

EARTHQUAKE PREPAREDNESS

BEFORE THE SHAKING STARTS -

Prepare Your Family:

- √ Know the safe spots in each room: Against inside walls, under tables, desks, or in supported doorways.
- √ Know the danger spots: Windows, mirrors, hanging objects, bookshelves, and fireplaces.
- √ Practice drills. Physically place yourself in safe locations. Have an evacuation plan and safe meeting place outside.
- √ Learn First Aid and CPR from the American Red Cross.

Prepare Your Home:

- √ Learn how to shut off gas, water, and electricity (but only if lines are damaged).
- √ Secure water heater and appliances that could move enough to rupture lines.
- √ Secure hanging plants and heavy picture frames or mirrors (especially over beds).
- √ Close drapes over windows at night.
- √ Put latches on cabinet doors to hold closed during shaking.
- √ Keep flammable or hazardous liquids such as paints, pest sprays or cleaning products in the garage or outside shed (out of children's reach).
- √ Maintain emergency supplies for a 72-hour period; i.e., food, water, and other supplies, including a flashlight, portable battery-operated radio, extra batteries, medications, first aid kits, fire extinguisher, clothing, emergency numbers, and copies of important documents.

DURING THE SHAKING -

- √ If indoors, stay there. Get under a desk or table, or stand in a doorway.
- √ If outdoors, get into an open area away from trees, buildings, and power lines.
- √ If driving, pull your car to the side of the road and stop. Avoid overpasses or power lines. Remain inside the car until the shaking is over.
- √ If in a high-rise building, stay away from windows and outside walls. Move to an interior wall or get under a table or desk. Do not use the elevator. Do not run outside.
- √ If in a crowded public place, do not rush for the doors or exits.

AFTER THE SHAKING STOPS -

- √ Check for injuries. Apply first aid. Do not move seriously injured persons unless in immediate danger.
- √ Do not use the telephone unless there is a severe injury or fire. Hang up telephone if off the hook.
- √ Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turn utilities off at the source.
- √ Check food and water supplies. Emergency water may be obtained from water heaters, melted ice cubes, toilet tanks, and canned vegetables.
- √ Turn on your portable radio for instructions and news reports. Cooperate fully with public safety officials.
- √ Do not use your vehicle unless there is an emergency. Keep streets clear.
- √ Be prepared for aftershocks. Don't panic, stay calm and lend a hand to others.