

**American Legion Auxiliary
Department of California
District 28
Connie Raya, National Security Chairman
January 22, 2022**

Shore Patrol,

Roseann Bean, Department National Security Chairman, first of all, she is letting us know, that the End of Year Report is due to District Chairman; **NO later than April 8, 2022.**

Next, any Bulletins received from Department should be place in a Procedure Book at Unit level and District level.

Then she gave an example of several units down south, working together, by making Emergency Disaster Backpacks and hand them out to our needy and others.

She gave **Earthquake Preparedness Tips:**

- Tips for Preparing Children
- Tips for the Elderly
- Tips for Pet Owners

Additional RESOURCES: REMINDER

- www.ALAForVeterans.org
- **ALA-Operation Homefront Action Guide**
- **ALA-USO Action Guide**

INSTUCTION HOW TO SHEETS:

- **How to Plan a Send Off or Welcome Home Event**
- **How to Support Troops and their Families on Military Installationshow to Plan a POW/MIA Remembrance Service**

Tips for Preparing Children

Children need to be prepared for an earthquake as much as adults, if not more.

Infants and Toddlers

For infants and toddlers, special emphasis should be placed on making their environment as safe as possible.

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- Cribs should be placed away from windows and tall, unsecured bookcases and shelves that could slide or topple.
- A minimum of a 72-hour supply of extra water, formula, bottles, food, juices, clothing, disposable diapers, baby wipes and prescribed medications should be stored where it is most likely to be accessible after an earthquake. Also keep an extra diaper bag with these items in your car.
- Store strollers, wagons, blankets and cribs with appropriate wheels to evacuate infants, if necessary.
- Install bumper pads in cribs or bassinets to protect babies during the shaking.
- Install latches on all cupboards (not just those young children can reach) so that nothing can fall on your baby during a quake.

Preschool and School-age Children

By age three or so, children can understand what an earthquake is and how to get ready for one.

Take the time to explain what causes earthquakes in terms they'll understand. Include your children in family discussions and planning for earthquake safety. Conduct drills and review safety procedures every six months.

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- Show children the safest places to be in each room when an earthquake hits. Also show them all possible exits from each room.
- Use sturdy tables to teach children to Duck, Cover & Hold.
- Teach children what to do wherever they are during an earthquake (at school, in a tall building, outdoors).
- Make sure children's emergency cards at school are up-to-date.
- Although children should not turn off any utility valves, it's important that they know what gas smells like. Advise children to tell an adult if they smell gas after an earthquake.

**Ready
To Ride It Out?**

Tips for the Elderly

Before an Earthquake

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 - Eliminate hazards. Make it as easy as possible to quickly get under a sturdy table or desk for protection.
 - Anchor special equipment such as telephones and life support systems. Fasten tanks of gas, such as oxygen, to the wall.
 - Keep a list of medications, allergies, special equipment, names and numbers of doctors, pharmacists and family members. Make sure you have this list with you at all times.
 - Keep an extra pair of eyeglasses and medication with emergency supplies.
 - Keep walking aids near you at all times. Have extra walking aids in different rooms of the house.
 - Put a security light in each room. These lights plug into any outlet and light up automatically if there is a loss of electricity. They continue operating automatically for four to six hours, and they can be turned off by hand in an emergency.
 - Make sure you have a whistle to signal for help.
 - Keep extra batteries for hearing aids with your emergency supplies. Remember to replace them annually.
 - Keep extra emergency supplies at your bedside.

- Find two people you trust who will check on you after an earthquake. Tell them your special needs. Show them how to operate any equipment you use. Show them where your emergency supplies are kept. Give them a spare key.

During and After an Earthquake

- If you are in bed or sitting down, do not get up.
- If you are standing, duck and cover or sit down. You could be thrown to the floor if you are standing.
- Prepare to be self-sufficient for at least three days.
- Turn on your portable radio for instructions and news reports. For your own safety, cooperate fully with public safety officials and instructions.
- Prepare for aftershocks.
- If you evacuate, leave a message at your home telling family members and others where you can be found.

Ready
To Ride It Out?

Tips for Pet Owners

Before an Earthquake

- Store enough food and water to last for 72 hours, preferably for one week. Prepare a shelter or evacuation kit for your pet, including an unbreakable dish, veterinarian records, a restraint (leash or pet carrier) and medication with instructions.
- Keep your pet's ID tag up-to-date.
- Make sure nothing can fall on your pet.
- Arrange for a neighbor to take care of your pet if you are not able to get home after an earthquake.

When preparing your home for an earthquake, don't forget to include your pets on the list. They will depend on you even more after an earthquake to take care of them and their needs.

During and After an Earthquake

- Do not try to hold onto your pet during the shaking. Animals will instinctively protect themselves and hide where they're safe. If you get in their way, even the nicest pets can turn on you.
- Be patient with your pets after a quake. They get stressed just like people and need time to readjust. They may disappear for some time, but they generally show up again when things have calmed down.
- If you have outdoor pets, you should keep them indoors until the aftershocks have subsided and they have calmed down.
- If you must evacuate your home, leave your pet secured in a safe place. Pets will not be allowed at shelters. Be sure to leave plenty of clean water and food. If possible, visit your pet daily until you can return home.

Ready
To Ride It Out?