



CITY OF LOMITA

# ARE YOU PREPARED?

## 3-7 DAY DISASTER PREPAREDNESS CHECKLIST

- ◆ **Food**—Enough for at least 3 days, preferably one week. Select foods for adults, children, infants, special diets and pets that are non-perishable and require no refrigeration, preparation or cooking and little or no water, such as ready to eat canned foods and juices. Also recommended are salt, sugar, pepper, spices, energy bars, vitamins, and comfort/stress foods.
- ◆ **Water and Purification Methods**—Enough for at least 3 days, preferably one week. A good rule of thumb is to store one gallon per person per day. Store in airtight containers and replace it every six months. Store disinfectants such as chlorine bleach with 52.5% sodium hypochlorite (no scented, color safe and/or bleaches with added cleaners) to purify water if necessary. If boiling water to purify, let any suspended particles settle to the bottom, or strain them through layers of paper towel or clean cloth. Bring water to a rolling boil for 3-5 minutes. For improved taste, pour the water back and forth between two clean containers to put oxygen back into it. Remember to let the water cool before drinking. If disinfecting water with bleach, add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes.
- ◆ **Special Items**—Have at least a one week supply of medications and items for special needs persons and pets.
- ◆ **First Aid Kit**—Make sure it is well stocked, especially with Band-Aids and bandages of different sizes, disinfectants, medical grade non-latex gloves, anti-bacterial ointment, cold packs, scissors & tweezers. Non prescription drugs include aspirin or non-aspirin pain reliever, anti-diarrhea medication and antacid.
- ◆ **Fire Extinguisher**—Your fire extinguisher should be suitable for all types of fires. Teach all family members how to use it.
- ◆ **Flashlights with Extra Batteries**—Keep flashlights beside your bed and in several other locations. DO NOT use matches or candles after an earthquake until you are certain there are no gas leaks. If you use a generator, plug the equipment you want to use directly into the outlets on the generator.
- ◆ **Portable Radio with Extra Batteries**—Most telephones will be out of order or limited to emergency use. The radio will be your best source of information.
- ◆ **Store Extra Blankets, Clothing, Shoes and Money**—Store enough blankets, clothing and shoes to keep warm if your home's heater becomes non-functional. Also, you may not have access to your bank or ATM for several days so keep some change and cash on hand for pay phones and other incidental purchases.
- ◆ **Alternative Cooking Source**—Store a barbeque or camping stove for outdoor cooking. Always ensure there are no gas leaks before you use any kind of fire as a cooking source. Also, several cans of Sterno heating fuel is a reliable back-up should other heating methods fail. Remember—DO NOT BURN CHARCOAL INDOORS!

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- ◆ **Tools to Keep on Hand**—Paper plates and cups, plastic utensils, non-electric can opener, utility knife, pliers, masking and/or scotch tape, compass, matches in a waterproof container, aluminum foil, plastic storage containers, signal flare, paper and pencil/pen, needles and thread, shut-off wrench to turn off household gas and water valves, plastic sheeting, duct tape and emergency preparedness manual.
- ◆ **How to Get Water in an Emergency**—If a disaster catches you without a stored supply of clean water, you can use the water in your hot water tank, pipes and ice cubes. As a last resort, you can use water in the reservoir tank of your toilet (not the bowl). To stop contaminated water from entering your home if you hear reports of broken water or sewage lines, you'll need to shut off your incoming water valve. To use the water in your hot water tank, be sure the electricity or gas is off, and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve and turning on a hot water faucet. Do not turn on the gas or electricity when the tank is empty.
- ◆ **Stay Connected**—Long distance phone lines often work before local phone lines, so identify an out-of-state contact and provide this person with the contact information of people you want to keep informed of your situation and share this information with your family and friends locally. Avoid making non-urgent phone calls after a disaster—even if phone lines are not damaged—because increased phone traffic can jam phone circuits. Don't count on your cell phone—increased traffic on cell phone networks can quickly overload wireless capacity. Pay phones are likely to work before other phone lines. Cordless phones and phone systems require electricity, so make sure you have a back-up phone that requires no electricity. After an earthquake, check all your telephones to be sure they have not shaken off the hook and are tying up a line.
- ◆ **Ask Your Veterinarian About Emergency Care Facilities for Your Pets During a Disaster**—Check no-pet policies in emergency shelters and make sure pets have up-to-date shots.
- ◆ **If Asked by Authorities to Stay Inside and/or Shelter in Place**—Close/lock windows and exterior doors, turn off all fans, heating and air conditioning systems, close the fireplace damper, get your disaster kit and get to a room with the least number of windows and doors that is located above ground level.
- ◆ **If Asked by Authorities to Leave Immediately and/or Evacuate**—Wear sturdy shoes and clothing that completely covers the body, bring a jacket, take your emergency supplies for yourself and members of your family, lock your home if possible, follow instructions of public safety officials and use authorized travel routes, leave a note telling others when you left and where you are going if time permits and, once you are safe, phone your out of state contact with your location.
- ◆ **Last but Not Least—Plan Ahead**—Identify ahead of time where you could go if you are told to evacuate. Choose several places—a friend's home in another town, a motel or a shelter, keep handy the telephone numbers of these places as well as a road map, consider the need to take any important prescription medications and medical supplies, as well as important documents with you, store your emergency kit in a convenient place known to all family members, keep a smaller version of the supplies kit in the trunk of your car, replace your stored food and water every six months and update your plan every year, replace batteries and update clothes as necessary.
- ◆ **For More Information About Being Prepared for All Disaster Types Visit [www.redcross.org](http://www.redcross.org)**