

EARTHQUAKE PREPAREDNESS

Earthquakes come with little warning, and experts agree that once the shaking stops in a major quake, the real struggle will start for most people. Nearly everything we come to expect in our modern lives will be temporally unavailable or greatly hampered for up to 2 weeks or more: electricity, water, food and supplies. Clear roads and bridges can be gone or unusable. Local emergency services such as the hospitals, Fire departments and EMS will be greatly overwhelmed. How you and your family will live through the next two weeks depends greatly on how you prepare for an emergency beforehand. **Prepare now for a sudden emergency.**

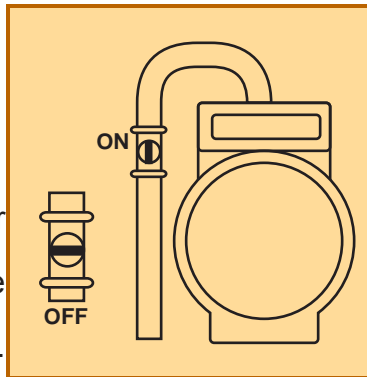
Asses your home for safety.

You should do a walk through with your entire family looking for potential hazards and noting safe places to be in. Point out large panes of glass, masonry veneer (such as fireplaces), large appliances and bookshelves that could topple, injuring someone or blocking an exit. It's a good idea to try to anchor any of these to a wall to prevent them from falling. Your water heater should be securely attached to the wall. Pay particular attention to areas that children play, including outside areas, such as chandeliers and masonry walls. The safest areas in a home are generally the hallways, but you might not be able to move once the shaking starts. Ensure everyone knows the safest place in each room, such as doorways or under sturdy tables. Know all safe exits from your house. If your home is on a raised foundation, such as a home on a hillside or a mobile home, you might consider having the foundation cross-braced.

Know locations of shut-off valves.

Immediately after the earthquake, a fire is the greatest danger, and with the emergency services sure to be overwhelmed, its best to try to prevent any fires. If you suspect or smell any gas, even with no obvious damage to the building, you should turn off the utilities immediately.

Natural gas can be shut off with a large crescent wrench by turning the valve 1/4 turn, so the line on the valve is perpendicular to the pipe. The valve is located at the gas meter. Propane tanks have a valve on top that looks very much like a water hose bib, and you would turn it the same way, no wrench is required. Again, you should only turn the gas off if you think there is a gas leak, and you should not turn it on again until someone from your gas



company can check your home.

Have a emergency survival kit.

You should have an emergency kit at your home. This kit should have enough supplies for your family for over a week. A basic one week kit would include:

- One gallon of water per person per day.
- Canned and other non-perishable food
- Hand can opener
- Change of utility clothing, rain gear
- Sturdy shoes and work gloves
- Prescription glasses and medications
- First Aid kit
- Fire Extinguisher (Dry Chem. 2A-10BC)
- List of family Doctors, Medical History, allergies
- Extra Cash, Credit cards
- Extra Car keys
- Sleeping bags and or Blankets
- Battery powered Radio, Flashlight
- Extra batteries
- Matches and candles
- Sanitation supplies
- Hammer, nails, screwdrivers
- Crescent wrench, Crowbar
- Plastic sheeting rolls (4 mil. 10'X25')

Keep these items in a sturdy box in a cool dry place, such as a closet. You should rotate the food as needed, and make sure everyone is familiar with what is in your kit and how to use them.

It's a good idea to have a smaller stash of supplies in your car: water, energy bars, small radio, flashlight light jacket and walking shoes. If you are at work or on the road during a quake, you will most likely need to walk part of the way home because many of the roads will be blocked. A small backpack makes a good place to keep these things.

FALLBROOK FIREFIGHTERS ASSOCIATION
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Water

Clean water will be the most important item after a quake, treat the water you have like gold, and avoid sources of water that you don't know is clean. The water supply you use every day is vulnerable to the effects of a large earthquake. Ruptures in pipes can let in contaminants, and filtration systems, including chlorination that helps to keep our drinking water safe will most likely be off line. It is recommended that you have one gallon per person per day for 7 days minimum, but three weeks is ideal. This is only enough water for drinking and cooking, and should not be used for washing clothing, dishes or any other "wasteful" activities. Storage suggestions include bottled water from the store in one and 2.5 gallon containers. These bottles generally are not very durable and will not last much more than 6 months. Bottled water from a bottled water company in sealed five gal. containers usually work very well. Keep these in cool dark areas. Water containers from camping stores also work well, but you will need to treat the water prior to storage. (see side-note)

Other water sources to consider (**but not rely on**) could be hot water heaters. Since you were good enough to bolt your heater to the wall, you will probably be rewarded with 40 or more gallons of fresh water, assuming you can make access to your heater.

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Know Your Community

Know the locations of the nearest police station. Local Fire Stations will most likely be empty for days.

Get to know your neighbors and their skills. Hopefully you will be able to help each other after the shaking stops

Try to find out if your town or community has an emergency plan, which would have information like the planned location of shelters. If your children are going to school, meet with personnel and find out what the school earthquake plan is, and what they will do with the students.

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Have a Plan

Plan to have your Family meet in a pre-discussed location, such as in front of your house. Also, have everyone memorize the telephone number of a responsible relative that lives out of the state if possible. Instruct everyone to try to call that person if they cannot get to the meeting place. Instruct them to keep recalling every two or four hours for instructions. You should use the out of state contact to keep informed on how everyone is and what to do.

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More Information

Your **Phone Book** should have a section on Emergency Preparedness, also contact the **American Red Cross** and your **Local Fire and Police agencies** for additional information.

To Purify Water

For Storage: 8 drops of bleach per gallon of water. (change water annually)

For immediate use: Use Iodine tablets per instructions