

# EMERGENCY PREPAREDNESS

Maintain a one-week supply of food & water for your family and pets.



One gallon of water, per person, per day.

canned goods  
dried fruit  
energy bars  
nuts  
grains



camping food & rations



pet food



baby food



medications



NEXT TO YOUR BED:

Keep a hard hat  
headlamp and/or  
flashlight



basic first-aid kit



thick  
soled  
shoes



goggles



weather  
appropriate  
jacket

ABC fire  
extinguisher

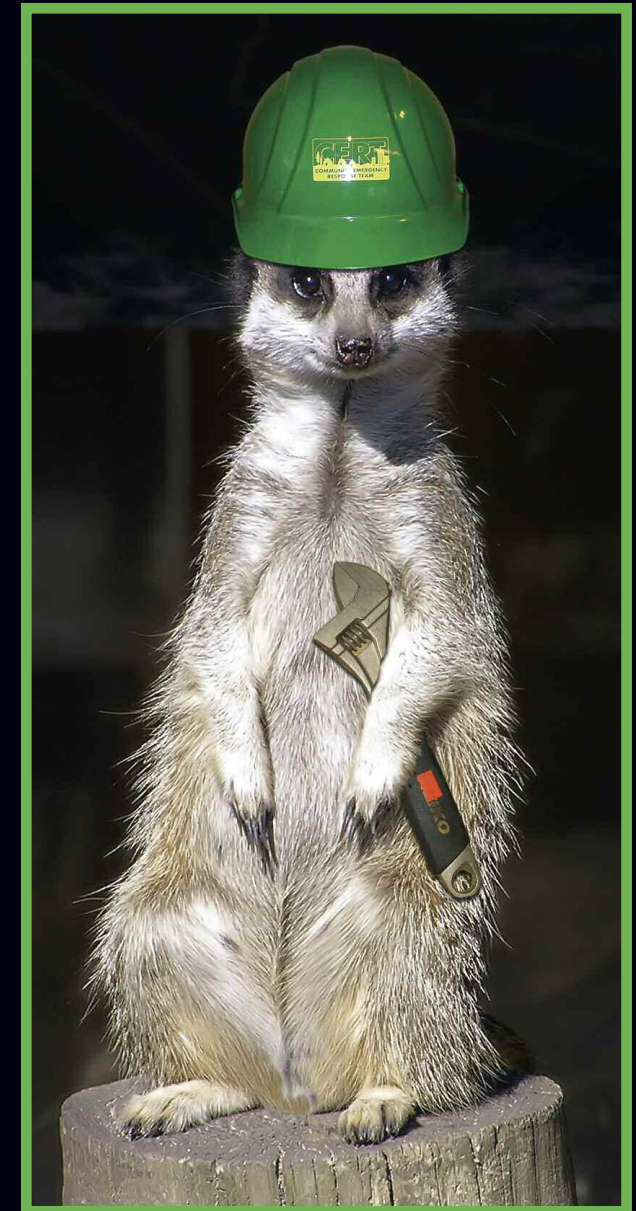


mobility  
Aids

# Join Your Neighborhood Emergency Team.



# We're looking for a few good neighbors.



*"The CERT Neighborhood Team Program is important to our communities' readiness for disaster. Volunteers in their own neighborhoods can help their neighbors survive and recover, especially in those critical first days when emergency services may be overwhelmed."*

– **Councilman Tom LaBonge**

*"I support the CERT Neighborhood Team Program's focus on strengthening disaster preparedness and community awareness, which is tantamount to the safety of all. This program is invaluable to both our communities and law enforcement personnel. It keeps our communities prepared for a critical incident or disaster and maintains awareness and information sharing between the community and law enforcement."*

– **Captain Eric T. Davis**

Commanding Officer, Wilshire Community Police Station

*"I am very impressed with the Neighborhood Team Program. It's wonderful to see people engaged and eager and ready to provide the critical elements of preparedness and response at the neighborhood level."*

– **Councilman Paul Koretz**

For more information about  
CERT and your NTP, go to...  
[www.cert-la.com](http://www.cert-la.com)  
[www.ntp-la.com](http://www.ntp-la.com)  
contact your Senior Lead Officer  
or LAFD Battalion Coordinator



As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability and, upon request, will provide reasonable accommodation to ensure equal access to its programs, services and activities.

Community preparedness  
with CERT and your NTP

# THE COMMUNITY EMERGENCY RESPONSE TEAM (CERT)

In Los Angeles, our communities are ill-prepared for the destructive potential of the major earthquake that is now overdue.

When it happens, police, fire and medical services will be unavailable to local communities for days following the earthquake and citizens will have to rely on their own supplies, knowledge and organization.

To train and educate the public, the Los Angeles Fire Department created the all volunteer **CERT Program** in 1986 in order to complement the City's response to individual, community and city-wide emergencies such as earthquakes as well as fire, floods, mud slides and epidemics.

Volunteers receive an initial 17½ hours of instruction over a seven-week period, from dedicated LAFD personnel and become proficient in the basics of emergency preparedness and response. Ongoing training and exercises refresh and expand on the initial training.



# YOUR NEIGHBORHOOD TEAM PROGRAM (NTP)

25 years of CERT training has resulted in a core of trained personnel living throughout the city, but seldom in sufficient numbers to form local teams.

The Neighborhood Team Program, while not a substitute for CERT training, offers a simplified training and response program in which everyone can participate.

## The NTP Process

NTP organizes local neighbors, both CERT-trained and untrained into *Neighborhood Emergency Teams*.

NTP is adaptable to the needs, resources and interests of each neighborhood team, thereby improving preparedness and response at the local neighborhood level.

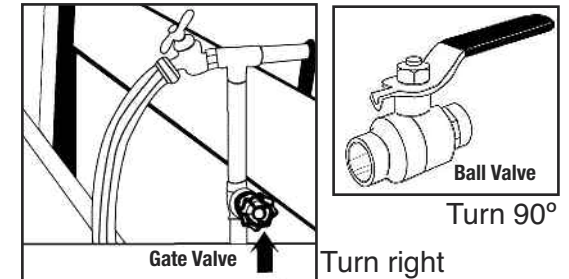
Volunteer teams of 10-20 persons living within a 3-5 block radius are led by CERT-trained personnel from the area and are instructed in personal, family and limited group preparedness techniques. These include search and report, light search and rescue, damage assessment, communications and field-level medical treatment.



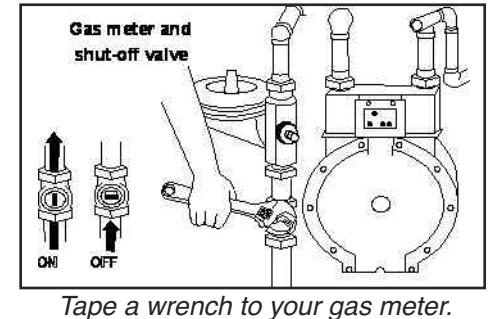
# HOW TO SHUT OFF WATER, GAS AND ELECTRICITY IN EMERGENCIES.

*It is vital that everyone in the home know where and how to shut off their utilities. If you don't know, tour your home, have the proper tools at the site and study this guide:*

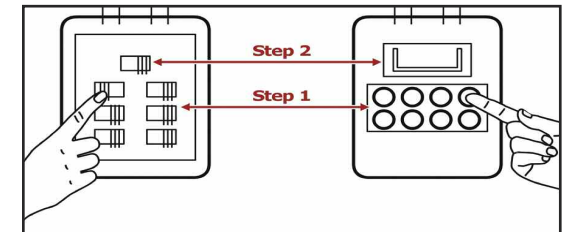
## MAIN WATER SHUT-OFF VALVE.



## GAS METER AND SHUT OFF VALVE.



## MAIN ELECTRICAL SHUT OFF.



*Turn off individual breakers, then main breaker.  
Turn off individual fuses, then main fuse.*