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
Instagram/ @longbeachdprep
facebook@LongBeachDisasterPreparedness
youtube.com/user/LongBeachCityCA

Sign Up Now for AlertLongBeach:
longbeach.gov/disasterpreparedness/alert-long-beach/

Preparing for Emergencies: Information for Older Residents

DEPARTMENT OF LONG BEACH
Department of Disaster Preparedness and Emergency Communications

DEPARTMENT OF DISASTER PREPAREDNESS AND EMERGENCY COMMUNICATIONS
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This information is available in an alternate format by request to (562)570-9250. Updated October 2017.
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Make a Plan

- Create a Personal Support Network, include family, friends and others who may assist you.
- Be sure all members of your network know how to contact each other.
- Identify a friend or relative in another state or region for you and household members to contact to provide information on your well-being.
- Practice your plan with those who may assist you. Including how to work any necessary medical equipment you have.
- Establish a meeting place or contact plan for after an emergency.

Create an Emergency Kit

- Immediately after an emergency you may not have access to running water, electricity, medical facilities or a drugstore.
- Plan to be self sufficient for at least five days.
- Create an emergency supply kit. Think about the resources you use on a daily basis and what you might need or do if they were not available.
- You will want to gather the basic supplies needed for survival–food, water, and life sustaining items you require. Include items that provide you with personal comfort such as a family photo.
- Remember the needs of pets and/or service animals. Include food, water, and toys for pets in your kit.

Important Documents

- Include copies of important documents in your emergency supply kit. Examples are: wills, power of attorney documents, deeds, social security numbers, medicare, documents, and bank information.
- It is best to keep these in a waterproof and tamperproof container.

Include Medications and Medical Supplies:

- If you take medicine or use a medical treatment on a daily basis, be sure you have an emergency supply that can last at least five days.
- Keep a copy of your prescriptions as well as dosage or treatment information. Talk to your pharmacist or doctor about storing prescription medications long-term.
- If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans.
- If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage.

Additonal Items

- Your personal needs are unique, keep this in mind when you prepare for an emergency.
- If you use a walker or wheelchair; wear hearing aids, dentures, or eyeglasses makes sure you bring those with you in case of evacuation.
- Make sure you have extra hearing aid batteries, wheelchair batteries, or a supply of oxygen available.

Consider getting a medical alert device that will allow you to call for help if you are immobilized during an emergency.