

Are you Prepared?



Imagine that you have no electricity, no gas, no water and no telephone service. Imagine that all the businesses are closed and you are without any kind of emergency services. What will you do until help arrives?

We have all seen the horrific scenes coming out of New Orleans and the Gulf Coast. After a major disaster, it is unlikely that emergency response services will be able to immediately respond to everyone's needs so it's important to be prepared to take care of yourself and your family. It is recommended that we all prepare to be on our own for at least the first 72 hours.

Chamber of Commerce & Visitors Bureau

With every disaster there are lessons to be learned. Our city planners are surely evaluating Redondo Beach susceptibilities to disasters, and emergency response teams will improve on their existing methods.

These steps will help you prepare for any emergency. Designate an out of state contact for your family. Duplicate important documents and inventory valuables (in writing and by photograph or video) keep copies of these items offsite. Make your home safe; view each room with a "disaster safe" eye and identify and fix possible hazards.

After a major disaster the usual services we take for granted, such as running water, refrigeration, and telephones, may be unavailable. Experts recommend that you should be prepared to be self-sufficient for at least three days.

Your basic emergency kit should include:

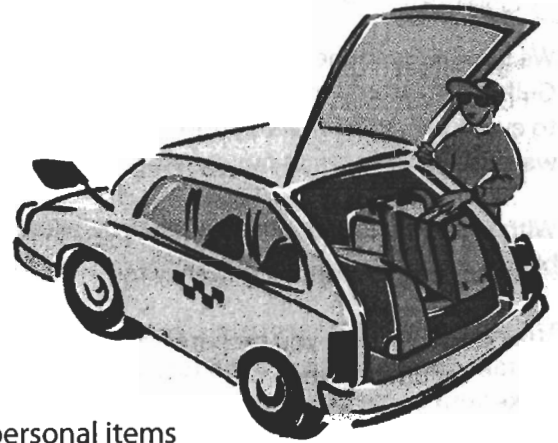
- Water – one gallon per person per day
- Food – ready to eat or requiring minimal water
- Manual can opener
- First Aid kit & instructions
- **Essential medications**
- **Flashlight**
- **Radio – battery operated**
- Batteries
- Cash in small denominations
- A copy of important documents & phone numbers
- Unscented liquid household bleach for water purification
- Personal hygiene items including toilet paper, feminine supplies, and soap
- Sturdy shoes
- Heavy gloves
- Warm clothes, a hat and rain gear
- A local map
- Extra prescription eye glasses, hearing aid or other vital personal items
- Plastic sheeting, duct tape and utility knife for covering broken windows
- Blanket or sleeping bag
- Extra keys to your house and vehicle
- Large plastic bags for waste and sanitation
- Any special-need items for children and seniors or people with disabilities. Don't forget water and supplies for your pets.



Evacuation "To Go" Bag

A to-go-bag is for use in the event of an evacuation. Be sure that your bag is easy to carry and that it has an ID tag. Prepare one for each family member. Keep a go-bag at home, at work and in your vehicle. Include the following:

- Some water, food, and manual can opener
- Flashlight
- Radio – battery operated
- Batteries
- Whistle
- Pocket knife
- Personal medications and prescriptions
- Extra keys to your house and vehicle
- Basic First Aid kit and instructions
- Walking shoes, warm clothes, a hat, and rain gear
- Extra prescription eye glasses, hearing aid or other vital personal items
- Toilet paper, plastic bags and other hygiene supplies
- Dust mask
- Paper, pens and tape for leaving messages
- Cash
- Copies of insurance and identification cards
- Any special-need items for children and seniors or people with disabilities. Don't forget pet supplies.



Working with neighbors can save lives and property. Meet with your neighbors to plan how the neighborhood could plan for a disaster. If you're a member of a neighborhood organization, such as a home association or crime watch group, introduce disaster preparedness as a new activity.

Know your neighbors' special skills (e.g., medical, technical) and consider how you could help neighbors who have special needs, such as disabled and elderly persons.

For additional helpful information view these websites:

<http://www.72hours.org/>

<http://www.ready.gov/business/index.html>

<http://rbcertaa.org/>

http://www.fema.gov/preparedness/prepare_guides_links.shtm#guides

<http://www.metrokc.gov/prepare/preparerespond/default.aspx>

http://www.redcross.org/services/prepare/0,1082,0_239_00.html

<http://www.redcross.org/services/hss/courses/community.html>

<http://www.redcross.org/pubs/dspubs/cde.html>