



EMERGENCY PREPAREDNESS MANUAL

FOR PEOPLE
WITH
DISABILITIES
AND OTHERS
WITH ACCESS
AND
FUNCTIONAL
NEEDS



CITY OF LOS ANGELES
DEPARTMENT ON DISABILITY
Equity Through Access



DEPARTMENT ON DISABILITY



Emergency Preparedness for People
with Disabilities and Others
With Access and Functional Needs



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INTRODUCTION

Planning for emergencies and disasters is an important part of taking care of yourself and those around you. Emergencies and disasters can strike quickly and without warning. Having an emergency preparedness plan, emergency supply kit, and a Support Network can reduce the fear and anxiety that accompany emergencies and disasters.

Los Angeles is the second most populous city in the United States with four million residents across 470 square miles.

Local first responders and resources may be overwhelmed in the beginning hours or days following a large scale emergency or disaster and will not reach everyone right away. Think about how a disaster may impact you, your family, and your community.

Regardless of your individual abilities, you can better respond to a disaster by developing resiliency. Resilience is the capacity to withstand conditions and be self-sufficient during and after an emergency. You can build resiliency by knowing what kind of emergencies could happen in your area and preparing in advance by working with those in your Support Network.

If all grocery stores in your neighborhood were impacted by a disaster, would you have enough supplies for 14 days?

Take the time to assess your surroundings and make a plan for potential emergencies and disasters. How would you respond if your home was impacted by a disaster? Who can you rely on for support?

**THIS BOOKLET WILL SERVE AS
A GUIDE AS YOU:**



**MAKE A
PLAN** **BUILD
A KIT** **STAY
INFORMED** **GET
INVOLVED**

As you go through this guide, think about your individual abilities and needs. Building resilience will prepare you and those around you before the next disaster strikes.





WHAT TO PREPARE FOR

“NOT ALL HAZARDS COME WITH A WARNING. THINK ABOUT THE HAZARDS THAT COULD IMPACT YOUR HOME AND HOW IT MIGHT AFFECT YOUR DAY TO DAY ACTIVITIES.”

EARTHQUAKES

BEFORE

- Identify and bolt furniture and equipment that may fall during an earthquake.
- Secure life support devices to protect them from damage or cause injury.
- Move heavy objects to lower shelves.
- Identify safe locations in each room away from potential falling objects.
- Be aware of your surroundings when you are in public places.
- Create a Family Disaster Plan.
- Recruit your Support Network and develop a plan on how you will communicate during an earthquake.
- Assemble an Emergency Supply Kit.

DURING

If you are indoors when shaking starts:

- **DROP:** To your hands and knees
- **COVER:** Your head and neck with one arm and hand
- If a sturdy table or desk is nearby, crawl underneath it for shelter
- If no shelter is nearby, crawl next to an interior wall
- Bend forward to protect your vital organs
- **HOLD ON:** Until shaking stops
- **Under shelter:** hold on to it with one hand
- **No shelter:** hold on to your head and neck with both arms and hands
- If you are using a cane follow DROP, COVER, and HOLD ON
- If a study chair is nearby, sit and cover your head and neck with both arms and hands.

If you are on a wheelchair:

- **LOCK:** Your wheels
- **COVER:** Your head and neck with both arms and hands
- If a sturdy object (e.g. book, binder) is available use it to cover your head and neck
- Bend forward to protect your vital organs
- **HOLD ON:** Until shaking stops.

If you are in bed or a recliner:

- **DO NOT** try to transfer during the shaking
- Cover your head and neck with your arms or a pillow until the shaking stops.

If you are indoors when the shaking begins:

- Do not try to exit a building
- Do not use elevators.

If you are outdoors when shaking starts:

- Move to an open area away from buildings, trees, and wires
- If you are driving, pull over and park to the side of the road away from bridges and overpasses
- If you are on or near the beach or harbor, move to higher ground.

AFTER

- Stay alert and prepare for aftershocks.
- Check around for potential fires, fallen objects, and damage to structures.
- Do not move people with serious injuries unless they are in danger.
- If the building suffered damage or you feel unsafe, exit and seek assistance from first responders.

RESIDENTIAL FIRES



BEFORE

- Install smoke detectors and change the batteries every 6 months or as needed.
- Install at least one carbon monoxide alarm on each level of the home.
- Keep up-to-date fire extinguishers in close proximity.
- If you are deaf or hard of hearing, use smoke alarms

with vibrating pads, flashing light, or strobe light.

- Do not overload electrical outlets.
- Keep flammable items properly stored.
- Establish a safe evacuation route and refuge area.
- Create a Family Disaster Plan that includes an evacuation plan with multiple exit routes and safe meeting places.
- Recruit your Support Network and work with them to identify how they assist you during an evacuation.
- Assemble an Emergency Supply Kit.



DURING

- Call 911 and report your exact location.
- Evacuate the building and proceed to the designated safe meeting place.
- Cautiously touch the door, if it is hot find another way out.
- If you see smoke coming under the door, find another way out.
- Stay low to avoid smoke fumes, if possible, drop to the floor and crawl to a safe place.
- If you're trapped inside: move to the room furthest from the fire. Stuff clothing or towels in the cracks around doors to keep smoke out.
- If you're trapped inside: signal first responders by waving a colored cloth, flashing out the window or making loud noises.
- If your clothes catch on fire: stop, drop gently to the floor, cover your face, and roll over and over to smother the flames.
- If you cannot drop to the floor, smother the flames with a blanket or towel.

AFTER

- Do not go back inside until local officials say it is safe to do so.

WILDFIRES

BEFORE

- Remove dry branches, dead plants, or flammable items around a 30 feet circumference of your home.
- Keep your roof and gutters clean.
- Create a Family Disaster Plan that includes an evacuation plan with multiple travel route options.
- Recruit your Support Network.
- Assemble an Emergency Supply Kit.

DURING

- Alert family and neighbors.
- Stay tuned to your local television and radio stations for updates.
- Remove flammable curtains and shut all windows and doors.
- Move flammable furniture to the center of the room, away from windows and doors.
- Keep interior lights on.
- Shut off gas and air conditioning.
- Do not leave water running or sprinklers on.
- If outdoors: cover mouth and nose with a cloth, preferably moist, to help filter smoke.
- If you feel threatened or may require additional time to evacuate, do not wait for an evacuation order and start evacuating right away.
- Contact your Support Network if you may need assistance in the event of an evacuation order.
- In the event of an evacuation order, leave your home right away.

AFTER

- Do not return to your home until local officials say it is safe to do so.
- When you return to your home, be alert for downed power lines and other fallen objects.
- Be alert for hidden embers or smothering fires.
- Monitor burned hillsides for potential debris flow.



A **Support Network** is a group of people that you know and trust and are willing to help you in case of an emergency.





FLOODS AND MUDSLIDES

BEFORE

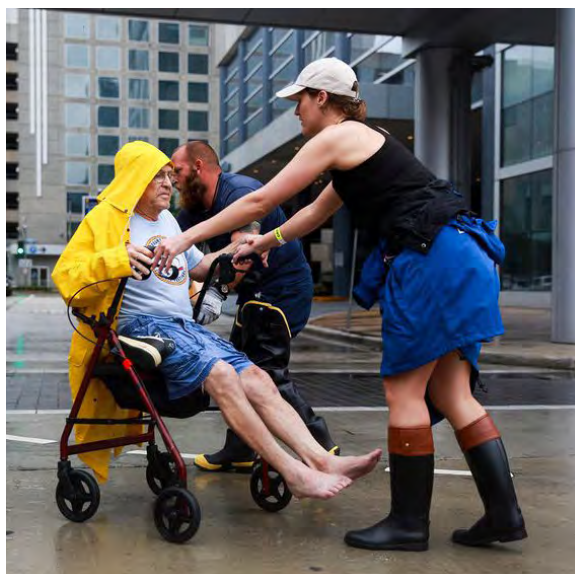
- Clean drains and gutters around your home before rain starts.
- Check storm drains in your neighborhood. If blocked, notify MyLA311 by calling 3-1-1 or TDD (213) 473-5990.
- Plan to have sandbags well before the rain starts if diversion of water or mud may be necessary.
- Communicate with your Support Network and local fire station if you need assistance moving sandbags.
- Homes above or below a steep hillside should have landscape slopes with plants for erosion control.
- Secure outdoor items that may be damaged in high waters.
- Shelter your pets inside or make necessary accommodations.
- If you use electricity dependent assistive devices, plan for alternative source of power.
- Create a Family Disaster Plan that includes an evacuation plan with multiple travel routes from your home to safer grounds.
- Assemble an Emergency Supply Kit.
- Recruit your Support Network and work together to identify how they can best help you during an emergency or disaster.

DURING

- Stay tuned to your local television and radio stations for updates.
- Contact your Support Network if you may need assistance in the event of an evacuation order.
- Unplug electrical appliances and limit the use of electrical equipment.
- Stay off rivers and bridges over rapidly flowing streams.
- Do not go near downed power lines.
- Do not walk on feet, drive in car, roll in chair through flooded areas where you cannot see the pavement.
- If trapped, call 911 or signal first responders by waving a colored cloth out the window, using a flashlight, or blowing a whistle.
- If trapped in a building, go to the highest level.
- If your vehicle stalls, leave it and seek higher grounds.
- Do not wait for an evacuation order if you feel threatened or may require additional time to evacuate.
- In the event of an evacuation order, leave your home immediately.

AFTER

- Do not return to your home until local officials say it is safe to do so.
- Drive slowly and with caution for potential mud and debris flow.



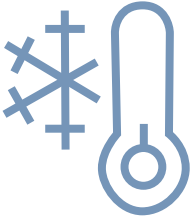
EXTREME WEATHER

BEFORE

- Check that heating and cooling appliances are in good working condition.
- Install smoke detectors and change the batteries every 6 months or as needed.
- Install at least one carbon monoxide alarm on each level of the home.
- Weather-strip doors and windows sills to keep cool air inside.
- Cover windows that receive sun with drapes, shades, blinds, or awnings.

- Stay tuned to your local television and radio stations for weather forecast.
- Create a Family Disaster Plan and include your Support Network during the planning process.
- Assemble an Emergency Supply Kit.

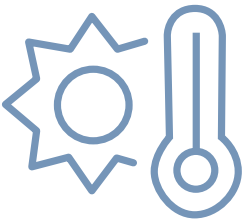
DURING



Extreme Cold

- Do not use a barbeque, stove, or oven to heat your home.
- Do not use a generator indoors, place it far away from the property.
- Stay tuned to your local television and radio stations for updates and information on warming centers.
- Be aware of hypothermia signs such as shivering, drowsiness, shallow breathing, and disorientation.
- Contact your Support Network if you have difficulty staying warm or feel ill.
- If outside, keep mouth covered to protect lungs.

Extreme Heat



- Stay in an air-conditioned area during peak heat hours (typically 11 am to 2pm).

- Stay tuned to your local television and radio stations for updates and information on cooling centers.
- Avoid vigorous exercise during peak heat hours.
- If you must be outside, protect yourself from the sun with a wide-brimmed hat and sunscreen of SPF 15 or higher.

- Drink plenty of water and avoid alcoholic beverages.
- Wear light, loose-fitting clothing.
- Do not leave anyone in a closed, parked vehicle.
- Contact your Support Network if you have difficulty staying cool or feel ill.

AFTER

- Drink plenty of water.
- Speak with your doctor if you feel ill.
- Take the time to evaluate your home for the next extreme weather season.



POWER OUTAGE

BEFORE



- If you use assistive or life support devices that depend on electricity, read the device instructions and talk to your equipment supplier about backup power options.
- If you require refrigeration for medications, speak to your doctor or pharmacist about allowable temperature excursion and the length of time of such excursion.
- Contact your power company to inquire about programs for customers living with electricity and battery dependent assistive devices.
- Create a Family Disaster Plan that includes a plan for alternative sources of power.
- Teach your Support Network how to use your backup power system and operate your equipment.
- Assemble an Emergency Supply Kit and attach instructions for electricity and battery dependent assistive devices.

DURING

- Turn off and unplug all electrical appliances.
- Leave one light on to indicate when the power has been restored.
- Keep freezers and refrigerators closed.
- Do not use a generator indoors, place it far away from the property.
- Use flashlights and avoid using candles as light sources.
- Do not use a barbeque, stove, or oven to heat your home.
- Stay tuned to your local television and radio stations for updates and information on cooling or heating centers as needed.
- Check in with your Support Network.

AFTER

- Check to verify the settings to electricity dependent assistive devices have not changed.
- Properly dispose of any food or medications that may have spoiled during the black out.



Some of the 2,500 people evacuated from the U.S. District Courthouse during blackout and wait outside for the power to be restored. *February 17, 1984*



CONTAGIOUS DISEASE

BEFORE



- Cover your mouth and nose when sneezing or coughing.
- Wash and dry your hands often.
- Avoid contact with people that report feeling ill.
- Practice good health habits such as sleeping well, managing stress, and eating healthy foods.
- Ask your doctor if you are up-to-date with your required vaccinations.

DURING

- Seek medical attention if you feel flu-like symptoms such as high temperature, vomiting, sneezing, coughing, or body chills.
- Stay home if you can.
- Stay tuned to your local news information platforms to receive the most up-to-date information and recommendations from the Public Health Department.
- Wash and dry your hands often.

AFTER

- Contact you doctor or local community health center provider to ask how you can protect yourself from any future public health outbreaks.



TERRORISM

BEFORE

- Always be aware of your surroundings and stay alert.
- When traveling, keep track of your luggage and report unusual packages or behavior in public places.
- Identify emergency exits inside places you visit often.
- Do not spread rumors. If you hear something about a terrorist attack, verify with your local authorities or someone you trust.

DURING

- Call or text 9-1-1.
- Leave the building or site of the terrorist attack, only if large debris is not flying.
- Do not stay to retrieve personal belongings.



Newspaper clipping from Orlando Sentinel. September 11, 2001

- As you evacuate, be cautious of potential damaged floors or stairs.
- If you need assistance evacuating, ask someone to help you or to notify first responders of your location.
- If trapped in debris, attract attention to your location by making noise with nearby objects. Do not light a match or any type of flammable object.

AFTER

- Check-in with your friends, family, and Support Network.
- Seek medical attention as needed.
- Do not return to the impacted area until authorities say it is safe to return.



CYBER SECURITY

BEFORE

- Keep your computer virus and security software updated.
- Backup your data and store it in the cloud or on another device.
- Do not leave your computer or other electronic devices unattended anywhere public.
- Password protect your devices and update your password periodically.
- Never open an email message or a web link from someone you do not know.
- Consider installing tracking software on your devices to help get your stolen devices back.

DURING

- Disconnect from the internet.
- If possible, backup critical information.
- Run a computer scan with an up-to-date anti-virus program.

AFTER

- In cases involving theft of money or sensitive information, contact your local police department.



MAKE A PLAN

“ A DISASTER CAN STRIKE QUICKLY AND WITHOUT WARNING. DURING A DISASTER, LOCAL OFFICIALS AND DISASTER RELIEF WORKERS WILL BE ON THE SCENE AFTER A DISASTER BUT WILL NOT REACH EVERYONE RIGHT AWAY. TALK WITH YOUR FAMILY AND MAKE A PLAN! ”

Planning ahead and having a Support Network can help reduce anxiety during an emergency or disaster. Your Support Network can include family, friends, neighbors, caregivers, coworkers and other people that you know and trust and are willing to help you. Talk with your Support Network and assess yourself and your household.

- What personal abilities and limitations can impact your response to a disaster?
- How can you help others in your Support Network?
- How can others in your Support Network help you?

Communicate your needs to your Support Network and develop a plan that fits your needs. Remember to review and practice your plan with your Support Network at least once a year.



EMERGENCY RESPONSE PLAN

Use this guide to help you identify pertinent information to develop a plan.

HOUSEHOLD INFORMATION

Address: _____

HOUSEHOLD MEMBERS

Name: _____

Phone Number: _____

Important medication or other information: _____

Name: _____

Phone Number: _____

Important medication or other information: _____

Name: _____

Phone Number: _____

Important medication or other information: _____

Name: _____

Phone Number: _____

Important medication or other information: _____

PETS

Name: _____

Type: _____

Registration Number: _____

Copy of vaccination records and other important pet documents attached

Name: _____

Type: _____

Registration Number: _____

Copy of vaccination records and other important pet documents attached

SUPPORT NETWORK

Name: _____

Phone Number: _____

Support Network Role(s): _____

Name: _____

Phone Number: _____

Support Network Role(s): _____

Name: _____

Phone Number: _____

Support Network Role(s): _____

Name: _____

Phone Number: _____

Support Network Role(s): _____

EMERGENCY CONTACTS

Name: _____

Relationship: _____

Phone Number: _____

Work Phone Number: _____

Address: _____

Name: _____

Relationship: _____

Phone Number: _____

Work Phone Number: _____

Address: _____

OUT-OF-TOWN EMERGENCY CONTACT

Name: _____

Relationship: _____

Phone Number: _____

Address: _____

IMPORTANT NUMBERS

During a life-threatening emergency	9-1-1
General City of Los Angeles Information	3-1-1
TDD	213-473-5990
Non-emergency Police	877-275-5272
Power Service	800-342-5397
Water Service	800-342-5397
Street Lighting	800-996-2489
Gas Service	800-427-2200
Animal Services	888-452-7381
Traffic Signals	818-374-4823
Debris Removal and Related Problems	818-374-4823

Doctor: _____

Phone Number: _____

Pharmacy: _____




Phone Number: _____

EVACUATION MAP

Use the space provided to draw or attach your evacuation map.

Sheltering-In-Place

The primary protective actions for sheltering-in-place are: **Get Inside. Stay Inside. Stay Tuned.** You may be asked to shelter-in-place when it is safer to remain indoors. For example, an accidental or intentional release of chemical, biological, or radiological contaminants into the environment can expose you to a health risk if you attempt to evacuate.

Illustration	Action	Example: Radiation Emergency
 <p>Get Inside</p>	<ul style="list-style-type: none"> • If you are inside, stay inside. • If you are outside, seek shelter. • Preferably in a concrete building or underground parking structure. • If you are driving, pull safely to the side. • If you cannot get to a building quickly and safely, stop under a shaded area. 	<ul style="list-style-type: none"> • If you have pets, bring them inside with you. • Once inside, go to the basement or a room as far away from the outside walls and roof. • If you are in high rise, go to a floor near the middle of the building.
 <p>Stay Inside</p>	<ul style="list-style-type: none"> • Close and seal all doors, windows, and air vents with plastic sheeting and duct tape. • Get radioactive material off your body. • Consume water and food from sealed containers and wrapping. 	<ul style="list-style-type: none"> • If you can, take a warm shower. Do not use conditioner or scratch your skin. • If you cannot shower, wipe your hands, face, and parts of your body that were exposed. • Place all contaminated clothes and cleaning supplies in a sealed plastic bag.
 <p>Stay Tuned</p>	<ul style="list-style-type: none"> • Local emergency officials will provide instructions on what you should do in your area. • Stay tuned to the radio, television, and social media platforms to receive information and instructions from emergency response officials. 	<ul style="list-style-type: none"> • Use a battery-powered or hand crank radio and listen for official updates from local first responders. • Do not go outside to reset breakers until officials have announced that it is safe to go outside again.

EMERGENCY MEETING PLACES

In the event you need to **shelter-in-place**, where in your home will you shelter?

Indoor (Home): _____

Instructions: _____

If you need to evacuate your home, where will you meet your Support Network?

Outside Home: _____

Instructions: _____

Outside Neighborhood: _____

Address: _____

Instructions: _____

Out-of-Town: _____

Address: _____

Instructions: _____

MEDICAL INFORMATION

Allergies: _____

Blood Type: _____

List all, if any, medical conditions or other vital medical information that can help first responders and your Support Network to better assist you.

SELF-ASSESSMENT

Disaster(s) most likely to impact me:

Assess your ability to locate and/or use the following items during an emergency. Strategize with your Support Network on how to best help you.

Smoke Alarm(s): _____

Fire Extinguisher(s): _____

Gas Shut-Off Valve: _____

Water Shut-Off Valve: _____

Electricity Panel Box: _____

Durable Medical Equipment: _____

Refrigerated Medication: _____

Disaster Kit: _____

Grab-N-Go Kit: _____

Emergency Exits: _____

In the following table, list all your current medications. Update your Medication Record as you add or remove medications from your day-to-day use.

MEDICATION RECORD

Name Of My Medicine	How Much Do I Take	When Do I Take It	What Do I Use It For





BUILD A KIT

“DURING A DISASTER, RESOURCES MAY BE LIMITED AND DIFFICULT TO OBTAIN. YOUR DAY-TO-DAY ACTIVITIES SUCH AS GOING TO THE GROCERY MARKET CAN BE IMPACTED BY A DISASTER. HAVING AN EMERGENCY SUPPLY KIT WITH VITAL RESOURCES SUCH AS FOOD AND WATER, CAN HELP YOU BE ON YOUR OWN AS YOU WAIT FOR ASSISTANCE FROM FIRST RESPONDERS.”

Communicate your needs to your Support Network and work together to assemble your own Emergency Supply Kit. You are encouraged to assemble an Emergency Supply Kit to help you survive for at least 7 to 14 days after a major sock.

Remember to rotate all Emergency Supply Kit items. Keep track of expiration dates and replace any items that will expire soon. Add or remove items as your daily needs change.

When assembling disaster supplies, take into consideration special needs or accommodations.

- Babies, pets, elderly, people with disabilities and access and functional needs
- Prescription and over the counter medications
- Ask your physician or pharmacist about storing prescription medications

For people using electricity and battery dependent assistive devices, please keep charging supplies available and accessible.

- Batteries
- Replacements

There are six basics that need to be included in your Disaster Supply Kits: food, water, clothing and bedding, first aid supplies, tools and supplies, and special items. Use the following checklist to get you started! Planning ahead can help reduce anxiety. Talk to your family, friends, caregivers, and others in your Support Network. When talking with your Support Network, assess yourself and your household.

- What personal abilities and limitations can impact your response to a disaster?
- How can you help others in your Support Network?
- How can others in your Support Network help you?

Communicate with your Support Network and develop a plan that fits your needs. Remember to review and practice your plan with your Support Network at least once a year.

EMERGENCY SUPPLY CHECKLIST

- Store non-perishable food
- Select foods that require little or no water
- Prioritize food that does not require refrigeration or heat.
- If you must heat food, pack a :
 - Cans of Sterno, or
 - Propane stove and cans of propane
- Prioritize foods that are compact and light weight
- Avoid salty snacks as they will make you thirsty and increase your need to drink water
- Take into consideration any dietary needs. Stick to foods your family will eat
- Date all food items and rotate food as needed
- Avoid using carton or glass containers that will decompose or break
- Children, nursing mothers, and ill people need more water
- Change your stored water every six months

FOOD

Canned vegetables, fruits,
and meats

Canned milk, juice, and soup

If powdered, store extra water

Can opener

Dried vegetables, fruits, and meats

Dry cereal, granola bars,
and trail mix

Peanut butter, nuts, and protein bars

Comfort/stress foods- crackers,
cookies, hard candy, instant coffee,
tea bags

Vitamins

WATER

One gallon of water per person
per day

Additional water for powdered
food items

Portable water filter

CLOTHING AND BEDDING

At least one complete change of
clothing and footwear per person

Sturdy shoes or work boots

Rain gear, plastic sheet/tarp

Hat, gloves, sunglasses

Thermal underwear

Blankets or sleeping bags

FIRST AID SUPPLIES

Sterile adhesive bandages
(assorted sizes)

2-inch sterile gauze pads (4-6)

4-inch sterile gauze pads (4-6)

Hypoallergenic adhesive tape

Triangular bandages (3)

2-inch sterile roller bandages (3
rolls)

3-inch sterile roller bandages (3
rolls)

Bandage shears/scissors

Tweezers

Needle

Moistened towelettes

Antiseptic

Thermometer

N95 mask

Sponge

Tongue blades (2)

Petroleum jelly or other lubricant
Assorted sizes of safety pins
Cleansing agent/soap
Latex gloves (2 pairs)
Sunscreen
First aid guide
Non-prescription drugs
Aspirin/non-aspirin pain reliever
Anti-diarrhea medication
Antacid (for stomach upset)
Syrup of Ipecac (if advised by
Poison Control, to induce vomiting)
Laxative
Activated charcoal (if advised by
Poison Control, for detoxification)

TOOLS AND SUPPLIES

Disposable cups, plates, utensils
Non-electric can opener, utility knife
Hand crank/battery operated radio
Extra batteries
Flashlight with extra batteries
Fire extinguisher: ABC type
Tube tent

Pliers
Local map, compass
Matches (in waterproof container)
Aluminum foil
Plastic storage containers
Cash, change (small bills)
Signal flare
Notebook, pencil, scissors
Needles, thread
Medicine dropper
4-in-1 tool, shut-off wrench
Whistle
Plastic sheeting
Toilet paper, towelettes
Body/hand soap
Feminine supplies
Personal hygiene items
Plastic garbage bags, Ziploc bags
Disinfectant
Household chlorine bleach

SPECIAL ITEMS

For Baby

Formula

Diapers

Bottles

Powdered milk

Medications

For Older Adults

Insulin

Prescription drugs

Extra eye glasses

Pets

Food

Toys

Medications

Extra supply of water

Immunization record

Entertainment

Board games (i.e. playing cards)

Books

Coloring books

Coloring pencils

Important Documents

Bank account numbers

Credit card account numbers

Family records/certificate of marriage, birth, death

Wills, deeds, insurance policies, contracts, stocks, bonds

Immunization, social security cards records, passports



Homecare Hub

Companion Care

Avg. Price \$35/hr

Support social interaction and activity with a companion to visit them, help them with recreational activities, or accompany them to appointments, shopping, events, etc.

- ✓ Search & Discover Care Providers
- ✓ Connect & Schedule Assessments
- ✓ Pay & Get Care for the ones you love

Companion Care Personal Care Home Support Registered Nurse Live In Care

Toronto, Ontario Japanese Find Care

Min Consecutive Hours | 3 24 hr service Continuity Guaranteed Accredited Insured

HomecareHub - Map Home

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STAY INFORMED

“ IN THE EVENT OF A LARGE SCALE EMERGENCY OR DISASTER, COMMUNICATION TOWERS MAY BE IMPACTED. THIS CAN ALTER HOW YOU RECEIVE INFORMATION. PREPARING FOR POTENTIAL HAZARDS THAT ARE MOST LIKELY TO HAPPEN IN YOUR AREA WILL HELP YOU BE PREPARE FOR ANY DISASTER.”

Before, during, and after, it is important to stay informed in regards to potential evacuations, road access, shelters, and vital information that can save your life. Stay tuned to the radio, television, social media, and your Support Network.

NOTIFYLA is the City of Los Angeles' official free mass notification system used to send voice messages, text messages and email messages the public about emergency and critical incidents . This information can keep the public informed during a disaster and can provide preemptive warnings in some cases.

Notifying the public when a disaster strikes might be the one and only safeguard the public can count on to save their lives and protect their property.

What kinds of messages will the public receive through NotifyLA?

- Early warning notices
- Disaster notifications
- Evacuation notices
- Public health notices
- Public safety notices of imminent or perceived threats to life or property



To register, visit NotifyLA.org or text your zip code to '888777'

EMERGENCY ALERT SYSTEMIC (EAS) broadcasts during a large scale emergency are transmitted directly by the Los Angeles County Sheriff's Department. You may have already seen these text messages scrolling on your local television station during an emergency or heard emergency messages on your local public radio and television station.

If you are notified of a local emergency, tune in to your local radio and television stations to receive updates and instructions from local emergency responders.

NOAA WEATHER RADIO ALL HAZARDS (NWR) is a nationwide network of radio stations broadcasting continuous weather information directly from your local National Weather Service office. NWR works with Federal, State, and Local Emergency Managers and other public officials; NWR also broadcasts warning and post-event information for all types of hazards, such as earthquakes, and chemical releases.

NWR requires a special radio receiver or scanner capable of picking up the signal. Within the City of Los Angeles, NWR can be found in the Very High Frequency (VHF) public service band KWO37 162.550 MHz.

You can also download the NOAA Weather Radio app to your smartphone.

SOCIAL MEDIA can provide you with situational awareness that can help you identify if a hazard has impacted your area. It is important that you only reference trustworthy sources. Make sure you follow social media accounts managed by your local first responders such as the Los Angeles Fire Department and the Los Angeles Police Department.



In the event of an emergency call or text 9-1-1

To verify that an account is truly managed by the organization they say they are representing, look for the verification check mark. Instagram and Twitter use blue verification check marks, while Facebook uses both grey and blue verification check marks. A check mark means that the social media platform has confirmed that the account is truly managed by the agency it says it is representing.



COMMUNICATE WITH OTHERS!

Think about the places you spend the majority of your time. Do these place have an emergency plan? Ask!

Start a conversation with the supervisors or managers of these locations.

- Ask if they have any disaster communication plan that you can be included in
- Become familiar with any evacuation and shelter-in-place plans
- Ask if they have stored emergency supplies and basic first aid supplies
- Discuss any critical support you may need in the event of an emergency
- Organize a Support Network at each of these locations and talk about how each of you can use your skills to assist each other





GET INVOLVED

“EMERGENCIES AND DISASTERS CAN UNFOLD IN UNPREDICTABLE WAYS. THAT’S WHY IT IS IMPORTANT TO HAVE MULTIPLE SUPPORT NETWORKS WITH WHOM YOU CAN PREPARE BEFORE A DISASTER AND BETTER COPE WITH THE AFTERMATH OF A DISASTER. GETTING INVOLVED IN NEIGHBORHOOD OR COMMUNITY EMERGENCY PREPAREDNESS ORGANIZATIONS WILL STRENGTHEN YOU AND YOUR SUPPORT NETWORK’S ABILITY TO BE PREPARED.”



Everyone’s needs and abilities are unique. Your involvement can provide valuable information to community emergency preparedness organizations by sharing your lived personal experience. Get involved and learn what plans and services are already in place. If needed, provide input on how existing plans can be altered to meet your needs. Remember, you are your best advocate.

The City of Los Angeles has developed the Ready Your LA Neighborhood (RYLAN) program to help your family and your neighborhood prepare for disasters.

RYLAN is a free program offered by the City that gives you the steps to take immediately after a disaster to help keep you and your family safe. It provides the tools to prepare and organize your neighborhood to respond together in that first hour after a disaster. To learn more and get started, visit www.emergency.lacity.org/RYLAN



For general information about City services call 3-1-1 or TDD (213) 473-5990 for the hearing impaired.



The Community Emergency Response Team (CERT) program is an all-risk, all-hazard training. This valuable course is designed to help you protect yourself, your family, your neighbors and your neighborhood in an emergency situation. CERT members are trained in basic disaster response skills such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT is provided free of charge within the city of Los Angeles.

To learn more and sign up for CERT, visit www.cert-la.com



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