DISASTERS HAPPEN EVERYWHERE
DISASTERS HAPPEN

We live on the San Andreas fault

• A fault zone composed of many active faults that runs along 800 miles

Disasters occur everyday

• The American Red Cross Rio Hondo/Greater Long Beach responds to an average of 68 disasters each year

The “Big One” is coming

• The US Geological Survey predicts our region will experience a major earthquake in the next 30 years
THINGS TO PLAN FOR

- Delay in help
- Power outages
- Road closures
- Property damage
- Lack of clean water
- Living in a shelter
- Limited or no communication
THREE ACTION STEPS

Get A Kit

Make a Plan

Be Informed
GET A KIT

Disaster Supplies Kit Items:

- Water
- Food and a manual can opener
- First aid kit
- Flashlight
- Battery-powered or alternative powered radio
GET A KIT

Disaster Supplies Kit Items:

- Tools
- Duct tape and plastic sheeting
- Clothing and bedding
- Prescription and non-prescription medications
- Pet supplies
GET A KIT

Disaster Supplies Kit Items:

- Cash and coins
- Sanitary supplies
- Important papers
- Contact information
GET A KIT

PERSONAL KIT

- Sturdy container or backpack
- Easy to grab and go
- 3 days of supplies for each person
- Should be updated at least twice a year

Keep a kit: at home, at work, and in your car
GET A KIT

FAMILY SUPPLY KIT (sheltering in place)

- 2 weeks of supplies
- Change of clothes
- Hygiene items
- Toys and games
- Books and magazines
GET A KIT

BY THE BED KIT

- Sturdy shoes
- Flashlight
- Prescription Eyeglasses (if needed)

Avoid stepping on glass and other debris post-earthquake
THREE ACTION STEPS

Get A Kit

Make a Plan

Be Informed
MAKE A PLAN

STEP 1: TALK

- Talk to family, neighbors, and co-workers
- Discuss your risks and vulnerabilities
  - Do you live in a high rise building?
  - Is someone you live with disabled?
- Assign roles
  - Who will grab the emergency kit?
  - Who’s in charge of the children or pets?
MAKE A PLAN

STEP 2: PLAN

- Out-of-state contact
- Two evacuation routes
- Two places to meet
- Plan for pets
- Consider what to do if you are at home or away during a disaster
MAKE A PLAN

STEP 3: PRACTICE

- Two times each year
- Earthquake drills
- Fire drills
- Review supplies
- Test smoke detectors
- Include pets in drills
- Register for CA drill: **ShakeOut.org**
THREE ACTION STEPS

- Get A Kit
- Make a Plan
- Be Informed
BE INFORMED

KNOW HOW TO RESPOND TO YOUR RISKS

- Earthquakes
- Home fires
- Flooding
- Wildfires
- Pandemic flu
- Tsunamis
- Heat waves
- Chemical emergencies
BE INFORMED

Radio stations
KNX 1070 am & KFI 640 am
- Red Cross shelters broadcast on KNX1070

“Reverse 911”
www.alert.lacounty.gov
- Register cell phones and email

Safe & Well:
redcross.org/safeandwell
- Available online and in Red Cross shelters after a disaster
BE INFORMED

KNOW YOUR SURROUNDINGS

- Conduct a “hazard hunt”
  - Items that may fall and break
  - Items that may block exits
  - Fire hazards (heating/kitchen)

- Know how to shut off
  - Water
  - Electricity
  - Gas
BE INFORMED

KNOW YOUR NEAREST

- Police Station
- Fire Station
- Hospital

www.ReadyLA.org
Earthquake Preparedness

WHAT SHOULD I DO DURING AN EARTHQUAKE?

1. DROP!
2. COVER!
3. HOLD ON!

American Red Cross

Los Angeles Region | www.PrepareSoCal.org | www.RedCrossLB.org
Earthquake Preparedness

WHAT IF SHAKING OCCURS WHILE I AM...

IN BED?
- Cover head with pillow
- Avoid flying objects
- Safely evacuate when possible

IN MY CAR?
- Pull over to the side of the road
- Stop and set the parking brake
- Stay inside vehicle until shaking stops
Earthquake Preparedness

WHAT IF I CAN’T FIND COVER?

- Cover as much as possible, especially your head and neck
- Drop to the ground in an interior hallway
- Stay clear of windows and doorways
- Once shaking ends, carefully evacuate building
Home Fire Preparedness

- Cooking equipment causes most home fires in the U.S.
- You should only use an extinguisher if you have been trained to do so
- Incidence and severity of fires increase during the winter holiday season

Pay close attention to candles and heating equipment
Home Fire Preparedness

“What Should I Do During a Fire?”

- Feel door knob for heat with the back of your hand
- Crawl low in smoke
- Signal out window if you are trapped
- Stop, Drop and Roll if you are on fire

Get out & Stay out!
RESOURCES

PrepareSoCal Campaign
www.preparesocal.org

CPR & First Aid Training
1-800-RED-CROSS

CERT: Community Emergency Response Team
Citizencorps.gov/cert
RESOURCES

Earthquake? Bee sting? There’s an app for that!

- Earthquake iPhone & Android
- Hurricane iPhone & Android
- First Aid iPhone & Android
- Shelter View iPhone
- S.O.S Android
RESOURCES

Ready Rating
www.ReadyRating.org

Volunteer
www.RedCrossLB.org

Give Blood
www.RedCrossBlood.org
1-800-RED-CROSS
GET STARTED TODAY

- Talk to your family at dinner
- Find your gas shut-off
- Create a by-the-bed kit
- Download mobile apps
- Visit our website

www.redcrossLB.org
THANK YOU

The American Red Cross is able to bring you programs such as this with support of corporations and individuals through your generous contributions.

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