

UCLA Health System

Get Ready
Stay Ready



Personal Preparedness Challenge 2010

Office of Emergency Preparedness
UCLA Health System

August 2010

Dear UCLA Health System Faculty, Staff, and Volunteers:

Are you prepared?

Emergencies and disasters can happen anytime and anywhere. They typically strike without warning and disrupt hundreds of thousands of lives each year. Each emergency and disaster has its own lasting effects on individuals, families, and communities. Through preparedness efforts, you can help reduce the fear and anxieties related to these unknown situations as well as reduce the immediate and long term risks to you and your families.

We recognize that emergency planning can be overwhelming if you attempt to think about every situation, so the program is designed so that each month, you can take one step to completing your personal preparedness. At the end of one year, you and your family will have successfully completed a comprehensive emergency plan and put together an all hazards disaster kit.

Each month, we will be sending out a reminder email with the monthly theme. This month we will be focusing on **Sanitation and Hygiene**. While we suggest that you perform at least one task a month as outlined, you could choose to complete these personal preparedness tasks at a faster rate. To download the entire program, please go to: <http://disaster.mednet.ucla.edu/2010challenge.pdf>.

Sincerely,

The Office of Emergency Preparedness
UCLA Health System

PS - Please note that a basic 3-day supply is discussed throughout this program as a minimum kit that can be used at home, or taken with you in the event of an evacuation. After considering the needs of your household, and the disasters or emergencies that may occur in your area, you may wish to increase your level of preparedness to be self sufficient for a longer period of time.

Sanitation and Hygiene Supplies

Task: Gather the following supplies to ensure your sanitation and hygiene needs. The bucket suggested below can store the items, and act as a latrine, if necessary. The two, 1-gallon ziplock bags would then be useful to store the items in.

Item	
Medium-sized plastic bucket with tight lid	<input type="checkbox"/>
Washcloth and towel	<input type="checkbox"/>
Towelettes, soap, hand sanitizer	<input type="checkbox"/>
Toothpaste, toothbrush	<input type="checkbox"/>
Shampoo	<input type="checkbox"/>
Comb, brush	<input type="checkbox"/>
Deodorant	<input type="checkbox"/>
Sunscreen	<input type="checkbox"/>
Razor, shaving cream	<input type="checkbox"/>
Lip balm	<input type="checkbox"/>
Insect repellent	<input type="checkbox"/>
Feminine supplies	<input type="checkbox"/>
Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper	<input type="checkbox"/>
Disinfectant	<input type="checkbox"/>
A small shovel for digging a latrine	<input type="checkbox"/>
Toilet paper	<input type="checkbox"/>
Contact lens solutions	<input type="checkbox"/>
Mirror	<input type="checkbox"/>
Two, 1-gallon size ziplock bags	<input type="checkbox"/>

