



EARTHQUAKE PREPAREDNESS

It is recommended that you have supplies to be self-sufficient for up to **7** days in case of an earthquake.

SUGGESTED SUPPLIES AND EQUIPMENT:

FOOD

- Bottled water (at least one gallon per person per day for 3-5 days)
- Canned food, cookies, other snacks
- Foods for infants and the elderly
- Pet food

MISCELLANEOUS

- First Aid Kit
- Baby items (formula, diapers)
- Prescription medications for all
- Books, games and other entertainment
- Important papers (insurance policies, identification)
- Family photo

CLOTHING AND BEDDING

- Sturdy work shoes or boots
- Extra clothing
- Rain coat, hat and gloves
- Blankets and sleeping bags

TOOLS AND SUPPLIES

- Battery operated radio, flashlight, extra batteries
- Manual can opener
- Tool kit (hammer, nails, knife)
- Matches (waterproof container)
- Whistle, map, compass, rope
- Soap, toilet paper
- Cell phone, extra charger
- Cash and coins

PREPARE FOR AN EARTHQUAKE:

1. Identify safe spots in the building
2. Know where fire extinguishers are
3. Keep emergency kit filled and handy
4. List important phone numbers
5. Know home/work earthquake plan
6. Learn First Aid and CPR

DURING AN EARTHQUAKE:

When you feel an earthquake, duck under a desk, or sturdy table. Stay away from windows, unsecured furniture, hanging plants, and other heavy objects that could fall. Stay under cover until the shaking stops. Hold onto your cover: if it moves, move with it!



Are you in a **high-rise**? Do not use elevators. Stay indoors.

Are you **outside**? Move to a clear area away from trees, buildings, or poles.

Are you outside **near buildings**? Duck into a doorway to protect yourself from falling debris.

Are you in a **wheelchair**? Stay in it. Move to cover if possible. Lock wheels and cover head.

AFTER THE EARTHQUAKE CHECK LIST:

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

- Check for injuries. Provide first aid if necessary.
- Avoid elevators and 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, DO NOT use matches. Open windows, leave building and report to gas company.
- Leave note if vacating home and take emergency kit.