

Injury Prevention and Family Preparedness:

- ❑ Post emergency telephone numbers by telephones
- ❑ Show responsible family members how to shut of the gas and main water valve to the house
- ❑ Replace batteries on smoke detectors twice a year at change of time
- ❑ Keep a fire extinguisher in the house and garage
- ❑ Learn first aid and CPR
- ❑ Secure your water heater and major appliances
- ❑ Hanging plants and picture frames should not be over beds
- ❑ Keep exits clear at all times
- ❑ Place beds away from windows
- ❑ Do not call 911 unless there is an emergency



For More Information about Injury Prevention and Disaster Preparedness:

- ❑ Take a CERT (Community Emergency Response Team) Course at your local fire department to register:
<http://www.ci.long-beach.ca.us/fire/cert/>
- ❑ Take a first aid class at American Red Cross
<http://www.greaterlongbeachrc.org/>
- ❑ Become educated about bioterrorism and disaster preparedness
<http://www.labt.org/>
(In all languages)



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A Pocket Guide to Disaster Preparedness and Injury Prevention



 **St. Mary Medical Center**
A Higher Level of Care
A member of CHW

St. Mary Medical Center Disaster Resource Center recommends you stockpile the following equipment in your home, office, car or clinic. The goal is to reach a state of "self sufficiency" for 7 days

First Aid

- ❑ Latex gloves
- ❑ 2" and 4" sterile guaze pads
- ❑ Kerlex wraps
- ❑ Slings
- ❑ Moist diaper wipes
- ❑ Tweezers
- ❑ Bandages of many sizes
- ❑ Bottled water to rinse injuries
- ❑ Ice Packs
- ❑ Zip bags to store equipment
- ❑ Scissors
- ❑ Spare prescription medications
- ❑ Over the counter medications such as pain relievers and anti diarrhea medications
- ❑ Toilet paper
- ❑ Spare eyeglasses, contact lenses, dentures and solutions
- ❑ Liquid hand sanitizers
- ❑ Antibiotic creams and ointments
- ❑ Sun block

Essentials and Comfort

- ❑ Water-1 gallon per family member per day
- ❑ Food-prepackaged tuna, meats, canned vegetables, granola bars, non perishable foods
- ❑ A manual can opener
- ❑ Pet food
- ❑ Blankets and sleeping bags
- ❑ Camping lanterns with batteries
- ❑ Sturdy shoes
- ❑ A tool kit with hammer, crowbar and wrenches
- ❑ Paper towels
- ❑ An AM FM radio with batteries
- ❑ Flashlights and batteries
- ❑ Toys and entertainment for children such as coloring books and crayons
- ❑ A battery operated charger for cell phones and communication devices
- ❑ A stepladder and tent
- ❑ Signal flares
- ❑ Matches in waterproof bags or containers
- ❑ Sturdy work gloves
- ❑ Buckets and trash bags for toilets



Household documents and contact information:

- ❑ A list of medications you take
- ❑ A contact phone list written down
- ❑ Personal identification: copies of driver's license and passport
- ❑ Cash in a waterproof bag in small bills
- ❑ A spare set of keys
- ❑ Full tank of gas in the car
- ❑ Name and phone number of local hospitals, doctor and clinic
- ❑ A copy of the bills you normally pay, checking accounts and bank account statements in a safe secure location or lockbox