



EMERGENCY BAG CHECK-LIST

1. People, pets, & papers
2. Phone numbers & important documents
3. Prescriptions, vitamins, & eyeglasses
4. Pictures & irreplaceable memorabilia
5. “Plastic” (credit cards, ATM cards) & cash

EVACUATION SHELTERS

Pasadena Convention Center (626) 793-2122 | 300 E. Green St., Pasadena

El Camino Real Charter High School (818) 595-7500 | 5440 Valley Circle Blvd., Woodland Hills

Westwood Recreation Center (310) 473-3610 | 10736 Laurel Canyon Blvd., Pacoima

Sepulveda Recreation Center (818) 892-0892 | 8825 Kester Ave., Panorama City

Arcadia Community Center (626) 574-5130 | 365 Campus Dr., Arcadia

Calico Fish House (562) 357-4012 | 16600 Pacific Coast Highway, Huntington Beach

Jazzercise Calabasas Community Center (818) 880-2993 | 27040 Malibu Hills Rd., Calabasas

Ritchie Valens Recreation Center (818) 834-5172 | 10736 Laurel Canyon Blvd., Pacoima

Northridge Park (818) 349-7341 | 10120 Reseda Blvd., Northridge

Sepulveda Recreation Center (818) 893-3700 | 8825 Kester Ave., Panorama

Dream Center (213) 273-7000 | 2301 Bellevue Ave., Los Angeles

Pan Pacific Recreational Center (323) 939-8874 | 7600 Beverly Blvd., Los Angeles

Airbnb.org is offering free, temporary housing for individuals displaced by the Los Angeles wildfires in collaboration with 211 LA. [Click here](#) for more information.

ANIMAL SHELTERS

Los Angeles Equestrian Center (Large Animals) 480 W. Riverside Dr., Burbank

Pierce College Equestrian Center (Large Animals) 7100 El Rancho Dr., Woodland Hills

Rose Bowl Stadium (Large Animals) 1001 Rose Bowl Dr., Pasadena

Agoura Animal Care Center (Small Animals) 29525 Agoura Rd., Agoura Hills

Pasadena Humane Society (Small Animals) 361 S. Raymond Ave., Pasadena

Castaic Animal Care Center 31044 Charlie Canyon Rd., Castaic



Lancaster Animal Care Center 5210 W. Ave. I, Lancaster

Palmdale Animal Care Center 38550 Sierra Hwy., Palmdale

@comptoncowboys is offering horse-hauling emergency assistance

MEDICATION

Emergency Prescription Refills: Under California law, pharmacies in disaster areas can provide an emergency 30-day supply of medication. You can contact your pharmacy even if you don't have your prescription bottle.

Contact your Doctor: Request an emergency prescription from your prescribing doctor, or consider using telemedicine services to obtain a short-term prescription.

Emergency Shelter: Shelters typically have medical professionals available to assist with medication needs. Be sure to inform shelter staff about your specific requirements.

American Red Cross: +1 (800) 733-2767 | Medical supplies and prescriptions are accessible for individuals impacted by disasters.

Health Insurance Providers: Contact your provider to request waived restrictions, refill limits, or out-of-network fees during emergencies.

911 or Emergency Rooms: If you need life-sustaining medications, go to the nearest ER or call 911. Keep a list of your medications, dosages, and doctor, and use a pill organizer for emergencies.

HELPING KIDS COPE

Check in With Yourself First: Ensure you feel calm and grounded before discussing difficult topics with your child. Your ability to regulate your emotions will help your child feel safe and secure.

Maintain Open Communication: Encourage children to share their feelings, ask questions, and express concerns. Use open-ended questions to understand their perspective, such as, "What are you thinking about?" or "How are you feeling?".

Normalize and Validate Feelings: Let children know their feelings are valid and common. Use phrases like, "It's okay to feel scared," or, "Many people feel this way after something big like this happens."

Provide Simple, Honest Information: Share age-appropriate facts about the situation. Correct misinformation and reassure children of the steps being taken to ensure their safety.

Model Calm Behavior: Children often take emotional cues from adults. Demonstrating calm and collected behavior can help them feel secure, even during uncertain times.



Reassure Safety: Repeatedly remind children they are safe and discuss safety plans you have in place. Spend extra time with them, whether playing games or simply being present.

Address Their Fears: Talk openly about their worries, including fear of new fires starting or concerns for loved ones and pets. Reassure them of community efforts to manage the situation.

Limit Media Exposure: Reduce their exposure to media coverage of the wildfires, as repeated images and news can increase anxiety and stress.

Maintain Routines: Stick to familiar routines, including mealtimes, bedtime, and schoolwork. Structure and predictability provide a sense of normalcy.

Encourage Expression: Allow children to express their feelings through drawing, storytelling, or play. Young children might "play out" the events they've witnessed, which can help them process emotions

For Young Children (Preschool and Early Elementary):

- Offer extra physical comfort, like hugs and cuddles.
- Use simple words to explain the situation and address their worries.
- Be patient with temporary developmental regressions, such as clinginess or bedwetting.

For School-Aged Children:

- Encourage conversations about their feelings and correct any misunderstandings they might have.
- Be attentive to changes in behavior, like irritability or withdrawal. Provide reassurance and involve them in normal activities.

For Adolescents:

- Acknowledge their need for independence but remain available to talk.
- Help them channel feelings of helplessness or anger into constructive activities, such as volunteering or creative projects.

More Resources:

- [Age-Related Reactions to a Traumatic Event](#)
- [Talking to Children When Scary Things Happen](#)
- [Parent Guidelines for Helping Children Impacted by Wildfires](#)
- [Wildfires: Tips for Parents on Media Coverage](#)
- [Trinka and Sam: The Big Fire \(kids book\)](#)
- [Helping Youth After a Community Trauma](#)
- [After a Crisis: How Young Children Heal](#)