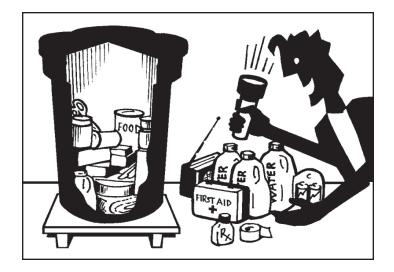
EMERGENCY SURVIVAL PROGRAM

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-day supply of the items listed on side two of this Focus Sheet.

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.noahswish.org (Noah's Wish-Animal Emergency Preparedness) www.redcross.org (American Red Cross) CONTRACTOR OF SURVIVAL PROPERTY OF SURVIVAL PROPERT

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	ESP Focus / Make Disaster Kits, Side 2
Personal Disaster Supplies Kits	☐ Blankets or sleeping bags, and perhaps even a tent☐ Copies of vital documents such as insurance policies
☐ Medications, prescriptions list, copy of medical card, doctor's name and contact information	☐ Fire extinguisher ☐ Sealable plastic bags
☐ Medical consent forms for dependents	Essential medications
☐ First aid kit and handbook	Losertial medications
☐ Examination gloves (non-latex)	Use and replace perishable items like water, food, medications,
☐ Dust mask	first aid items, and batteries on a yearly basis.
☐ Spare eyeglasses or contact lenses and cleaning solution	
☐ Bottled water	
☐ Whistle (to alert rescuers to your location)	
☐ Sturdy shoes	- 100 T
☐ Emergency cash (small bills and coins)	1000
☐ Road maps	
☐ List of emergency out-of-state contact phone numbers	(1 + 1 + 1 + 1 + 1 + 1 + 1 + 1 + 1 + 1 +
☐ Non-perishable food and snack foods, high in water and calories	
☐ Manual can opener	Pet Disaster Supplies Kit
☐ Working flashlight with extra batteries and light bulbs, or lightsticks	☐ Medications and medical records (stored in a waterproof
☐ Personal hygiene supplies	container)
☐ Premoistened towelettes	☐ First aid kit
☐ Comfort items such as games, crayons, writing materials, teddy bears	 Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape
$\hfill \square$ Toiletries and special provisions you need for yourself	☐ Current photos of your pets in case they get lost
and others in your family including elderly, disabled, small children, and animals.	 Food, potable water, bowls, cat litter/pan, and manual can opener
☐ Sealable plastic bags	☐ Information on feeding schedules, medical conditions,
☐ Extra clothes	behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets
☐ Copies of personal identification (driver's license, work identification card, etc.)	☐ Pet beds and toys, if easily transportable
Household Disaster Supplies Kit	Adapted from Putting Down Roots in Earthquake Country, published by the Southern California Earthquake Center and available online at www.
☐ Flashlight with extra batteries	earthquakecountry.org and from "Pets and Disasters: Get Prepared", published by the American Red Cross and the Humane Society of the
☐ Wrenches to turn off gas and water supplies	United States.
☐ Sturdy work gloves and protective goggles	
☐ Heavy duty plastic bags for waste, and to serve as tarps, rain ponchos, and other uses	This project was supported by FY07 UASI funding awarded by the California
☐ Portable radio with extra batteries	Emergency Management Agency, through FEMA/DHS.
☐ Additional flashlights or lightsticks	STOP LOS ANO. CITY OF L
☐ Drinking water (minimum one gallon per person, per day)	OFFICE OF EMERGENCY MANAGEMENT MANAGEME



 $\hfill \Box$ Canned and packaged foods

☐ Charcoal or gas grill for outdoor cooking and matches if

☐ Comfortable, warm clothing including extra socks

☐ First aid kit and handbook

□ Pet food and pet restraints

☐ Manual can opener

needed

☐ Cooking utensils











This information 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 Emergency Management Agency (Cal EMA) 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.