



Laguna Woods Village®

HANDOUTS
SHELTER
IN
PLACE



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Where to Find Disaster Supplies

Many retailers offer survival tools and ready-made disaster kits. This list is neither exhaustive nor an endorsement, but it can give you a head start in your research.

Online Retailers

- **Amazon.com:** Survival tools, emergency supplies, portable charger power banks
- **BlueCanSales.com:** Emergency drinking water with a 50-year shelf life
- **EmergencyKits.com:** Emergency supplies and kits
- **Kidde.com:** Home safety, fire extinguishers, escape ladders
- **MaydaySupplies.com:** Emergency supplies and kits
- **MorePrepared.com:** Survival kits and emergency supplies
- **4Patriots.com:** Survival food and products (foods may need a cooking source), solar panels and generators
- **PreparedHero.com:** Emergency fire protection and safety products

Local Retailers

- **Big 5 Sporting Goods:** 24314 Swartz Drive, Lake Forest, 949-951-6311, big5sportinggoods.com
- **The Home Depot:** 24332 El Toro Road, Laguna Hills, 949-598-9171; 23651 El Toro Road, Lake Forest, 949-206-0113; homedepot.com
- **REI:** 24271 Avenida de la Carlota, Laguna Hills, 949-741-7838, rei.com
- **Turner's Outdoorsman:** 23762 Mercury Road, Lake Forest, 949-523-6370, turners.com



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Resident To-Go Bag

If you must leave your home or evacuate the area, include the following in a to-go backpack:

1. Windup AM/FM radio/flashlight combo (batteries not required)*
2. One- to three-day food bar
3. Water (observe expiration date)**
4. Survival blanket
5. Rain poncho
6. Heavy gloves (garden type)
7. Pocketknife
8. One- to 10-yard duct tape roll
9. One collapsible cup
10. Four-ounce hand sanitizer bottle
11. Light stick
12. Two face masks
13. Whistle
14. Tissues
15. Matches
16. Small first aid kit
17. Wipes
18. Change of clothes
19. Shoes
20. Medications and bandages
21. Nutrition bars
22. List of important phone numbers (printed)
23. Hygiene products
24. Smartphone/cellphone charger

*Windup radios are not very reliable. Consider also packing a battery-operated radio.

**Consider purchasing Blue Can water, which has a 50-year shelf life.



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Prepare a Disaster Supply Kit

Minimum number of supplies:

- **WATER:** One gallon per person per day
- **FOOD:** At least three-day supply of nonperishable packaged food, canned foods, can opener, food bars
- **MEDICATIONS:** Prescription and over-the-counter medicine
- **EYEGASSES:** Store an extra pair
- **PORTABLE BATTERY PACKS AND PHONE CHARGER:** Chargers for electronic devices such as lights, radios, laptop, phone chargers for smartphones/cellphones
- **RADIO:** Battery powered is best, extra batteries or a windup radio
- **LIGHTS:** Flashlights and extra batteries, light sticks
- **NOISE MAKER:** Whistle is best or anything that can be heard from a distance
- **CLOTHES:** Change of clothes, shoes
- **HYGIENE:** Toothbrush, toothpaste, soap, wash cloth, towel, toilet paper, tissues, sanitizing wipes, gloves, comb, hairbrush
- **TOOLS:** Pocketknife, multi-tool device
- **MONEY:** Small denominations, such as \$1, \$5, \$10 and \$20 bills

Digital Preparedness

Emergency Alerts

- Activate phone alerts
- Register for Laguna Woods CodeRED
- Register for AlertOC

Set up Medical ID on Phone

- Emergency contacts
- Your allergies
- Medical conditions
- Medications
- Blood type

Print Important Numbers

- Your Info
- Your allergies
- Medical conditions
- Medications
- Blood type
- Local contacts
- Next of Kin contacts
- Out-of-state contacts

Learn To Do the Following on Phone

- Take a screenshot
- Take photos and videos
- Use the Notes app or Google Keep app
- Scan documents
- Call 911 on a locked screen
- Video chat

Learn To Text, NOT Talk

- Text a message
- Text a photo
- Text a screenshot
- Text a video
- Text a web link

Prepare Shelter-in-Place Bag

Prepare Go Bag

Activate Cloud Storage and Scan Important Documents

- Advanced Directive, will, living trust, power of attorney
- Birth certificates, marriage license, titles or deeds, insurance policies, funeral arrangements, etc.
- List of financial accounts
- List of passwords
- List of contacts
- List of medication
- Photos and videos



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Shelter-in-Place Presentation Survey

Thank you for attending our training session. Please take a moment to fill out this survey to help determine the content of future training.

Was this program helpful? Circle one: Yes No

Please share your comments and/or suggestions (name optional):

NAME _____

ADDRESS _____

PHONE _____

EMAIL _____

NEAREST CLUBHOUSE _____

I am interested in being a volunteer for (circle all that apply):

Clubhouse Disaster Team

Clubhouse Coordinator

Good Neighbor Program

If you need assistance securing your documents or adding emergency information into your phone, please see Annie Wright at the Mac computer lab located on the third floor in the Community Center at 24351 El Toro Road, 949-268-2263.