

EMERGENCY PREPAREDNESS RESOURCES



LB CERT-Naples Team

LBCERT.Naples@gmail.com
NaplesIsland.org/CERT

Naples Improvement Association

NaplesIsland.org
P.O. Box 3687 • Long Beach, CA 90803

Long Beach CERT

CERT@longbeach.gov
LongBeach.gov/fire/
community-outreach/CERT
562.570.2525

Ready.Gov/CERT

National-level CERT overview

City of Long Beach

Dept of Disaster Preparedness

LongBeach.gov/disasterpreparedness

Red Cross

CPR classes in Long Beach
RedCross.org/local/california/take-a-class

FEMA

Checklists & Toolkits
FEMA.gov/preparedness-checklists-toolkits

LA County Emergency

County-level tips, contacts, checklists
LACounty.gov/emergency

Earthquake Country Alliance

Seven steps to earthquake safety
earthquakecountry.org

WireCutter

Emergency Preparedness Product Reviews
thewirecutter.com/reviews/emergency-preparedness

Southern California Earthquake Center

Earthquake studies and tracking
scec.org

Ready Long Beach

Emergency Preparedness Expo
readylongbeach.org

Governor's Office of Emergency Services

California based planning and preparedness
caloes.ca.gov/individuals-families

United States Geological Survey

Earthquake studies and monitoring
earthquake.usgs.gov

BEFORE A DISASTER... CHECKLIST

Evacuation Kit—"To Go Bag" (TsunamiZone.org)

- Water
- Snacks
- Flashlight
- Portable Radio
- Emergency Blanket
- Cash (small denominations)
- ID Copy
- Insurance Information
- Emergency Contacts
- Prescription Meds
- Contacts/Glasses
- First Aid Kit
- Charging Cables
- Battery Pack
- Shirt
- Pants
- Underwear
- Socks
- Shoes
- Jacket
- Toothpaste
- Toothbrush
- Soap
- Pens
- Chalk
- Toilet Tissue
- Facial Tissue
- Games/Toys
- Diapers/Formula

Additional Personal Items

- _____
- _____
- _____
- _____
- _____

Your Pet's Emergency Supply Kit

- Food in a waterproof container
- Water
- Feeding Bowls
- Medicine and Medical Records
- First Aid Kit
- Collar with ID Tag and Leash
- Crate or Pet Carrier
- Sanitation - bags, litter box
- Photo of you and your pet together
- Familiar Items - Toys, Treats, Bedding
- Have Pet Care Buddies in case you're incapacitated or cannot get home

Visit NaplesIsland.org/CERT for more details on...

- *The Plan*
- *Block Captain Directory*
- *How to Show Your Support*
- *Emergency Preparedness Tips/Lists*
- *Important Links*
- *Implementation Committee*
- *Leadership Team*
- *Partners and Sponsors*

BEFORE A DISASTER... CHECKLIST

What to do BEFORE a catastrophic event

- Know your Block's identification code. See *Division/Block map on page 8.*
- Know your Block Captain and Naples Emergency Response Plan. For a list of Captains, visit NaplesIsland.org/CERT
- Participate in your "Block Meet-Up." Learn who has special needs, emergency supplies, and how each person can lend their unique skills following an incident.
- Identify three "Emergency Response Buddies" to check on you, your family, your pets and your property. Commit to being someone else's emergency response buddy.
- Stock up on water—1 gallon per person per day, and food items... enough for every person and pet in your household for 3-7 days.
- Have an emergency kit with medical supplies, and a week's worth of any medications.
- Have supplies and tools strategically located: fire extinguishers, crow bar, shoes, flashlights, spare batteries, escape ladder, crank or solar radio.
- Have a family reunification plan, including a distant contact in case local communications are overwhelmed.
- Have an island-evacuation plan that does not rely upon a car.

FEMA's 12 Ways to Prepare

- Sign up for Alerts and Warnings
- Make a Plan
- Save for a Rainy Day
- Practice Emergency Drills
- Test Family Communication Plan
- Safeguard Documents
- Plan with Neighbors
- Make Your Home Safer
- Know Evacuation Routes
- Assemble or Update Supplies
- Get Involved in your Community
- Document and Insure Property

Register with Alert Long Beach at www.longbeach.gov/disasterpreparedness/alert-long-beach

In the event of an emergency, severe weather, or any incident that impacts city operations, a text message and/or voice message will be sent to your cell number and or email address.

Additional Earthquake and Tsunami Apps

- ShakeAlertLA
- QuakeFee Earthquake Alerts
- Earthquake: American Red Cross