

# Be "Quake" Safe

Earthquake Preparedness is everybody's business. Emergencies can occur anytime, anywhere. Planning ahead and making provisions for your family's needs can make a big difference in your ability to cope with emergencies. The three steps to emergency preparedness are as follows:

- **Before**
- **During**
- **After**

**Remember:** Planning for the disaster and practicing what you will do when it happens is the key to family safety

## **BEFORE THE EARTHQUAKE**

- ✓ Check your home for potential hazards such as defective electrical wiring and leaky gas connections.
- ✓ Bolt/strap down water heaters and gas appliances
- ✓ Know where and how to shut off electricity, gas and water at main switches and valves
- ✓ Place large and heavy objects on lower shelves. Securely fasten shelves to walls. Brace or anchor high or top heavy objects.
- ✓ Glass, china and other breakables should be stored in low or closed cabinets.
- ✓ Have on hand some basic emergency supplies such as a flashlight and battery operated radio, a supply of drinking water (minimum 1 gallon per person per day), and non perishable foods to last for approximately 72 hours.
- ✓ Keep a pair of tennis shoes under your bed.

## **DURING THE EARTHQUAKE**

- ✓ First and foremost, **stay calm!** Think through the consequences of any action you take.
- ✓ If you are inside, stay inside as most injuries occur as people run outside. Take cover under a heavy desk or table or along an inside wall. Stay away from glass and windows.
- ✓ If you are outside, move away from buildings, trees, and utility wires.
- ✓ If in a moving car, stop as quickly as safety permits, but stay inside the vehicle. A car may jiggle violently on its springs, but it is a good place to stay until the shaking stops. Avoid under and overpasses.
- ✓ If you are in a high rise building, get under a desk or similar heavy furniture. Do not dash for exits with people. **Never** use elevators.

## **AFTER THE EARTHQUAKE**

- ✓ Be prepared for aftershocks.
- ✓ Turn on the radio and listen for important information from the Emergency Alert System.
- ✓ Check for injuries and provide first aid.
- ✓ Check for gas, water and sewage lines for damage. Turn off utilities if you discover damage or a potential danger.
- ✓ Check for structural damage including chimneys and foundations.
- ✓ Clean up dangerous spills.
- ✓ Don't use telephones except for an emergency.
- ✓ If possible, wear heavy shoes.