

OUR FAMILY PREPAREDNESS PLAN



BE READY

Ready 
Burbank



DISASTER RESOURCES

City of Burbank

City information and Departments www.ci.burbank.ca.us
Burbank Fire Corps Volunteer Program www.burbankfirecorps.org

Earthquake Information

U.S. Geological Survey www.usgs.gov
Earthquake Country Alliance www.daretoprepare.org

Storm Information

National Weather Service www.nws.noaa.gov

General Disaster Preparedness

Dept. of Homeland Security www.ready.gov
FEMA www.fema.gov/areyouready
LA County <http://lacoa.org/esp.htm>
Emergency Financial First Aid Kit www.operationhope.org
Downloadable Disaster Prep book www.ci.la.ca.us/LAFD/eqbook.pdf

First Aid

National Institutes of Health www.nlm.nih.gov/medlineplus/firstaid.html

Pet Disaster Preparedness

ASPCA www.aspc.org/pet-care/disaster-preparedness/
DHS www.ready.gov/america/getakit/pets.html



KFI	640 AM	LA County
KNX	1070 AM	LA County
KFWB	980 AM	National
BAM	1620 AM	Burbank

After a disaster, the LA County EAS stations should be your first source for news. BAM radio will be updated with information specific to Burbank as it becomes available.

SCHOOL SAFETY

Families with school age children should ask school officials the following questions about the school's disaster plan:

- 1. Will my child be sheltered in place during a wildland fire or other emergency?**

- 2. If so, what precautions has my school taken to ensure my child's safety?**

- 3. Does the school maintain a parent-provided disaster supply kit for my child?**

- 4. Does the school have adequate emergency supplies on hand to care for my child?**

- 5. Will I be able to pick up my child, or send someone else to pick up my child?**

- 6. Will my child be evacuated? If so, where?**

- 7. If my child needs special medications, can a short-term supply of these medications be kept at the school nurse's office for use during any emergency?**

- 8. Is my child's emergency contact school information up-to-date?** Yes No

- 9. Who should I call to keep updated on the status of my child during a disaster?**

EVACUATION

“Whenever a menace to the public health or safety is created by a calamity such as flood, storm, fire, earthquake, explosion, accident or other disaster, officers of [the law] may close the area where the menace exists.” [California Penal Code 409.5 (a)]

How will I know if I need to evacuate?

Methods of getting your attention vary from community to community. One common method is to broadcast instructions via the Emergency Alert System on radio and TV broadcasts.

You might hear a special siren or a loudspeaker announcement from a passing police car, receive a mass-notification telephone call, or emergency workers may go door-to-door.

To sign up for the Burbank Mass-notification system, go to the City of Burbank website at <http://www.ci.burbank.ca.us> and click on Emergency Phone Notification under the “Resident” tab.

An **“Evacuation Warning”** is issued when the danger level is such that emergency personnel may not be able to assist you and it is recommended that you leave. People with limited mobility, special medical needs, or pets should evacuate when an Evacuation warning is issued.

An “**Evacuation Order**” is issued when danger is imminent, emergency personnel may not be able to assist you, and you must leave for your own safety.

All evacuation instructions provided by officials should be followed immediately for your safety.

What if my normal evacuation route is cut off?

Know at least two routes out of your neighborhood and have a designated meeting place where you can reunite with family members in the event you are separated during an evacuation.

What if I’m separated from other family members?

Designate a message drop in your yard. The message drop is a private spot where you can leave messages for family members about your location in the event you are unable to contact them when you evacuate.

Know what the evacuation plan is for your childrens’ schools.

What about my pets?

Pets will most likely not be allowed at the evacuation shelter. Locate facilities that will care for pets or hotels that will allow them before the need arises. If you have pets, you should begin to evacuate when an Evacuation Warning is issued.

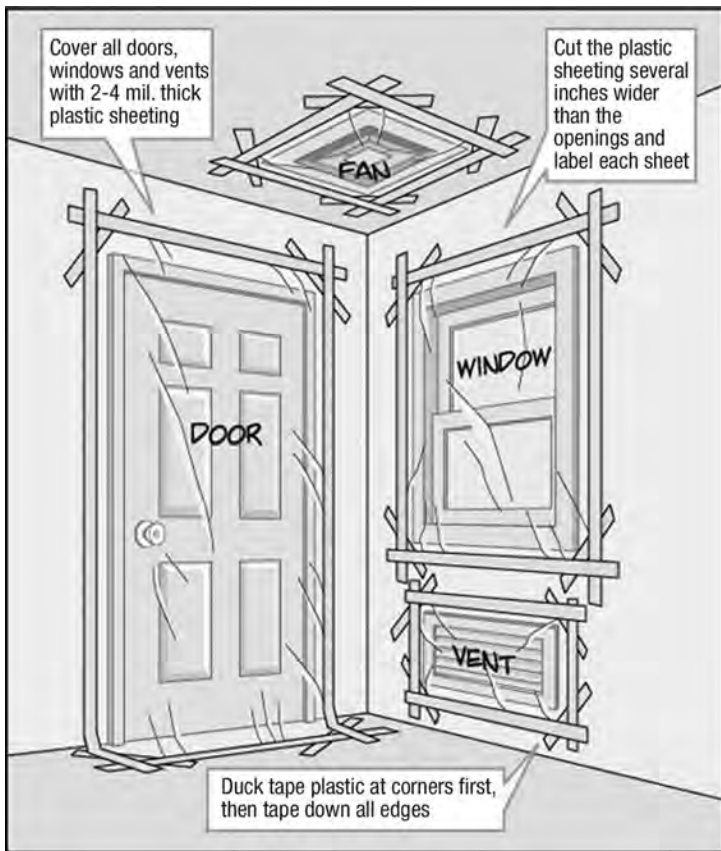
Contact your local animal shelter for additional information.

SHELTER-IN-PLACE

During events such as a hazardous materials incident, it may not be safe to evacuate. If instructed to shelter-in-place, take the following steps:

- 1.** Bring your pets inside.
- 2.** Turn off fans, heating, and air-conditioning systems.
- 3.** Close and lock all doors and windows.
 - Close curtains, shades, and blinds if there is any danger of explosion.
- 4.** Close the fireplace damper.
- 5.** Go to your pre-determined safe room with your disaster supply kit.
 - A safe room is a small interior room with few or no openings to the outdoors.
 - Your safe room should have a landline phone.
 - Make sure your disaster supplies include a working radio.
- 6.** Cover all openings with thick plastic sheeting and duct tape (Figure 1).
 - Openings include windows, doors, vents, and electrical outlets.
 - Consider measuring, cutting, and labeling the sheets ahead of time.
- 7.** Cover gaps with a towel secured with duct tape.
- 8.** Listen to a portable radio for the “all-clear”.
- 9.** Follow instructions from authorities for decontamination and recovery.

Figure 1: Sealing openings in a safe room



WILDFIRES

The Burbank Fire Hazard Severity Zones are the shaded areas on this map. Anyone living in these areas should take extra fire prevention measures and know what to do in the event of a wildfire.



Protective Measures

1. Use fire resistant roofing.
2. Thin trees and brush within 200 feet of your property.

3. Leave space between shrubs and trees to prevent fire spread.
4. Remove dead wood, debris, low branches or branches hanging around the chimney.
5. Remove needles, leaves or vegetation from the roof of any structure.
6. Give special consideration to problem trees such as eucalyptus, palms, and pines. Remove dead limbs, litter, dead fronds, and loose bark from the ground as well as the trunk of these trees.
7. Have chimneys and home heating systems inspected and cleaned annually.
8. Make sure water sources are accessible to the fire department.

During a Wildfire

1. Close windows, vents, all interior doors, and exterior doors.
2. Move furniture and drapes away from windows.
3. Keep interior lights on.
4. Connect garden hose to tap, wet roof and shrubs.
5. Move combustibles away from exterior of house.
6. Park your car facing the direction of escape with the keys in the ignition and the doors unlocked.
7. Keep pets close and have carriers ready.
8. Turn off propane tanks and gas.
9. If advised to evacuate, do so immediately.

After a Wildfire

Inspect your yard for lingering hazards before allowing pets to roam freely.

- There may be hot spots that could flare up without warning.
- Partially burned structures and trees can be very unstable.
- There may be ash pits (root systems that have burned underground).
- Metal pipes heated during a fire may be coated with toxic residues from heat damaged galvanized components. Clean them before animals come in contact with them.

Other hazards, such as flash floods and debris flows, now become the focus.

Rainfall that is normally absorbed by vegetation can run off almost instantly.

Just a short period of moderate rainfall on a burn scar can lead to flash floods and debris flows.

Refer to the **“Floods and Mudslides”** section for protective measures.

EARTHQUAKES

Magnitude is a measurement of the energy produced by the earthquake, but not all magnitude 6.0 earthquakes are the same. What you feel is controlled by magnitude, distance, duration, and local soil conditions.

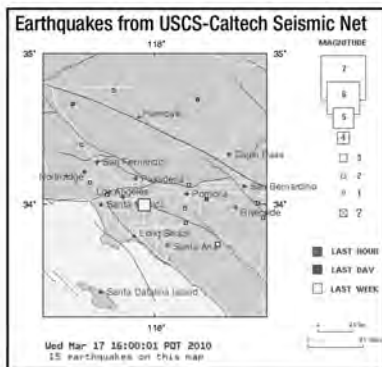
There are things you can do to mitigate damage from any earthquake.

Protective Measures

1. Bolt older houses to the foundation.
2. Strap propane tanks.
3. Raise utility shutoffs from under crawl spaces so they are accessible.
4. Strap mobile homes to their slabs.
5. Ask a professional to check foundation, roof connectors, chimney, etc.
6. Anchor heavy furniture.
7. Secure appliances, electronics and office equipment.
8. Secure cabinet doors with childproof fasteners.
9. Secure water heaters and have flexible gas lines installed.
10. Locate and label gas, electricity, and water shutoffs.
11. Move or secure hanging objects over beds, sofas, or chairs.
12. Store heavy, breakable, or hazardous objects on low shelves.
13. Keep shoes and a light stick under the bed.

During an Earthquake

1. Drop, cover, and hold on under a sturdy table or desk (Figure 2).
2. If a table or desk is not available - Drop, cover, and hold next to an interior wall. Avoid being near heavy items that may fall off the wall, and protect your head and neck with your arms.
3. If indoors, stay there!



- 4. High-Rise building** – Stay away from windows and don't use elevators.
- 5. On a Sidewalk** near high-rise buildings - Duck into a doorway to avoid falling debris.
- 6. Store or public place** - Stay inside, but move away from display shelves.
- 7. Outdoors** - Move to clear area away from buildings, trees, streetlights, and power lines.
- 8. Vehicle** - Drive to a clear spot, stop and set your parking brake.
- 9.** Don't drive through water. If there is a broken water main, you'll end up in a sinkhole.



Figure 2: Drop, cover, and hold on.

After an Earthquake

- 1. Do not do anything that could generate a spark until you are certain there is no gas leak!**
2. Inspect home for damage. Don't forget to put on your shoes and use a light stick or flashlight.
3. Unplug broken lights and appliances.
4. Replace your landline phone on the cradle and don't make any calls unless absolutely necessary.
5. Extinguish small fires.
6. Clean up spills.
7. Help neighbors.
8. Tune to an Emergency Alert System (EAS) radio station – KFI-640, KNX-1070, or KFWB-980.
9. Tune to BAM radio 1620 for Burbank emergency information.
10. Expect aftershocks.

STORMS

A thunderstorm is considered severe if it has winds 58 mph or higher, hail $\frac{3}{4}$ " in diameter, or if it produces a tornado.

There is an average of 10-30 severe thunderstorms in Southern California annually.

WATCH - issued when severe storms are possible in and near the watch area. Citizens should be alert.

WARNING - issued when severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property to those in the path of the storm.

Protective Measures

1. Remove dead and overhanging limbs.
2. Secure outdoor furniture.

During a Severe Storm

1. Avoid water sources, the outdoors, and the phone. Plumbing, landline phones, and water can conduct electricity.
2. Avoid natural lightning rods such as tall isolated trees, hilltops, and beaches.
3. Go indoors if after a lightning strike you can't count to 30 before hearing thunder and stay indoors at least 30 minutes after hearing the last clap of thunder.

FLOODS AND MUDSLIDES

Flash flood danger is increased in urban areas where runoff is concentrated from pavement and roofs, and in recent burn areas. During periods of urban flooding, streets can become swift moving rivers.

Flash flooding can occur within minutes or hours of excessive rainfall. Flash floods can roll boulders, tear out trees, destroy buildings and bridges, and scour out new channels. Rapidly rising water can reach heights of 30 feet or more. Flash flood-producing rains can also trigger catastrophic mudslides.

Even 6 inches of fast-moving floodwater can knock you off your feet, and a depth of 2 feet will float your car!

NWS Watches, Warnigs & Advisories



What to Listen For...

- **FLASH FLOOD OR FLOOD WATCH:** Flash flooding or flooding is possible within the designated WATCH area. Be alert.
- **FLASH FLOOD OR FLOOD WARNING:** Flash flooding or flooding has been reported or is imminent. Take necessary precautions at once.
- **URBAN AND SMALL STREAM ADVISORY:** Flooding of small streams, streets, and low-lying areas, such as railroad underpasses and urban storm drains, is occurring.

Protective Measures

1. Clean drains and gutters around the house before winter rains come.
2. Check drains on nearby streets. If blocked, notify the Public Works Department at (818) 238-3800.
3. If you live in a hilly area, use appropriate plantings, slope coverage, and drainage channels for erosion control.
4. If diversion of water or mud may be necessary, get sandbags well before the rain starts.

Where?	The Field Services Administration Office - 124 S. Lake St.
When?	Between the hours of 7:00am and 4:00pm weekdays
How many?	As many as 25 sandbags If you require more, a representative of Public Works Field Services will go to your residence and help you determine how many more may be required, and authorize issuance of additional sandbags
Who qualifies?	Burbank residents and businesses with proof of residency

During a Flood

1. Get out of areas subject to flooding. This includes dips, low spots, canyons, washes, etc.
2. Avoid already flooded and high velocity flow areas. Do not attempt to cross flowing streams.
3. If driving, be aware that the road bed may not be intact under flood waters. Turn around and go another way. NEVER drive through flooded roadways!
4. If vehicle stalls, leave it immediately and seek higher ground. Rapidly rising water may engulf your vehicle and its occupants, and sweep them away. Remember, it's better to be wet than dead!
5. Be especially cautious at night when it is harder to recognize flood dangers.
6. Do not camp or park vehicles along streams & washes, particularly during threatening conditions.



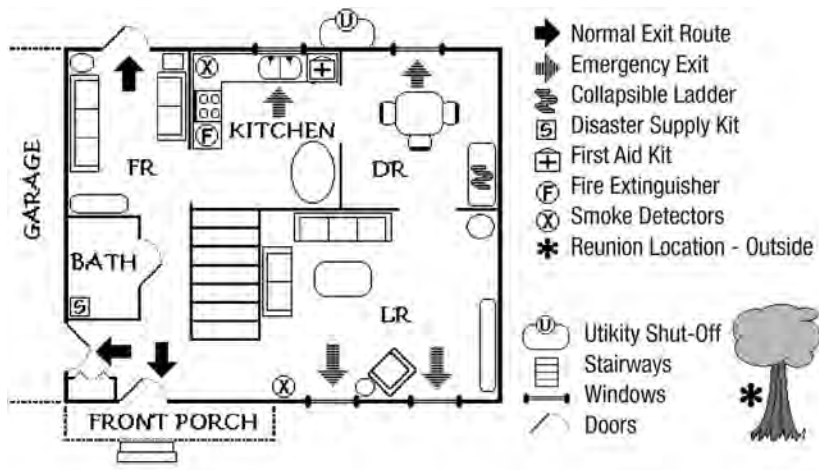
Remember, many mudslides occur as the soil dries after an extended wet period, so a mudslide may take place several days after the rain stops.

HOUSEHOLD ESCAPE PLAN

Develop a household escape plan by drawing a floor plan of your residence. Show the location of doors, windows, stairways, and large furniture. Indicate the location of your disaster supply kit, fire extinguishers, smoke detectors, escape ladders, and utility shutoffs.

Chart at least two escape routes from each room. Also mark a location outside of the residence where family members should meet, and the location of your message drop.

Here is an example of what an escape plan may look like.



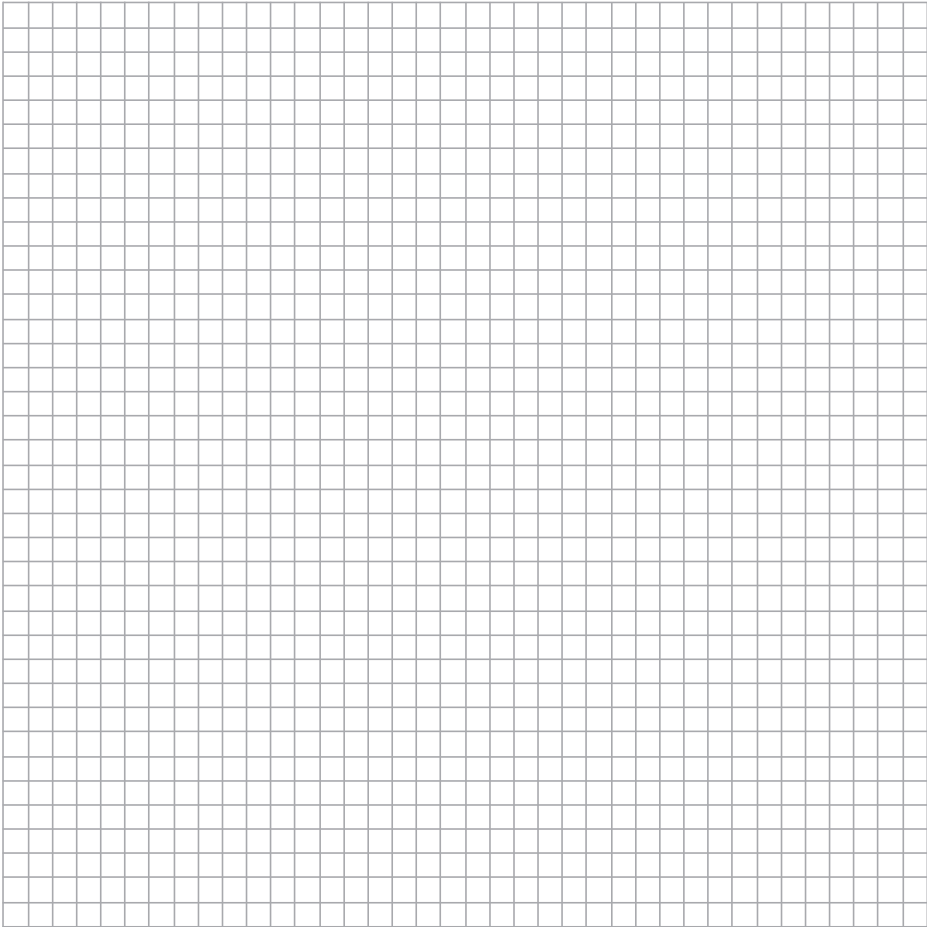
Evacuating with a disaster kit



Don't forget your pets!



Use the space below to create your own escape plan.



COMMUNICATIONS

No matter what kind of phone you are using it is important to keep calls to a minimum and keep them short.

Call 911 only in cases of life threatening emergency.



Landline phones do not rely on electricity and are less likely to experience call overload than cell phones.

Handsets knocked off the cradle in an earthquake will activate the circuit causing a call overload situation. Place all phones back on the cradle as soon as possible.

If you hear silence when you pick up the receiver, wait for a dial tone. Hanging up will further delay your call.

To check whether your telephone circuit is busy or has been destroyed, blow into the handset mouthpiece. If you cannot hear yourself in the earpiece and your telephone is connected to the wall jack, the circuit may be out of service and you will have to try another phone.

If you hear a fast busy signal or the recording "All circuits are busy", wait at least 15 seconds and try again. This clears your original call data from the network.



Cordless phones require electricity and are therefore less reliable after a disaster.



Pay phones are given priority dial tone for outgoing calls because the phone companies consider them emergency phones. Airports, bus stations, train stations and 7-Eleven[®] stores are the most likely places to find one.



Cable modem phones require electricity and are therefore less reliable after a disaster. Calls are routed through a central server and do not always identify your location when you call 911.



Cell Phones rely on towers that require electricity and a clear line of sight. Dust, debris, and smoke can block the signal. Cell phones are also more likely to experience call overload.

If you hear a fast busy signal or your call is not immediately connecting wait at least 10 seconds and try your call again.

Text messages may go through even when you cannot make a call.



The long distance network is less likely to experience call overload. If all family members have a single out-of-area contact person, you will be better able to get messages to each other.

EMERGENCY NUMBERS

City of Burbank

Fire Department	911 (from landline phone) or 818-847-8611
Police Department	911 (from landline phone) or 818-238-3000
Burbank Water & Power	818-238-3778
Disaster Information Hotline	800-994-2872
Providence St. Joseph's Medical Center	818-843-5111
Poison Control Hotline	800-222-1222
Other	

FAMILY

Name	Address	Phone	E-mail

COMMUNICATIONS

FAMILY PHYSICIANS

Name	Phone

SERVICE PROVIDERS

Name	Phone	E-mail / Other
S. Cal Gas Company	800-427-2200	www.socalgas.com
Home Insurance		
Car Insurance		
Veterinarian		
Pharmacy		
Other		

OUT-OF-AREA CONTACT

Name	Address	Phone	E-mail

After filling in your contact information, make copies, cut out the copies, and distribute them to all family members and anyone else involved in your disaster plan.

FAMILY COMMUNICATION PLAN



NAME

HOME #

HOME ADDRESS

SCHOOL ADDRESS

FATHER'S WORK

CELL #

MOTHER'S WORK

CELL #

OUT-OF-AREA CONTACT

HOME #

WORK #

CELL #

E-MAIL

MEETING PLACE

FAMILY COMMUNICATION PLAN



NAME

HOME #

HOME ADDRESS

SCHOOL ADDRESS

FATHER'S WORK

CELL #

MOTHER'S WORK

CELL #

OUT-OF-AREA CONTACT

HOME #

WORK #

CELL #

E-MAIL

MEETING PLACE

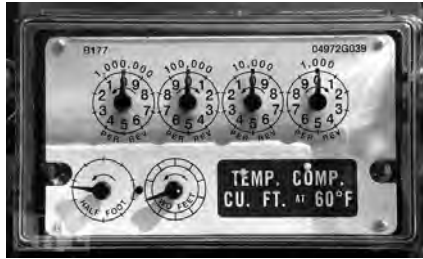
UTILITY CONTROL – GAS

Natural disasters can break gas pipes, water pipes, and electrical lines. To prevent fire and water damage, you should know how and when to turn off utilities at your residence.

When to turn off the natural gas

Do not shut off the gas unless you suspect a leak.

Indicators of a leak may be a gas smell, the sound of blowing or hissing near gas pipes, or broken gas lines. You can confirm a leak by checking the gauges on the front of your gas meter.



Gas Meter Gauges

If the gauge labeled 1000 is spinning quickly, you have a gas leak.

Once the gas has been shut off, the gas company or a qualified professional must do a safety inspection before gas service can be restored. After a disaster this may take several days or weeks.

Shutoff Tools

Gas can be shut off with a regular crescent wrench or a specialized gas shutoff wrench.



Crescent Wrench

Gas Shutoff Wrenches



Specialized gas shutoff wrenches can be tied to the meter so that you won't be looking for a tool when you need it.

Gas Shutoff Location

The gas service shutoff valve is located near your gas meter, which is usually on the side or in front of the house (Figure 3).



Single Family



Figure 3

If there are multiple meters serving gas to multiple units in a building, there will be individual gas shutoff valves for each unit near each of the gas meters and a master valve for the entire building where the gas pipe comes out of the ground (Figure 4).



Multi-unit



Figure 4

Gas Shutoff Procedure

When the valve is running in the same direction as the pipe, there is gas flowing through it (Figure 5). Use the wrench to turn the valve $\frac{1}{4}$ turn in either direction (Figure 6). The valve will now be across the pipe, blocking the flow of gas (Figure 7).



ON

Figure 5



Figure 6



OFF

Figure 7



Take a moment to check your gas meter now. Make sure the shutoff valve is easily accessible and note how the gauges look when moving normally. If the shutoff valve is rusted, test it by turning it $\frac{1}{8}$ of a turn without going to the full off position. If you are unable to turn it, you should report this to the gas company. This is considered an emergency repair and will be done at no cost to you.

UTILITY CONTROL – ELECTRICITY / WATER

When to turn off the electricity

When electrical lines are damaged, sparking may occur creating a fire hazard or injury risk.

Turn Off Main Electrical Supply if...

1. You have a damaged power line.
2. You see sparking or burning in any electrical device.
3. You have outlets that are blackened or hot to the touch.
4. You smell burning insulation.

In addition, if there is a significant water leak, you should turn off the electricity to avoid electrocution.



Electricity Shutoff Procedure

Your electrical service panel is usually located near the connection of the municipal service to your home. This may be outside your home or inside near an entrance or outside wall. Most homes have circuit breaker type panels.

The breakers are labeled to indicate on/off position. For personal safety and to prevent damaging surges, you should turn off individual breakers one at a time before turning off the main switch.



Step 1: Turn off individual breakers one at a time



Step 2: Turn off the main switch

Fuse Type Panels

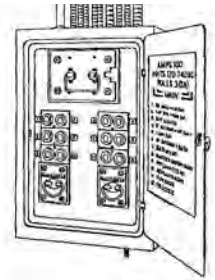
If you live in an older home, you may still have a fuse type panel (Figure 8).

Fuse Type Panel Shutoff Procedure

Step 1: Unscrew the individual fuses

Step 2: Pull out the main cartridge

Figure 8



If you don't have a main cartridge you may have a handle type main switch.

You can restore power, when it is safe to do so, by reversing the shut off process for either type of service panel.

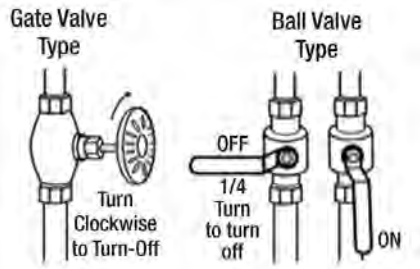
When to Turn Off Water

When the water or sewage pipes supplying your house crack or break, water entering the house may become contaminated. In addition, the effects of gravity may drain the clean water left in your hot water heater, toilet, and household pipes. You can protect the safety of your water by turning off the main house valve.

Water Shutoff Procedure

The main house valve is usually located outside near where the municipal supply enters the house. There are two types of valves, gate valves and ball valves.

If there is a water main break in your neighborhood, you may also want to shut off the city main. The city main is usually located in a concrete meter box in the ground near the street (Figure 9).



The shutoff valve here operates just like the gas shutoff. When the valve runs in the same direction as the pipe, water flows through it. Use a wrench to turn the valve 1/4 turn in either direction (Figure 10). The valve will now block the flow of water.

Figure 9



Figure 10



WATER STORAGE & PURIFICATION

Water is vital for survival. Depending on circumstances, you can survive 2-5 days without water, although you may be experiencing adverse effects after only 1 day.

After a disaster water distribution systems can be severely damaged or compromised. If you are notified by authorities that the water supply is potentially unsafe, you will have to rely on stored water or use water purification measures.

It is recommended that you store a 7-10 day supply of at least one gallon of water per person per day. It should be stored in plastic containers kept in a cool, dark, and dry location. Do not store plastic containers directly on concrete as some ingredients in concrete can degrade the container over time. Rotate your water supply on average every six months.

ALTERNATE WATER SOURCES

You can obtain additional water from:

Water heater – If you've turned off the main house valve, you should vent the tank by turning on the hot water faucet. For safety, turn off the gas or electricity to the heater before draining.



Melted ice cubes



Water/Juice from canned food

Toilet tank – Use this only if it doesn't contain cleaning tablets or dyes.

WATER PURIFICATION METHODS

Before using any purification methods you may want to filter water through a coffee filter or cloth to remove any suspended particles. You can improve the taste of stored or boiled water by pouring it back and forth between clean containers to aerate it.

BOILING	Safest method of treating water	Bring water to a full rolling boil for 1-3 minutes.
CHLORINE DIOXIDE TABLETS	 Safer than iodine or bleach and adds little if any taste	Purchase tablets at drug, camping, or sporting goods stores. Use as stated in instructions. Expiration dates on packages should be adhered to.
BLEACH	 Use only unscented regular household bleach (without additives) that contains 5.25 – 6.0% sodium hypochlorite. Bleach from a newly opened or unopened bottle has the best potency.	Add 16 drops (1/4 teaspoon) of bleach per gallon of water, stir, and let stand 30 minutes. Water should smell slightly of chlorine. If not, repeat the process. If treated water has too strong a chlorine taste, allow it to stand exposed to air for a few hours or pour it from one clean container to another several times.

IODINE 	<p>Less effective in cold or murky water and not recommended for pregnant women or for long term use</p>	<p>Purchase tablets containing the necessary dosage for drinking water disinfection at drug, camping, or sporting goods stores. Use as stated in instructions.</p>
UV LIGHT 	<p>Requires batteries and works best in clear water</p>	<p>Irradiates water neutralizing all pathogens with a 90 second application. Purchase UV devices at most camping stores and follow instructions.</p>

FOOD RESOURCES

Refrigerator	<p>Food will stay cold for about 4 hours without power if the door is not opened frequently.</p>	<p>Milk, dairy products, and meat can spoil more quickly.</p>
Freezer	<p>Food can stay frozen for up to 2 days without power if the door of the freezer is not opened frequently.</p>	<p>Bottled water stored in the freezer next to the outside wall or door will help keep food cold longer and provide drinking water when it melts.</p>
Canned goods	<p>Shelf life of at least two years from the date of processing.</p>	<p>Don't eat food from cans that are swollen, dented, or corroded.</p>
Freeze Dried Foods	<p>Longest shelf life (average of 5 years) and most easily stored and carried.</p>	<p>Purchase these at camping supply or disaster supply stores.</p>

IF IN DOUBT ABOUT FOOD SAFETY, THROW IT OUT!

For detailed guidelines on food safety visit www.fsis.usda.gov

FIRST AID

WOUNDS

- 1. Control bleeding** by using sterile gauze to apply pressure directly over the wound (Figure 11) and elevating the wounded area above the level of the heart (Figure 12).



Figure 11: Apply direct pressure



Figure 12: Elevate wounded area

Direct pressure and elevation will control most bleeding. If bleeding continues, apply additional bandages on top of the existing bandage (Figure 13), maintain direct pressure, and apply pressure to the artery above the wound (Figure 14). You can recognize an artery by feeling for a pulse.



Figure 13: Apply new bandage over existing



Figure 14: Brachial artery pressure point

2. Prevent infection

- a. Clean with mild soap and water
- b. Apply dressing and bandage (Figure 15)
- c. Tie knot directly over the wound to maintain pressure (Figure 16)



Figure 15: Apply dressing



Figure 16: Tie bandage knot over wound

BURNS

1. Remove the victim from the source of burning.
2. Cool the skin with cool water – DO NOT USE ICE!
3. Cover with a dry sterile dressing.
4. Elevate the extremity if possible.
5. Remove rings, bracelets, and watches (there will be swelling).
6. Do not use antiseptics, ointments or other remedies.
7. Do not break blisters or remove shreds of tissue or adhered clothing.



FRACTURES/SPRAINS/STRAINS

1. Immobilize the injured area and the joints above and below it.
2. **R** – Rest
3. **I** – Ice (Use a towel so ice isn't directly touching skin)
4. **C** – Compression (light compression with splint or ACE bandage)
5. **E** – Elevation (above the level of the heart)

HEAT TRAUMA

Heat Cramps - Symptoms include: Muscle twitching, spasms or hardness, nausea or vomiting, and weakness or fatigue. If not treated, heat cramps will lead to heat exhaustion.

Heat Exhaustion - Symptoms include: Sweating excessively, feeling faint, lightheaded, dizzy, or weak, nausea and vomiting, headache, blurred vision, rapid heart rate, and hyperventilation. If not treated, heat exhaustion will lead to heat stroke.

Heat Stroke - Symptoms include: Confusion, delirium or unconsciousness, skin that is red, hot and dry (even under the armpits).

HEAT STROKE IS A LIFE THREATENING CONDITION!

Actions to Take During a Heat Wave

1. Seek air conditioning.
2. Avoid strenuous activities during the heat of the day.
3. Wear lightweight, loose, light-colored clothing.
4. Check on family members and neighbors.
5. Hydrate.

Treatment for Heat Trauma

1. Move victim into a cool place.
2. Remove unnecessary clothing and place victim on his or her side.
3. Cool the entire body.
4. Apply ice packs to the groin, neck, and armpits.
5. Give fluids for hydration in moderation.

DISASTER SUPPLY KIT

Store supplies in an easy to find location that has a minimal chance of being buried under falling objects. A large trashcan makes an excellent storage container. A rolling duffel bag is great for easy transport.

You should also have basic supply kits in your car and at work. These kits should have some food, water, a change of clothes and shoes, a blanket, flashlight, batteries, a radio, and first aid supplies.



FOOD

- Canned or dried foods
- High energy foods such as peanut butter, granola bars or trail mix
- Cereals such as oatmeal
- Instant foods
- Canned juices and milk
- Instant coffee or tea
- Salt, pepper, sugar, creamer
- Comfort foods
- Special diet and infant food

COOKING

- Stove with fuel
- Mess kit
- Plates, cups, utensils
- Can/bottle opener
- All-purpose knife
- Dish soap
- Paper towels
- Plastic wrap
- Foil
- Plastic bags (various)
- Cheese cloth or coffee filters

CLOTHING AND SHELTER

- Change of clothes (seasonal)
- Socks
- Underwear
- Sturdy shoes or boots
- Rain gear
- Hat
- Work gloves
- Blanket or sleeping bag
- Pillow
- Tent
- Tarp
- Sunglasses

TOOLS

- Radio
- Flashlight w/spare bulb
- Light sticks
- Matches or disposable lighter
- Duct tape
- Wrench
- Pry bar
- Multi-use tool
- Rope
- Fire extinguisher (2A-10BC)
- Sewing kit
- Car cell phone charger
- Spare batteries

SANITATION AND HYGIENE

- | | | |
|--|--|--|
| <input type="checkbox"/> Washcloth and towel | <input type="checkbox"/> Razor and shaving cream | <input type="checkbox"/> Plastic garbage bags w/ties |
| <input type="checkbox"/> Towelettes | <input type="checkbox"/> Mirror | <input type="checkbox"/> Plastic bucket w/lid |
| <input type="checkbox"/> Toothpaste and toothbrush | <input type="checkbox"/> Lip Balm | <input type="checkbox"/> Shovel |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Insect repellent | <input type="checkbox"/> Bleach |
| <input type="checkbox"/> Comb/brush | <input type="checkbox"/> Sunscreen | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Feminine supplies | <input type="checkbox"/> Medicine dropper |

MEDICAL

- | | | |
|---|---|---|
| <input type="checkbox"/> Band-aids (various) | <input type="checkbox"/> Tongue depressors | <input type="checkbox"/> Acetaminophen/Ibuprofen |
| <input type="checkbox"/> Sterile gauze (various) | <input type="checkbox"/> Latex gloves | <input type="checkbox"/> Eye wash |
| <input type="checkbox"/> Roller gauze or cohesive bandage | <input type="checkbox"/> Scissors | <input type="checkbox"/> Antacid |
| <input type="checkbox"/> Triangular bandage | <input type="checkbox"/> Tweezers | <input type="checkbox"/> Anti-diarrhea medication |
| <input type="checkbox"/> ACE bandage | <input type="checkbox"/> Safety pins | <input type="checkbox"/> Antihistamine |
| <input type="checkbox"/> Cotton balls | <input type="checkbox"/> Thermometer | <input type="checkbox"/> Antibiotic ointment |
| <input type="checkbox"/> Antiseptic/Alcohol wipes | <input type="checkbox"/> Hand Sanitizer | <input type="checkbox"/> Sleep aid |
| <input type="checkbox"/> Adhesive tape | <input type="checkbox"/> Cold and hot packs | <input type="checkbox"/> First aid manual |
| | <input type="checkbox"/> Aspirin | <input type="checkbox"/> Prescription medication |

DOCUMENTATION

- | | | |
|---|---|--|
| <input type="checkbox"/> Copies of important documents such as birth or marriage certificates | <input type="checkbox"/> Investment account #s and contact info | <input type="checkbox"/> Computer user names/passwords |
| <input type="checkbox"/> Copy of driver's license | <input type="checkbox"/> Emergency contact list | <input type="checkbox"/> Inventory of household goods |
| <input type="checkbox"/> Medical records | <input type="checkbox"/> Copy of passport | <input type="checkbox"/> Cash (small bills and coins) |
| <input type="checkbox"/> Bank account #s and contact info | <input type="checkbox"/> Deed of trust or utility bill | <input type="checkbox"/> Credit card |
| <input type="checkbox"/> Credit card account #s and contact info | <input type="checkbox"/> Professional licenses | |
| | <input type="checkbox"/> Insurance policies | |

MISC.

- | | | |
|---|--|--|
| <input type="checkbox"/> Map | <input type="checkbox"/> Paper and pen | <input type="checkbox"/> Hearing aids |
| <input type="checkbox"/> Extra keys | <input type="checkbox"/> Whistle | <input type="checkbox"/> Infant supplies |
| <input type="checkbox"/> Games, cards, toys | <input type="checkbox"/> Eyeglasses | |
| <input type="checkbox"/> Books | <input type="checkbox"/> Walking aids | |

PET SUPPLIES

- | | | |
|---|--|--|
| <input type="checkbox"/> Carrier or cage | <input type="checkbox"/> Food and treats | <input type="checkbox"/> Photo of you w/your pet |
| <input type="checkbox"/> Light cloth to cover carrier | <input type="checkbox"/> Medications | <input type="checkbox"/> Favorite toy or blanket |
| <input type="checkbox"/> Leash | <input type="checkbox"/> Immunization record | <input type="checkbox"/> Sanitation supplies |

DISASTER SUPPLY KIT

MAGNET

BURBANK FIRE CORPS PROGRAM

You can assist the community and receive additional training by becoming a Burbank Fire Corps Program (BFCP) volunteer.

The BFCP supports the Burbank Fire Department by:

- Conducting Arson Watch patrols
- Providing Auxiliary Communications System services
- Providing Canteen services for firefighters on extended duty
- Training and deploying Community Emergency Response Teams (CERT)
- Providing Emergency Operations Center support
- Participating in Public Education events



Training and drills for various aspects of disaster preparedness and response are conducted at monthly meetings.

Who: Open to the general public

When: The third Wednesday of every month from 7-9 p.m.

Where: Burbank Fire Training Center 1845 N. Ontario (E of Hollywood Way, N of Victory)

To obtain more information you can talk to a representative at a meeting or visit our website at www.burbankfirecorps.org/Recruitment/

The BFCP also conducts CERT training twice a year, in the Spring and Fall.

For more information on CERT training, visit our website at

www.burbankfirecorps.org/CERT_Training/