

# DISASTERS HAPPEN...ARE YOU READY?

## DO YOU HAVE A PLAN?

Join us as Dr. Lucy Jones, the foremost authority on earthquakes, discusses how a major earthquake will affect our city. Learn what you need to do to prepare yourself and your family. You will also learn what the City of Manhattan Beach is doing to prepare for earthquakes and other disasters.

**MONDAY, NOVEMBER, 6<sup>TH</sup>  
7PM**

**JOSLYN COMMUNITY CENTER**  
1601 N. Valley Dr., Manhattan Beach, CA



Dr. Lucy Jones  
drlucyjones.com

### **NEED MORE INFORMATION?**

For more information, please contact Scott Hafdell, Battalion Chief, (310) 802-5204 or Claudio Taniguchi, Emergency Services Coordinator (310) 802-5208.

You may also visit [www.citymb.info/emergencypreparedness](http://www.citymb.info/emergencypreparedness)



# LEARN HOW TO BE PREPARED FOR A NATURAL DISASTER

## Personal Emergency Supply Kit Check List

Make sure everyone in your household knows the location of Emergency Kit and inspect kit annually. Check batteries and food expiration dates. Update supplies as needed.

- |  |  |
|--|--|
| <input type="checkbox"/> Medications, prescription list and copies of medical cards, doctor's contact info   | <input type="checkbox"/> First aid kit and handbook  |
| <input type="checkbox"/> Eye glasses, spare contacts lenses and cleaning solution  | <input type="checkbox"/> Whistle to signal for help  |
| <input type="checkbox"/> Baby formula  | <input type="checkbox"/> Dust mask work gloves and protective goggles  |
| <input type="checkbox"/> Pet food and extra water for your pet   | <input type="checkbox"/> Personal hygiene supplies   |
| <input type="checkbox"/> Important family documents such as copies of insurance policies, driver's license or personal identification cards and bank account records in a water proof portable container | <input type="checkbox"/> Toiletries and special provisions you need for your family or yourself                            |
| <input type="checkbox"/> Emergency cash (ATM's might not work) small bills and coins are best  | <input type="checkbox"/> Snack food  |
| <input type="checkbox"/> Sturdy shoes, jacket and blankets   | <input type="checkbox"/> Bottled water   |
| <input type="checkbox"/> Change of clothing  | <input type="checkbox"/> Matches in a waterproof container   |
| <input type="checkbox"/> List of emergency out-of-area contact phone numbers   | <input type="checkbox"/> Fire extinguisher   |
| <input type="checkbox"/> Flashlight and extra batteries  | <input type="checkbox"/> Mess kits, paper cups, plates and plastic utensils, paper towels                                  |
|  | <input type="checkbox"/> Paper and pencil  |
|  | <input type="checkbox"/> Local maps  |
|  | <input type="checkbox"/> Battery-powered or hand crank radio with extra batteries and a NOAA Weather Radio with tone alert |

Notes: \_\_\_\_\_

## Home Emergency Supply Check List

Inspect kit annually. Check battery and food expiration. Update supplies as needed.

- |   |   |
|---|---|
| <input type="checkbox"/> Water, one gallon of water per person per day for at least three days, for drinking and sanitation | <input type="checkbox"/> Whistle to signal for help   |
| <input type="checkbox"/> Food, at least a three-day supply of non-perishable food   | <input type="checkbox"/> Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place |
| <input type="checkbox"/> Manual can opener for food   | <input type="checkbox"/> Moist towelettes, garbage bags and plastic ties for personal sanitation                          |
| <input type="checkbox"/> Battery-powered or hand crank radio with extra batteries and a NOAA Weather Radio with tone alert  | <input type="checkbox"/> Work gloves  |
| <input type="checkbox"/> Flashlight and extra batteries   | <input type="checkbox"/> Wrench or pliers to turn off utilities   |
| <input type="checkbox"/> First aid kit  | <input type="checkbox"/> Cell phone with chargers and extra battery   |
|   | <input type="checkbox"/> Local maps   |

Notes: \_\_\_\_\_

## Vehicle Emergency Supply Check List

In case you are stranded, keep a kit of emergency supplies in your car and inspect kit annually. Check batteries and food expiration dates. Update supplies as needed. Roads may be damaged and you may need to walk home or to a local shelter. Know alternate routes

- |  |   |
|--|---|
| <input type="checkbox"/> Water bottles   | <input type="checkbox"/> First aid kit              |
| <input type="checkbox"/> Energy bars and snacks  | <input type="checkbox"/> Whistle to signal for help |
| <input type="checkbox"/> Comfortable walking shoes   | <input type="checkbox"/> Road flares                |
| <input type="checkbox"/> Jacket and warm clothes   | <input type="checkbox"/> Fire extinguisher          |
| <input type="checkbox"/> Battery-powered or hand crank radio with extra batteries and a NOAA Weather Radio with tone alert | <input type="checkbox"/> Work gloves                |
| <input type="checkbox"/> Flashlight and extra batteries  | <input type="checkbox"/> Cell phone charger         |
|  | <input type="checkbox"/> Local maps                 |

Notes: \_\_\_\_\_

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## Work Place Emergency Supply Check List

Be prepared to shelter at work for at least 24 hours. Store in a grab bag/backpack. Inspect kit annually. Check battery and food expiration. Update supplies as needed.

- |  |   |
|--|---|
| <input type="checkbox"/> Water bottles             | <input type="checkbox"/> Medicines                      |
| <input type="checkbox"/> Energy bars and snacks    | <input type="checkbox"/> Emergency contact list         |
| <input type="checkbox"/> Food                      | <input type="checkbox"/> Flashlight and extra batteries |
| <input type="checkbox"/> Comfortable walking shoes | <input type="checkbox"/> Work gloves                    |
| <input type="checkbox"/> Jacket and warm clothes   |   |

Notes: \_\_\_\_\_

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## **MAP YOUR NEIGHBORHOOD**

A disaster response plan for your family and your block that coordinates response with MB Fire.

If you would like more information, email

Scott D. Ninegar, Map Your Neighborhood Coordinator  
[myncoordinator@citymb.info](mailto:myncoordinator@citymb.info)



## **MANHATTAN BEACH CERT ASSOCIATION (MBCERTA)**

Consider becoming a MB Cert Member.

Learn fire suppression, light search & rescue, and first aid skills to respond under direction of MB Fire.

If you would like more information, visit [www.mbcerta.org](http://www.mbcerta.org)

**[WWW.CITYMB.INFO/EMERGENCYPREPAREDNESS](http://WWW.CITYMB.INFO/EMERGENCYPREPAREDNESS)**