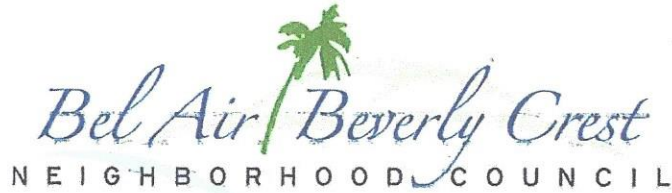


## Attachment "E"



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### HAVE A PLAN, KNOW WHERE SUPPLIES ARE

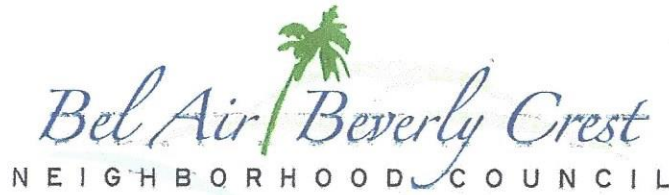
#### Supplies (for 3 days minimum):

- Water (1 gal per person per day)
- Canned food, manual can opener
- Sturdy shoes
- Emergency radio, batteries, flashlights
- Analog telephone/cell phone/charger
- First aid supplies
- Prescription drugs for 3 days and eyeglasses
- Emergency cash in small bills (ATMS/credit cards may be down)
- Establish family meeting place
- Establish out-of-town contact for family check-in
- Identify neighbors who are doctors, vets, nurses, CERT/CPR-trained volunteers
- Wrench for gas turn-off
- Sanitation supplies for outdoors if needed

#### Fire coming:

Fire spreads at lightning speed: Laurel Canyon to 405 in 20 minutes

- Decide fight (if no time to evacuate) or flight
  - **Dig in if necessary**
    - Where is your nearest safe/brick home
    - Make a plan and do not panic
    - Close outside doors, windows and turn on radios/TVs
    - If fire contained inside, close doors to prevent spread
    - Have alternate escape plan if house on fire
  - **Flight**
    - family, pets/carriers, keys and purse/wallet
    - any important personal belongings ready (you list)
    - shoes (be prepared for traffic, to run on foot)

  
NEIGHBORHOOD COUNCIL

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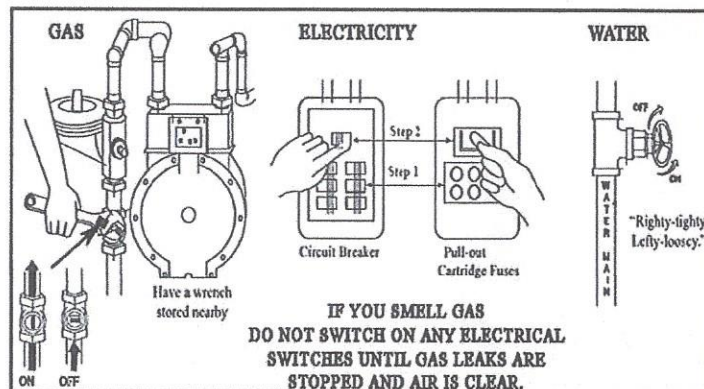
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### Prepare for an Earthquake:

- Bolt heavy furniture to walls (particularly TVs and mirrors)
- Plan/practice how/where to exit home
  - Duck, cover and hold
  - Under sturdy table, desk or against inside walls
  - Away from glass, books, cabinets or heavy objects
  - Note objects near exit path
- Have shoes/bathrobes/go bag near bedroom exit
- Keep flashlights, tools, med supplies close for outdoor access
- Make a list of what you want to take with you if you have to leave and keep by front door or exit

### Think Ahead

- Beware of aftershocks...duck, cover and hold
- Do not ignite any gas leaks...strap hot water heater
- Clothes on fire - DO NOT RUN: stop, drop & roll
- Review CPR techniques (for those trained)
  - Check pulse, open airways before beginning chest compressions at speed of the song "staying alive" or "another one bites the dust"
- Bleeding - elevate with direct pressure for most wounds
- Have neighbor list printed with doctors, nurses, CPR grads
- Have off-site and/or cloud storage of important docs, pictures, etc.
- Make a communication plan and share it.
- Tell others if leaving home.
- Police and medical emergency services might not be available.
- You could be on your own for days or even weeks. Stay calm.





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 310 452 3352  
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**Estimate**

ADDRESS
Bel Air Beverly Crest
Bel Air Beverly Crest
310 968 0605

SHIP TO
Bel Air Beverly Crest
Bel Air Beverly Crest
310 968 0605

ESTIMATE #	DATE
1128	10/23/2019

ACTIVITY	QTY	RATE	AMOUNT
Print Printing Emergency Preparedness Card 3.75 x 8.5 Imprint 1/1 Stock Cosmic Orange 5 MI Lamination 1/8 Lamination Border	1,200	0.79	948.00T

SUBTOTAL 948.00  
 TAX (10.25%) 97.17  
**TOTAL \$1,045.17**

Accepted By

Accepted Date

# magnets.com

430 Communipaw Ave, Suite 3B, Jersey City, NJ 07304  
toll free 866.229.8237 | fax 201.792.7244

## QUOTE

Quote	QTE 16159
Date	03/17/2020
Provided By	JAD
Valid Until	05/16/2020

**Quote Prepared for:**

**Ellen Evans**

Ellen Evans

(310) 271-0573

eevans@babnc.org

Item Number	Description	Thickness	Quantity	Unit Price	Total
11C32301	3x8 Rectangle Shaped Door Hanger	14 pt	1,200	\$0.400	\$480.00
SHIPPING	Shipping: to be advised		1	\$0.000	\$0.00

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- - Online proofs available at no additional charge. Please contact Customer Service for other proof options and charges.

**Terms**

- Payment in full at time of design proof approval.
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**Comments**

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