

CITY OF LOS ANGELES  
DEPARTMENT ON DISABILITY



***EMERGENCY PREPAREDNESS  
FOR PEOPLE WITH DISABILITIES***



# ***EMERGENCY PREPAREDNESS FOR PEOPLE WITH DISABILITIES***



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April, 2001

# INTRODUCTION

## ***EMERGENCY PREPAREDNESS FOR PEOPLE WITH DISABILITIES***

In the event of a serious disaster, everyone should be self-sufficient within their home for a period of seven days without help or emergency services. Streets may be closed and stores or other services may not be open. In addition, there may be no electricity, gas, water or telephone service. Remember, your **home** is the best place to be - if it is not too badly damaged to be safe. By planning ahead, you can gain confidence that you have provided well for the safety and security of yourself and your loved ones within your home following an emergency such as a fire, flood, earthquake, mudslide, tornado or severe storm.

Some emergency situations require that you must evacuate your home with little warning and move to a shelter or other lodging arrangement. Again, by planning ahead, you can make sure you are ready to leave home with all of your most essential items, on a few moments notice.

The information on the following pages will help you prepare to survive the difficult days following a major disaster. Dealing with a disaster can be especially difficult for people of all ages who have a disability. Information has been included that will be of special interest to those with visual and mobility disabilities, owners of service animals and pets, persons who are deaf and hard-of-hearing, and those with special medical needs.



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## ***EMERGENCY PREPAREDNESS GENERAL INFORMATION***

You can prepare to meet the challenges brought on by a major disaster by planning ahead. You can obtain extra necessities (such as food, water, medications and other essential supplies), take action to secure your home, and make sure that your needs are known to your personal support network (those who may need to assist you). The following suggestions are useful for anyone who wishes to be prepared to survive a major emergency.




### **The Most Important Things To Have:**

- **🍴 A one-week food supply** - Select types of ready-to-eat food that will provide the nourishment you and your family members require and can tolerate (canned food and juices, dried fruit, crackers, etc.). Select non-perishable foods that meet your dietary requirements.
- **Non-electric can opener**
- **One-week supply of food for your service animal, if needed**
- **An adequate supply of drinking water** - This will help to prevent dehydration. Maintain three gallons of stored drinking water per person in sealed, easy-to-open unbreakable containers. That will provide one gallon per day/per person for three days. Replace stored water with fresh water every six months.
- **Several flashlights** – Place by the bed and around the house, in case the electricity is out. Store fresh batteries nearby, or be sure rechargeable batteries are fully charged.
- **Ten-day supply of medicines** (rotated regularly) – If necessary, request from your physician or pharmacy enough extra medication for your emergency supply.

- **Instructions for use of the medications** - dosage, frequency, doctor's name and phone number. This information should be labeled "Emergency Instructions" and posted on your refrigerator and in other areas where it can be readily seen.
- **First aid kit**
- **Battery operated radio or TV** to receive information about the disaster, and at least one extra set of batteries
- **Whistle or loud bell** to attract attention 
- **Smoke alarm** - Battery should be checked once a month.
- **Fire extinguisher** - Know how to use it safely.
- **Wrench for gas turn-off** - Use only if the smell of gas is present or structure damage is noticeable.
- **Shoes under the bed or between mattress at foot of bed**, sturdy enough to protect feet from broken glass and other debris
- **Garbage bags, closeable container and gloves**, for personal waste disposal



### ✓ Other Important Things You May Need:

-  **Extra eye glasses, hearing aid, mobility aid** in case of equipment damage
- **Manual can opener** in case of power outage
- **Extra blankets** - If gas or electricity is out, you may not have heat. Inexpensive solar blankets can be purchased at large discount stores.
- **Toilet paper, paper towels, paper plates, personal hygiene supplies** - Don't let your stock on hand get lower than one week's supply.
- **A gallon of chlorine bleach and a standard-size medicine dropper** (to be used only for this purpose) – Use to sterilize water and food preparation areas in order to control germs and parasites that could come into contact with water/food. See Appendix "Emergency Water Supplies."


## More Good Supplies to Have:

- **\$\$\$ Money** - Banks may be closed/ATMs inoperable.
- **Duct tape, masking tape** for temporary repairs
- **Rubber or heavy gloves, broom, etc.** to clean up broken glass and other unsafe conditions

## Tips for the Home

- **Reduce hazards in your home.** Securely anchor medical equipment, appliances, bookcases, hanging plants, etc. Place heavy objects on low shelves. Fasten water heater to the wall.
- **“Know and show” the location of your electrical box and gas and water shut-off valves.** Show your neighbors, family and/or caregivers how to shut off electricity, gas and water. 
- **Keep family or personal records in a watertight, fireproof container.** 
- **Install latches** to keep cupboard doors closed securely.

## Special Planning Tips

-  **Develop a buddy system** with family, friends, neighbors, or co-workers and plan how you will help each other in an emergency. 70% of rescues are made by neighbors following a disaster.
- **Determine at least two usable exits** from each room and your building. Make it a habit to do this whenever you are out shopping, at the movies, visiting friends, etc.




- **Pick one out-of-state and one local friend/relative** for family and others to call if separated. Keep these names and numbers with you at all times. Identify a location where you can reunite with family/friends. 📍
- ✍️ **Write down the instructions needed (with map included, if necessary)** to secure your house and to provide for your personal safety. It may be difficult to remember these things due to shock and confusion following the disaster. Keep a copy with you; post a copy in a highly visible place (such as on the refrigerator) and share copies with your personal support network. Include:
  - How to turn off utilities
  - How you will evacuate, and where you will go
- 📄 **Document important life saving information.** Create an emergency health information card, to be kept in your wallet or purse, to communicate to rescuers what they need to know about you if you are unconscious, incoherent, or if there is a need for your evacuation. List the medications and equipment you use; communication, hearing or mobility difficulties; preferred treatment; medical providers and important contact people.
- **Include a list of emergency contacts** with the names and phone numbers of members of your personal support network, family members, doctors, equipment suppliers and utility companies. 👤👤👤





## Prepare an Emergency “Go Kit”




Prepare a bag with your most essential items that you could grab and take with you if there is a need to evacuate. Make sure it is not too heavy to lift easily.

- **Include necessary medications** (in their original bottles), basic toiletries, and any special sanitary aids.
- **Prepare a list of important information** that includes the names and dosages of your medications, what allergies you have, and the special equipment you use.
- **Prepare a contact list** of whom to notify in emergencies with name(s), address(es), and telephone numbers (cell phone numbers, too). 
- **If you are a person who has trouble communicating orally**, you will want to include other important information in your go kit such as special toileting needs or how to lift and move you should that become necessary.
- **Give a copy of all of the above information** to each buddy and keep a copy with you, as well.
-  **Store copies** of family records, wills, deeds, social security number, charge and bank accounts, etc.
- **Gather copies** of irreplaceable family photos. 



## Take Care of Your Emotional Health

Times of crises leave many people feeling more vulnerable than usual. In a major disaster, feelings of acute anxiety, confusion and fear can be critical issues for individuals of all ages with or without disabilities.

## Ask those who form your personal support network to:

- Check on you immediately after an emergency (earthquake, fire, flood, etc.), and offer personal assistance as needed.
- Keep a spare copy of important keys. 
- Know where emergency supplies are kept.
- Have copies of relevant emergency documents that specify medication, special equipment, and other life support needs.
- Have an agreed upon communications system regarding how to contact each other in an emergency. This plan should account for the fact that telephones may not be working after a major earthquake. 
- Know when each other will be out of town and the expected date of return. 
- Learn about your personal needs and how to be of support in an emergency (e.g. interpreting, making sure food, water and medications are in place).

## Protect Yourself During and After an Earthquake

- Duck, cover and hold. If possible, get down and underneath a sturdy object (table or desk).
- If you are in a bed, stay put and cover your head. 
- If you are using a wheelchair, lock the brakes and stay in it. If possible, cover your head and neck with your hands.
- Be prepared for aftershocks. Turn on your portable radio for instructions. 



**EMERGENCY PREPAREDNESS**

**FOR**

**PEOPLE WHO ARE BLIND OR  
HAVE VISUAL IMPAIRMENTS**



## ***EMERGENCY PREPAREDNESS FOR PEOPLE WHO ARE BLIND OR HAVE VISUAL IMPAIRMENTS***

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

### **Canes**

If you use a cane, you want to make sure one will be readily available to you immediately following a disaster to help you maneuver around obstacles and hazards. Keep extra canes in your home, job or school, and at any other places that you frequent. Store them securely and consistently where they can be easily located.

### **Making the Most of Your Vision**

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


- Place security lights in each room in the wall outlets to light paths of travel. Make certain these special lights will turn on automatically if there is loss of power.


Depending on type, they may continue to operate for 1 to 6 hours, and can be turned off manually and may be used as a short-lasting flashlight.

- Store high-powered flashlights with wide beams and extra batteries.
- If you wear contact lenses, plan to have an alternate pair because, without power, you may not be able to clean them or operate the cleaning unit.
- You may want to mark your emergency supplies with large print, fluorescent tape or Braille.

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

### ✓ Important Considerations

- **Service animals** may become frightened, confused and panicky during and after a disaster. **Be prepared** to calm your animal and to keep it confined or securely leashed or harnessed. The leash/harness is a very important item for managing a nervous animal. Have extra food, water, leash/harness available. 
- In the event that your service animal is unable to assist you, **be prepared** to use alternative ways to negotiate your environment.
- There may be major disruptions of all kinds following an earthquake or other disaster, so be aware that you may not be able to rely on your usual auditory cues.

- Anchor special equipment such as computers, and create a back-up system for important data and store it off site. 

[See next section entitled “Emergency Preparedness for Owners of Service Animals and Pets,” for more information.]



**EMERGENCY PREPAREDNESS**  
**FOR**  
**OWNERS OF SERVICE ANIMALS AND PETS**



## ***EMERGENCY PREPAREDNESS FOR OWNERS OF SERVICE ANIMALS AND PETS***

Natural disasters (especially earthquakes) can be a frightening experience for the animals in our lives. They can become confused, panicked or disoriented in and after a disaster. The following tips will help you keep your pets and service animals safe and secure.




### **Identification Tags and Licenses**

Animals can become separated from their owners during/after an earthquake, fire or flood. You can increase the chances that they will be returned to you if you:

- make sure your animal's license is current. Owners of service animals can obtain a free license through the City of Los Angeles Department of Animal Services (call 888-452-7381, or for TTY 887-875-8205).
- provide your animals with identification tags **and/or microchip implants** that have both your home telephone number and that of your primary out-of-town contact person. Make sure your local Department of Animal Services/Humane Society service locations have microchip scanners available.
- identify your service animal with the special triangular, metal tag issued *only* to service animals (by the City of Los Angeles Department of Animal Services). In this way, those assisting you will know immediately that the service animal is to be kept with you.



## Animal Care

- Talk to other animal/pet owners in your neighborhood. In case you are not home, there will be someone to help or provide care for your animal.
- After the disaster, your animals/pets may need to be calmed and comforted, and prevented from running away. Keep them confined or securely leashed or harnessed.
- In the event that you become separated from your service animal or the animal is unable to assist you, be prepared to use alternative ways to navigate your environment.
- Keep a picture of your pet or service animal for identification purposes, in case you are separated.
-    Plan how your animals/pets will be cared for if you have to evacuate. **Service animals can accompany you to an emergency shelter. However, non-registered service animals and pets are not allowed in the shelters, and while temporary kennels are often set up adjacent to emergency shelters, this is not always the case. It is best to identify several animal care options ahead of time.** Contact the City of Los Angeles Department of Animal Services or your local Red Cross chapter for guidance (see Appendix, Quick Reference Emergency Resources, for telephone numbers).
- Have a carry case available with your supplies to transport your small pets.

### Emergency/Evacuation Kit for Service Animals and Pets



Prepare an emergency care kit to provide for your animal's or pet's needs for 7 days. Pack the supplies in a container that the animal can carry, in case you are evacuated.

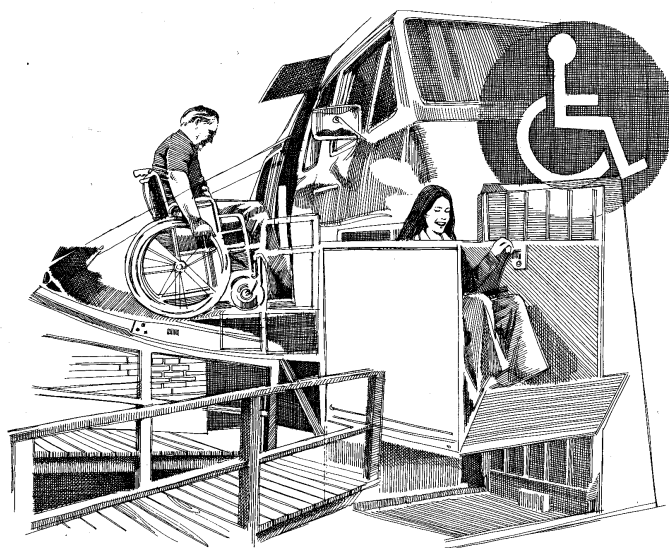
Include:

- ♥ Food
- ♥ Bowl for water and food
- ♥ Favorite toy
- ♥ Blanket for bedding
- ♥ Extra harness
- ♥ Medications, if any
- ♥ Plastic bags/paper towels for disposing of feces
- ♥ Antibiotic ointment (for minor wounds, which are common following an earthquake, fire, flood or other disaster.)
- ♥ Roll of gauze bandage and bandage tape
- ♥ Current vaccination records and any other pertinent medical information
- ♥ Name and telephone number of your veterinarian

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



**EMERGENCY PREPAREDNESS**  
**FOR**  
**PEOPLE WITH MOBILITY LIMITATIONS**



## ***EMERGENCY PREPAREDNESS FOR PEOPLE WITH MOBILITY LIMITATIONS***

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

### **Customizing Your Emergency Kit**

- Include a pair of heavy gloves in your supply kit to use while wheeling or making your way over glass and debris, and wear shoes with hard soles.
- If you use a motorized wheelchair/scooter, consider how you will deal with a battery-emergency. If possible, have an extra battery available. A car battery can be substituted for a wheelchair battery but this type of battery will not last as long as a wheelchair's deep-cycle battery.


In the event of loss of electricity, you may be able to charge batteries by either connecting jumper cables to a vehicle battery, or by connecting batteries to a specific type of converter that plugs into an automotive vehicle's cigarette lighter. Check with your vendor.

- Because earthquake or other disaster damage may include broken glass, be prepared to deal with a flat tire if you do not have puncture proof tires on your scooter or wheelchair. Keep a patch kit or can of "seal-in-air product" to repair flat tires and/or also keep an extra supply of inner tubes. Store a lightweight *manual* wheelchair, if available.

## Storage of Emergency Supplies

- Following an earthquake, you may be unable to reach a particular closet or cupboard. So, store your most critical emergency supplies in a pack or backpack that may be attached to your walker, wheelchair, scooter, etc.
- Mobility aids such as canes, crutches, walkers, and wheelchairs should be kept close to you in a consistent, convenient and secured location. Keep extra aids in several locations, if possible.

## Evacuation Plan

- Try to arrange and secure furniture and other items so that you will have a clear path of travel and barrier free passage to the door. 
- **Think about where you spend your time.** If you are often above the first floor of an elevator building, plan and practice using alternate methods of evacuation. If needed, enlist the help of your personal support network.
- If you cannot use stairs, **be prepared to discuss** appropriate lifting and carrying techniques with those who might provide assistance. In some cases, wheelchair users will have to leave their chairs behind in order to safely evacuate a structure.
- It could take two or more strong people to control a wheelchair when attempting to transport someone down stairs in their chair.

If that is not feasible, the person may need to be carried down instead. Therefore, before and after an emergency, **it is**

**very important to discuss** the safest way to transport you if you need to be carried, and alert those who are helping to any areas of vulnerability.

For example, the traditional “**fire fighter’s carry**” may be **hazardous** for some people with respiratory weakness, spinal cord injury or other conditions. You need to be able to provide brief instructions regarding how to move you and your mobility aid(s)/equipment. 🚗

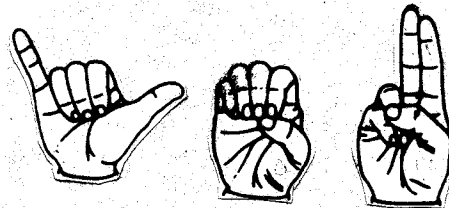
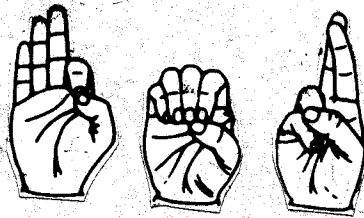
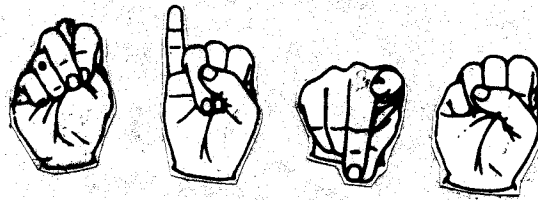
**REMEMBER:** Do not use an elevator during a fire, earthquake or other emergency. The elevator may not work and you could become trapped.




# EMERGENCY PREPAREDNESS

FOR

## PEOPLE WHO ARE DEAF OR HARD-OF-HEARING



## ***EMERGENCY PREPAREDNESS FOR PEOPLE WHO ARE DEAF OR HARD-OF-HEARING***

Maintaining communication is especially critical during times of crises. You need to be able to communicate clearly with emergency personnel or your support network (hearing/non-hearing), and you will want to **stay current on the latest information regarding the disaster** (i.e. captioning news, TTY alert, paging system or other type of communication system that may be available). 

### **Storing Your Hearing Aids**

- Make sure you always store your hearing aid(s) in the same, strategically located spot. That way, you'll be able to find them when you need them during/after an emergency.
- Suggestion: Attach the container for the hearing aid device(s) to the night stand or bed post with Velcro or a piece of string. You can expect that replacing or repairing damaged or missing hearing aids may be difficult or impossible immediately after a major disaster.
- If you can, store an extra hearing aid with your emergency supplies.

### **Batteries**





- Keep an extra supply of batteries on hand and in your "Go Kit" for your hearing aid or implant. Rotate them regularly.
- Maintain TTY batteries according to your manual.
- Make sure all batteries are in good condition.



## Smoke Alarms

- Install both audible and visual smoke alarms.
- At least one should be battery operated.

## Communication

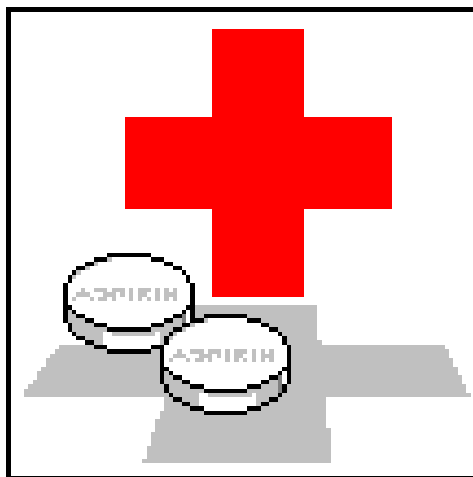
- Plan how you can communicate with emergency personnel ***without*** your hearing aid(s), should it become necessary and there is no interpreter available.
- Suggestion: Store pens/pencils and paper or small notebooks with your emergency supplies.  
- Suggestion: Consider carrying cards with pre-printed messages on them, such as “I use American Sign Language (ASL) and need an ASL interpreter,” or “If you make announcements, please write or sign,” or “I lip read, only.”
- Determine which broadcast stations will provide continuous news which is also signed or captioned, so that you will have access to emergency reports, assuming that power is on. 
- Advocate to encourage television stations to provide sign language interpreters for on-camera emergency duty and/or open captioning during emergencies. 



**EMERGENCY PREPAREDNESS**

**FOR**

**PEOPLE WITH SPECIAL MEDICAL NEEDS**



## ***EMERGENCY PREPAREDNESS FOR PEOPLE WITH SPECIAL MEDICAL NEEDS***

If you or a family member have special medical needs, you will want to take steps ahead of time to ensure that those needs can be met following an emergency of any kind. Think about your medical needs and how you can prepare to meet them. People with weakened immune systems and/or medical conditions which affect the lungs may be at increased risk from environmental contaminants following a disaster. In addition to the general preparedness activities, you may find the following tips helpful.



### **Emergency “Go Kit”**

Have a bag packed at all times with the medications and medical supplies you use on a regular basis. In the event of an emergency, you may have to leave your home on very short notice. Include these items:

- A 10-day supply (minimum) of all of your medications. Store the medications in their original containers.
- A list of all of your medications: name of medication, dose, frequency, and the name of the doctor prescribing it.
- A 10-day supply (minimum) of the medical supplies you know you will need, such as bandages, ostomy bags or syringes, etc.
- A supply of **disposable** facemasks and gloves, for extra protection when needed.

### ✓ **Oxygen and Breathing Equipment**

- Have a seven-day supply (minimum) of the breathing equipment that you need on a daily basis such as tubing, solutions, medications, etc.
- If you use oxygen, have an emergency seven-day supply (minimum) on hand.
- Oxygen tanks are heavy and can create a hazard during an earthquake or fire. Check with your medical supply company about how to brace or secure them. **THEN DO IT!**

### ✓ **Intravenous (IV) and Feeding Tube Equipment**

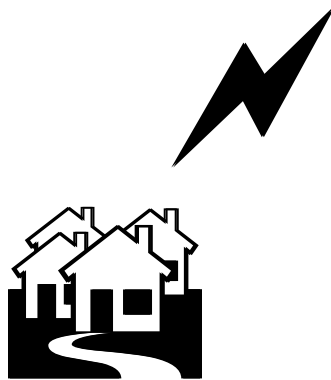
- Attach written operating instructions to all equipment.
- Know if your infusion pump has battery back up, and how long it would last in an emergency.
- Ask your home care equipment provider about manual infusion techniques in case of a power outage.

### ✓ **Electrically Powered Medical Equipment**

- Medical equipment that requires electrical power such as beds, breathing equipment or infusion pumps may become inoperable when the electricity fails. Contact your medical supply company for information regarding a back-up power source such as a battery or generator.
- After installing back-up power equipment, check with your local utility company to be sure it is properly installed.



**EMERGENCY PREPAREDNESS**  
**FOR**  
**POWER SHORTAGES/ POTENTIAL BLACKOUTS**



## ***EMERGENCY PREPAREDNESS FOR POWER SHORTAGES/ POTENTIAL BLACKOUTS***

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



### **Twelve Steps You Can Take To Minimize the Impact**

1. **☒** Contact your local electric utility company *in advance* about any specific needs regarding breathing machines or other life-sustaining devices that depend on electricity. When “rolling blackouts” are planned, the utility company **may** be able to avoid including your area or provide assistance.







Customers of the City of Los Angeles Department of Water and Power (DWP) who are dependent upon an electrically powered life-support system can apply to be included on a “Life Support Priority List.” This will allow the DWP to notify them in advance of a planned

outage and to be aware of their location in the event of an


unplanned outage, so that their electricity can be restored as quickly as possible. Your application must include a doctor's statement regarding your special needs. To request an application, call the DWP Customer Call Center at (800) 342-5397, or for TTY call (800) 432-7397. For more information about the Life Support Priority Program, call the DWP Customer Relations Office at (800) 499-1544.


2.  If lack of electricity would create an immediate threat to life or safety, local public safety agencies should also be notified in advance. Contact your local City of LA Police Station and request to be entered into their Special Location File. (This request may need to be updated after 90 days)
3. **If you call 9-1-1, to reach the local fire or police department during an emergency, tell the operator if you need life-support or special assistance.** To expedite emergency response, your house number should be readily visible from the street. **Remember**, if you call 9-1-1 from a cell phone, you will reach the California Highway Patrol, and they will not have emergency information on individuals. 
4. Keep a flashlight or lantern equipped with fresh

batteries within easy reach. For people with limited reach or grasping ability, inexpensive battery-operated touch lamps are a good option. Such lights can be installed in areas of greatest use, and are small enough to be carried in an emergency. Also, lights that turn on automatically when the power goes out are helpful.

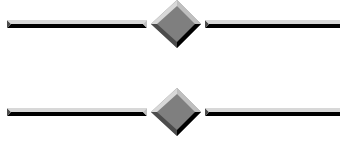
5. Do not use candles for light or heat in an emergency, as they can be fire hazards. 
6. Do not use barbeques, gas powered appliances or propane heaters as heat sources, as the result can be carbon monoxide poisoning. 
7.  Store extra blankets or warm clothing within easy reach. Most homes will retain some heat for several hours during electrical outages.
8. For people using electrically powered life support systems, follow your doctor's advice regarding use of a manual or battery-operated back-up system. Prepare ahead of time.
9. For people using battery-powered mobility or breathing equipment, assure that batteries are fully charged each day.   
10. Cordless telephones may not work during a power outage, so consider keeping a standard phone



plugged into a second phone jack in case it is needed. A cellular telephone is also a good backup option, but be aware that in a widespread emergency any communication network may quickly become overloaded with calls. 

11.  During Stage Three Alerts, monitor local television or radio news stations to determine if and in what general area blackouts will occur (it is *highly unlikely* that DWP customers would be affected by the rolling blackouts caused by an energy crisis, because the City of Los Angeles generates its own electricity). For those serviced by an electric company other than DWP, check your monthly electric utility bill to determine the applicable Power Block number, as that is usually how the blackout areas will be identified. If the Power Block number is not shown on the monthly bill, contact the local electric utility company to learn where that information is available.
12. When an electrical outage does occur, turn off all appliances, computers and lights – except for one light that will indicate when power has been restored.

**Reminder:** If you might need assistance during a power outage, ask your personal support network to check on your safety.



**QUICK REFERENCE**  
**EMERGENCY RESOURCES**



## **QUICK REFERENCE EMERGENCY RESOURCES**

- ▶ Dial 9-1-1 if you have a **life-threatening** emergency. This number also accepts TTY calls. If line is busy, for Fire or Paramedics only (not Police), call (800) 688-8000.
  
- ▶ City of Los Angeles Department of Water and Power (DWP) – (800) 342-5397; for TTY call (800) 432-7397.
  
- ▶ City of Los Angeles, Emergency Preparedness Department –  
  
Emergency Information HelpLine (888) 356-4661 (recorded information on many emergency preparedness topics)  
  
General (213) 485-5231; for TTY call (213) 473-6296.
  
- ▶ City of Los Angeles, Fire Department – Fire/Safety Information – (818) 756-9671; for TTY call (818) 971-6983
  
- ▶ Los Angeles Department of Animal Services - (888) 452-7381; for TTY call (877) 875-8205.
  
- ▶ Los Angeles Police Department (Non-emergency): (877) 275-5273. This number also accepts TTY calls.
  
- ▶ Your Local Police Department Station- [Look up this address and phone number ahead of time in your telephone directory]

Address:

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Telephone (or TTY#):

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**AMERICAN RED CROSS - LOCAL SERVICE CENTERS**  
[Call for disaster preparedness information and services]

American Red Cross of Greater Los Angeles  
2700 Wilshire Boulevard  
Los Angeles, CA 90057  
(213) 739-5200  
E-mail: wilksb@arcla.org  
Fax: (213) 380-0362  
Website: <http://www.acrossla.org/>

Greater Burbank Service Center  
1001 W. Magnolia Blvd.  
Burbank, CA 91506  
Tel: (818) 842-5295

East Los Angeles Service Center  
5051 E. 3rd St.  
Los Angeles, CA 90022  
Tel: (323) 780-7660

Santa Clarita Valley Service Center  
23152 1/2 Valencia Blvd.  
Valencia, CA 91355  
Tel: (661) 259-1805

South Bay Service Center  
#56 Del Amo Fashion Center  
Torrance, CA 90503  
Tel: (310) 214-2622

Inglewood Service Center  
610 N. Eucalyptus  
Inglewood, CA 90302  
Tel: (310) 330-7750

(American Red Cross, continued)

San Fernando Valley Service Center  
14717 Sherman Way  
Van Nuys, CA 91045  
Tel: (818) 376-1700

West Los Angeles Service Center  
11355 Ohio Ave.  
Los Angeles, CA 90025  
Tel: (310) 445-9900

# **APPENDIX**

**EMERGENCY INFORMATION LIST**

**MEDICAL INFORMATION LIST**

**EMERGENCY WATER SUPPLIES**

**EMERGENCY PREPAREDNESS SUPPLIES –  
STORAGE**

**APPENDIX A**

**EMERGENCY INFORMATION LIST**

*Please complete this form and distribute copies to your emergency contact people as well as to each member in your personal support network.*

Name:	Birth date:
Address:	
Telephone number:	Social Security number:
Local emergency contact person(s):	Emergency contact person's numbers:
Network members:	Network members' home/work numbers:
Out-of-town contact(s):	Out-of-town contact's numbers:
How best to communicate with me:	

**APPENDIX B**



## MEDICAL INFORMATION LIST

*Please complete this form and distribute copies to your emergency contact people as well as to each member in your personal support network.*

Primary Physician:

Telephone Number:

Address:

Hospital affiliation:

Type of Health Ins:

Policy Number:

Blood Type:

Allergies and sensitivities:

Medications and dosages being taken:

Specific medical conditions:

Physical limitations:

Adaptive equipment and vendors' phones:

Communication difficulties:

Memory/Thought/Cognitive difficulties:

## EMERGENCY WATER SUPPLIES

### **BOTTLED WATER IS BEST**

In an emergency situation it is best to **use bottled water if at all possible**. Use the bottled water provided throughout the community or available on store shelves (if you can) until community water supplies are officially restored and certified as safe to drink.

- Fresh water from neighboring municipalities not affected by the disaster may also be used.
- If plumbing fixtures within a household have not been affected, the water heater or water pressure tank can supply emergency gallons of water. By opening the drain valve at the bottom of the tank, you can obtain water.

### **IF YOU CAN'T BE SURE, PURIFY !!**

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as dysentery, typhoid and hepatitis. You should purify all water of uncertain purity before using it for drinking, food preparation or hygiene.

There are many ways to purify water. None is perfect. Two easy purification methods are outlined below. These methods will kill most microbes but will not remove other contaminants such as heavy metals, salts, and most other chemicals. Before purifying, let any suspended particles settle to the bottom, or strain them out through layers of paper towel or clean cloth.

## 1. Boiling

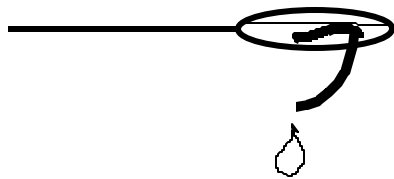
The best method of purifying water is boiling. Bring water to a rolling boil for at least 5 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean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

## 2. Disinfection Using Bleach

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

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

If you do not have a dropper, you can use a spoon and a square-ended strip of paper or thin cloth about  $\frac{1}{4}$  inches by 2 inches. Put the strip in the spoon with an end hanging down about  $\frac{1}{4}$  inch below the scoop of the spoon. Place bleach in the spoon and carefully tip it. Drops the size of those from a medicine dropper will drip off the end of the strip. **This needs practice!**



## APPENDIX D

# EMERGENCY PREPAREDNESS SUPPLIES – STORAGE

It is helpful to have all of your emergency supplies stored together in a location that you can reach in the event of an emergency. The diagram on the following page, entitled “Earthquake Kit” illustrates a convenient way to arrange and store your supplies at home so that you can get to them easily whether the emergency is caused by an earthquake, extended power outage, mudslide, flood or other severe storm damage.

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

### Car/Van Kit

- Canned food, manual can opener
- Non-perishable food: instant nutrition bars, dried fruits, jerky, crackers, cookies
- Flashlight, batteries
- Fire extinguisher
- Small first-aid kit
- Extra clothing
- Bottled water
- Sturdy shoes
- Toilet Tissue
- Street maps
- Blanket



# EARTHQUAKE KIT

## Storing Supplies At Home

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

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

**Shelf Life:**  3 months     6 months     1 year

### Top

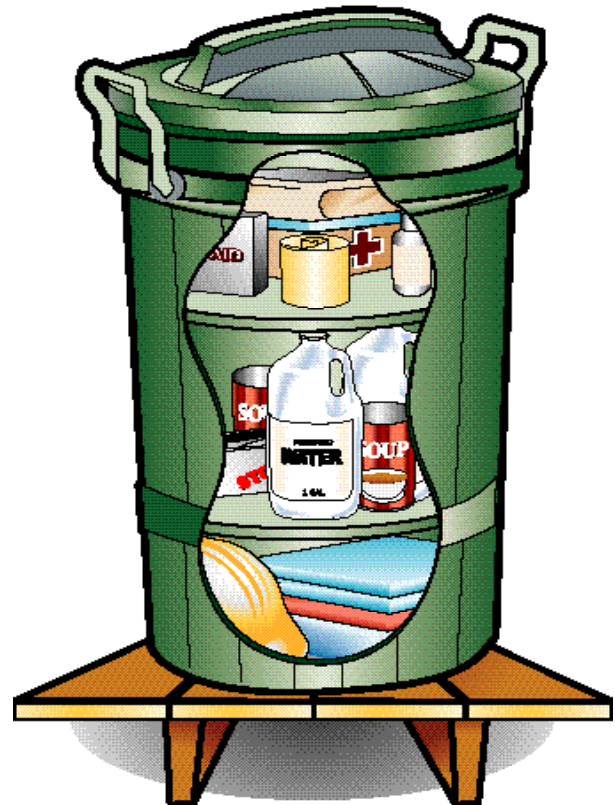
- Batteries, with tester
- Flashlight
- Portable radio
- First-aid kit

### Middle

- Manual can opener
- Food and water for pets
- Dry food (pasta, rice)
- Instant food, water, purification tablets
- Canned food

### Bottom

- Blankets
- Tarpaulin
- Extra clothing, shoes
- Towelettes
- Items for personal hygiene (toilet tissue, diapers and heavy-duty plastic bags for disposal)



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