



In Case of an Emergency Basic Emergency Preparedness Supply Kit Recommendations

Do you know what to do in the event of an emergency?

Did you know you can download a copy of the Emergency Procedures from the Documents / Rules & Regulations tabs of Luma's website - www.lumahoa.com that explains the basics as it applies to high-rise living? You can also find a copy in your Welcome Guide. For more information on how you can prepare for an emergency or natural disaster, please visit these websites: www.fema.gov or www.redcross.org or www.lafd.org.

Do you know what supplies you might need?

For your convenience, the Association has created a checklist to help you build your own basic emergency preparedness supply kit to store in your unit. A similar supply kit can also be stored in your car and at your work place – because you never know when a disaster will strike. It is recommended you store these items in an easy-to-carry container, such as a backpack or duffle bag, in case a quick evacuation of the building became necessary.

Please note, the Luma's Board of Directors (Association) maintains a 3-day supply of emergency water, sanitary (solid bio waste) waste bags and basic medical emergency supplies. Although the Association maintains these supplies, there could be many reasons they may not be available - containers damaged or not accessible due to debris strikes, fire damage, spillage or contamination to name a few. For those reasons and others the Board of Directors recommends all residents take necessary steps to secure enough emergency supplies for no less than 3-days. However, planning for additional days may be safer and provide peace of mind for you and your family. Please note, based on recent events some experts are recommending no less than 14 days.

The following is a brief and minimal list of emergency items that should be purchased, maintained and safely stored in your unit. It is not meant to be a complete list but it is representative of the basics and a great start to build the best kit for you and your family.

- ✓ At the very least you should have a three-day supply of bottled water. You need minimally one gallon of water per person per day. A normally active person will need one-half gallon of water daily, just for drinking. Store water in sealed, unbreakable container. Mark the date the water was stored and replace every six months.

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- ✓ Store at least three-day supply of non-perishable food. Because utilities will most likely not be available select foods that require no refrigeration, preparation or cooking and little or no water such as canned goods and energy bars. Select food items that are compact and lightweight. Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content. For canned goods store a non-electric can opener.
- ✓ Assemble a first aid kit for your home and one for each of your vehicles. You can contact the American Red Cross to obtain a basic First Aid manual and or kit at www.redcross.org.
- ✓ An extra pair of glasses.
- ✓ Blankets or sleeping bags.
- ✓ Include at least one complete change of clothing and sturdy footwear per person. Also, be sure to have plenty of sanitation supplies on hand - such as toilet paper, personal hygiene items, disinfectant and garbage bags for several days.
- ✓ You would also need basic tools such as flashlights, battery-operated radio or TV, a non-electric can opener, a compass, local map, extra batteries, etc.
- ✓ Doors could become jammed shut after an earthquake, becoming impossible to open by hand. It is recommended you store a crowbar/prybar inside your unit to pry open doors.
- ✓ Remember family members with special needs, such as infants and elderly or disabled persons. Be sure to always have extra formula, diapers, etc. on hand for babies. Remember to keep all prescription medications, dentures, eye care or hearing aid supplies well-stocked and available.
- ✓ You should have copies of important family documents, personal identification, list of family physicians, the style and serial number of medical devices such as pacemakers, account information, insurance documents, credit cards and cash in small denominations on hand. Extra set of car keys.
- ✓ Finally don't forget to store supplies for your pets.