

ARE YOU PREPARED FOR AN EARTHQUAKE? FIRE EVACUATION?

(We're due for an earthquake and it's one of the driest seasons in recent history)

When a major disaster hits Southern California, the devastation could be catastrophic! The Palos Verdes Peninsula could be cut off from "outside" help for up to THREE weeks. It is incumbent upon each family to prepare to become "self sufficient" if the need arises. For an earthquake, that means having enough water, food, shelter, etc. to sustain your family until help arrives. In case of evacuation, have you made a plan – where would you go? Do you have a list of everything you would take?

REMEMBER! THERE ARE NO "PUBLIC" EMERGENCY SUPPLIES AT ANY MUNICIPALITY OR SCHOOL!

MAKE A KIT! HAVE AT LEAST TWO-THREE WEEKS OF THESE ITEMS ON HAND BEFORE YOU NEED THEM!

FOOD & WATER

1-2 gallons water per person, per day (*don't forget extra for pets!*)
Bread/cereals/coffee/tea
Fruit & vegetables, canned & fresh

POWER & LIGHT

Flashlights/batteries/candles/glow sticks
At least half a tank of gas – at all times!
Generator with fuel
Coolers & ice (*keep bottles of water in freezer to keep food cold when power goes out*)
Propane stove (*camping-style*) with extra propane bottles

COMMUNICATION

Radio – battery or solar
Landline (*or know where one is, quarters for pay phone*)
Ham radio, if possible
Whistle

FIRST AID

Rubbing alcohol/antiseptic/antibiotic cream
Aspirin/pain relievers/Immodium/Benedryl
Burn gel & dressing
Tweezers

HYGIENE

Toilet paper
Paper plates/napkins/utensils
Feminine hygiene products
Shampoo/soap/toothbrush & paste
Extra set of clothing for each family member set aside

PERSONAL

ALL documents should be scanned onto flash-drive or stored at work or safety deposit box:
Birth Certificates, Marriage Licenses, Wills, Credit Card info, Bank Accounts, Health Records, Insurance, important #s
Cash (*ATMs will not be working*) at least \$50 in small bills

IMPROVISATION

Duct tape
Plastic bags – all sizes
Plywood
Rope
Sewing kit
Tarp
Emergency backpacks to take items if evacuated
Shovel and/or crowbar for removing debris from earthquake

YOU CAN BE PREPARED WITH THREE EASY STEPS!

1. Make a Plan <http://www.ready.gov/make-a-plan>
2. Build a Kit: www.pvestates.org and click on Disaster Prep
3. Review your city's Disaster Preparedness information:
City of Palos Verdes Estates: <http://www.pvestates.org/index.aspx?page=126>
City of Rancho Palos Verdes: http://www.palosverdes.com/rpv/emergency_preparedness/
City of Rolling Hills: <http://rolling-hills.org/index.aspx?nid=78>
City of Rolling Hills Estates: <http://www.ci.rolling-hills-estates.ca.us/index.aspx?page=173>

