

## Securing Your Home

### Injury Prevention and Family Preparedness

- Post emergency telephone numbers next to telephones
- Show responsible family members how to shut off the gas and main water valve to the house
- Buy a gas shut-off wrench at your local home improvement store
- Replace batteries on smoke detectors twice a year (spring forward for Daylight Savings / fall back for Standard Time)
- Keep fire extinguishers in the house and the garage
- Learn first aid and CPR
- Secure your water heater and major appliances
- Secure tall furniture to the wall
- Hanging plants and picture frames should not be over beds
- Keep exits clear at all times
- Place beds away from windows
- Do not call 911 unless there is an emergency
- Teach all family members how to Stop, Drop and Cover

## St. Mary Medical Center is the Los Angeles County Disaster Resource Center for the greater Long Beach area.

All nine Long Beach area hospitals from Catalina Island to Downey are under the umbrella of the St. Mary Medical Center Disaster Resource Center. The team meets with local hospitals monthly to discuss surge capacity and other vital emergency preparedness issues. The team also coordinates disaster drills with agencies throughout the Long Beach area.

We're the only Disaster Resource Center that has an island, airport and port in its area. As a result of having such a large and potentially vulnerable service area, the hospital staff takes its disaster training and education very seriously. Staff is encouraged to take free on-campus courses and train in disaster drills at least twice a year. Periodically, throughout the year, staff evacuate the hospital units, wear protective suits, learn about disaster equipment and drill with other community agencies.

**For more information:**  
**562.491.4870**



**Dignity Health – St. Mary Medical Center**  
**Disaster Resource Center**

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## Disaster Resource Center



# Guide to Disaster and Earthquake Preparedness



## First Aid Products

### Easily Accessible at Inexpensive Stores

St. Mary Medical Center Disaster Resource Center recommends that you stockpile the following equipment in your home, office, car or clinic. Every six months, when you change your clocks to spring forward/fall back, rotate your disaster food and water in your kitchen.

- Latex gloves
- 2" and 4" sterile gauze pads
- Kerlex wraps
- Slings
- Moist diaper wipes
- Tweezers / scissors
- Bandages of many sizes
- Bottled water to rinse injuries
- Ice packs
- Zip-lock bags to store equipment
- Large laundry detergent bucket with kitty litter and bags for a makeshift disaster toilet
- Over-the-counter medications, such as pain relievers and anti-diarrhea medications
- Toilet paper
- Spare eyeglasses, contact lenses, dentures and solutions
- Liquid hand sanitizers
- Antibiotic creams and ointments

## Essential Survival Supplies and More

- Water – 1 gallon per family member per day
- A whistle
- Food – prepackaged tuna, meats, canned vegetables, granola bars, non-perishable foods
- A manual can opener
- Pet food
- Blankets and sleeping bags
- Camping lanterns with batteries
- Sturdy shoes
- A tool kit with hammer, crowbar and wrenches
- Paper towels
- An AM/FM radio with batteries
- Flashlights and batteries (store batteries separately)
- Toys and entertainment for children, such as coloring books and crayons
- A battery-operated charger for cell phones
- A stepladder and tent
- Signal flares
- Matches in waterproof bags or containers
- Sturdy work gloves

## Household Documents and Contact Information

- A list of medications you take
- A contact phone list written down
- Personal identification: copies of driver's license and passport
- Cash in a waterproof bag in small bills – ATM machines will not work after an earthquake
- A spare set of keys
- Full tank of gas in the car
- Name and phone number of local hospitals, doctor and clinic
- A copy of the bills you normally pay, checking accounts and bank account statements in a safe secure location or lockbox
- A photo copy of your credit cards with all the numbers on it

