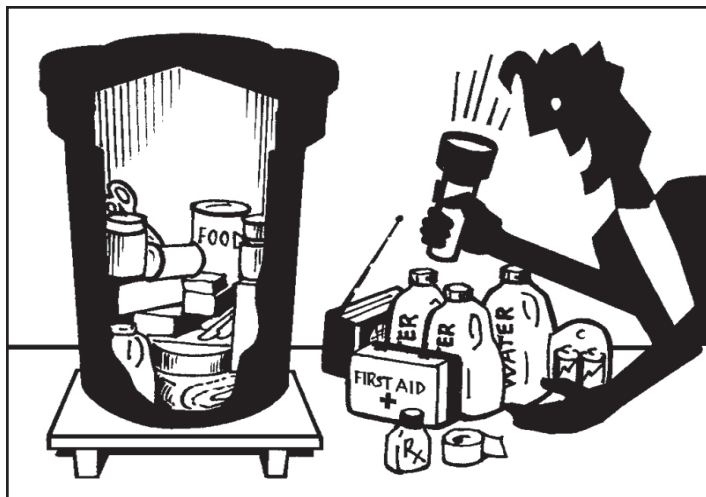


ESP

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)

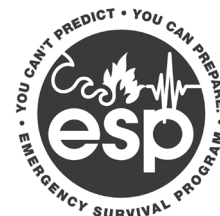
www.earthquakecountry.org (Earthquake Country Alliance/Southern California Earthquake Center)

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)



MARCH

www.espfocus.org

Personal Disaster Supplies Kits

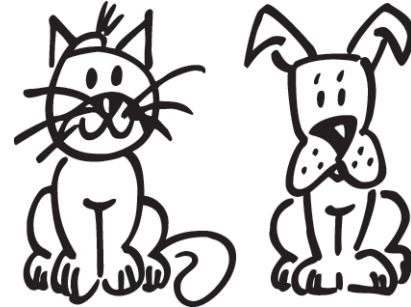
- Medications, prescriptions list, copy of medical card, doctor's name and contact information
- Medical consent forms for dependents
- First aid kit and handbook
- Examination gloves (non-latex)
- Dust mask
- Spare eyeglasses or contact lenses and cleaning solution
- Bottled water
- Whistle (to alert rescuers to your location)
- Sturdy shoes
- Emergency cash (small bills and coins)
- Road maps
- List of emergency out-of-state contact phone numbers
- Non-perishable food and snack foods, high in water and calories
- Manual can opener
- Working flashlight with extra batteries and light bulbs, or lightsticks
- Personal hygiene supplies
- Premoistened towelettes
- Comfort items such as games, crayons, writing materials, teddy bears
- Toiletries and special provisions you need for yourself and others in your family including elderly, disabled, small children, and animals.
- Sealable plastic bags
- Extra clothes
- Copies of personal identification (driver's license, work identification card, etc.)

Household Disaster Supplies Kit

- Flashlight with extra batteries
- Wrenches to turn off gas and water supplies
- Sturdy work gloves and protective goggles
- Heavy duty plastic bags for waste, and to serve as tarps, rain ponchos, and other uses
- Portable radio with extra batteries
- Additional flashlights or lightsticks
- Drinking water (minimum one gallon per person, per day)
- Canned and packaged foods
- Manual can opener
- First aid kit and handbook
- Charcoal or gas grill for outdoor cooking and matches if needed
- Cooking utensils
- Pet food and pet restraints
- Comfortable, warm clothing including extra socks

- Blankets or sleeping bags, and perhaps even a tent
- Copies of vital documents such as insurance policies
- Fire extinguisher
- Sealable plastic bags
- Essential medications

Use and replace perishable items like water, food, medications, first aid items, and batteries on a yearly basis.



Pet Disaster Supplies Kit

- Medications and medical records (stored in a waterproof container)
- First aid kit
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape
- Current photos of your pets in case they get lost
- Food, potable water, bowls, cat litter/pan, and manual can opener
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets
- Pet beds and toys, if easily transportable

Adapted from Putting Down Roots in Earthquake Country, published by the Southern California Earthquake Center and available online at www.earthquakecountry.org and from "Pets and Disasters: Get Prepared", published by the American Red Cross and the Humane Society of the United States.

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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.