

Community Outreach Promoting Emergency Preparedness (COPE Preparedness)
“Promoting Emergency Preparedness through Proactive Community Outreach”

THE BASICS OF EMERGENCY PREPAREDNESS:

BUILD A KIT: Your basic emergency kit should include:

- Water -- one gallon of drinking water per person per day
- Food -- ready to eat or requiring minimal water
- Manual can opener and other cooking supplies
- Plates, utensils and other feeding supplies
- First Aid Kit and instructions
- A copy of important documents & phone numbers
- Warm clothes and rain gear for each family member.
- Heavy work gloves
- Disposable camera
- Unscented liquid household bleach and an eyedropper for water purification
- Personal hygiene items including toilet paper, feminine supplies, hand sanitizer and soap
- Plastic sheeting, duct tape and utility knife for covering broken windows
- Tools such as a crowbar, hammer & nails, staple gun, adjustable wrench and bungee cords.
- Blanket or sleeping bag
- Large heavy duty plastic bags and a plastic bucket for waste and sanitation
- Diapers and other items for babies and small children
- Special need items for family members with mobility issues such as an extra cane or manual wheelchair in case there is no power for recharging an electric wheelchair.

Extra tips for seniors and people with disabilities

- **Set up a Personal Support network** – Designate someone to check on you in an emergency and to help with evacuation or sheltering-in-place.
- **Personal Care Assistance** – If you receive assistance from a home healthcare agency or in-home support provider, find out how the provider will respond in an emergency. Designate backup or alternative providers that you can contact in an emergency.
- **For Persons using a wheelchair:** Plan for how you will evacuate in an emergency and discuss it with your care providers. If you use a motorized wheelchair, have a manual wheelchair as a backup.
- **For Persons who are Blind or Visually Impaired:** Keep an extra collapsible cane by your bed. Attach a whistle to the cane; use it if you need to attract attention. Exercise caution when moving around after an earthquake; items may fall and block paths that are normally unobstructed.
- **For Persons who are Hearing Impaired:** Keep extra batteries for your hearing aids with emergency supplies. Consider storing your hearing aids in a container attached to your nightstand or bedpost, so you can locate them quickly after a disaster.

Get Involved

PLEASE HELP US REACH OUT TO THE COMMUNITY AND SUPPORT OUR CAUSE!
TAX FREE DONATIONS CAN BE SENT TO:

COPE Preparedness (*formerly COPSS*)
POB 9003, San Pedro, CA 90734
310-982-1180
www.COPE-Preparedness.org