



It's fast and easy to star in your own production of putting together your basic supplies for an emergency preparedness kit. Use this script to get your lines right and to stock up on some extras today!

- Water.** You'll need one gallon per person per day. Don't forget extra for any pets!
- First Aid Kit.** Get a basic kit and supplies.
- Flashlight with extra batteries.**
- Food.** Select non-perishable foods that require no refrigeration, preparation, and little or no water. Pack a can of sterno to heat food.
 - Ready-to-eat canned meats, juices, fruits, vegetables and soups.
 - High energy foods - peanut butter, granola bars, trail mix, dried fruit, jam, crackers, energy bars.
 - Comfort/stress foods - Hard candy, sweetened cereals, instant coffee, tea bags.
 - Food for infants. Food for pets. Special diet needs.
 - Paper plates and cups, plastic utensils. Non-electric can opener.
- Medications.** Include usual non-prescription medications that you take, including pain relievers, stomach remedies, etc.
- Personal hygiene items.** Toothbrush, toothpaste, comb, brush, soap, contact lens supplies, and feminine supplies.
- Plastic garbage bags with ties.** For personal sanitation uses.



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www.ivegot7.com
 emergency preparedness information,
 I've Got 7 pledge cards, links to
 resources and more!



**Your Ticket to
 Emergency
 Preparedness**



We're putting the spotlight on emergency preparedness because recent shakers and trembles have made people have the jitters like it's opening night! Just like when you're putting on a production, disaster can strike at any moment because unpredictable things can happen. Luckily, you can rehearse for emergencies and set the stage for success by making sure you have 7 days worth of emergency supplies on hand.



Here are seven things you need to have on hand so that the show can go on; you can protect your family and help save lives by being prepared when emergencies occur.

- 1 Food and Water.** Pack non-perishable high energy foods and foods that require no refrigeration, preparation or cooking and little or no water. Have at least one gallon of water per person per day. And, don't forget food and water for your pet!
- 2 Preparedness Supplies.** This includes a battery-operated radio, a flashlight with extra batteries and a first aid kit. Pack a first aid handbook, and make sure your first aid kit is stocked, especially with bandages and disinfectants.
- 3 Training.** *Get trained!* Enroll in a class to learn first aid, CPR or learn to become a disaster volunteer. Participate in the Disaster Training Program offered by the Santa Monica Fire Department.
- 4 Money.** Have cash. (ATMs and credit cards won't work if power is out)
- 5 Clothing and Bedding.** Provide a change of clothing for everyone, including sturdy shoes and gloves. Have a sleeping bag, blankets, pad or air mattress to sleep on.
- 6 Special needs.** Medications; eyeglasses, or contact lenses and solution; identification cards; birth certificate; passports; etc.; sanitary supplies; baby needs; pet supplies (pet carrier, plastic bags, vaccination information)
- 7 Contact information.** A current list of family phone numbers and e-mail addresses, including someone out of the area who may be easier to reach if local phone lines are out of service. Try text messaging instead of a phone call.