

“On Your Own”

2024



Mission/Purpose

Earthquake or
Storms

Fire

Floods

Emergency
Supplies

Extreme Heat

Power Outages

Emergency
Prep for Pets

Defibrillator
Locations &
Instructions

Emergency Prep
for Yourself

Emergency Preparedness Guide

Not a GRF Document

June, 2023

INTRODUCTION

Dear Resident,

Being prepared for an emergency can reduce fear, anxiety and, potentially, the losses that often accompany disasters. People also can reduce the impact of disasters and sometimes avoid the danger completely.

This “On Your Own” Emergency Preparedness Guide has compiled information from disaster experts, including **readypasadena.net**, **ready.gov** and **earthquakecountry.org**, to help you protect yourself in the event of an emergency. Self-sufficiency is crucial. Steps to act is your own personal responsibility.

Emergency Information Council

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MISSION/PURPOSE

Mission/Purpose: This is an informational guide to prepare community residents to be self-prepared and to self-activate in the event of a disaster. Have your own emergency plan and supplies. Then depending on the situation, if you are able, check on others. Steps to act is your own personal responsibility.

Disclaimer: You are responsible for your own safety and wellbeing before, during and after any disaster or emergency. To educate yourself as much as possible, access the ready.gov website for the emergencies that may occur in your specific area.

EMERGENCY PREPAREDNESS PROCEDURE OUTLINED

When disasters strike an unprepared individual, the damage can be incredible. Ironically many individuals are often not prepared because disasters do not happen often. With no sense of immediate need, emergency preparedness is rarely a priority. However, vulnerability reduction must continue, and individuals must be ready for disaster impacts.

SPECIAL PRECAUTIONS TO BE OBSERVED BY RESIDENTS

1. EARTHQUAKES OR STORMS

- a. Remain calm. Don't panic.
- b. If indoors, stay indoors, but stay away from windows and objects such as high bookcases, china cabinets, chests, mirrors, pictures, shelves or any hanging objects, such as light fixtures or potted plants.
- c. During an earthquake drop, cover head and neck with hands and arms and hold-on under a desk or table until the shaking stops.
- d. If in bed, put a pillow over your head to protect from falling objects.
- e. If outdoors, avoid high buildings, power poles or other objects that could fall.
- f. Do not touch any fallen or damaged electrical wires or equipment. Don't walk under power lines in darkness.
- g. Stay away from damaged buildings.

2. AFTER AN EARTHQUAKE OR STORM

- a. Check for injuries in your unit building. Do not attempt to move seriously injured persons unless there is imminent danger of further injury.
- b. Be prepared for aftershocks, which usually follow a severe earthquake and can cause further damage.
- c. Stay away from areas where extensive damage has occurred, so as not to interfere with rescue operations unless you are asked and are able to assist in life-support operations.
- d. Do not go sightseeing or spread rumors.
- e. Do not use a telephone except in an extreme emergency. Instead, try sending a text from a cell phone which uses minimal bandwidth.

3. FIRES

- a. Call Fire Department 9-1-1, give name, building and apartment number.
- b. Close doors, windows and drapes if time permits.
- c. If the fire has gained much headway when discovered, exit the building immediately! Do not attempt to remove any articles as this might cause a delay in getting out alive. Alert your neighbors so they can evacuate their apartments.
- d. Most deaths are caused by smoke or gas inhalation rather than from burns. If area is filled with smoke, crawl as close to the floor as possible to the nearest exit.
- e. If fire occurs at night, arouse other occupants in the building and spread the alarm in the Mutual.

4. FLOODS

Although the danger of flood in LWSB may seem remote, it is possible. A high rain or extremely high tide, which could impede the flow of water in the drainage canal, could result in the canal flooding apartments in the vicinity, and necessitate the evacuation of the residents to a higher elevation.

REFER TO THE 2021 LW COMMUNITY GUIDE FOR FURTHER DETAILED INFORMATION.

5. EMERGENCY SUPPLIES

It is highly recommended that the following supplies be stored in your unit for emergency use. All perishable items should be rotated every six months (two-week supply is adequate).

- a. Seven gallons of drinking water.
- b. Non-perishable food that requires little or no water and can be eaten without heating in case power is off. This should include fruit juices. (All food and juices should be stored in a dry place)
- c. First aid and medical supplies.
- d. Have a flashlight in each room of your unit and spare batteries stored in the refrigerator.
- e. Warm clothing and blankets should be available in case of cold weather.
- f. A battery, solar or hand-cranked radio to listen to emergency stations such as KFWB-980, or KNX-1070 for emergency instructions.
- g. Have a fire extinguisher in your unit.
- h. Keep a police-type whistle to call for help.
- i. A Community Emergency Response Team (CERT) or Red Cross first aid course or refresher course is highly recommended.

EXTREME HEAT. RECOGNIZE, RESPOND TO, STAY SAFE

6. HOW TO STAY SAFE WHEN EXTREME HEAT THREATENS

Prepare now

Find places in your community where you can go to get cool (clubhouses in community are air conditioned and may be available).

- a. Keep your home cool by doing the following:
 - Cover windows with drapes or shades.
 - Weather-strip doors and windows.
- b. Learn to recognize the signs of heat-related illness (see item 7 below).

Be Safe During Extreme Heat

- a. Never leave a child, adult or animal alone inside a vehicle on a warm day.
- b. Find places with air conditioning. Libraries, shopping malls, clubhouses and community centers can provide a cool place to take a break from the heat.
- c. If you're outside, find shade. Wear a hat wide enough to protect your face.
- d. Wear loose, lightweight, light-colored clothing.
- e. Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor how best to accommodate it.
- f. Do not use electric fans when the temperature outside is more than 95 degrees, as this could increase the risk of heat related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.
- g. Avoid high energy activities.

7. RECOGNIZE AND RESPOND TO EXTREME HEAT

Know the signs of heat related illness and the ways to respond to it.

Heat Cramps

Signs: Muscle pains or spasms in the stomach, arms and legs.

Actions: Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion

Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, or fainting.

Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke

Signs: Extremely high body temperature (above 103 degrees) taken orally, red, hot and dry skin with no sweat; rapid, strong pulse, dizziness; confusion, or unconsciousness.

Actions: Call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

8. POWER OUTAGES

Extended power outages may impact the whole community and the economy. A power outage is when the electrical power goes out unexpectedly. A power outage may:

- a. Disrupt communications, water and transportation.
- b. Close retail businesses, grocery stores, gas stations, ATMs, banks and other services.
- c. Cause food spoilage and water contamination.
- d. Prevent use of medical devices.

PROTECT YOURSELF DURING A POWER OUTAGE

- a. Keep freezers and refrigerators closed.
- b. Only use generators outdoors and away from windows.
- c. Do not use a gas heater to heat your home.
- d. Disconnect appliances (except hardwired items such as stovetop and oven) and electronics to avoid damage from electrical surges.
- e. Have an alternate plan for refrigerating medicines or using power-dependent medical devices.
- f. If safe, go to an alternate location for heat or cooling.
- g. Check on neighbors.

HOW TO STAY SAFE WHEN A POWER OUTAGE THREATENS

Prepare Now

- a. Take an inventory of the items you need that rely on electricity.
- b. Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medications can be stored at higher temperatures and get specific guidance for any medications that are critical for life.
- c. Plan for batteries and other alternatives to meet your needs when the power goes out.
- d. Have on hand a battery-based generator to power CPAP machines, hospital bed air mattresses and oxygen machines.
- e. Sign up for local alerts and warning systems. Monitor weather reports.
- f. Determine whether your home phone will work in a power outage and how long a battery backup will last. An alternative communication device such as FRS radio is recommended.

POWER OUTAGES

- g. Review the supplies that are available in case of a power outage. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.
- h. Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored. Throw out food if the temperature is 40 degrees or higher.
- i. Keep mobile phones and other electric equipment charged. Recommending a solar power charger for phones.

Survive During Power Outages

- a. Keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary. Monitor temperatures with thermometer.
- b. Maintain food supplies that do not require refrigeration.
- c. Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills (if allowed in your Mutual) should always be used outdoors and at least 10 feet away from all structures. Never use a gas stovetop to heat your home.
- d. Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.
- e. Go to a community location with power if heat or cold is extreme.
- f. Turn off or disconnect appliances (except hardwired items such as stovetop and oven) equipment, or electronics. Power may return with momentary “surges” or “spikes” that can cause damage.

Be Safe After Power Outages

- a. When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for 2 hours or more, or that has an unusual odor, color or texture.
- b. If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug’s label says otherwise. If a life depends on the refrigerated drugs, consult a doctor or pharmacist and use medicine only until a new supply is available.

FOR MORE INFORMATION ON EARTHQUAKE OR OTHER NATURAL OR MAN-MADE DISASTERS, PLEASE VISIT THE OFFICIAL WEBSITE OF THE DEPARTMENT OF HOMELAND SECURITY AT **READY.GOV**.

9. EMERGENCY PREP FOR PETS. MAKE A PLAN

Remember, during a disaster what's good for you is good for your pet, so get them ready today. If you leave your pets behind, they may be lost, injured – or worse. Never leave a pet chained outdoors. Plan options include:

- a. Create a buddy system in case you're not home. Ask a trusted neighbor to check on your animal.
- b. Identify shelters. For public health reasons, many emergency shelters cannot accept pets.
- c. Find pet friendly hotels along your evacuation route and keep a list in your pet's emergency kit.
- d. Locate boarding facilities or animal hospitals near your evacuation shelter.
- e. Consider an out-of-town friend or relative.
- f. Locate a veterinarian or animal hospital in the area where you may be seeking temporary shelter, in case your pet needs medical care. Add the contact information to your emergency kit.
- g. Have your pet microchipped and make sure that you not only keep your address and phone number up to date, but that you also include contact information for an emergency contact outside of your immediate area.
- h. Call your local emergency management office, animal shelter or animal control office to get advice and information.
- i. If you are unable to return to your home right away, you may need to board your pet. Find out where pet boarding facilities are located.
- j. Most boarding kennels, veterinarians and animal shelters will need your pet's medical records to make sure all vaccinations are current.
- k. If you have no alternative but to leave your pet at home, there are some precautions you must take, but remember that leaving your pet at home alone can place your animal in great danger.

BUILD A PET KIT

Include basic survival items and items to keep your pet happy and comfortable. Start with this list:

- ☐ Food, at least a three-day supply in an airtight, waterproof container.
- ☐ Water, at least three days of water specifically for your pets.
- ☐ Medicines and medical records.
- ☐ Important documents.
- ☐ Registration information, adoption papers and vaccinations documents. Talk to your veterinarian about microchipping and enrolling your pet in a recovery database.
- ☐ First aid kit. Cotton bandage rolls, bandage tape and scissors; antibiotic ointment; flea and tick prevention, latex gloves, isopropyl alcohol and saline solution.
- ☐ Including a pet first aid reference book is a good idea too.
- ☐ Collar or harness with ID tag, rabies tag and a leash.

PETS CONT. DEFIBRILLATOR LOCATIONS AND STEPS

- ☐ Crate or pet carrier. Have a sturdy, safe crate or carrier in case you need to evacuate. The carrier should be large enough for your pet to stand, turn around and lie down.
- ☐ Sanitation. Pet litter and litter box if appropriate, newspapers, paper towels, plastic trash bags and household chlorine bleach.
- ☐ A picture of you and your pet together. If you become separated, a picture of you and your pet together will help you document ownership and allow others to assist you. Add species, breed, age, sex, color and distinguishing characteristics.
- ☐ Familiar items. Familiar items, such as treats, toys and bedding can help reduce stress for your pet.

10. DEFIBRILLATOR LOCATIONS AND STEPS

DEFIBRILLATOR COMMUNITY LOCATIONS:

A defibrillator is a device that restores a normal heartbeat by sending an electric shock to the heart. They are used to prevent or correct a heartbeat that is uneven; that is too slow or too fast.

There are 16 defibrillators in the community for public use. Take time to go to each of the buildings and spot check the locations.

THE STREET ADDRESS IS THE ENTRANCE POINT.

Clubhouse 1

From 1880 Golden Rain Rd. - Pass the storage room and turn left between main hall and kitchen, above drinking fountain.

Clubhouse 1

From Burning Tree Lane - Turn right between main hall and kitchen above the drinking fountain.

Clubhouse 2

From 13681 El Dorado Dr. - Turn right at the far end of the center storage, immediately on the left wall.

Clubhouse 3

From 1421 Northwood Rd. - Turn left into the hallway, the defibrillator is immediately on the right wall.

Clubhouse 3

From the parking lot - Make a right into hall to room #1 defibrillator is on the left wall.

Clubhouse 4

From 1419 Northwood Rd. - Turn left, followed by a right, go pass the main hall and make a right into the hallway. The defibrillator is on the right wall.

DEFIBRILLATOR LOCATIONS AND STEPS

Building 5

From 1661-C Golden Rain Rd. - Pass the Copy Center, make a right turn into the café, look at the left side of the wall.

Building 5 Cafe

From breezeway entrance turn right.

Clubhouse 6

From 1661-E Golden Rain Rd. - 1st floor- turn right, next to drinking fountain, adjacent to men's restroom.

Clubhouse 6

From the 2nd floor - On wall area, adjacent to men's restroom.

Administration building

From 1st Floor - 13531 St. Andrews Dr. - Turn right, immediate right.

Administration building

From 2nd Floor - Straight from elevator on left wall near conference room A.

Amphitheater

From 13521 St. Andrews Dr. - Turn left pass the kitchenette on left hand wall.

Library

Pass the service counters, on the wall straight ahead.

Security

From 13533 Seal Beach Blvd. - In the bus seating area facing the On-site Home Sales offices, turn left and left again, adjacent to men's restroom.

Swimming pool

From 13580 St. Andrews Dr. - Turn left by the swimming pool area.

STEPS ON (AED) AUTOMATED EXTERNAL DEFIBRILLATOR

Because chest compressions may be required, it is highly recommended users be CPR- and AED-trained prior to use of defibrillators.

Step 1:

Remove/open case lid.

Step 2:

Press on/off button at bottom of the front cover. The spring-loaded cover should automatically open. If it does not open, open manually.

Step 3:

Follow AED's written instructions.

(AED) AUTOMATED EXTERNAL DEFIBRILLATORS

(AED) AUTOMATED EXTERNAL DEFIBRILLATOR PHOTOS

AED portable case + a small bag
on the side containing Personal
Protective Equipment (PPE)



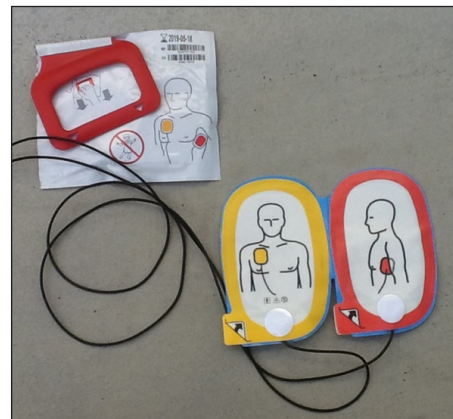
AED portable case lid open



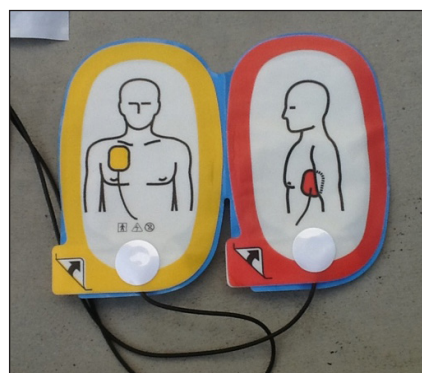
Lid open displaying bag that
contains electrode pads with
red handle



AED electrode pad bag open
displaying electrode pads



AED Electrode pads position



EMERGENCY PREP FOR YOURSELF CHECKLIST

11. EMERGENCY PREP FOR YOURSELF. MAKE A PLAN

The following is a suggested list and is not inclusive of all emergency items.

Build a household kit:

- ☐ Water (1 gallon a day each persons) for 7 days.
- ☐ Canned or packaged food – food that does not require cooking. Remember to have a manual can opener.
- ☐ Wrenches to turn off gas and water, pocketknife, tools (i.e. shovel, hammer, screwdriver).
- ☐ Work gloves and protective goggles
- ☐ Heavy-duty plastic bags for waste
- ☐ Tarp, rain ponchos, extra clothes, socks, jacket
- ☐ Portable radio, phone charger
- ☐ Additional flashlights and batteries or light sticks
- ☐ Whistle, pencil/pen and paper
- ☐ Duct tape, non-disposable plates, cups, utensils,
- ☐ Personal hygiene items
- ☐ Medications, eyeglasses
- ☐ Pots, pans, can opener
- ☐ Out of state emergency contact, important papers
- ☐ Toilet paper, wash cloth
- ☐ Generator and fuel
- ☐ Comfort Items (candy, gum, books, cards, games)
- ☐ Unscented liquid bleach
- ☐ Emergency power supply
- ☐ First Aid kit
- ☐ Blankets, sleeping bags
- ☐ Emergency cash (small bills).

To-go bag (where you spend most of your time, i.e. home, car, work):

- ☐ Water and food or snacks for 7 days
- ☐ Sturdy shoes, extra clothes, hat
- ☐ Emergency cash, important papers, contact phone numbers
- ☐ Spare glasses, dust mask
- ☐ Medications, medical cards
- ☐ Protective gloves (non-latex)
- ☐ First aid kit, personal hygiene
- ☐ Whistle
- ☐ Flashlight, extra batteries,
- ☐ Sunscreen, pen, pencils, paper

EMERGENCY PREP FOR YOURSELF

In closing, whether you are facing an earthquake, flood, fire or power outage, be aware of the exits in public buildings such as clubhouses, restaurants, malls, stores, hospitals, medical centers, court houses, movie theaters, transportation, school auditoriums, hotels and site attractions.

Fast thinking to quickly exit is critical for your safety. All disasters are unpredictable, and you must act responsibly and quickly.

NOTES:

[illegible]