Be Ready: My Emergency Plan

New Horizons South Bay · Torrance. Fill this in, keep it with your go-bag, and give a copy to family.

Zone TOR-D6A **This is our evacuation zone.** If an alert, TV or radio report names TOR-D6A, it means us. Follow the instructions: stay put or leave.

About me

Name: _____ Phone: _____

Building #: _____ Access #: _____

My Area Captain: _____ Area Captain phone: _____

If I need help leaving my home, I would need: _____

My people

Family contact: _____ Phone: _____

Out-of-area contact: _____ Phone: _____

Neighbor I check on: _____ Neighbor who checks on me: _____

Doctor: _____ Pharmacy: _____

Spare key is with: _____ Pet name and vet: _____

Our meeting spot if we can't go home: _____

My medicines and health

Medicines and doses: _____

Allergies, conditions, devices (oxygen, hearing aids, walker): _____

Numbers to keep

Fire, medical, crime happening now	**911**
Torrance Police non-emergency	**310-328-3456**
Torrance Fire non-emergency	**310-781-7042**
City Disaster Hotline	**310-618-2320**
PMP 24-hour building emergency (no one hurt: leak, power, gate)	**310-694-0600**
Neighborhood Watch	**NHSBWatch@gmail.com**

Get City alerts: sign up for TorranceAlerts (see the Be Ready page)

Be Ready: My Checklist

Check each box as you finish it. Do a few each week.

Get informed

- [ ] Signed up for TorranceAlerts
- [ ] Signed up for Alert LA County
- [ ] MyShake app on my phone
- [ ] I know our zone: TOR-D6A
- [ ] My Area Captain knows how to reach me
- [ ] I know 2-1-1 helps with food and shelter

My go-bag (by the door or in a closet)

- [ ] A week of medicines and a printed list
- [ ] Water, 1 gallon per person per day (3 days)
- [ ] Food for 3 days, no cooking; hand can opener
- [ ] Spare glasses, hearing aid batteries
- [ ] First aid kit
- [ ] ID, insurance, medical info in a waterproof bag
- [ ] This plan and our Disaster Information Card
- [ ] Paper map of our area
- [ ] Flashlight and extra batteries
- [ ] Battery or crank radio
- [ ] Phone charger or battery pack
- [ ] Small bills and coins
- [ ] Whistle to call for help
- [ ] Warm blanket
- [ ] Change of clothes and sturdy shoes
- [ ] Wipes, trash bags, toothbrush, soap
- [ ] Pet food, water, leash and carrier

When the ground shakes

Drop
where you are, before you fall.

Cover
your head and neck. Under a table if you can.

Hold on
until the shaking stops.

In bed: stay there and cover your head with a pillow. Walker or wheelchair: lock the wheels, bend forward, cover your head and neck.

Make my home safer

- [ ] Shoes, glasses and flashlight by my bed
- [ ] Tall furniture and TV strapped to the wall
- [ ] Heavy things moved to low shelves
- [ ] Smoke alarms tested; fire blanket in kitchen
- [ ] Pets Alert sticker on a front window
- [ ] Know: turn off gas only if you smell it

After an emergency

- [ ] Check myself, then neighbors, for injuries
- [ ] Stay away from downed wires and gas smells
- [ ] Text family; texts get through busy lines
- [ ] Check in with my Area Captain
- [ ] Take photos of damage for insurance
- [ ] Follow City alerts before going back inside

More guides: nhsbwatch website, Be Ready page. Sources: Torrance OES, FEMA Ready.gov, CA Dept. of Aging, Red Cross.

Not an official City or HOA publication