



# Your Guide to Public Health Emergency Planning

[www.labt.org](http://www.labt.org)

## Protection Means Planning

The LA County Department of Health Services protects the public's health during natural and intentional emergencies, such as a terrorism attack caused by the release of biological, chemical or radiological agents. But you need to do your part to protect yourself and your family during an emergency.

Emergency preparedness means planning ahead. The checklists below make it easy. Go over them with your family and review and update them once a year so they stay complete and up-to-date. For a complete list of terrorism agents, go to [www.labt.org](http://www.labt.org)

**Protect yourself. Protect your family. Complete this card and keep it nearby.**

## Create a Disaster Plan

Outline what to do, how to find each other, and how to communicate during different kinds of emergencies. (See other side)

- Name two places to meet: one right outside your home and another outside your neighborhood, such as a library, community center, or place of worship.
- Make sure everyone knows the address and phone number of your second meeting place.
- Know and practice all possible exit routes from your home and neighborhood.
- Choose an out-of-state friend or relative that household members can call if separated during a disaster.
- Make sure everyone's needs are met, especially seniors, people with disabilities, non-English speakers, and pets/livestock.
- Practice your plan with all household members and be sure they have a copy.
- Check on the school emergency plan of any school-age children you may have.

## Prepare Emergency Supplies

Keep your supplies in sturdy, easy-to-carry containers. Keep the larger one at home and put a smaller one in your car. Include:

- Three-day supply of water: one gallon per person per day for drinking and cleaning.
- Three-day supply of food, such as dried or canned foods and can opener.
- Cash (at least \$50-100 in small bills) and an ATM card.
- Changes of clothes and shoes.
- A blanket or sleeping bag for each person.
- First aid kit.
- Family's prescribed medicines and, if possible, copies of prescriptions.
- Battery-powered radio, flashlight, extra batteries, and waterproof matches.
- Soap, toilet paper, and extra plastic bags.
- Items for pets, infant, elderly, or disabled family members.
- Extra eyeglasses, extra set of car and home keys.
- Copy of important family papers in a fireproof container.
- A whistle in case you are trapped.
- If you must evacuate your home, please take your pets/livestock if possible. Include food, medicine and I.D. tag on the pet's collar.

## In the Unlikely Event of a Bioterrorism Emergency

Review the following bioterrorism agent information.

Bioterrorism occurs when substances that can cause illness or death are intentionally released, including:

**Biological Agents:** Bacteria, viruses, or other biological substances. Examples: anthrax, smallpox, plague, botulism.

**Chemical Agents:** Toxic gases, liquids, or solids that can harm people or the environment. Examples: sarin and ricin.

**Radiological Weapons:** Explosive devices that spread radioactive materials. Example: dirty bomb.

For a complete list of terrorism agents, go to [www.labt.org](http://www.labt.org)



## Other Resources

- ❑ **Los Angeles County Department of Health Services - Public Health:** [www.labt.org](http://www.labt.org)  
Hotline: 866-999-LABT (5228)
- ❑ **L.A. County Emergency Survival Program (ESP):** [www.espfocus.org](http://www.espfocus.org)
- ❑ **L.A. County Disaster Hotline:** 800-980-4990
- ❑ **Info Line Los Angeles - “211 LA COUNTY”:** 211
- ❑ **City of Los Angeles Emergency Operation Organization:** [www.lacity.org/epd](http://www.lacity.org/epd)  
Helpline: 888-356-4661
- ❑ **California Emergency Preparedness Office:**  
[www.dhs.ca.gov/ps/ddwem/environmental/epo/epoindex.htm](http://www.dhs.ca.gov/ps/ddwem/environmental/epo/epoindex.htm)
- ❑ **Centers for Disease Control and Prevention:** [www.bt.cdc.gov](http://www.bt.cdc.gov)  
Hotline: 888-246-2675
- ❑ **U.S. Department of Homeland Security:** [www.ready.gov](http://www.ready.gov)
- ❑ **Poison Center Hotline:** 800-222-1222
- ❑ **Red Cross disaster preparedness information** in Arabic, Cambodian, Chinese, English, Farsi, French, Hmong, Japanese, Korean, Laotian, Russian, Spanish, Tagalog, Vietnamese: [www.redcross.org/services/disaster/](http://www.redcross.org/services/disaster/)

## Do Your Part! In the event of any emergency, help us by:

- ❑ Keep 9-1-1 emergency phone lines open for true emergencies.
- ❑ Use hospitals only for medical emergencies. Keep roads clear and stay home unless you are advised to evacuate or have a medical emergency.
- ❑ Use flashlights instead of matches or electrical switches if you think there may be a gas leak.

**For More Information, contact 1-866-999-LABT (5228)**