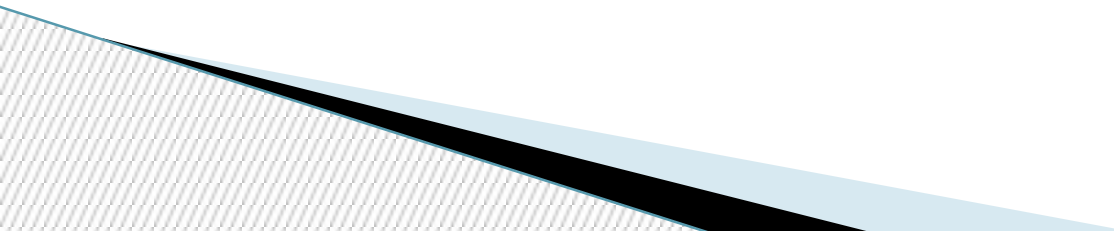




Basic Emergency Preparedness

- ▶ Disaster preparedness planning
 - Pre emergency
 - Personal and household disaster supply kits
 - Other things to consider
- 

Pre-emergency

- ▶ Know what can happen
 - Signs of an earthquake
 - Roaring or rumbling sound that gets louder that starts gently and grows violent OR
 - Violent jolt with shaking and difficulty standing
 - Learn the safe spots in each room
 - Secure your home

WHAT TO DO DURING AN EARTHQUAKE

Drop



Cover



Hold on



Calm Down



Try to stay as calm as possible

Inside



Stay away from furniture, windows and lamps

Outside



Stay away from building, walls and power poles

While driving



If you are driving stop in a safe place, turn on the hazard lights and stay inside the vehicle

While at crowded place

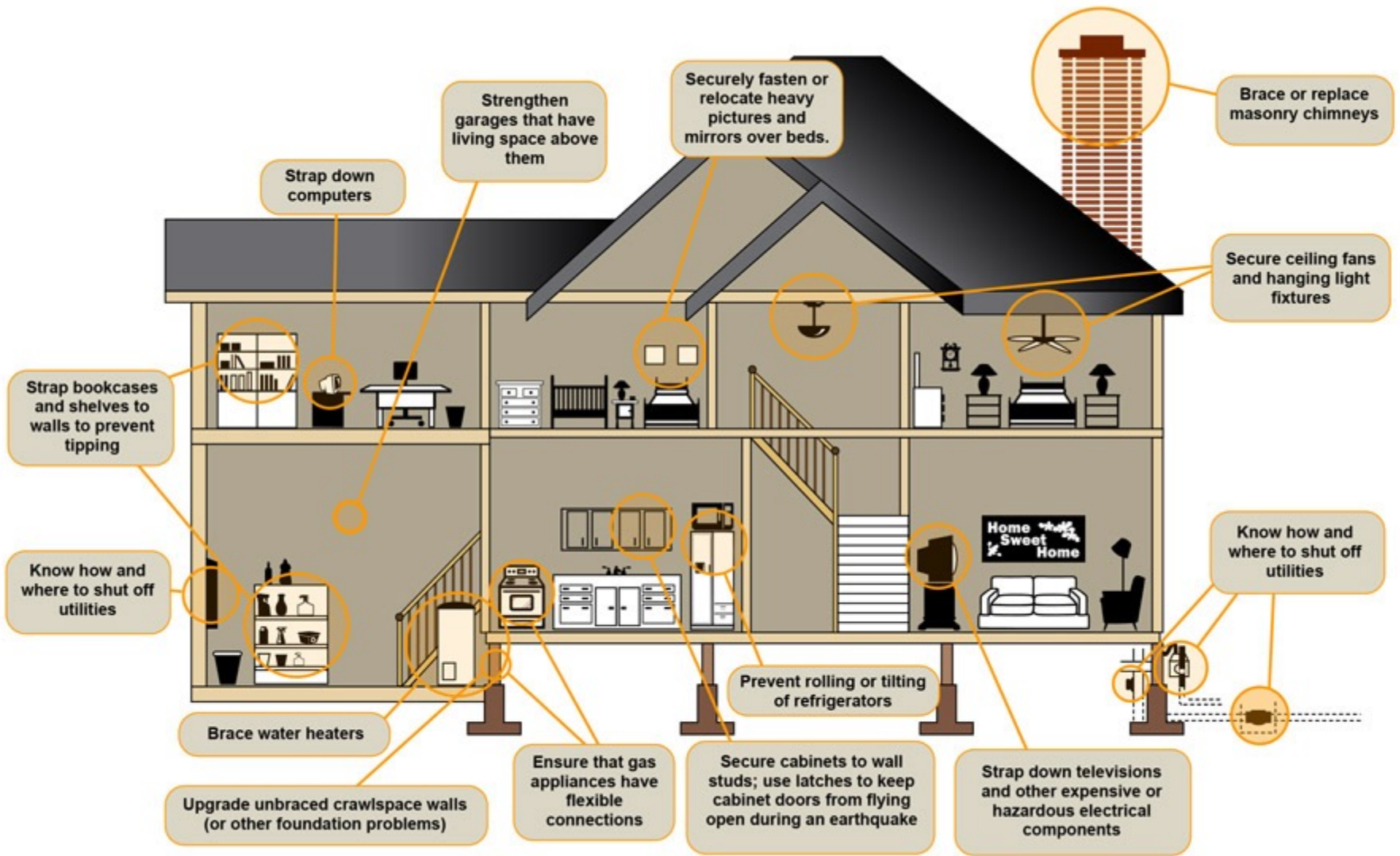


If you are in crowded place protect your head with your arms or take cover under seats and tables

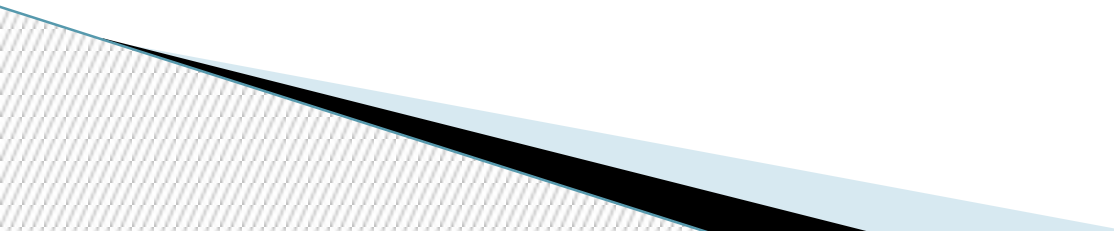
While on wheel chair



If you use a wheelchair, put the brakes on in a safe place and protect your head with your arms



Evacuation Plan

- ▶ Make a floor plan and note multiple exits (if more than one)
 - ▶ Mark where stairs are
 - ▶ Mark where the emergency supply kit is
- 

Communication Plan

- ▶ Identify a primary and secondary out of area contact
- ▶ Identify a safe location outside of your home to meet in case your home is destroyed, street is blocked, or if a family member(s) are caught outside
- ▶ Create a group list on all mobile phones of the people you would need to communicate with
- ▶ <https://www.ready.gov/sites/default/files/2020-03/create-your-family-emergency-communication-plan.pdf>


Practice

- ▶ Learn and practice “Drop, Cover and Hold on” during an earthquake. Drop to the floor, take cover under a sturdy desk or table and hold on firmly, even if it moves.
 - If inside, stay inside and move away from windows. If outside, stay outside.
 - If in bed: hold on and stay there, protecting head with pillow
 - If in a high-rise: do not use elevators
 - If outdoors: move to clear area , avoid power lines, trees, signs, buildings
 - If driving: pull over to side of road, set parking break, stay in vehicle

Practice

- ▶ Teach everyone in your household to whistle or knock three times repeatedly if trapped
- ▶ Know the location of utility shut-offs and keep tools nearby (consider attaching wrench near gas shutoff valve). Only turn off gas if you smell or hear leaking gas.
- ▶ Talk about what each person is expected to do during and after an earthquake or fire, particularly *young children*.
- ▶ Make a habit of keeping at least a $\frac{1}{4}$ tank of gas in your car at all times
- ▶ Hold periodic fire and earthquake drills. Every business and school has fire drills. Households should too (makes a great Family Home Evening lesson).

Sample earthquake drill

- Set an exact date and time for the earthquake drill
 - At the appointed time, household members, wherever they are, practice “Drop, Cover, and Hold on”
 - Each member contacts out-of-area contact and goes to the designated meeting location
 - For an evening or period of time, avoid some or all utilities: water, electricity, ATMs, gas, Internet, gasoline, etc
 - Afterwards, talk about what you learned
- 

Personal and Household Disaster Supply Kits (“72 hour” kits)

▶ Documents

- Copy of family emergency plan
- Important family documents
 - Financial and legal documents
 - Vital records (birth, marriage, divorce, adoption, child custody)
 - Passport, driver’s license, SSN, green card, military service ID
 - Pet ownership papers, ID tags
 - Housing: lease or rental agreement, mortgage, home equity line of credit, deed
 - Vehicle: loan documents, VIN, registration
 - Estate planning: will, trust, power of attorney

Personal and Household Disaster Supply Kits (“72 hour” kits)

- ▶ Medical documents
 - Health/dental insurance
 - List of medications, immunizations, allergies, prescriptions, medical equipment and devices, pharmacy information
 - Living will, medical power of attorney
 - Caregiver agency contract
 - Disabilities documentation
 - Contact information for doctors, dentists, pediatrician
- ▶ Consider storing paper copies at home in a fireproof and waterproof box or safe, in a bank safe deposit box, or with a trusted friend/relative
- ▶ Store electronic copies in a password-protected format in your fireproof and waterproof box or safe or consider using a secure cloud-based service



Roll over image to zoom in

Fireproof Document Bags Extra-Large Size (15 x 12 x 5)" – Water & Fire Resistant File Storage Box for Money, Passport, Jewelry Double Layered Materials Silicone Coated Fiberglass

Brand: E47Room Fireproof Document Bag

★★★★★ 65 ratings

Price: \$22.45 ✓prime & FREE Returns

Thank you for being a Prime member. Get \$70 off instantly: Pay \$0.00 upon approval for the Amazon Prime Rewards Visa Card. No annual fee.

- 🔥 PROTECT YOUR VALUABLES AND GET PEACE OF MIND – This fireproof bag for documents has been cleverly designed to protect valuable items from fire, rain or explosion. It features a convenient adjustable shoulder strap, just as a messenger bag, in case of emergency it will be easier to carry. The quality zipper closure will effectively prevent water or fire from accessing your documents
- 🔥 EXTRA PROTECTION WITHOUT AN EXTRA COST – Your satisfaction is our goal, with that in mind we developed a great product with a double layer of protection and the highest quality silicone fibers at a great price. Our fire proof bag for documents is able to withstand extreme conditions, after being carefully tested we certify it can resist the heat from flames for up to 2000 ° F without any problems
- 🔥 MORE SPACE TO FIT IMPORTANT DOCUMENTS – With an XL size, measuring 15x12x5 inches this waterproof document holder is one of the largest in the market, you will have enough space to easily hold everything you need to keep protected at home or when you travel, such as laptop, A4 legal documents, tablets, passports, and other valuables
- 🔥 HIGHEST QUALITY MATERIALS THAT WON'T IRRITATE YOUR SKIN – Forget about itchy bags that

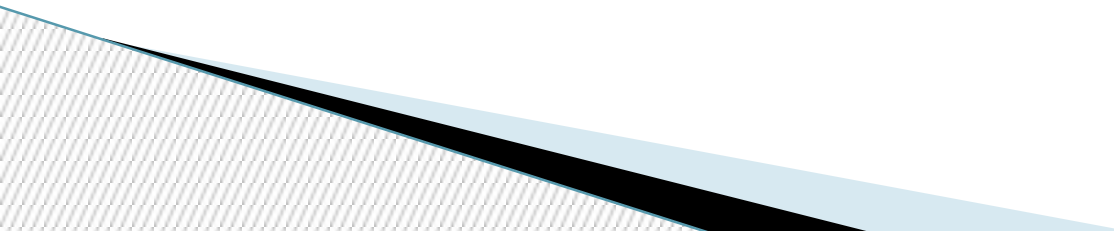
Food, Water, Related

- ▶ <https://www.ready.gov/food>
- ▶ Water (one gallon per person per day for drinking and sanitation)
 - This equals 7.5 bottles of 16 oz water (normal drinking bottle)
 - Chlorine bleach or another method for purifying water
- ▶ Food – choose foods that your family will eat and avoid foods that will make you thirsty
 - Ready-to-eat canned meats, fruits, vegetables
 - Protein or fruit bars
 - Dry cereal or granola
 - Peanut butter
 - Dried fruit
 - Canned juices
 - Non-perishable pasteurized milk
 - High-energy foods
 - Comfort/stress foods
- ▶ Utensils
- ▶ Manual can opener
- ▶ Know proper food safety and sanitation

Clothing, “Housing,” Sanitation

- ▶ Extra clothing and towels
- ▶ Sturdy shoes
- ▶ Sleeping bags/tent
 - Plastic sheeting and duct tape (to shelter in place)
- ▶ Moist towelettes, heavy duty garbage bags, plastic ties (for personal sanitation)
- ▶ Masks
- ▶ Hand sanitizer
- ▶ Disinfecting wipes
- ▶ Soap
 - No rinse body wash

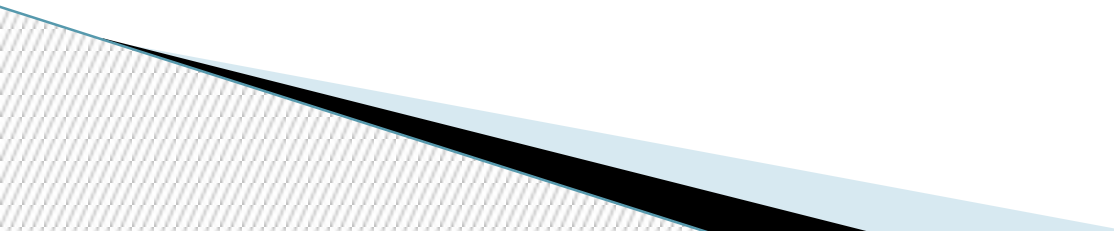
Medications

- ▶ Prescription medication
 - ▶ Non prescription medication (pain relievers, anti diarrhea medications, antacids, laxatives)
 - ▶ Prescription eyeglasses and contact lens solution
- 

Safety Supplies

- ▶ Battery powered or hand crank radio and a NOAA weather radio with tone alert
- ▶ Flashlights/Crank flashlight
- ▶ Extra batteries
- ▶ First aid kit
- ▶ Whistle (to signal for help)
- ▶ Dust mask (filter contaminated air)
- ▶ Work gloves
- ▶ Goggles
- ▶ Wrench or pliers (to turn off utilities)

Safety Supplies

- ▶ Utility tools
 - ▶ Cell phone with chargers and a backup battery
 - Power pack, solar charger
 - ▶ Fire extinguisher
 - ▶ Working carbon monoxide and fire alarms
- 





Other things to consider

- ▶ CPR training
- ▶ First aid training
- ▶ Know your alerts and warnings
 - https://www.ready.gov/sites/default/files/2020-03/ready_know-your-alerts-and-warnings.pdf
- ▶ Document and insure your property
 - https://www.ready.gov/sites/default/files/2020-03/ready_document-and-insure-your-property.pdf
- ▶ Safeguard critical documents and valuables
 - https://www.ready.gov/sites/default/files/2020-03/fema_safeguard-critical-documents-and-valuables.pdf

Discussion

- ▶ Do you have a supply kit?
- ▶ Take a look at what you have and/or make plans to adjust based on discussion(s)