#### <u>Injury Prevention and Family</u> 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: <a href="http://www.ci.long-beach.ca.us/fire/cert/">http://www.ci.long-beach.ca.us/fire/cert/</a>
- Take a first aid class at American Red Cross <a href="http://www.greaterlongbeachrc.org/">http://www.greaterlongbeachrc.org/</a>
- Become educated about bioterrorism and disaster preparedness <a href="http://www.labt.org/">http://www.labt.org/</a>
   (In all languages)
- Take an AARP Mature Driver Safety Class. Call The St. Mary Senior Center 1-888-478-6279 for reservations



St. Mary Medical Center Disaster Resource Center 1050 Linden Avenue Long Beach, CA 90813 (562) 491-9184 phone



# A Pocket Guide to Disaster Preparedness and Injury Prevention





Buckets and trash bags for toilets

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



### <u>Household documents and contact</u> 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