

Earthquake Survival

What to do before, during and after an earthquake and preparing an earthquake survival kit for Your home, automobile, and office.

WHAT TO DO

PREPARE YOURSELF AND YOUR FAMILY NOW

- Have an earthquake survival kit on hand.
- All family members should know how to turn off gas, water, and electricity.
- Plan family emergency procedures, and make plans for reuniting your family.
- Know emergency telephone numbers (doctor, hospital, police, 911, etc)
- Anchor heavy objects to walls (bookcases, wall units, mirrors, cabinets, etc.)
- Never place heavy objects over beds, and keep heavy objects lower than head height of shortest member of family.

DURING AN EARTHQUAKE STAY CALM

What should I do when the shaking starts?

- **Inside, stand in doorway, or crouch under a desk or table, well away from windows or glass dividers. If you're indoors, stay indoors and move as little as possible. Trying to leave a building during an earthquake is the most dangerous thing you can do, because objects are likely to be falling all around you. Find the safest spot in the room, and stay there until the shaking stops**
- Outside, stand away from buildings, trees, telephones and electrical lines. If you're outdoors, find a clear spot (away from buildings, trees, streetlights, and power lines), and drop to the ground until the shaking stops.
- On the road, drive away from underpasses and overpasses; stop in safe area; stay in vehicle. If you're driving, stop immediately and stay in the car if you seem to be in a safe place as described above. If you see hazards, drive slowly to a clear area, then remain in the car until the quake quits.

AFTER AN EARTHQUAKE

- Don't assume the shaking has ceased for good. Be ready for aftershocks, which can be strong enough to topple more objects and may even bring down weakened structures.
- Check for injuries-provide first aid.
- Check for safety-check for gas, water, sewage breaks; check for downed power lines and shorts; turn off appropriate utilities.
- Check for building damage and potential problems during aftershocks.
- Clean up dangerous spills.
- Wear shoes
- Turn on the radio and listen for instructions from public safety agencies.
- **Use the telephone for emergencies, only.**

Earthquake Survival Kits

SURVIVAL SUPPLIES:

- Water-2 quarts to 1 gallon per person, per day.
- First Aid Kit-ample, and freshly stocked.
- First Aid Manual-know how to use it.
- Food-canned or individually packaged;precooked, requiring minimum heat and water. Consider infants, pets, and other special dietary requirements.

- Critical medication, extra eyeglasses
- Can opener
- Blankets
- Radio-portable battery operated, spare batteries
- Critical medication and eyeglasses, contact cases and supplies
- Fire Extinguisher-dry chemical, type ABC
- Flashlight-spare batteries and bulbs
- Watch or clock-battery or spring wound. **COOKING:**
- Barbeque-use outdoors **ONLY**-charcoal and lighter, or Sterno stove
- Plastic bags- various sizes, sealable
- Pots-at least two
- Paper plates, plastic utensils, and paper towels **SANITATION**
- Large plastic trash bags- for trash, waste, water protection
- Ground cloth
- Large trash cans
- Hand soap, liquid detergent, shampoo
- Toothpaste, toothbrushes, dental floss
- Deodorant
- Feminine supplies
- Infant supplies
- Toilet paper
- Powdered chlorinated lime-to add to sewage to disinfect and keep away insects.
- Newspapers-to wrap waste, garbage; may also be used for warmth.

SAFETY

- Heavy shoes for every family member
- heavy gloves for every person cleaning debris
- candles
- Matches-dipped in wax and kept in waterproof container
- Knife-sharp, or razor blades
- Garden hose-for siphoning and fire fighting
- Clothes-complete change kept dry

TOOLS

- Axe
- Shovel
- Broom

- Crescent wrench- for turning off gas main
- Screwdrivers
- Pliers
- Hammer
- Rope or bailing wire
- Plastic tape
- Pen and paper

Mini Survival Kit for Automobile

- Non-perishable food-store in coffee cans
- Boiled water
- First aid kit and manual
- Fire extinguisher
- Blanket
- Sealable plastic bags
- Flashlight-spare fresh batteries and bulb
- Critical medication, extra eye glasses
- Tools-screwdriver, pliers, wire, knife
- Short rubber hose
- Pre-moistened towelettes
- Feminine supplies
- Sturdy shoes and gloves

*Your emergency supplies should be adequate for at least 72 hours (3 days).
A 10-day supply of water, food, and medicine is recommended*