



Emergency Preparedness on a Tight Budget

April 2015

Disaster supply kits do not have to be expensive to be effective. In collaboration with Councilmen Tom LaBonge and Mitchell Englander, the Emergency Management Department (EMD) earthquake training bulletin for this month highlights inexpensive earthquake preparedness planning.

Money Saving Tips:

- **Recycle your old gear.** Put old boots, gloves, flashlights, tools, uniforms, and bedding in your emergency supply kit.
- **Look for seasonal sales.** If new items are necessary, buy items at the end of the season in order to get good deals. Do not wait until after an earthquake to buy supplies. They will be in high demand and more expensive.
- **Buy bulk.** Bulk grocery stores often have deals.
- **Shop at used goods stores.** Shop at thrifty stores, army surplus stores, or garage sales for used preparedness items that are still functional but cost a lot less than brand new items.
- **Shop throughout the year.** Buy preparedness items throughout the year and you won't notice the cost as much.
- **Store water in safe containers.** You do not need to buy expensive bottled water. Instead, make sure your water containers are disinfected and airtight.
- **Request preparedness supplies as gifts** from your friends and family.
- **Trade one night out** to fund your 72-hour kit. Taking a family of four to the movies can cost upwards of \$80. Just one night staying in could fund your disaster kit.
- **Use common plastic bags with zip closures** to store important personal documents.

Planning Tips:

- **Review** your insurance policy annually and make any necessary changes. This advice applies to renters as well as owners. Know your coverage in advance of a disaster.
- **Update** contact records. Having accurate records for family, friends, and neighbors will help you stay in contact and possibly help those in need.
- **Keep** medical contact information for doctors and services providers on hand, and make sure your medical records are current.

Free Trainings:

Community Emergency Response Training (CERT) is provided free of charge within the City of Los Angeles to anyone 18 years of age or over. CERT members receive 17 ½ hours (one day a week for seven weeks) of initial training. The 7-week course is followed by full-day biannual refresher drills, and an opportunity to assist the Los Angeles Fire Department at local incidents. Classes are taught mornings, afternoons and evenings continually throughout the year in locations all over the City of Los Angeles. The current schedule is available on the internet at www.cert-la.com/basic.

