

Resolve 2B Ready

Be Prepared, not Scared!

Participate in the 2020 City of Beverly Hills "Resolve 2B Ready" National Preparedness Month

The City of Beverly Hills proudly announces its annual "Resolve 2B Ready" employee pledge campaign. This year's campaign is an opportunity to come together to showcase our collective efforts regarding preparedness. If you have not created and/or updated your emergency kits or plans, now is the time! Until a disaster happens, it's never too late!

It's easy to participate!



- ❖ Using the easy-to-use checklist on the back of this flyer, join the Office of Emergency Management by participating in a variety of preparedness activities throughout the month.
- ❖ Upon completion of the campaign, submit the "Resolve 2B Ready" Pledge Card below to your department emergency management representative.

Every city employee is encouraged to be prepared in the event of an emergency or disaster. Every employee that participates in this campaign will be entered into a drawing. At the end of the month, one employee from each department will be randomly chosen to win a prize!



DETACH PLEDGE CARD HERE



Resolve 2B Ready

Yes! I have participated in the City of Beverly Hills National Preparedness Month Campaign.

Signature: _____ Name: _____

Department/Division: _____ Email: _____

Please submit by September 30, 2020 to your department emergency management representative.

Resolve 2B Ready

Week 1: Disaster Planning During a Pandemic

Have you checked on / updated your emergency supplies since the pandemic started? Help us build a culture of preparedness in the City of Beverly Hills by staying prepared before, during, and after a disaster.

- Assemble and restock your Home, Car, and Work Emergency Supplies. Update and exercise your Preparedness Plan. Visit <https://beverlyhills.org/preparedness> for more information.
- Show us your face covering! Send a picture in your face covering to npm2020@beverlyhills.org for a chance to be featured on the Bevy.

Week 2: Mental Health in the Time of COVID-19

Has COVID-19 disrupted your routine or made everyday activities challenging? These changes can create feelings of stress, fear, and nervousness. While it's normal to experience these emotions, acquiring coping tips can help you manage your response to these feelings.

- Take care of your emotional health! [Taking care of your emotional health](#) will help you think clearly and react to the urgent needs to protect yourself and your family. Click the link to learn new, healthy ways of coping with stress.
- Do you have a favorite quote that helps you relax, maintain a positive attitude or be mindful? Submit your favorite quote to npm2020@beverlyhills.org.

Week 3: If You See Something, Say Something.

We all have a duty to keep our communities safe by paying attention to our surroundings and reporting suspicious activity.

- Take the Department of Homeland Security's "Do You Pay Attention to Your Surroundings?" challenge today! <https://www.dhs.gov/see-something-say-something/take-challenge>
- Did you know that the 5 major sports leagues (MLB, NBA, NFL, MLS & NHL) also promote "If You See Something, Say Something?" Show us your favorite sports team shirt or jersey! Send a picture in your team gear to npm2020@beverlyhills.org.

Week 4: Internet Safety

The internet allows us to keep learning, connect with friends, and family, and work remotely. Make sure you use the internet in a safe and secure way. Protect your passwords, protect your personal information, and monitor your household's online actions.

- Watch the City's DangerStoppers video and learn how to "Protect Your Identity" online. <https://vimeo.com/109728793>

**For additional information on any of the above items, please call
the Office of Emergency Management at 310-285-1021.**

