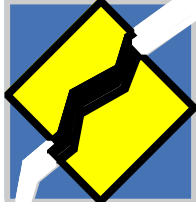


# EARTHQUAKE PREPAREDNESS: BEFORE, DURING AND AFTER



## BEFORE THE QUAKE

- ✓ Develop a family/organizational earthquake plan. Prepare yourself, your family, co-workers, home, and business by completing the activities on this checklist.
- ✓ Decide how and where your family will reunite if separated.
- ✓ Choose an out-of-state friend or relative that separated family members can call after the quake to report their whereabouts and condition.
- ✓ Keep a list of emergency phone numbers.
- ✓ Know the safe spots in each room; under sturdy tables, desks, or against inside walls.
- ✓ Know the danger spots: windows, mirrors, hanging objects, fireplace and tall, unsecured furniture.
- ✓ Conduct, practice drills so you know the safe safe locations.
- ✓ Learn first aid and CPR (cardiopulmonary resuscitation).
- ✓ Learn how to shut off gas, water and electricity in case the lines are damaged.
- ✓ Check chimneys, rods, walls for stability. Make sure your building is bolted to its foundation.
- ✓ Secure water heater and major appliances as well as tall, heavy furniture, hanging plants, morriros and picture frames, especically those over beds.
- ✓ Keep breakables and heavy objects on bottom shelves.
- ✓ Put latches on cabinet doors to keep them closed during shaking.
- ✓ Keep flammables such as paints, pest control chemicals or cleaning products in cabinets or secured on lower shelves.
- ✓ Maintain emergency food, water and other supplies, including a flashlight, a portable battery operated radio, extra batteries, medicines, first aid kit.

## DURING THE QUAKE

- ✓ If indoors, stay there. Get under a desk or table, or stand in a corner.
- ✓ If outdoors, get into an open area away from trees, buildings, walls and power lines.
- ✓ If in a high-rise building, stay away from windows and outside walls. Get under a table, sturdy desk, etc. Do not use elevators.
- ✓ If driving, pull over to the side of the road and stop. Avoid overpasses and powerlines. Stay inside the vehicle 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 THE QUAKE

- ✓ Stay calm and lend a hand to others.
- ✓ Check for injuries. Apply first aid. Do not move seriously injured individuals unless they are in immediate danger.
- ✓ Do not use the telephone immediately unless there is a serious injury or fire.
- ✓ Hunt for hazards
- ✓ Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turn utility off at the source. Check for downed power lines; warn others to stay away. (SAFETY NOTE: Do not attempt to relight gas pilot. Call the utility company.)
- ✓ Check building for cracks and damage, including roof, chimneys and foundation.
- ✓ Check food and water supplies. Emergency water may be obtained from water heaters, melted ice cubes, toilet tanks and canned vegetables.
- ✓ Turn on your portable radio for instructions and news reports. Cooperate fully with public safety officials.
- ✓ Do not use your vehicle unless there is an emergency. Keep the streets clear for emergency vehicles.
- ✓ Be prepared for aftershocks.
- ✓ If you evacuate, leave a message at your home or with your remote contact telling family members and others where you can be found.