

ESP FOCUS

Stay or Go!

Chemical releases and accidents involving gasoline, oil, paints and other hazardous materials can cause a wide range of serious injuries and possibly death from exposure to vapors, fumes and smoke.

Sometimes, local officials may ask the public to protect themselves by staying inside their homes, cars and offices. At other times, local officials may order an evacuation to a safe area. This focus sheet provides some basic preparedness tips and explains the difference between these two protective measures.

SHELTER IN PLACE

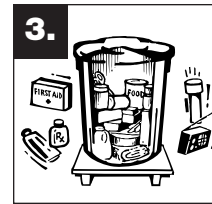
BEFORE



1. CONDUCT a hazard hunt of your home, business, school, and community. (Refer to the June 2001 ESP Focus Sheet — www.espfocus.org)



2. DEVELOP a plan for your family, business, school and community that includes places where you could reunite if you are forced to leave.



3. STORE at least a 72-hour supply of food, drinking water and other supplies.

DURING



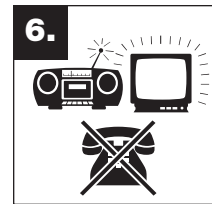
4. GO indoors immediately. If indoors, **STAY** indoors. **STAY** in your car if driving. **CLOSE** doors, windows, vents and openings. **SHUT OFF** heating and air conditioning systems,

and close ventilation systems.



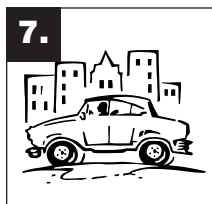
your face and mouth with a wet cloth.

5. GO to the room with the least amount of windows, doors and other openings. **SEAL** openings or cracks with duct tape, plastic sheeting or wet towels. **COVER**



6. LISTEN and watch for instructions from local officials. **USE** the phone **ONLY** for emergencies.

AFTER



7. STAY inside or in your vehicle until advised that it is safe to go outside.



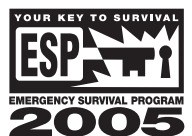
8. VENTILATE your house, apartment, building or vehicle. **STAY** outdoors during ventilation.

CHECK THESE WEBSITES

www.espfocus.org (Emergency Survival Program)

www.redcross.org (American Red Cross)

www.cert-la.com/education/SpecialConsiderations.htm (Community Emergency Response Team)



JULY

www.espfocus.org

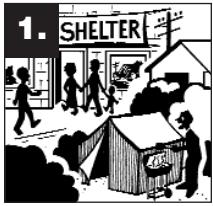
This flyer is courtesy of



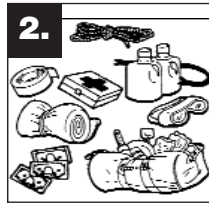
EVACUATION

Evacuation orders may come with little or no warning. Even so, you can use the tips below to prepare for the possibility of evacuating as part of your personal preparedness efforts at home and work.

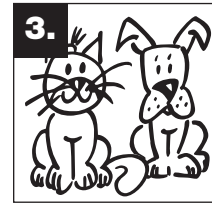
BEFORE



1. IDENTIFY possible places to reunite with family members after the event as part of your emergency plans.



2. ASSEMBLE enough food, drinking water, medicines, and other supplies to last at least three days in an emergency kit or backpack that is easy to transport.

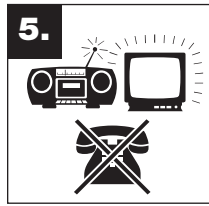


3. IDENTIFY facilities that care for pets during disasters since pets are not allowed in American Red Cross shelters. (Service animals are allowed.)

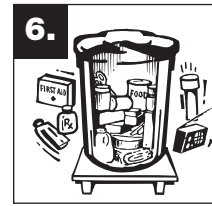


4. MAKE plans for children, seniors and others with special needs. **CHECK** with your schools, work place and other sites about their evacuation plans.

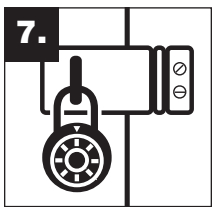
DURING



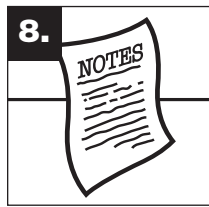
5. LISTEN to the radio or watch TV for information from local officials. **FOLLOW** their instructions. **REMAIN** calm. **USE** the phone **ONLY** to report life-threatening emergencies.



6. RETRIEVE emergency supplies and evacuation kits if possible. Be sure to include medications. Take these with you.



7. SECURE the building if possible. **TURN OFF** utilities only if instructed to do so by local officials.

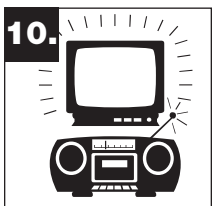


8. LEAVE a note indicating your destination if possible.

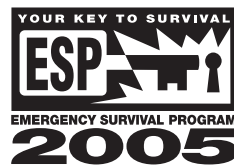


9. REPORT to the evacuation site, using recommended routes given by local officials.

AFTER



10. LISTEN for further instructions from local officials.



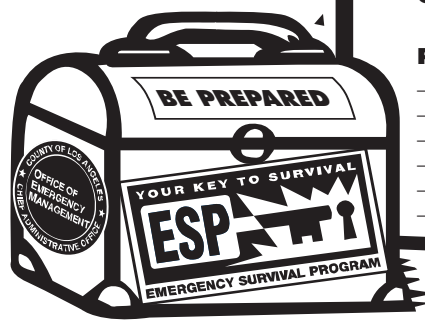
American Red Cross assist in the development of campaign materials and coordination of the campaign.

This focus sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties, Southern California Edison, the Southern California Earthquake Center and the

CLIP out this Evacuation Checklist and save it for future reference. ➔

EVACUATION CHECKLIST

If you are asked to evacuate due to an emergency, use the following list of items as a suggestion of what to take with you, along with your Emergency Supply Kit.



CASH AND CREDIT CARDS

IMPORTANT DOCUMENTS

- ___ Social Security Card
- ___ Drivers License
- ___ Passport
- ___ Medical Records
- ___ Insurance Information

CHANGE OF CLOTHING

(for each family member)

PERSONAL HYGIENE ITEMS

- ___ Toothbrush and toothpaste
- ___ Shampoo
- ___ Lotion
- ___ Soap
- ___ Deodorant
- ___ Kleenex and toilet tissue

FAMILY PHOTOS

BABY ITEMS

- ___ Diapers
- ___ Formula
- ___ Food
- ___ Change of clothing

SPECIAL NEEDS ITEMS

- ___ Wheelchair
- ___ Medications
- ___ Canes

PET CARE ITEMS

- ___ Identification
- ___ Immunizations
- ___ Carrier or cage
- ___ Muzzle and leash
- ___ Food

ESP FOCUS

Be Safe at Work



Terrorists use our natural fears to advance their political and social goals. So it is important to their strategy to create a violent and frightening environment that affects as many people as possible. This makes it likely that a terrorist attack would

occur in a public place, a business, or a transportation facility, rather than at home or in your neighborhood.

Such an attack could be carried out in various ways: a bomb, a release of a toxic substance, sabotage against a community's infrastructure, or an attack on a business's computer systems. The objective of this FOCUS sheet is to help take the terror out of terrorism by informing business owners, managers, and employees of ways they can take an active role in preparing themselves against the effects of terrorism at work.

TAKE ACTION

Take the "terror" out of terrorism

The reverse side of this sheet outlines important things you can do to be well-prepared for any emergency, including the possibility of a terrorist attack. It also details what you should do during such an attack, and reminds us of the potential mental health impact of the sometimes-violent world we live in, with the threat of terrorism in the forefront of our minds. Don't wait: get started right away to do everything you can to be safe at work.

WHAT YOU CAN DO NOW

Know your company's emergency evacuation plans

Refresh your knowledge regarding how your company will notify employees of an emergency, using a public address or alarm system. Take the time to walk your evacuation route—taking note of exit signs, doors, and stairways—and learn who is designated to do the last-minute search of your work area. Make sure you know where you should assemble and who is responsible to account for employees and visitors.

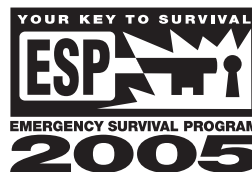
If you do evacuate, be sure to take your keys and identification in case you have to leave without going back inside. If your parking lot has electric gates, make sure you know who can bypass the system to let you out. Under some circumstances, someone might need to turn off utilities or isolate portions of the building's heating, ventilation and air conditioning systems before you leave.

In case an event happens after hours, be sure you know your company's procedures to advise employees whether to report to work, or whether to report to an alternate location.

Know your company's security plans

Most businesses operating in high-rise buildings have developed security plans to control access to their facilities. Take this opportunity to review your company's procedures regarding identification badges, sign-in rosters, night

CHECK THESE WEBSITES



www.oes.ca.gov (Governor's Office of Emergency Services)

www.espfocus.org (Emergency Survival Program)

www.apa.org (American Psychological Association)

AUGUST

www.espfocus.org

This flyer is courtesy of

