

# ESP FOCUS

## Make a Plan



We all know that when we want something to turn out right—whether it's a birthday party, a job search, or a vacation—we make a plan. We decide what we want to happen, what steps we need to take, what help we'll need, and so on. And of course, we

make the plan before the party.

Making a plan to protect our families from the effects of emergencies like terrorism is not much different. In fact, the main difference between planning for an emergency and planning for a special event is that we don't usually know when the emergency will happen. So to be sure that your plan is ready before you need it, start today!

A family emergency plan does not have to be complicated. There are really only a few basic questions your plan should answer.

### In an emergency, what will you want to do?

- Get safely out of harm's way.
- Reunite the family in a safe place.
- Communicate with loved ones outside the area using your out-of-town emergency contact (Look for the sample card on the back of this sheet.)

### What would you need to have with you?

- Food that won't spoil, water, sanitary supplies and other necessities to last for at least three days.
- A change of clothes and comfortable shoes for each person, including a jacket and hat suitable for the season.
- A first aid kit, extra prescription medications and eyeglasses.
- Special supplies and equipment for older family members, infants and children, or people with special needs.
- A battery powered radio, flashlight, whistle and extra batteries.

### What needs to be done and who will do it?

- Making a family emergency plan also helps you think through what needs to be done, and who will be available to carry out each job.
- Build a team. Assign tasks to each family member, based on their individual age and skills, and on where they are most likely to be, since travel is sometimes difficult during emergencies.

Every family has special needs. Design your plan to make sure it matches up with your lifestyle. Does someone in the family work at night or commute long distances? Does your household include infants or toddlers, or someone else with special needs? Do you have pets or large animals like horses?

## TAKE ACTION

Gather the family and get a pencil. On the other side of this sheet, you'll find simple, practical questions to get you started on your family emergency plan. Start today. The preparations you make today will increase your peace of mind in any emergency, even a terrorist attack.

## LEARN MORE

Knowledge is power. The more you understand about potential emergencies, the better you can respond if they occur.

## CHECK THESE WEBSITES

- [www.ready.gov](http://www.ready.gov) (from the U.S. Department of Homeland Security)
- [www.redcross.org](http://www.redcross.org) (American Red Cross)
- [www.espfocus.org](http://www.espfocus.org) (Emergency Survival Program)
- [www.cert-la.com/education/Preparedness.htm](http://www.cert-la.com/education/Preparedness.htm) (Community Emergency Response Team)



# F E B R U A R Y

## PLANNING UNDER THE CLOUD OF TERRORISM

Many people are experienced in protecting their families, homes, and businesses from the effects of earthquakes, fires and floods. We now find ourselves in another era, and we wonder what is different about preparing for a possible terrorist attack.

Remember that the purpose of the terrorist is to promote political or social objectives by creating fear and uncertainty. More people are actually hurt each year by common household accidents than by terrorists, but they use our fear to multiply the effect of their actions.

Take away some of their control by reducing your uncertainty. Make a plan. Know what you and your family would need to do if you find yourself in an emergency situation.

### BE ALERT

- Always be aware of your surroundings, particularly in airports, large cities, crowds, or popular tourist areas.
- Report any suspicious activities to local authorities.
- When you travel, keep your belongings with you at all times. Don't accept packages from strangers.

### LISTEN FOR INSTRUCTIONS

- Government officials are on the alert to any possible actions by terrorists. At the first sign of an event, they will issue specific instructions for your safety.
- Listen to emergency news broadcasts on the radio or television.
- Listen to emergency responders like police and fire fighters who arrive to help.
- If family members or co-workers don't speak English, have problems hearing or seeing, explain to them what is happening and what officials are telling you to do.
- Follow instructions quickly and carefully.

### USE YOUR FAMILY EMERGENCY PLAN

- As soon as it is safe to do so, contact family members and your out-of-town contact to let them know where you are and that you are safe.
- If you are told to evacuate, put on sturdy shoes and take your cash, car keys, and emergency kit with you. Take your pets with you to your pre-arranged family meeting place. (Pets may not be allowed in public shelters.)
- If you are instructed to "shelter in place," stay indoors, close and seal windows and doors. Turn off air conditioning systems. Do not leave your sheltered location until authorities tell you it is safe to do so.

## OUT-OF-TOWN CONTACT CARD

Copy, clip and complete the following card for each member of the family. Use the reverse side, for other information family members might need such as:

- School address, phone number, and friend authorized to pick up children.
- Physician's name, address and phone.
- Vet's name, address and phone.
- Parent's work address and telephone.

### EMERGENCY CONTACT INFORMATION

Out-of-town contact: \_\_\_\_\_  
\_\_\_\_\_

Contact telephone number: \_\_\_\_\_

Family meeting place: \_\_\_\_\_  
\_\_\_\_\_

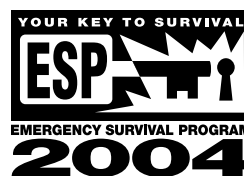
Special needs: \_\_\_\_\_  
\_\_\_\_\_

Responsibilities: \_\_\_\_\_  
\_\_\_\_\_

Cardholder's name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_



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 Imperial, Inyo, Kern, Los Angeles, 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 American Red Cross assist in the development of campaign materials and coordination of the campaign.