

You Can Start With a Can
Rakdy Khlok, Downey Emergency Manager
7/9/2019

Recent earthquakes impacted a city more than 150 miles from Downey, but it was a rude awakening for many of our residents. If there's an earthquake, don't forget to do the following:

- Drop down; take cover under a desk/table and hold on during an earthquake. Stay away from windows, bookcases and other furniture that can fall on you. Avoid doorways.
- If outside, stay in an area that is clear from buildings, trees and powerlines.
- If you are in a vehicle, pull over and stop. Set your parking brake.
- Before an earthquake, look around your house for items that can fall over. Secure large furniture and appliances to the wall, or mount items that can break.
- Know how to turn off your gas and water to prevent a second emergency.

Family and friends have asked me what they can do to prepare, and I say-- you CAN start with a CAN! Emergency preparedness does not have to be an expensive venture; pick up a can of soup, fruit, vegetable, or spam each time you grocery shop to build your emergency supply! Your goal should be self-sufficiency for at least 2 weeks, but ideally a month. Here are some tips to consider.

- Upcycle used backpacks and tennis shoes for your emergency kits.
- Shop at your local discount store for basic supplies such as first aid kits, snacks, and water bottles.
- One gallon of water, per person, per day.
- Car and office go-kit should have 1-day supplies, and a go-luggage should have 7-day supplies if you need to evacuate your home.
- Some emergency food is dryer than cardboard but can last a few years! Some canned water can last decades!
- Pack cash in your emergency kits; especially small bills. Stores may not have change for you during emergencies and the credit card machines may be out of order.
- Consider your needs and those you love-- pets, medication, spare glasses, etc.
- Pack family photos. It's comforting during a stressful time, but also very helpful if you need a photo of a family member who has gone missing. Don't forget pictures of your pets as well!
- Compile important documents in one folder. Documents may include: marriage/birth certificates, trusts, insurance, mortgage, medical documents, etc. Store it in your go-luggage.
- Consider insurance for earthquake, flood, etc.

Emergencies are stressful, but developing a family emergency plan can help. The plan should include important phone numbers of family, friends, schools, work, doctors, insurance companies, and out-of-state contacts. If you are separated from other family members and local lines are busy, you may be able to call your out-of-state contact to relay that you are safe. The plan should also identify an emergency meet-up site within and outside your neighborhood. You can pick up an emergency plan template from Downey City Hall Lobby or find one online.

Be sure to stay informed during an emergency! We encourage residents living or working in Downey to sign up for Downey Alerts, the City's emergency mass notification system. Text ***downeyalerts*** to **888777**

You Can Start With a Can
Rakdy Khlok, Downey Emergency Manager
7/9/2019

or visit www.downeyca.org/services/downey_alerts to sign-up. The City also offers free Community Emergency Response Training at least two times a year. It is a 3-day training that teaches residents to assess damage after a disaster, extinguish small fires, perform light search and rescue, conduct disaster medical operations, and more! Sign up at www.downeyca.org/depts/emergency/cert. If you'd like to learn more on how you can prepare, visit: www.ready.gov.

Again, you can start with a can today to jumpstart your emergency planning!