



Sierra Madre is Ready For 7.

The Winter months are sure to bring rainfall to Sierra Madre and City Hall is proactively preparing its residents for possible mudflow and mudslides challenges. As a part of the plan, the City recommends the following tips on how to prepare to care for your family and pets for up to seven days following an emergency.

When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth.

Recommended Items to Include in a Basic Emergency Supply Kit:

- ? Water, one gallon of water per person per day for at least seven days, for drinking and sanitation
- ? Food, at least a seven-day supply of non-perishable food
- ? Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ? Flashlight and extra batteries
- ? First aid kit
- ? Whistle to signal for help
- ? Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ? Moist towelettes, garbage bags and plastic ties for personal sanitation
- ? Wrench or pliers to turn off utilities
- ? Can opener for food (if kit contains canned food)
- ? Local maps

Additional Items to Consider Adding to an Emergency Supply Kit:

- ? Prescription medications and glasses
- ? Infant formula and diapers
- ? Pet food and extra water for your pet
- ? Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- ? Cash or traveler's checks and change
- ? Emergency reference material such as a first aid book or information from www.ready.gov
- ? Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- ? Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- ? Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ? Fire Extinguisher
- ? Matches in a waterproof container
- ? Feminine supplies and personal hygiene items
- ? Mess kits, paper cups, plates and plastic utensils, paper towels
- ? Paper and pencil
- ? Books, games, puzzles or other activities for children

Plan in advance for shelter alternatives that will work for both you and your pets; consider loved ones or friends outside of your immediate area who would be willing to host you and your pets in an emergency.

Create a Support Network

- ? If you anticipate needing assistance during a disaster talk to family, friends and others who will be part of your personal support network.
- ? Register with the Hart Park House Senior Center if you need assistance in the case of an evacuation by calling 626-355-7394.
- ? Write down and share each aspect of your emergency plan with everyone in your support network.
- ? Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster.
- ? Make sure that someone in your local network has an extra key to your home and knows where you keep your

emergency supplies.

? Teach those who will help you how to use any lifesaving equipment, administer medicine in case of an emergency.

Practice your plan with those who have agreed to be part of your network.

Additional Supplies & Documents:

Medications and Medical Supplies

If you take medicine or use a medical treatment on a daily basis, be sure you have what you need to make it on your own for at least a week, maybe longer.

? Make a list of prescription medicines including dosage, treatment and allergy information.

? Talk to your pharmacist or doctor about what else you need to prepare.

? 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. Work with them to identify back-up service providers and incorporate them into your personal support network.

? Consider other personal needs such as eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen.

Emergency Documents

Include copies of important documents in your emergency supply kits such as family records, medical records, wills, deeds, social security number, charge and bank accounts information and tax records.

? Have copies of your medical insurance and Medicare cards readily available.

? Keep a list of the style and serial number of medical devices or other life-sustaining devices. Include operating information and instructions.

? Make sure that a friend or family member has copies of these documents.

? Include the names and contact information of your support network, as well as your medical providers.

? If you have a communication disability, make sure your emergency information notes the best way to communicate with you.

Keep these documents in a water proof container for quick and easy access.

Keep in mind a disaster can disrupt mail service for days or even weeks. If you receive social security checks consider direct deposit by calling the Go Direct toll-free helpline at (800) 333-1795 or sign up at www.GoDirect.gov. This option will ensure you get your social security or SSI payment on time each month.

Pet Emergency Supply Kit

All pet owners are urged to keep a pet emergency supply kit, which should include the following:

? Seven-or-more-day supply of food in airtight, water proof container and drinking water.

? Bowls for food and water.

? Current photos and physical description of your pets, including details on markings.

? Medications, vaccination records and first aid pet supplies.

? Comfort items such as a toy and blanket.

? Small garbage bags.

? For dogs — include a leash, harness and a sturdy carrier large enough to use as a sleeping area.

? For cats include a litter box and litter as well as a sturdy carrier large enough for transport.

If officials call for an evacuation, pet owners should be aware that many evacuation shelters do not accept pets, and they must plan their destination in advance. Hotels and motels may be willing to lift "no pet" restriction in an emergency. Friends and family members living outside the area may be able to provide shelter too.

More than 358 million pets reside in 63 percent of American households. A Zogby International poll found that 61 percent of pet owners will not evacuate if they cannot bring their pets with them.

For more tips on preparedness plans that include your pets, visit www.hsus.org/prepare or www.ready.gov.

For more general "Ready For 7" information, please contact the Community & Personnel Services Department at 626-355-5278.