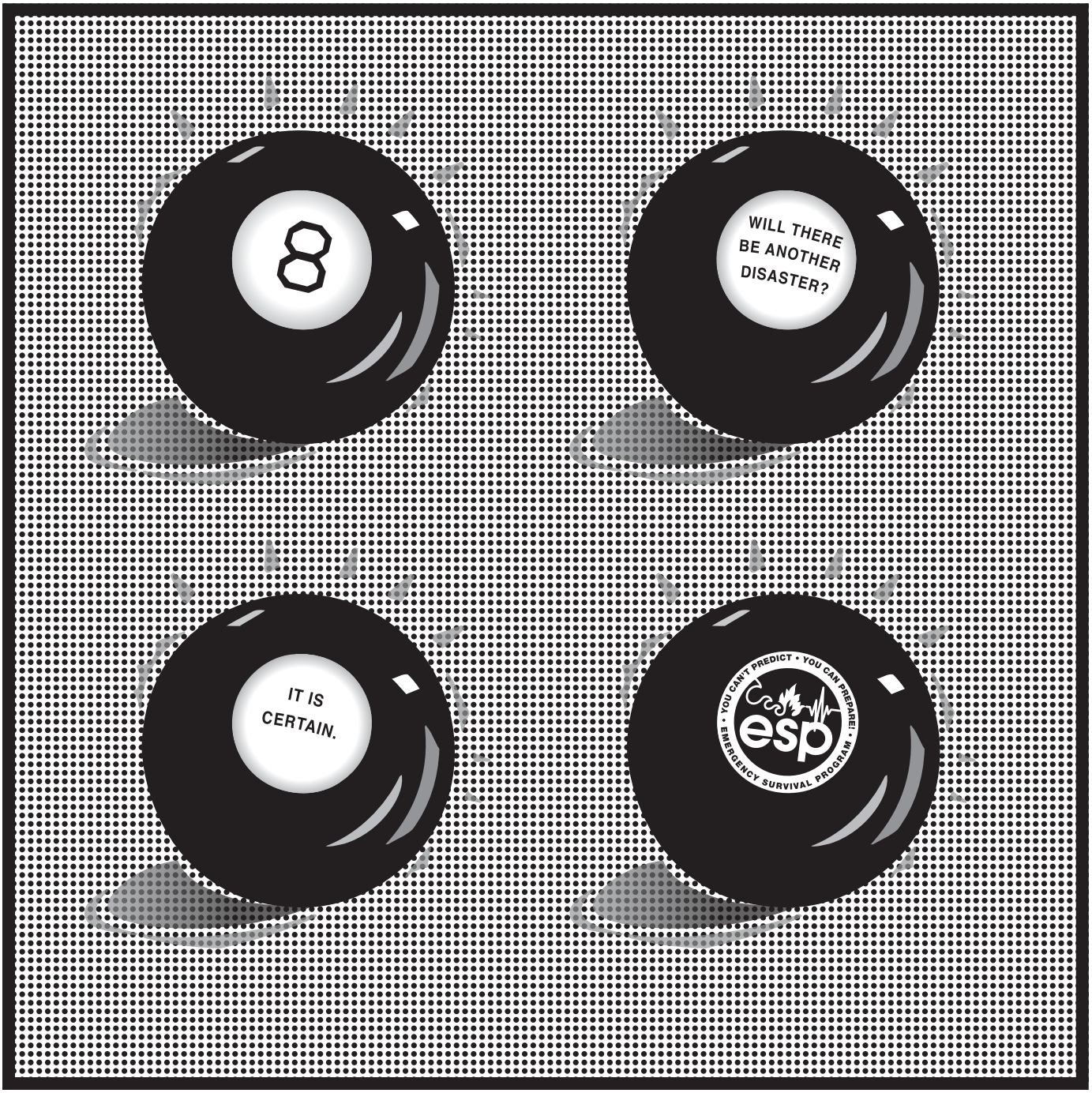
2010-2011 • Emergency Survival Program (ESP)

YOU CAN'T PREDICT. YOU CAN PREPARE!



FOCUS SHEETS FOR 2010-2011

For more information call the Los Angeles County Office of Emergency Management (323) 980-2260

Developed by the County of Los Angeles and coordinated by the Counties of Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura; California Emergency Management Agency (Cal-EMA); Southern California Edison; the Southern California Earthquake Center and the American Red Cross.

www.espfocus.org

Rev: 0410

Ready for the "Big One" with ESP!

Preparedness Is The Key!

Are you prepared to survive a major earthquake, fire, flood, act of terrorism or other emergency? The Emergency Survival Program (ESP) is an easy, cost effective way for you to make the preparations you need. By taking simple actions each month you can help prepare your family, neighborhood, business, or school to be self-sufficient.

Free information is provided regarding the recommended monthly actions in the ESP Focus sheets. Don't let the next jolt or disaster catch you unprepared! Join with the ESP and get ready for all emergencies.

The Emergency Survival Program (ESP) is an awareness campaign designed to increase individual, home, neighborhood, business, and school emergency preparedness. The ESP was developed by the County of Los Angeles in 1988 and is coordinated by fifteen counties (Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz and Ventura), California Emergency Management Agency (Cal-EMA), the Southern California Earthquake Center and the American Red Cross.

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www.espfocus.org

2010-2011 • Emergency Survival Program (ESP)

YOU CAN'T PREDICT. YOU CAN PREPARE!

January 2010
Then and Now

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February 2010
Make a Plan

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March 2010
Make Disaster Kits

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April 2010
Floods

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May 2010
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June 2010
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July 2010
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August 2010
Drop, Cover, and Hold On!

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November 2010
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December 2010
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2010 • Emergency Survival Program (ESP)

YOU CAN'T PREDICT. YOU CAN PREPARE!

Use the Emergency Survival Program's new list of actions as your guide for personal and community emergency preparedness.

January
Then and Now

In large regional earthquakes, such as the 1906 San Francisco earthquake, or the terrorism acts of September 11, 2001, emergency response agencies might be overwhelmed. You, your neighbors, co-workers and classmates may be forced to take actions on your own. Take time now to learn about what happened then and how it can prepare you for the safety actions to take now.

February
Make a Plan

Planning for an earthquake, terrorist attack, or other emergency is easier than you think. Make sure that your emergency plan includes evacuation and reunion plans; your out-of-state contact person's name and number; the location of your emergency supplies and other pertinent information. By planning now, you will be ready for the next emergency.

March
Make Disaster Kits

Everyone should have disaster supplies kits stored in accessible locations at home, at work and in your vehicle. Having emergency supplies readily available can reduce the impact of an earthquake, a terrorist incident or other emergency on you and your family. Your disaster supplies kits should include food, water, flashlights, portable radios, batteries, a first aid kit, cash, extra medications, a whistle, fire extinguisher, etc.

April
Floods

Storms can cause flash floods, create power outages and damage homes. Assemble emergency supplies to include sand bags; identify safe routes; and teach children to avoid areas of potential flooding. When flooding occurs, listen to the radio or watch television for information and instructions.

May
Terrorism

Fear is a major tactic used by terrorists to achieve political and social objectives. But the terrorists are not in charge. You can fight back by taking many of the same actions you would to prepare for earthquakes, fires, and other emergencies. Start by having a family emergency plan. Also assemble emergency supply kits at home, at work, and in your car.

June
Public Health Emergencies

Public Health Emergencies may be related to outbreaks of infectious diseases, food and waterborne illnesses, and other threats to the public's health and safety. Pandemic flu is of concern and health experts recommend the following to prevent the spread of flu: wash your hands with soap and water frequently; cover your cough and sneeze; stay home if you are sick. Stay away from others so they will not become sick. In autumn, get the flu shot!

July
Heat Wave

Although sun is necessary, exposure to ultraviolet radiation is potentially dangerous and can damage skin. Heat injuries that can occur include sunburn, heat cramps, heat exhaustion and heatstroke. If your home is not air-conditioned, spend time in public facilities like public libraries, malls, and community centers that are air-conditioned. Never leave children or pets unattended in hot vehicles.

August
Drop, Cover, and Hold On!

Learn what to do during an earthquake, whether you're at home, at work, at school or just out and about. Taking the proper actions, such as "Drop, Cover, and Hold On", can save lives and reduce your risk of death or injury. During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops. If you are at the beach, move to higher ground.

September
Back to School

Schools should have emergency plans to meet the threat of terrorism, earthquakes and other emergencies. They should be updated and exercised regularly. Emergency supplies, such as water, food and other basic items, are also an important part of school preparedness. If you are a parent or guardian, know your child's school emergency plan and make sure they have your updated emergency contact information.

October
Earthquakes

No one knows when the next earthquake will happen, but we can reduce its impact by being prepared. Identify hazards and remove or reduce them. Store emergency supplies and replenish them annually. Educate your family where to drop, cover, and hold on and take a first aid course. Conduct practice drills on a regular basis.

November
Fire and Ice

Preparedness is the key to surviving wildland fires and lethal winter storms. Timely preparation, including structural and non-structural measures to avoid the impacts of wildland fires and severe winter weather, can help reduce heavy repair expenditures following an event. Also remember to keep your car and other vehicles fueled and in good repair in case you are asked to evacuate. Have your emergency survival kit ready to go with you, just in case.

December
Landslides and Mudslides

Significant property damage can be caused by landslides and mudslides. Prepare an evacuation kit to include important documents and irreplaceable items such as photographs. When it rains, monitor the amount of rainfall and look for warning signs of landslides and mudslides such as new springs, tilted trees or new holes in hillsides.

Additional campaign materials are available through your local County Office of Emergency Management.

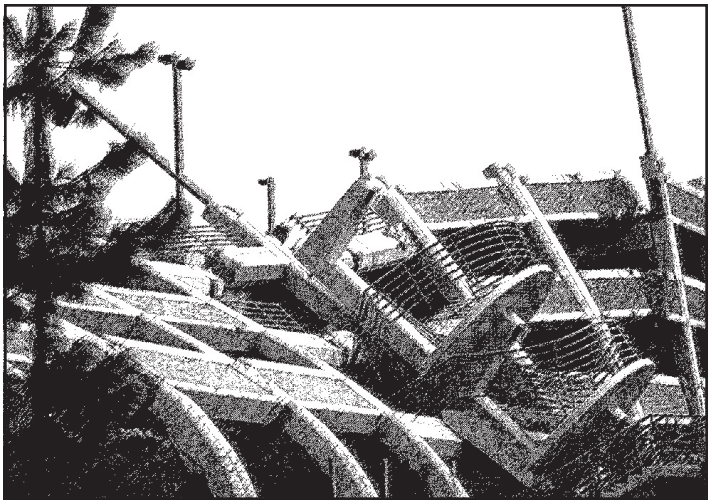
www.espfocus.org

This project was supported by FY07 UASI funding awarded by the California Emergency Management Agency, through FEMA/DHS.

EMERGENCY SURVIVAL PROGRAM
COUNTY OF LOS ANGELES

ESP FOCUS

Then and Now



Earthquakes

We have learned a great deal about earthquakes since the magnitude 7.8 San Francisco earthquake of April 18, 1906 which ranks as one of the most significant earthquakes of all time. It was one of the most devastating in the history of California. The earthquake and resulting fires caused an estimated 3,000 deaths and $524 million in property loss (in 1906 dollars!). The shaking in San Francisco was felt for about 1 minute. The fires that ignited soon after the earthquake quickly raged through the city due to damage to the water system needed to control them. The fires destroyed a large part of San Francisco.

Today, the 1906 earthquake's importance comes more from the wealth of scientific knowledge learned than from its size and damage. The earthquake surprised geologists of the time with its large horizontal displacements and great rupture length of over 250 miles. The earthquake was felt from southern Oregon to Los Angeles, California and as far inland as central Nevada. The earthquake brought new attention to the destructive potential of earthquakes in California, and launched modern earthquake science and engineering. Even in our modern age when other threats may seem more destructive, earthquakes have remained the greatest threat for California because of their frequency and potential for widespread devastation.

Terrorism

Before the devastating events of September 11, 2001, we didn't know as much as we do today about terrorism. Many Americans believed that terrorism only affected other countries. Now we know that it can happen here, but we don't know when or where. Much of the fear caused by terrorism – or the threat of it – is based on this uncertainty: not knowing whether it will hurt us or our loved ones directly, or whether it will target our own community or workplace. However, the terrorists are not in charge. Governmental officials are working hard to find terrorists and to limit their ability to harm us. At the same time, there is a lot that each of us can do to limit the terrorists' ability to frighten us.

Check these websites

http://dropcoverholdon.org/ (dropcoverholdon.org/espanol)

www.dhs.gov (United States Department of Homeland Security)

www.espfocus.org (Emergency Survival Program)

www.fema.gov (Federal Emergency Management Agency)

www.scec.org (Southern California Earthquake Center)

www.usgs.gov (United States Geological Survey)

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JANUARY

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What You Can Do Now

Preparing for any disaster such as earthquakes, fires, floods and terrorism is basically the same. It all starts with a family emergency plan.

- ☐ **Evacuation:** Whether you are at home, at work, or in a public place, think of how you could leave quickly and safely. Locate stairways and emergency exits. Pay attention to posted evacuation signs in buildings, subways and crowded public areas.
- ☐ **Out-of-state contact:** Think how you will get in contact with your family if you become separated. Choose an out-of-state contact that your family members or friends can call to check on each other. Provide all family members with a paper list of important contact phone numbers.
- ☐ **Meeting place:** Decide where you and family members will meet if the emergency affects your home, or if officials have to evacuate your neighborhood.
- ☐ **School plans:** Know the emergency plans at your children's schools, and make sure the school has your updated emergency contact information. Keep your children's school emergency release card current.
- ☐ **Preparation for children:** Teach your children what to do in an emergency, and make sure they know their own names and addresses, as well as the full names and contact information for parents and a second adult emergency contact.

Finally, review your emergency plan, and maintain an ***emergency supply kit*** at home, at work, at school, and in your car.

What You Can Do During

Earthquakes happen without warning and terrorists count on surprise, fear, and confusion to add to the impact of their actions. The initial safety actions for earthquakes and terrorist attacks, such as bombings, are similar. Your first step when something happens is to pause and think. Look around you to see what is happening, and what immediate steps you can take to protect yourself and others.

- ☐ To protect yourself, drop down; take cover under something sturdy, and hold on to something with one hand while protecting your head and neck with the other.

- ☐ If there is smoke, get near the floor, cover your mouth and nose with a cloth, and move carefully toward the nearest marked exit.
- ☐ If it is necessary to evacuate, try to do so calmly. Use only marked exits and stairways. Never use elevators. Help others who are moving more slowly or who may be disoriented.

If you are not directly affected by the earthquake or the attack, try to stay calm, think before you act, encourage others, and comfort children. Turn on news radio or television, and listen for official instructions. Follow the directions of authorities.

What You Can Do After

Try to stay calm. Think before you act. Don't let an earthquake or act of terrorism cause you unnecessary harm.

- ☐ Stay informed. Listen to official reports and instructions on the radio or television.
- ☐ If officials order an evacuation, cooperate quickly and follow their instructions regarding evacuation routes and shelter locations.
- ☐ If officials tell you to "Shelter in Place," they mean for you to stay inside your home, vehicle or workplace until it is safe to come out. They will provide you with detailed instructions.
- ☐ Do not leave your sheltered location or return to the evacuated area until officials confirm that it is safe to do so.
- ☐ Implement your family emergency plan, and notify your out-of-state contact of your location and status.
- ☐ Be aware of the psychological impact that terrorism can inflict, even when it happens to people you do not know personally.
- ☐ If an earthquake has occurred, go to the California Integrated Seismic Network at www.cisn.org to get information about the location/magnitude/shakemap of the earthquake.

This project was supported by FY07 UASI funding awarded by the California Emergency Management Agency, through FEMA/DHS.

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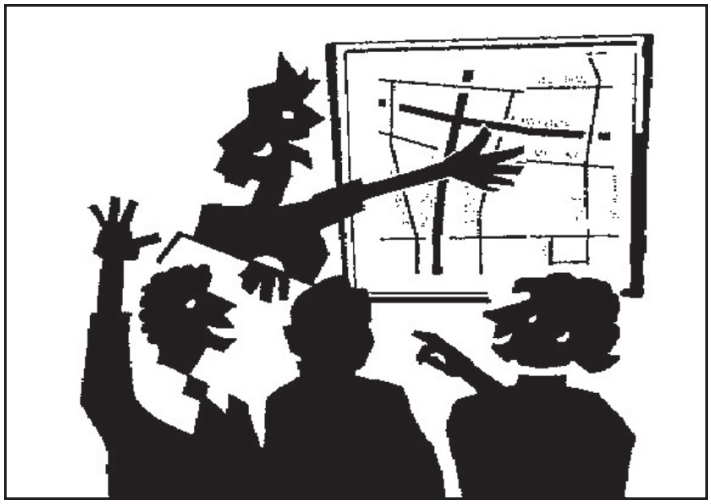
EMERGENCY SURVIVAL PROGRAM
COUNTY OF LOS ANGELES

ESP FOCUS

Make a Plan



Create A Disaster Plan

Will everyone in your household do the right thing during the violent shaking of a major earthquake, or during a terrorist attack? Before the next disaster, get together with your family or housemates to plan now what each person will do before, during and after.

Once the earthquake or disaster is over, we will have to live with the risk of fire, the potential lack of utilities and basic services, and the certainty of aftershocks. By planning now, you will be ready. This plan will also be useful for other emergencies.

Many government agencies, schools and businesses have plans for various types of disasters and other emergencies. Your family should also have one. The safety and well-being of your loved ones are important, so take time NOW to develop a family emergency plan. If you've already developed a plan, take time now to review and update it.

Check these websites

http://dropcoverholdon.org/ (dropcoverholdon.org/espanol)

www.earthquakecountry.org (Earthquake Country Alliance/Southern California Earthquake Center)

www.espfocus.org (Emergency Survival Program)

www.calema.ca.gov (California Emergency Management Agency Cal-EMA)

www.redcross.org (American Red Cross)

FEBRUARY

www.espfocus.org

Plan to Be Safe During a Disaster

- ☐ Practice "drop, cover, and hold on" to be safe during an earthquake.

- ☐ Identify safe spots in every room, such as under sturdy desks and tables.
- ☐ Learn how to protect yourself no matter where you are when a disaster strikes.

Plan to Respond After a Disaster

- ☐ Keep shoes and a working flashlight next to each bed.
- ☐ Teach everyone in your household to use emergency whistles and/or to knock 3 times repeatedly if trapped. Rescuers searching collapsed buildings will be listening for sounds.
- ☐ Identify the needs of household members and neighbors with special requirements or situations, such as use of a wheelchair, walking aids, special diets, or medication.
- ☐ Take a Red Cross first aid and cardiopulmonary resuscitation (CPR) training course. Learn who in your neighborhood is trained in first aid and CPR.
- ☐ Know the location of utility shutoffs and keep needed tools nearby. Know how to turn off the gas, water, and electricity to your home. Only turn off the gas if you smell or hear leaking gas.
- ☐ Get training from your local fire department in how to properly use a fire extinguisher.
- ☐ Install smoke alarms and test them monthly. Change the battery once a year, or when the alarm emits a "chirping" sound (low-battery signal).
- ☐ Check with your city or county to see if there is a Community Emergency Response Team (CERT) program in your area. If not, ask how to start one.

Plan to Communicate and Recover After a Disaster

- ☐ Locate a safe place outside of your home to meet your family or housemates after the disaster.
- ☐ Designate an out-of-state contact person who can be called by everyone in the household to relay information.
- ☐ Provide all family members with a paper list of important contact phone numbers.
- ☐ Determine where you might live if your home cannot be occupied after an earthquake or other disaster (ask friends or relatives).
- ☐ Know about the emergency plan developed by your children's school or day care. Keep your children's school emergency release card current.
- ☐ Keep copies of essential documents, such as identification, insurance policies and financial records, in a secure, waterproof container, along with your disaster supplies kits. Include a household inventory (a list and photos or video of your belongings).

Have occasional disaster "drills" to practice your plan. Ask your babysitters, house sitters, neighbors, coworkers, and others about their disaster plans, and share your plan and with them.

Adapted from Putting Down Roots in Earthquake Country, published by the Southern California Earthquake Center and available online at www.earthquakecountry.org .

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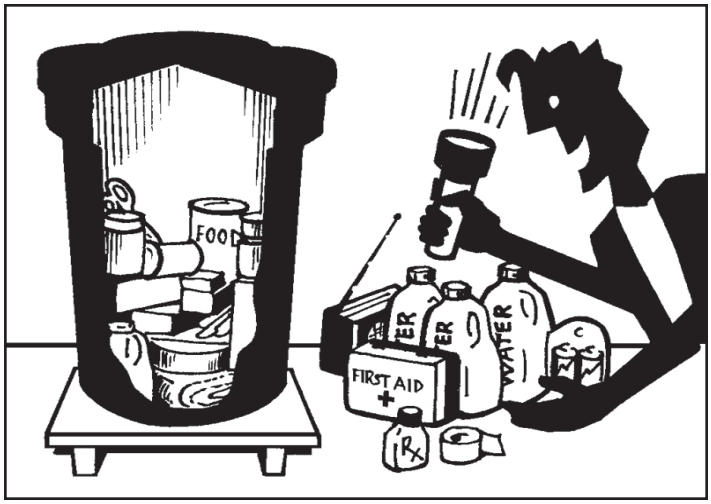
EMERGENCY SURVIVAL PROGRAM
COUNTY OF LOS ANGELES

ESP FOCUS

Make Disaster Kits



Create Disaster Supplies Kits

Everyone should have personal disaster supplies kits. Keep one kit in your home, another in your car, and a third kit at work or school. This is so they can be reached even if your building is badly damaged. Backpacks or other small bags are best for your disaster supplies kits so you can take them with you if you evacuate. The kits will be useful for many emergencies. Include at least the items that are listed on side two of this Focus Sheet.

Electrical, water, transportation, communications, and other vital systems can be disrupted for several days after a large earthquake or other disasters. Emergency response agencies and hospitals could be overwhelmed and unable to provide you with immediate assistance. Knowing first aid and having supplies will save lives, will make life more comfortable, and will help you cope after the next disaster. In addition to your personal disaster supplies kits, store a household disaster supplies kit in an easily accessible location (in a large watertight container with wheels that can be easily moved), with a three-day to 10 days of the items listed on side two of this Focus Sheet.

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www.earthquakecountry.org (Earthquake Country Alliance/Southern California Earthquake Center)

www.espfocus.org (Emergency Survival Program)

www.calema.ca.gov (California Emergency Management Agency Cal-EMA)

www.noahswish.org (Noah's Wish-Animal Emergency Preparedness)

www.redcross.org (American Red Cross)

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MARCH

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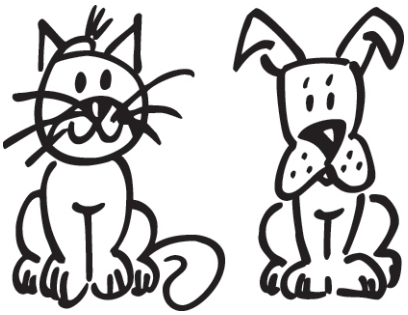
Personal Disaster Supplies Kits

- ☐ Medications, prescriptions list, copy of medical card, doctor's name and contact information
- ☐ Medical consent forms for dependents
- ☐ First aid kit and handbook
- ☐ Examination gloves (non-latex)
- ☐ Dust mask
- ☐ Spare eyeglasses or contact lenses and cleaning solution
- ☐ Bottled water
- ☐ Whistle (to alert rescuers to your location)
- ☐ Sturdy shoes
- ☐ Emergency cash (small bills and coins)
- ☐ Road maps
- ☐ List of emergency out-of-state contact phone numbers
- ☐ Non-perishable food and snack foods, high in water and calories
- ☐ Manual can opener
- ☐ Working flashlight with extra batteries and light bulbs, or lightsticks
- ☐ Personal hygiene supplies
- ☐ Premoistened towelettes
- ☐ Comfort items such as games, crayons, writing materials, teddy bears
- ☐ Toiletries and special provisions you need for yourself and others in your family including elderly, disabled, small children, and animals.
- ☐ Sealable plastic bags
- ☐ Extra clothes
- ☐ Copies of personal identification (driver's license, work identification card, etc.)

Household Disaster Supplies Kit

- ☐ Flashlight with extra batteries
- ☐ Wrenches to turn off gas and water supplies
- ☐ Sturdy work gloves and protective goggles
- ☐ Heavy duty plastic bags for waste, and to serve as tarps, rain ponchos, and other uses
- ☐ Portable radio with extra batteries
- ☐ Additional flashlights or lightsticks
- ☐ Drinking water (minimum one gallon per person, per day)
- ☐ Canned and packaged foods
- ☐ Manual can opener
- ☐ First aid kit and handbook
- ☐ Charcoal or gas grill for outdoor cooking and matches if needed
- ☐ Cooking utensils, including a manual can opener
- ☐ Pet food and pet restraints
- ☐ Comfortable, warm clothing including extra socks
- ☐ Blankets or sleeping bags, and perhaps even a tent
- ☐ Copies of vital documents such as insurance policies
- ☐ Fire extinguisher
- ☐ Sealable plastic bags
- ☐ Essential medications

Use and replace perishable items like water, food, medications, first aid items, and batteries on a yearly basis.



Pet Disaster Supplies Kit

- ☐ Medications and medical records (stored in a waterproof container)
- ☐ First aid kit
- ☐ Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape
- ☐ Current photos of your pets in case they get lost
- ☐ Food, potable water, bowls, cat litter/pan, and manual can opener
- ☐ Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets
- ☐ Pet beds and toys, if easily transportable

Adapted from Putting Down Roots in Earthquake Country, published by the Southern California Earthquake Center and available online at www.earthquakecountry.org and from "Pets and Disasters: Get Prepared", published by the American Red Cross and the Humane Society of the United States.

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EMERGENCY SURVIVAL PROGRAM
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Floods

Don't get swept off your feet!

Floods are one of the most common hazards in the United States. They can cause deaths, injuries, significant property damage, and also contaminate drinking water and disrupt electrical service. These effects can be local, impacting a neighborhood or community, or regional, affecting entire river basins and multiple states.

All floods are not alike. Some floods develop slowly, sometimes over a period of days. Flash floods can develop quickly, sometimes in just a few minutes and without any visible signs of rain. 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. Overland flooding occurs outside a defined river or stream, such as when a levee is breached, but still can be destructive. Flooding can also occur when a dam breaks, producing effects similar to flash floods.

Be aware of flood hazards no matter where you live, but especially if you live in a low-lying area, near water or downstream from a dam. Even very small streams, gullies, dry streambeds, or low-lying ground that appear harmless in dry weather can flood. Be very cautious when near or crossing streams, rivers, flood control channels and flooded intersections. Every state is at risk from this hazard.

Use this information and the recommendations on the reverse side of this Focus Sheet to help reduce your risk of death, injury, and property losses from flooding wherever you live, work, or play.

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APRIL

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Before the Flood Warning or Watch

Be prepared to respond to flooding by taking the following actions before the rains and flooding begin:

- ☐ Assemble emergency supply kits for your home, workplace, and vehicle.
- ☐ Store a seven-day supply of food and water (at least one gallon per person, per day) in closed, clean containers.
- ☐ Store the following materials for protecting your home in a location away from potential flooding:
  - ☐ Sandbags
  - ☐ Plastic sheeting
  - ☐ Plywood
  - ☐ Lumber
- ☐ Teach children not to play in or near rivers, streams, or other areas of potential flooding.
- ☐ Maintain fuel in your cars; electrical outages might make gasoline pumps inoperable.
- ☐ Identify safe routes from your home or work place to high, safe ground. Determine whether you can use these routes during flooding or storms. Be familiar with your geographic surroundings.
- ☐ Check with your local public works, building or planning department to see if you live in an area subject to flooding.
- ☐ Clear debris and overgrowth from gutters and storm drains.
- ☐ Notify your local department of public works about debris and overgrowth in public drainage facilities.
- ☐ Work with neighbors to solve potential drainage problems and to avoid diverting debris onto their properties. Consult a licensed civil engineer if you're in doubt.
- ☐ Identify an out-of-state contact so that friends and relatives can obtain information about your condition and whereabouts.

When There's a Flood Warning or Watch

- ☐ Relocate valuables from lower to upper floors.
- ☐ Be prepared to move to a safe area, before flood waters cut off access, when local authorities advise.
- ☐ Disconnect all electrical appliances or turn off electric circuits at the fuse panel or circuit breaker panel before evacuating.

During the Flood

- ☐ Avoid unnecessary trips.
- ☐ Do not drive or walk through moving water. You can be knocked off your feet in as little as 6 inches of water.
- ☐ Do not "sightsee" or enter restricted areas.
- ☐ Stay away from streams, rivers, flood control channels and other areas subject to sudden flooding.
- ☐ Move to higher ground if you're caught by rising waters.
- ☐ Listen to the radio or watch television for information and instructions.
- ☐ Use the phone only to report dangerous conditions or emergencies that are life threatening. Report damaged utilities to the appropriate agencies.

After the Flood

- ☐ Listen to the radio or watch television for information and instructions from local officials.
- ☐ Call your utility companies to restore service.
- ☐ Do not use fresh or canned foods that have come in contact with flood waters.
- ☐ Follow the instructions of local officials regarding the safety of drinking water. Boil or purify water if you're in doubt. Pump out wells and test the water before drinking.
- ☐ Avoid going into disaster areas.
- ☐ Stay away from live electrical equipment in wet areas. Check electrical equipment or appliances that come in contact with water before using them.
- ☐ Maintain a safe distance from downed power lines and broken gas lines; immediately report them to the appropriate utility.
- ☐ Use flashlights, rather than lanterns, candles or matches, to check on the condition of buildings. Flammables may be present.

Flood Insurance

Damage and other flooding losses are not covered by most homeowner's insurance policies. However, the Federal Emergency Management Agency (FEMA) offers special flood insurance through its National Flood Insurance Program. Contact your insurance agent or call FEMA at (800) 638-6620 or visit www.fema.gov for more information.

Extracted and adapted from "Be Winter Wise," published by the California Governor's Office of Emergency Services, "Be Flood Aware," published by the Los Angeles County Department of Public Works, and FEMA's Flood website (www.fema.gov/hazard/flood).Headline

HEALTH TIP: Avoid floodwaters.
Keep contact time with floodwaters to a minimum. Keep all children and pets out of the floodwaters when possible. The water may be contaminated by oil, gasoline or raw sewage. It is especially important to keep the water out of your mouth, eyes, and nose. Wash your hands frequently with soap and clean water if you are exposed to floodwaters.

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Terrorism

Terrorists are not in charge!

Earthquakes, floods and wildfires are frightening experiences for most of us. Fear is a natural human reaction to natural disasters and other events that hit suddenly and seem to threaten our safety, our loved ones, and our daily lives. Terrorists use this natural reaction to multiply the effect of their actions in order to advance their political or social goals. Like bullies in the schoolyard, terrorists want to intimidate and frighten others to get their own way.

Until recently, many Americans believed that terrorism only affected other countries. Now we know that it can happen here, but we don't know where or when. Much of the fear caused by terrorism—or the threat of it—is based on this uncertainty: not knowing whether it will hurt us or our loved ones directly, or whether it will target our own community or workplace.

Governmental officials are working hard to find terrorists and to limit their ability to harm Americans. At the same time, there is a lot that each of us can do to limit the terrorists' ability to frighten us. The terrorists are not in charge. We have control over our peace of mind and can help ensure our safety by taking some of the same actions that we would take to prepare for earthquakes, floods, or fires. We can also contribute to the safety of others by becoming more aware of our surroundings and reporting suspicious activities or items to local officials.

The simple steps on the reverse side of this Focus Sheet will help you maintain your sense of control, and they could make a big difference in your personal safety in any emergency.

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What You Can Do Now

Preparing for terrorist attacks is the same as preparing for earthquakes, fires, and other emergencies. It all starts with a family emergency plan.

- ☐ Evacuation: Whether you are at home, at work, or in a public place, think of how you could leave quickly and safely. Locate stairways and emergency exits. Pay attention to posted evacuation signs in buildings, subways and crowded public areas.
- ☐ Out-of-state contact: Think how you will get in contact with your family if you become separated. Choose an out-of-state contact that your family members or friends can call to check on each other.
- ☐ Meeting place: Decide where you and family members will meet if the emergency affects your home, or if officials have to evacuate your neighborhood.
- ☐ School plans: Learn the emergency plans at your children's schools, and make sure the school has your updated emergency contact information. Give written permission to a trusted friend or neighbor to pick up your children from school or day care in case you cannot get there on time.
- ☐ Preparation for children: Teach your children what to do in an emergency, and make sure they know their own names and addresses, as well as the full names and contact information for parents and a second adult emergency contact.

Finally, review your emergency plan and assemble and maintain an emergency supply kit at home, at work, and in your car.

What You Can Do During an Attack

Terrorists are counting on surprise, fear, and confusion to add to the impact of their actions. If you realize an attack is underway, gather all your strength to pause and think. Look around you to see what is happening, and what immediate steps you can take to protect yourself and others.

- ☐ If there is flying debris, drop down; take cover under something sturdy, and hold on to it with one hand while protecting your head and neck with the other.
- ☐ If there is smoke, get near the floor, cover your mouth and nose with a cloth, and move carefully toward the nearest marked exit.
- ☐ If it is necessary to evacuate, try to do so calmly. Use only marked exits and stairways. Never use elevators. Help others who are moving more slowly or who may be disoriented.Condition red indicates an actual eruption. The USGS estimates such an alert will be issued once every few centuries.

If you are not directly affected by the attack, try to stay calm, think before you act, encourage others, and comfort children. Turn on news radio or television, and listen for official instructions. Follow the directions of authorities.

What You Can Do After an Attack

Try to stay calm. Think before you act. Don't let terrorists get what they want most: to hurt a few people in order to intimidate many.

- ☐ Stay informed. Listen to official reports and instructions on the radio or television.
- ☐ If officials order an evacuation, cooperate quickly and follow their instructions regarding evacuation routes and shelter locations.
- ☐ If officials tell you to "Shelter in Place," they mean for you to stay inside your home, vehicle or workplace until it is safe to come out. They will provide you with detailed instructions.
- ☐ Do not leave your sheltered location or return to the evacuated area until local officials confirm that it is safe to do so.
- ☐ Implement your family emergency plan, and notify your out-of-state contact of your location and status.
- ☐ Be aware of the psychological impact that terrorism can inflict, even when it happens to people you do not know personally.

HEALTH TIP: Acts of terrorism may result in little physical damage, but they can bring fear, confusion and uncertainty into everyday life. It is important to understand that strong emotional reactions to such events are normal. Re-establish daily routines for work, school, play, meals, and rest. Work with the support networks within your community.

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Public Health Emergencies

What are Public Health Emergencies?

Public Health Emergencies may be related to outbreaks of infectious illnesses (such as pandemic flu and West Nile virus), food and waterborne illnesses (such as Salmonella, E. coli) as well as other threats to the public's health and safety. Man-made attacks can also create public health emergencies.

Pandemic Flu

A pandemic occurs when a disease spreads causing illness around the world—a global disease outbreak. While many diseases can become a pandemic, influenza (flu) is of special concern because it easily spreads and is constantly changing. And because flu occurs in many animals besides humans, this also increases the chances of it changing and becoming a pandemic. The 2009 H1N1 flu virus was declared a pandemic by the World Health Organization, as the virus spread easily from person to person across more than 200 countries. The H1N1 flu marked the first global flu pandemic since 1968.

Fortunately, the H1N1 flu virus has been mostly mild to moderate thus far, and the vast majority of people who have contracted the virus have recovered without the need for medical attention. However, thousands of people, many with underlying conditions, have died from this virus. The threat of another flu pandemic remains, and everyone should be prepared." Plus, the simple steps that are recommended to prepare and prevent illness from pandemic flu will also help to prepare you for other emergencies and may prevent other illnesses.

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JUNE

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Pandemic, seasonal and bird flu: Do you know the differences?

Pandemic flu, seasonal flu, and bird flu: while many people think they mean the same thing, they are not the same. Do you know the differences?

	Pandemic Flu	Seasonal Flu	Bird Flu
What is it?	The flu virus is constantly changing, but sometimes it changes so much that the human population has no existing immunity. This new virus can cause much more illness and death than we normally have with seasonal flu.	Seasonal flu has the potential to cause illness every year and usually is worse in the winter months, but can start as early as October and continue to cause illness into the Spring. Because flu viruses are always changing, the flu shot changes almost every year to best protect people from the new strains that are expected.	Many different animals get the flu, including birds. Bird flu is flu among birds. On rare occasions, humans can also become infected from this virus when they have close contact with infected birds. Like human flu viruses, there are many types of bird flu viruses. The type that is causing concern now is called influenza A H5N1.
Who is likely to get it? Who is affected?	Everyone. Because we are waiting for a new virus to emerge, everyone (young and old, sick and healthy) are potentially at risk. Unfortunately, we will not know if some groups are more affected than others until the virus shows up and we can see its impact. Similarly, we will not have a vaccine (which is the best protection against seasonal flu) until scientists can study the new virus.	While everyone can get the flu, certain people are more likely to suffer severe consequences including: the elderly, infants, pregnant women, those with weakened immune systems, and those who have chronic illnesses—especially those with respiratory issues like asthma. So we urge those people, and their families, to get the flu shot every fall. However, everyone can benefit from vaccination and can help to reduce the spread of disease in our communities.	The people who get bird flu have had close contact with infected poultry (i.e., plucking and killing chickens sick with bird flu). Most of the people who have become sick and died from bird flu have been in Indonesia and Viet Nam, but sick birds have been found in many countries across Asia and some parts of Europe. This virus is NOT found in animals in the US. You cannot get bird flu from eating chicken or from other bird products (like feather pillows) in the U.S.

What to do if you get the flu?

The advice your grandmother gave is still the best. When sick; get plenty of rest, drink lots of fluids, and stay home to keep from getting others sick. Simple over-the counter medicines are usually all people need to feel better (pain relievers, cough drops, etc.). Children should never be given aspirin when they have the flu since it may cause a rare but serious condition called Reye's Syndrome. Remember antibiotics don't work for flu viruses. Most people will not need to see a doctor when they have the flu, but if symptoms become very severe (problems breathing, and extreme weakness) and if fever lasts for more than 2-3 days, call your doctor.

Pandemic influenza readiness for you and your family: What can you do?

Many of the simple steps to prepare for a flu pandemic also impact things you should do for a wide range of other emergencies, these include:

1. Talk to your family members. It is important to think about the health issues that could affect you and your family during a pandemic or other emergency. Consider what you will need to care for you and your loved ones in your home.
2. Store food and water. During a pandemic, you and your family may not be able to get to a store, so it is important to have water and food items that won't spoil (like canned foods) on hand.
3. Create a medical supply kit and a family emergency health information sheet. Include prescription medications, pain relievers, stomach remedies, cough and cold remedies, and first aid materials. List the important medical information that you might need for all of your family, such as: serious health conditions, allergies, and medications that you and your family need.
4. Stay informed. The following are sites where you can learn more about flu and how to stay healthy.

www.flu.gov (U.S. Department of Health and Human Services)

www.cdc.gov/flu (Centers for Disease Control and Prevention)

www.ready.gov/america (U.S. Department of Homeland Security)

www.prepare.org (Red Cross)

http://bepreparedcalifornia.ca.gov/EPO/ (California Department of Health Services)

www.getimmunizedca.org (California Department of Health Services, Immunization Branch)

HEALTH TIP: Get the shot! Prevent the flu!

While pandemic flu is of great concern, seasonal flu causes a great deal of illnesses and death every year. The flu shot is the best way to keep from getting the flu. This year the shot is expected to be available in greater amounts than ever before! While the flu shot is especially important for those who are most likely to get very sick from flu (like the elderly and infants), anyone wishing to get the shot should do so. Even if you are not concerned about getting the flu, people rarely keep their illnesses to themselves—avoid spreading the flu to others. Get the shot and help to keep our communities healthy.

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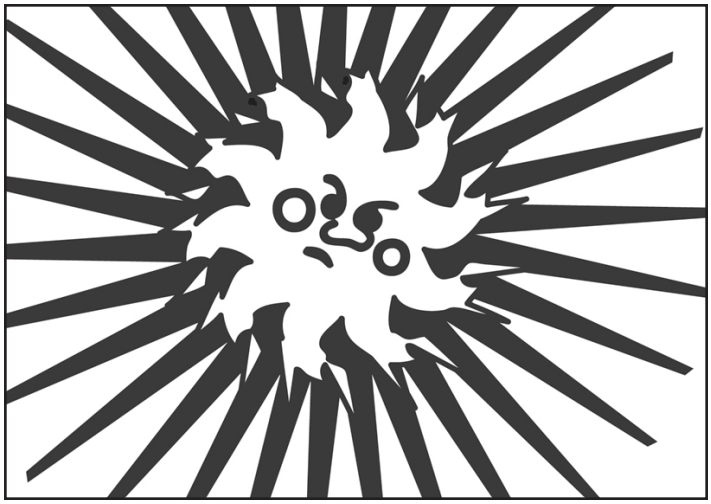
Heat Wave



It can get too hot!

During an average summer, some 200 people across the country die due to heat injuries from exposure to high summer temperatures.

Clearly, heat can be a force, particularly in Southern California, where temperatures exceeding 100 degrees in the suburban valleys and 110 degrees in the low desert areas are not uncommon during the summer and fall.

Heat-wave emergencies can strike very quickly. In 1995, for example, the city of Chicago's medical examiner received reports regarding the first heat-related fatalities at 9 p.m. on a Friday night. By 8 a.m. the following morning, an additional 87 people had died. These deaths were caused directly by the heat.

Exposure to sunlight is a mixed blessing. Although sun is necessary for life, exposure to ultraviolet (UV) radiation is potentially dangerous and can damage the skin. Varied burns result from prolonged exposure to UV rays, but some people also may burn from very little exposure. UV rays can significantly keep the skin from compensating for the excess heat.

Overexposure to heat or excessive exercise in the heat also can cause other injuries. The severity of such injuries increases with age; heat cramps in a younger person may be heat exhaustion in a middle-aged person, but may be heatstroke in an elderly person. This occurs because the person has not adapted to the heat and is unable to adjust to changes in the body.

The reverse side of this Focus Sheet offers recommendations designed to help you avoid heat-related death and injury wherever you live, work, or play.

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JULY

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Heat Conditions, Symptoms and First Aid

What you might see in a heat injury

1. Sunburn is usually a first-degree burn that involves just the outer surface of the skin. Symptoms include redness and pain. Severe cases may cause swelling, blisters, fever of 102 degrees or above and headaches.

First Aid: Use ointments, as well as cool baths or compresses, for less severe cases. Don't break the blisters; if blisters do break, use a dry germ-free dressing. In severe cases consult a physician. Drink plenty of water.

2. Heat cramps often are related to dehydration. Symptoms include increased sweating with painful muscle spasms of the arms, legs and occasionally the abdomen.

First Aid: Remove the victim from the hot environment. Apply pressure on or gently massage the spastic muscles to relieve spasms.

3. Heat exhaustion is the inability to sweat enough to cool yourself. Symptoms include fatigue, weakness, dizziness, nausea or vomiting as well as cold, clammy, pale, red or flushed skin. A marked body temperature rise will not occur.

First Aid: Remove the victim from the heat. Lay the victim down and loosen the clothing. Apply cold compresses and cool the body by fanning the victim or placing the victim in a cool environment. Consult a physician if vomiting continues.

4. Heatstroke occurs when the body stops sweating but the body temperature continues to rise. Symptoms include visual disturbances, headache, nausea, vomiting, confusion and, as the condition progresses, delirium or unconsciousness. The skin will be hot, dry, red or flushed even under the armpits. This condition is a severe medical emergency that could be fatal.

First Aid: Consult a physician immediately or call 9-1-1. Remove clothing and place victim in a cool environment, sponge the body with cool water or place the victim in a cool bath. Continue the process until temperature decreases. DO NOT PROVIDE FLUIDS to an unconscious victim.

Preventing Heat Injuries

What you can do to prevent heat injuries

- ☐ Avoid the sun from 10:00 a.m. to 3:00 p.m. when the burning rays are strongest.
- ☐ Reduce physical activity.
- ☐ Wear a wide-brimmed hat and light colored, lightweight, loose-fitting clothes when you're outdoors. This type of clothing reflects heat and sunlight, which helps you maintain a normal body temperature.
- ☐ Avoid sudden changes of temperatures, (i.e., air out a hot car before getting into it).
- ☐ Avoid hot, heavy meals that include proteins. They increase your metabolism and water loss, and raise your body's natural way of cooling.
- ☐ Set your air conditioning thermostat between 75 and 80 degrees. If you don't have an air conditioner, take a cool bath or shower twice a day and visit air-conditioned public spaces during the hottest hours of the day.
- ☐ Drink plenty of fluids even if you aren't thirsty. Eight to 10 glasses of water a day are recommended. Drink even more if you are exercising or working in hot weather.
- ☐ Do not drink alcohol or caffeine since they are diuretics (i.e., promote water loss).
- ☐ Use a sunscreen with a sun protection factor (SPF) of at least 15 if you need to go out in the sun.

Extracted and adapted from "Heat Illness Prevention," American College of Sports Medicine, Indianapolis, IN.

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Drop! Cover! Hold On!

Protect Yourself During Earthquake Shaking!

Learn what to do during an earthquake, whether you're at home, work or school. Taking the proper actions, such as "Drop, Cover, and Hold On", can save lives and reduce your risk of death and injury. During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops.

The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to collapse. To stay away from this danger zone, stay inside if you are inside and outside if you are outside.

Use the information on the reverse side of this Focus Sheet to help you become more prepared. Take part in earthquake safety exercises.

Check these websites

http://dropcoverholdon.org/ (dropcoverholdon.org/espanol)
www.earthquakecountry.org (Earthquake Country Alliance/Southern California Earthquake Center)
www.espfocus.org (Emergency Survival Program)
www.redcross.org (American Red Cross)
www.shakeout.org/scenario

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AUGUST

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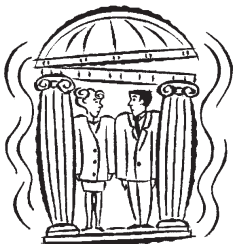
DO NOT Head for the Doorway

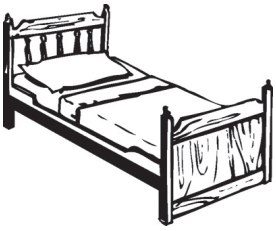


An enduring earthquake image of California is a collapsed adobe home with the door frame as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. True—if you live in an old, unreinforced adobe house. In modern houses, doorways are no stronger than any other part of the house. **You are safer taking cover under a sturdy table or desk.**

If you are…

Indoors: Drop, cover, and hold on. During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. Be prepared to move with it until the shaking stops. If you are not near a desk or table, drop to the floor against the interior wall and protect your head and neck with your arms. Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and kitchen cabinets with heavy objects or glass. Do not go outside!

In bed: If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are. Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways.



In a high-rise: Drop, cover, and hold on. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.

Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards.

Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If a power line falls on the car, stay inside until a trained person removes the wire.

In a stadium or theater: Stay at your seat and protect your head and neck with your arms. Don't try to leave until the shaking is over. Then walk out slowly watching for anything that could fall in the aftershocks.

Near the beach: Drop, cover, and hold on until the shaking stops. Estimate how long the shaking lasts. If severe shaking lasts 20 seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake. Move inland 3 kilometers (2 miles) or to land that is at least 30 meters (100 feet) above sea level immediately. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.

Below a dam: Dams can fail during a major earthquake. Catastrophic failure is unlikely, but if you are downstream from a dam, you should know flood-zone information and have prepared an evacuation plan.

Triangle of Life? You may have received an email that seems to make sense, but unfortunately it actually has dangerous instructions and is promoted by someone whose credibility has been broadly questioned. Learn more at www.earthquakecountry.org/dropcoverholdon.

Adapted from Putting Down Roots in Earthquake Country, published by the Southern California Earthquake Center and available online at www.earthquakecountry.org .

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EMERGENCY SURVIVAL PROGRAM
COUNTY OF LOS ANGELES

ESP FOCUS

Back to School

A Safe Place to Learn

There is a lot that can be done by school officials to plan for disasters, to limit the risk, to protect the safety of students and teachers, and to ensure that schools recover quickly. However, the clock is ticking. The time to prepare is right now.

Many states now require specific disaster preparedness activities in their school systems. In California, for example, schools are required to have a disaster plan, to hold periodic "Drop, Cover, and Hold On" drills and to hold educational and training programs for students and staff. Whether mandated or not, all schools should have an emergency response plan that addresses the following:

- ☐ Identification of hazards and steps to reduce the risk
- ☐ Evacuation plans and routes
- ☐ Needs of students and staff with disabilities
- ☐ Onsite shelter plans
- ☐ Emergency supplies and equipment
- ☐ Plans for releasing students and school personnel
- ☐ Communication

Parents should know the policies and procedures of their children's school during times of disaster or crisis. Parents should also make sure the school has their updated emergency contact information. Keep your children's school emergency release card current.

While planning for a future disaster may seem overwhelming, it is not impossible, and the benefits far outweigh the time and trouble it takes to prepare a school plan.

It is also important for schools to plan in advance to deal with the problem of psychological trauma after a disaster. Signs to look for include withdrawn and/or more aggressive students, those acting overly responsible or parental, children who are edgy, jumpy, quick to anger, out of control or with a non-caring attitude. Encourage teachers to discuss these and other changes in behavior with parents.

The reverse side of this Focus Sheet offers additional information for preparing your school and students for the next disaster. You can help take the terror out of terrorism, earthquakes and other disasters by preparing in advance.

Check these websites

www.capso.org (California Association of Private School Organizations (CAPSO)

www.cert-la.com (Community Emergency Response Team)

www.espfocus.org (Emergency Survival Program)

www.fema.gov/kids

www.lacoe.edu/ (Los Angeles County Office of Education)

www.redcross.org/disaster/masters (American Red Cross)

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SEPTEMBER

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What You Can Do Now

Parents have an important role in assuring the safety of their children whether at school or at home. The suggestions below are guidelines for you to follow.

☐ Prepare a school emergency supplies kit for each of your children. Let them help you put the kit together. What they have on hand when a disaster occurs could make a big difference in their safety and survival. A list of some of the recommended items that could be included in each child's emergency supplies kit is as follows:

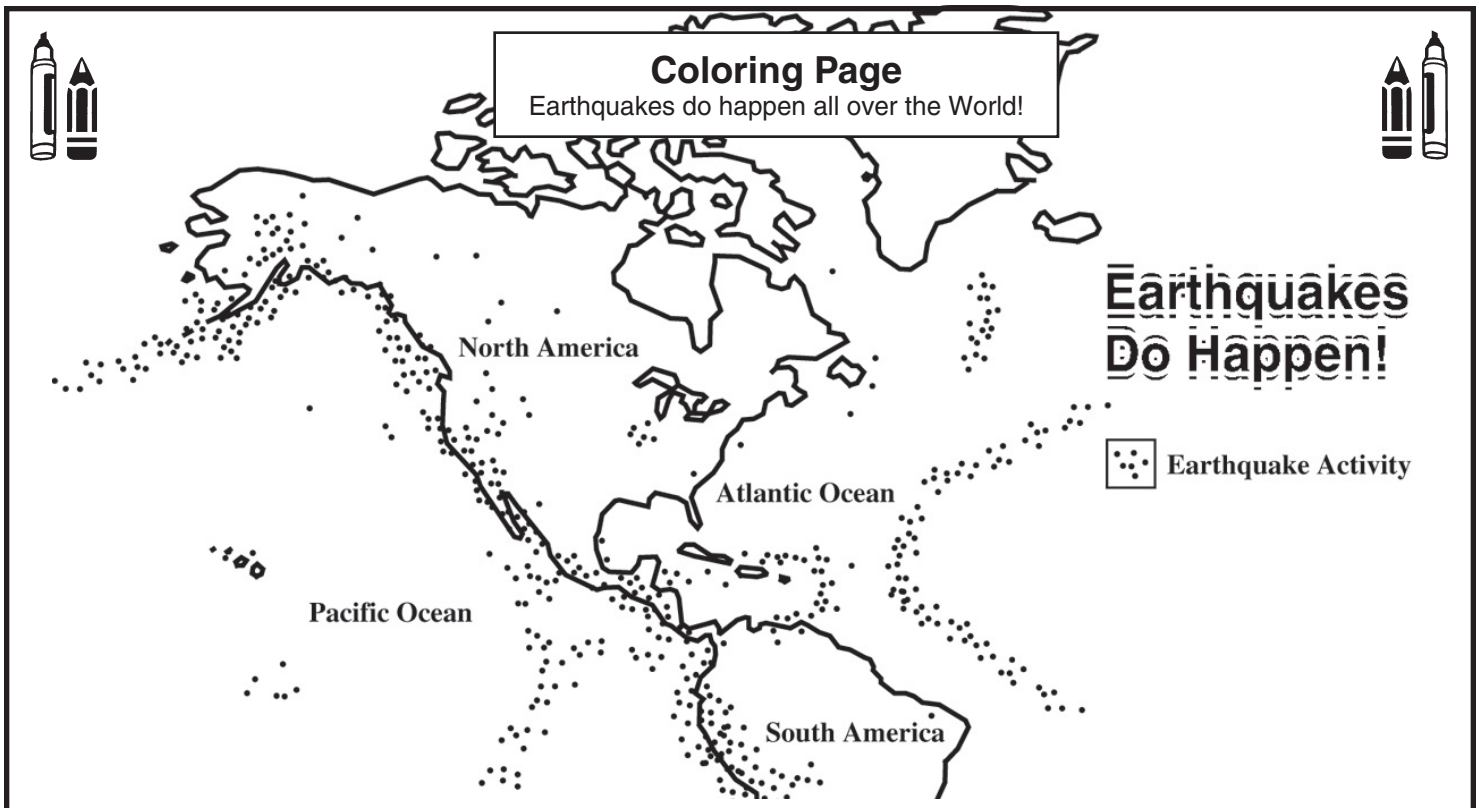
- Emergency drinking water (3-day to one-week supply)
- Non-perishable food (3-day to one-week supply)
- First aid kit and book
- Essential medications
- Lightstick or a flashlight with extra batteries
- Identification card
- Family photos
- Towelettes
- Blanket
- Medical release card
- Emergency telephone numbers
- Change of clothing
- Favorite toy

☐ Teach your children what to do in an emergency and make sure they know their own names, addresses, and telephone numbers as well as the full names and contact information for parents and a second adult emergency contact.

A Special Note About Children

If earthquakes scare us because we feel out of control, think how much more true this must be for children, who already must depend on adults for so much of their lives. It is important to spend time with children in your care before the next earthquake to explain why earthquakes occur. Involve them in developing your disaster plan, prepare earthquake bags, and practice "Drop, Cover, and Hold On." Consider simulating post-earthquake conditions by going without electricity or tap water for a few hours.

After the earthquake, remember that children will be under great stress. They may be frightened, their routine will probably be disrupted, and the aftershocks won't let them forget the experience. Adults tend to leave their children in order to deal with the many demands of the emergency, but this can be devastating to children. Extra contact and support from parents in the early days will pay off later. Whenever possible, include them in the recovery process.



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EMERGENCY SURVIVAL PROGRAM
COUNTY OF LOS ANGELES

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Earthquakes

California is earthquake country!

Thousands of earthquakes occur in California each year, but most are too small to be felt. Some cause moderate damage and injuries in a small area. Others can cause regional destruction.

Because the San Andreas fault is the longest fault in the region, it produces the largest earthquakes. Scientists estimate that large earthquakes on the San Andreas occur about every 150 years. The largest earthquake on the southern portion of the San Andreas in recorded history occurred in 1857. The fault ruptured all the way from Parkfield in southern Monterey County to Cajon Pass in San Bernardino County. Scientists estimate its magnitude at 7.9. A repeat of this earthquake today would cause extensive damage, deaths, and injuries throughout Southern California. Many scientists are even more concerned about the potential for a large earthquake on the southernmost section of the San Andreas, from the Salton Sea through the Coachella Valley to the Cajon Pass, where an earthquake has not occurred since around 1680. Such an earthquake may also cause great damage throughout the region.

In Southern California alone there are over 300 other faults that may also cause damaging earthquakes. Most everyone in Southern California lives within 30 miles of one of these faults. When earthquakes on these faults are in populated areas, the losses can be substantial. The Northridge earthquake in 1994 caused more than 33 deaths, more than 9,000 injuries, and $40- $42 billion in losses.

No one knows when or where such a quake will occur, but everyone can reduce their risk of death, injury, and property loss in an earthquake by following the Seven Steps to Earthquake Safety outlined on the reverse side of this Focus Sheet, wherever they live, work, or play.

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The Seven Steps to Earthquake Safety

The following steps are excerpted from "Putting Down Roots in Earthquake Country." The full text can be viewed and ordered at www.earthquakecountry.info.

Step 1: Fix potential hazards in your home

- ☐ Install latches on kitchen cabinets.
- ☐ Secure TVs, stereos, computers, etc. with velcro straps. Use putty or wax adhesive for smaller items.
- ☐ Hang mirrors and artwork from closed hooks.
- ☐ Secure top-heavy furniture and appliances to walls.
- ☐ Install flexible connectors on gas appliances.
- ☐ Strap water heaters correctly to the wall.
- ☐ Store flammable or hazardous materials on lower shelves or on the floor

Step 2: Create a disaster plan

- ☐ Practice "drop, cover, and hold on."
- ☐ Keep shoes and a flashlight next to each bed.
- ☐ Take a Red Cross first aid and CPR course.
- ☐ Know how and when to shut off utilities.
- ☐ Learn how to properly use a fire extinguisher.
- ☐ Select a safe place outside of your home to meet your family or housemates after the earthquake.
- ☐ Designate an out-of-state contact person who can be called to relay information.
- ☐ Keep your children's school release card current.

Step 3: Create disaster supplies kits

Keep a *personal disaster supplies kit* in your home, in your car, and at work, with at least the following:

- ☐ Medications and important medical information
- ☐ First aid kit and handbook
- ☐ Spare eyeglasses or contact lenses
- ☐ Bottled water and snack foods
- ☐ Whistle (to alert rescuers to your location)
- ☐ Emergency cash, in small bills.
- ☐ List of out-of-state contact phone numbers
- ☐ Working flashlight with extra batteries and bulbs
- ☐ Personal hygiene supplies
- ☐ Copies of personal identification
- ☐ In addition to your personal disaster supplies kits, store a household disaster supplies kit with a three-day to one-week supply of items needed to live without normal services (water, electricity, etc.) and to begin recovery.

Step 4: Fix your building's potential weaknesses

If your building needs the following retrofitting, you likely need to consult a professional:

- ☐ The framing of your house should be bolted at least every 6 feet to the perimeter of the concrete foundation (every 4 feet in a multistory building).
- ☐ Homes with a crawl space should have plywood connecting the studs of the short "cripple" walls.
- ☐ Larger openings in the lower floor, such as a garage door, should be properly reinforced.
- ☐ Masonry walls and chimneys should be reinforced.

For those who rent: You control which apartment or house you rent. Ask the landlord these questions:

- ☐ What retrofitting has been done on this building?
- ☐ Have water heaters been strapped to the wall studs?
- ☐ Can I secure furniture to the walls?

Step 5: During earthquakes and aftershocks

Drop! Cover! and Hold On!

- ☐ During earthquakes, drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly.
- ☐ If you are in bed, hold on and stay there, protecting your head with a pillow.
- ☐ The area near outer walls is very dangerous. Do not try to go outside during shaking.
- ☐ If outside, move to a clear area if you can safely do so; avoid power lines, trees, and other hazards.
- ☐ If driving, pull over to the side of the road, stop, and stay in your car until shaking stops.

Step 6: After the earthquake, check for injuries and damage

Check for injuries:

- ☐ If a person is bleeding, put direct pressure on the wound. Use clean gauze or cloth, if available.
- ☐ Administer rescue breathing if necessary.
- ☐ Carefully check children or others needing special assistance.
- ☐ Do not move seriously injured persons unless they are in immediate danger of further injury.
- ☐ Get medical help for serious injuries.

Check for damage:

- ☐ If possible, put out small fires immediately.
- ☐ Shut off the main gas valve only if you suspect a leak. Wait for the gas company to turn it back on.
- ☐ Shut off power at the main breaker switch if there is any damage to your house wiring. Unplug broken lights or appliances as they could start fires.
- ☐ Hazardous materials such as bleach, chemicals, and gasoline should be covered with dirt or cat litter.
- ☐ Stay away from chimneys or brick walls with visible cracks. Don't use a fireplace with a damaged chimney.
- ☐ Stay away from downed power lines and objects in contact with them.

Step 7: When safe, continue to follow your disaster plan

The first days after the earthquake…

Until you are sure there are no gas leaks, do not use open flames or operate any electrical or mechanical device that can create a spark. Never use the following indoors: camp stoves, gas lanterns or heaters, gas or charcoal grills, or gas generators. These can release deadly carbon monoxide or be a fire hazard in aftershocks.

- ☐ Turn on your portable or car radio for information and safety advisories.
- ☐ Call your out-of-state contact, tell them your status, then stay off the phone.
- ☐ Check on the condition of your neighbors.
- ☐ If power is off, plan meals to use up refrigerated and frozen foods first.
- ☐ If your water is off or unsafe, you can drink from water heaters, melted ice cubes, or canned vegetables.
- ☐ Report damage to your local building department and to your local office of emergency services.

If you cannot stay in your home…

Because shelters will likely be overcrowded, do not leave home just because utilities are out of service or your home and its contents have suffered only moderate damage. If you do evacuate, tell a neighbor and your out-of-state-contact where you are going, and take your personal disaster supplies kits and other essentials.

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EMERGENCY SURVIVAL PROGRAM
COUNTY OF LOS ANGELES

ESP FOCUS

Wildfires

Get Ready, Set, Go!

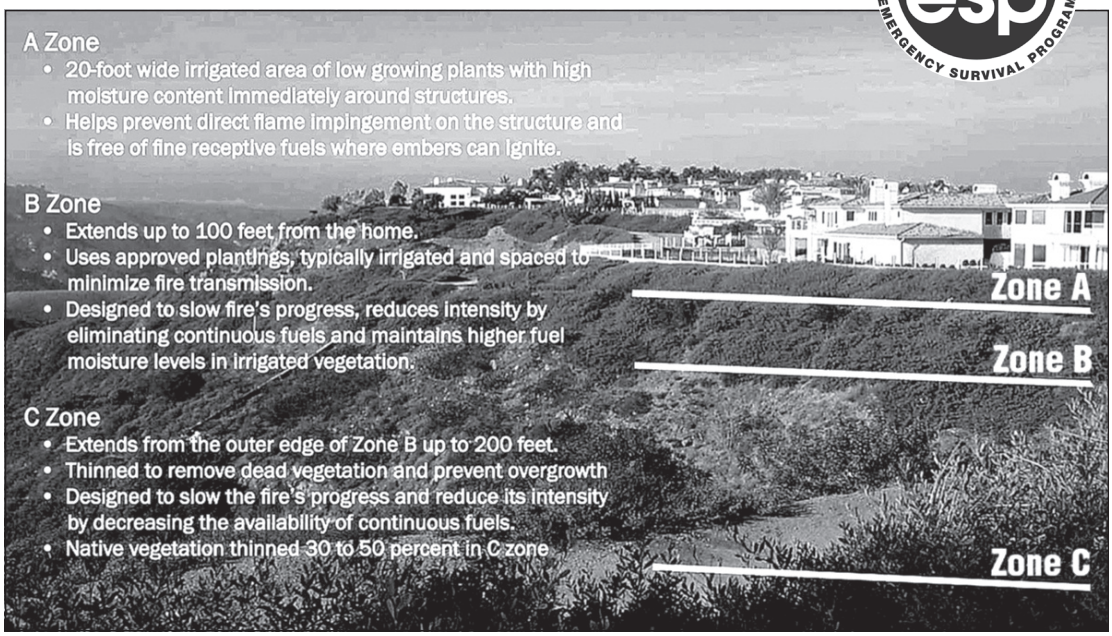
On August 26, 2009, an arsonist ignited the Station Fire in the Angeles National Forest bordering Los Angeles County, and became the largest wildfire in its recorded history. It burned 160,577 acres – roughly the size of the City of Chicago – killed two Los Angeles County firefighters, and burned until mid-October. Fire is, and always has been, a natural part of Southern California's landscape. These wildfires are often fueled by dry vegetation and driven by hot, dry "Santa Ana" winds, making them extremely dangerous and impossible to control. Fire season is now year-round and requires everyone to be on heightened alert, especially for those living in wildland area communities.

Following these simple steps from the County's new Ready, Set, Go! Personal Wildfire Action Plan may save your life, your family, and protect your home from a devastating wildfire.

Get READY…Get in the Zone!

You can make your home more defensible so that it has the greatest chance of surviving a wildfire. For homes in High Fire Hazard Areas, the Los Angeles County Fire Department's Fuel Modification Program helps protect homes and neighborhoods by requiring specific vegetation planted in three zones (Zones A, B, and C), as featured in the photo below.

Take a look at these three zones to become more familiar with what should be planted around your home. When added up, these zones extend over 300 feet from your home, and each is designed to keep wildfire from reaching your home.

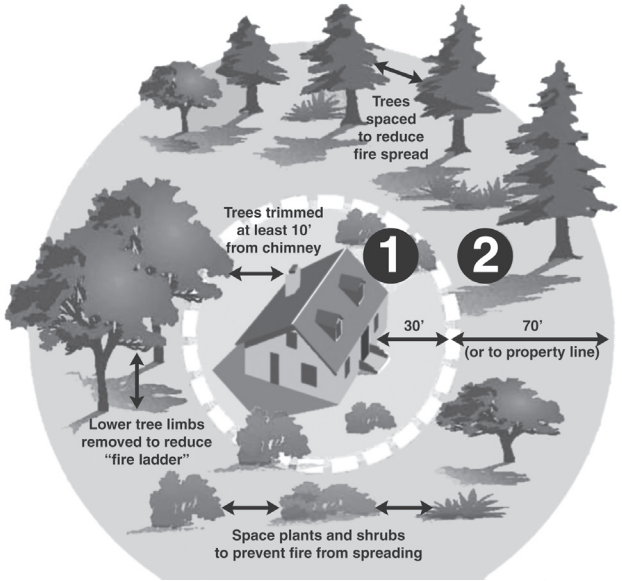


NOVEMBER

www.espfocus.org

Check these websites

www.fire.lacounty.gov/SafetyPreparedness/ReadySetGo/home.asp
www.fema.gov (Federal Emergency Management Agency)
www.calema.ca.gov (California Emergency Management Agency Cal-EMA)
www.noaa.com (National Oceanic and Atmospheric Administration)
www.firesafecouncil.org (The Fire Safe Council)
www.fire.ca.gov (California Department of Forestry and Fire Protection)



Create Defensible Space Around Your Home

Defensible space is the area around your home that is free of flammable plants and objects. This space is wide enough to prevent the flames and heat from a wildfire to reach your home. There are two zones to help protect your property, as you can see in the diagram above. Zone 1 extends 30 feet out from all buildings, structures, decks, etc. To increase your protection, remove flammable vegetation within 30 feet of your home, or 50 feet if you live in areas determined to be "High Hazard."

In Zone 2, thin out or remove vegetation an additional 70 feet from your home, for a total of 100 feet. High Hazard Areas may require up to 100 additional feet, for a total of 200 feet.

Learn How to "Harden" Your Home

Embers from a wildfire will find the weak link in your home's construction and the quality of the "defensible space" surrounding it. You can safeguard your home by assessing it and taking these steps to "harden" it from the threat of wildfire:

- Roof your home with fire-resistant material.
- Block any spaces to prevent ember intrusion.
- All vent openings should be covered with 1/8 inch metal mesh. Fiberglass will melt and burn.
- Ensure that all trees are far away from power lines.
- Install dual-paned with exterior tempered glass to reduce breakage in a fire. Heat from a wildfire can cause windows to break before the home ignites.
- Fire-resistant building materials, such as brick, cement, masonry, or stucco, provide more protection than wood-siding.
- Keep a fire extinguisher and tools, such as a shovel, rake, bucket, and hoe, easily accessible.
- Screen or enclose rain gutters to prevent accumulation of plant debris.
- Have multiple garden hoses long enough to reach any area of your home.

Get SET – Prepare your Family

Your Wildfire Action Plan should be prepared with all members of your household well in advance of a fire. Once you finish your plan, rehearse it regularly with your family and keep it in a safe, accessible place. Below is a partial checklist; more preparation lists are available at www.fire.lacounty.gov.

- Create and rehearse a Family Disaster Plan that includes meeting locations and communication plans.
- Keep fire extinguishers on hand and train your family on how to use them.
- Make sure your family knows where the gas, electric and water main shut-off controls are and how to use them.
- Plan several different escape routes.
- Assemble an emergency supply kit and keep an extra one in your car.
- Maintain emergency contact numbers.
- Appoint an out-of-state friend or relative as a point of contact.
- Keep a portable radio or scanner available.

GO Early – Don't Hesitate!

Don't wait until the fire comes to your neighborhood. By leaving early, you will give your family the best chance of survival. You will also help County firefighters by keeping the roads clear of congestion, which will help them move more freely and do their job to save your home! To get started, make a kit of the following items:

- Keep a pair of old shoes and a flashlight handy for a night evacuation.
- Keep the six "P's" ready for immediate evacuation:
  - o People and pets
  - o Papers, phone numbers and important documents.
  - o Prescriptions, vitamins, and eyeglasses.
  - o Pictures and irreplaceable memorabilia
  - o Personal computers (information on hard drive and discs).
  - o "Plastic" (credit cards, ATM cards) and cash.
- Leave early enough to avoid being caught in fire, smoke, or road congestion.
- Don't wait to be told by authorities to leave. They may not have time to knock on every door.
- Have a predetermined meeting place.
- Have several escape routes.

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EMERGENCY SURVIVAL PROGRAM
COUNTY OF LOS ANGELES

ESP FOCUS

Landslides and Mudslides

The ground can move without a quake!

When most people think about ground movement, they probably envision images of the ground below them moving from side to side, or up and down, during an earthquake.

It is important that residents who live on steep hillsides and in canyons be prepared for landslides. Areas that don't have grass, trees, shrubs and plants, such as after a fire, are more likely to have landslides. This includes sliding, falling and flowing soil, rock, mud, brush and trees, especially during or after heavy rains.

Slow-moving landslides can cause significant property damage, but they usually don't cause injury or death. Mudslides, however, are much more dangerous. According to the California Geological Survey, mudslides can easily exceed speeds of 10 miles per hour and often flow at rates of more than 20 mph. Because mudslides travel much faster than landslides, they can cause deaths, injuries and significant property damage.

Wherever you live, work, or play, take the actions on the reverse side of this Focus Sheet to help reduce your risk of death, injury and property losses from landslides, mudslides and other types of ground failure.

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DECEMBER

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Before the Landslide/Mudslide

You can reduce the potential impacts of land movement by doing the following:

- ☐ Assume that burn areas and canyon, hillside, mountain and other steep areas are more likely to have landslides and mudslides.
- ☐ Limit the height of plants near buildings to 18 inches.
- ☐ Use plants and bushes that are less likely to burn and keep them watered. This not only helps with landslides/ mudslides but is also helpful for fire safety
- ☐ Water landscape to promote early growth.
- ☐ Eliminate litter and dead and dry vegetation.
- ☐ Inspect slopes for increases in cracks, holes and other changes.
- ☐ Build away from steep slopes.
- ☐ Build away from the bottoms or mouths of steep ravines and drainage facilities.
- ☐ Consult with a soil engineer or an engineering geologist to minimize the potential impacts of landslides.
- ☐ Develop a family plan that includes:
  - ☐ Out-of-state contact
  - ☐ Place to reunite if family members are separated
  - ☐ Routes to evacuate
  - ☐ Locations of utility shut-offs
- ☐ Store the following emergency supplies:
  - ☐ Food
  - ☐ Water
  - ☐ First aid kit
  - ☐ Flashlights and batteries
  - ☐ Battery-operated radios
  - ☐ Special medications/eye care products
- ☐ Store an evacuation kit that includes:
  - ☐ Cash (small bills and change)
  - ☐ Important documents
    - ☐ Birth certificates
    - ☐ Insurance policies
    - ☐ Marriage certificates
    - ☐ Mortgage documents
    - ☐ Irreplaceable objects
    - ☐ Games, toys for children
- ☐ Purchase supplies to protect your home:
  - ☐ Hammer
  - ☐ Nails
  - ☐ Plywood
  - ☐ Rain gauge
  - ☐ Sand
  - ☐ Sandbags
  - ☐ Shovel
- ☐ Contact your local public works department for information on protection measures.

When it Rains

- ☐ Monitor the amount of rain during intense storms. More than three to four inches of rain per day, or 1/2-inch per hour, have been known to trigger mudslides.
- ☐ Look for geological changes near your home:
  - ☐ New springs
  - ☐ Cracked snow, ice, soil or rocks
  - ☐ Bulging slopes
    - ☐ New holes or bare spots on hillsides
    - ☐ Tilted trees
    - ☐ Muddy waters
- ☐ Listen to the radio or watch television for information and instructions from local officials.
- ☐ Implement protection measures when necessary:
    - ☐ Anticipate runoff and place sandbags in areas as needed
    - ☐ Board up windows and doors
- ☐ Prepare to evacuate if requested to do so.
- ☐ Respect the power of the potential mudslide. Remember, mudslides move quickly and can cause damage and kill.
- ☐ Prioritize protection measures:
- ☐ Make your health and safety and that of family members the number one priority.
    - ☐ Make your home the number two priority.

Key Considerations

- ☐ Use permanent measures, rather than sandbags, if possible.
- ☐ Deflect, rather than stop or dam, debris.
- ☐ Use solutions that do not create problems for your neighbors.

Extracted and adapted from the Los Angeles County Department of Public Works publication "Homeowners Guide for Flood, Debris and Erosion Control" and the California Department of Conservation publications "Hazards from Mudslides—Debris Avalanches and Debris Flows in Hillside and Wildfire Areas" and "Landslide Facts."

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ESP Focus Sheets — Past and Present

1990-1991 ESP Focus

JANUARY - Work Gloves & Sturdy Shoes
FEBRUARY - Portable Radio & Batteries
MARCH - Home Safety Measures
APRIL - Statewide Earthquake Preparedness Month
MAY - Emergency Drinking Water
JUNE - First Aid Kit & Book
JULY - Emergency Food
AUGUST - Flashlight & Batteries
SEPTEMBER - Adjustable Wrench
OCTOBER - Smoke Detector
NOVEMBER - Fire Extinguisher
DECEMBER - Strap Your Water Heater

1992 ESP Focus

JANUARY - Crowbar
FEBRUARY - Learn First Aid
MARCH - Emergency Cash & Important Documents
APRIL - Statewide "Duck, Cover & Hold" Drill
MAY - Rotate Water & Food Supplies
JUNE - Learn Earthquake Cooking
JULY - Strap Your Water Heater
AUGUST - Car Kit
SEPTEMBER - Turn Ons & Turn Offs
OCTOBER - Smoke Detector & Fire Extinguisher
NOVEMBER - Rope, Tape & Trash Bags
DECEMBER - Survival Gift List

1993 ESP Focus

JANUARY - Family Plan
FEBRUARY - First Aid Training & Supplies
MARCH - Focus on Children
APRIL - Statewide Earthquake Preparedness Month
MAY - Rotate Water & Food Supplies
JUNE - Emergency Cash & Important Documents
JULY - Secure Household Objects
AUGUST - Car Kit & Office Kit
SEPTEMBER - Preparing Your Mind
OCTOBER - Fire Extinguisher
NOVEMBER - Leather Work Gloves & Hand Tools
DECEMBER - Survival Gift List

1994 ESP Focus

JANUARY - Emergency Supply Storage
FEBRUARY - First Aid Training & Supplies
MARCH - Add Foundation Bolts
APRIL - California Earthquake Preparedness Month
MAY - Rotate Water & Food Supplies
JUNE - Focus on Seniors
JULY - Hold Down the Fort
AUGUST - Camping Out Earthquake Style
SEPTEMBER - Focus on Children
OCTOBER - Fire Extinguisher
NOVEMBER - Brace Water Heater
DECEMBER - Survival Gift List

1995 ESP Focus

JANUARY - Earthquake Attack Plan
FEBRUARY - Personal Medical Plan
MARCH - Emergency Lighting
APRIL - Time to Practice
MAY - Freshen Water & Food
JUNE - Reduce Home Hazards
JULY - Camping Out Earthquake Style
AUGUST - On the Road Again
SEPTEMBER - Who's Caring for the Kids?
OCTOBER - Learn Not to Burn
NOVEMBER - Rescue Me
DECEMBER - Gifts of Life

1996 ESP Focus

JANUARY - Understanding the Threat
FEBRUARY - Start It Up
MARCH - Neighborhood Hazard Reduction
APRIL - Community Resources
MAY - Neighborhood Emergency Supplies
JUNE - Neighborhood Response Teams
JULY - Skills Training
AUGUST - Emergency Shelter
SEPTEMBER - Assessing the Damage
OCTOBER - Search and Rescue
NOVEMBER - Creative First Aid
DECEMBER - Plan Your Drill

1997 ESP Focus

JANUARY - Understand the Threat
FEBRUARY - Meet With Your Neighbors
MARCH - Inventory Community Resources
APRIL - Develop Response Teams
MAY - Get Trained
JUNE - Update Emergency Supplies
JULY - Reduce Neighborhood Hazards
AUGUST - Learn Search and Rescue
SEPTEMBER - Review First Aid Skills
OCTOBER - Assess the Damage
NOVEMBER - Plan for Emergency Housing
DECEMBER - Plan Your Drill

1998 ESP Focus

JANUARY - Flooding
FEBRUARY - Landslides
MARCH - Africanized Honey Bees
APRIL - Earthquake
MAY - Tsunamis
JUNE - Hazardous Materials
JULY - Bomb Threats
AUGUST - Heat Wave
SEPTEMBER - Volcanoes
OCTOBER - Wildfires
NOVEMBER - Windstorms
DECEMBER - Carbon Monoxide & Radon

1999 ESP Focus

JANUARY - Floods
FEBRUARY - Landslides
MARCH - Tsunamis
APRIL - Earthquakes
MAY - Africanized Honey Bees
JUNE - Hazardous Materials
JULY - Bomb Threats
AUGUST - Heat Wave
SEPTEMBER - Volcanoes
OCTOBER - Wildfires
NOVEMBER - Windstorms & Tornadoes
DECEMBER - Carbon Monoxide & Radon

2000 ESP Focus

JANUARY - Step 1 / Family Plan
FEBRUARY - Step 2 / Supply Storage
MARCH - Step 3 / First Aid Training and Supplies
APRIL - Step 4 / Duck, Cover and Hold
MAY - Step 5 / Car Kit and Office Kit
JUNE - Step 6 / Emergency Cash and Important Documents
JULY - Step 7 / Camping Out Earthquake Style
AUGUST - Step 8 / Freshen Up Your Water and Food Supplies
SEPTEMBER - Step 9 / Focus on Children
OCTOBER - Step 10 / Learn Not to Burn
NOVEMBER - Step 11 / Emergency Lighting
DECEMBER - Step 12 / Gifts of Life

2001 ESP Focus

JANUARY - Floods
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DECEMBER - Carbon Monoxide & Radon

2002 ESP Focus

JANUARY - Understand the Threat
FEBRUARY - Conduct a Meeting
MARCH - Inventory Resources
APRIL - Form Response Teams
MAY - Provide Training
JUNE - Update Emergency Supplies
JULY - Reduce Hazards
AUGUST - Learn Light Search & Rescue
SEPTEMBER - Learn First Aid and CPR
OCTOBER - Assess the Damage
NOVEMBER - Plan for Shelter
DECEMBER - Plan Your Drill

2003 ESP Focus

JANUARY - Understand the Threat
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NOVEMBER - Plan for Shelter
DECEMBER - Plan Your Drill

2004 ESP Focus

JANUARY - Understand Terrorism
FEBRUARY - Make a Plan
MARCH - Emergency Supplies
APRIL - Bomb Threats
MAY - Biological Threats
JUNE - Radiological Threats
JULY - Chemical Threats
AUGUST - Travel Safety
SEPTEMBER - Shelter in Place or Evacuate
OCTOBER - Community Resources
NOVEMBER - Public Environments
DECEMBER - Mental Health

2005 ESP Focus

JANUARY - Understand Terrorism
FEBRUARY - Actions for Threat Levels
MARCH - Tune In!
APRIL - Be Aware! WMDs!
MAY - Take Cover!
JUNE - Have a Safe Trip!
JULY - Stay or Go!
AUGUST - Be Safe at Work
SEPTEMBER - ABC's of School Preparedness
OCTOBER - Stop, Think, Look, Act!
NOVEMBER - Get Involved!
DECEMBER - Give a Gift of Life

2006 ESP Focus

JANUARY - Then and Now
FEBRUARY - Secure it Now!
MARCH - Make A Plan
APRIL - Make Disaster Kits
MAY - Is Your Place Safe?
JUNE - Drop, Cover, and Hold On!
JULY - Check it Out!
AUGUST - Communicate and Recover!
SEPTEMBER - Back to School
OCTOBER - Fire and Ice
NOVEMBER - Test Your Plan
DECEMBER - Lend a Hand

2007 ESP Focus

JANUARY - Floods
FEBRUARY - Landslides
MARCH - Tsunamis
APRIL - Earthquakes
MAY - Public Health Emergencies
JUNE - Hazardous Materials
JULY - Bomb Threat
AUGUST - Heat Wave
SEPTEMBER - Volcanoes
OCTOBER - Wildland Fires
NOVEMBER - Windstorms/Tornadoes
DECEMBER - Terrorism

2008 ESP Focus

JANUARY - Floods
FEBRUARY - Landslides/Mudslides
MARCH - Tsunamis
APRIL - Earthquakes
MAY - Public Health Emergencies
JUNE - Hazardous Materials
JULY - Bomb Threats
AUGUST - Heat Wave
SEPTEMBER - Terrorism
OCTOBER - Wildland Fires
NOVEMBER - Windstorms/Tornadoes
DECEMBER - Cold Weather

2009 ESP Focus

JANUARY - Then and Now
FEBRUARY - Secure It Now!
MARCH - Make a Plan
APRIL - Make Disaster Kits
MAY - Is Your Place Safe?
JUNE - Drop, Cover, and Hold On!
JULY - Check It Out!
AUGUST - Communicate and Recover!
SEPTEMBER - Back to School
OCTOBER - Fire and Ice
NOVEMBER - Test Your Plan
DECEMBER - Lend a Hand

2010-2011 ESP Focus

JANUARY - Then and Now
FEBRUARY - Make a Plan
MARCH - Make Disaster Kits
APRIL - Floods
MAY - Terrorism
JUNE - Public Health Emergencies
JULY - Heat Wave
AUGUST - Drop, Cover, and Hold On!
SEPTEMBER - Back to School
OCTOBER - Earthquakes
NOVEMBER - Fire and Ice
DECEMBER - Mudslide

COUNTY OF LOS ANGELES
CALIFORNIA

U.S. DEPARTMENT OF HOMELAND SECURITY

COUNTY OF LOS ANGELES
OFFICE OF EMERGENCY MANAGEMENT
CHIEF EXECUTIVE OFFICE