

UCLA Health System

Get Ready
Stay Ready



Personal Preparedness Challenge 2010

Office of Emergency Preparedness
UCLA Health System

July 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 **Equipment and Tools**. 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.

Equipment and Tools



Task: Based on the types of disasters that are prone to your area, collect as many of the suggested items below to protect and shelter your household members for 72 hours.

Tools		Kitchen Items	
Portable, battery-powered radio or television and extra batteries	<input type="checkbox"/>	Manual can opener	<input type="checkbox"/>
NOAA Weather Radio, if appropriate for your area	<input type="checkbox"/>	Mess kits or paper cups, plates, and plastic utensils	<input type="checkbox"/>
Flashlight and extra batteries	<input type="checkbox"/>	All-purpose knife	<input type="checkbox"/>
Regular telephone that is not cordless OR satellite radio	<input type="checkbox"/>	Household liquid bleach to treat drinking water	<input type="checkbox"/>
Matches in a waterproof container (or waterproof matches)	<input type="checkbox"/>	Sugar, salt, pepper	<input type="checkbox"/>
Shut-off wrench	<input type="checkbox"/>	Aluminum foil and plastic wrap	<input type="checkbox"/>
Duct tape	<input type="checkbox"/>	Reseal-able plastic bags	<input type="checkbox"/>
Plastic sheeting/Tarp	<input type="checkbox"/>	Small cooking stove and a can of cooking fuel (if food must be cooked)	<input type="checkbox"/>
Scissors	<input type="checkbox"/>		
Whistle	<input type="checkbox"/>	Comfort Items	
Signal flare	<input type="checkbox"/>	Games	<input type="checkbox"/>
Compass	<input type="checkbox"/>	Cards	<input type="checkbox"/>
Work gloves	<input type="checkbox"/>	Books	<input type="checkbox"/>
Paper, pens, and pencils	<input type="checkbox"/>	Toys for kids	<input type="checkbox"/>
Fire extinguisher, small canister, ABC-type	<input type="checkbox"/>	Colored pencils (crayons melt) and coloring books/notepads	<input type="checkbox"/>
Needles and thread	<input type="checkbox"/>	Other Items	
Coil of 1/2" rope	<input type="checkbox"/>	Disposable camera	<input type="checkbox"/>
Staple Gun	<input type="checkbox"/>	City map	<input type="checkbox"/>
Hammer, pliers, screwdriver	<input type="checkbox"/>	Poncho/Rain Gear	<input type="checkbox"/>
Rubber bands	<input type="checkbox"/>	Battery-operated travel alarm clock	<input type="checkbox"/>