

## 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](http://longbeach.gov/disasterpreparedness)

[longbeach.gov/health](http://longbeach.gov/health)

[ready.gov](http://ready.gov)

[fema.gov](http://fema.gov)

[redcross.org](http://redcross.org)

Social Media Sites:

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

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

[Instagram/ Longbeachdprep](https://Instagram.com/Longbeachdprep)

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

Sign Up Now for **AlertLongBeach**:

[longbeach.gov/disasterpreparedness/alert-long-beach/](http://longbeach.gov/disasterpreparedness/alert-long-beach/)

**ALERT**  
**LONG BEACH**

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This information is available in an alternate format by request to  
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## Preparing for Emergencies: Information for People with Disabilities



CITY OF LONG BEACH

Department of Disaster  
Preparedness and  
Emergency  
Communications



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