

How to Prepare For and Survive a Disaster in the City of Rolling Hills Estates

Prepare your home and your loved ones to survive!



It's not the will to survive, but the will to prepare to survive that makes the difference.

This brochure provides guidelines for you to prepare.

www.RollingHillsEstatesCA.gov

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Are You Ready?

In a disaster YOU are your immediate source of help. Outside help may or may not be available for hours or days. Your best insurance plan is to be prepared. Is your home ready?

Huge disasters such as major earthquakes, fires and landslides may seem a remote possibility in Rolling Hills Estates and the Palos Verdes Peninsula. But experts say the risks are substantial. The geology of the Palos Verdes Peninsula may make it less likely to sustain catastrophic damage from a major earthquake than the greater Los Angeles Basin. However gas, water, electric, and communication utilities are supplied from sources that are in or pass through the Los Angeles Basin. Following a disaster, the fire, police, and medical first responders will give priority to the most heavily damaged areas. Your home may sustain major or minor damage, but you may have **NO UTILITIES** for days. Without utilities, your home may be functionally reduced to that of a “nice tent”. Are you and your home ready?

This brochure contains the following ways to prepare for a disaster and actions to follow after a disaster:

- Lists the 5 important steps to take immediately following a disaster
 - Sometimes it can be hard to think clearly and prioritize following a disaster, these 5 steps will provide a framework for immediate action.
- Provides a shopping list in order to prepare an emergency food and water supply
 - While food is highly desirable, water is *ESSENTIAL* to one’s survival.
- Provides a shopping list in order to prepare emergency supplies and equipment
 - You may prepare your own or purchase ready-made kits.
- Animal care and safety
 - It is crucial to have your pets prepared for when disaster strikes.
- Gives instructions on how to minimize damages to and secure your home following a disaster
 - Your home can become dangerous if you do not know how to shut off the gas, water, electric utilities or fight fire.

Remember -

You may not be at home when disaster strikes. Will all family members in the house know where to find a list of the 5 key steps and emergency supplies?

Case Scenario: You are in a restaurant where you and your spouse are enjoying dinner and the lights go out. The ground shakes and the city goes dark. You hear many sirens. The parking garage has collapsed onto your car. The phones are out. Will your children, at home with a babysitter, know what to do and where your flashlights and emergency supplies are kept?

5 STEPS - Immediately Following a Disaster

Keep a copy of these 5 steps with your disaster survival supplies

1. Protect yourself and your family.

- Check yourself and loved ones for injuries and wounds. Shock often hides pains.
- Move yourself and your family to safe areas in case additional hazards or fire occur.
- Give first aid if needed. Retrieve first aid supplies from your emergency storage.
- Retrieve and don gloves, sturdy shoes, adequate clothing for outside weather, eyeglasses, and flashlight to prepare for exploring your home and its surroundings.
- Check your pets and ensure their safety.

2. Check for fire and the condition of your utilities and home structure

- Check for fire. Use a fire extinguisher and garden hose if water is available.
- Do you hear or smell a gas leak? If so, turn off the main gas valve and open the windows. Do **NOT** turn off the gas unless you suspect a leak. Once the gas is turned off, only a licensed plumber or gas company can safely turn it back on which may take days or weeks.
- If you smell hot insulation or an electrical odor, shut off the electricity at the panel.
- Protect your water supply as best as possible. Your water lines may be broken. If you find leaking water shut off the water at the main valve outside or at the street. Shut the main inlet and outlet valve to your water heater to preserve the water in the tank for future use.
- Check for structural damage to the house, especially large cracks, If your walls have become badly cracked, bowed, seriously altered, or if there is a separation between the walls and the ceiling, immediately evacuate the house for an aftershock could bring it down.

3. Post your “HELP” or “OK” sign

- Post a “HELP” or “OK” sign (attached in this booklet) at your front door or window to aid first responders. If you do not have access to the signs, make them out of duct tape, a sharpie, or any other material to help inform responders whether or not you are in need of help.
- Do **NOT** use the telephone to immediately call loved ones to check their condition or to report yours unless you or others are injured. Leave the lines open for emergency calls. Call **ONLY** if you have an immediate emergency.
- Expect and prepare for potentially damaging aftershocks.

4. Check on your immediate neighbors

- Give priority to those that are disabled, elderly or children that may need help. Call out to neighbors from outside their house. Ask about their condition. Do not enter a home that appears to have major structural damage or smells of gas.
- Retrieve your emergency radio and listen for news. Tune in to AM 1070 or 640. Satellite emergency radio, more often in car, is at SIRIUS XM channel 184 or 247.

5. If your home is structurally damaged and you need to evacuate, go to your neighborhood gathering site.

- Your neighborhood gathering site is designated by you and your neighbors or the city will designate a shelter site(s) if/when necessary. Do **NOT** automatically go to a local school site unless you are otherwise directed.
- Walk or bicycle to your site if possible, parking and vehicle congestion is likely.
- The site will have emergency frequency communications and assistance
- Consider volunteering your skills in first-aid, search/recue, child care, etc. to help your neighbors if needed.

Essential Emergency Supplies

- 1) Water for up to 10 days (1 gallon/person/day- remember your animals)
- 2) Food for up to 10 days (including pet food)
- 3) First Aid Kit and Instructions
- 4) Flashlight (and extra batteries)
- 5) Radio (and extra batteries)
- 6) Medications (prescription and non-prescription)
- 7) Cash (\$50-100) and important documents (birth certificates, deeds, insurance papers, medical cards, etc.)
- 8) Clothing and sturdy shoes
- 9) Tools (**duct tape**, fire extinguisher, sturdy gloves, whistle)
- 10) Sanitation and hygiene products

** Duct tape is a universal tool that is crucial to have access to in times of disasters. It can be used for making signs, temporarily holding object down, (etc.). Ensure that there is a good supply of duct tape in your emergency supply toolkit.



Emergency Supplies and Equipment

You may not have the shelter of your home in times of disaster.

Plan what resources you will need in order to eat, sleep, and generally survive on your own, with or without your home.

Typical Supplies include:

Eating & Cooking

- Paper/plastic plates, cups and utensils
- Paper towels
- Manual can opener
- Chlorine bleach and eye dropper to purify water
- Matches
- Cooking source and fuel (optional)

Sanitation

- Portable toilet or bucket with lid
- Toilet paper
- Disinfectant/ Hand sanitizer
- Feminine hygiene supplies
- Diapers and wet wipes
- Plastic garbage bags
- Twist ties
- Shovel

Health & Safety

- First Aid Kit
- Soap, detergent, shampoo, comb
- Toothbrushes and toothpaste
- Medications/ Prescriptions
- Work gloves
- Sturdy shoes
- Seasonal clothes
- Blanket or sleeping bag
- Tent or other camping equipment
- Extra eyeglasses
- Hearing aid batteries
- Scissors
- Antiseptic wipes

Tools

- Flashlight and extra batteries
- Wrench (to shut off valves)
- Fire extinguisher
- Sturdy rope (20 ft)
- Utility knife
- Duct tape
- Broom
- Hatchet or axe
- Portable radio and batteries
- Whistle (help signal)

Emergency Food and Water Supply

Maintain at least a 10 day supply of food and water for each member of the household. Remember, a person can survive weeks without food, but only a few days without water.

Water

The Palos Verdes Peninsula relies on water that is piped through the Los Angeles Basin where greater damage is likely in a major earthquake. Furthermore, that water must be pumped up the hill to our higher elevations and without electricity the pumps will not work.

A 10-day supply is 10 gallons per person. Remember to include water and food for your pets.

If you buy bottled water, its storage life is generally 6 months- 1 year. Tap water should only be stored in very clean containers and has a shorter shelf life. Rotate your storage on an established schedule. There are some water suppliers that offer long term water solutions. Do not store water containers in areas where toxic substances, such as gasoline or pesticides, are present as these vapors will penetrate plastic over time.



How to extract water from a water heater:

Additionally, your water heater stores 30-50 gallons of drinkable water. Know how to shut it off and use the water. After turning off the power, allow time for the tank to cool. When you want water, place a container underneath and open the drain valve on the bottom of the tank. Stored beverages may substitute for water if they are available. Do not use spa or swimming pool water as it is contaminated with chemicals.



****Water stored in water heaters is VERY HOT. Take precautions to avoid injury****

How to purify water:

If it becomes necessary to purify water, boil clear water vigorously for 10 minutes, or add liquid bleach with 5.25% sodium hypochlorite as its sole ingredient (chlorine bleach without added scent) at 8 drops per gallon. Wait 30 minutes. The water should have a slight chlorine smell; if it does not, repeat the dosage and wait 15 more minutes.

Food

Food should be dated, require little or no water or cooking to prepare, not increase thirst (i.e. have low sodium), and be things that your family will enjoy while meeting the dietary needs of all members of you family, from infants to those with special needs.

**** Keep your food in an accessible, cool, dry place, and in an airtight or tightly sealed container as a precaution against moisture, rodents, and insects.****

Select food items that are compact and lightweight including a selection of the following foods:

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples-sugar, salt, and pepper
- High-energy foods such as peanut butter, jelly, crackers, granola bars, trail mix, etc.
- Unsalted canned nuts
- Food for infants, elderly persons, or persons on special diets
- Comfort/stress foods in small amounts such as cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags
- Manual can opener
- All-purpose knife
- Household liquid bleach to treat drinking water
- Plastic wrap
- Re-sealing plastic bags
- Pet food



Note expiration dates and rotate as needed. When choosing food, consider longer shelf-life options. Use a marking pen to date your food.



Animal Care

It is vital to be aware of how to care for animals in times of natural disaster. Like humans, animals require a great deal of care and attention in order to survive in times of disaster. Make sure you keep a 10-day supply of food and water for your pets as well.

Horse and Large Animals

Emergency preparedness is particularly important for large animals because their size and special transportation needs. Horses should be evacuated as soon as an EVACUATION WARNING is issued. Do not wait for the EVACUATION ORDER. **Note-** not all emergency require evacuation, sometimes it is safe for horses to shelter in place. Educate yourself on what protocols are needed for different emergencies.



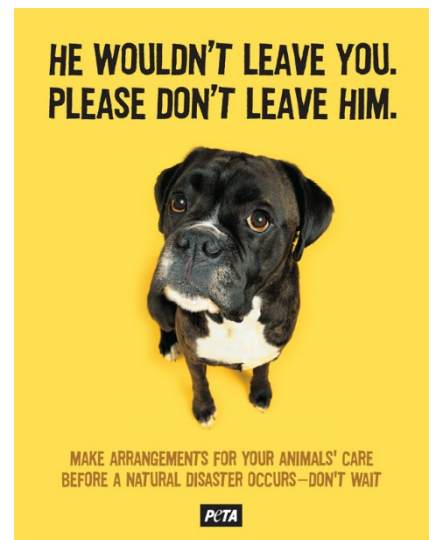
Horse and Large Animal Disaster Supply Kit Checklist:

- Halters with identification tags and lead ropes for each horse.
 - Vaccination and identification forms with current photos.
 - Food, feed buckets, and any medications for 7-10 days.
 - Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to board your horses.
 - First Aid Kit with wraps
 - Duct tape to write identification on horse halters
 - Headlamp light
- **Consider having your horses micro-chipped****

Pet Disaster Supply Kit Checklist:

Ensure the safety of your pets by having the following materials when disasters strike:

- Name tags and phone numbers for collars and harnesses
- Leashes, harnesses, gloves, and carriers to transport pets safely and securely
- Water and food for 7-10 days
- Supplies such as bowls, cat litter and pans, manual can opener, foil or plastic lids for cans
- 7-10 day supply of medications. Medical records stored in a waterproof container
- Current photos of pets in case they get lost
- Information of feeding schedules, medical condition, and veterinarian in case you have to board you pets
- First Aid Kit



**** Don't forget to include identification tags on carriers, harnesses, and leashes****

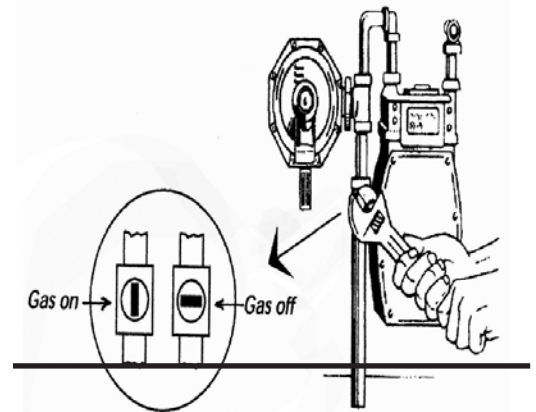
Preparing Your Home to Survive

It's too late to prepare once disaster strikes. Next month could be too late!

A major earthquake may break gas pipes, electric lines and water lines creating major problems. A gas leak can result in a gas-led fire or explosion. Broken water pipes can result in water damage and a loss of critically needed water. Sparks from electric lines can cause fires. Locate your gas, water, and electricity shutoffs. Teach all family member how to shut off all utilities and when to do so.

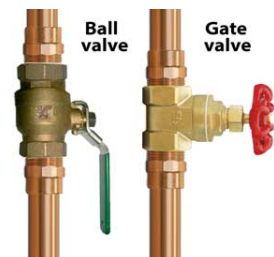
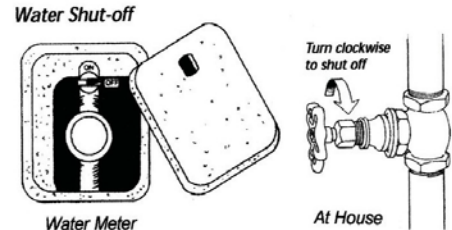
Gas

- Leave an adjustable wrench, or special gas turn off bar at the gas meter so that you will not waste time trying to find one following an earthquake.
- After a major disaster, shut off the gas immediately **ONLY** if you smell or hear gas and/or you notice a large consumption of gas being registered on the gas meter. You may need to shut off gas at the direct appliance. Check your appliance manual to learn more.
- Remember, if the gas is turned off, do not turn it back on. Only a licensed plumber or gas company can turn the gas back on safely once it has been turned off.



Water

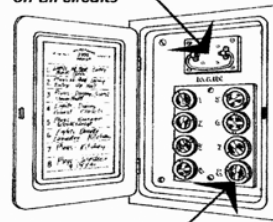
- Know how to turn off the water to prevent water damage and to prevent polluted water from entering your home system. Water may be turned off at either of the two locations:
 - At the main meter box (usually by the street) or
 - At the main water line leading into the house. This is recommended to prevent water from flowing out of your water heater and back into the main line. It is best to shut off water at the water heater inlet valve, often above the water heater.
- Locate the main water line leading into the house and attach a label to it for quick identification. Obtain a valve wrench for the water meter line. A valve wrench can be purchased at most hardware stores.



Electricity

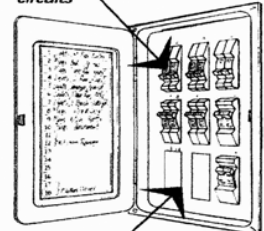
- Know the location of your circuit breaker or fuse box
- Know how to trip the breakers or remove the fuses if you need to turn off the electricity after an earthquake.
- Shut off smaller circuits first, then finally the main. To turn back on, do the main first then the smaller circuits

Fuse Box
Main fuse block:
Pull out to shut
off all circuits



Turn fuse counter-clockwise to
shut off individual circuits

Breaker Panel
Switch breakers to "OFF"
to shut off individual
circuits



Blanks for
additional circuits

Resource Guide

Keep these contacts in mind when you are in need of assistance in times of disaster.

EMERGENCIES CALL 911

Lomita Sheriff Station Non-Emergency: (310) 539-1661

Los Angeles County Fire Department Station 106: (310) 377-9523

Rolling Hills Estates City Hall: (310) 377-1577

ICE (In Case of an Emergency): Adding an ICE contact to your phone can help emergency personnel locate a family member or friend who can speak on your behalf if you become unconscious or incapacitated.

How to add an ICE Contact:

- 1) Having more than one emergency contact is a good idea. Prioritize these contacts by naming the entries “ICE 1”, “ICE 2” (etc.).
- 2) If your phone is password protected, download the “ICE” app available for Windows, Android, and iPhone that can add emergency contact information to your screen.

There are many places to purchase survival and disaster preparedness kits. These kits can be bought as 2-person or family kits. They contain all the resources needed to survive for 3-5 days. The following is a list of local places where kits and equipment can be purchased:

Costco: (310) 891-1020

2460 Lomita Blvd, Torrance, CA 90505

Sam’s Club: (310) 534-0134

2601 Skypark Drive, Torrance, CA 90505

Home Depot: (310) 325-9600

24451 Crenshaw Blvd., Torrance, CA 90505

Lowe’s Home Improvement: (310) 602-2090

2700 Skypark Drive, Torrance, CA 90505

**** Maintain at least a 10-day supply of food and a 10-day supply of water for each member of the household. A person can survive for weeks without food, but only a few days without water. Remember to include water and food for your pets.****

Before the Disaster

Put 2 extra Band-aids or a roll of tape in your disaster supplies kit to hang sign.

After the Disaster

Use Band-aids or tape to hang sign on your front door or window so that it is visible from street.

HELP

Provided by the City of Rolling Hills Estates



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Put 2 extra Band-aids or a roll of tape in your disaster supplies kit to hang sign.

After the Disaster

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OK

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