



BE AWARE. PREPARE.

Earthquake Preparedness for Your Family

Is your family and home ready for the quake?

Talk to your family. Take a look around your home. If a major earthquake struck today, would everyone know where the danger and safety spots were in each room? If family members were separated when the quake hit, would you know how to contact each other or where to go to be reunited? If you had to be self-sufficient for 72 hours or more, would you have enough food, water, and supplies to last? These are just a few of the questions you and your family need to discuss *now*, not after a damaging earthquake has occurred.

Many people ask, "How can you prepare for something as catastrophic as an earthquake?" The answer is information and action. Learn all that you can about how to safeguard your family and home. And then put that information into action *today*. Start now by reviewing this guideline with your family and making sure everyone is earthquake ready.

Before the quake:

- Decide on a location where your family will reunite if separated.
- Choose an out-of-state friend or relative whom family members can call after the quake to report whereabouts and conditions. Instruct each family member to always carry this phone number along with the change needed to make the call.
- Know the safe spots in each room: under sturdy tables, desks, or against inside walls.
- Know the danger spots: windows, mirrors, hanging objects, fireplaces, tall furniture.
- Conduct practice earthquake drills in your home. Physically place yourself in safe locations.
- Learn first aid and cardiopulmonary resuscitation (CPR) from your local Red Cross chapter or other community organizations.
- Keep a list of emergency phone numbers posted by all your phones.
- Learn how to shut off gas, water, and electricity in case the lines are damaged.
- Check chimneys, roofs, and wall foundations for stability. Make sure **your home is bolted** to its foundation. Call a licensed contractor if you have any questions.
- Secure water heater and appliances that could fall or move enough to rupture utility lines.
- Keep breakable and heavy objects on lower shelves; secure hanging plants and heavy picture frames or mirrors (especially those over beds). Arrange beds away from windows.
- Put latches on cabinet doors to keep them closed during shaking.
- Secure heavy or tall furniture (bookcases, cabinets) to the wall.
- Keep flammable or hazardous liquids such as paints, pest sprays, or cleaning products in cabinets or secured on lower shelves.
- Keep passageways free of furniture or objects that could block an exit or become a hazard.
- Keep a small survival kit in your car and keep your car's gasoline tank at least half-full at all times.

Keep emergency supplies on hand:

Plan to provide for your family's needs for at least 3 days. Store emergency water, food, sanitation supplies, a first aid kit (including a first aid guidebook), clothing, and flashlights in a dry, cool place.

For short notice evacuation, prepare a bag filled with emergency supplies. Keep the bag in an easily accessible place. Include such items as:

- Flashlight
- Extra batteries
- Bottled water
- Nonperishable foods like nutrition bars, dried fruits, or nuts
- Personal care supplies
- Critical medication including prescriptions
- Small portable radio
- Important personal information and papers
- Keep other, larger items stored near your emergency bag, such as sturdy shoes and get-away clothing.
- Check all emergency supplies on a regular basis.
- Date the food, water, and batteries and replace them at least every 6 months unless they are specifically designed for longer shelf life.

→ See the *During and After the Quake* section on reverse, check next week's flyer, *Earthquake Preparedness in Apartments and Mobile Homes*, and refer to the calendar of events issued at the beginning of April. The *72 Hours Earthquake Checklist and Planner* will be mailed to each employee later this month.

During the quake:

- If you're indoors when an earthquake occurs, stay there. Don't rush outside. Earthquakes last for only a few seconds. Remain calm and protect your head and face. Stand in a doorway, take cover under a sturdy table, desk or bed, or move to a corner or an inner wall or hallway.
- Stay away from tall furniture or pieces that can slide or topple. Also, stay away from windows, sliding and shower doors, mirrors, and chimneys.
- If you are outside, stay as far away from fallen electrical wires as possible. Immediately move to an open area away from high buildings, walls, windows, power lines, lamp posts, and trees.
- If you are driving, carefully pull over to the side of the road, stop, and stay inside. If possible, avoid overpasses and power lines. If you happen to be in a moving car and wires fall across the car, stop the car safely and remain inside. Do not open the door or touch the ground until a rescue crew has removed the electrical wires. The rubber tires will act as insulators. You could become a conductor for the electricity if you get out of the car.
- If in a highrise building, stay away from windows and outside walls. Get under a sturdy table. Avoid modular furniture. Do not use elevators.
- If in a crowded place, do not rush for doors. Move away from display shelves containing objects that could fall.
- Wherever you are when an earthquake occurs, follow the safety rules and *stay calm*.

After the quake:

- Wait until the motion has passed and be prepared for aftershocks. If you are not injured in the original earthquake, be careful not to injure yourself in the first few minutes following it. Think before you act and be on the lookout for hazards the earthquake may have created. Remain calm and reassure others.
- Check for injuries or trapped people and administer first aid. Do not move seriously injured persons unless they are in immediate danger.
- Check that your phone receiver is on its cradle. To avoid overloading the circuits, do not use the telephone immediately unless there is a serious emergency.
- Don't light matches or cigarettes. Extinguish all open flames.
- Check for gas and water leaks, broken electrical wiring, or sewage lines. If there is damage, turn utility off at the source.
- Check building for cracks and damage, including roof, chimneys, and foundations.
- Don't turn on electrical switches.
- If you hear or smell gas leaking, shut off gas at the gas meter using a wrench.
- Turn off all appliances.
- Turn off electricity at the main switch if you suspect power line damage.
- Fill a bathtub with cold water in case water service is disrupted.
- Close or turn off the inlet valve at the top of a water heater to prevent water contamination from main lines.
- Check on all family pets. Be sure they have been calmed and are safely contained as they may flee during the next aftershock.
- Clean up debris, broken glass, etc to prevent injury to yourself and others.
- Turn on a battery-operated radio for emergency bulletins. Cooperate fully with safety officials.
- Don't touch or move downed power lines. Stay as far away as possible.
- Don't use your car unless there is an emergency. The streets should be kept clear for emergency vehicles.

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