

## HANG THIS UP THINGS TO HELP YOU

You are responsible for your survival. Proper preparation includes the following items. We can't stop the next earthquake but we can be prepared to survive in a better way.

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### 4 BASICS DURING AN EARTHQUAKE

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#### 1. STAY CALM!

2. Inside: Stand in a doorway, or crouch under a sturdy table, desk, or next to a bed. Stay away from windows and glass.
3. Outside: Stand away from buildings, trees, telephone and electrical lines.
4. On the Road: Drive away from underpasses/overpasses; stop in a safe area; stay in vehicle.

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### BASICS AFTER AN EARTHQUAKE

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1. Check for injuries – provide first aid.
2. Check for safety – check for gas, water, sewer breaks, downed electrical lines. Turn off damaged utilities. **No matches or lighters should be used (and beware of any static discharge) until gas lines are checked and okay.** Check building for damage and potential safety problems such as wall/ceiling cracks, broken windows.
3. Clean up dangerous spills.
4. **Wear shoes.**
5. Turn on radio for instructions/information from public safety officials: FM 104.7,106.1; AM 920,1010,1140; Spanish 96.1.
6. Don't use the telephone except for emergency use.

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### SURVIVAL ITEMS TO KEEP ON HAND

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1. Portable radio with extra batteries.
2. Flashlight with extra batteries.
3. First Aid Kit – including specific medicines needed for members of your household (30 day supply).
4. First Aid Book.
5. Fire Extinguisher (gently rotate it once per month to keep the powder from compacting).
6. Adjustable wrench for turning off gas and water.

## FOLLOW THESE TIPS SURVIVE AN EARTHQUAKE

7. Smoke detectors properly installed; check batteries every month.
8. \$100 cash in small bills and coins.
9. **Bottled water** – sufficient for the number of members in your household for a week.
10. Canned and dried **food** sufficient for a week for your household. Note: both water and food should be rotated into normal meals to keep freshness. Canned goods have a normal shelf life of one year for maximum freshness.
11. Non-electric can opener.
12. BBQ grills using propane gas for cooking; keep propane filled. If there is a gas leak do NOT use! Charcoal can also be used if no gas leaks.
13. Matches.
14. Emergency telephone numbers: police, fire, doctor. Note: have a family member outside of our earthquake area as a central contact person for all of your family members. If you get separated this contact person can coordinate whereabouts of family members.
15. Copies of bank accounts, insurance policies, and other documents needed to prove ownership or provide access.
16. **Include food, medicine and other items for your pets.**
17. A bucket and plastic bags for human/pet waste disposal (toilets and sewers may not be working).

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### THINGS YOU NEED TO KNOW

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1. How to turn off gas, water, and electricity.
2. First Aid.
3. Plan for reuniting with your family (everyone may not be at home when the earthquake hits).
4. **The Neighbor Helping Neighbor plan of action at SRC (see other side of this page).**

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