



## If You Need Assistance

### Call 211

211 LA can provide information on:

- Emergency shelter
- Food and water
- Medical needs
- Mental health support
- Reunification

Ask about availability of:

- Local Assistance Centers
- Multi-Agency Resource Center
- Disaster Case Management

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Check LA County websites:

- 🌐 [lacounty.gov/emergency](https://lacounty.gov/emergency)
- 🌐 [recovery.lacounty.gov](https://recovery.lacounty.gov)



## Protect Yourself

### Do's and Don'ts

#### DON'T:

- ❌ Don't rush
- ❌ No large upfront payments
- ❌ Avoid signing contracts or hiring contractors until you feel ready
- ❌ Don't share personal details with unverified parties

#### DO:

- ✅ Know your rights
- ✅ Do your research
- ✅ Seek advice from trusted sources
- ✅ Get 2 or more estimates
- ✅ Verify licenses



If something feels off, pause and ask for help.

# Disaster Recovery

## Quick Tips



**You are not alone**



**Take a deep breath**



**Start when you're ready**



**Recovery takes time**

Emergency  
Network  
Los Angeles

Voluntary Organizations  
Active in Disaster  
for LA County



## First 72 Hours

### **Focus:** Safety, Documentation, and Aid

- ☐ Find safe shelter
- ☐ Contact family/friends
- ☐ When safe to do so, take photos/video of damage
- ☐ Save receipts immediately
- ☐ Contact insurance and file claim
- ☐ Apply for disaster assistance (such as FEMA, Small Business Administration)
- ☐ Check for resources provided by local government and nonprofits

**Tip**

**Documentation protects your recovery.**



## First 2 Weeks

### **Focus:** Track Claims and Assistance

- ☐ Document all insurance conversations and request written confirmation
- ☐ Ask for 2 paper copies of insurance policy
- ☐ Follow-up on disaster aid
- ☐ Look into emergency support programs
- ☐ Seek stable housing opportunities
- ☐ Ask about Disaster Unemployment Assistance

**Tip**

**Even with insurance, follow up on aid and support programs.**



## Important Reminders

- ☒ Take photos before cleanup
- ☒ Keep and photograph all receipts
- ☒ Never sign contracts under pressure
- ☒ Read documents thoroughly and save a copy for yourself
- ☒ Beware of post-disaster scams
- ☒ Emotional and spiritual care is available if you need it

**To learn more about ENLA:**

