



One item a month. One step closer to being prepared.

October's Featured Item: Equipment & Tools

We hope that you are well on your way to completing your emergency kit. If you have been following along, we are now onto the 10th item to include in your kit. This month's item is equipment and tools.

.It is important to know where your gas main valve is to be able to turn off the gas in the event of an emergency. Some gas shut off valves require a specific kind of wrench. Find out the proper procedure for shut off by calling your gas company, as well as tolls you will need to do so. You should also be aware of where the water shut off valve is and the electrical box.

Here are some other tools and equipment to include in your kit:

- Plastic sheeting or heavy duty garbage bags for [sheltering in place](#)
- Duct tape to seal windows for the shelter in place
- Manual can opener
- Swiss army knife
- Pliers
- Wrench



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We're sure you're wondering what zombies have to do with emergency preparedness. Well, we are so glad you asked. Last year the CDC launched their very effective Zombie Preparedness campaign that was originally created to attract a new audience and direct their attention toward emergency preparedness. The CDC's Director of the Office of Public Health Preparedness and Response, Ali Khan has said that "if you are generally well equipped to deal with a zombie apocalypse you will be prepared for a hurricane, pandemic, earthquake, or terrorist attack." Here at the Long Beach Health Department, we couldn't agree more.



You may laugh now, but the truth is, if you are prepared before an apocalypse, you are ready for any type of real life emergency that might strike your community. [CDC's Preparedness 101 Blog](#) on getting ready for a zombie apocalypse includes everything you need to know from creating a plan to gathering items for your first aid kit.

Take a look at the [CDC's tips](#) on how to avoid becoming a walker and pointers on being prepared to survive through a zombie apocalypse.