

Prepare Now for Any Type of Emergency

There are things you can do right now to mitigate personal injury or loss of property as a result of an emergency.

BE INFORMED

Sign up for **NotifyMe** on the City of Inglewood website to receive alert notices about emerging or imminent emergencies via text message. Monitor TV, radio, social media and print for important information in your area.

MAKE A PLAN

Make a plan with your family on how you would exit your residence or workplace under various scenarios. Predetermine a place to meet. Identify an out-of-area person to contact to inform of your well being. Practice your plan.

BUILD A KIT

It may take a while before first responders can arrive. Have an emergency kit readily available at home, work, and car with supplies to ensure you and/or your family can be self-sustaining for at least five days.

BE PREPARED

Join the Inglewood Community Emergency Response Team (CERT). Take a CPR or first-aid course through the American Red Cross, or work with the Red Cross to "Map your Neighborhood" to identify risks and resources within your neighborhood.

P: (310) 412-8840
E: oes@cityofinglewood.org
W: cityofinglewood.org



Additional Information on Disaster Preparedness

Please visit these informative websites:
www.fema.gov
www.ready.gov
www.redcross.org

Staying Safe...
After a Disaster

Preparing for Emergencies: Earthquake Preparedness



CITY OF
INGLEWOOD
Office of Emergency Services

The time to prepare for an earthquake is NOW.

What are Earthquakes?

Earthquakes are sudden rolling or shaking events caused by movement under the earth's surface. Earthquakes happen along cracks in the earth's surface, called fault lines, and can be felt over large areas, although they usually last less than one minute.

Before the Earthquake

- Look around places where you spend time. **Identify safe places** such as under a sturdy piece of furniture or against an interior wall in your home or office and can shelter in place.
- Practice how to **"Drop, Cover, and Hold On!"**



- Before an earthquake occurs, **secure items** that could fall, and cause injuries. (e.g., light fixtures, bookshelves, mirrors, picture).
- Plan how you will communicate** with family members, including multiple methods by making a family emergency communication plan, including an out of state contact.

During The Earthquake

If you are inside a building:

- If indoors stay there. **Do not run outside.**
- Avoid doorways** as they do not provide protection from falling or flying objects.
- Drop down onto your hands and knees if you are able, and get under a sturdy piece of furniture.
- Cover your head and neck** with your arms to protect yourself from falling debris.
- Hold on** to a sturdy object or covering.
- Stay away from windows, outside doors, walls, glass and anything that could fall.
- If you are in bed**, do not get out of bed, lie face down to protect vital organs, and cover your head and neck with a pillow keeping arms close to your sides.
- If you are in a wheelchair or use a walker and are unable to drop to the floor, **"Lock, Cover, and Hold On"**

If you are outside when you feel the shaking:

- If you are outside**, get into an open area away from walls, buildings, trees and power unit.
- Move out in the open and, **"Drop, Cover, and Hold On."**
- If you are in a moving vehicle**, stop as quickly and safely as possible and stay in the vehicle, until shaking is over.

After The Earthquake

- When the shaking stops**, If there is a clear path to safety, leave the building and go to an open space away from damaged areas.
- If you have a cell phone, use it to call 9-1-1 for help.**
- If you are trapped** in a building, tap on a pipe or wall, or make noise so that rescuers can locate you.
- Once safe, **monitor local news, social media, and local officials** for emergency information and instructions.
- Be prepared to **"Drop, Cover, and Hold On"** in the likely event of aftershocks.
- Stay calm and help others.

Create an Emergency Kit

- Plan to be self sufficient** for at least five to seven days.
- Create an emergency supply kit.** Think about the resources you use on a daily basis.
- You will want to gather the basic supplies** needed for survival; water, food, and life sustaining items you require.
- Remember the needs of pets** and/or service animals. Include food, water, and toys for pets in your kit.
- Customize your kit** to fit any medical, access, cultural and dietary needs.