Can You Go It Alone For Three Days?

The first 72 hours after an earthquake are critical. Electricity, gas, water, and telephone may not be working. In addition, public safety services such as police and fire department will be busy handling serous crises. You should be prepared to be self-sufficient—able to live without running water, electricity and/or gas, and telephone -for at least three days following a quake. To do so, keep on hand in a central location the following:

Food. Enough for 72 hours, preferably one week.

Water. Enough so each person has a gallon a day for 72 hours, preferably one week. Store in airtight containers and replace it every six months. Store disinfectants such as iodine tablets or chlorine bleach, eight drops per gallon, to purify water if necessary.

First aid kit. Make sure it's well stocked, especially with bandages and disinfectants.

Fire extinguisher. Your fire extinguisher should be suitable for all types of fires. Teach all family member how to use it.

Flashlight with extra batteries.
Keep flashlights beside your bed and in several other locations. DO NOT use matches or candles after an earthquake until you are certain there are no gas leaks.

Portable radio with extra batteries.
Most telephones will be out of order or limited to emergency use. The radio will be your best source of information.

Extra blankets, clothing, shoes and money.

Alternate cooking sources. Store a barbe cue or camping stove for outdoor camping. CAUTION: Ensure there are no gas leaks before you use any kind of fire as a cooking source and do not use charcoal indoors.

Special items. Have at least a week's supply of medications and food for infants and those with special needs. Don't forget pet food.

Tools. Have an adjustable or pipe wrench for turning off gas and water.

EARTH QUAKE

California Governor's Office of Emergency Services
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Visit our Web site at
www.oes.ca.gov

EARTH QUAKE

MOST CALIFORNIANS LIVE NEAR AN ACTIVE EARTHQUAKE FAULT.

What Can You Do?

Follow the guidelinesin this brochure.

California Govenor's Office of Emergency Services

Would you be ready to ride it out if an earthquake hit today?

With some basic planning and thinking ahead, preparing your home or workplace for an earthquake is esay. These tips on what to do before during and after an erathquake were developed by the California Governor's office of Emergency Services to help you get ready to ride it out!

Want to learn more about earthquake prepareness?

Contact your local Office of Emergency Services or The American Red Cross.

www.oes.ca.gov

Before An Earthquake

How well you, your family and your home survive and earthquake often depends upon how ell you prear beforhand. Develop a family and neighborhood earthquake plan. The following cheklist wil help you get started:

- ☐ Prepare an emergency kit of food, water, and supplies including a flashlight, portable battery-operated radio, batteries, medicines, first aid kit, money and clothing.
- ☐ Know the safe spots in each room—under sturdy tables, desks, or against inerior walls.
- ☐ Kow the danger spots—near windows, mirrors, hang ing objects, firplaces and tall, unsecured furniture.
- ☐ Conduct practice dirlls so you and your family know the safe locations in your home.
- ☐ Decide how and where your family will reunite if sepa rated during a quake.
- ☐ Choose and out-of-state friend or relative who family members can call after the quake to report their where abouts and condtions.
- ☐ Learn first aid and CPR (cardiopulmonary resuscitation.)
- ☐ Learn how to shut off gas, water and electricity in case the lines are damaged. SAFTEY NOTE: Do not at tempt to relight the gas pilot. Call the utility campany.
- ☐ Check chimneys, roofs, walls and foundations for sta blity. Make sure your house is bolted to its foundation.
- ☐ Secure your water heater and major appliances as well as tall, heavy furniture, hanging plants, mirrors and picture frames—especially those over beds.
- ☐ Keep breakables, heavy objects, flammable or haz ardouse liquids such as, paints, pest sprays and cleaning products, in secured cablinests or on lower shelves.
- ☐ Organize yor neighborhood to be selfsufficent after a quake.

During An Earthquake

- ☐ If indoors, stay there. Get under a desk or table or stand in a corner.
- ☐ If outdoors, get into an open area away form trees, buildings, walls and power lines.
- ☐ If in a high-rise building, stay away from windows and outside walls. Get under a table. Do not use elevators.
- ☐ If driving pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside your car until the shaking is over.
- ☐ If in a crowded public place, do not rush for the doors. Crouch and cover your head and neck with your hands and arms.

After An Earthquake

Unless there is an immediate, life-threatening emergency, do not attempt to use the telephone. After a quake, be sure to:

- ☐ Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turnthe utility off at the source and immediately report gas leaks to you utility company. Check for downed power lines; warn others to stay away.
- ☐ Check your building for cracks and damage, including the roof, chimneys and foundation.
- ☐ Turn on our portable radio for instructions and news reports. For your own safety, cooperate fully with public safety officials and follow instructions.
- ☐ Do not use your vehicle unless there is an emergency. Keep the streets clear for emergency vehicles.
- ☐ Be prepared for aftershocks.
- ☐ Stay calm and lend and hand to others.
- ☐ If you evacuate, leave a message at your home telling family members and others where you can be found.

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