

DURING AN EARTHQUAKE

When you feel an earthquake, duck under a desk or sturdy table. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants, and other heavy objects that could fall. Watch out for falling plaster and ceiling tiles. Stay under cover until the shaking stops. Hold onto your cover. If it moves, move with it. Here are some additional tips for specific locations.

- If you're in a **HIGH-RISE BUILDING**, and you are not near a desk or table, move against an interior wall, and protect your head with your arms. Do not use the elevators. Do not be surprised if the alarm or sprinkler systems come on. Stay indoors, glass windows can dislodge during the quake and sail for hundreds of feet.
- If you're **OUTDOORS**, move to a clear area, away from trees, signs, buildings, or electrical wires and poles.
- If you're on a **SIDEWALK NEAR BUILDINGS**, duck into a doorway to protect yourself from falling bricks, glass, plaster, and other debris.
- If you're **DRIVING**, pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over.
- If you're in a **CROWDED STORE OR OTHER PUBLIC PLACE**, do not rush for exits. Move away from display shelves containing objects that could fall.
- If you're in a **WHEELCHAIR**, stay in it. Move to cover, if possible, lock your wheels, and protect your head with your arms.
- If you're in the **KITCHEN**, move away from the refrigerator, stove, and overhead cupboards. (Take time NOW to anchor appliances and install security latches on cupboard doors to reduce hazards.)
- If you're in a **STADIUM OR THEATER**, stay in your seat and protect your head with your arms. Do not try to leave until the shaking is over. Then leave in a calm, orderly manner. Avoid rushing toward exits.

AFTER THE EARTHQUAKE QUICK-CHECK LIST

Be prepared for aftershocks, and plan where you will take cover when they occur.

- Check for injuries. Give first aid as necessary.
- Remain calm and reassure others.
- Avoid broken glass.
- Check for fire. Take appropriate actions and precautions.
- Check gas, water and electric lines. If damaged, shut off service. If gas is leaking, don't use matches, flashlights, appliances or electric switches. Open windows, leave building and report to gas company.
- Replace all telephone receivers and use for emergency calls only.
- Tune to the emergency broadcast station on radio or television. Listen for emergency bulletins.
- Stay out of damaged buildings.

FAMILY & HOME PLANNING

INDIVIDUAL & FAMILY READINESS

- Create a Family Earthquake Plan.
- Know the safe spot in each room.
- Under sturdy tables, desks, or against inside walls.
- Know the danger spots.
- Windows, mirrors, hanging objects, fireplaces, and
- Conduct practice drills.
- Physically place yourself and your children in safe location
- Learn first aid and CPR (cardiopulmonary resuscitation) from your local Red Cross or other community organization.
- Decide where your family will reunite if separated.
- Keep a list of emergency phone numbers.
- Choose an out-of-state friend or relative whom family members can call after the quake to report your condition.



HOME PREPAREDNESS

- Learn how to shut off gas, water, and electricity in case the lines are damaged.
- Check chimneys, roofs and wall foundations for stability.
- Secure water heater and appliances that could move enough to rupture utility lines.
- Keep breakable and heavy objects on lower shelves.
- Put latches on cabinet doors to keep them closed during shaking.
- Keep flammable or hazardous liquids such as paints, pest sprays or cleaning products in cabinets or secured on lower shelves.
- Maintain emergency food, water, medicine, first aid kit, tools and clothing.

COMMUNITY PREPAREDNESS

- Suggest that local organizations of which you are a member undertake a specific preparedness program or acquire special training to be of assistance in the event of a damaging earthquake.
- Participate in neighborhood earthquake preparedness programs.
- Attend training for neighborhood residents in preparedness, first aid, fire suppression, damage assessment and search & rescue.
- Develop self-help networks between families and your neighborhood through a skills and resources bank which includes a listing of tools, equipment, materials and neighborhood members who have special skills and resources to share.
- Identify neighbors who have special needs or will require special assistance.
- Have your neighborhood develop a secret signal to notify friends if everyone and everything is OK. Don't use obvious signals. This could identify vacant houses to criminals

FAMILY & HOME PLANNING

MEDICATIONS:

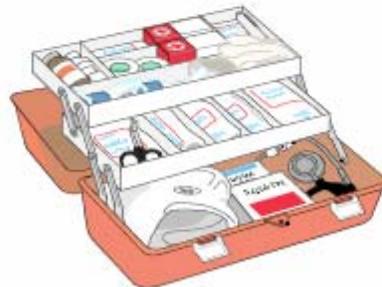
(Buy only currently dated stock, and rotate your supply. We recommend rotating stock at the same time you change your clocks for Daylight Savings Time)

- o Antibiotic ointment
- o Necessary medications (prescriptions, etc.)
Don't forget pediatric medications for the children.
- o Aspirin and/or pain relief medication
- o Diarrhea medication
- o Eye drops
- o Cold/cough medicine
- o Antihistamines (Benadryl)
- o Insect spray
- o Ear and nose drops
- o Hydrogen peroxide
- o Skin disinfectant spray
- o NOTE: Prescription medications are expensive and you don't want them to go bad in storage. Simply acquire one additional bottle of medication and store it in a cool dark place. Then use this bottle next when you run out. A newly purchased bottle will then go back into your emergency storage location.



MEDICAL MATERIALS:

- o Band-Aids, large and small
- o Medical latex gloves
- o Surgical mask
- o Instant cold and heat packs
- o Ace bandages
- o Butterfly bandages
- o Gauze pads, 4" x 4"
- o Cotton swabs
- o Adhesive tape 2"
- o 2" & 4" wide sterile bandage rolls
- o Triangular bandage for sling, etc. Use 48" unbleached muslin. Cut a 48" square then cut it diagonally to make two triangular bandages.
- o Tongue depressors (popsicle sticks)
- o Splint material
- o Spray bottle with 10% bleach solution for disinfecting objects.



DON'T FORGET! YOU SHOULD KEEP A COPY OF THE RED CROSS BASIC AND ADVANCED FIRST AID MANUALS WITH YOUR EARTHQUAKE SUPPLIES