



The Personal Emergency Preparedness Guide for You and Your Family

Dear Parishioners:

It seems almost optimistic to say you can prepare for the unexpected. The truth is, it's all expected. We live in California, after all -- land of earthquakes, wildfires, droughts. You name it we've got it. We're a tough breed, but emergencies, whether natural or humanly contrived, are by their very nature shocking and disorienting. The whole point of disaster preparedness is to take the edge off the chaos and stress that invariably ensues.

Holy Family is committed to doing everything we can to ensure that all our parishioners and their families are prepared to face potential disasters or emergencies. This pamphlet will hopefully assist you in your planning for yourself, your family and your home. If you're forced to evacuate your home, you'll want to know exactly where your emergency kit is, have a plan to reunite with your family if you're all separated, have quick access to the pet carrier, and know where to turn for updates.

Please read the pamphlet carefully so that you can take all the precautions necessary to protect yourself and your family. It is our fervent hope that none of us will ever have to put our disaster preparedness plans into action, but in our Californian context disaster planning is not just prudent but essential.

Yours in Christ

Cambria Tortorelli
Parish Life Director
Holy Family

The information presented in this pamphlet has been compiled from the following sources:

Los Angeles County Board of Supervisors
Los Angeles County Office of Emergency Management
Los Angeles County Fire Department
Los Angeles Fire Department Emergency Preparedness
Los Angeles Police Department
South Pasadena Public Safety Commission
Rotary Club of South Pasadena

TABLE OF CONTENTS

<u>Topic</u>	<u>Page Number</u>
General Information	3
Emergency Kit	5
Additional items	6
Earthquake	7
Evacuation	11
Communications	12
Power Loss	13
Training	14
Emergency Phone Numbers	14

Please fill out this questionnaire and post in a conspicuous place such as your refrigerator door

Date: _____

Address: _____ Home Phone _____

Adult Name: _____ Work phone: _____

Cell _____

Employer's Name: _____ Work Hours: _____

Work Address: _____

Adult Name: _____ Work phone: _____

Cell _____

Employer's Name: _____ Work Hours: _____

Work Address: _____

Additional Adults listed on back Yes _____ No _____

Children	Age	School	School Phone
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Name: _____

Name: _____

Name: _____

Name: _____

School Policy for release of children: _____

Persons authorized to pick up children (school must have this on file): _____

_____ (If more than 3 see back)

Important Medical Conditions (name condition[s], special needs:) Yes _____ No _____ (if yes see back)

Allergies (name and allergy[ies]): Yes _____ No _____ (if yes see back)

Alarm Company: Yes _____ No _____ Name _____ Phone number _____

Pet(s) Name and Type of Pet (Dog/Cat...): _____

Out of area contacts	Relationship	City, State	Phone
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Name: _____

Name: _____

Local Area Contact Name _____ Relationship _____ Phone _____

Household Inhabitants and Needs, continued

Landlord Name: _____ Phone: _____

(if applicable)

Landlord Address: _____

Family Meeting Place 1: _____

Family Meeting Place 2: _____

House keys to be given to: _____

Make a rough sketch of your home showing the location of gas, electricity, and water on/off valves and switches.

Don't forget to show the Street

G – Gas

W – Water

E – Electricity

+ - First Aid Kit

X – Earthquake Supplies

Emergency Kit

Build a Kit

What you have on hand when a disaster strikes can make a big difference. Plan to store enough supplies for at least three days for everyone in your household, including any necessary items for infants, seniors and people with disabilities.

- Water – Store at least one gallon per person per day.
- Food – Pack non-perishable, high-protein items including energy bars, ready-to-eat soup, peanut butter, etc. Select foods that require no refrigeration, preparation or cooking and little or no water.
- Flashlight – Be sure to include extra batteries.
- First Aid Kit – Include bandages, sterile gloves, prescription and nonprescription medications, thermometer, antibiotic ointment and first aid instructions.
- Battery-operated Radio – Include extra batteries
- Tools – Pack a wrench to turn off gas if necessary, manual can opener, screwdriver, hammer, pliers, pocket knife, whistle in case you become buried in rubble, extra keys to your house and vehicle, plastic sheeting and duct tape to protect against biochemicals, and garbage bags with ties in case there are no usable toilets.
- Clothing – Store a change of clothes for everyone in the family, including sturdy shoes and gloves.
- Personal Items – Remember eyeglasses or contact lenses and solution; copies of important papers including ID cards, insurance policies, birth certificates, passports, etc.; and comfort items for children such as plush animals and photographs; be sure to have extra prescribed medications.
- Sanitary Supplies – Be sure to include toilet paper, towelettes, feminine supplies, personal hygiene items, unscented liquid bleach, etc.
- Money – Keep small denominations of cash. ATM's, gas pumps and credit cards won't work if the power is out. Be sure to keep quarters in your kit to use in pay phones, which may be more reliable than cell phones during a disaster.
- Contact Information – Carry a current list of family phone numbers and email addresses. Be sure to include someone from out of the area who may be easier to reach if local phone lines are out of service or overloaded.
- Pet Supplies – Include food, water, leash, litter box or plastic bags, ID tags, medications and vaccination information.
- Map – Consider marking an evacuation route from your neighborhood.

Store your disaster supplies in a sturdy but easy-to-carry container such as a large backpack or duffel bag. Replace certain supplies, such as water, food and medications, every six months. Keep a smaller version of the kit in your vehicle. If you become stranded or are not able to return home, having some items with you will help you be more comfortable until help arrive.

And some additional items to consider:

- Extra batteries (alkaline are best)
- Water purification tablets or chlorine
- Manual can opener
- Record of prescription medications, medical conditions, pharmacy
- Important phone numbers: out-of-town contact(s), doctor, hospital
- Whistle
- Extra pair of eye glasses
- Heavy shoes
- Extra clothing
- Gloves
- Blankets or sleeping bags
- Fire extinguisher (ABC type)
- Pen and paper
- Crowbar in bedrooms (to help if doors become stuck)
- Fireproof box for documents
- Duct tape
- Proof of current residency
- Bag to carry items during an evacuation
- Car emergency kit (food, water, walking shoes, warm cloth)
- Special needs:
 - Extra batteries for hearing aid
 - Special arrangements for life support equipment
 - Manual wheelchair for power chair users
 - Escape ladder for upper floors of two story building

Maintain your vehicle with at least a half tank of fuel at all times
Gas stations may be damaged or incapacitated

Earthquakes

Southern California's Most Prevalent Disaster

The greatest cause of damage due to earthquakes is Fire. First responders may lack sufficient resources or may be unable to deploy the resources to your area immediately.

An earthquake is a sudden, rapid shaking of the ground caused by the breaking and shifting of rock beneath the Earth's surface. This shaking can cause buildings and bridges to collapse; disrupt gas, electric, and phone service; and sometimes trigger landslides, avalanches, flash floods, fires and huge ocean waves (tsunamis). Buildings with foundations resting on unconsolidated landfill, old waterways or other unstable soil are most at risk. Buildings or trailers and manufactured homes not tied to a reinforced foundation anchored to the ground are also at risk since they can be shaken off their mountings during an earthquake.

Before an Earthquake Strikes

- Pick “safe places” in each room of your home. A safe place could be under a sturdy table or desk or against an interior wall away from windows, bookcases and tall furniture that could fall on you. The shorter the distance to move to safety, the less likely you will be injured. (Injury statistics show that people moving as little as 10 feet during an earthquake are most likely to be injured.) Pick safe places in your office, school and other buildings that you frequent.
- Practice “drop, cover and hold on” in each safe place. Drop under a sturdy desk or table and hold on to one leg of the table or desk. Protect your eyes by keeping your head down. Frequent practice will help reinforce safe behavior during an earthquake.
- Build a kit. What you have on hand when an earthquake strikes can make a big difference. Plan to store enough supplies for everyone in your household for at least three days.
- Make a plan. Planning ahead is the first step to a calmer and more assured disaster response. Develop your earthquake preparedness plan and evacuation plan with your family. Inform guests, babysitters and caregivers of your plan. Everyone in your home should know what to do if an earthquake occurs. Assure yourself that others will respond properly even if you are not at home during an earthquake.
- Get training. Arrange for your neighborhood, business or institution to receive Pasadena Emergency Response Team (PERT) training offered by the Pasadena Fire Department. You'll learn disaster preparedness, first aid, fire suppression and light search and rescue, all or which will be vitally important during and after a major earthquake or other disaster. Call 626-744-7276 to arrange for the training.
- Discuss earthquakes with your family. Everyone should know what to do in case all family members are not together. Discussing earthquakes ahead of time helps reduce fear and anxiety and lets everyone know how to respond.
- Talk with your insurance agent. Different areas have different requirements for earthquake protection.

Protect Your Property

- Bolt bookcases, china cabinets and other tall furniture to wall studs. Brace or anchor high or top-heavy objects. During an earthquake, these items can fall over, causing damage or injury.
- Secure items that might fall, such as televisions, books, computers, etc. Falling items can cause damage or injury.

- Install strong latches or bolts on cabinets. The contents of cabinets can shift during an earthquake. Latches will prevent cabinets from flying open and contents from falling out.
- Move large or heavy objects and fragile items to lower shelves. There will be less damage and less chance of injury if these items are on lower shelves.
- Store breakable items such as bottled foods, glass and china, in low, closed cabinets with latches. Latches will help keep contents of cabinets inside.
- Store weed killers, pesticides and flammable products securely on bottom shelves in closed cabinets with latches. Chemical products will be less likely to create hazardous situations from lower, confined locations.
- Hang heavy items, such as pictures and mirrors, away from beds, couches and anywhere people sit. Earthquakes can knock things off walls, causing damage or injury.
- Brace overhead light fixtures. During earthquakes, overhead light fixtures are the most common items to fall, causing damage or injury.
- Strap your water heater to wall studs. The water heater may be your best source of drinkable water following an earthquake. Protect it from damage and leaks.
- Bolt down any gas appliances. After an earthquake, broken gas lines frequently create fire hazards.
- Install flexible pipe fittings to avoid gas or water leaks. Flexible fittings will be less likely to break.
- Learn how to shut off your gas. Visit www.socalgas.com and click on Safety or call (800) 427-2200.
- Repair any deep cracks in ceilings or foundations. Get expert advice if there are signs of structural defects. Earthquakes can turn cracks into ruptures and make smaller problems bigger.
- Check to see if your house is bolted to its foundation. Homes bolted to their foundations are less likely to be severely damaged during earthquakes. Homes that are not bolted have been known to slide off their foundations; many have been destroyed because they became uninhabitable.
- Consider having your building evaluated by a professional structural design engineer. Ask about home repair and strengthening tips for exterior features, such as porches, front and back decks, sliding glass doors, canopies, carports and garage doors. Learn about additional ways you can protect your home. A professional can give you advice on how to reduce potential damage.
- Make sure you can open your garage door if power is out.

During an Earthquake

- Drop, cover and hold on! Move only a few steps to a nearby safe place. It is very dangerous to try to leave a building during an earthquake because objects can fall on you. Many fatalities occur when people run outside of buildings, only to be killed by falling debris from collapsing walls. In U.S. buildings, you are safer to stay where you are.
- If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are. Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways.

- If you are outdoors, find a clear spot away from buildings, trees, street lights and power lines. Drop to the ground and stay there until the shaking stops. Injuries can occur from falling trees, street lights and power lines or building debris.
- If you are in a vehicle, pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking has stopped. Trees, power lines, poles, street signs and other overhead items may fall during earthquakes. Stopping will help reduce your risk. A hard-topped vehicle will help protect you from flying or falling objects. Once the shaking has stopped, proceed with caution. Avoid bridges or freeway on ramps and off ramps that might have been damaged by the quake.
- Stay indoors until the shaking stops and you're sure it's safe to exit. More injuries happen when people move during the shaking of an earthquake. After the shaking has stopped, if you go outside, move quickly away from the building to prevent injury from falling debris.
- Stay away from windows. Windows can shatter with such force that you can be injured from several feet away.
- In a multistory building, expect fire alarms and sprinklers to go off during a quake. Earthquakes frequently cause fire alarm and fire sprinkler systems to go off even if there is no fire. Check for and extinguish small fires. If you exit, use the stairs – not the elevator!

After an Earthquake

- Check yourself for injuries. Often people take care of others without checking their own injuries. You will be better able to care for others if you are not injured or if you have received first aid for your injuries.
- Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes and work gloves. This will protect you from injury by broken objects.
- After you have taken care of yourself, help people who are injured or trapped. Call 9-1-1, then give first aid when appropriate. Don't try to move seriously injured people unless they are in immediate danger of further injury.
- Look for and extinguish small fires. Eliminate fire hazards. Putting out small fires quickly using available resources will prevent them from spreading. Fire is the most common hazard following earthquakes.
- Leave the gas ON at the main valve unless you smell gas or think it's leaking. It may be weeks or months before professionals can turn gas back on using the correct procedures, so only turn gas off if you strongly suspect there is a leak. Explosions have caused injury and death when homeowners have improperly turned their gas back on by themselves. Your utility company will turn the gas back on after inspecting your house.
- Clean up spilled medicines, bleaches, gasoline and other flammable liquids immediately and carefully. Avoid the additional hazard of a chemical emergency.
- Open closet and cabinet doors cautiously. Contents may have shifted during an earthquake and may fall out when you open closet and cabinet doors, creating further damage or injury.
- Inspect your home for damage. Get everyone out if your home is unsafe. Aftershocks following earthquakes can cause further damage to unstable buildings. If your home has experienced damage, get out before aftershocks happen.
- Help neighbors who may require special assistance. Senior citizens and people with disabilities may require additional assistance. If there are caregivers, they may need assistance as well.

- Listen to a portable, battery-operated radio or television for updated emergency information and instructions. If the electricity is out, this may be your main source of information. Local radio may provide the most appropriate advice for your particular situation.
- Expect aftershocks. Each time you feel an aftershock, drop, cover, and hold on! Aftershocks frequently occur minutes, days, weeks, and even months following an earthquake.
- Watch out for fallen power lines or broken gas lines and stay out of damaged areas. Hazards caused by earthquakes are often difficult to see and you could be easily injured.
- Stay out of damaged buildings. If you are away from home, return only when authorities say it is safe. Damaged buildings may be destroyed by aftershocks following the main quake.
- Use battery-powered lanterns or flashlights to inspect your home. Kerosene lanterns, torches, candles and matches may start fires.
- Inspect the entire length of chimneys carefully for damage. Unnoticed damage could lead to fire or injury from falling debris during an aftershock. Cracks in chimneys can be the cause of fires years later.
- For insurance purposes, take pictures of any damage to your house and its contents.
- Avoid smoking inside buildings. Smoking in confined areas can cause fires.
- When entering buildings, use extreme caution. Building damage may have occurred where you least expect it. Carefully watch every step you take.
- Examine walls, floor, doors, staircases and windows to make sure the building is not in danger of collapsing.
- Look for damage to the electrical system. If you see sparks or broken or frayed wires or if you smell burning insulation, turn off the electricity at the main fuse box or circuit breaker. NEVER step in water to get to the fuse box or circuit breaker; call an electrician first for advice.
- Check for sewage and damage to water lines. If you suspect sewage lines are damaged, avoid using the toilets and call a plumber immediately. If water pipes are damaged call your local water agency. Avoid using water from the tap. You can obtain safe water from undamaged water heaters or by melting ice cubes.
- Watch for loose plaster, drywall, and ceilings that could fall.
- Use the telephone only to report life-threatening emergencies. Telephone lines are frequently overwhelmed in disaster situations. They need to be clear for emergency calls to get through.
- Watch animals closely. The behavior of pets may change dramatically after an earthquake. Normally quiet and friendly cats and dogs may become aggressive or defensive. Keep your dog on a leash and in a fenced yard.

Evacuation

Be sure to include evacuation as part of your family emergency plan. Choose in advance several potential places to which to evacuate – a friend’s home in another town, a motel or a shelter that may be identified after a specific emergency incident.

If you are told to evacuate by local officials, leave immediately.

- Wear sturdy shoes and appropriate clothing
- Take your emergency supply kit
- Lock your home
- Leave a note telling others when you left and where you are going
- Follow all instructions given by public safety official and use only authorized routes
- Once you are safe, call an out-of-state contact with information about where you are and how you can be reached.

Communications

Plan for how you will communicate with loved ones after a disaster.

- Long-distance phone lines often work before local phone lines. Identify an out-of-state contact and provide that person with the contact information of people you want to keep informed of your situation. Share this information with local family, friends and neighbors.
- Avoid making non-urgent phone calls after a disaster. Even if phone lines are in good working order, increased phone traffic may jam circuits.
- Don't rely on your cell phone after a disaster. Cell towers may have been damaged or destroyed during the incident; even if a cell tower is not damaged, increased traffic on cell phone networks can quickly overload wireless capacity. Of note however, while cell phones communication systems may be overwhelmed, TEXT messaging should be operational and is a great method of communicating. Public Safety agencies are currently taking measures to adapt to this form of communication.
- Cordless phones require electricity. Make sure you have a backup phone that requires no electricity.
- Keep coins in your emergency supply kit. Pay phones are more likely to work before other phone lines.
- After an earthquake, check all your telephones to make sure they haven't shaken off the hook.

Power Loss

What to Do During a Power Outage:

Power outages can be due to rolling blackouts or extreme weather. Power outages may accompany disasters such as earthquakes.

If there is no power in your neighborhood:

- Turn off all appliances, computers and lights – except one that will indicate when the power has been restored.
- Keep the refrigerator door closed – this will help keep food cold longer.
- Do not use candles or open flames after a power loss until you are certain there are no gas leaks or open valves, i.e. stoves, water heaters. Never leave an open flame unattended.
- If you plan to use a generator during power outages, be sure to have a licensed contractor connect the generator to electrical circuits. Improper use and connection of a back-up generator can be a serious safety hazard. Always use a heavy-duty extension cord when plugging appliances into a generator. **DO NOT** connect the output of your generator directly to your house wiring or service panel – this can create electrical back-feed to the power distribution system and may put their field service crews in danger of severe or fatal electrical shock!
- When power is restored, check all appliances.
- If a traffic signal is not working, treat it as a stop sign.

Training

Take a Free Course

Are you, your family, neighborhood and business ready for the next disaster?

Most local Fire Department's sponsor Los Angeles County Fire Department free Emergency Response training classes designed for neighborhood groups, business associations and/or community-based organizations.

While most local Fire Department's goal is to respond to emergencies within five minutes, this could be out of the question after a major disaster.

If you and your family are able-bodied, you are your own first responders and may have to be self-sufficient for up to 72 hours.

Cardio-Pulmonary Resuscitation (CPR)

CPR is an emergency first aid procedure for an unconscious person who is not breathing and for whom a pulse cannot be detected. CPR keeps oxygenated blood flowing to vital organs such as the brain and the heart. When initiated within four minutes of an incident, the survival rate is 43 percent; when initiated within four to eight minutes, the survival rate is only 10 percent. The most common reason for CPR is sudden cardiac arrest (heart attack), which can be caused by heart disease, drowning, electrocution, drug overdose and other conditions.

Who Provides CPR Training?

American Red Cross
San Gabriel Pomona Valley Chapter
430 Madeline Dr.
Pasadena, CA 91106
(626) 799-0841
www.sgvarc.org (click on Preparedness Education)

American Heart Association
Los Angeles County Division
816 S. Figueroa St.
Los Angeles, CA 90017
(213) 291-7000
www.americanheart.org/cpr

Local and National Emergency Numbers and Information

American Red Cross	(866) 438-4636	www.redcross.org
Centers for Disease Control	(888) 246-2675	www.bt.cdc.gov
FEMA		www.fema.org
Poison Center Hotline	(800) 222-1222	
LA County Disaster Hotline	(800) 980-4990	
LA County Office of Emergency Management	(213) 980-2260	