

Prepare Now for Any Type of Emergency

There are things you can do right now to mitigate personal injury or loss of property as a result of an emergency.

BE INFORMED



Sign up for **AlertLongBeach** to receive alert notices about emerging or imminent emergencies via cell phone, text message and email. Monitor TV, radio, print and social media for important information in your area.

MAKE A PLAN



Make a plan with your family on how you would exit your residence or workplace under various scenarios. Predetermine a place to meet. Identify an out-of-area person to contact to inform of your well being. Practice your plan.

BUILD A KIT



It may take a while before first responders can arrive. Have an emergency kit readily available at home and work with supplies to ensure you and/or your family can be self-sustaining for at least five days.

BE PREPARED



Join the Community Emergency Response Team (CERT) or Long Beach Search and Rescue. Take a CPR or first-aid course through the American Red Cross, or work with the Red Cross to “Map your Neighborhood” to identify risks and resources within your neighborhood.

Additional Information on Disaster Preparedness

Please visit these informative websites :

longbeach.gov/disasterpreparedness

longbeach.gov/health

ready.gov

fema.gov

redcross.org

Social Media Sites:

[twitter.com/@LongBeachDP](https://twitter.com/LongBeachDP)

[Instagram/ @longbeachdprep](https://www.instagram.com/longbeachdprep)

[facebook@LongBeachDisasterPreparedness](https://www.facebook.com/LongBeachDisasterPreparedness)

[youtube.com/user/LongBeachCityCA](https://www.youtube.com/user/LongBeachCityCA)

Sign Up Now for **AlertLongBeach**:

longbeach.gov/disasterpreparedness/alert-long-beach/

ALERT
LONG BEACH

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Preparing for Emergencies: Information for Older Residents



CITY OF LONG BEACH

Department of Disaster
Preparedness and
Emergency
Communications



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