



# Important Numbers and Addresses

Yo r famil ma no be oge her hen an  
ear hq ake s rikes, so se he spaces





# Have on Hand for Any Emergency – Ideas for Home, Workplace, and Car

Because you don't know where you will be when an earthquake occurs, prepare a Disaster Supplies Kit for your home, workplace, and car.

- ☐ **Water.** Store at least 1 gallon of water per person per day and be prepared for a 72-hour period. A normal active person needs at least 1 gallon of water daily for drinking. In determining adequate quantities, take the following into account:

Individual needs vary, depending on age, physical condition, activity, diet, and climate.

Children, nursing mothers, and ill people need more water.

Verhempers can double the amount of water needed.

Q	A
1 Quart	4 Drops
1 Gallon	16 Drops
5 Gallons	1 Teaspoon

Ratios for purifying water with bleach: Water quantity and bleach added.

After adding bleach, shake or stir the water container and let it sit for 30 minutes before drinking.

https://www.fema.gov/are-you-ready/assemble\_disasters\_supplies



Store a supply of non-perishable foods that can be eaten without cooking, such as canned soups, soups, instant noodle packets, and canned juices for athletes. For fruits and non-salted nuts. Keep the following points in mind:

Avoid foods that will make you thirsty, such as crackers, whole grain cereals, and high liquid content.

Some foods do not require refrigeration, a cooler, or special preparation. You may want to have a variety of these on hand.

Remember to include foods for infants and special dietary needs.

You should also have kitchen accessories and cooking utensils, especially a manual can opener.



**Flashlight**. Keep a flashlight beside your bed, at your place of work, and in your car. Do not use matches or candles after an earthquake in case there are gas leaks. Use an independent generator or have unlimited emergency power.

**Portable radio or digital device**. Most telephones will be out of order or used for emergency purposes, so portable radios or portable digital devices will be your best source of information. You may also want to



❑ **C.A.** . If o li e in a cold clima e, o m s hink abo arm h. Yo migh no ha e hea af er an ear hq ake. Think abo o r clo hing and bedding s pplies. Be s re o ha e one comple e change of clo hing and shoes per person, incl ding he follo ing:

jacke or coa

long pan s

long slee e shir

s rd shoes

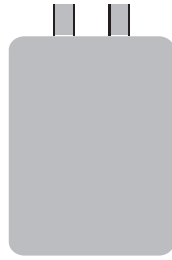
ha , mi ens or glo es, and scarf

sleeping bag or arm blanke (per person)

❑ **P** . Iden if a shel er area for o r pe , ga her he necessar s pplies, ens re ha o r pe has proper ID and p- o-da e e erinarian records, and make s re o ha e a pe carrier and a leash.

## Home Preparedness

In he e en of an ear hq ake, o ma be ins r c ed o sh off he ili ser ices a o r home. Teach responsible members of o r famil ho o rn off he gas, elec rici , and a er a al es and main s i ches. Cons l o r local ili ies if o need more informa ion.



## Earthquake Hazard Hunt

You can identify potential dangers in your home by conducting an earthquake hazard hunt. Foresight and common sense are all that are needed as you go from room to room and imagine what could happen in an earthquake.

Some possible hazards are:

Tall, heavy furniture could topple, such as bookcases, china cabinets, or modular shelving.

Water heaters could be pulled away from pipes and rupture.

Appliances could move enough to rupture gas or electrical lines.

Hanging plants in heavy pots could swing free of hooks.

Heavy picture frames or mirrors over a bed.

Latches on kitchen or other cabinets may not hold the door closed during shaking.

Breakables or heavy objects that are kept on high or open shelves.

A masonry chimney could crumble and fall through an unsupported roof.

Flammable liquids, like painting or cleaning products, should be safer in a garage or outside shed.



Take steps to correct these hazards – secure or relocate heavy items as appropriate.

## Family Earthquake Drill

It's important to know where to should go for protection when your home starts to shake. By planning and practicing what to do before an earthquake occurs, you can condition yourself and your family to react correctly and spontaneously when the jolting or shaking is felt. An earthquake drill can teach your family what to do in an earthquake.

Each family member should know safe spots in each room.

**Safe spots:** The best places to be are under heavy pieces of furniture, such as a desk or sturdy table; under supported arches; and against inside walls.

**Danger spots:** Be aware of the dangers associated with breaking windows, falling objects, falling mirrors, falling chimneys, and toppling of tall, unsecured pieces of furniture.

Reinforce this knowledge by periodically placing yourself in the safe locations. This is especially important for children.

Be aware of a possible tsunami if you live in a coastal area. Some communities have local tsunami hazard maps.

Be prepared to evacuate in a tsunami emergency. Some communities have high ground or safe areas identified as Tsunami Evacuation Sites.

In the days or weeks after this exercise, hold surprise drills.

Be prepared to deal with what may be experience after an earthquake – both physically and emotionally.

## How to Ride Out the Earthquake

Limit your movements during an earthquake to a few steps to a nearby safe place. Stay indoors until the shaking has stopped and you are sure it is safe to leave.



**Drop, Cover, and Hold:**

**Drop, Cover, and Hold** – Take cover under a sturdy desk, table, or bench, or against an inside wall, and hold on. If there is no desk or table nearby, cover your face and head with your arms and crouch in an inside corner of the building.

Stay away from glass, inside, outside doors and walls, and anything that could fall, such as light fixtures and furniture.

If you are in bed when the earthquake strikes, stay there. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.

Stay inside until the shaking stops and it is safe to go outside. Most injuries during earthquakes occur when people are hit by falling objects while entering or leaving buildings.

Be aware of electrical machinery or sprinkler systems or fire alarms that may turn on.

Do not use elevators.



Stay here.

Move away from buildings, trees, streetlights, and utility wires.



Stop as quickly as safely permitted on the side of the road, and stay in the car.

Use a GPS tracking device or satellite messenger to send an emergency assistance request if there is a severe medical emergency. A satellite messenger device is an advanced GPS, which is able to send or receive GPS coordinates and selected messages over commercial satellites to tell others of your location and status.

Avoid stopping near or under buildings, trees, overpasses, and utility wires.

Do not attempt to drive across bridges or overpasses that have been damaged.

Proceed cautiously after the earthquake has stopped, watching for road and bridge damage.



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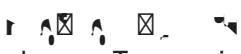
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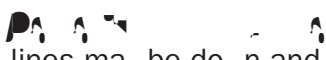
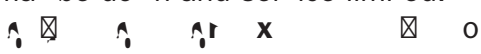
## When the Ground Stops Shaking




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arm.

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ca se conges ion and blocked calls or e  
messages.

 in areas near fallen debris or  
broken glass.




# Check for Hazards




☒ If you see a gas leak, do not use anything that could create a spark, such as a light, matches, or a telephone. If no one is home immediately, call the gas company or fire department if possible, and alert your neighbors.




☒ Turn the gas off at the main shut-off valve to inspect your home. Turn the gas off on the outside, before entering, because the battery may produce a spark that could ignite leaking gas, if present.

**C** Check for gas leaks. ☒ If you smell gas or see a broken line, shut off the main valve from the outside. Do not switch on the electricity again until the power company has inspected your home. Remember, if gas is turned off, a professional must restore service. Do not search for gas leaks in a lighted match.












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**C**    . Open doors ca io sl . Be are of objec s mbling off shel es.

   for emergenc cooking, onl o of doors.



     , nless here is an emergenc . Do no go sigh seeing hro gh areas of damage. Yo ill onl hamper he relief effor . Keep s ree s clear for he passage of emergenc ehicles.

**B**     . These secondar ear hq akes are s all less iolen han he main q ake, b he can be s rong eno gh o ca se addi ional damage and eaken b ildings. S a a a from damage areas nless o r assis ance has been specil call req es ed b police, l re, or relief organi a ions.

## Plan to Reunite

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Information about earthquake hazards and measures for reducing risks is available from the following:

**FEMA/ U.S. Department of Homeland Security**  
FEMA helpline: 1-800-621-3362  
FEMA website: <http://www.fema.gov>

**National Earthquake Hazards Program**  
<http://www.nehrp.gov/>

**FEMA Publications**

You can order printed copies of the following publications by calling the FEMA Distribution Facility at 1-800-480-2520. As noted, some are available for download from the FEMA website.

**Building Design Examples**, FEMA A-291, June 2009. Available in both English and Spanish. No downloads available. Information can be found at: [http://www.fema.gov/areo/read/practicing\\_mainaining\\_plan.shm](http://www.fema.gov/areo/read/practicing_mainaining_plan.shm).

**Building Design Examples: High Performance Earthquake Resistant Buildings**, FEMA 292, March 1997. Available in English. No downloads available, but information can be found at: <http://www.fema.gov/librar/ie/Record.do?id=1647>.

**Advanced Design Examples for Seismic Evaluation of Buildings**, IS-22, August 2004. Full publication and individual sections available online in both English and Spanish at: <http://www.fema.gov/areo/read>.

**Earthquake Hazards to Humans**, FEMA 528, September 2005. Available in English at: <http://www.fema.gov/librar/ie/Record.do?id=1666>.

**Earthquake Engineering**, FEMA 477, August 2004. Available online in both English and Spanish at: <http://www.fema.gov/plan/prepare/pbs.shm>.

**Earthquake Engineering**, FEMA 478, August 2004. Available online in both English and Spanish at: <http://www.fema.gov/plan/prepare/pbs.shm>.

**Earthquake Engineering**, FEMA 479, August 2004. Available online in both English and Spanish at: <http://www.fema.gov/plan/prepare/pbs.shm>.

Disaster Preparedness, FEMA 475, August 2004. Available online in both English and Spanish at: <http://www.fema.gov/plan/prepare/pubs.shm>.

## USGS Earthquake Preparedness

For earthquake information, consult the USGS Earthquake Hazards Program at: <http://earthquake.usgs.gov/>

## American Red Cross

Information about the American Red Cross can be found at: <http://www.redcross.org>.

# Emergency Contact Information – Wallet Card



1. Call a friend or relative who lives outside the state and ask them to be your family's out-of-state contact.
2. Explain to them how after a disaster they will be your primary means of communication with other family members, both in and out of state. Make sure they understand and have the ability to be responsible to be available to make calls immediately following a disaster in your area.
3. Call your emergency out-of-area contact and:  
  
Tell them how you are, where you are, and/or plan to be.  
  
Ask if other family members have checked in and left messages.  
  
Let them know when you plan to call back and check in again.
4. Notify all of your friends and family members how this one person will be the person to contact if they need to get a message to you. Tell them not to call directly.





**CHILDREN**

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DOB:

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Identifying Characteristics:

School/Da

