



Emergency Preparedness Resource List

Vendors-Emergency Kits and Supplies		
Emergency Essentials	800-999-1863	beprepared.com
Emergency Lifeline	714-558-8123	emergencylifeline.com
Emergency Product Kits (EPK)	800-377-3722	epks.com
Nitro-Pak Preparedness Center	800-866-4876	nitro-pak.com
Preparedness Zone	661-297-7467	preparednesszone.com & tinyurl.com/jao9peg
Quake Kare	800-277-3727	quakekare.com
Safe-T Proof	800-377-8888	safe-t-proof.com
Simpler Life Emergency Provision	800-266-7737	simplerlife.com
SOS Survival Products –15705 Strathem St. Van Nuys, CA 91406	800-479-7998	sosproducts.com
Zee Medical Service	800-491-5024	zeemedical.com

Vendors-Specialty Products and Service			
DisasterCatalog	Furniture restraints	248-618-3256	earthquakecatalog.com
Glass Sentinal	Glass strengthening/film system	800-925-9744	
Q Safety	Earthquake anchoring systems	800-997-2338	qsafety.com
Quake Hold	Earthquake fastening systems	800-959-4053	quakehold.com
Work Safe Technologies	Non-structural seismic mitigation	661-257-2527	worksafetech.com

Vendors – Automatic Gas & Utility Shut-off Systems		
Strand Earthquake Consultants	800-978-7263	strandearthquake.com/
Pacific Seismic Products, Inc.	800-4-GAS-OFF	4gasoff.net
Vanguard Valve	510-357-5038	

Helpful Websites	
Federal Emergency Management Administration (FEMA)	fema.gov
Emergency Survival Program – Survival Guides	espfocus.org
Governor’s Office of Emergency Services	oes.ca.gov
Southern California Earthquake Center	scec.org
Los Angeles CERT – Community Emergency Response Team	cert-la.com
Los Angeles City Fire Department - LAFD	lafd.org
Los Angeles County Fire Department	fire.lacounty.gov
U.S. Geological Survey	usgs.gov
Citizen Corps CERT	citizencorps.gov/cert
American Red Cross-National	redcross.org
American Red Cross-Greater Los Angeles Area	redcrossla.org & preparesocal.org/
California Seismic Safety Commission - FAQ	seismic.ca.gov/faq.html
SoCalGas Earthquake Preparedness	tinyurl.com/h5aprna
FEMA - Emergency Planning for Pets	tinyurl.com/p2lzftx
FEMA – Family Emergency Plan – Information & forms to fill out & give to family members!	ready.gov/make-a-plan

Village Green Emergency Preparedness Training

by Community Emergency Response Team (CERT) LA

Earthquake - Fire - Power Outage - Utility Shutoff

In a major disaster, help may take hours or even days to arrive
Learn how to help yourself, your family, pets, and neighbors

KICKOFF

Saturday, July 13 - 9 to 11 am
Court 17 grassy area

(near Obama Blvd. & Sycamore)

See how one court has organized itself for emergencies

Get ideas for your family and court

Meet your neighbors and the CERT trainers

Preview the training and hands-on sessions

All sessions meet at the Clubhouse

Saturday, July 20, 9 am – 12 noon

Module 1-What You Need to DO When the Shaking Stops

Saturday, July 27, 9 am – 12 noon

Module 2-Search & Rescue

Saturday, August 3, 9 am – 12 noon

Module 3-Medical & Triage

Saturday, August 10, 9 am – 12 noon

Module 4-Two Way Radio Communications: Family Radio Service (FRS)

Saturday, August 17, 9 am – 12 noon

Mock Emergency Practice

10 Emergency Life-saving Items – Get Yourself Ready for a Disaster

- Water** – 14 day supply –1 gallon a day, so 14 gallons per person/child/pet
 - o keep elevated (not on concrete) and in dark place
- First aid kit** and manual - keep small kit with your go-bag
- Cash and important documents**
 - o small bills (\$1s and \$5s)
 - o identification documents (e.g. driver's license, birth certificate, marriage certificate) deeds, insurance documents, photocopy of credit cards
 - put photocopy and scanned copies on a thumb drive into a sealed plastic bag (to protect from water damage)
 - can save backup scan to cloud
- Clothes** – old comfortable clothes and shoes
- Medicine** – 7 day supply (also keep prescription papers so can get refills)
- Flashlight** and **batteries** - get long-lasting regular batteries (not rechargeables), small flashlight with LED light bulbs, store in your go-bag
- Tools** (gas shut-off wrench, pry bar, fire extinguisher, duct tape)
 - o Do not turn gas valve to off position unless you smell gas
 - o To turn gas off, use wrench to turn valve to vertical (pointing up and down)
 - o Gas shut-off valve is in patio of the downstairs unit, so know your neighbors
- Food**
 - o minimum of 7 day supply per person/child/pet, non-perishable, along with manual can opener
- Radio** and **batteries**
 - o **transistor radio** tuned to news station such as **KFI AM 640** or **KNX AM 1070** (battery-operated or hand-crank radios available)
 - o **FRS radios** (Family Radio Service) to communicate among ourselves. These are short-distance, two-way hand-held radios similar to walkie-talkies, push-to-talk, no FCC license required.
- Toiletries** – include toilet paper, porta-potty, sanitary napkins (can substitute for bandages), trash bags, paper towels, toothbrush, toothpaste, alcohol-based hand sanitizer

More information:

<http://www.cert-la.com/downloads/emergency-supplies/Emergency-Preparedness-Resource-List.pdf>
<http://www.cert-la.com/disaster-emergency-preparedness/preparation-planning/>
<http://www.cert-la.com/disaster-emergency-preparedness/food-water/>
<http://www.getreadyforflu.org/RecipesForDisaster.pdf>

Community Emergency Response Team (CERT) Los Angeles

9 Easy Steps to Perform After a Moderate Earthquake

- Step 1: Take care of yourself and your loved ones first!
- Step 2: Protect your head, hands, and feet
Turn on your FRS radio and begin monitoring pre-determined neighborhood emergency channel
- Step 3: Inspect Natural Gas Valve and shut it off if you smell, hear, or see gas leaking (Village Green has automatic gas shut-off valves. Gas valves for upstairs units are located in the patios of the downstairs units.)
- Step 4: Shut off water main to protect the water in your water heater from contamination and reverse drainage
- Step 5: Post OK / HELP sign
- Step 6: Place fire extinguisher on sidewalk in case a team needs one for a small fire
- Step 7: Head directly to and check-in at the Neighborhood Gathering site
Observe possible issues or HELP signs on the way in and report at check-in
- Step 8: Organize Response with an Incident Commander
Send out separate teams to investigate reported issues, HELP signs, and homes without signs or with known vulnerable residents
Responders are always in teams of at least 2, no one goes anywhere alone!
Teams communicate back to IC with FRS or GMRS radios
- Step 9: Meet Back at Gathering Area periodically to gather new resources and report response actions or to learn about new issues that have been reported