

## EARTHQUAKE PREPAREDNESS

The **first 72 hours** after a major emergency or disaster are critical. Electricity, gas, water, and telephones may not be working. In addition, public safety services such as police and fire departments will be busy handling crises. You should be prepared to be self-sufficient — able to live without running water, electricity and/or gas, and telephones — for at least three days following a major emergency.

- ❑ **Water:** Store at least 1 gallon of water per person per day and be prepared for a 72-hour period. A normally active person needs at least ½ gallon of water daily just for drinking.
- ❑ **Food:** It's always a practical idea to keep a supply of non-perishable food on hand that can be rotated into your diet and replenished on a regular basis. Have a sufficient supply of canned or dehydrated food, powdered milk, and canned juices for at least 72 hours. Dried cereals and fruits and non-salted nuts are good sources of nutrition.
- ❑ **Flashlights and spare batteries:** Keep a flashlight beside your bed, at your place of work, and in your car. Do not use matches or candles after an earthquake until you are certain that no gas leaks exist.
- ❑ **Portable, battery-powered radio or television and spare batteries:** Most telephones will be out of order or used for emergency purposes, so portable radios or portable digital televisions will be your best source of information.
- ❑ **First aid kit and manual:** Keep a first aid kit at home and in your car.
- ❑ **Fire extinguishers:** Keep a fire extinguisher at home and in your car. Some extinguishers are good only for certain types of fires — electrical, grease, or gas. Class ABC extinguishers are designed for safe use on any type of fire.
- ❑ **Special needs:** Keep a supply of special needs items, such as medications, extra eyeglasses, contact lens solutions, hearing aid batteries, items for infants (formula, diapers, bottles, and pacifiers), sanitation and hygiene items (moist towelettes and toilet paper), and any items unique to your family's needs.
- ❑ **Prepare customized emergency plans for people with disabilities in advance.** Whether small or widespread, emergencies can pose special challenges for individuals with disabilities.
- ❑ **Important papers and cash:** Be sure to have a supply of cash for use if ATMs, banks, and credit card systems are not operating

### Good Links:

<http://lafd.org/eqbook.pdf>

<http://www.abag.ca.gov/bayarea/eqmaps/fixit/fixit.html>

[http://www.humboldt.edu/~geology/earthquakes/shaky\\_ground.html](http://www.humboldt.edu/~geology/earthquakes/shaky_ground.html)

<http://earthquakecountry.info/roots/>

<http://earthquake.usgs.gov/prepare/>

[http://cms.calema.ca.gov/prepare\\_earthquake\\_and\\_tsunami.aspx](http://cms.calema.ca.gov/prepare_earthquake_and_tsunami.aspx)

<http://www.dropcoverholdon.org/>

<http://www.fema.gov/plan/prevent/earthquake/homeowners.shtm>

<http://www.fema.gov/hazard/earthquake/index.shtm>

