

DISASTER PREPAREDNESS FOR EARTHQUAKES

A. Preplanning for a disaster:

- Make a plan of your home to identify safe area's in your home such as a table, desk, corner, remember keep away from pictures and windows. Move beds away from pictures and windows.
- Keep drapes closed at night or anytime you are in bed
- Always think of two ways out of your home.
- Know the location of all your utility shutoff's and you and your family should know how to shut them off. Remember with electrical turn off the small breakers first than the main. Don't turn off the gas unless you smell gas. Test all shutoff's to make sure that the move a little.
- Turn off the electric service in any large quake.
- Secure your furniture, TV, appliance's and place heavy objects on lower shelves.
- Have a out of state contact person, and also a local contact person.
- Plug in a light that has a battery and will go if the power is off
- Store at least (1) gallon of water per person per day and enough food for at least 3 day's to use in case of an earthquake
- Store food & water for your pets
- Make a home disaster kit, which includes the following items, and place the kit if possible under your bed in a day pack
 1. Medicine for two weeks, extra glasses, batteries for hearing aids and extra cane if needed and sanitary supplies such as tooth brush toilet paper, etc
 2. Potable radio with spare batteries, flash light, spare batteries , extra shoes work type if possible, whistle, sweat shirt and pants, rain gear phone numbers, extra cash.
 3. Place a note book with your social security number, doctors number, type of health insurance, life insurance and policy numbers, allergies, blood type, and medication that you are taken, any specific medical condition, and physical limitations.

4. List the location of special items that you need such as glasses, hearing device, oxygen, dentures, monitors, mobility devices, sanitary supplies.
5. If there is room for family pictures, include them in the kit .
6. Tools such as screw driver, prying bar, adjustable wrench, also large plastic bags for sanitation.

- Keep at least 3/4 a tank of fuel in your vehicle.
- Remember to buddy up with neighbors to help each other out.
- Practice assisting each other down the stairwell.
- Learn some first aid and CPR
- Make sure your home is as earthquake safe as you can make
 - Check foundation to make sure it is bolted to house, in two story houses with a garage put plywood around corners next to garage door for shear protection
 - Chimney's either bracket them to roof or place plywood in attic area around chimney
- Have a escape ladder in every bedroom on the second floor
- Smoke & CO2 detectors
- Make a fire and earthquake evacuation plan for your home and practice it

B. When an Earthquake Occurs:

- DUCK, COVER AND HOLD (count up to 60 than check the area for damage). Breathe in your nose and hold it for a few seconds than slowly let the air out your month
- If you can't get under anything get down on your knees and put your arms over your head
- In bed cover your head with a pillow.
- In your car park in a safe area away from overpasses and high buildings, wires, and trees.
- Out doors stay there, move away from building, wires, street lights and trees.

- Be aware of after shocks don't run out of the building
- Leave only if it is unsafe
- If your home and you are OK hang a white towel out the front of your house. This will be use by the search & rescue team when you start a CERT program to triage the community

A. After an Earthquake

- Check yourself for injuries.
- Check your home for damage.(hold up a pen to check the vertical and horizontal lines of the doors walls and windows)
- If you smell gas shut off the gas value to the appliance if you can, or at the gas meter, If you don't smell gas leave the gas on
- Remember to turn off all electrical and gas appliances if you leave your home because you have to evacuate
- Don't use candles open flames or matches.
- If you hear arcing wires shut off the circuit breakers (Note: shut off power if you can anyway after a sever earthquake)
- Check for any water leaks.
- Then check your neighbors.
- Try to contact the out of state contact person.
- If you have to evacuate bring your evacuation kit with you and a sweater blanket or lap robe and be sure to unplug all appliances, then follow the directions of either the local PD or fire or the employees of your complex
- Make a evacuation plan for your home
- Develop a plan to access all emergency exits out of your complex, put a standard lock on the gates and give everyone a key to use them in case of an emergency if you live in a apartment or condo complex.
- Know how to shelter in place.
- Normally the local high school is used for a major evacuation.

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- Have a plan on how to reunite with your family
 - Check with your local school about their disaster plan and can they take care of your child until you or a designated person can pick them up.
 - If your child has special needs can the school take care of them.
- Develop a Community Emergency Response Team in your neighborhood by talking to all your neighbors.