

27 THINGS TO HELP YOU SURVIVE AN EARTHQUAKE

Californians are constantly aware of the potential of an earthquake creating damage and creating dangerous conditions. So if we don't properly prepare, the next quake may cause greater personal damage than necessary. Each item listed below won't stop the next earthquake but it may help you survive in a better way.

4 BASICS THINGS TO DO DURING AN EARTHQUAKE

1. STAY CALM
2. Inside: Stand in an internal hallway or crouch under a desk or table, away from windows or glass dividers.
3. Outside: Stand away from buildings, trees, telephone, and electric lines.
4. On the road: Drive away from underpasses/overpasses; stop in safe area; stay in vehicle.

6 BASICS THINGS TO DO AFTER AN EARTHQUAKE

1. Check for injuries – provide or get first aid.
2. Check for safety – check for gas, water, sewage breaks, downed electric lines and shorts; turn off appropriate utilities; check for building damage and potential safety problems during after shocks such as cracks around the chimney, foundation, stairs.
3. Clean up dangerous spills.
4. Wear shoes.
5. Turn on radio and listen for instructions from public safety agencies.
6. Don't use the telephone except for emergency use.

14 SURVIVAL ITEMS TO KEEP ON HAND

1. Portable radio with extra batteries.
2. Flashlight with extra batteries.
3. First Aid Kit – including specific medicines needed for members of the household.
4. First Aid book.
5. Fire extinguisher.
6. Adjustable wrench for turning off gas and water.
7. Smoke detector properly installed.
8. Portable fire escape ladder for homes/apartments with multiple floors.
9. Bottled water-sufficient for the number of members in your household (one gallon per day per person).
10. Canned and dried foods sufficient for a week for each member of your household. NOTE: Both water and food should be rotated into normal meals of household so as to keep freshness. Canned goods have a normal shelf life of one year for maximum freshness.
11. Non-electric can opener.
12. Portable stove such a butane or charcoal.
13. Matches.
14. Telephone numbers of police, fire, and doctor.

3 THINGS YOU NEED TO KNOW

1. How to turn off gas, water and electricity.
2. First Aid.
3. Plan for reuniting your family.

