

EARTHQUAKE SURVIVAL

COULD YOU SURVIVE FOR 72 HOURS ON YOUR OWN?

In the event of a major earthquake, experts estimate that it might take that long, **or longer**, for authorities to come to your assistance. You and your neighbors might be left without access to outside assistance for medical emergencies, food, water, or shelter.

Obviously, advance preparation will be the determining factor in your survival, and in the survival of your business. The more prepared you and your business are, the better your chances of putting your lives back together following a major earthquake. Compiling supplies, storing them in easily accessible places and preplanning what you will need to do will be the key to survival for you, your family, and your business.

At least as important as a store of supplies will be the knowledge for you, your family, and your business of how and when to use them. An annual meeting to discuss and update emergency plans is strongly recommended. While it is natural for young children and some older adults to be frightened during such a discussion about an emergency, they will be relieved to discuss their fears. They will be more likely to act responsibly once they have been reassured that their parents, family, and business associates know what to do and how to keep them safe. A child, or even an adult, who does not know how to act is more likely to panic during an emergency. Combining the discussion with a rehearsal or drill will help to imprint the proper actions during and following an earthquake in their minds.

For home preparation, it is recommended that you include in your discussion a list of long distance phone numbers to use as contact points. Following major disasters, specifically earthquakes, local telephone lines may be impaired or jammed with heavy traffic. Should that occur, it might be possible to access long distance more easily than local lines. Establish a message center point at a relative or friend's home, someone who can receive information about the welfare of your family members, and relay important messages as needs arise (i.e., "I'm okay, but unable to return home from work because of road conditions.") Make a copy of this list and keep it in each survival kit at home, work and in the car. This same procedure can be followed by businesses that have satellite offices out of the area or in other states.

The following is a list of suggested foods, medical supplies and other items that will be useful to have on hand at your home during an earthquake. Show the location of these items to long term guests, childcare providers, older children, or anyone who might be in a position to need to use the items following an earthquake or disaster. Keep these items in a storage area that will be easily accessible following a major disaster.

For businesses, it is recommended that similar guidelines be established to assist with the preplanning of earthquake activities. In such cases, the information listed below can serve as a starting point for earthquake preparation. Additional supplies will need to be added to accommodate the larger numbers of people who might need care following a major earthquake. Additionally, businesses might also consider temporarily housing employees who might not be able to travel due to inaccessible roads. This will also afford the business the opportunity of utilizing those employees immediately following a major quake.

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In preparing a business for an earthquake, it is also important to preplan how to restore business operations following a major event. This is especially true for those businesses that have competitors outside the affected area. In such cases, the loss of production for even a short time could result in their customers going to a competitor who is unaffected or who has been able to get their business operational quicker. Such preplanning should include inspection of the facility and removing any hazards in advance, ensuring that all needed supplies are available and in place to care for key employees, providing backup power systems and supplies such as generators and emergency lighting or heating systems. Such preparation will more than pay for itself should it become needed.

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IMMEDIATE NECESSITIES

- Heavy Shoes (To wear while checking for damages)
- Heavy Gloves (To wear while cleaning potentially harmful materials)
- First Aid Kit (See below)
- Wrench For Turning Off Gas At Meter (**ONLY** if emergency exists)
- Fire Extinguisher
- Flashlight And Extra Batteries
- Portable, Battery Operated Radio And Extra Batteries
- Sleeping Bags, Blankets
- Sanitation Supplies
- Extra Prescription Glasses, Medications
- Paper And Pencil (For leaving notice of location if evacuating)
- List Of Out-Of-State Emergency Phone Numbers
- Emergency Cash

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FIRST AID SUPPLIES

It is recommended that at least one person per family learn first aid and CPR methods. For businesses, it is recommended that at least ten percent of the facility be trained and certified. Many excellent programs are available which can be used to train these personnel. Additionally, it is advisable to keep first aid kits in easily accessible places, such as near an exit door, but out of reach of children in the home. Check supplies periodically, and restock when necessary.

- First Aid Manual
- Aspirin Tablets
- Pocket Knife
- Sterile Bandages, Each 2" And 4"
- Bandage, Large Triangular
- Butterfly Bandages
- Scissors
- Rubbing Alcohol
- Prescription Medications (Such as Heart Tablets or Insulin)
- Adhesive Tape, 2" Roll
- Kaopectate
- Bandages, Plastic Strips
- Ace Wrap Bandage
- Cotton Tipped Swabs
- Gauze Pads (4" X 4")
- Tweezers
- Tissues

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PERSONAL FOOD SUPPLIES

Plan on keeping 1/2 pound of supplies per person per day on hand. Purchase foods that your family likes. Keep the foods in a dry, cool spot. Keep it covered at all times. To discourage rodents and insects, store powdered milk, crackers, cereal, and similar items in tightly sealing metal or heavy plastic containers. Date all items as you store them, and rotate regularly.

- Canned Meat Or Pork And Beans (1/2 lb / person daily)
- Nonfat Dry Milk (1/2 lb / person daily)
- Crackers (1/2 lb / person daily)
- Dried Fruits (1/2 lb / person daily)
- Canned Juices
- Peanut Butter (1/2 lb / person daily)
- Water (1 gal per person daily)
- Cookies, Cereals, Candies
- Soups And Other Foods Which Do Not Require Water For Preparation
- Special Needs Diets (i.e., baby food, powdered formula, etc)
- Pet Food Supplies

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GENERAL SUPPLIES

- Three Changes Of Clothing Per Person
- Towels
- Paper And Pencil
- Candles
- Sterno Canned Heat
- Paper Plates, Cups, Plastic Utensils
- Shovel
- Collars, Leashes, Ropes For Pets
- Personal Documents (copies of birth certificates, licenses, etc)
- Toiletries and medicines
- Books And Toys
- Matches
- Signal Flares
- Can Opener
- Ax
- Bucket And Plastic Liners
- Cash

VEHICLE MINI-SURVIVAL KIT

- Non-Perishable Foods
- First Aid Kit And Book
- Fire Extinguisher (ABC Type)
- Sealable Plastic Bags
- Battery Operated Radio, Extra Batteries
- Short Rubber Hose For Siphoning Gas
- Extra Clothes, Sturdy Shoes, Jacket
- Back Pack To Carry Supplies If You Evacuate
- Bottled Water
- Flares
- Blanket Or Sleeping Bag
- Flashlight, Batteries, Bulbs
- Tools, Screwdriver, Etc
- Tissues
- Local Maps
- Prescription Medication

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FAMILY EMERGENCY WATER SUPPLY

Store as much water as would be needed for at least 48 to 72 hours. Usually figure on 1 gallon per person per day. Use plastic containers such as empty distilled water bottles, milk bottles that have been thoroughly cleaned, empty and clean bleach bottles, soda bottles, or commercially available bottled water.

Store with this supply a bottle of liquid chlorine bleach with an eyedropper attached. **To purify water in an emergency, add 2 drops of bleach per quart of water.** If possible, you can also purify water by boiling it for 5 minutes.

If the water from the faucet appears to be contaminated shut it off at the main connection point. Optional water sources are the toilet flush tank (not the bowl), your hot water tank, melted ice cubes, water and juices from canned fruits and vegetables.

SANITATION SUPPLIES

If you do not have a portable camping toilet or other commercially available units, a plastic bucket with plastic trash bags will suffice. Other items to consider keeping on hand are:

- Toilet Paper
- Large Trash Can
- Soap And Shampoo
- Sanitary Napkins, Etc.
- Ziplock Plastic Bags
- Toothbrush And Tooth Pastes
- Deodorant

AUXILIARY COOKING DEVICES

For your protection, when using any type of heat or flame, make sure that it is in a well ventilated area. Coat matches with paraffin or nail polish to keep dry. Suggestions for devices that can be used for cooking without conventional electricity or gas are:

- Camp Stoves
- Sterno Stoves
- Barbecue Or Hibachi
- Charcoal
- Fondue Pots
- Fireplace