

# City of Los Angeles

## Wants you to be Prepared

### WHAT YOU CAN DO AS AN INDIVIDUAL

#### Create a Personal Plan

In order to help others you must first be able to help yourself.

- Know your strengths and weaknesses.
- Seek out information and education.
- Attend emergency preparedness trainings such as Community Emergency Response Team (CERT), Neighborhood Preparedness Ambassador Program, and Crisis Response Teams (CRT), and learn CPR/First Aid.
- Prepare an emergency kit for your home, car, work or school.
- Volunteer today by joining your local American Red Cross, Fire Safe Council and other volunteer organizations in your area.

#### Have a Family Plan

- Seek out information and education.
- Discuss and Practice what you will do.
- Attend emergency preparedness trainings such as Community Emergency Response Team (CERT), Neighborhood Preparedness Ambassador Program, and Crisis Response Teams (CRT), and learn CPR/First Aid.
- Prepare emergency kits for your home, car, work or school.

#### Help Develop a Plan for your Community

- Know the Resources and Assets in your community.
- Communicate with and work at educating your neighbors.
- Join Citizen Corps, which actively involve stakeholders in making the community safer.
- Become active in your Neighborhood Council.

### WHAT YOU CAN DO AS A NEIGHBORHOOD COUNCIL (NC)

#### Act as a conduit of Information

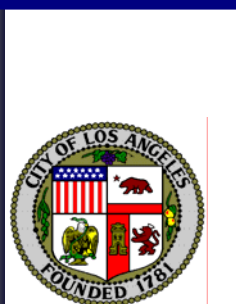
- Help distribute information about available community resources and assets.
- Help distribute information about emergency preparedness.

#### Lead by Example

- Attend emergency preparedness trainings such as Community Emergency Response Team (CERT), Neighborhood Preparedness Ambassador Program, and Crisis Response Teams (CRT), and learn CPR/First Aid.
- Learn and provide information to stakeholders about resources such as amateur radio operators.
- Help stakeholders gain valuable information and education about emergency preparedness.
- Host trainings such as CERT for stakeholders to attend.

#### Make Emergency Preparedness a Priority

- Create an Emergency Preparedness or Public Safety Committee.
- Discuss emergency preparedness on Neighborhood Council agendas.
- Encourage stakeholders to attend community emergency preparedness fairs.
- Host emergency preparedness activities for stakeholders.



For More Information, contact: The Department of Neighborhood Empowerment  
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