



American Red Cross
of Santa Monica

Emergencies can strike quickly and without warning. When emergencies occur, you can take important steps that will save lives and protect your family.

Here are seven steps that will help keep **YOU**, your **FAMILY** and your **COMMUNITY** prepared together!

1. **Battery-operated radio** and a flashlight with extra batteries.
2. **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.
3. **Clothing.** Provide a change of clothing for everyone, including sturdy shoes and gloves.
4. **First Aid Kit.** Pack a reference guide, and make sure it's stocked, especially with bandages and disinfectants
5. **Special needs.** Medications ,eyeglasses, or contact lenses and solution; identification cards birth certificate , passports,ect; sanitary supplies, pet supplies (leash, plastic bags vaccination information)
6. **Money.** Have cash. (ATMs and credit cards won't work if power is out)
7. **Contact information.** A current list of family phone numbers and e-mails addresses, including someone out of the area who may be easier to reach if local phone line are out of services.

Join other community organization, residents and schools to take the basic steps necessary to survive a disaster

For more information or to see how you can participate visit us at www.redcrossofsantamonica.org or <http://santamonicafire.org/disaster/>