

# 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" community 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. Three winners will be picked at random to win a prize. Submit by September 30th to: City of Beverly Hills / Office of Emergency Management / 455 N. Rexford Drive, Beverly Hills CA, 90210.

Everyone in the community is encouraged to be prepared in the event of an emergency or disaster. For more information on emergency preparedness, visit [www.beverlyhills.org/preparedness](http://www.beverlyhills.org/preparedness) or call (310) 285-1021.



\*\*\*DETACH PLEDGE CARD HERE\*\*\*



## Resolve 2B Ready

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

Signature: \_\_\_\_\_ Name: \_\_\_\_\_

Contact #: \_\_\_\_\_ Email: \_\_\_\_\_

# 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! Post a picture in your face covering and tag the city on social media: Twitter @BeverlyHillsOEM, Instagram @CityofBevHills, Facebook @CityofBeverlyHills, for a chance to be featured on social media!

## 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? Post your favorite quote and tag the city on social media: Twitter @BeverlyHillsOEM, Instagram @CityofBevHills, Facebook @CityofBeverlyHills, for chance to be featured on social media!

## 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! Post a picture in your team gear and tag the city on social media: Twitter @BeverlyHillsOEM, Instagram @CityofBevHills, Facebook @CityofBeverlyHills, for a chance to be featured on social media!

## 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.**

