



## Preparing Yourself At Home

- **Safety Survey Your Home.** Check each room with “earthquake eyes.” Sit in each room and ask yourself what would injure you if a major earthquake hit at that moment. Fix any possible hazards.
- **Kitchen.** An unprepared kitchen can be the most hazardous room in the house. Shattered glass, spilled chemicals, gas-fed fires, and falling objects are potential hazards.
- **Bedroom.** Are there any objects that could fall and injure you in bed or block your escape route? Place shoes, flashlight, extra set of car keys, and phone numbers of contacts in a plastic bag under your bed.
- **Bathroom.** Broken glass is the greatest potential hazard. Wear heavy shoes when entering the bathroom after earthquake.
- **Living Areas.** Attach tall objects, such as bookshelves and dressers, to wall studs. Place heavy objects on floor or lower shelves. Store most-valuable breakable objects on lower shelves; consider earthquake wax to secure objects. Consider childproof locks on cabinets. Check smoke detectors every time you change your clocks.
- **Garage and Laundry Room.** Water heater should be strapped with lag bolts to studs in wall; one strap 1/3 distance from top and another 1/3 from bottom. Gas water heater and gas stove in kitchen should use flexible gas lines that will move in an earthquake. Place heavy objects on lower garage shelving, if around car. Store flammable material in well-marked, unbreakable containers. Properly dispose of any hazardous material no longer needed. Know how to open electric garage door if power is off.
- **Automobile.** Always keep gas tank 1/4 to 1/2 full. Place emergency supplies in trunk of car. When you get new eye glasses, place old pair in glove compartment. Keep cell phone charger in car.
- **Exterior.** Keep lawns trimmed, leaves raked, and roof and rain gutters free of debris. Remove any dead wood, debris, and low tree branches within 5 yards of houses. Thin out shrubs and trees within 10 yards. If possible, store flammable materials in metal containers at least 10 yards away from house and wood fences. Get rid of any flammable material that isn’t needed. Store firewood 10 yards from house. Landscape property with fire resistant plants and vegetation.



## Emergency Preparedness Kit

The following is a suggested list of supplies to be kept in a 72-hour Emergency Preparedness Kit in a metal or plastic garbage can or other sturdy container that is easily transportable. It can be stored in a garage, shed, or other out-of-the-way location.

- **Water.** Have at least one gallon per person per day and replace every six months. Water can also be obtained from your water heater: be sure to double strap the water heater to keep it secure. Bleach and an eye dropper should be included: 8 drops of bleach per gallon of clear water or 16 drops for cloudy water will purify into drinking water; let stand 30 minutes before drinking.
- **Food.** Pack non-perishable, high-protein items, including energy bars, ready-to-eat soup, peanut butter, canned foods, dried fruits, nuts, crackers, etc. Include a manual can opener, eating utensils, bowls, plates, and cups.
- **First Aid Kit.** Pack a reference guide. Include the following items if not already in your first aid kit: band-aids, gauze pads, adhesive tape, adhesive and elastic bandages, antibiotic cream, white sheet or cloth strips for bandages and splints, dust mask, latex gloves, sterile wipes or solution, Epsom salts, peroxide, pain reliever, tweezers, scissors, safety pins, alcohol wipes or ethyl alcohol, thermometer. Maintain a 14-day supply of prescription and non-prescription medication and refresh it periodically.
- **Flashlight.** Include extra dated batteries; test and replace them annually. A better option is a hand-crank light.
- **Battery-Operated Radio.** Include extra dated batteries to be replaced annually. A better option is a hand-crank radio.
- **Tools and Equipment.** Include wrench to shut off gas when necessary, screw driver, hammer, pliers, knife, scissors, duct tape, waterproof matches, candles, pen and paper, plastic sheeting, garbage bags, and Ziploc bags.
- **Clothing.** Provide a change of clothes for everyone, including sturdy shoes, warm jacket, hat, gloves, and a rain poncho.
- **Blankets.** Include warm blankets or sleeping bag.



## Emergency Preparedness Kit (Cont'd)

- **Important Documents.** Retain copies of important papers, such as identification cards, insurance policies, birth certificates, passports, or other legal and financial information. Include photographs of household members as well as medications and health information.
- **Contact Information.** Carry a current list of family phone number and e-mail addresses, including someone out of the area who may be easier to contact if local phone lines are out of service.
- **Sanitary Supplies.** Include toilet paper, towelettes, feminine supplies, soap, toothpaste and brush, trash bags, etc.
- **Money.** Have at least \$100 per person including coins and bills stored in your emergency kit. ATM machines will not work with power outages in the area.
- **Pet Supplies.** Include food, water, leash, litter box or plastic bags, tags, any medications, and vaccination information.
- **Map.** Mark an evacuation route from your local area plus an alternative route.
- **Eyeglasses.** Keep your extra pair of prescription glasses or contact lenses and solution in kit. Include a pair of sunglasses.
- **Fire Extinguisher.** Check gauge for full charge and know how to use it.
- **Keys.** Keep an extra set in your kit.
- **Whistle.** Use to notify rescuers if you are trapped under debris.

Include any necessary items for infants, seniors, or people with disabilities in your kit.

Create and maintain a smaller version of the kit inside your vehicle and at work in a backpack or duffel bag in case you become stranded, are away from home, or need to evacuate. Keep gas tank at least half full at all times.



## Emergency Drinking Water

In an emergency, you can use the water in your **hot-water tank, pipes, and ice cubes**. A hot water tank has **about 25 to 50 gallons of water**. You **should not** use water in the reservoir tank of your toilet, toilet bowls, radiators, waterbeds, or swimming pools/spas.

Do you know the location of your incoming water valve? You'll need to shut it off to stop contaminated water from entering your home if you hear reports of broken water or sewage lines, or a failure at the water treatment plant.

To use the water in your pipes, shut off the incoming water valve. Let air into the plumbing by turning on the faucet in your house at the highest level. A small amount of water will trickle out. Then obtain water from the lowest faucet in the house.

To use the water in your hot-water tank, be sure that plumbing fixtures and the water heater are not submerged by flood. Turn the electricity or gas off, and turn off the water intake valve. Start the water flowing by opening the drain at the bottom of the tank and turning on a hot-water faucet. Do not turn on the gas or electricity when the tank is empty.

If gas is turned off, do not attempt to turn it back on yourself. A representative from the power company should do that to avoid fire or explosion danger. Water is the most important resource that you need to survive after an earthquake. Have at least four cases of bottled water in your home, two in the trunk of your vehicle, and one or two at work or day location. You will then be prepared no matter where you are when the disaster strikes.

### Ways to Treat Water for Safe Consumption

**Boiling** – This is the safest process to treat water in a post disaster period. Use a large pot or kettle, boil water for at least one minute after boiling process begins. Allow to cool before drinking.

**Chlorination** – Use household liquid bleach such as Clorox that contain 5.25 to 6.0 % of sodium hypochlorite. Do not use scented or colorsafe bleaches, or those with added cleaners. Because the potency of liquid bleach diminishes, use only bleach from a newly opened or unopened bottle. Use 16 drops (1/8 teaspoon) of liquid bleach per gallon of water, stir, and let stand 30 minutes. The water should have a slight odor of bleach. If not, repeat the dosage and process and let stand another 15 minutes. If no smell of bleach, discard the water and find another source.



## Earthquake Preparedness

### Before An Earthquake:

- ☐ Know the best escape route from each room, your home, and the neighborhood. Also have an alternate route from each.
- ☐ Know where the gas, electric, and water shutoffs are located and how to use them. Attach gas shutoff wrench to gas meter.
- ☐ Keep shoes, flashlight, and critical information (medical information, photo ID, keys, and contact telephone numbers, including an out-of-state contact for family members to contact and relay messages) under bed in plastic bag.
- ☐ Develop a plan and have an emergency kit.

### During An Earthquake – Remain Calm:

#### If Inside:

- ☐ Seek immediate shelter.
- ☐ Drop, Cover, and Hold at least 15 feet from any window or try to get under something sturdy that will protect you from falling glass and debris such as a sturdy table or desk. Hold on to it.
- ☐ In a hallway, sit down against a wall and cover your head.
- ☐ Never run outside during the earthquake. Debris and glass can fall off buildings and cause injuries.

#### If Outside:

- ☐ Move away from buildings to an open area.
- ☐ Watch for downed power lines or light poles.

### After An Earthquake

- ☐ Check to see phones were not shaken off hooks. Only use phones for emergency calls.
- ☐ Check the situation, Call for backup if necessary, and care for victims without jeopardizing your safety.
- ☐ Put out small fires and clean up spills. If fire is larger than a trash can, leave room, and close door.
- ☐ If safe, take a walk around your home and carefully look for damage.
- ☐ Go to your prearranged neighborhood meeting site to report what you have seen.
- ☐ Get car out of garage and load it with supplies to prepare for evacuation, if necessary.
- ☐ Call your out-of-state contact to check on safety of family members and relay messages.
- ☐ Turn radio to KZST 100.1 FM or KSRO 1350 AM.