The seal of the City of Los Alamitos is a circular emblem. It features a central green tree with a red and white striped banner draped across its trunk. The banner contains the text "CITY OF LOS ALAMITOS". The tree is set against a yellow background. The outer ring of the seal is blue and contains the text "CITY OF LOS ALAMITOS" in white. Below the ring is a blue ribbon with the text "Incorporated March 1st 1950" and "Founded in 1784 by Spanish Grant" in white.

# **Step 2: Emergency Supply Kits**



# **You can create your own or buy a ready-made emergency supply kit.**

**The items you need for your kit are similar to the items you would take on a camping trip. In fact, following the 1994 Northridge earthquake, many people, fearing damaging aftershocks, “camped” in their front yards.**



**Think about getting  
or making kits for  
home and your car!**

**It is usually cheaper to make your own kit but if you buy a pre-assembled kit, don't forget to add the personal items you and your family need, i.e. medications, glasses, baby supplies, and pet supplies.**



# Suggestions for your kit:

- **Money**
  - Cash in small denominations
  - Credit card systems will likely be down
- **Bedding**
  - Store your sleeping bags in your disaster kit!
  - Blankets
- **Insurance policies and phone numbers**
- **Flash Light with Batteries**
- **Glow Sticks**
- **Portable Radio with Batteries**



# More items for your kit:



- **Clothing**
  - Tie a pair of shoes to your bed post so you will be able to find them if the earthquake occurs while you are sleeping
  - A complete change of clothes
  - Jacket
- **Dust Mask to help filter contaminated air**
- **Toilet Paper**
- **A Portable Toilet**
  - You can purchase one for about \$10

# Equipment

- Shovel
- Large Plastic Garbage Bags
- Duct Tape
- Wrench
- Pry Bar
- Pliers
- Heavy Work Gloves
- Whistle



# Water



- One gallon of water per person per day, for drinking and sanitation
- Children, nursing mothers, and sick people may need more water
- If you live in a warm weather climate more water may be necessary
- Keep *at least* a three-day supply of water per person

# Food



- **Store *at least* a three-day supply of non-perishable food**
- **Select foods that require no refrigeration, preparation or cooking and little or no water**
- **Pack a manual can opener**
- **Eating utensils and paper plates**
- **Avoid salty foods, as they will make you thirsty**

# Choose foods your family will eat.

- Ready-to-eat canned meats, fruits and vegetables
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods



# First Aid Kit

- Two pairs of Latex or other sterile gloves
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes to disinfect.
- Eye wash solution to flush the eyes or as general decontaminant
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Thermometer
- Scissors
- Tweezers



# Medications

- **Prescription medications** you take every day such as insulin, heart medicine and asthma inhalers
  - You should periodically rotate medicines to account for expiration dates
- **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies
- **Non-prescription drugs:**
  - Aspirin or non-aspirin pain reliever
  - Anti-diarrhea medication
  - Antacid (for upset stomach)
  - Laxative



# Special Items for Baby...

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment
- Toys



# Miscellaneous Items

- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Personal hygiene items
- Pet Supplies
- Portable Generator
  - Following the Northridge Earthquake, generators were in big demand but can be a bit expensive



**Check expiration dates on food,  
water, and medications.**

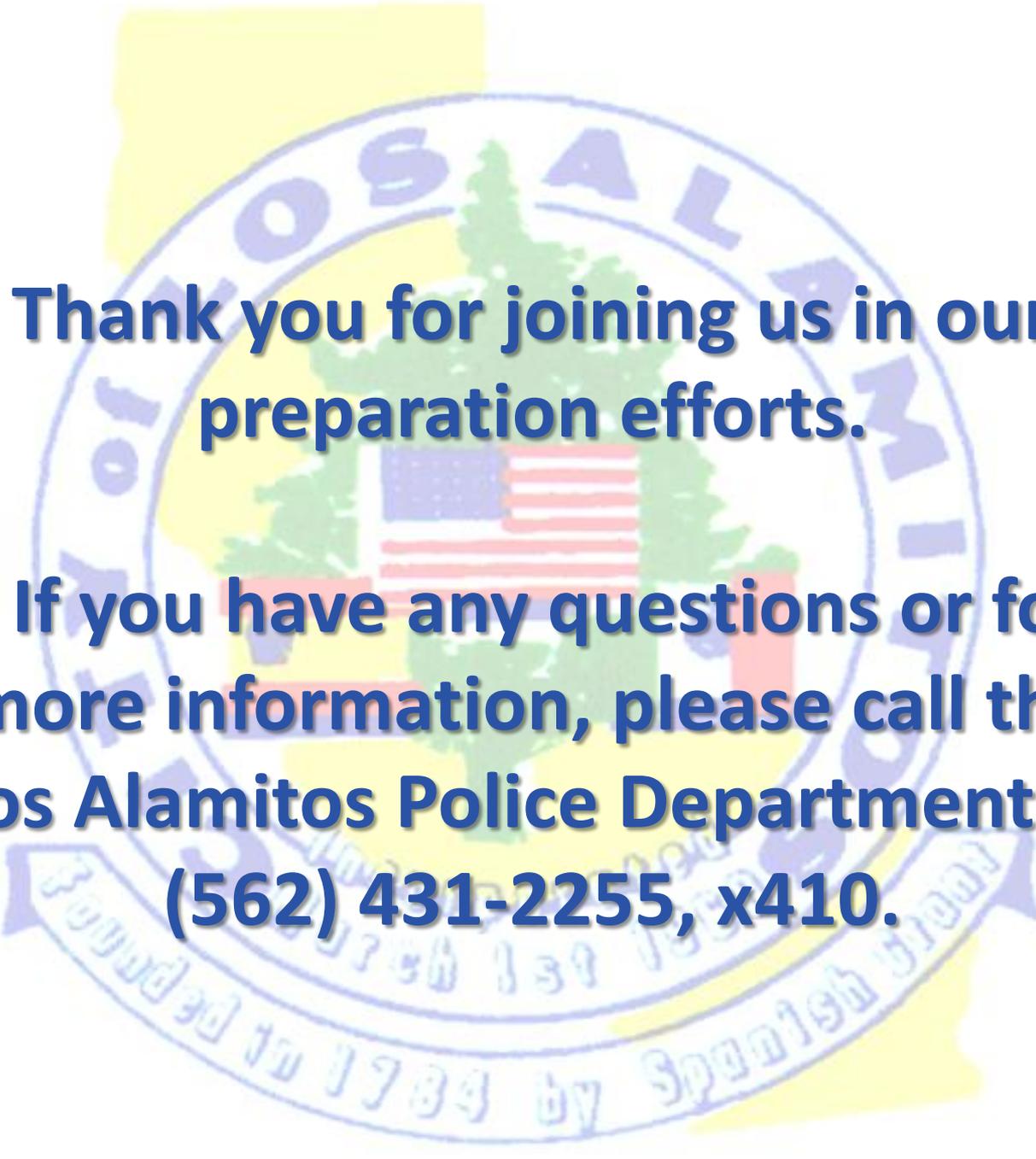


**Rotate perishable supplies by periodically replacing  
them with fresh items.**

# Depending on the size and type of kit you assemble, the items can be placed in a:

- **Large Clean Trash Can**
  - This can be stored in your garage or shed
- **Backpack**
  - This is best for Evacuation or Work Kits
- **Large Utility Pail**
  - Can later be used as an improvised toilet
- **Sturdy Box**



The seal of the Los Alamitos Police Department is a circular emblem. It features a central American flag with a green tree superimposed over it. The words "LOS ALAMITOS" are written in a semi-circle at the top of the seal. At the bottom, a banner contains the text "FOUNDED IN 1784 BY SPANISH BROTHERS".

**Thank you for joining us in our  
preparation efforts.**

**If you have any questions or for  
more information, please call the  
Los Alamitos Police Department at  
(562) 431-2255, x410.**