)
- Insure your valuables (may require a rider). Photo or video record your possessions.

Before You Go on Vacation

- Join a neighborhood watch and report any suspicious people and cars.
- Ask a trusted neighbor to keep a "lived in" routine outside and inside your home.
- Add automatic timers to select plug-in lamps and leave a radio on, preferably a talk-radio station.
- Turn off phone ringers, lock exterior doors and windows, and turn on the alarm system.
- Suspend newspaper/magazine delivery and arrange for a neighbor or post office to hold your mail.
- Adjust shades, blinds, and curtains so no one can see inside your home.

Fire Safety

- Make sure air circulates around appliances and that refrigerator/freezer external coils are dust-free.
- Clean clothes dryer air ducts annually to eliminate lint build-up (good to check under dryer as well).
- Ensure that the electrical outlets in your home are not overloaded (no multi-taps!).
- Professionally inspect your home heating system and clean the kitchen's oven hood screen.
- Use a protective fireplace grate and screen and professionally clean your chimney every 5 years.
- Install smoke detectors and carbon monoxide detectors in every bedroom and hallway. Check twice a year.
- Keep fire extinguishers (ABC type) in your car(s), in the garage, and under every sink. Learn how to use it.
- Teach family members how to call for help, evacuate safely, and where to meet outside.

Electronic Security

- Add cameras to watch around your house if the need justifies the expense.
- Install a video intercom or wide-view peephole to see who is at the door.
- A home alarm can scare away intruders, alert occupants and notify police.
- Poorly designed, or incorrectly installed, alarm systems are prone to false alarms.
- Use alarm screens, fire sensors and carbon monoxide detectors with your alarm.
- If you have a small pet, use motion detectors that have pet immunity.
- Install a loud alarm siren and a radio backup on the alarm phone line if it's vulnerable.
- Read the alarm contract's terms carefully, monitoring fee, and who owns what.
- Understand the alarm contract's warranty term, and what is and is not covered.
- "Free" alarm systems are a rental with a high monthly fee and long commitment.
- Wait to sign and pretend that you already have the alarm. Can you afford it? Do you need it?

Southern California Preparedness Foundation

Refrigerated Food Safety—Keep It or Toss It

Food in your **refrigerator** should be safe during an emergency that results in a power failure *provided* that the power is out for no more than 4 hours. Keep the door closed as much as possible. Discard any perishable food (such as meat, poultry, fish, eggs and egg-products, and leftovers) that have been above 40°F for over 2 hours. Keep an appliance thermometer in your refrigerator. Never taste food to determine its safety because you can't rely on appearance or odor to determine whether food is safe to eat. Always discard any items in the refrigerator that have come into contact with raw meat juices. You will have to evaluate each item separately. Use this chart as a guide. This guide should not be construed as an absolute nor complete listing.

Food Category	Specific Foods	Held Above 40°F Over 2 Hours
Meat, Poultry, Seafood	Raw or leftover cooked meat, poultry, fish, or seafood; soy meat substitutes. Thawing meat or poultry. Salads: meat, tuna, shrimp, chicken, or egg. Gravy, stuffing, broth. Lunchmeats, soy meat substitutes, hot dogs, bacon, sausage, dried beef. Pizza—with any topping. Canned hams labeled "Keep Refrigerated." Opened cans of meats and fish. Casseroles, soups, and stews.	DISCARD
Cheese	<i>Soft Cheeses:</i> blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, queso fresco. Shredded cheeses. Low-fat cheeses.	DISCARD
	<i>Hard Cheeses:</i> Cheddar, Colby, Swiss, Parmesan, provolone, Romano. Processed cheeses. Grated Parmesan, Romano, or combination in can or jar.	SAFE
Dairy	Milk, cream, sour cream, buttermilk, evaporated milk, yogurt, eggnog, soy milk. Opened baby formula.	DISCARD
	Butter and margarine	SAFE
Eggs	Fresh eggs, hard-cooked in shell, egg dishes, egg products, custards, puddings, quiche	DISCARD
Fruits	Cut fresh fruits	DISCARD
	Opened fruit juices, opened canned fruits, fresh fruits, coconut, raisins, dried fruits, candied fruits, dates	SAFE
Sauces, Spreads, Jams	Opened mayonnaise, tartar sauce, horseradish	DISCARD if above 50°F over 8 hours
	Fish sauces, oyster sauce, opened creamy-based dressings, opened spaghetti sauce	DISCARD
	Peanut butter, jelly, relish, taco sauce, mustard, catsup, olives, pickles; Worcestershire, soy, barbecue, hoisin sauces; opened vinegar-based dressings	SAFE
Bread, cakes, cookies, pasta, grains	Refrigerator biscuits, rolls, and cookie dough; cooked pasta, rice, and potatoes; pasta salads with mayonnaise or vinaigrette; fresh pasta; cheesecake	DISCARD
	Bread, rolls, cakes, muffins, quick breads, tortillas; breakfast foods—waffles, pancakes, bagels	SAFE
Pie, Pastry	Cream-filled pastries; pies—custard, cheese filled or chiffon; quiche	DISCARD
	Fruit pies	SAFE
Vegetables	Greens, pre-cut, pre-washed, packaged; cooked vegetables, tofu, opened vegetable juice, baked potatoes, commercial garlic in oil, potato salad, casseroles, soups, stews	DISCARD
	Fresh mushrooms, herbs, spices, raw vegetables	SAFE

Southern California Preparedness Foundation

Frozen Food Safety—Keep It or Toss It

Keep your **freezer** at 0°F or below. Thawed or partially thawed food may be safely refrozen *provided* it still contains ice crystals or is at 40°F or below. Keep the door/lid closed as much as possible. Partial thawing and refreezing may affect the quality of some food, but the food will be safe to eat. Keep an appliance thermometer in your freezer. When electrical power is restored, check the thermometer. If it reads 40°F or below, the food is safe and can be refrozen. Never taste food to determine its safety because you can't rely on appearance or odor to determine whether food is safe. Always discard any items in the freezer that have come into contact with raw meat juices. You will have to evaluate each item separately. Use this chart as a guide. This guide should not be construed as an absolute nor complete listing.

Food Category	Specific Foods	Contains ice crystals and feels cold as if refrigerated	Thawed and held above 40°F for over 2 hours
Meat, Poultry, Seafood	Beef, veal, lamb, pork, and ground meats; poultry and ground poultry; variety meats (liver, kidney, heart, chitterlings); casseroles, stews, and soups	REFREEZE	DISCARD
	Fish, shellfish, breaded seafood products	REFREEZE. There will be some texture and flavor loss.	DISCARD
Dairy	Eggs (out of shell) and egg products; shredded cheeses; cheesecake; casseroles containing milk or dairy products, cream, eggs, soft cheeses; hard cheeses; cheesecake	REFREEZE	DISCARD
	Milk; soft and semi-soft cheese	REFREEZE. May lose some texture.	DISCARD
	Ice cream, frozen yogurt	DISCARD	DISCARD
	Hard cheeses	REFREEZE	REFREEZE
Fruits	Juices	REFREEZE	REFREEZE. Discard if mold, yeasty smell, or sliminess develops.
	Home or commercially packaged	REFREEZE. Will change texture and flavor.	REFREEZE. Discard if mold, yeasty smell, or sliminess develops.
Vegetables	Juices	REFREEZE	DISCARD if held above 40°F for 6 hours or more.
	Home or commercially packaged or blanched	REFREEZE. May suffer texture and flavor loss.	DISCARD if held above 40°F for 6 hours or more.
Breads, Pastries	Breads, rolls, muffins, cakes (without custard fillings)	REFREEZE	REFREEZE
	Cakes, pies, pastries with custard or cheese filling	REFREEZE	DISCARD
	Pie crusts, commercial and homemade bread dough	REFREEZE. Some quality loss may occur.	REFREEZE. Quality loss is considerable.
Other	Casseroles—pasta, rice based; frozen meal, entree, specialty items (pizza, sausage and biscuit, meat pie, convenience foods)	REFREEZE	DISCARD
	Flour, cornmeal, nuts; breakfast items—waffles, pancakes, bagels	REFREEZE	REFREEZE



Southern California Preparedness Foundation

Emergency Preparedness Gift Ideas

Christmas, Hanukkah, Kwanza, Birthday, Anniversary, Shower, Wedding, Graduation, Holiday, and other celebrations

"Beginner" EP Pack for Car

Backpack containing:

- Water and food/energy bars
- Small first aid kit & first aid book
- Radio (extra batteries, if needed)
- Flashlight (extra batteries)
- Light sticks
- Leather gloves
- Emergency blanket(s)
- Plastic safety goggles
- N95 breathing masks
- Whistle on neck cord
- List of other suggested items

"Beginner" Roadside Safety Kit for Car

Duffle bag/wheeled suitcase containing:

- Small ABC fire extinguisher
- Reflectors and/or road flares
- Leather gloves and plastic safety goggles
- Flashlight/lantern (extra batteries)
- "NEED HELP/OK" Sign
- Bungee cords
- Tire pressure gauge & "Fix-A-Flat"
- Jumper cables (learn how to use)
- Funnel and transfer hose
- WD-40 or other lubricant
- Hammer
- Assorted screwdrivers
- Assorted pliers and wrenches
- Duct tape, electrical tape
- Rags and hand cleaner
- List of other suggested items

"Beginner" Pet Kit for Car

- Pet carrier, leash, harness
- Spiral ground stake with chain
- Pet first aid kit and pet first aid book
- Water, food, treats, and bowls
- Manual can opener and spoon
- Blanket, toys
- Brush and/or comb
- Dog repellent
- List of other suggested items

Extended "Away-from-Home" Items

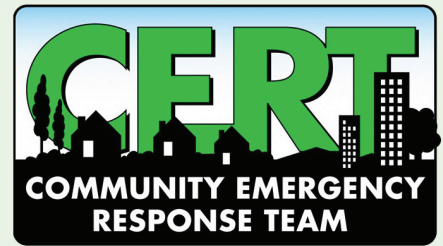
- Duffle bag or suitcase on wheels for carrying items
- Tent, tools to erect, ground cloth and/or tarp
- Sleeping bags
- Fold-up lightweight cots
- Camp chairs, table and bench combo, etc.
- Propane/Butane cook stove, stand, extra fuel, igniter
- Cook kit, coffee/tea pot, cooking utensils, can opener
- Eating utensils - plate, bowl, cup, fork, knife, spoon
- Dutch oven, recipe book, charcoal starter, coal tongs
- Small shovel
- Heavy leather gloves
- Waterproof matches and tinder (fire starter)
- Cooler (for food items)
- Thermos jug and/or Thermos bottle
- Collapsible water jug
- Water purification supplies
- First aid kit and first aid book
- Lantern w/fuel, bulbs, batteries (as appropriate)
- Flashlights (extra batteries) for all family members
- Porta-Potty and supplies, privacy shelter
- Kit of personal hygiene items for each family member
- List of suggested items for 72-hour kit
- List of other suggested items

Miscellaneous EP Items

- ABC fire extinguishers for house, garage, car, office
- Fire, smoke, and carbon monoxide detectors
- Flashlights/lanterns (extra batteries or fuel, bulbs)
- Swiss Army knife and/or Leatherman tool
- Cellphone charger
- Plastic goggles
- N95 or better dust masks
- Leather gloves
- Exam gloves (non-latex)
- QuakeHOLD or Museum Wax for securing small household items
- Emergency Preparedness books
- Gift certificates for first aid and CPR classes



Do You Know What To Do In An Emergency?



WHY TAKE THE CERT TRAINING?

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

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

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

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

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

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

Take CERT training for:

Yourself

Your family

Your workplace

Your neighborhood

CERT Classes Are FREE!

CERT Course Class Topics

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



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

Free Emergency Preparedness Booklet

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

cert-la.com/emergprepbooklet.pdf

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



CERT Training-Refresher

If a major earthquake hits, do you ...

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

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

cert-la.com/classmaps

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



COMMUNITY EMERGENCY RESPONSE TEAM PROGRAM

Los Angeles Fire Department – Disaster Preparedness Section

201 N. Figueroa Street, Suite 1225

Los Angeles, California 90012

Phone: (213) 202-3136

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



LEVEL 1 SYLLABUS

CLASS 1 - INTRODUCTION, EARTHQUAKE AWARENESS

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



CLASS 2 - DISASTER FIRE SUPPRESSION TECHNIQUES

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



CLASS 3 - DISASTER MEDICAL OPERATIONS (SESSION 1)

Recognizing Life-Threatening Emergencies
Treating Life-Threatening Emergencies
Triage



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

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



CLASS 5 - LIGHT SEARCH & RESCUE OPERATIONS

Evacuation
Search Techniques
Rescue Methods / Cribbing



CLASS 6 –TEAM ORGANIZATION & DISASTER PSYCHOLOGY

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



CLASS 7 – TERRORISM & HOMELAND DEFENSE

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



PROGRAM OVERVIEW

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

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

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

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

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

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