



# ***Preparedness***

## **The 3 Step Guide**

- ① Make a Plan
  - Educate your children
  - Practice, Practice, Practice
  
- ② Get your Emergency Kits
  - Home - at the door
  - Vehicle - behind driver
  - Pet - with Home kit
  
- ③ Secure your home
  - Secure all furniture & appliances

## **Before an Earthquake**

- ✓ **Attach** a spare pair of glasses to your bed. During a quake glasses will fall off the side table.
- ✓ **Spare** pair of shoes at your bedside. The #1 injury during and after an earthquake is from walking across broken glass, sharp wood and ragged metal.
- ✓ **Identify** top-heavy, freestanding furniture that would topple in an earthquake. Likely pieces are tall bookcases, china cabinets, chests of drawers, shelving units, etc.
- ✓ **Check** your water heater is properly secured top and bottom with plumber's tape or a nylon strap? Is the tape/strap directly secured to the studs behind the wall?
- ✓ **Identify** heavy or breakable objects on high shelves in bookcase or cabinets, or on the top of dressers. Move these objects to lower locations.
- ✓ **Identify** all pieces of electronic equipment (computers, stereos, televisions, etc), small appliances (microwaves, toasters, etc), and other types of equipment (sewing machines, answering machines, etc) that may slide off their cabinet or countertops. Secure these items to their countertops with Velcro.
- ✓ **Identify** hanging plants, especially those in heavy baskets, and hanging lamps that are near windows. Ground movement may cause them to swing and fall and/or break the windows.
- ✓ **Identify** mirrors and heavily framed pictures that are located above beds, couches, etc. Relocate these items or securely mount them
- ✓ **Identify** latches on kitchen, bathroom and workroom cabinets that will not hold their doors securely closed during heavy shaking. Secure these doors by replacing their latches.
- ✓ **Identify** poisons, toxins or solvents in breakable containers that are located in high or dangerous locations. Move these items to lower locations. Keep them away from your water and food storage, and out of the reach of children.
- ✓ **Inspect** the foundation of your home. Make sure your home is properly bolted to the foundation, and that there are no exposed cripple walls.  
Bolted to the foundation            yes \_\_\_ no \_\_\_  
Exposed cripple walls            yes \_\_\_ no \_\_\_
- ✓ **Inspect** your chimney and roof for loose bricks and tiles that may be jarred loose in an earthquake. Determine whether plywood should be added to the attic to protect your home in case your chimney falls in an earthquake.  
Chimney            OK \_\_\_ Needs some work \_\_\_  
Roof                OK \_\_\_ Needs some work \_\_\_  
Attic                OK \_\_\_ Needs Plywood Added \_\_\_

**Ground movement** that accompanies an earthquake is seldom the cause of property damage. Homes that are structurally sound with their internal contents properly secured, generally come through earthquakes with relatively little damage. On the other hand, unprepared homes are unsafe and their contents are vulnerable to the violent motion of major earthquakes.

### **Earthquake Hazard Hunt**

Take 30 to 60 minutes to walk through your home. Using this as your guide, identify the hazards that are in each room.

Correct each hazard by following the instructions listed on your city's preparedness plan or in the installation guide for each item.

## Before an Earthquake (cont'd)

- ✓ **Identify** the locations of all utilities, and make sure all family members know their locations and how each is shut off.
- ✓ **Check** the natural gas meter. Make sure it can be shut off. Secure the appropriate tool to the shut off.
- ✓ **Check** the main water valve. Make sure it can be turned off. Secure the proper tool to the shut off.
- ✓ **Locate** the electricity circuit box. Make sure you know how to shut off the main circuit breakers.
- ✓ **Search** for potential hazards in your home.
- ✓ In each room, locate the safest place to be. This may be in a doorway (preferably one without a door; if it has a door, keep your fingers away from the hinged side, and be aware that the door may try to close), or under a sturdy table.
- ✓ **Practice, practice, practice** being safe:
- ✓ **Conduct** earthquake drills.
  - Call out “**EARTHQUAKE!**” Allow family members time to react. After the drill, discuss what each did to be safe, and what each could have done.

## During an Earthquake



- Immediately move to your safe place. Remember, don't run.
- Stay away from bookcases, glass, fireplaces, and windows – anything that may fall or break and hurt you.
- If you are unable to get to your safe place, then grab what you can to protect your head and face. Pillows, blankets, coats, etc. are better than nothing.
- Stay in your safe place until all ground movement stops.

## After the Earthquake

- **Remain calm.** Take a few moments to collect yourself.
- Check your immediate area for dangers, including broken glass, spilled chemicals, or items that were shifted and may easily fall in an aftershock.
- Protect yourself with sturdy shoes, leather gloves, and a hard hat. A dust mask may also be a good idea.
- Use a flashlight. DO NOT use an open flame (such as a match or lit candle) or turn on the lights until you are sure there are no gas leaks.
- Check those around you for injuries. Provide first aid treatment where needed. Do not move the seriously injured unless absolutely necessary.
- Check for fires. Extinguish small fires, but do not try to put out ones that are too large – Evacuate immediately.
- Carefully check the natural gas, electricity, and water (sewer) utilities. Shut them off if necessary. Also, remember to turn off all your appliances.
- Listen to radio for details

**City / Town Emergency Reception Centres**

If you can stay in your home or location, it is highly recommended that you remain there as you do not know what you will encounter if you venture out. However, if your home or **location is not habitable** these centres are designed to provide basic necessities: food, water and shelter when large scale evacuation of residents occurs due to emergency situations. Examples include, but are not limited to, displacement of residents due to fire, earthquakes and hazardous material spills.

Check your city or town’s website for the location of your nearest Emergency Reception Centre.

**Neighborhood Meeting Place**

Get to know your neighbors. We’re all in this together so why not create a neighborhood emergency plan? If there is a safe place for everyone to meet, designate it and ensure everyone knows how to get there. Find out what supplies are available from each house and have them in an accessible location.

<b><i>Suggest Additional Content - Check List (Check each item as it is added to your family kit)</i></b>	Person	Person	Person	Person
Cash in small denominations				
Contact lens solution				
Hearing Aid Batteries				
large collapsible water bottle				
Paint brush to remove glass shards				
<b>Infants</b>				
- infant formula and/or cereal, bottles, pacifier				
- diapers, cream				
<b>Hygiene</b>				
- feminine products				
- moist towelettes				
<b>Dry Goods (Dehydrated Foods)</b>				
Ensure foods are not thirst provoking – no high salt or sugar content				
- Powdered Milk				
- Dried Cereal				
- Nuts (unsalted), dried fruit				
- Tea bags				
- Hot Chocolate mix				

