

SELF HELP PLACRD KIT INSTRUCTIONS... copy & print placard (onto orange, yellow or light green paper preferred), cut to size, place back to back for 2-sided effect, have laminated or placed in between a plastic transparent notebook page protector (cut to size) & scotch tape /or glue, punch 2 holes at top around 1 1/4" apart, connecting them with an 11" cord or yarn (perhaps same color as paper stock) in a "U" shaped look tying knots at each end, and placing on a door handle. This will hopefully serve to remind you of EMERGENCY PREPAREDNESS and provide an attractive keepsake, compliments of your Bel Air Beverly Crest Neighborhood Council (BABCNC).



Building A Better Community

www.babcnc.org 310.479.6247

{{{Emergency Preparedness Countdown}}}

HAVE A PLAN, KNOW WHERE SUPPLIES ARE

Supplies (for 3 days minimum):

- Water (1 gal per person per day)
- Canned food, manual can opener
- Sturdy shoes
- Emergency radio, batteries, flashlights
- Analog telephone/cell phone/charger
- First aid supplies
- Prescription drugs for 3 days & eyeglasses
- Emergency cash in small bills (if ATMs /credit cards down)
- Establish meeting place in town
- Establish out of town contact for family to check in
- Identify Neighbors, Doctors, Vets, Nurses, CERT /CPR trained volunteers
- Wrench for Gas turn off
- Sanitation supplies for outdoors if needed

Fire coming:

Fire spreads at lightning speed -Laurel Cyn to 405 Fwy -20 min

- Decide fight (only if no time to evacuate) or flight

-Dig in if necessary

- Plan nearest safe /brick home.....no not panic
- Close outside doors, windows & turn on radios /TVs
- Hope fire stops (fire break) or bounces over home
- If fire contained inside, close doors to prevent spread
- Have alternative escape plan if house on fire

-Flight

- family, pets/carrier, keys & purse /wallet
- any important personal belongings ready (you list)
- shoes (be prepared for traffic, to run on foot)



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Emergency Preparedness Countdown}}

Prepare for Earthquake:

- Bolt heavy furniture to walls (particularly TVs & mirrors)
- Plan /practice how /where to exit home -duck, cover & hold
 - In bedroom /den /dining room, note objects near exit path
 - Under sturdy table, desk or against inside walls
 - Away from glass, books, cabinets or heavy objects
- Have shoes /bathrobes near bedroom exit
- Flashlights, tools, med supplies close for outdoor access

Think ahead

- Beware of aftershocks.....duck, cover and hold
- Do not ignite any gas leaks....strap hot water heater
 - they estimate over 285,000 isolated fires after big quake hits
- Clothes on Fire –DO NOT RUN.....stop, drop & roll
- Review CPR techniques (for those trained)
 - check pulse, open airways, 2 breaths-30 compressions
- Bleeding -elevate with direct pressure for most wounds
- Have neighbor list printed with doctors, nurses, CPR grads
- Have offsite storage of important documents, pictures, etc.
- Have a communication plan -tell others if leaving home
- Police & Medical Emergency services might not be available
 - there were over 26,000 calls to 911 after Northridge quake
- You could be on your own for days /or even weeks-stay calm!

