

UCLA Health System

Get Ready
Stay Ready



Personal Preparedness Challenge 2010

Office of Emergency Preparedness
UCLA Health System

November 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 a **Home Hazard Hunt**. 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.

Home Hazard Hunt

Task: Spend some time with your household members identifying hazards in and outside of your home. Keeping your house safe helps keep you and your loved ones safe. Minimize the impact of an emergency or disaster by safeguarding your home. Anything that can move, fall, break or cause a fire is a potential hazard. If you have young children, be creative and make it fun!

- Check batteries in smoke alarms every six months and make sure they are on each level of your home and outside every bedroom.
- Repair defective electrical wiring and leaky gas connections.
- Fasten shelves securely.
- Place heavy objects on lower shelves.
- Hang pictures and mirrors away from beds.
- Brace overhead light fixtures.
- Strap water heater to wall studs.
- Repair cracks in ceilings or foundations.
- Place oily polishing rags or waste in covered metal cans.
- Store weed killers, pesticides and flammable products away from heat sources.
- Clean and repair chimneys, flue pipes, vent connectors and gas vents.
- Unless local officials advise otherwise, or there is immediate threat to life or safety, leave natural gas on because you will need it for heating and cooking when you return home. If you turn your gas off, a licensed professional is required to turn it back on, and it may take weeks for a professional to respond.
- If high winds are expected, cover the outside of all windows of your home. Use shutters that are rated to provide significant protection from windblown debris or fit plywood coverings over all windows. Damage happens when wind gets inside a home through a broken window, door or damaged roof. Tape does not prevent windows from breaking and is not recommended.
- If flooding is expected, consider using sand bags to keep water away from your home. It takes two people about one hour to fill and place 100 sandbags, giving you a wall one foot high and 20 feet long. Make sure you have enough sand, burlap or plastic bags, shovels, strong helpers and time to place them properly.



Identify potential risks **inside** your home: _____

Identify potential risks **outside** your home: _____
