



NEIGHBORHOOD WATCH NEWS

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West Valley Senior Lead Office (818) 374-7630
Sergeant Frank Avila

June 2013

EMERGENCY PREPAREDNESS

Emergency Supplies Checklist **Can You Go It Alone For at Least Three to Ten Days?**

Essentials:

- Water — One gallon per person per day (a week's supply of water is preferable)
- Water purification kit
- First aid kit, freshly stocked
- First aid book
- Food
- Can opener (non-electric)
- Blankets or sleeping bags
- Portable radio, flashlight and spare batteries
- Essential medications
- Extra pair of eyeglasses
- Extra pair of house and car keys
- Fire extinguisher — A-B-C type
- Food, water and restraint (leash or carrier) for pets
- Cash and change
- Baby supplies: formula, bottle, pacifier, soap and baby powder, clothing, blankets, baby wipes, disposable diapers, canned food and juices.

Sanitation Supplies

- Large plastic trash bags for waste; tarps and rain ponchos
- Large trash cans
- Bar soap and liquid detergent
- Shampoo

- Toothpaste and toothbrushes
- Feminine hygiene supplies
- Toilet paper
- Household bleach

The first 72 hours after a major emergency or disaster are critical. Electricity, gas, water, and telephones may not be working. In addition, public safety services such as police and fire departments will be busy handling serious crises. You should be prepared to be self-sufficient — able to live without running water, electricity and/or gas, and telephones — for at least three to ten days following a major emergency. To do so, keep on hand in a central location the following.

Safety and Comfort

- Sturdy shoes
- Heavy gloves for clearing debris
- Candles and matches
- Light sticks
- Change of clothing
- Knife or razor blades
- Garden hose for siphoning and fire fighting
- Tent
- Communication kit: paper, pens, stamps

Cooking

- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil
- Camping stove for outdoor cooking (caution: before using fire to cook, make sure there are no gas leaks; never use charcoal indoors)

Tools and Supplies

- Axe, shovel, broom
- Adjustable wrench for turning off gas
- Tool kit including a screwdriver, pliers and a hammer
- Coil of 1/2 " rope
- Plastic tape, staple gun and sheeting for window replacement
- Bicycle
- City map

ENCINO:

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Contact Officer Trulik for information on the next Encino Neighborhood Watch Meeting.

Are you ready for the next earthquake? Every year California has over 1,000 earthquakes. Most of them we do not even feel. Does your family know what to do if they are not at home, work or school?

Things to do before an earthquake:

- Create a family earthquake plan and designate a place to meet.
- Practice how to drop, cover and hold.
- Learn first aid.
- Keep emergency phone numbers and a phone number of an out of state contact.
- Make sure you have a working smoke alarm with extra batteries.
- Learn where the gas, water and electrical shut-offs are located.
- Secure your water heater and appliances with earthquake safety straps.
- Make an emergency kit with the following items: handi-wipes, plastic bags, pet supplies, extra money, food (special foods), water, manual can opener, medicine, first aid kit, photo ID of your children and pets, tools, walking shoes, clothes, solar blanket, flashlight, battery operated radio, and extra batteries.
- Make an emergency kit for your home, auto and office.
- Have an extra wheelchair, cane, glasses and hearing aid (extra batteries) for special needs people.
- Check chimneys, roof and wall foundations for stability. This should be done by a licensed contractor.

During an earthquake:

- Drop cover and hold. (Stay under safe cover until the shaking stops.)
- Stay away from windows and doors.
- If inside, stay there unless you feel your life is in danger.
- In a car, pull over to the side of the road. Stay in your car.
- If you are in a wheelchair, stay in the chair, lock your wheel brakes and protect your head with your arms as best you can.
- In a high rise building, if you are not near a desk or table, move against an interior wall. Protect your head with your arms.
- DO NOT use an elevator.

After an earthquake:

- STAY CALM
- Make sure your family and pets are all accounted for.
- Avoid broken glass. (Make sure you are wearing shoes.)
- If you smell gas, get out and shut off the gas and electricity.
- Check for structural damage. (If you do not feel safe, get out.)
- Listen to your battery-operated radio for emergency information.
- If in a car, drive to a safe location. Do not park under an overpass.
- If outside, get away from building, electrical wires and trees.

For additional information, contact your local fire station or go to: www.lafd.org

LAKE BALBOA:

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Contact Officer Ham or Olivares for information on the next Lake Balboa Neighborhood Watch Meetings.

TELEPHONE COMMUNICATION

After a major disaster most of our normal methods of communication will be interrupted; telephones will be out, the mail won't be delivered, and you may be isolated at work or unable to travel to your family. It's normal to want to check on your family. You need to limit your calls if you want the system to work. The solution is to have one out-of-state contact for all your family members. This way your relatives and friends will not be tying up the phone lines trying to get to each other. You will be able to reach an out-of-state person before you reach someone locally. When you reach your out-of-state contact KEEP IT SHORT AND QUICK. The phone system could go out at any time. Give your condition and the condition of your family members; get information on members who are not with you; tell them you'll call them back in a few days, then say good bye and hang up.

RESEDA:

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Next Neighborhood Watch Meetings – Thursday, June 14, 2013 and Thursday, July 11, 2013 – 7:00 p.m.
Ann Kinzle Community Room located in the L.A.P.D. West Valley Station

INDIVIDUAL AND FAMILY READINESS

Create a family earthquake plan! Know the safe spot in each room; under sturdy tables, desks or against inside walls. Know the danger spots: windows, mirrors, hanging objects, fireplaces and tall furniture. Conduct practice drills. Physically place yourself and your children in safe locations. Learn first aid and CPR (cardiopulmonary resuscitation) from your local Red Cross or other community organization. Decide where your family will reunite if separated. Keep a list of emergency phone numbers. Choose an out-of-state friend or relative whom family members can call after the quake to report your condition. Remember to stay calm!

WHAT IS THE MOST IMPORTANT ITEM TO STORE FOR AN EARTHQUAKE?

SAFE DRINKING WATER

A good rule of thumb is 5 gallons PER PERSON (minimum). Treat your pet as a family member when thinking how much to store. Loss of safe drinking water can be deadly. Most people will be feeling the effects if they are without water for more than 36 hours. Dehydration occurs much quicker than starvation. The City water supply is vulnerable to the effects of a large earthquake. Contaminants can get into the drinking water supply through ruptures in the pipes, through the mixing of the sediments, through the adulteration of filtering systems, etc. **DO NOT STORE ANY PLASTIC WATER CONTAINER DIRECTLY ON CONCRETE.** The concrete will leech chemicals into the water, contaminating it and also degrading the plastic bottle, causing failure.

TARZANA:

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Contact Officer Scoggins for information on the next Tarzana Neighborhood Watch Meeting.

PORTABLE AUTO SURVIVAL KIT

Okay, you've prepared your home for a possible earthquake. What about when you're away from home? In your car or at work?

Southern Californians spend a great deal of time in their vehicles. Our sprawling megalopolis necessitates the use of vehicles for even the simplest of errands; thus we also need to prepare ourselves for survival when we are away from home. A portable survival kit kept in our car and another in our office will give us that ability.

HERE IS A LIST OF ITEMS WHICH SHOULD BE KEPT IN YOUR MOBILE SURVIVAL KITS:

- Nylon carrying bag or day-pack
- Bottled water
- Non-perishable food
- Can opener
- Transistor radio and EXTRA batteries
- Flashlight and EXTRA batteries
- Fire extinguisher (ABC type)
- First aid kit
- Gloves
- Essential medication (if refrigeration is not required)
- Blanket, sleeping bag, space blanket
- Sealable plastic bags
- Pre-moistened towelettes
- Small tool kit
- Matches and lighter
- Walking shoes and extra socks
- Change of clothes
- Jacket
- Cash (small denominations and coins)

Remember, you could be stranded for up to 72 hours. Make sure you have enough supplies to meet your needs.

COMMUNITY PREPAREDNESS

- Suggest that local organizations of which you are a member undertake specific preparedness programs or acquire special training to be of assistance in the event of a damaging earthquake.
- Participate in neighborhood earthquake preparedness programs.
- Attend training for neighborhood residents in preparedness, first aid, fire suppression, damage assessment and search and rescue.
- Develop self-help networks between families and your neighborhood through a skills and resources bank which include a listing of tools, equipment, materials, and neighborhood members who have special skills and resources to share.
- Identify neighbors who have special needs or will require special assistance.
- Have your neighborhood develop a secret signal to notify friends if everything is okay. Don't use obvious signals. This could identify vacant houses to criminals.

For more information go to: <http://www.cert-la.com/EmergPrepBooklet.pdf>