



Los Angeles County
Sheriff's Department

PALMDALE STATION

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www.Palmdale.lasd.org

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News Release

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The Los Angeles County Sheriff's Department is proud to partner with FEMA and the Office of Emergency Management in supporting National Preparedness Month. Each week through the month of September, we will be issuing a press release and Nixle message with preparedness information and tips. We will also be posting these articles to the Palmdale Station Website at: <http://www.palmdale.lasd.org>

If a disaster were to strike right now, would you be ready? Would you be able to leave your home with some bare essentials on a moment's notice? Could you survive at least three days without help?

National Preparedness Month is all about answering these questions with a resounding "Yes, Yes and Yes!"

Many people expect to simply call 9-1-1 after disaster strikes. The reality is emergency responders will likely be overwhelmed with response requests, and that is only if the phones are working. That is why it is important for every citizen to plan ahead before disaster strikes.

In the Antelope Valley, we have been prone to high heat, high winds, wildfires, sandstorms, flooding, mud/rock slides, and snow flurries. There is always the threat of terrorist attacks and we cannot forget we also live in earthquake country. As a matter of fact, the San Andreas earthquake fault cuts through Palmdale, just north of the Sierra Pelona Mountains.

There is no shortage of calamities looming just around the corner. That being said, it is reassuring to know that you have done your best to prepare should disaster strike.

Here in the Antelope Valley, the Los Angeles County Fire and Sheriff's Departments have been presenting the FEMA "Community Emergency Response Team" (CERT) curriculum. These classes teach residents how to take care of themselves, their family and their neighbors in the event of a disaster or emergency. Even CERT trained residents should take this opportunity to review their emergency plans and check their equipment.

Do you have an emergency kit? When was the last time you went through your kit? Is the water and food still good? Has your duct tape or medical tape turned into a giant goopy brick? Are your

batteries fresh? Will your wind-up or solar powered radio and flashlight still hold a charge?

This is what National Preparedness Month is all about! Making sure you are ready for whatever disaster comes along next.

Over the month of September, we will be publishing articles covering the simple basics of emergency preparedness, including:

#B# How to Build a Emergency Kit #/B# – We will include a list of some basic things you should have in your kit, as well as having a kit in your car and having a kit for your children. We will also discuss why you should be prepared to be self-sufficient for at least two weeks.

#B# How to Plan for Specific Needs Before a Disaster #/B# – Do you or someone in your family have special medical needs? Maybe you have pets. What will you do with them if you are displaced from your home? This article will discuss how, with some simple pre-planning, you can accommodate those who are special in your life during an emergency.

#B# How to Reconnect with Family After a Disaster #/B# – You work in Pasadena. Your significant other works in Santa Monica and the kids go to school in Palmdale. Do you have a plan to reconnect in the event you can't get home? Once again, a little pre-planning can go a long way in avoiding the panic of being separated.

#B# How to Practice for an Emergency #/B# – It all sounds good when we discuss it, but without putting it to the test BEFORE an actual emergency is risky business. Set one day a year, like October 16th (The Great Shake Out) to put your emergency plan to the test.

To round out the month, the city of Palmdale will be holding an Emergency Preparedness Presentation on Monday, September 29, 2014, at 7pm in the Palmdale City Council Chambers.

The presentation will include:

Emergency Preparedness – Captain Scott Polgar, Los Angeles County Fire Department

Disaster Relief – Red Cross

The CERT Program – To be announced

What you can expect after an Earthquake – Sergeant Andrew Nagel, Los Angeles County Sheriff's Department

This is a free presentation.

For more information, check out the following websites:

<http://www.lacounty.gov> www.espfocus.org/

<http://www.lasd.org> www.publichealth.lacounty.gov/eprp/

<http://www.palmdale.lasd.org>

<https://snap.lacounty.gov>

<http://www.fire.lacounty.gov/>

<http://www.ready.gov>

<http://www.AntelopeValleyCERT.com>

<http://www.community.fema.gov/>

<http://www.cert-la.com/>

<http://www.lacoa.org>

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