



## DEVELOP AND PRACTICE A FAMILY PREPAREDNESS PLAN

### Develop and Practice a Family Disaster Plan



Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services (water, gas, electricity, sewer or telephones) were cut off? Ask yourself how will you find your family members? How will you know if your children or parents are safe? Families can help reduce the physical challenges as well as the stress of a disaster by preparing in advance. Working together as a team to develop an emergency plan that will keep them safe is an important

exercise. Follow the suggestions provided below to create your family's disaster plan. Knowing what to do is your best protection and your responsibility.

#### 1. Before An Emergency

Be informed and stay informed are critical steps you must take to develop your family disaster plan. Find out what natural hazards and emergencies are likely to occur and create a plan to address your needs. Here are some sources of information that can assist you.

- Be Informed:
  - Contact your local chapter of the American Red Cross Chapter and be prepared to take note, go to their website for additional information,
  - Contact California Emergency Management Agency (Cal-EMA). Use their website to discover general information regarding the hazards that exist in your area. Go to: <http://myhazards.calema.ca.gov/>
  - When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations.
- Stay Informed:
  - In an emergency KKJZ FM 88.1 will broadcast information to the Long Beach community. Additional resources are KNX AM 1070 and KFWB AM 980.
  - Register for notification programs such as Nixle, Reverse 911 or E-notify so you will be sent information from the local authorities. If you have a family member with special needs or a physical condition that requires special medical attention, register with the **Long Beach Vial of Life Program** ([www.lbvialoflife.com](http://www.lbvialoflife.com)) or the Los Angeles County Special Needs Awareness Program, ([www.snap.lacounty.gov](http://www.snap.lacounty.gov)).

## 2. Create a Family Plan

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and earthquakes to children. Plan to share responsibilities and work together as a team.

- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- If you have children in school, make sure they understand the school plan and explain how you will get to them as soon as possible.
- Put your “Emergency Home Kit” together and show everyone where it will be stored.
- Create an evacuation plan. Establish a place to meet and regroup should there be an emergency such as a home fire. The location should be near your home and easily identified at night or day.
- Establish a place to meet and regroup should there be an emergency such as an earthquake or flood and you have to leave your home. This location should be outside your neighborhood in case you can’t return home.
- Create a communications plan. Ask an out-of-state friend to be your “family contact.” After a disaster, it’s often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact’s phone number.
- Prepare emergency contact cards for each family member. Include contact information for each family member as well as extending family and friends that will help in a disaster. If you have small children include your home address and phone number.
- Discuss what to do in an evacuation. Discuss what is in your “Go Bag” and why it is important.
- Discuss how you are going to care for pets in an emergency.

**FAMILY COMMUNICATIONS PLAN**

Local Contact Name: \_\_\_\_\_  
Telephone: \_\_\_\_\_

Out-of-town Contact Name: \_\_\_\_\_  
Telephone: \_\_\_\_\_

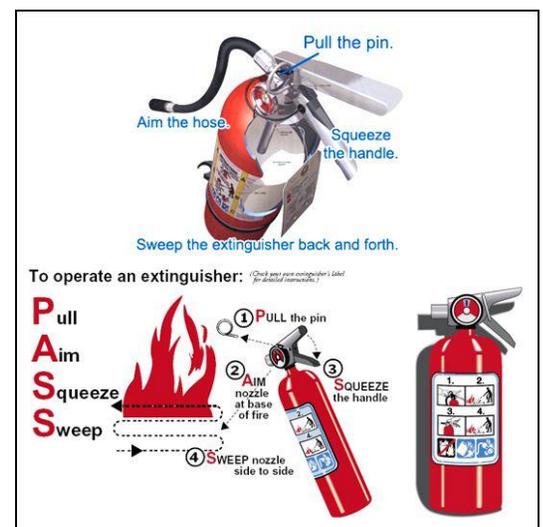
Meeting Place: \_\_\_\_\_  
Meeting Place Telephone Number: \_\_\_\_\_

**Dial 9-1-1 for Emergencies!**

## 3. Complete This Checklist

Show each member of your family how to use the available resources to help each other in an emergency situation.

- Find the “safe spots” in your home for each type of disaster
- Post emergency telephone numbers by phones (fire, police, ambulance, etc.).
- Teach children how and when to call 911 or your local Emergency Medical Services number for emergency help.
- Show responsible family member how and when to turn off the water, gas and electricity at the main switches.
- Teach each family member how to use the fire extinguisher (ABC type), and show them where it’s kept. Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt.
- Create a Disaster Supplies Kit.
- Take an American Red Cross first aid and CPR class.
- Determine the best escape routes from your home to your meeting place. Find two ways out of each room.

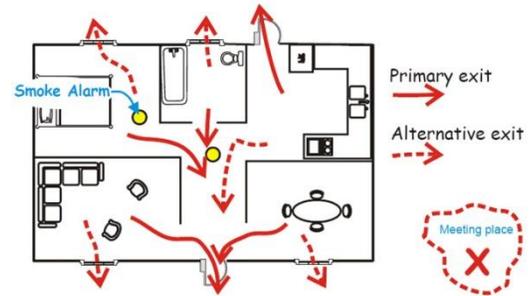


- Register for notification programs such as Nixle, Reverse 911 or E-notify so you will be sent information from the local authorities. If you have a family member with special needs or a physical condition that requires special medical attention, register with the **Long Beach Vial of Life Program** ([www.lbvialoflife.com](http://www.lbvialoflife.com)) or the Los Angeles County Special Needs Awareness Program, ([www.snap.lacounty.gov](http://www.snap.lacounty.gov)).

#### 4. Practice and Maintain Your Plan

Go over the plan as a family and ask your family plenty of questions. The team must know the plan and be able to assist each other in an emergency situation.

- 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. Make plans for childcare in case parents can't get home.
- Quiz your kids every six months so they remember what to do.
- Conduct fire and emergency evacuation drills.
- Replace stored water and stored food every six months.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.



#### 5. Considerations When Creating A Family Plan

In planning for emergencies, all of these individual differences make it important for every household and each individual to consider what they need in their plans and their supplies. A few examples of considerations for tailoring your plans and supplies include:

- Households with children should understand the school's plans and where the children will stay safe if an adult in the household needs to shelter in other locations until the immediate hazard is over.
- Individuals who are deaf or hard of hearing should make sure that they can receive emergency alerts and warnings in an accessible form.
- Individuals who require accessible transportation should work with their local Para-transit and disability service providers to make an emergency plan.
- People who speak languages other than English may need to identify sources of alerts and warnings and information about community plans in other languages.
- People without vehicles should know local plans for public transportation and may need to make arrangements for transportation from local government, organizations or others.
- Households with infants should plan for food and supplies for infants and nursing mothers.
- People with dietary needs should have an adequate emergency food supply to meet their needs.
- People who take medications should maintain an adequate supply, and copies of their prescriptions.
- People with service animals should work with local emergency management to ensure that their service dog will be admitted to shelters with them during emergencies (as required by law) and should make sure their plan kit supplies include food and other items for their service animal.
- People who require power for medical or other assistive devices should consider how they will maintain the use of these devices if there is a loss of power. Keep extra batteries for small devices (i.e. hearing aids, heart monitors, etc.) and consider obtaining and learning how to use a generator for home use and carrying a charger when away from home, especially when loss of power may jeopardize health or safety.



For additional information on emergency preparedness, please visit any of the following on-line resources:

**City of Long Beach:**

- Fire Department  
[http://www.longbeach.gov/fire/emergency\\_prep/default.asp](http://www.longbeach.gov/fire/emergency_prep/default.asp)
- Police Department  
<http://www.longbeach.gov/police/default.asp>
- Health and Human Services  
<http://www.longbeach.gov/civica/filebank/blobdload.asp?BlobID=9067>

**County Agency:**

- Los Angeles County Office of Emergency Management  
<http://www.lacoa.org/>

**State Agency:**

- The Governor’s Office of Emergency Services  
<http://www.oes.ca.gov/>

**Federal Agency:**

- **Federal Emergency Management Agency**  
<http://www.fema.gov/>
- **Department of Homeland Security**  
<http://www.dhs.gov/index.shtm>
- **U.S. Geological Survey – Specific earthquake information and maps.**  
<http://www.usgs.gov/>
- **Center for Disease Control and Prevention**  
<http://www.cdc.gov/> or <http://www.bt.cdc.gov/planning/index.asp>

For additional information on emergency preparedness, please visit any of the following on-line resources:

- U.S. Geological Survey – Specific earthquake information and maps.  
<http://www.usgs.gov/>
- Center for Disease Control and Prevention  
<http://www.cdc.gov/> or <http://www.bt.cdc.gov/planning/index.asp>
- Greater Long Beach Chapter  
<http://www.redcrosslb.org/>

**City of Long Beach Emergency Phone Numbers:**

**Emergencies Dial 911**

- **Gas Department: 562.570.2140**
- **Water and Sewer: 562.570.2390**
- **Public Works: 562.570.2700**
- **Police Non-Emergency 562.435.6711**
- **Fire Non-Emergency 562.570.9400**

## Social Media:

You can also sign up for any of the City of Long Beach social media accounts and receive updates on the City's disaster responses, as well as information to assist you.

[www.facebook.com/CityofLongBeachCA](http://www.facebook.com/CityofLongBeachCA)

<https://twitter.com/LongBeachCity>

[www.youtube.com/user/LongBeachCityCA](http://www.youtube.com/user/LongBeachCityCA)

