



Cal OES

GOVERNOR'S OFFICE
OF EMERGENCY SERVICES

The City of Watts Emergency Preparedness Guide/ Toolkit for Seniors, Undocumented, and Disadvantaged Individuals



Watts COMMUNITY
Development Corporation

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DISASTER PREPAREDNESS INFORMATION AND
TRAINING AWARENESS



MAKING AN IMPACT

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YOUR ACTIONS SAVE LIVES

Listos California has developed resources to help Californians navigate the public health emergency and to help inform communities about COVID-19 vaccines.

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CALIFORNIA GOVERNOR'S OFFICE OF EMERGENCY SERVICES

LISTOS CALIFORNIA
2022 COMMUNITY RESILIENCE CAMPAIGN PARTNERS

INTRODUCTION

The Emergency Preparedness Guide/Toolkit for seniors, undocumented residents, and disadvantaged individuals of Watts was developed through a partnership between the California Governor's Office of Emergency Services (Cal OES) and the Watts Community Development Corporation (WCDC), a California Nonprofit Organization 501(c)3, Public Benefit Corporation. You can visit Cal OES at <https://www.caloes.ca.gov>

This guide describes actions and considerations that seniors, undocumented residents, and disadvantaged individuals living in the city of Watts can use to learn, prepare, train, and increase their ability to respond to an emergency or disaster, before, during, and after the disaster is over.

Cal OES encourage individuals to:

- 1) Make or create an evacuation plan
- 2) Learn how to get emergency alerts
- 3) Learn how to pack a (backpack) or go bag
- 4) Learn how to build a toolkit or stay box for home
- 5) Help friends and neighbors prepare for an emergency or disaster

WATTS DEMOGRAPHICS

Watts is a small neighborhood in southern Los Angeles, California. It is located within the South Los Angeles region, bordering the cities of Lynwood and South Gate to the east and southeast, respectively, and the unincorporated community of Willowbrook to the south, which is approximately the Area of 2.0 square miles or (5 km²).

The population of Watts consists of approximately 42,311, residents. According to 2021 Census data, Hispanic residents represent 77% of the population and African Americans represents 22%. Census records further shows that 66% of the people living in the city of Watts are American citizens and 34% of the population of Watts are undocumented residents.

The city of Watts is one of the poorest cities in the state of California. The average household income is less than \$38,612 a year. Statistics shows that only 1% of the population will obtain a Master's Degree and only a striking 27% of the high school students will graduate from high school. Residents of the city of Watts have a 10-year decreased life expectancy compared to individuals living in neighboring cities and the women are the head of the households, due to many broken family units.

MAKE AN EVACUATION PLAN



Think of the people you would want to stay in contact with during an emergency, like your family, neighbors, friends, or your caregivers. Always follow the guidance of local authorities, evacuate early; if you need the extra time, practice evacuating using a safe route with your car or you should identify local transit agencies, if you do not have a car. Be ready to go to your safe place and have your Go Bag supplies packed.

Create an Emergency Contact List

- Make a contact list of family members, friends, neighbors, co-workers, and others who can help you evacuate, in case of an emergency or disaster. Store this list in a waterproof container in your Emergency Kit.
- You should discuss your disaster plans with your support network and include them in your planning process.

Choose an Emergency Place to Meet

- Disasters can be chaotic and people may find themselves separated.
- Designate a place ahead of time to reunite with your family and network team.
- Ask your children schools about their plans to reunite parents and children.
- You should get your family and networking team to rehearse meeting at the designated location.
- You should have at least two meeting locations, depending on the location of the disaster.
- Practice make perfect. Let the entire team know that working together will help save lives and decrease confusion during a disaster event or emergency.

SIGN-UP FOR EMERGENCY ALERTS



In an emergency, you need to know what is going on. To make the right decisions, you need accurate and up-to-the-minute information on the disaster or emergency in your area. Learn what disasters and hazards could affect your area and make sure you have a plan and practice it regularly with your family and networking group.

Please Get Informed

- Go to CAAlerts.org and sign up for free emergency alerts today.
- Dial 211 for a list of Covid-19, Homeless Services, Special Programs, Colling centers, and a list of other family and children resources.

- Watch or listen to local news for reports on disasters and response efforts.
- Radio stations will also broadcast updates through the Emergency Alert System.
- You can find the name of your County's Emergency Radio Station at Local Radio Stations for Emergency Alerts.
- Make sure you follow reliable resources such as Cal OES, Fire, and law enforcement agencies.

For Addition Online Support

1. Sign up for earthquake alerts at MyShake app.
2. Go to News.caloes.ca.gov for the latest emergency/disaster information.
3. For information about current wildfires, power shutoffs, shelters, and road closures, go to Response.ca.gov.
4. You can also go to Ready.gov for safety information for individuals and families.

PACK YOUR GO BAG/BACKPACK



A Go Bag or Backpack should include all the critical items you will need if you are ordered to evacuate. You should have your Go Bag/Backpack ready to go, and packed in advance of an emergency. You want to make sure your Go Bag/Backpack is ready whenever a disaster strikes. Here is a list of items and supplies that your Go Bag/Backpack should have inside

- Be sure to include important documents including copies of identification and insurance cards.
- Be sure to pack a copy of your contact lists and make sure you have a map.
- In case your cell phone does not work, make sure your map is marked with all the evacuation routes.
- Be sure to include your list of family, friends, neighbors, and important contacts.
- Make a list of your medications, including all prescriptions taken by you and family members. Also include the names of your doctors and pharmacists.

Bring Some Cash (small denominations)

- If there is a power outage, your credit card or bank cards will not work and you will not be able to get any cash from the bank.

Things You Should Grab and Go

- Keys, wallet, purse, and items that you use daily
- Cell phone, your laptop or tablet, and your chargers

- Does not forget to grab a flashlights and take a portable radio with you
- First-aid kit, extra eyeglasses, small medical devices, dentures, toothbrush, etc.

Go Bag Tips for People Who are Deaf or Hard of Hearing

- Pack a weather radio with text display and a flashing alert.
- Keep extra batteries or a portable battery charger for hearing aids or cochlear implants.
- Be sure to pack a pen and paper to communicate with someone who does not know sign language.
- Be sure to pack extra charging cords and backup batteries.
- Install smoke alarms that give signals that can be both seen and heard.
- In addition, if you are hard of hearing or deaf, you should consider carrying a pre-printed copy of key phrases, such as “I speak American Sign Language.”

Go Bag Tips for People who are Blind or have Low Vision

- Mark emergency supplies with Braille labels or large print.
- Keep a list of your emergency information on a portable flash drive or make an audio file and keep it in a safe place.
- Keep your communication devices in your emergency supply kit.
- Consider packing extra eyeglasses or magnifying devices.
- You should also consider taking your service animal or pets and plan for food, water, and supplies. Some shelters only allow service animals.
- If you use a cane, keep extras at work, home, school, etc.
- You should also include gloves and sturdy shoes inside your kit.

Go Bag Tips for People with Speech Disability

- Carry an instruction card on how to communicate with you if your equipment or assistive devices are not working. This may include laminated cards with phrases and/or pictograms.
- If you use augmentative communication devices, plan how you will evacuate with them.
- Keep model information of assistive equipment.
- Keep a pen and paper or whiteboard and marker with you.

Go Bag Tips for people with a Mobility Disability

- If you use a power wheelchair, have a lightweight manual chair available as a backup, if possible.
- If you use a power wheelchair or other powered device, pack your charging cords.

- Keep a patch kit or sealant for flat tires and other necessary tools like a portable air pump.
- Keep an extra mobility device, such as a cane or walker, if you use one.

Go Bag Tips for Individuals with Sensory Disabilities

- Keep an electronic device with movies or games.
- A small pop-up tent can be used to decrease visual stimulation in a busy room or to provide privacy.
- Pack headphones to decrease auditory distractions.
- Keep a pair of dark glasses to assist with visual stimulation.
- Include items to ease anxiety-like fidget toys, chewable jewelry, stress balls, or bubbles, all of which can help to distract as well.

Go Bag Tips for Individuals with Developmental Disabilities

- Keep handheld electronic devices charged and loaded with videos and activities.
- Purchase spare chargers for electronic devices and keep them charged.
- Include sheets or a small pop-up tent to decrease visual stimulation and noise in a busy environment.
- Consider a pair of noise-cancelling headphones to decrease auditory stimuli.
- Identify trusted allies to rely on in a disaster.
- Practice your plan to build confidence and feel safe.

Go Bag Tips for Individuals who Require Medications

- You should try to maintain at least a week’s supply of prescription medicines.
- Keep a list of all medications, dosage, and allergies.
- Keep a copy of your medical information including a list of your prescriptions and prescribers.

BUILD YOUR HOME STAY BOX



If a disaster requires you to stay in your home, a Stay Box can help meet your needs during an emergency. Your Stay Box should include basic, cost-efficient, resources that you can set aside or store in case of an emergency. Some important items can include flashlights, and extra batteries. If the power is out, avoid candles! They are a fire hazard and can be extremely dangerous if there has been a gas leak from the disaster.

Store Water Bottles

You want a gallon of water for each person in your home per day. Pick up water at the store every few weeks to avoid large up-front costs. Store your water in a cool, dark place.

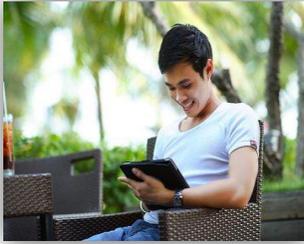
Storing Food Items

You know what your family likes to eat, so stock up on those foods. Think about what you could eat if there was no power and build up your food supply a little at a time.

Important Items to Store

Set aside items such as extra formula, diapers, supplies for health needs, pet food, toothpaste, soap, masks, and other common daily used items.

HELP FRIENDS AND NEIGHBORS GET READY



California Emergency managers, firefighters, law enforcement, and emergency responders do an incredible job of keeping our community safe, but they cannot get everyone at once. This is why it is very important to connect with your community and communities need to stick together and develop/prepare strategies to implement in case of an emergency or disaster.

- Speak with your neighbors, talk with them about what they might need to survive, and if they may be willing to help if needed.
- Ask yourself, who is home at your house during the day?
- Ask yourself, who is at home in your neighborhoods that might be available to help you during the day, at night, or on a weekend?
- Ask yourself, who in your neighborhood might need help?

How to become more Community Preparedness

Becoming more prepared for an emergency is easier than you might think. Many service groups exist and may be operational in your area. Connecting with local emergency management and with groups such as Citizen Corps Councils, USA on Watch teams, Community Emergency Response Teams, etc., can help you to prepare and assist others too.

DISASTER PREPAREDNESS ADDITIONAL RESOURCES



Additional Resources to Help You Prepare Safely

1. LISTOS and Disaster Ready Guides
[Disaster Ready Guide \(listoscalifornia.org\)](https://listoscalifornia.org)
2. LISTOS California Emergency Preparedness Interactive Online Course
[Listos CA Disaster-Ready Course \(listoscalifornia.org\)](https://listoscalifornia.org)
3. Cal OES Office of Access and Functional Needs
[Access & Functional Needs | California Governor's Office of Emergency Management](https://www.caloes.ca.gov/office-of-access-and-functional-needs)
4. Disability Disaster Access Resources
[Disability Disaster Access & Resources – A program of the California Foundation for Independent Living Centers](https://www.calfoundation.org/disability-disaster-access-resources)
5. Emergency Communication Plan
[National Emergency Communications Plan | CISA](https://www.cisa.gov/national-emergency-communications-plan)
6. Transit Commuter Emergency Communication Plan
[Community Emergency Plan \(ready.gov\)](https://www.ready.gov)
7. Video Explainer for Emergency and Disaster
[VIDEO EXPLAINER: Emergency Services and Disaster Resilience Prioritized in Governor Newsom's Budget | Cal OES News](https://www.caloes.ca.gov/newsroom)
8. Planning and Preparedness Video
[Planning & Preparedness | California Governor's Office of Emergency Management](https://www.caloes.ca.gov/office-of-access-and-functional-needs)
9. California Office of Emergency Services (Cal OES) Website
[California Governor's Office of Emergency Management | California's Emergency Management Leader](https://www.caloes.ca.gov)
10. Watts Community Development Corporation at <https://www.WattsCommunity.org>