## Earthquake Preparedness

# What to do? BEFORE AN EARTHQUAKE

#### Identify safe spots at home and work:

- Sturdy tables and desks
- Strongly supported doorways
- Small rooms and hallways
- Establish an out-of-area contact who can coordinate family members' locations and information in case you become separated.
- Make sure everyone in the home knows phone numbers and addresses.

## Prepare a family disaster supplies kit and keep one in your home and one in your car:

- Flashlight
- Batteries
- Radio
- Water
- 3-day supply of non-perishable food
- Medicine
- An extra set of keys
- Extra clothes
- Take a first aid class from your local Red Cross chapter. Keep your training current.

#### Eliminate hazards in your home:

- Bolt bookcases, china cabinets and other tall furniture to wall studs.
- Remove any unsecured items hanging over beds. Don't hang a mirror over your bed.
- Install strong latches on cupboards.
- Strap the water heater to wall studs.\*

#### \*Reprinted with permission from FEMA

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#### TIPS FOR PET OWNERS

When preparing your home for an earthquake, don't forget to include your pets on the list. They will depend on you even more after an earthquake to take care of them and their needs.

#### Before an Earthquake

- Store enough food and water to last for 72 hours, preferably for one week. Prepare a shelter or evacuation kit for your pet, including an unbreakable dish, veterinarian records, a restraint (leash or pet carrier) and medication with instructions.
- Keep your pet's ID tag up-to-date.
- Make sure nothing can fall on your pet.
- Arrange for a neighbor to take care of your pet if you are not able to get home after an earthquake.

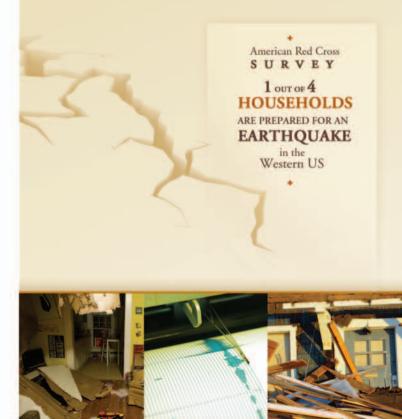
#### During and After an Earthquake

- Do not try to hold onto your pet during the shaking. Animals will instinctively protect themselves and hide where they're safe. If you get in their way, even the nicest pets can turn on you.
- Be patient with your pets after a quake.
   They get stressed just like people and need time to readjust. They may disappear for some time, but they generally show up again when things have calmed down.
- If you have outdoor pets, you should keep them indoors until the aftershocks have subsided and they have calmed down.
- If you must evacuate your home, leave your pet secured in a safe place.
- Pets will not be allowed at shelters. Be sure to leave plenty of clean water and food. If possible, visit your pet daily until you can return home.\*

According to the

### Southern California Earthquake Center,

there is a 60% chance of a 6.7 or greater earthquake occurring in Southern California.





# What to do? DURING AN EARTHQUAKE

#### Indoors

Take cover under a sturdy desk, table, or bench or against an inside wall, and hold on. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.

Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.

Stay in bed - if you are there when the earthquake strikes - hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.

Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, loadbearing doorway.

Stay inside until shaking stops and it is safe to go outside. Most injuries during earthquakes occur when people are hit by falling objects when entering into or exiting from buildings.

Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.

DO NOT use the elevators.\*

#### **Outdoors**

Stay there. Move away from buildings, streetlights, and utility wires. Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls. Most earthquake-related casualties result from collapsing walls, flying glass and falling objects.

In a moving vehicle, stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires. Proceed cautiously once the earthquake has stopped, watching for road and bridge damage.

If trapped under debris, do not light a match. Do not move about or kick up dust. Cover your mouth with a handkerchief or clothing. Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort, shouting can cause you to inhale dangerous amounts of dust.\*

#### Courtesy of:





# What to do?

Be prepared for aftershocks. These secondary shockwaves are usually less violent than the main quake but can be strong enough to do additional damage to weakened structures.

Open cabinets cautiously. Beware of objects that can fall off shelves.

Stay away from damaged areas unless your assistance has been specifically requested by police, fire, or relief organizations.

Be aware of possible tsunamis if you live in coastal areas. These are also known as seismic sea waves (mistakenly called "tidal waves"). When local authorities issue a tsunami warning, assume that a series of dangerous waves is on the way. Stay away from the beach.\*