



Community Emergency Plan

HOLLYWOOD HILLS WEST

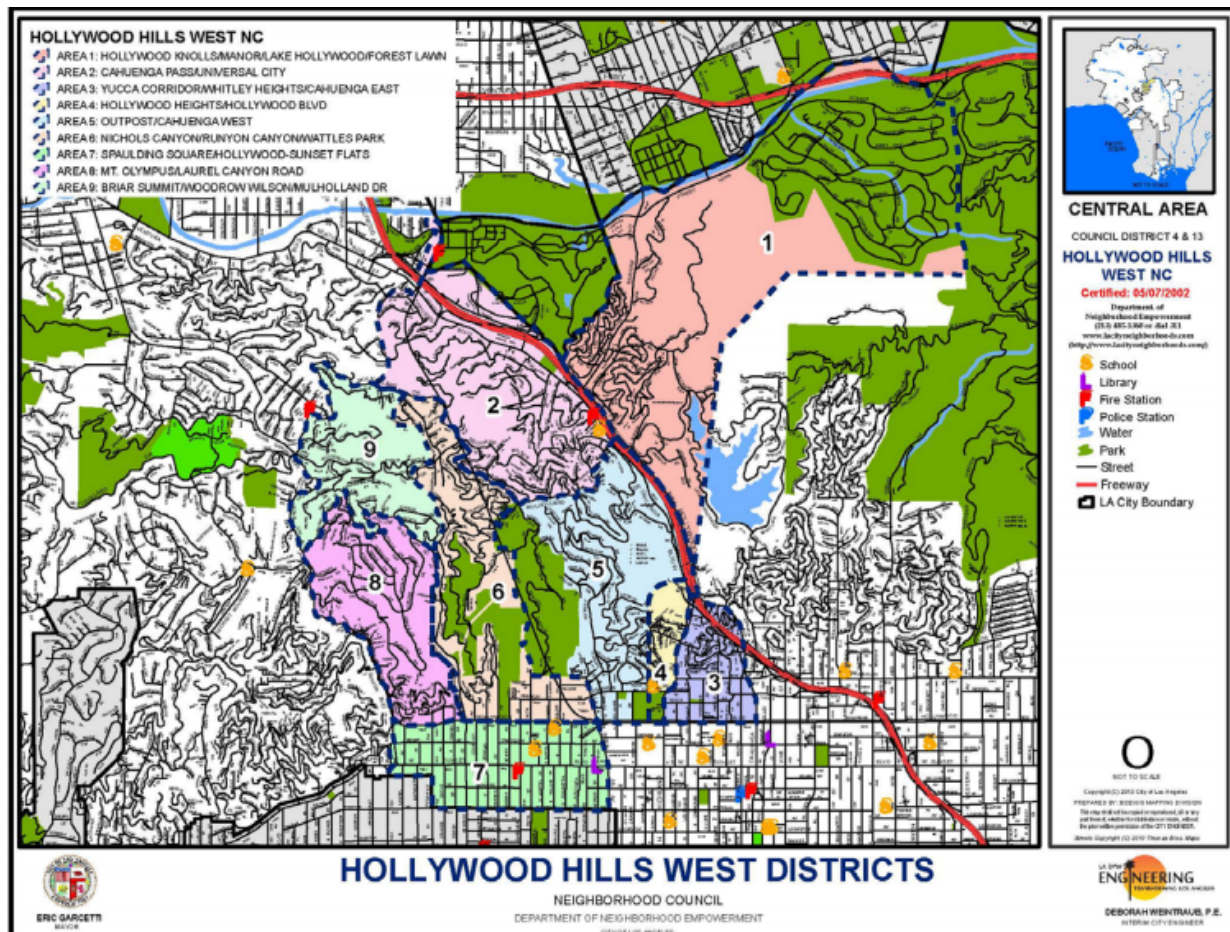
NEIGHBORHOOD COUNCIL

Prepare. Plan. Stay Informed.

Be Ready for Action

Emergencies Are a Part of Life

September 2019



Resolution to establish Hollywood Hills West Neighborhood Council as a ready community able to prepare for, respond to and recover from disaster.

Whereas included in the purpose of the Hollywood Hills Neighborhood Council is to develop in the stakeholders a sense of personal pride and responsibility for their neighborhood and their City. Educate stakeholders so they can make informed decisions about the quality and condition of their communities. Promote the well-being of each and every neighborhood within the HHWNC boundaries.

Whereas the Hollywood Hills West Neighborhood Council recognizes the vulnerability of our residents to earthquakes and other disasters and the need to be able to prepare for, respond to and recover from the impact of such disasters.

Whereas the City of Los Angeles Fire Department Disaster Preparedness Unit supports the mission of Hollywood Hills West Neighborhood Council through its Community Emergency Response Team (CERT) program by offering free training to our residents in emergency preparedness and response.

Therefore be it resolved that the Hollywood Hills West Neighborhood Council Board is in full support of becoming a ready community through the adoption and implementation of the HHWNC Community Emergency Plan and the establishment of a neighborhood Community Emergency Response Team (CERT) to assist our stakeholders in emergency preparation and response.

Approved and adopted by the Board of Governance of Hollywood Hills West Neighborhood Council this _____ day of _____, in the year of 2019.

Signed:

President

Secretary

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Section A - Acknowledgements

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Secretary - Britta Engstrom

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Thank You to the Rampart Village NC Community Emergency Preparedness/Planning AdHoc Committee for graciously allowing us to use their work as a guide for this plan.

Special Thanks to:

Carolyn O Burelson

Ad-hoc Chair & LAFD CERT Central Bureau Coordinator

Section B - Introduction

MANY SOUTHERN CALIFORNIANS BELIEVE that the so-called “Big One”—a major earthquake on the southern San Andreas Fault—is the one they need to fear most. When such an earthquake does occur, many people will be without water or power for weeks to months.

Earthquakes of this size happen once every 150 years or so, and can happen any time. But recent earthquakes have shown that magnitude 6 events in densely populated areas can be the “big one” to those living in the impacted areas. The 1994 Northridge earthquake, for example, was not considered a major earthquake. Still, it had disastrous effects. The magnitude 6.7 tumbler caused 57 deaths, more than 10,000 injuries and an estimated \$40-42 billion in property losses. California experiences earthquakes as large as the 1994 Northridge or 1989 Loma Prieta quakes (or larger) twice each decade, on average.

Some southern Californians might be thinking, “It won’t happen to me!” And, perhaps some of those affected by the Northridge earthquake thought the same thing before 4:31 a.m. on January 17, 1994. But it can happen! Seismologists estimate that more than 200 faults in southern California are capable of producing earthquakes of magnitude 6 or more. You can be affected even if you don’t live or work near the fault that ruptures. Residents and business owners in Santa Monica, Fillmore and other areas outside the San Fernando Valley also experienced strong ground shaking and considerable damage as a result of the earthquake.

Whether the next earthquake in southern California occurs on the San Andreas or a fault capable of producing only a magnitude 6 event, communications, transportation and utility systems in your area might be impacted. Police, fire and other agencies that normally provide emergency services in an efficient manner might be overwhelmed and unable to assist your neighborhood for at least 72 hours.

Neighborhoods can greatly reduce the impacts of moderate and major earthquakes and other disasters by preparing and responding as a group.

Section C – Be Ready!

BE A READY RESIDENT

The Hollywood Hills West Community cannot be prepared without prepared residents. Every household should be encouraged to get prepared by making a Family Emergency Plan with an out-of-state contact, storing food, water and emergency supplies and having knowledge, skills and resources to handle the emergency situation. Each person should have a Grab & Go Bag for quick evacuation when needed. Keep a kit in your car and at work as well. Download:

- [LAFD Emergency Preparedness](http://www.cert-la.com/EmergPrepBooklet.pdf) (<http://www.cert-la.com/EmergPrepBooklet.pdf>)
- [Are You Ready? An In-depth Guide to Citizen Preparedness](https://www.fema.gov/media-library-data/20130726-1549-20490-4633/areyouready_full.pdf) (https://www.fema.gov/media-library-data/20130726-1549-20490-4633/areyouready_full.pdf)
- [Home Fire Safety Checklist](http://www.sparky.org/pdf/sparkychecklist.pdf) (<http://www.sparky.org/pdf/sparkychecklist.pdf>)
- [Protect Your Family From Fires](http://prevention1st.org/documents/Protect%20Your%20Family%20From%20Fire.pdf) (<http://prevention1st.org/documents/Protect Your Family From Fire.pdf>)
- [Terrorism – How to prepare](https://www.lafd.org/about/special-operations/homeland-security-arson/terrorism-preparedness) (<https://www.lafd.org/about/special-operations/homeland-security-arson/terrorism-preparedness>)
- [Ready Kids!](https://www.sesamestreet.org/toolkits/ready) (<https://www.sesamestreet.org/toolkits/ready>)

Every Family should have at least one person trained and certified to provide First Aid and CPR. First Aid and CPR training is offered by the [American Red Cross](#).

BE A READY SCHOOL

All schools are required to have a [School Safety Plan](#) in place to provide for the safety of their students, faculty and other employees. Consider starting a [TEEN CERT](#) program at your school.

BE A READY BUSINESS

Every Business should have an Business Emergency Plan that provides for the safety of their employees and enables the business to continue its operations. Take the [Ready Rating](#) to see how prepared you are. QuakeSmart - FEMA [Quake Smart Tool Kit](#). Insurance Institute for Business and Home [Open for Buisienss](#)

BE A READY CONGREGATION.

Every house of worship should have an emergency plan that provides for the safety of

the congregation and aids to the community. [Disaster Tips Sheets for U.S. Religious Leaders.](#)

Section D - BE A READY COMMUNITY

Every community should have a [Neighborhood Preparedness Plan](#) (RYLAN) and a Community Emergency Response Team (CERT). This consists of residents and other stakeholders who are trained and ready to respond immediately and safely to emergencies until professional disaster responders arrive. CERT training is offered by the Los Angeles Fire Dept., Citizens are trained by professional fire fighters and paramedics. www.cert-la.com

Los Angeles is prone to [13 possible federally identified natural and man-made threats](#). Los Angeles is particularly vulnerable to the destructive affects wildfires, flooding, mudslides and earthquakes not to mention terrorist threats, cybercrimes, pandemics and hazardous material spills. Because of the many threats that Los Angeles faces, the importance of readiness as a city and for residents cannot be overstated. Part of disaster preparedness is being aware what kinds of hazards and disasters you might be subject to living in Los Angeles.

Let's take a look at the Hollywood Hills Hazard Analysis to see how we fit into this picture.

Section E - Hazard Analysis

EARTHQUAKE HAZARD:

WE ARE IN OR NEAR THE FOLLOWING:

- **HIGH Ground Shaking** This map shows the potential level of ground shaking hazard from earthquakes that geologists and seismologists agree could occur in California. It takes into consideration the uncertainties in the size and location of earthquakes and the resulting ground motions that can affect a particular location. (more information at [Cal OES - My Hazards http://myhazards.caloes.ca.gov/](http://myhazards.caloes.ca.gov/)).

- **Earthquake-Induced Landslide Hazard zone***

Earthquakes can trigger landslides that may cause injuries and damage to many

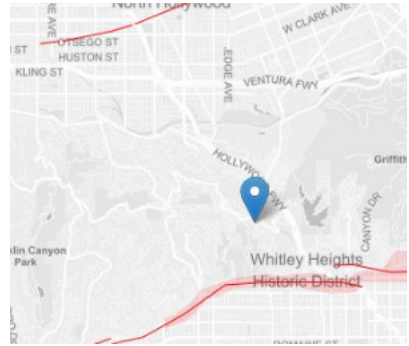
types of structures.

- **Liquefaction Seismic Hazard zone***

Earthquakes can cause certain types of soils to lose strength and behave like liquid. This can severely damage buildings and other structures.

- **Earthquake Fault zone***

Active earthquake faults may pose a risk of surface fault rupture hazard. Surface rupture can damage buildings.



Earthquake Checklist

WHAT SHOULD I DO?

Based on the above results, use the following mitigation checklist and information to reduce injuries, protect your life and those of others, and reduce damage to your home and property.

The most common injuries after a quake are cut feet and injuries from tripping over objects.

Prepare Your Home's Appliances, Furniture and Objects for Earthquakes

Click on the links below for more information

[Secure your water heater](#)

- ☐ [Secure your tall furniture and bookcases](#)
- ☐ [Secure your TVs, computers, and electronics](#)
- ☐ [Secure your refrigerators](#)
- ☐ [Secure natural gas appliances](#)
- ☐ [Secure your kitchen cabinets](#)
- ☐ [Secure wall-mounted objects](#)
- ☐ [Secure objects on open shelves or table tops](#)
- ☐ [Secure your shop or gym equipment](#)
- ☐ [Secure garage items and hazardous chemicals](#)
- ☐ [Secure your unreinforced masonry chimney](#)
- ☐ [Secure propane tanks](#)

Earthquake Preparedness

More information and ideas on how to secure the contents of your home can be found at [Earthquake Country - earthquakecountry.org](http://EarthquakeCountry - earthquakecountry.org).

Recommended actions for Earthquake Fault zones

If the property is not developed, a fault study may be required before the parcel can be subdivided or structures permitted. If a property is developed, you will not need a geologic study unless you plan to extensively add onto or remodel an existing structure.

FIRE HAZARD

We are in a high risk zone for wildfires.

[Cal Fire](https://www.readyforwildfire.org/) (https://www.readyforwildfire.org/)

[LAFD Fire Safety](#)

Santa Ana winds blowing at speeds over 30 mph make fires extremely difficult to stop or manage in the Hollywood Hills and canyons.

1 - Prepare in advance for an evacuation order.

[Pre-Evacuation Steps](https://www.readyforwildfire.org/prepare-for-wildfire/go-evacuation-guide/pre-evacuation-preparation-steps/) (https://www.readyforwildfire.org/prepare-for-wildfire/go-evacuation-guide/pre-evacuation-preparation-steps/)

Fire - What to Do

If you see smoke or fire in your area, immediately report it by dialing 9-1-1. Remember to take note of the location so that the dispatcher can send emergency equipment to the correct location before you hang up.

Evacuation May Be Necessary

- Back your car in the garage heading out with windows closed. Be sure to keep your keys with you so that you can evacuate quickly should it become necessary.
- Close the garage door, leave it unlocked, and disconnect automatic door opener in the case of power failure.
- Keep a flashlight and portable radio with you at all times and stay tuned to your local

news station.

Outdoors

- Move combustible yard furniture away from the house or store it in the garage.
- Cover windows, attic openings, eaves, and vents with less combustible material, such as 1/2-inch or thicker plywood.
- Close window shutters and blinds if they are fire-resistant.
- Attach garden hoses to faucets and place them so that they can reach all areas of your house.
- Place a ladder against the house on the opposite side of the approaching fire for access to the roof.
- Shut off Butane/propane or natural gas valves.

Indoors

- Close all windows and doors around your home to prevent sparks from blowing inside.
- Close all doors within the house to slow fire spread inside the house.
- Turn on the lights in all rooms of your house, on the porch, and in the yard. Your home will be more visible through the smoke or darkness.
- Move furniture away from windows and sliding glass doors to avoid ignition from the radiant heat of the fire.

Preparing for Evacuation

- Keep a pair of old shoes and a flashlight handy for a night evacuation.
- Keep the six “P’s” ready, in case an immediate evacuation is required:
 - People and pets
 - Papers, phone numbers, and important documents
 - Prescriptions, vitamins, and eyeglasses
 - Pictures and irreplaceable memorabilia
 - Personal computers (information on hard drive and disks)
 - “Plastic” (credit cards, ATM cards) and cash

Remember

If you're told to evacuate, leave early enough to avoid being caught in fire, smoke, or

road congestion. Don't wait to be told by authorities to leave. In an intense wildfire, they may not have time to knock on every door. If you think it's time to leave, don't wait - get out.

City Required Brush Clearance

[Brush Clearance](https://www.lafd.org/fire-prevention/brush) - It's the Law (<https://www.lafd.org/fire-prevention/brush>)

[Brush Clearance Requirements](https://www.lafd.org/fire-prevention/brush/brush-clearance-requirements) (<https://www.lafd.org/fire-prevention/brush/brush-clearance-requirements>)

CLEARANCE REQUIREMENTS

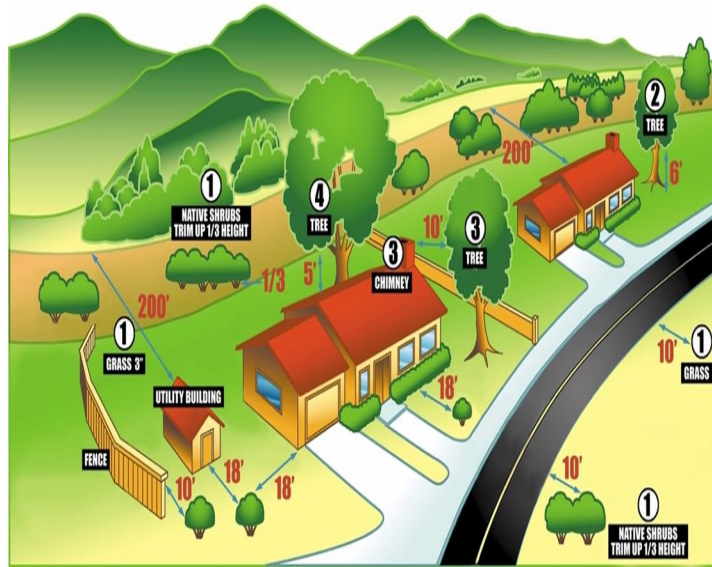
Owners of property located in the Very High Fire Hazard Severity Zone (VHFHSZ) shall maintain their property in accordance with the Fire Code (L.A.M.C. 57.322). Year-round compliance shall be maintained as described below on **all native brush, weeds, grass, trees and hazardous vegetation within 200 feet of any structures/buildings**, whether those structures are on the owner's property or adjoining properties, and **within 10 feet of any combustible fence or roadway/driveway used for vehicular travel**.

1. Areas within 200 feet of structures and/or 10 feet of roadside surfaces or combustible fence: Grass shall be cut to three inches in height. Native brush shall be reduced in quantity to three inches in height. This does not apply to individual native shrubs spaced a minimum of 18 feet apart, provided such shrubs are trimmed up from the ground to 1/3 of their height with all dead material being removed (see diagram below).
2. For trees taller than 18 feet, trim lower branches so no foliage is within six feet of the ground, and remove all dead material. For trees and shrubs less than 18 feet, remove lower branches to 1/3 of their height, and remove all dead material (see diagram below).
3. Trees shall be trimmed up so the foliage is no closer than 10 feet from the outlet of a chimney (see diagram below).
4. All roof surfaces shall be maintained free of substantial accumulation of leaves, needles, twigs and any other combustible matter. Maintain five feet of vertical clearance between roof surfaces and portions of overhanging trees (see diagram below).
5. All cut vegetation and debris shall be removed in a legal manner. Cut vegetation may be machine processed (i.e., chipped) and spread back onto the property at a depth not to exceed three inches within 30 feet of structures and six inches beyond 30 feet of structures. In addition, spread material shall not be placed within 10 feet of any usable roadside (in accordance with Fire Prevention Bureau Procedure No. 25)

The above general requirements also apply to landscape vegetation.

VEGETATION MANAGEMENT IS A YEAR-ROUND RESPONSIBILITY

Clear Early, Clear Often.



Home or Building A Safety Check

[LAFD Fire Safety](https://www.lafd.org/safety/fire-safety/fire-what-to-do/how-have-firewise-home) (<https://www.lafd.org/safety/fire-safety/fire-what-to-do/how-have-firewise-home>)

[Cal Fire Defensible Space](http://www.readyforwildfire.org/Defensible-Space/) (<http://www.readyforwildfire.org/Defensible-Space/>)

Flood Preparedness

[Flood After a Fire](https://emergency.lacity.org/blog/flood-after-fire-information-residents-recent-burn-areas) (<https://emergency.lacity.org/blog/flood-after-fire-information-residents-recent-burn-areas>)

The LA City Emergency Management Department urges residents in recent burn areas to be aware of potential hazards in their area as heavy rains move into Los Angeles. Debris flows occur when excessive rainfall causes soil, vegetation, and other debris to run downhill. Debris flows can be dangerous, so it's important to be aware of your risk and take precautions to ensure your safety in recent burn areas.

Winter Weather Safety

- Register with [NotifyLA](https://emergency.lacity.org/notifyla) (<https://emergency.lacity.org/notifyla>) to receive emergency alerts specific to your geographic area via text, voice, or email message. Click here to sign up now. You can also follow @NotifyLA on Twitter for alerts.
- Know your flood risk. Flood insurance is not included in most homeowners or rental insurance policies. Get insurance now to make sure you're covered before the storm.
- Look around your home for hazards that might create problems during rainstorms. Are trees overgrown and hanging onto your roof? Are your gutters cleared? Do you live on a hillside that could erode? Address these issues as soon as possible. Have tools, tarps, and sandbags ready.
- Secure loose items in your yard that might block storm drains and cause flooding on your street, including toys, tools, and yard décor. Call 3-1-1 or use the My311 mobile app to notify the City of debris that needs to be cleared.

Winter Weather Resources

[LAFD Sandbag Information](https://www.lafd.org/news/lafd-provides-sandbags-homeowners-2) ([lafd.org/news/lafd-provides-sandbags-homeowners-2](https://www.lafd.org/news/lafd-provides-sandbags-homeowners-2))

[LA County Sandbag Information](https://dpm.lacounty.gov/dsg/sandbags) (dpm.lacounty.gov/dsg/sandbags)

[LA Stormwater](https://lastormwater.org/take-action/prepare-for-wet-weather) (lastormwater.org/take-action/prepare-for-wet-weather)

[LA City Sanitation](https://lacitysan.org/wetweather) (lacitysan.org/wetweather)

ARK Storm - Cyclical Mega Floods

[Ark Storm Video](https://vimeo.com/19012969) (<https://vimeo.com/19012969>) [USGS Ark Storm Scenario](#)

Like a major rupture on the San Andreas fault, **on average about every 150 to 200 years we have a giant storm that floods large areas of Los Angeles.**

- Our last large flood was in 1861-1862.
- The damage to property and infrastructure is similar or higher than a very large earthquake. In many areas, the flooding will remain for a month or longer.
- Expect to be without basic utilities for days, weeks or longer and for roads to be difficult or impassable.

The mountains along the edge of Los Angeles create the pleasant climate we enjoy. There are also some of the steepest mountains in north America and when large storms reach them, they can quickly drain huge amounts of water down rivers that may be

mostly dry through out the year.

[LAFD Storm Surge Preparedness](https://www.lafd.org/news/los-angeles-firefighters-urge-storm-safety-and-preparedness) (<https://www.lafd.org/news/los-angeles-firefighters-urge-storm-safety-and-preparedness>)

PERSONAL SAFETY DURING A STORM OR FLOOD

Thunder Roars, Go Indoors! Limit non—essential travel, and avoid the urge to sightsee.

- Do not walk through flowing water. Currents can be deceptive; six inches of moving water can knock you off your feet.
- Drowning is the leading cause of flood deaths, mostly during flash floods to those on foot or in vehicles.
- Never drive through a flooded area where you cannot see the pavement, or bypass road barriers.
- If you become stranded in your car by moving water, stay with your vehicle and move to the hood or roof if water continues to rise.
- Stay away from power lines and electrical wires. Deadly electric current can travel through water.
- Report downed power lines in the City of Los Angeles to the Department of Water and
- Power (1-800-DIAL- DWP). If the downed wires threaten life, call 9-1-1.

Section F - Disaster Preparation & Training

Key elements elements of the HHWNC HHWNC Emergency Emergency Response Response Plan include:

1. [Red Cross First Aid /CPR training](http://www.redcross.org) (<http://www.redcross.org>)

- At least one member of each household should be certified.

2. Los Angeles Fire Department (LAFD) [Community Emergency Response Team \(CERT\) program](http://www.cert-la.com). (<http://www.cert-la.com>)

- All residents 18+ years should take this important free training program.

The 17 1/2 hr training covers 7 different topics:

- Emergency Preparedness (kits, home plan, etc)
- Fire Suppression

- ☐ Disaster Medical Part 1 (Triage)
- ☐ Disaster Medical Part 2 (Treatment)
- ☐ Light Search & Rescue
- ☐ Team Organization & Disaster Psychology
- ☐ Terrorism & Homeland Defense

The HHWNC Public Safety Committee will organize bi-annual CERT training classes in our locale to make it easier for residents to attend. Please visit the [Cert-LA](#) calendar for a list of classes in our area.

Section G – What to do BEFORE an Earthquake / Disaster

When disaster occurs, **all that you can depend upon is what you know and what you have at your disposal.** The time to prepare is BEFORE a disaster happens.

MAKE A PLAN – GET A KIT – STAY INFORMED

Hold a Family Meeting

The purpose of a family meeting is to inform and educate family members, including children, seniors and family members with disabilities. Having a plan is one of the most important steps you can take in disaster preparedness. Knowing what to do and how to do it can help you and your family manage disasters with less worry, fear, and uncertainty.

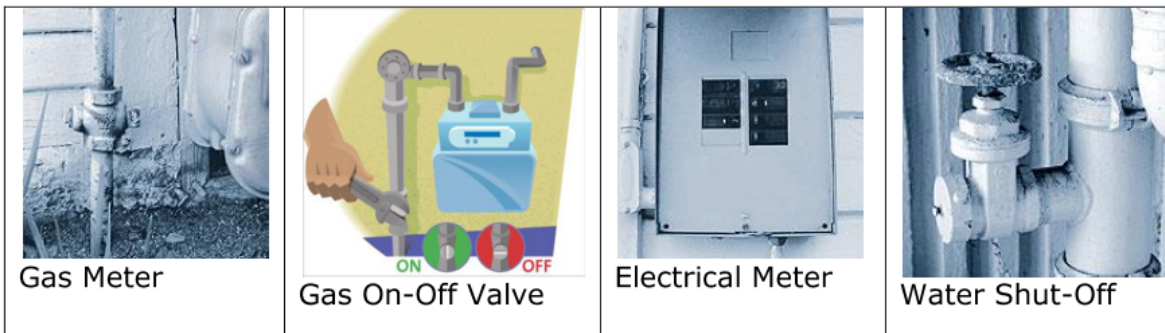
All Family Members need to know the following:

- ☐ The location of your Survival Supplies
- ☐ The location of the “GO BAGS”
- ☐ Create emergency cards for each of your family members
- ☐ Draw a map of the house. Locate doors and windows that can be used as evacuation routes.
- ☐ Identify two evacuation routes from each room.
 - ☐ Practice your evacuation routes.
- ☐ Determine a meeting place outside of your residence, in case it is unsafe

to remain indoors. Do not meet on the roof.

- ☐ Determine one location outside neighborhood in case of evacuation.
- ☐ Keep gas tank half full at all times. Gas might not be available after a disaster.
- ☐ Determine out of state contacts. Family members should be instructed to call them in event of emergency. Local calls may be difficult to place.
- ☐ Practice your **Drop, Cover & Hold-On** (Earthquake) and **Stop, Drop & Roll** (Fire Drills).
- ☐ Install **smoke alarms** and **carbon monoxide CO detectors**.
- ☐ Teach each member of your family how to use a fire extinguisher.
- ☐ Locate utilities, and determine how to turn them off and with what tools?

DO NOT turn the **gas back on** by yourself.



Emergency Supplies Checklist - Similar Supplies to a Two Week Car Camping Trip

- ☐ Water - 1 gallon/person/day for 7-14 days. People can become dehydrated quickly, even in cold weather.
- ☐ Food - 7-14 day supply of non-perishables: canned meat, fruits and vegetables; cereal, peanut butter
- ☐ Utensils -manual can opener, sharp knife utensils, plates, cups, plastic forks & spoons, paper towels.
- ☐ Battery operated or Hand-Crank Radio Use AM Radio. Listen to KNX 1070 AM, KFWB 980 AM, and KFI 640 AM radio stations for regional emergency alert information for the Los Angeles County area. Two-way Radio is a big plus!
- ☐ Flashlight (in kit -Batteries should be inserted at time of emergency.) Flashlight in

rooms should have batteries already inserted.

- ☐ First Aid Kit can be purchased at local pharmacy. You can attend to the immediate first aid needs of your family, including bleeding and burn relief. Look for instructions inside the First Aid Kit.
- ☐ Whistle to signal for help
- ☐ Duct-Tape; Plastic Sheeting; Dust Mask - Duct tape is versatile. Plastic sheeting and duct tape can be used as a shelter-in-place barrier. Mask is for blocking contaminants.
- ☐ Sanitation: soap, toothbrush, toothpaste, toilet paper, moist wipes, large garbage bags and shovel for waste disposal
- ☐ Tools: Shut-off wrench, shovel, axe, hammer, pliers - Know where the gas shut-off is. Turn off only in an emergency.
- ☐ [Local Maps](#) (Auto Club) you should be familiar with evacuation routes.
- ☐ Clothes Two sets of clothes, undergarments, socks, comfortable sturdy shoes. Babies may need more.
- ☐ Blankets/ Sleeping Bags Enough to cover family members for warmth and comfort.
- ☐ Medication One week supply. Instant cold packs for refrigerated medications since you may not have access to refrigeration.
- ☐ Matches Stored in a water-proof container. Water-proof matches can be purchased at camping supply stores.
- ☐ Documents – Copies of birth/death/marriage certificates; insurance and medical records, deeds, bank statements, credit cards, drivers license, passport, credentials, etc.
- ☐ Household Inventory (including pictures for insurance)
- ☐ Family and **pet photos** for identification

Section H - What to do DURING an Earthquake

Stay as safe as possible during an earthquake. Be aware that some earthquakes are actually foreshocks and a larger earthquake might occur. Minimize your movements to a few steps to a nearby safe place and if you are indoors, stay there until the shaking has stopped and you are sure exiting is safe.

If indoors

- DROP to the ground; take COVER by getting under a sturdy table or other piece of furniture; and HOLD ON until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture. Stay in bed if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.
- Stay inside until the shaking stops and it is safe to go outside. Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave.
- Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.
- DO NOT use the elevators.



If outdoors

- Stay there.
- Move away from buildings, streetlights, and utility wires.
- Once in the open, stay there until the shaking stops.

The greatest danger exists directly outside buildings, at exits and alongside exterior walls. Many of the 120 fatalities from the 1933 Long Beach earthquake occurred when people ran outside of buildings only to be killed by falling debris from collapsing walls. Ground movement during an earthquake is seldom the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls,

flying glass, and falling objects.

If in a moving vehicle

- Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.
- Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

If trapped under debris

- DO NOT LIGHT A MATCH!
- Do not move about or kick up dust.
- Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so rescuers can locate you.
- Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

Section I – What to do AFTER an Earthquake / Disaster

Earthquakes: Earthquakes damage can extend for miles from the epicenter. Damages can include collapsed building, bridges, and overpasses; cracked roadways; downed power lines; broken gas lines; fires; explosions; and landslides.

- **Earthquake responses:** Drop, Cover, and Hold On. Evaluate damages to structure and humans. Evacuate structure if necessary. **Take your GO BAG.**

Fires: Fires can spread quickly. In five minutes an entire house can be engulfed in flames. Often, the heat and smoke can be even more dangerous than the flames.

- **Fire Response:** If you are on fire: **STOP, DROP, and ROLL.** Evacuate immediately when you see, hear, feel, smell smoke and/ or fire. **Take your GO BAG**

Chemical or Biological Release: A chemical emergency can occur as an accident or maliciously resulting with a release of chemical agents. A biological emergency can be a natural outbreak of disease or a deliberate release of germs or other biological substances.

- **Chemical or Biological Release Response:** Get to a safe area by evacuating or shelter-in-place (use duct tape and plastic sheeting to create barrier).

In case of a disaster, ALL RESIDENTS should:

1. Check in with your out-of-state contact and register yourself at [SAFE and WELL](https://safeandwell.communityos.org/cms/index.php)

(<https://safeandwell.communityos.org/cms/index.php>) to let your family know that you are OK.

2. Take care of yourself, your family, home, and neighbors.

- Assess your situation
- Check yourself for injuries. Often people tend to others without checking their own injuries. You will be better able to care for others if you are not injured or if you have received first aid for your injuries.
- Place a **HELP or OK sign** on your front door or window.
- Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, hard hat, goggles, and work gloves. This will protect you from further injury by broken objects.
- After you have taken care of yourself, help injured or trapped persons. If you have it in your area, call 9-1-1, then give first aid when appropriate and **AS YOU ARE TRAINED**. Don't try to move seriously injured people unless they are in immediate danger of further injury.
- Use the telephone only to report life-threatening emergencies. Telephone lines are frequently overwhelmed in disaster situations. They need to be clear for emergency calls to get through.
- **Use battery-powered lanterns or flashlights to inspect your home.** Kerosene lanterns, torches, candles, and matches may tip over or ignite flammables inside.
- **Get everyone out if your home is unsafe. Be sure to take your Grab 'n Go bags with you.** Aftershocks following earthquakes can cause further

damage to unstable buildings. **If your home has experienced damage, get out before aftershocks happen.**

- Look for and extinguish small fires. Eliminate fire hazards. Putting out small fires quickly, using available resources, will prevent them from spreading. Fire is the most common hazard following earthquakes.
- If you don't need to extinguish a fire, place your fire extinguisher out front on the sidewalk. (This allows for several resources in case a neighbor's house catches fire to keep it from spreading.)
- Leave the gas on at the main valve, unless you smell gas or think it's leaking. It may be weeks or months before professionals can turn gas back on using the correct procedures. Explosions have caused injury and death when homeowners have improperly turned their gas back on by themselves.
- Clean up spilled medicines, bleaches, gasoline, or other flammable liquids immediately. Avoid the hazard of a chemical emergency.
- Open closet and cabinet doors cautiously. Contents may have shifted during the shaking of an earthquake and could fall, creating further damage or injury.
- Help neighbors who may require special assistance. Elderly people and people with disabilities may require additional assistance. People who care for them or who have large families may need additional assistance in emergency situations.
- **Listen to a portable, battery-operated radio (or television) for updated emergency information and instructions.** If the electricity is out, this may be your main source of information. Local radio and local officials provide the most appropriate advice for your particular situation.
- **Expect aftershocks. Each time you feel one, drop, cover, and hold on!** Aftershocks frequently occur minutes, days, weeks, and even months following an earthquake.
- Watch out for fallen power lines or broken gas lines, and stay out of damaged areas. Hazards caused by earthquakes are often difficult to see, and you could be easily injured.
- Stay out of damaged buildings. If you are away from home, return only when authorities say it is safe. Damaged buildings may be destroyed by aftershocks following the main quake.

- Watch animals closely. Leash dogs and place them in a fenced yard. The behavior of pets may change dramatically after an earthquake. Normally quiet and friendly cats and dogs may become aggressive or defensive
- All residents with FRS radios should attempt to contact Incident Command via **Channel 15** (verify your block channel with your Neighborhood Council Public Safety Chair) with emergencies and status. **See Section M-Disaster Communications** for more details.
- All residents with ham radios should attempt to contact Incident Command at the LA Battalion 5 simplex frequency 145.525 MHz, PL 110.9. **See Section M-Disaster Communications** for more details.
- All CERT trained residents should follow the LAFD CERT Battalion 5 Action Plan(Contact CERT Coordinator if you need a copy.)

All CERT trained residents should follow the LAFD CERT Battalion 5 Action Plan([Contact CERT Coordinator](#) if you need a copy.)

Section J - Community Meeting Areas - Organize Your Block

After an earthquake, please take care of yourself, your family and then your block and neighborhood. You do not need to go anywhere. If you are not at home, check the radio for information on damaged roads, fires or traffic issues before trying to go home. If you are at work, sms your family to be certain they are safe and then attempt to do the below items at your work place until it is clear you can travel safely home.

- At your block, we suggest you gather your immediate neighbors. This may start by meeting in the middle of the street or the house of a block leader.
- Then give first aid to those that are injured.
- Designate an area (someone's undamaged house) for the injured, children left alone, and elders that need help. This can also be an area for pets running loose.
- Then ring the door bells and knock on the doors of your neighbors that have not come out. As you check, listen for anyone yelling for help or making tapping sounds. Do not enter a house unless you can confirm it is not severely damaged.
- If you smell gas or see a broken water line, turn off the main gas or water lines (see diagrams above).

- Once your block is complete, check with the block next to you and help them organize. Continue this process.
- **Monitor Nofity LA and the radio for news of fires, road closures, open medical centers and evacuation centers (if they are needed).**
- **If you have an frs radio, check stations for information on your neighborhood. If you are a HAM radio operator, see below for channels you can check for emergency news or to report emergencies.**
- **LAFD has a map of evacuation centers, but does not publish them because the centers or the area they are in may be very dangerous after a disaster.**
They will notify us of the evacuation/ safe locations through emergency news and notification outlets.
- **Organize your family and neighbors to CARPOOL !!!**

Stay at home and help your immediate neighbors until further notice.

Don't expect emergency services to be available or 911 to be able to answer calls for hours or possibly days.

Listen to the radio and watch for LAFD or LAPD doing "windshield" surveys (driving the streets) in your neighborhood.

Section K- CERT Emergency Supplies & Equipment

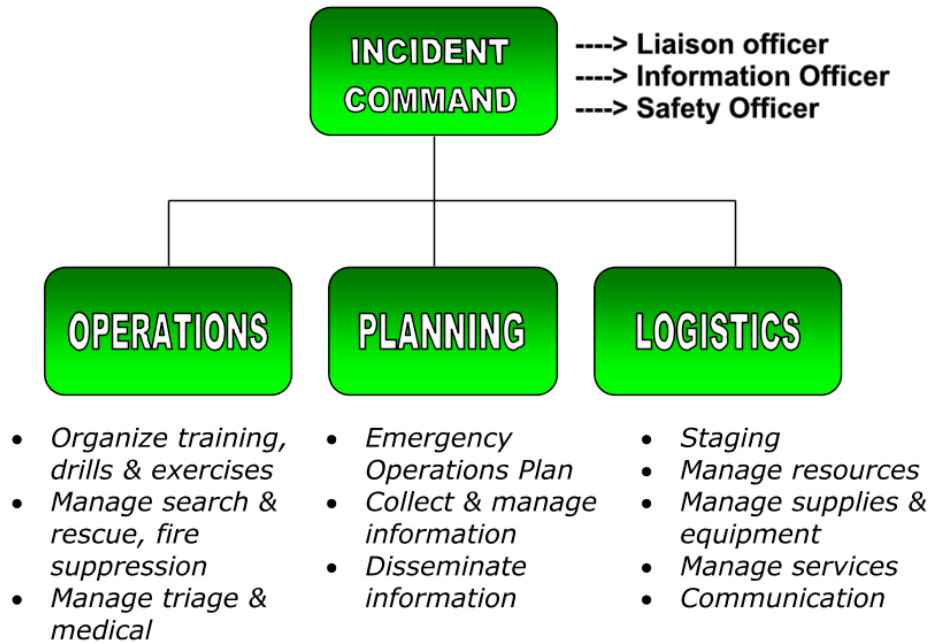
This is a great list for an organized neighborhood to have

| Item # | Item | Location | Provide By |
|--------|--|----------|------------|
| 1 | Incident Command Tent/Canopy | | |
| 2 | ICS kits (2-way radios, clipboards, pens, pencils, marking crayons, duct tape) | | |
| 3 | Triage supplies (tarps, medical station signs, triage tape, exam gloves, medi-masks, 1st aid trauma supplies) | | |
| 4 | Search & Rescue supplies (fire extinguishers, helmets, goggles, N95 masks, work gloves, flashlights, crow bars, utility wrenches, cribbing blocks) | | |

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Section L– Community Emergency Response Team

CERT TEAM ORGANIZATION



Section M –Disaster Communications - Verify for Changes

| Hollywood Hills West EMERGENCY COMMUNICATION PLAN | | |
|---|--|--|
| Hollywood Hills West Residents and Stake Holders | FRS 15 | Monitored by Block Captains and CERT Personnel |
| Status Report & Special Alerts to Community | TBD or FRS 15 | ** Outgoing reports from CERT IC only |
| CERT (Search & Rescue – Medical) | TBD or FRS 15 | *** Monitor IC on Channel TBD |
| CERT Incident Command (IC) | HAM Channel CERT 12 | CERT IC to LAFD |
| HAM - LAFD Auxiliary Communication Channel (ACS) | 147.33 (+) , PL 110.9 | Check in Mondays at 7:30pm |
| HAM - West Hills CERT Ck | 144.505 MHz (+) , PL 162.2 | Check in Saturday Mornings at 8:30am |
| HAM - Disaster Amateur Radio Network (DARN) | 446.240 100.0 441.240 or 446.940 100.0 441.940 | Check in Mondays at 8:30pm |

Section N – Hollywood Hills West Community Resources

Councils

[Councilmember David Ryu](#)

4th District
6501 Fountain Avenue
Los Angeles, CA 90028
(323) 957-6415

[Councilmember Mitch O'Farrell](#)

13th District
1722 Sunset Blvd.
Los Angeles, CA 90026
(213) 207-3015

[Councilmember Paul Krekorian](#)

2nd District
5240 N. Lankershim Blvd., Ste 200
North Hollywood, CA 91601
(818) 755-7676

Fire Stations

Report All Emergencies to 9-1-1

[LAFD Fire Station #27](#)

1327 North Cole Avenue
Hollywood
(213) 485-6227

[LAFD Fire Station #41](#)

1439 North Gardner St.
Hollywood (Hills & Northwest)
(213) 485-6241

[LAFD Fire Station #76](#)

3111 North Cahuenga blvd.
Cahuenga Pass
(213) 485-6276

[LAFD Fire Station #86](#)

4305 Vineland Ave.
Toluca Lake
(818) 756-8686

[LAFD Fire Station #97](#)

8021 Mulholland Drive
Los Angeles, CA 91604
Business Tel:
(818) 756-8697

[LA County Fire Dept. Station #51](#)

3900 Lankershim Blvd
Universal City, CA 91608
(323) 877-4412

Police Stations

Report All Emergencies to 9-1-1

[Hollywood Community Police Station](#)

SLO = Senior Lead Officer
SLO - Brian White
SLO - Annabell Eubank
SLO - Ralph Sanchez
SLO - Benjamin Thompson
1358 N. Wilcox Avenue
Hollywood CA 90028
(213) 972-2971

[North Hollywood Community Police Station](#)

SLO - Kurtis Delbar
11640 Burbank Blvd.
North Hollywood, CA 91601
(818) 754-8300

Hospitals - Valley Side

[Providence Saint Joseph Ctr](#)

501 South Buena Vista Street
Burbank CA 91505-4866
(818) 843-5111

[Sherman Oaks Hospital](#)

4929 Van Nuys Boulevard
Sherman Oaks CA 91403
(818) 981-7111

For more information:

www.ushospitalfinder.com/

Also look for local medical centers in your area.

Hospitals

Report All Emergencies to 9-1-1

[Cedars-Sinai Medical Center](#)

8700 Beverly Boulevard
Los Angeles CA 90048-1865
1-800-CEDARS-1

[Hollywood Community Hospital](#)

6245 De Longpre Avenue
Los Angeles CA 90028-9001
Admitting hours are Monday-Friday between 5:30 a.m.-7:30 p.m.
(323) 462-2271

[Kaiser Foundation Hospital - Sunset](#)

4867 Sunset Boulevard
Los Angeles CA 90027-5969
1-833-574-2273

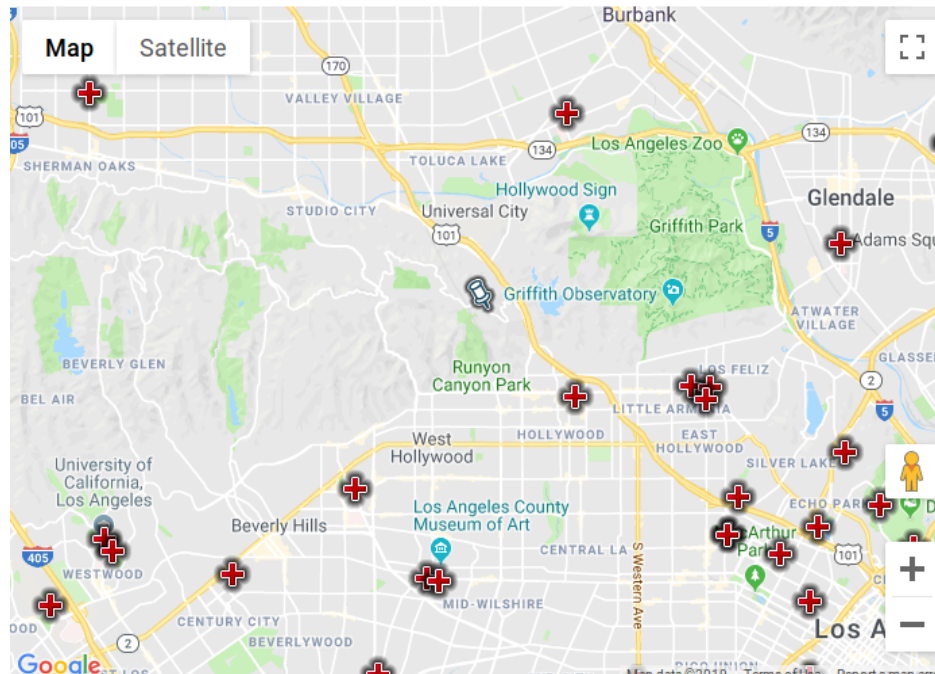
[Hollywood Presby Medical Ctr](#)

1300 North Vermont Avenue
Los Angeles CA 90027-0069
(213) 413-3000

[Childrens Hospital Los Angeles](#)

4650 Sunset Boulevard
Los Angeles CA 90027-6062
(323) 660-2450

Hospitals (click for online map)



| Name | Address | Phone | Distance(Miles) |
|--|---|--------------|-----------------|
| Hollywood Community Hospital  | 6245 De Longpre Avenue Los Angeles, CA 90028-9001 | 323-462-2271 | 2.03 |
| Providence Saint Joseph Ctr  | 501 South Buena Vista Street Burbank, CA 91505-4866 | 818-843-5111 | 2.92 |
| Kaiser Foundation Hospital - Sunset Blvd  | 4867 Sunset Boulevard Los Angeles, CA 90027-5969 | 323-783-4011 | 3.37 |
| Cedars-Sinai Medical Center  | 8700 Beverly Boulevard Los Angeles, CA 90048-1865 | 310-423-5000 | 3.37 |
| Childrens Hospital Los Angeles  | 4650 Sunset Boulevard Los Angeles, CA 90027-6062 | 323-660-2450 | 3.63 |
| Hollywood Presby Medical Ctr  | 1300 North Vermont Avenue Los Angeles, CA 90027-0069 | 323-913-4800 | 3.64 |
| MIRACLE MILE MEDICAL CENTER  | 6000 SAN VICENTE BLVD LOS ANGELES , CA 90036 | 323-930-1040 | 4.21 |
| Olympia Medical Center  | 5900 West Olympic Boulevard Los Angeles, CA 90036 | 310-657-5900 | 4.21 |
| Temple Community Hospital  | 235 North Hoover Street Los Angeles, CA 90004-3672 | 213-382-7252 | 4.77 |
| Shriners Hosps for Children  | 3160 Geneva Street Los Angeles, CA 90020-1199 | 213-388-3151 | 5.02 |
| Shriners Hospitals for Children  | 3160 Geneva Street Los Angeles, CA 90020-1199 | 213-388-3151 | 5.03 |
| Glendale Mem Hosp & Hlth Ctr  | 1420 South Central Avenue Glendale, CA 91204-2594 | 818-502-1900 | 5.30 |
| CENTURY CITY DOCTORS HOSPITAL  | 2070 CENTURY PARK EAST LOS ANGELES , CA 90067 | 310-772-4915 | 5.43 |
| Kaiser Foundation Hospital  | 6041 Cadillac Avenue Los Angeles, CA 90034-1702 | 323-857-2201 | 5.72 |
| St Vincent Medical Center  | 2131 West Third Street Los Angeles, CA 90057-7992 | 213-484-7111 | 5.78 |
| Gateways Hosp & Mntl Hlth Ctr  | 1891 Effie Street Los Angeles, CA 90026-1711 | 323-644-2000 | 5.81 |
| City of Angels Medical Center  | 1711 West Temple Street Los Angeles, CA 90026 | 213-989-6100 | 5.98 |

Section O – Emergency Information Sources

- Federal Emergency Management Agency (FEMA) <http://www.ready.gov/>

- California Emergency Management Agency – Hazard Mitigation <http://myhazards.caloes.ca.gov/>

- City of Los Angeles Emergency Management Department - <http://www.readyla.org>
(213) 484-4800

- Ready Your LA Neighborhood (RYLAN) <http://www.emergency.lacity.org/rylan/about>
- Emergency Shelter information http://readyla.org/index2.php?lang=en&cat=recovery_assistance&text=rec_emer_shelters

- LA Department of Water and Power <https://www.ladwp.com/ladwp>

- CERT Los Angeles - <http://www.cert-la.com>
Community Emergency Response Team
(213) 202-3136

- American Red Cross - <http://www.redcross.org>

- American Red Cross “Safe and Well” registry <https://safeandwell.communityos.org>

- LAUSD Office of Environmental Health and Safety <http://www.lausd-oehs.org>

- Los Angeles County Emergency Survival Program <http://lacoa.org/esp.htm>

- Google Public Alert System <http://www.google.org/publicalerts>

- National Fire Protection Agency <http://www.nfpa.org>

- Protect Your Pets in an Emergency <https://www.cdc.gov/disasters/petprotect.html>

Notification

- Notify LA <https://emergency.lacity.org/notifyla>

- Shake Alert - Earthquake Early Warning <https://www.lacity.org/blog/download-shakealertla-earthquake-early-warning-app-now>

- Recent Earthquakes Los Angeles City <https://earthquake.lacity.org/>

Guides to Prepare Yourself & Family

- LAFD Emergency Preparation Guide <https://www.cert-la.com/emergprepbooklet.pdf>

- LA County Emergency Survival Guide <https://www.lacounty.gov/emergency/emergency-survival-guide/>

- LAFD Fire Code - Brush <http://lafd.org/fire-prevention/brush>

Prepare Your Neighborhood

- Ready Your LA Neighborhood (RYLAN) <http://www.emergency.lacity.org/rylan/about>

[RYLAN Brochure](#)

- CERT Los Angeles - <http://www.cert-la.com>
Community Emergency Response Team
(213) 202-3136

- Red Cross First Aid - Many other sources for training are also available.
[Red Cross Classes Los Angeles](#)

Prepare Your Business

- QuakeSmart - FEMA <https://www.fema.gov/quakesmart-toolkit-welcome>

[Quake Smart Tool Kit](#) (excellent guide)

- Insurance Institute for Business and Home <https://disastersafety.org/business-protection/ofb-ez/>

[Severe Weather & Fire Booklet](#) (great lists)

GET HELP.

Where can I find information about...

| | | |
|-------------------------------------|---|--|
| Animal services | LA Department of Animal Services | 888-452-7381 www.laanimalservices.com |
| Buildings and safety | LA Department of Building & Safety | 311 www.ladbs.org |
| Blood donations | American Red Cross | 310-445-9900 www.redcross.org |
| Disaster recovery assistance | U.S. Department of Homeland Security | www.disasterhelp.gov |
| Disease control | CDC - Centers for Disease Control and Prevention | 800-232-4636 www.cdc.gov |
| Earthquake information | U.S. Geological Survey | www.quake.usgs.gov |
| Environmental disasters | U.S. Environmental Protection Agency | www.epa.gov/ebtpages/emergencies.html |
| Exposure to toxic substances | Poison Control Center | 800-222-1222 www.aapcc.org/DNN |
| Health and human services | 211 LA County | 211 www.211lacounty.org |
| Loan and grant information | U.S. Small Business Administration | 800-659-2955 www.sba.gov |
| Reports for outages | LADWP - LA Department of Water and Power | 800-342-5397 www.ladwp.org |
| School districts in LA | LAUSD - LA Unified School District | 213-241-4500 www.lausd.net |
| Underground services | Dig Alert | 811 www.digalert.org |
| Weather information | National Oceanic Atmospheric Administration | www.noaa.gov |

BE INFORMED

**How to Respond
to Various Threats**

HOW TO PREPARE FOR AND RESPOND DURING AND AFTER AN ACTIVE SHOOTER INCIDENT

Recent national tragedies remind us that the risk is real: an active shooter incident can happen in any place at any time. The best ways to make sure you and your loved ones stay safe are to prepare ahead of time and be ready. Taking a few steps now and mentally rehearsing what to do can help you react quickly when every second counts.



TAKE AN ACTIVE ROLE IN YOUR OWN SAFETY

NOW PREPARE

- Sign up for active shooter training
- If you see something suspicious, say something
- Know community response plans
- Identify the exits and good places to hide
- Learn and practice first aid skills and use of tourniquets

DURING SURVIVE

- Run
- Hide
- Fight



You may need to use more than one option.

AFTER BE SAFE

- Help law enforcement
- Seek out medical help
- Help others survive
- Seek help to cope with psychological trauma



NOW PREPARE

- Sign up for active shooter training.
- If you see suspicious activity, let an authority know right away.
- Many places like houses of worship, workplaces, and schools have plans in place to help you respond safely. Ask about these plans and get familiar with them. If you participate in an active shooter drill, talk to your family about what you learn and how to apply it to other locations.
- When you visit a building like a shopping mall or health care facility, take time to identify two nearby exits. Get in the habit of doing this.
- Map out places to hide. Solid doors with locks, rooms without windows, and heavy furniture like large filing cabinets and desks make good hiding places.
- Sign up for first aid and tourniquet training.



DURING SURVIVE

- **RUN.** Getting away from the shooter or shooters is the top priority. Leave your things behind and run away. If safe to do so, warn others nearby. Call 911 when you are safe. Describe each shooter, their locations, and weapons.
- **HIDE.** If you can't get away safely, find a place to hide. Get out of the shooter's view and stay very quiet. Silence your electronic devices and make sure they won't vibrate. Lock and block doors, close blinds, and turn off the lights. Don't hide in groups—spread out along walls or hide separately to make it more difficult for the shooter. Try to communicate with police silently—like through text messages or by putting a sign in an exterior window. Stay in place until law enforcement gives you the all clear.
- **FIGHT.** Your last resort when you are in immediate danger is to defend yourself. Commit to your actions and act aggressively to stop the shooter. Ambushing the shooter together with makeshift weapons such as chairs, fire extinguishers, scissors, and books can distract and disarm the shooter.



AFTER BE SAFE

- Keep hands visible and empty.
- Know that law enforcement's first task is to end the incident, and they may have to pass injured along the way.
- Follow law enforcement instructions and evacuate in the direction they come from.
- Consider seeking professional help for you and your family to cope with the long-term effects of the trauma.

HELPING THE WOUNDED

Take care of yourself first, and then you may be able to help the wounded before first responders arrive:

- If the injured are in immediate danger, help get them to safety.
- While you wait for first responders to arrive, provide first aid—apply direct pressure to wounds and use tourniquets if you have been trained to do so. Turn wounded people onto their sides if they are unconscious and keep them warm.

Additional Resources

VIDEO

Run. Hide. Fight. Surviving an Active Shooter Event
www.youtube.com/watch?v=5VcSwejU2D0

ONLINE COURSE

Active Shooter: What You Can Do <https://training.fema.gov/is/courseoverview.aspx?code=IS-907>

GUIDE FOR HOUSES OF WORSHIP

www.dhs.gov/sites/default/files/publications/Developing_EOPs_for_Houses_of_Worship_FINAL.PDF

GUIDE FOR K-12 SCHOOLS

www.fema.gov/media-library-data/20130726-1922-25045-3850/rem_s_k_12_guide.pdf

WEBSITES

www.dhs.gov/active-shooter-preparedness

www.fbi.gov/about/partnerships/office-of-partner-engagement/active-shooter-incidents

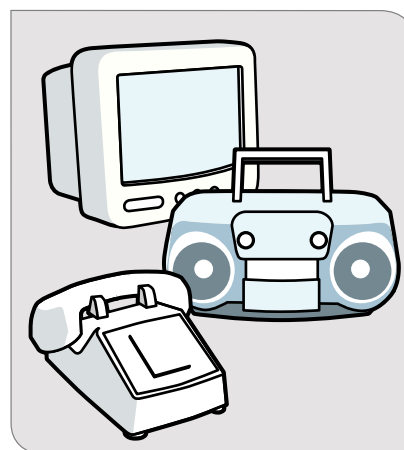
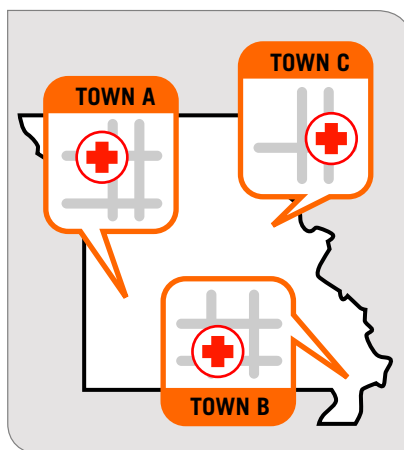
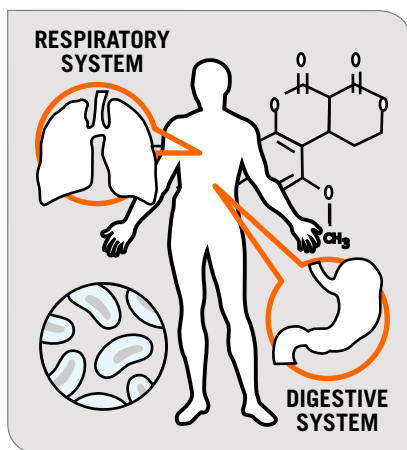
www.fema.gov/faith-resources

www.redcross.org/ux/take-a-class

BE INFORMED

BIOLOGICAL THREAT

<http://www.ibwc.gov/Files/biologicalthreat.pdf>



1. A biological attack is the release of germs or other biological substances. Many agents must be inhaled, enter through a cut in the skin or be eaten to make you sick. Some biological agents can cause contagious diseases, others do not.

2. A biological attack may or may not be immediately obvious. While it is possible that you will see signs of a biological attack it is perhaps more likely that local health care workers will report a pattern of unusual illness.

3. You will probably learn of the danger through an emergency radio or TV broadcast.

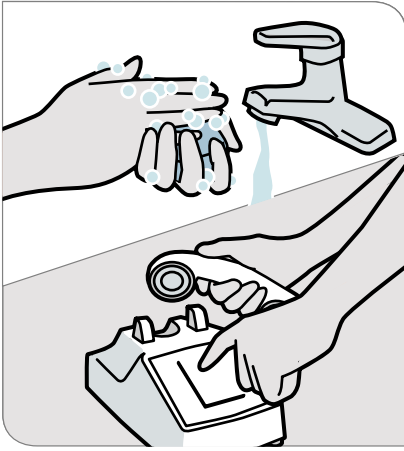


4. If you become aware of an unusual or suspicious release of an unknown substance nearby, it doesn't hurt to protect yourself.

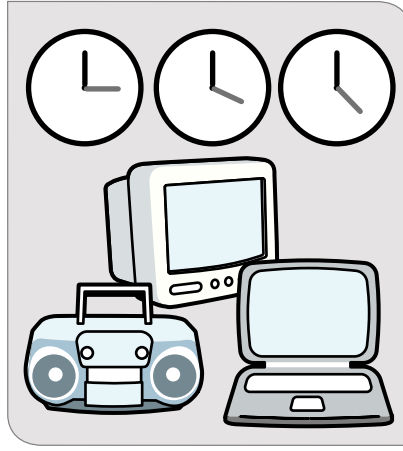
5. Get away from the substance as quickly as possible.

6. Cover your mouth and nose with layers of fabric that can filter the air but still allow breathing.

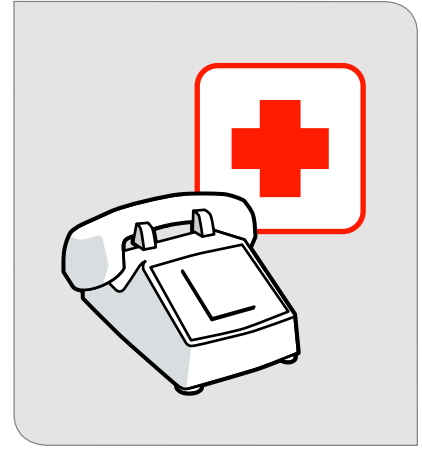
BIOLOGICAL THREAT



7. Wash with soap and water and contact authorities.



8. In the event of a biological attack, public health officials may not immediately be able to provide information on what you should do. However, you should watch TV, listen to the radio, or check the Internet for official news as it becomes available.

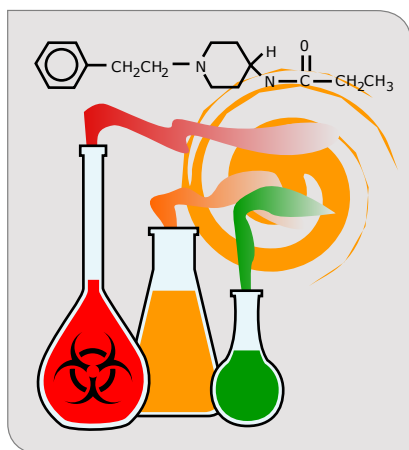


9. At the time of a declared biological emergency be suspicious, but do not automatically assume that any illness is the result of the attack. Symptoms of many common illnesses may overlap. Use common sense, practice good hygiene and cleanliness to avoid spreading germs, and seek medical advice.

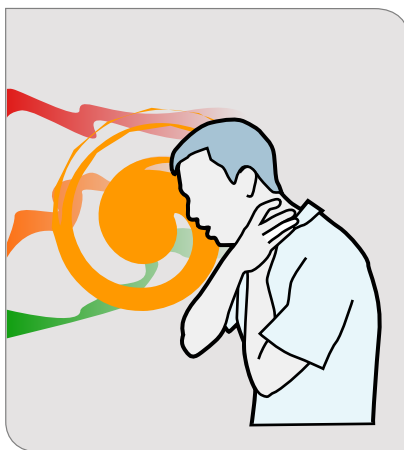
BE INFORMED

CHEMICAL THREAT

<http://www.ibwc.gov/Files/chemicalthreat.pdf>



1. A chemical attack is the deliberate release of a toxic gas, liquid or solid that can poison people and the environment.



2. Watch for signs such as many people suffering from watery eyes, twitching, choking, having trouble breathing or losing coordination.



3. Many sick or dead birds, fish or small animals are also cause for suspicion.



4. If you see signs of a chemical attack, quickly try to define the impacted area or where the chemical is coming from, if possible.

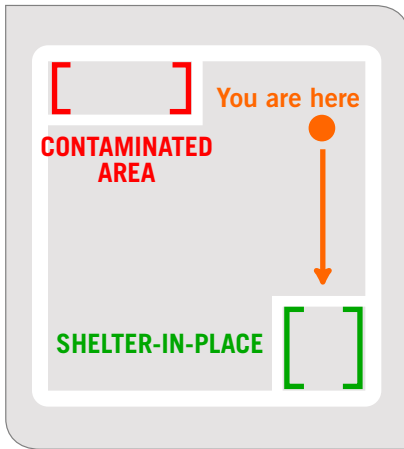


5. Take immediate action to get away from any sign of a chemical attack.



6. If the chemical is inside a building where you are, try to get out of the building without passing through the contaminated area, if possible.

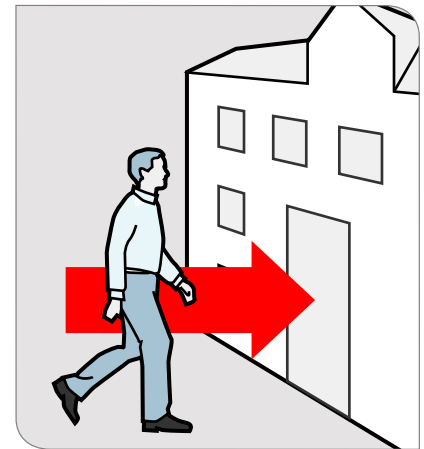
CHEMICAL THREAT



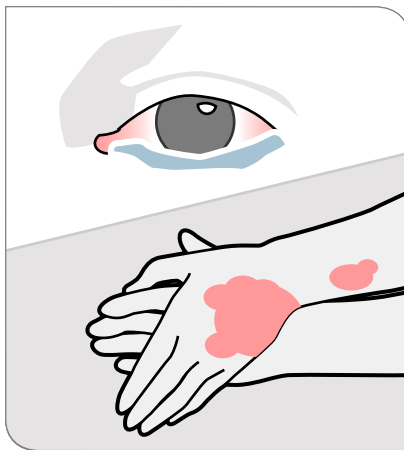
7. Otherwise, it may be better to move as far away from where you suspect the chemical release is and "shelter-in-place."



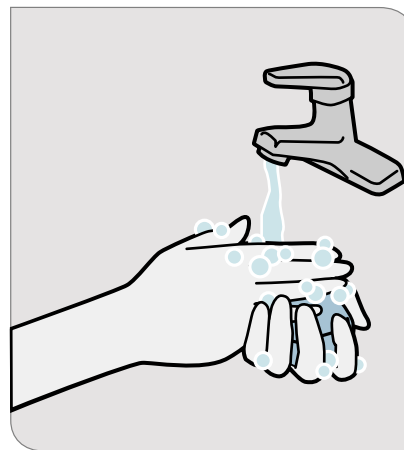
8. If you are outside when you see signs of a chemical attack, you must quickly decide the fastest way to get away from the chemical threat.



9. Consider if you can get out of the area or if it would be better to go inside a building and follow your plan to "shelter-in-place."



10. If your eyes are watering, your skin is stinging, you are having trouble breathing or you simply think you may have been exposed to a chemical, immediately strip and wash. Look for a hose, fountain, or any source of water.



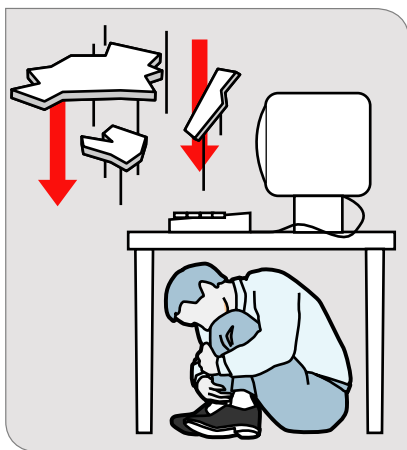
11. Wash with soap and water, if possible, but do not scrub the chemical into your skin.



12. Seek emergency medical attention.

EXPLOSIONS

If there is an explosion...



1. Take shelter against your desk or a sturdy table.



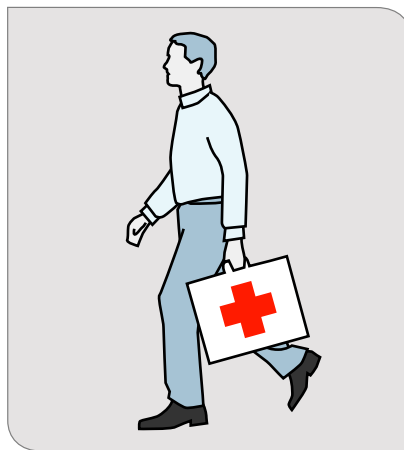
2. Exit the building as quickly as possible.



3. Do not use elevators.



4. Check for fire and other hazards.



5. Take your emergency kit if time allows.

BE INFORMED

EXPLOSIONS

If there is fire...



1. Exit the building as quickly as possible.



2. Crawl low in smoke.



3. Use a wet cloth to cover your nose and mouth.



4. Use the back of your hand to feel the lower, middle, and upper parts of closed doors.



5. If the door is not hot, brace yourself against the door and open it slowly.



6. Do not open the door if it is hot. Look for another way out.

EXPLOSIONS If there is fire...



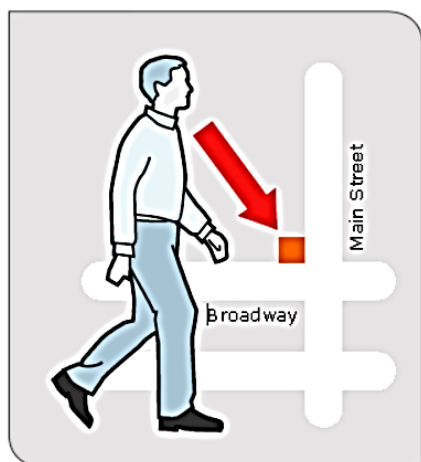
7. Use appropriate fire exits, not elevators.



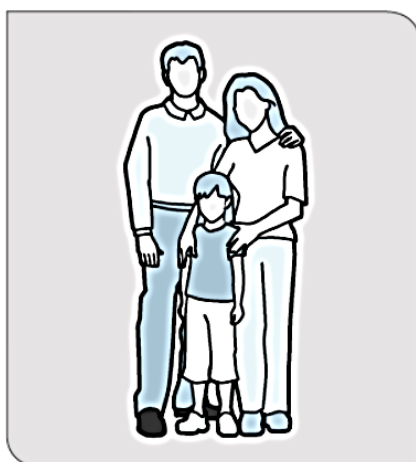
8. If you catch fire, do not run!



9. Stop, Drop and Roll.



10. If you are at home, go to previously designated meeting place.



11. Account for your family members.



12. Do not go back into a burning building and carefully supervise small children.

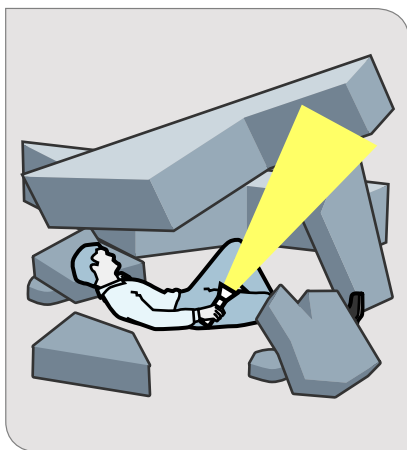


13. Call the fire department.

BE INFORMED

EXPLOSIONS

If you are trapped in debris...



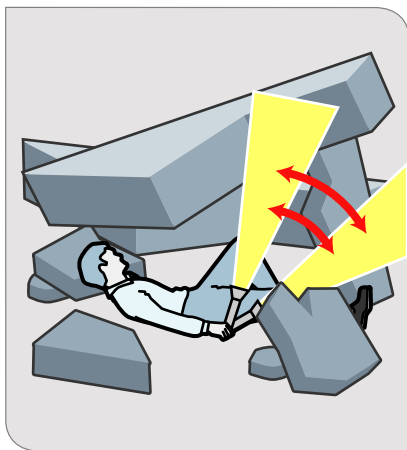
1. If possible, use a flashlight to signal your location.



2. Avoid unnecessary movement so that you don't kick up dust.



3. Cover your mouth and nose with anything you have on hand. Dense weave cotton material can create a good filter. Try to breathe through the material.



4. Tap on a pipe or wall so that rescuers can hear where you are.



5. Use a whistle if one is available. Shout only as a last resort - shouting can cause a person to inhale dangerous amounts of dust.

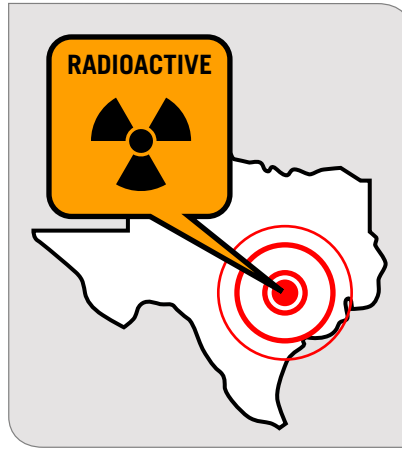
BE INFORMED

RADIATION THREAT

<http://www.ibwc.gov/Files/radiation.pdf>



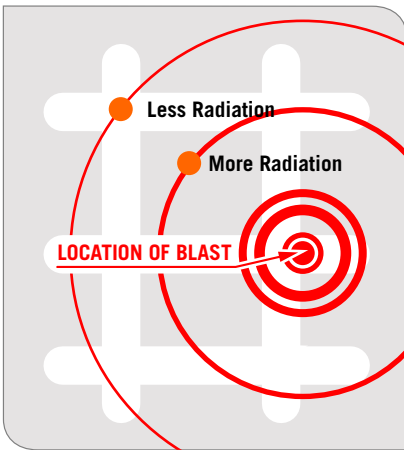
1. A radiation threat or "Dirty Bomb" is the use of common explosives to spread radioactive materials.



2. It is not a nuclear blast. The force of the explosion and radioactive contamination will be more localized. In order to limit the amount of radiation you are exposed to, think about shielding, distance and time.



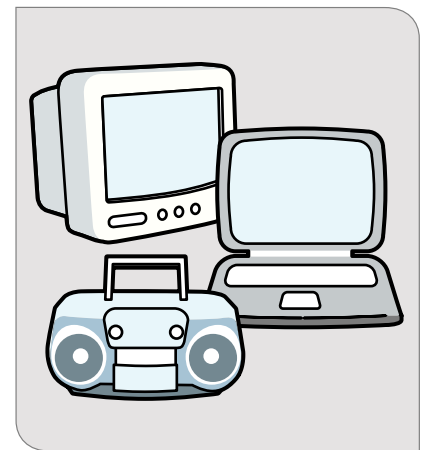
3. **Shielding:** If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed by the thick shield, and you will be exposed to less.



4. **Distance:** The farther away you are from the radiation the lower your exposure.



5. **Time:** Minimizing time spent exposed will also reduce your risk.



6. Local authorities may not be able to immediately provide information on what is happening and what you should do. However, you should watch TV, listen to the radio, or check the Internet often for official news and information as it becomes available.

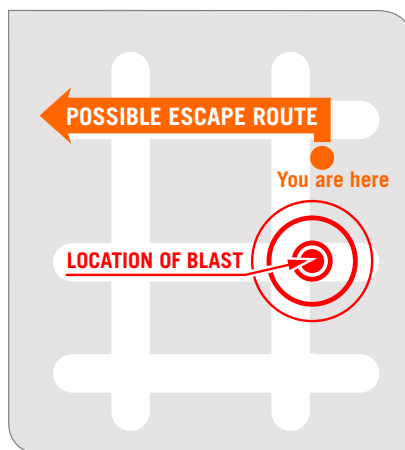
BE INFORMED

NUCLEAR BLAST

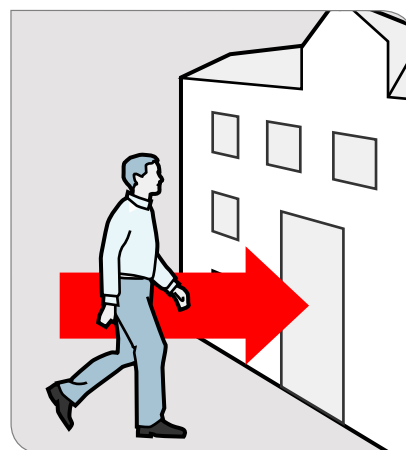
<http://www.ibwc.gov/Files/nuclear.pdf>



1. Take cover immediately, below ground if possible, though any shield or shelter will help protect you from the immediate effects of the blast and the pressure wave.



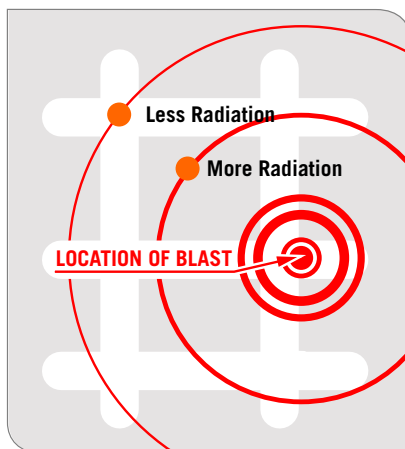
2. Consider if you can get out of the area;



3. Or if it would be better to go inside a building and follow your plan to "shelter-in-place".



4. **Shielding:** If you have a thick shield between yourself and the radioactive materials more of the radiation will be absorbed, and you will be exposed to less.

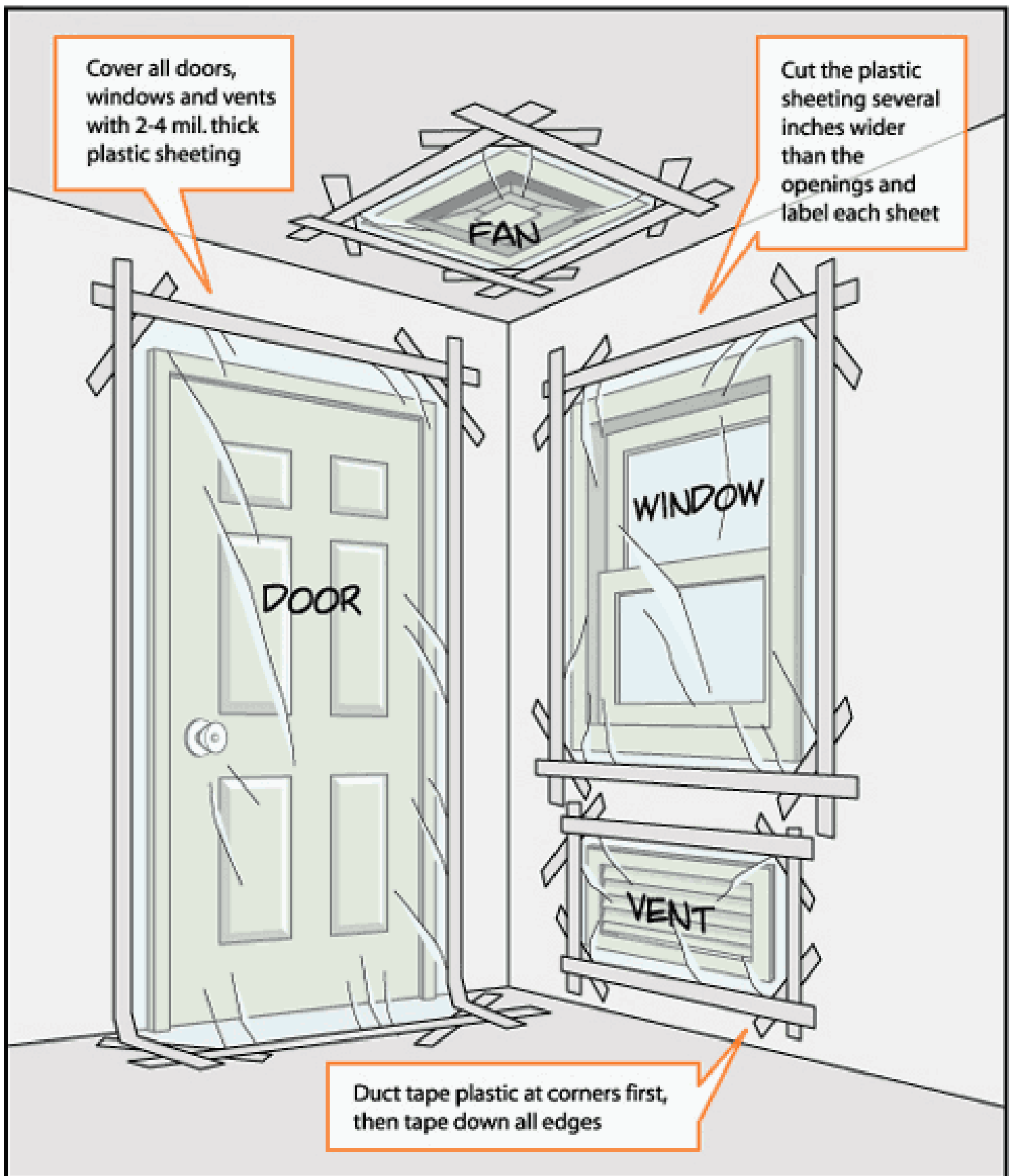


5. **Distance:** The farther away from the blast and the fallout the lower your exposure.



6. **Time:** Minimize time spent exposed will also reduce your risk.

HOW TO SHELTER IN PLACE IN CASE OF TOXIC AIR HAZZARDS





Do You Know What To Do In An Emergency?



WHY TAKE THE CERT TRAINING?

Well, it's like paying for car insurance. You might never need it, in fact you hope you won't. But if the occasion arises, having the CERT training, just like having car insurance, means you're as ready as you can be to help yourself, your family and your neighborhood in an emergency situation.

Class members receive 17 1/2 hours (one day a week for seven weeks) of initial training. CERT is provided free of charge within the city of Los Angeles to anyone 18 or over.

Classes are taught year-round, Monday-Friday, morning, afternoon, or evening. We will come to your location. Classes can be held anywhere in the City of Los Angeles. CERT members are trained in basic disaster response skills such as fire safety, light search and rescue, team organization and disaster medical operations. You will learn how to prepare for emergencies, what supplies you should NOW have in your house, how much food, how much water but most importantly, how to protect your family in an emergency!

It is important to know, if a major disaster occurs, the LAFD, paramedics, police... WILL NOT COME! They will be deployed FIRST to major incidents such as collapsed buildings. That is why you constantly hear... You MUST be prepared to take care of yourself. In the CERT course they say...

***"The Greatest Good for the
Greatest Number of People"***

When you are trained, you are far more equipped to deal with your circumstances without needing aid from outside sources.

Take CERT training for:

Yourself

Your family

Your workplace

Your neighborhood

CERT Classes Are FREE!

CERT Course Class Topics

- Personal & Family Preparedness
- Earthquake Preparation
- Disaster Preparedness
- Team Organization
- Disaster Psychology
- Medical Operations
- Medical Triage
- Damage Assessment
- Fire Suppression
- Fire Chemistry
- Hazardous Materials
- Utility Control
- Light Search & Rescue
- Full Disaster Simulation



This was a CERT call-out to assist during the Station Fire. CERT members were a great help at such an awful time by directing traffic, giving directions & patrolling the Fire Fighting Staging Area at Hansen Dam. This freed up emergency personnel for more critical tasks.

Free Emergency Preparedness Booklet

"Download the Emergency Preparedness Booklet by the Los Angeles Fire Department."

cert-la.com/emergprepbooklet.pdf

This is well worth your time and has critical information for you and your family's survival in an emergency.



CERT Training-Refresher

If a major earthquake hits, do you ...

- have enough supplies for a minimum of 72 hours up to an entire month for all family members, including pets?
- know how to turn off the gas?
- know how to safely turn off the power?
- know how to apply first aid?
- have enough water for all of your family and your pets?
- have provisions for living outside your home for a length of time if the structure is compromised?

CERT classes are given by the Los Angeles Fire Dept.
Please sign-up for the classes at:

cert-la.com/eventbrite

We invite you to browse the ***cert-la.com*** website where you will find valuable and instructive information.



COMMUNITY EMERGENCY RESPONSE TEAM PROGRAM

Los Angeles Fire Department – Homeland Security Division

201 N Figueroa Street - Suite 1225

Los Angeles, California 90012

Phone: (213) 202-3136 / Fax: (213) 202-3187

Email: lafdcert@lacity.org Web Page: www.cert-la.com



LEVEL 1 SYLLABUS

CLASS 1 - INTRODUCTION, DISASTER AWARENESS

Registration
Introduction
Earthquake Threat in Southern California
Personal & Family Preparation
Nonstructural Hazard Mitigation



CLASS 2 - DISASTER FIRE SUPPRESSION TECHNIQUES

Fire Chemistry
Fire Extinguisher Use
Utility Control
Creative Firefighting Techniques
Hazardous Materials / Placarding



CLASS 3 - DISASTER MEDICAL OPERATIONS (SESSION 1)

Recognizing Life-Threatening Emergencies
Treating Life-Threatening Emergencies
Triage



CLASS 4 - DISASTER MEDICAL OPERATIONS (SESSION 2) AND MULTI-CASUALTY INCIDENT

Head-to-Toe Evaluation
Treating Non-Life-Threatening Emergencies
Treatment Area Management



CLASS 5 - LIGHT SEARCH & RESCUE OPERATIONS

Evacuation
Search Techniques
Rescue Methods / Cribbing



CLASS 6 - TEAM ORGANIZATION & DISASTER PSYCHOLOGY

Developing a Response Team
Incident Command System "ICS"
Psychological "Size-Up"



CLASS 7 - TERRORISM & HOMELAND DEFENSE

History of Terrorism
Do's and Don'ts During a Terrorist Act
Homeland Defense Tips



PROGRAM OVERVIEW

The Los Angeles Fire Department's CERT Program (free of charge) was developed because of the need for a well-trained civilian emergency work force. The CERT Program provides for community self-sufficiency through the development of multifunctional response teams who act as an adjunct to the city's emergency services during major disasters. When emergencies happen, CERT members can give critical support to first responders, and provide immediate assistance to victims. CERT members can also assist with non-emergency projects that help improve the safety of the community. Through this unique program, people from community organizations, business and industry, and city employee groups will become CERT members. They work as team members and perform as individual leaders by directing untrained volunteers in the initial phase of an emergency.

To become a CERT graduate, you must complete the 17-1/2 hour course (Level 1). Level 1 training is taught by professional experienced firefighters and paramedics. The course is followed by continuing education programs, including biannual refreshers.

We encourage our Level 1 graduates to enhance their education. Following the completion of Level 1, the CERT Program also offers Level 2 and Level 3 sequential training through the American Red Cross (ARC). CERT Level 2 includes 12 additional training hours in: "Disaster Services: An Overview", "First Aid and CPR/AED", and "Shelter Operations & Shelter Simulation". Currently, Level 2 classes are free. Check your local ARC's or CERT's website for available classes and dates.

After you have completed Levels 1 & 2 training, Level 3 is a 50 plus-hour "Emergency Medical Response" course. A Level 3 CERT member will have completed nearly 80 total hours of training and be capable of effectively assisting the needs within the community. Contact the ARC for dates and cost for this course.

Currently, CERT teams are regionally located within the city according to the Fire Department battalion they live in or work in. Opportunities are available to join and train with a team and potentially become a CERT Battalion Coordinator. Currently, Battalion Coordinators have completed at least Levels 1 & 2 training. These Battalion Coordinators work closely with CERT team members and the Fire Department to develop a capable "response-ready" team.

If you are a licensed amateur radio operator (Ham) who desires to serve the Department and the community, the ham radio will back up the Department's 800-MHz radio system and provide radio support to CERT members, their families, and their Battalion Coordinators. Contact Battalion Chief Kevin Nida, the Los Angeles Fire Department's City Radio Officer at (213) 978-3536 or e-mail him at kevin.nida@lacity.org.





Dear Neighbor,

In order for us to take you and your family into consideration in preparing our response to an earthquake or any type of disaster that we may experience in our community, we need to gather data about our residents.

Please complete the
Needs, Skills and Equipment Survey on the following page and return it to your Neighborhood Council Representative. You may mail it to:

**Hollywood Hills West Neighborhood Council
7095 Hollywood Blvd., Suite #1004
Hollywood, CA 90028**

or bring it with you to the Hollywood Hills West Neighborhood Council meeting on the 3^d Wednesday of the month at the Durant Library at 6:30pm.

Provide as much information as you are willing to share (for emergency purposes only). Statistical information will become part of our ***Community Emergency Preparedness Plan***. No Personal contact information will be shared.

Thank you,

Hollywood Hills West Neighborhood Council
Emergency Planning Committee

Needs, Skills and Equipment Survey

Please provide the following information so that we can assess anyone that may need assistance as well as the skills, tools, equipment that might be available after an earthquake or another disaster.

Name: _____ **Unit #** _____ **Floor** _____

Phone: _____ **Cell:** _____

Email: _____ **Primary Language** _____

Family Members (name & relationship)

- | | |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ | 4. _____ |

Identify special needs your family may have: (infants, small children, seniors, disabilities, non-English speakers, pets, etc.)

Please indicate if you or other family members have training or skills in any of the following:

- | | | |
|--|--|---|
| <input type="checkbox"/> Medical triage | <input type="checkbox"/> Architecture | <input type="checkbox"/> Mental Health, Counseling |
| <input type="checkbox"/> First Aid/CPR | <input type="checkbox"/> Engineering | <input type="checkbox"/> Management/leadership |
| <input type="checkbox"/> Fire Suppression | <input type="checkbox"/> Carpentry | <input type="checkbox"/> Food Preparation |
| <input type="checkbox"/> Light Search & Rescue | <input type="checkbox"/> Electrical Wiring | <input type="checkbox"/> Childcare |
| <input type="checkbox"/> HAM Radio operator | <input type="checkbox"/> Plumbing | <input type="checkbox"/> Elder Care |
| <input type="checkbox"/> Call sign: _____ | <input type="checkbox"/> Info Tech | <input type="checkbox"/> 2 nd Language _____ |

Other Specialized Training: _____

Please check the appropriate box if you have the following items:

- | | | | |
|--|--|--------------------------------------|---|
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Fire extinguisher | <input type="checkbox"/> wrench | <input type="checkbox"/> Bicycle |
| <input type="checkbox"/> Hard hat | <input type="checkbox"/> Ladder | <input type="checkbox"/> Shovel | <input type="checkbox"/> Folding table |
| <input type="checkbox"/> Goggles | <input type="checkbox"/> Strong Rope | <input type="checkbox"/> Axe | <input type="checkbox"/> Folding chairs |
| <input type="checkbox"/> work gloves | <input type="checkbox"/> pulley | <input type="checkbox"/> Saw | <input type="checkbox"/> Outdoor grill |
| <input type="checkbox"/> 2-way radio | <input type="checkbox"/> Crow bar | <input type="checkbox"/> Hammer | <input type="checkbox"/> Generator |
| <input type="checkbox"/> Ham radio | <input type="checkbox"/> Heavy jack | <input type="checkbox"/> Power drill | <input type="checkbox"/> Heavy duty |
| | <input type="checkbox"/> Cribbing blocks | <input type="checkbox"/> Tarp | extension cord |

Other: _____



(Insert Your Area)

NEIGHBORS

Area location

Map of Your Block, Apartment Complex or Business

(insert 1)



Area location

Your Block, Apartment Complex or Buisness - Neighbors

[illegible]

(insert 2a)



_Neighbors

Area location

[illegible]

(insert 2b)



_Neighbors

Area location

[illegible]

(insert 2c)



Area location

_Neighbors

[illegible]

(insert 3)



















- Emergency Supplies & Equipment

| # | Item | Location | Provided by |
|----|---|----------------|-------------------------|
| 1 | Water | Each Household | Personal responsibility |
| 2 | Non perishable food | Each Household | Personal responsibility |
| 3 | 1 st Aid Kit | Each Household | Personal responsibility |
| 4 | Sanitation items | Each Household | Personal responsibility |
| 5 | Flashlight | Each Household | Personal responsibility |
| 6 | Fire extinguisher | Each Household | Personal responsibility |
| 7 | Portable radio | Each Household | Personal responsibility |
| 8 | Paper plates, cups, plastic utensils | Each Household | Personal responsibility |
| 9 | Stationery supplies - notepads envelops, colored paper, duct tape | Each Household | Personal responsibility |
| 10 | Ladder | | |
| 11 | Escape ladder | | |
| 12 | Rope | | |
| 13 | Pulley | | |
| 14 | Heavy jack | | |
| 15 | Power drill | | |
| 16 | Shovel | | |
| 17 | Axe | | |
| 18 | Hammer | | |
| 19 | Saw | | |
| 20 | Tarp | | |
| 21 | Ham radio | | |
| 22 | Two-way FRS radio | | |
| 23 | Folding Table | | |
| 24 | Folding chairs | | |
| 25 | Generator | | |
| 26 | Power Strips, extension cords | | |
| 27 | Outdoor grill | | |
| 28 | Bicycle (for running messages) | | |
| 29 | Triage supplies (tarps, medical station signs, triage tape, nitrile gloves, medi- masks, 1 st aid trauma supplies) | | |
| 30 | Search & Rescue supplies (helmets, goggles, N95 masks, work gloves, flashlights, crow bars, utility wrenches, 2-way radios, tool bag or box, cribbing blocks) | | |



Emergency Kit

Visual Checklist for Disaster Supplies

| | | | | | | |
|--|---|---|---|---|---|--|
|  Water |  Food |  Prescription Medications |  First Aid Kit |  Baby Supplies |  Pet Supplies |  Bleach & Eye-dropper |
|  Mylar Blanket |  Blankets |  Sleeping Bag |  Glasses & Eye Protection |  Extra Clothing |  Personal Hygiene |  Towelettes |
|  Towels |  Sanitation |  Plastic Sheetting |  Tube Tent |  Backpack |  Dust Mask |  Work Gloves |
|  Flashlight |  Batteries |  Matches |  Candles |  Lightsticks |  Knife |  Multi-purpose Tool |
|  Wrench, Pliers, Crowbar |  Rope / Cord |  Duct Tape |  Can Opener |  Kitchen Items |  Scissors |  Fire Extinguisher |
|  Compass |  Pen & Paper |  Radio |  Cell Phone & Charger |  Whistle |  Signal Mirror |  2-way Radios |
|  Emergency Guide/Plan |  Family Documents |  Maps |  Camera |  Games & Books |  Extra Keys |  Cash, Travelers Checks, Coins |

References



American Red Cross
www.redcross.org



Ready
www.ready.gov



Federal Emergency Management Agency
www.fema.gov



Letter or Note of Love & Hope

You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days. In addition, basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer.
Ready America

1. Get a kit
2. Make a plan
3. Be informed

Checklist prepared with guidance from Craig Baldwin, Tracy Burt, Abigail Cernak, Michelle Gregory, Hideko Kanegai PhD, Andy Parish, Lisa Peltier, Nari Prinsvas PhD, June Stephens, Tomoko Sugatani and Bob Weil.
Spring 2011



Emergency Comfort Kit Guide
www.stephensplanning.com/comfort_kit.pdf





Updates can be downloaded from
HHWNC.ORG

