

Earthquake Survival Checklist

Be prepared to live through an earthquake by following these easy tips

Before An Earthquake

- Go around your house with a video camera, opening your cupboards and drawers, filming what is inside. This gives you an inventory of what you have that may need replacing. This is a good idea for insurance.
- Secure heavy items in your house that may fall. Bookshelves, mirrors, and light fixtures can be fastened to the wall. Store heavy items on the bottom of the shelves.
- Create a family emergency communication plan. Decide where you will meet if separated when disaster strikes.

Put Together A Survival Kit That Contains:

1. Enough water for 72 hours for everyone
2. Nonperishable food like energy bars and canned supplies
3. First aid kit
4. Blankets
5. Flashlight with extra batteries
6. Change of clothes
7. Whistle to signal for help
8. Dust masks for everyone
9. Moist towelettes, garbage bags and plastic ties for personal sanitation
10. Portable radio. Windup radios are great because you won't need batteries.
11. Wrench or pliers for turning off utilities
12. Can opener
13. Local map
14. Important documents and photocopies of documents you need to store elsewhere.
15. Cash
16. Any special needs items like inhalers.

During An Earthquake

- Drop to the ground and take cover under a nearby large heavy object like a table or desk. If there is no tables or desks, crouch by an inside corner of the room and cover your head with your arms.
- Stay away from anything that might fall like a lighting fixture. Stay away from windows, outside doors, and outside walls.
- If you are in bed when the earthquake strikes, stay in bed with your head covered with a pillow. Unless you are under a lighting fixture, in which case move to the nearest safe place.
- Despite popular belief, it is not always best to hide under a doorway. Many inside doorways are lightly constructed and don't offer that much protection. If you know it's a load bearing, strong doorway then it will offer protection.
- Do NOT use elevators.
- Stay inside until the shaking stops and it is safe to go outside. Do not exit a building during the shaking. Most injuries occur when trying to move from one location to another.
- Expect fire alarms and sprinklers to go off. Power may go out.
- If you are in a car, stop in a clear area away from buildings, trees, overpasses, underpasses, or utility wires

After An Earthquake

- Expect aftershocks that may follow after the initial earthquake.
- Check yourself for injury and provide assistance to others if you have training.
- If you're inside a damaged building, go outside and move away from the building.
- If you are trapped, send a text or alert someone to your presence by banging something loud or using a whistle. Do not shout as this could get dust in your mouth.
- Save phone calls for emergencies.
- Wear shoes to avoid stepping on glass
- Monitor local news reports and agencies for emergency information