

BEFORE DURING AFTER

- Check your home's structural integrity (see below)
- Secure furniture, glass, and appliances (see inside flap)
- Prepare an emergency kit that will afford you, your family, and your pets at least 72 hours of self-sufficiency (see next page)
- Keep important identification, contact information, and medical information on children and elderly or disabled adults at all times
- Have your veterinarian microchip your pets to help find and identify them
- Identify the safest areas in your home
- Make and rehearse a plan with your family for what to do during and after an earthquake



TIPS FOR SECURING YOUR HOME

Examine your foundation to make sure it is bolted in place. Install shear walls (such as plywood on "cripple walls" of raised foundations) if you haven't already; cross-bracing is not enough. Make sure all concrete is solid, without pockets of trapped air that can weaken it. Check that the wood is safe from insect invasion. Call exterminators and replace wood if necessary. Ensure that your building is properly permitted - your local Department of Building & Safety can help.

- Drop, cover, and hold on: Drop to the ground, take cover under something or cover your head with your arms, and hold on. (Do not get in a doorway, which provides no protection from falling items and may cause injury if the door closes on your fingers.)
- Inside? Stay inside. Drop, cover, and hold on
- Outside? Get to a clear area AWAY from overpasses, buildings, tall trees, etc. drop, cover, and hold on
- In a car? Pull over to a clear area AWAY from overpasses, buildings, tall trees, etc. and stay in the car with seat belt on until shaking stops
- Visit www.dropcoverholdon.org to learn what to do in other situations

WHAT'S IN YOUR EMERGENCY KIT?

Keep the following items handy: First aid kit, Swiss Army knife or pocket-sized multitool, 4-in-1 firefighters' emergency tool, medications and personal items (extra glasses, hearing aid, tampons, condoms), flashlight, whistle, photos and copies of identification and medical info, canned food for people, and dry food for pets. One to two gallons of drinkable water per person per day, for at least three days, but ideally two weeks (and don't forget your pets, too). A few comfort items such as a chocolate bar and crayons for children. In a crisis, a little luxury goes a long way.



- Check for injuries and damage
- Apply first aid as needed
- Expect aftershocks
- Extinguish small fires - the most common danger after a quake, according to the American Red Cross
- Turn off the gas but ONLY IF you smell or hear a leak
- Do not use candles or open flames
- Do not drink tap water - city water and sewer lines run closely together and cross-contamination may occur
- Do not drink swimming pool or spa water - but you can use it for bathing
- Purify water from radiator or toilet tank before drinking (see below)
- Clean up any spilled dangerous / flammable liquids (bleach, gasoline, etc.) - or cover them with dirt or cat litter
- Be patient with yourself, your loved ones, your animals; this is a time of stress and transition

HOW TO PURIFY WATER H₂O

- Do not under any circumstances drink toilet tank water that has been treated with drop-in bowl cleaners!
- First, strain water through clean paper towels or clothing
- Then, heat water and maintain at a rolling boil for 3-5 minutes OR
- Treat clear water with 8 drops of regular bleach for each gallon of water. Use regular bleach ONLY (5.25% sodium hypochlorite) - not "ultra" or "color safe" bleach
- Treat cloudy water with 16 drops of regular bleach for each gallon of water. Use regular bleach ONLY (5.25% sodium hypochlorite) - not "ultra" or "color safe" bleach



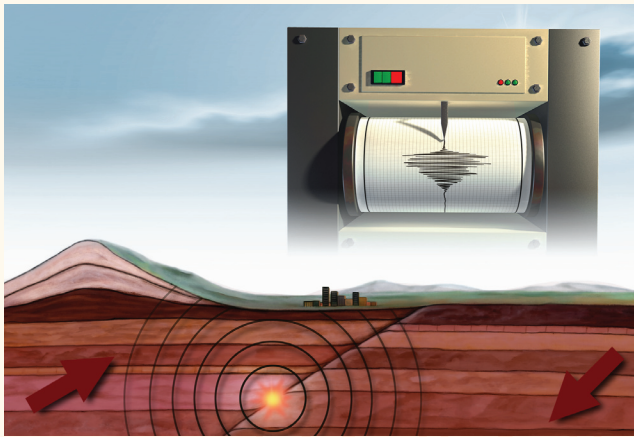
This flyer explains how to secure your home before, during, and after an earthquake. Many of the same safety principles can be applied to your school or workplace. For more details on earthquake safety, see the list of resources on the back cover of this pamphlet.

The American Red Cross reports that most injuries in the 1989 Loma Prieta and 1994 Northridge earthquakes resulted from people trying to leave their homes. Many were hurt in a fall, suffered broken bones, or seriously cut their feet while running over broken glass. Instead, you should drop to the floor, cover your head and neck with your arms or get beneath the nearest stable object, and hold on to it until the shaking stops.

MORE RESOURCES

- Earthquake Country Alliance:** www.earthquakecountry.org
- Great California ShakeOut earthquake drill:** www.shakeout.org
- San Francisco-based 72 Hours' all-purpose disaster preparation:** www.72hours.org
- Immediate, life-threatening emergency:** 911
- All Los Angeles city services (24 hours):** 311
- American Red Cross public information (24 hours):** 213-739-5205

NOTES:



In large earthquakes, people can be trapped in their homes by their own toppled furniture and injured by flying objects. Here's how you can prevent these and other common disaster injuries:

- Bolt water heaters to studs
- Secure ceiling fans and hanging light fixtures
- Brace refrigerators and other heavy appliances
- Attach latches to cabinet and cupboard doors
- Strap shelving to walls - bolt to studs where possible
- Do not hang heavy paintings or mirrors over beds
- Reinforce foundation, walls, garages, and chimneys
- Secure computers and monitors
- Fit gas appliances with flexible connectors



Information in this pamphlet was collected from the following sources: 72 Hours, American Red Cross, Community Emergency Response Team, Earthquake Country Alliance, and Great California ShakeOut.

THE BIG ONE



IS YOUR HOME READY?

You can't predict, but you can prepare.