

# ESP FOCUS

## Give a Gift of Life



### Show you care!

Are you having trouble deciding what to get a family member, friend or co-worker for the holidays or an upcoming birthday? If so, a survival gift might be the answer, especially for someone who hasn't already bought or assembled their own emergency preparedness kit. Flashlights, portable battery-operated radios, first aid kits and other emergency supplies will be valuable after a damaging earthquake, act of terrorism, or another disaster since people living in the affected area might have to rely on themselves for at least 72 hours.

### How

Make a list of persons for whom you're going to buy or assemble survival gifts. List what you think everyone needs. Depending on your financial situation and the needs of the people on your list, you might get one item or an entire kit. You also can coordinate with other relatives, neighbors, friends, and coworkers to buy different emergency supply items or to assemble kits as a group project, with each participant contributing one item to the kits.

### TAKE ACTION

The reverse side of this Focus Sheet offers suggestions on holiday gifts that will help prepare your friends, family, and neighbors for the next emergency.

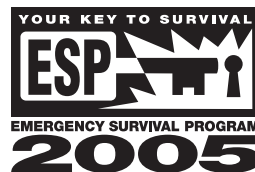
*These are only suggestions for preparing your family. Use discretion and common sense in your preparations.*

### CHECK THESE WEBSITES

[www.espfocus.org](http://www.espfocus.org) (Emergency Survival Program)

[www.redcross.org](http://www.redcross.org) (American Red Cross)

[www.cert-la.com](http://www.cert-la.com) (Community Emergency Response Team)



This flyer is courtesy of

# DECEMBER

## Suggested Gifts and Approximate Price Ranges

(Many of the items have been highlighted in previous ESP Focus sheets.)



### Less than \$5

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**Bottled water:** For drinking

**Dust mask:** To reduce inhalation of dust particles

**Emergency (foil) blanket:** For warmth

**Emergency reflectors (set of four):** To warn approaching vehicles that a car is stopped or abandoned

**Local maps:** To guide you if you need to use alternate routes to walk or drive to your destination

**Manual can opener:** To open canned goods in an emergency

**Nonperishable food:** Dried fruit, unsalted nuts and other high-energy foods to provide nourishment and energy

**Safety lightsticks:** To provide light, especially good for use by children

**Whistle:** To signal, attract or call for help in an emergency

### \$5-10

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**Books, games, toys:** To provide comfort to children after an emergency

**Comfort and personal hygiene kit:** Mouthwash, toothbrush, toothpaste, wet wipes, deodorant, sunscreen, etc.

**Flashlight, spare bulb, and batteries:** To provide light if power is out or the user needs to walk home at night

**Pocket knife:** To cut rope or other materials

**Sturdy work gloves:** To protect hands from sharp objects and debris



### \$10-20

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**Duffel bag or backpack:** To store items that comprise an emergency kit

**First aid kit (for one) and book:** To treat cuts, burns and abrasions

**Hand tools:** Wrenches, crowbars, pliers, screwdrivers, etc., to help turn off utilities, remove debris, etc.

#### Multipurpose ABC

**-type fire extinguisher:** To help combat small residential fires that might result from downed power lines, damaged wiring in appliances or other causes since firefighters might not be available for at least 72 hours

**Portable battery-operated radio:** To provide access to information and instructions if power is disrupted

### Over \$20

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**Camp stove or barbecue:** For outdoor cooking should gas leaks or other factors make cooking indoors impractical

**Commercially made emergency kit:** For home, office or car

**Battery Operated Lantern:** To provide emergency lighting that does not rely on an open flame

**Sleeping bag:** To provide warmth and comfort if you have to sleep outside

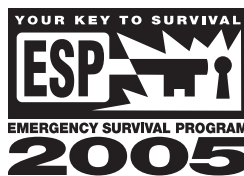
**Sturdy shoes:** To protect feet from broken glass and other sharp objects

**Tent:** To provide protection from rain, wind and other environmental elements

### Priceless

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Donate blood at a designated blood collection center



This focus sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties, Southern California Edison, the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.