

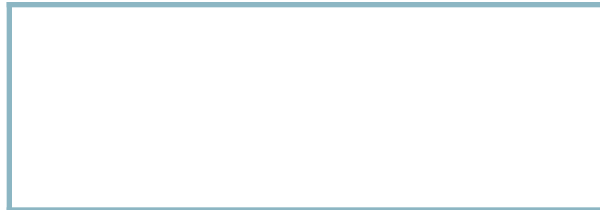


[NEIGHBORHOOD COUNCIL NAME]

Emergency Preparedness Plan

A practical guide for preparing, responding, and recovering together

CUSTOMIZE THIS PAGE: Replace every bracketed field. Insert the Neighborhood Council logo in the blank space provided below. (Remove this box when you're finished)



[Insert the Neighborhood Council logo in the blank space above]

NEIGHBORHOOD COUNCIL WEBSITE

https://

CONTACT EMAIL

name@example.org

PHONE NUMBER

(000) 000-0000

DATE ADOPTED BY THE BOARD

Month, Day, Year

(NEIGHBORHOOD COUNCIL NAME) EMERGENCY PREPAREDNESS PLAN

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Acknowledgements

EDIT THIS PAGE: Add, remove, or reorder rows as needed. Use the Table Layout tab to insert rows. Keep names and titles in separate columns so the list remains easy to update. (Remove this box when you're finished)

Board Member	Seat / Officer Title	Role in Plan
[Enter information]	[Enter information]	[Enter information]

Optional acknowledgement

PARTNERS, VOLUNTEERS, AGENCIES, OR COMMUNITY MEMBERS TO RECOGNIZE

Enter names and contributions here.

Introduction

Thank you for taking the time to read this Emergency Preparedness Plan. It is designed to help Neighborhood Council Board Members and Stakeholders prepare for, respond to, and begin recovering from disasters.

Los Angeles faces many hazards. A major earthquake on the southern San Andreas Fault could interrupt water, power, transportation, and communications for an extended period. Wildfires, flooding, mud and debris flows, tsunamis, extreme heat, hazardous-material incidents, pandemics, cyber incidents, and acts of terrorism can also affect communities across the city.

Preparedness is local. Some communities conduct evacuation drills for wildfire risk; businesses in flood-prone corridors plan for storms; and households prepare for power outages and extreme heat. During a large emergency, police, fire, medical, utility, and other government services may be delayed or overwhelmed.

Neighborhood Councils can help residents and organizations understand local hazards, connect with credible resources, and encourage household, neighborhood, and business preparedness. This plan provides practical information that can be adapted to the needs of each Neighborhood Council area.

Important role clarification: Neighborhood Council Board Members and Stakeholders are not first responders. In an emergency, follow official instructions, and call 9-1-1 for life-threatening situations. The State of California's Good Samaritan Law may provide limited protections to individuals (not acting as Board Members) who voluntarily provide emergency assistance.

For more information on the State of California's Good Samaritan Law, please visit:
https://leginfo.legislature.ca.gov/faces/codes_displaySection.xhtml?sectionNum=1799.102.&lawCode=HSC

Demographic Information

EDIT THIS PAGE: Use current data from the Department of Neighborhood Empowerment's data page. Replace the sample fields and add or delete rows. A two-column table is used so information can be moved, copied, and reformatted easily. (Remove this box when you're finished)

Data source: <https://neighborhoodempowerment.lacity.gov/data/>

Measure	Current local data
Population	<i>[Enter information]</i>
Race	<i>[Enter information]</i>
Education	<i>[Enter information]</i>
Households	<i>[Enter information]</i>
Languages commonly spoken	<i>[Enter information]</i>
Gender	<i>[Enter information]</i>
Age	<i>[Enter information]</i>
Housing	<i>[Enter information]</i>
Income and Poverty	<i>[Enter information]</i>

NARRATIVE SUMMARY

Describe how local demographics affect outreach, evacuation, communication, sheltering, transportation, and other factors you want to add.

Be Ready!

Ready Your L.A. Neighborhood (RYLAN) First, we'd like to introduce you to the City of Los Angeles' Ready Your L.A. Neighborhood (RYLAN) program. RYLAN provides free and easy-to-use tools to help you and your neighborhood, family, and business prepare for disaster.

Emergency preparation today will help to reduce injuries, protect your property and most importantly, save lives:

<https://ready.lacity.gov/>



Prepare Your Household

Preparing your household reduces the serious impacts of a disaster. Many activities are free of charge and take only minutes. Pack an emergency kit and develop an emergency communication plan:

<https://ready.lacity.gov/get-prepared>

Prepare Your Neighborhood

Disasters could overwhelm the capacity of 9-1-1. Neighbors can become your best source of help. Develop a plan for how your neighbors will help each other in the first few hours after an emergency:

<https://ready.lacity.gov/neighborhood/workshops>

Prepare Your Business

Many businesses will not reopen after widespread disaster. A few simple steps today will ensure your business recovers. Prepare your workplace for safety, train employees and organize your vital business records:

<https://ready.lacity.gov/business-preparedness>

Get Connected

Sign up for the City of Los Angeles' emergency notification program, NotifyLA. When disasters occur or are expected, the City of Los Angeles will alert you with specific instructions on what to do:

<https://emergency.lacity.gov/notifyla>



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Learn

Enroll in Free Preparedness Training Classes Offered by Partner Agencies to Enhance Your Readiness Skills. Some of the programs and services are First Aid, CPR, AED, Community Emergency Response Team (CERT), Amateur Radio from the American Red Cross, Stop the Bleed, and more:

<https://emergency.lacity.gov/readyla/community-events>

City Emergency Management Find out much more about how the Emergency Management Department (EMD) strives to make the City of Angeles prepared:

<https://emergency.lacity.gov/>

Community Investment for Families Department Learn how to create a family preparedness plan. You'll learn ICE rules in detaining parents, how to create a long-term plan, and much more. <https://communityinvestment.lacity.gov/>



**COMMUNITY
INVESTMENT
FOR FAMILIES
DEPARTMENT**
Paths to Prosperity

Earthquake Mitigation Checklist

- Secure the water heater and natural-gas appliances.
- Anchor tall furniture, bookcases, televisions, and computers.
- Latch kitchen cabinets and secure objects on open shelves.
- Secure wall-mounted objects, refrigerators, propane tanks, and garage chemicals.
- Evaluate unreinforced masonry chimneys and other structural hazards with qualified professionals.

Secure Natural Gas Appliances

- Secure garage items and hazardous chemicals.
- Secure your unreinforced masonry chimney.
- Secure propane tanks.
- Secure your refrigerator.
- Secure your shop or gym equipment.

More information and ideas on how to secure the contents of your home can be found at:

<https://emergency.lacity.gov/news/earthquake-prep-today>

Disaster Preparedness and Training

Neighborhood Councils (NC)

NCs can spend up to \$1,000 during a declared emergency as mentioned in the Office of the City Clerk's Funding Guidelines, NCs can provide up to \$1,000 for many needs when there is a declared emergency. The President/Chair can unilaterally spend these funds to help immediately. For the list of items with how an NC can spend its funds, and information about the City Clerk's policy for this, please visit:

https://cityclerk.lacity.org/election/NC_Funding_Policies_and_Guidelines.pdf

Red Cross

During a time of need, you might be given the opportunity to help someone from further injury or even death. The Red Cross offers many trainings, including that of First Aid/CPR/AED.

Please visit their website for more information: <http://www.redcross.org>

CERT (Community Emergency Response Team)

Everyone, whether they live in Los Angeles or not, are able to take this very important and free training. To complete the training, a person must take 17.5 hours of classes. The classes cover seven different topics

- Disaster Preparedness
- Fire Safety and Suppression
- Disaster Medical Operations
- Light Search and Rescue
- Team Organization and Disaster Psychology
- Terrorism and Homeland Defense
- Disaster Simulation

Please visit their website for more details:

<http://www.cert-la.com>



MyShake

ShakeAlertLA was the first earthquake early warning app in the United States and launched in 2018. Its goal was to provide people in Los Angeles County seconds of notice before strong shaking. Due to the launch of a broader, statewide system, ShakeAlertLA was retired on December 31, 2020, and replaced by MyShake. Visit the MyShake website to get the app for your mobile device and for more information:

<https://myshake.berkeley.edu/>



What to Do Before a Disaster

Make a plan - Get a kit - Stay informed

<https://emergency.lacity.gov/news/earthquake-prep-today>

Hold a family meeting The purpose of a family meeting is to inform and educate family members, including children, seniors and family members with disabilities.

Having a plan is one of the most important steps you can take in disaster preparedness. Knowing what to do and how to do it can help you and your family manage disasters with less worry, fear, and uncertainty.

**The picture was obtained from the City of Los Angeles' Emergency Management Department's website.*



What Every Family Member Should Know

The location of your Survival Supplies The location of your “Go Bags” Created emergency cards for each of your family members Draw a map of the house. Located doors and windows that can be used as evacuation routes Identify two evacuation routes from each room Practice your evacuation routes Determine a meeting place outside of your residence, in case it is unsafe to remain indoors. Do not meet on the roof.

Determine one location outside the neighborhood in case of evacuation Gas might not be available after a disaster, so keep your vehicle's gas tank at least half full at all times Family members should be instructed to call out of state contacts in the event of an emergency Practice the Drop, Cover & Hold-On (earthquake drill) and Stop, Drop & Roll (fire drill) Install smoke alarms and carbon monoxide detectors Teach each member of your family how to use a fire extinguisher

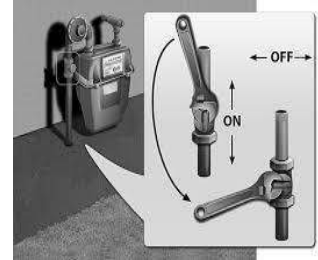
Emergency Supplies Checklist

1. Checklist Water - One gallon per person per day for 3-7 days.
2. Food - 3-7 days supply of non-perishables. For example: canned meat, fruits and vegetables; cereal, peanut butter.
3. Utensils - manual can opener, sharp knife, plates, cups, plastic forks and spoons, paper towels.
4. Battery operated or Hand-Crank Radio that uses AM Radio - Listen to news stations like KNX 1070 AM, KFWB 980 AM, and KFI 640 AM.



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5. Flashlights First Aid Kit Whistle Duct-Tape, Plastic Sheeting, Dust Mask Sanitation - Soap, toothbrush, toothpaste, toilet paper, moist wipes, large garbage bags and shovel for waste removal.
6. Tools - Shut-off wrench, shovel, axe, hammer, pliers (know where the gas shut-off is located. Turn off only in an emergency.) Clothes - Two sets of clothes, undergarments, socks, comfortable and sturdy shoes. Babies may need more.
7. Blankets/Sleeping Bags Medication - At least a one week supply. Use instant cold packs to keep certain medications cold that need it.
8. Matches Documents - Copies of birth/marriage certificates; insurance and medical records, deeds, bank statements, credit cards, drivers license, passport, etc.
9. Family photos for identification.



What to Do During an Earthquake

Stay as safe as possible during an earthquake. Be aware that some earthquakes are actually foreshocks and a larger earthquake might occur. Minimize your movements to a few steps to a nearby safe place and if you are indoors, stay there until the shaking has stopped and you are sure exiting is safe.

If indoors, Drop to the ground; take Cover by getting under a sturdy table or other piece of furniture; and Hold On until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.



Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.

Stay in bed if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.

Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load-bearing doorway.

Stay inside until the shaking stops and it is safe to go outside. Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave while it's still shaking.

Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.

DO NOT use the elevators.

If outdoors, stay there.

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Move away from buildings, streetlights, and utility wires.

Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls. Many of the 120 fatalities from the 1933 Long Beach earthquake occurred when people ran outside of buildings only to be killed by falling debris from collapsing walls. Ground movement during an earthquake is seldom the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects.

If in a moving vehicle, stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.

Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

If trapped under debris **DO NOT LIGHT A MATCH!**

Do not move about or kick up dust.

Cover your mouth with a handkerchief or clothing.

Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available.

Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

What to Do After an Earthquake or Other Disaster

Earthquakes: Earthquake damage can extend for miles from the epicenter. Damages can include collapsed buildings, bridges, and overpasses; cracked roadways; downed power lines; broken gas lines; fires; explosions; and landslides.

Earthquake responses: Drop, Cover, and Hold On. Evaluate damages to structure and humans. Evacuate structure if necessary. Take your GO BAG.

Fires: Fires can spread quickly. In five minutes an entire house can be engulfed in flames.

Often, the heat and smoke can be even more dangerous than the flames.

Fire Response: If you are on fire: STOP, DROP, and ROLL. Evacuate immediately when you see, hear, feel, smell smoke and/ or fire. Take your GO BAG
Chemical or Biological Release: A chemical emergency can occur as an accident or maliciously resulting with a release of chemical agents.

A biological emergency can be a natural outbreak of disease or a deliberate release of germs or other biological substances.

Chemical or Biological Release Response: Get to a safe area by evacuating or shelter-in-place (use duct tape and plastic sheeting to create a barrier).

In case of a disaster, ALL RESIDENTS should:

- Check in with your out-of-state contact.
- Take care of yourself, your family, home, and neighbors.

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Assess your situation Check yourself for injuries. Often people tend to 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. Place a HELP or OK sign on your front door or window. (See these on the last two pages of this Emergency Preparedness Plan) Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, hard hat, goggles, and work gloves. This will protect you from further injury by broken objects.

After you have taken care of yourself, help injured or trapped persons. If you have it in your area, call 9-1-1, then give first aid when appropriate and AS YOU ARE TRAINED.

Don't try to move seriously injured people unless they are in immediate danger of further injury.

Use the Telephone Only to Report Life-Threatening Emergencies

Telephone lines are frequently overwhelmed in disaster situations and must remain clear for emergency calls.

Use battery-powered lanterns or flashlights to inspect your home. Kerosene lanterns, torches, candles, and matches may tip over or ignite flammables inside.

Get everyone out if your home is unsafe. Be sure to take your Grab 'n Go bags with you. Aftershocks following earthquakes can cause further damage to unstable buildings. If your home has experienced damage, get out before aftershocks happen.

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.

If you don't need to extinguish a fire, place your fire extinguisher out front on the sidewalk. (This allows for several resources in case a neighbor's house catches fire to keep it from spreading.) 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. Explosions have caused injury and death when homeowners have improperly turned their gas back on by themselves.

Clean up spilled medicines, bleaches, gasoline, or other flammable liquids immediately. Avoid the hazard of a chemical emergency.

Open closet and cabinet doors cautiously. Contents may have shifted during the shaking of an earthquake and could fall, creating further damage or injury.

Help neighbors who may require special assistance. Elderly people and people with disabilities may require additional assistance. People who care for them or who have large families may need additional assistance in emergency situations.

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 and local officials provide the most appropriate advice for your particular situation.

Expect aftershocks. Each time you feel one, drop, cover, and hold on! Aftershocks frequently occur minutes, days, weeks, and even months following an earthquake.

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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.

Watch animals closely. Leash dogs and place them in a fenced yard. The behavior of pets may change dramatically after an earthquake. Normally quiet and friendly cats and dogs may become aggressive or defensive

Community Resources

EDIT THIS TABLE: Add one row for each local resource. Use Table Layout > Insert Below to add rows. Keep each organization in its own row so recipients can sort, move, or copy information easily. (Remove this box when you're finished)

Resource / Organization	Address or Service Area	Phone / Email / Website
Council office	<i>[Enter information]</i>	<i>[Enter information]</i>
Fire station	<i>[Enter information]</i>	<i>[Enter information]</i>
Police station	<i>[Enter information]</i>	<i>[Enter information]</i>
Recreation center	<i>[Enter information]</i>	<i>[Enter information]</i>
Hospital / clinic	<i>[Enter information]</i>	<i>[Enter information]</i>
Library	<i>[Enter information]</i>	<i>[Enter information]</i>
Other	<i>[Enter information]</i>	<i>[Enter information]</i>
<i>[Enter information]</i>	<i>[Enter information]</i>	<i>[Enter information]</i>

(NEIGHBORHOOD COUNCIL NAME) EMERGENCY PREPAREDNESS PLAN

Department of Neighborhood Empowerment | 200 N. Spring Street, Room 2005, Los Angeles, CA 90012 | (213) 978-1551 | empowerla@lacity.org | <https://neighborhoodempowerment.lacity.gov>

Additional Resources

CONTINUE THE TABLE: Use this page when more space is needed. Copy rows from the Community Resources table or insert another editable table. (Remove this box when you're finished)

ADDITIONAL RESOURCES

Enter additional locations and contact information here.

Emergency Information Resources

Federal Emergency Management Agency (FEMA) <http://www.ready.gov/>

California Emergency Management Agency – Hazard Mitigation
<http://myhazards.caloes.ca.gov/>

City of Los Angeles Emergency Management Department
<http://www.readyla.org>

Ready Your LA Neighborhood (RYLAN)
<http://www.emergency.lacity.org/rylan/about>

Los Angeles Department of Water and Power <https://www.ladwp.com/ladwp>

CERT Los Angeles - Community Emergency Response Team
<http://www.cert-la.com>

American Red Cross <http://www.redcross.org>

American Red Cross “Safe and Well” registry
<https://safeandwell.communityos.org>

LAUSD Office of Environmental Health and Safety <http://www.lausd-oehs.org>

Protect Your Pets in an Emergency
<https://www.cdc.gov/disasters/petprotect.html>

Department of Neighborhood Empowerment’s Data Page:
<https://neighborhoodempowerment.lacity.gov/data/>

Earthquake Country Alliance: <https://www.earthquakecountry.org/>

Emergency Service Contacts



**Call 9-1-1 for life-threatening emergencies.*

Service	Contact
City of Los Angeles Information and Services	3-1-1
Emergencies *Call 9-1-1 for life-threatening emergencies	9-1-1
California Poison Control	1-800-222-1222
Non-emergency LAPD	877-ASK-LAPD / 877-275-5273
Los Angeles Department of Water & Power (LADWP)	800-342-5397
Animal Services	888-452-7381
City of Los Angeles' Bureau of Sanitation and Environment	800-773-2489
3-1-1 (for more information on 3-1-1, and to get the app for your smart phone, please visit: https://lacity.gov/myla311)	311
Terrorist Threats (LAPD)	877-A-THREAT (877-284-7328)
So Cal Gas Company	213-244-1200
Cal Trans Highway Information Service Line	800-427-7623
American Red Cross	213-739-5206

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Los Angeles Department of Building and Safety (LADBS) Building Inspection (7 a.m. - 5 p.m.)	888-524-2845
City of Los Angeles Bureau of Street Services (Streets LA)	800-996-2489
Community Emergency Response Team (CERT)	213-202-3136

How to Respond to Various Threats

Active Shooter Preparedness and Response

HOW TO PREPARE FOR AND RESPOND DURING AND AFTER AN ACTIVE SHOOTER INCIDENT

Recent national tragedies remind us that the risk is real: an active shooter incident can happen in any place at any time. The best ways to make sure you and your loved ones stay safe are to prepare ahead of time and be ready. Taking a few steps now and mentally rehearsing what to do can help you react quickly when every second counts.



TAKE AN ACTIVE ROLE IN YOUR OWN SAFETY

NOW

PREPARE

- Sign up for active shooter training
- If you see something suspicious, say something
- Know community response plans
- Identify the exits and good places to hide
- Learn and practice first aid skills and use of tourniquets

DURING

SURVIVE

- Run
- Hide
- Fight



You may need to use more than one option.

AFTER

BE SAFE

- Help law enforcement
- Seek out medical help
- Help others survive
- Seek help to cope with psychological trauma

Active Shooter Response: After an Incident



NOW

PREPARE

- Sign up for active shooter training.
- If you see suspicious activity, let an authority know right away.
- Many places like houses of worship, workplaces, and schools have plans in place to help you respond safely. Ask about these plans and get familiar with them. If you participate in an active shooter drill, talk to your family about what you learn and how to apply it to other locations.
- When you visit a building like a shopping mall or health care facility, take time to identify two nearby exits. Get in the habit of doing this.
- Map out places to hide. Solid doors with locks, rooms without windows, and heavy furniture like large filing cabinets and desks make good hiding places.
- Sign up for first aid and tourniquet training.



DURING

SURVIVE

- **RUN.** Getting away from the shooter or shooters is the top priority. Leave your things behind and run away. If safe to do so, warn others nearby. Call 911 when you are safe. Describe each shooter, their locations, and weapons.
- **HIDE.** If you can't get away safely, find a place to hide. Get out of the shooter's view and stay very quiet. Silence your electronic devices and make sure they won't vibrate. Lock and block doors, close blinds, and turn off the lights. Don't hide in groups—spread out along walls or hide separately to make it more difficult for the shooter. Try to communicate with police silently—like through text messages or by putting a sign in an exterior window. Stay in place until law enforcement gives you the all clear.
- **FIGHT.** Your last resort when you are in immediate danger is to defend yourself. Commit to your actions and act aggressively to stop the shooter. Ambushing the shooter together with makeshift weapons such as chairs, fire extinguishers, scissors, and books can distract and disarm the shooter.

AFTER

BE SAFE

- Keep hands visible and empty.
- Know that law enforcement's first task is to end the incident, and they may have to pass injured along the way.
- Follow law enforcement instructions and evacuate in the direction they come from.
- Consider seeking professional help for you and your family to cope with the long-term effects of the trauma.

HELPING THE WOUNDED

Take care of yourself first, and then you may be able to help the wounded before first responders arrive:

- If the injured are in immediate danger, help get them to safety.
- While you wait for first responders to arrive, provide first aid—apply direct pressure to wounds and use tourniquets if you have been trained to do so. Turn wounded people onto their sides if they are unconscious and keep them warm.

Additional Resources

VIDEO

Run. Hide. Fight. Surviving an Active Shooter Event
www.youtube.com/watch?v=5VcSwejU2D0

ONLINE COURSE

Active Shooter: What You Can Do <https://training.fema.gov/is/courseoverview.aspx?code=IS-907>

GUIDE FOR HOUSES OF WORSHIP

www.dhs.gov/sites/default/files/publications/Developing_EOPs_for_Houses_of_Worship_FINAL.PDF

GUIDE FOR K-12 SCHOOLS

www.fema.gov/media-library-data/20130726-1922-25045-3850/rem_s_k_12_guide.pdf

WEBSITES

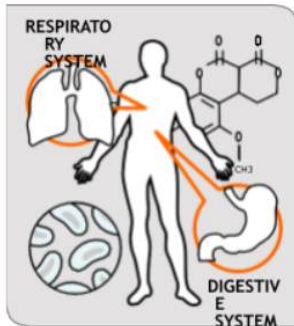
www.dhs.gov/active-shooter-preparedness
www.fbi.gov/about/partnerships/office-of-partner-engagement/active-shooter-incidents
www.fema.gov/faith-resources
www.redcross.org/ux/take-a-class

Be Informed: Biological Threat - Immediate Actions

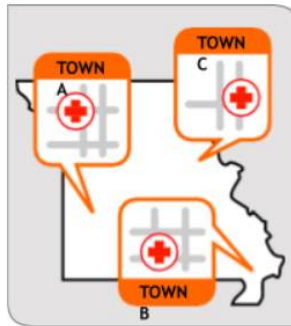
BE INFORMED

<http://www.ibwc.gov/Files/biologicalthreat.pdf>

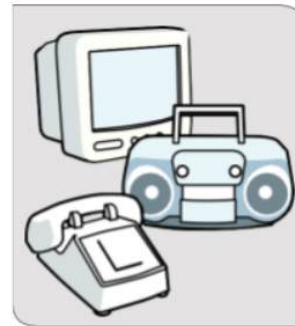
BIOLOGICAL THREAT



1. A biological attack is the release of germs or other biological substances. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents can cause contagious diseases, others do not.



2. A biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack it is perhaps more likely that local health care workers will report a pattern of unusual illness.



3. You will probably learn of the danger through an emergency radio or TV broadcast.



4. If you become aware of an unusual or suspicious release of an unknown substance nearby, it doesn't hurt to protect yourself.



5. Get away from the substance as quickly as possible.



6. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing.

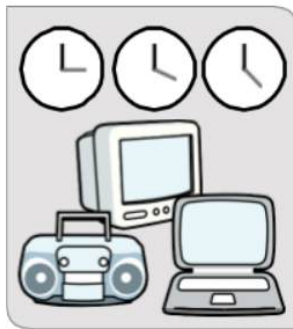
Be Informed: Biological Threat - Medical Care and Prevention

BE INFORMED

BIOLOGICAL THREAT



7. Wash with soap and water and contact authorities.



8. In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. However, you should watch TV, listen to the radio, or check the Internet for official news as it becomes available.

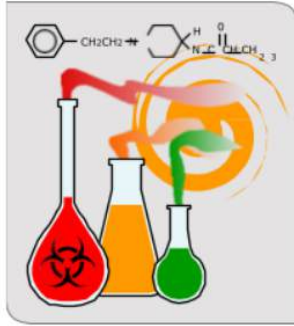


9. At the time of a declared biological emergency be suspicious, but do not automatically assume that any illness is the result of the attack. Symptoms of many common illnesses may overlap. Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.

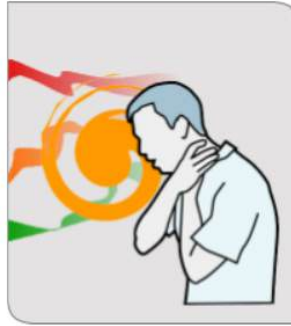
Be Informed: Chemical Threat - Immediate Actions

BE INFORMED <http://www.ibwc.gov/Files/chemicalthreat.pdf>

CHEMICAL THREAT



1. A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment.



2. Watch for signs such as many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination.



3. Many sick or dead birds, fish or small animals are also cause for suspicion.



4. If you see signs of a chemical attack, quickly try to define the impacted area or where the chemical is coming from, if possible.



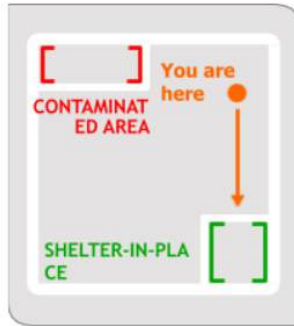
5. Take immediate action to get away from any sign of a chemical attack.



6. If the chemical is inside a building where you are, try to get out of the building without passing through the contaminated area, if possible.

Be Informed: Chemical Threat - Evacuation and Shelter-in-Place

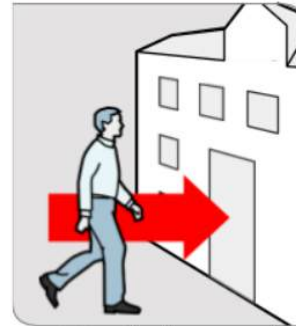
BE INFORMED CHEMICAL THREAT



7. Otherwise, it may be better to move as far away from where you suspect the chemical release is and "shelter-in-place."



8. If you are outside when you see signs of a chemical attack, you must quickly decide the fastest way to get away from the chemical threat.



9. Consider if you can get out of the area or if it would be better to go inside a building and follow your plan to "shelter-in-place."



10. If your eyes are watering, your skin is stinging, you are having trouble breathing or you simply think you may have been exposed to a chemical, immediately strip and wash. Look for a hose, fountain, or any source of water.



11. Wash with soap and water, if possible, but do not scrub the chemical into your skin.



12. Seek emergency medical attention.

Be Informed: Explosions - Immediate Actions

BE INFORMED <http://www.ibwc.gov/Files/explosions.pdf>

EXPLOSIONS: If there is an explosion...



1. Take shelter against your desk or a sturdy table.



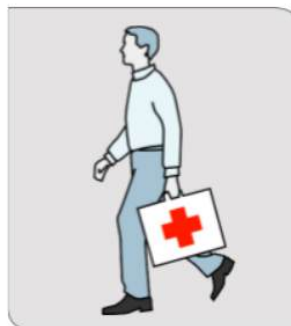
2. Exit the building as quickly as possible.



3. Do not use elevators.



4. Take shelter against your desk or a sturdy table.

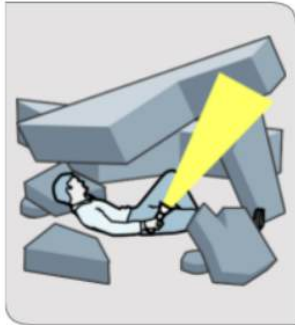


5. Take your emergency kit if time allows

Be Informed: Explosions - If You Are Trapped in Debris

BE INFORMED

EXPLOSIONS If you are trapped in debris...



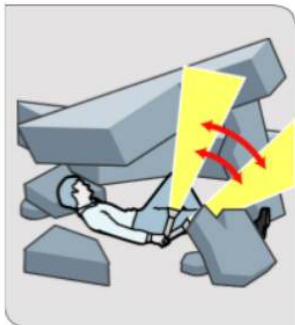
1. If possible, use a flashlight to signal your location.



2. Avoid unnecessary movement so that you don't kick up dust.



3. Cover your mouth and nose with anything you have on hand. Dense weave cotton material can create a good filter. Try to breathe through the material.



4. Tap on a pipe or wall so that rescuers can hear where you are.



5. Use a whistle if one is available. Shout only as a last resort - shouting can cause a person to inhale dangerous amounts of dust.

Be Informed: Explosions - If There Is Fire

BE INFORMED

EXPLOSIONS: If there is fire...



1. Exit the building as quickly as possible.



2. Crawl low in smoke.



3. Use a wet cloth to cover your nose and mouth.



4. Use the back of your hand to feel the lower, middle, and upper parts of closed doors.



5. If the door is not hot, brace yourself against the door and open it slowly.



6. Do not open the door if it is hot. Look for another way out.

Be Informed: Fire Following an Explosion



7. Use appropriate fire exits, not elevators.



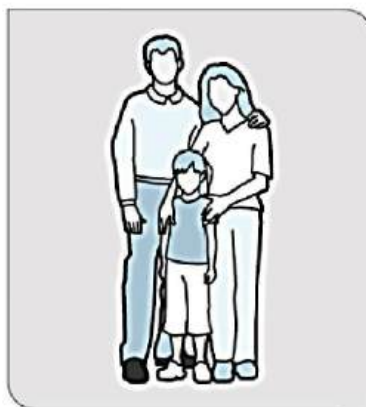
8. If you catch fire, do not run!



9. Stop, Drop and Roll.



10. If you are at home, go to the previously designated meeting place.



11. Account for your family members.



12. Do not go back into a burning building and carefully supervise small children.



13. Call the fire department.

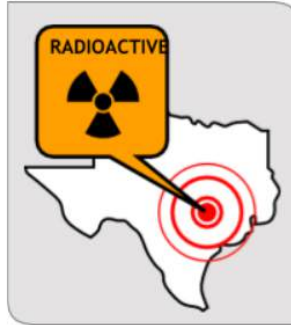
Be Informed: Radiation Threat

BE INFORMED

RADIATION THREAT <http://www.ibwc.gov/Files/radiation.pdf>



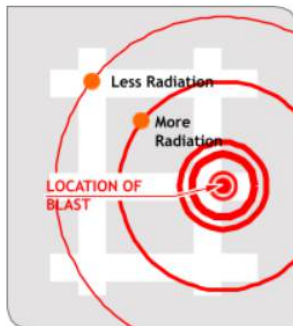
1. A radiation threat or "Dirty Bomb" is the use of common explosives to spread radioactive materials.



2. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. In order to limit the amount of radiation you are exposed to, think about shielding, distance and time.



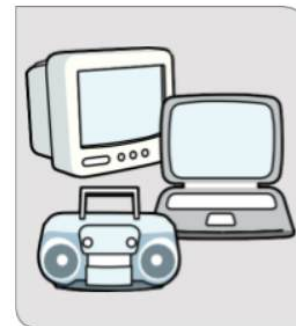
3. **Shielding:** If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed by the thick shield, and you will be exposed to less.



4. **Distance:** The farther away you are from the radiation the lower your exposure.



5. **Time:** Minimizing time spent exposed will also reduce your risk.



6. Local authorities may not be able to immediately provide information on what is happening and what you should do. However, you should watch TV, listen to the radio, or check the Internet often for official news and information as it becomes available.

Be Informed: Nuclear Blast

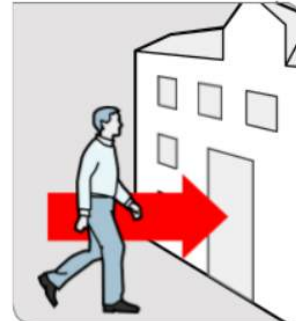
BE INFORMED NUCLEAR BLAST



1. Take cover immediately, below ground if possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave.



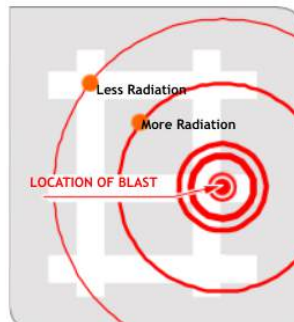
2. Consider if you can get out of the area;



3. Or if it would be better to go inside a building and follow your plan to "shelter-in-place".



4. Shielding: If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed, and you will be exposed to less.



5. Distance: The farther away from the blast and the fallout the lower your exposure.



6. Time: Minimize time spent exposed will also reduce your risk.

Additional Information

CUSTOMIZE: Use this page for additional local information, tables, maps, or images.
(Remove this box when you're finished)

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Community Emergency Response Team Program



COMMUNITY EMERGENCY RESPONSE TEAM PROGRAM

Los Angeles Fire Department – Homeland Security Division 201 N

Figueroa Street - Suite 1225

Los Angeles, California 90012

Phone: (213) 202-3136 / Fax: (213) 202-3187

Email: lafdcert@lacity.org Web Page: www.cert-la.com



LEVEL 1 SYLLABUS	PROGRAM OVERVIEW
CLASS 1 - INTRODUCTION, DISASTER AWARENESS Registration Introduction Earthquake Threat in Southern California Personal & Family Preparation Nonstructural Hazard Mitigation	The Los Angeles Fire Department's CERT Program (free of charge) was developed because of the need for a well-trained civilian emergency work force. The CERT Program provides for community self-sufficiency through the development of multifunctional response teams who act as an adjunct to the city's emergency services during major disasters. When emergencies happen, CERT members can give critical support to first responders, and provide immediate assistance to victims. CERT members can also assist with non-emergency projects that help improve the safety of the community. Through this unique program, people from community organizations, business and industry, and city employee groups will become CERT members. They work as team members and perform as individual leaders by directing untrained volunteers in the initial phase of an emergency. To become a CERT graduate, you must complete the 17-1/2 hour course (Level 1). Level 1 training is taught by professional experienced firefighters and paramedics. The course is followed by continuing education programs, including biannual refreshers. We encourage our Level 1 graduates to enhance their education. Following the completion of Level 1, the CERT Program also offers Level 2 and Level 3 sequential training through the American Red Cross (ARC). CERT Level 2 includes 12 additional training hours in: "Disaster Services: An Overview", "First Aid and CPR/AED", and "Shelter Operations & Shelter Simulation". Currently, Level 2 classes are free. Check your local ARC's or CERT's website for available classes and dates. After you have completed Levels 1 & 2 training, Level 3 is a 50 plus-hour "Emergency Medical Response" course. A Level 3 CERT member will have completed nearly 80 total hours of training and be capable of effectively assisting the needs within the community. Contact the ARC for dates and cost for this course. Currently, CERT teams are regionally located within the city according to the Fire Department battalion they live in or work in. Opportunities are available to join and train with a team and potentially become a CERT Battalion Coordinator. Currently, Battalion Coordinators have completed at least Levels 1 & 2 training. These Battalion Coordinators work closely with CERT team members and the Fire Department to develop a capable "response-ready" team. If you are a licensed amateur radio operator (Ham) who desires to serve the Department and the community, the ham radio will back up the Department's 800-MHz radio system and provide radio support to CERT members, their families, and their Battalion Coordinators. Contact the Los Angeles Fire Department's City Radio Officer at (213) 978-3536.
CLASS 2 - DISASTER FIRE SUPPRESSION TECHNIQUES Fire Chemistry Fire Extinguisher Use Utility Control Creative Firefighting Techniques Hazardous Materials / Placarding	
CLASS 3 - DISASTER MEDICAL OPERATIONS (SESSION 1) Recognizing Life-Threatening Emergencies Treating Life-Threatening Emergencies Triage	
CLASS 4 - DISASTER MEDICAL OPERATIONS (SESSION 2) AND MULTI-CASUALTY INCIDENT Head-to-Toe Evaluation Treating Non-Life-Threatening Emergencies Treatment Area Management	
CLASS 5 - LIGHT SEARCH & RESCUE OPERATIONS Evacuation Search Techniques Rescue Methods / Cribbing	
CLASS 6 - TEAM ORGANIZATION & DISASTER PSYCHOLOGY Developing a Response Team Incident Command System "ICS" Psychological "Size-Up"	
CLASS 7 - TERRORISM & HOMELAND DEFENSE History of Terrorism Do's and Don'ts During a Terrorist Act Homeland Defense Tips	

Household Status Sign

HELP and OK signs: Place one of them in a visible location on the front of your home after a disaster. This is a way to communicate the household's status to neighbors and first responders. **OK** - Means everyone in the home is safe/accounted for and does not currently need emergency assistance. **HELP** - Means the household needs assistance or there may be an emergency/problem at the property.



HELP

OK