

TWELVE STEPS TO EARTHQUAKE SURVIVAL

As we all know, California is earthquake country. Therefore, it is important to always be prepared for a damaging temblor and its aftermath. This article features easy monthly steps for those just getting started in preparing their earthquake survival plan. For those with plans already in place, reviewing these materials will provide you for a refresher course on the basics and an opportunity to inspect and replenish your supplies.

STEP I: FAMILY PLAN

Do members of your family know the safest and most dangerous places in your home during an earthquake? Do they know where to meet if they get separated after an earthquake? Do they know how to report their physical conditions and whereabouts?

Many government agencies, schools and businesses have plans for earthquakes and other emergencies. Your family should also have one. The safety and well being of your loved ones are important, so take time NOW to develop a family earthquake plan. If you have already developed a family earthquake plan, take time NOW to review and update it.

Your Environment

Safe Spots: Identify objects or places in each room that will provide protection from falling objects:

- Sturdy desks and tables
- Interior wall/corners

Danger Spots: Identify objects and places in each room that poses a danger during an earthquake:

- Windows
- Tall unsecured furniture
- Heavy objects on shelves
- Appliances
- Hanging mirrors/plants
- Pictures
- Ceiling lights
- Tall unbraced chimneys inside and outside the structure

Evacuation Routes: Locate exits and alternative ways to leave your home should the need arise.

Utility Shut-offs: Show everyone where the shut-offs for the following are located:

- Water

- Gas
- Electricity

Special Provisions

Plan for family members who have special needs, including:

- Seniors
- People with disabilities
- Children
- Individuals who take special medications
- Individuals who do not speak English
- Pets

Make provision for:

- Evacuation, if required
- Special foods
- Medications/eye glasses
- Life-sustaining equipment
- Wheelchairs, canes, walkers
- Strollers

Be sure to store such items in a location that's easy to access.

Meeting Plans

It's important that family members know where and how to reunite after an earthquake. Knowing everyone is alive and well will help family members cope with the situation more easily.

Include the following in your family earthquake plan:

- Out-of-state contact
- Meeting place
- Policies of schools and day-care centers pertaining to:
 - Emergency shelter
 - Transportation
 - Care for children

Designate someone to pick up your children if you are unable to do so after an earthquake. Be sure to check with your school for its policies in reuniting children with parents.

Plan Responsibilities

You and your family members will have to attend to many details after an earthquake. So will your neighbors. Get together and develop a plan that covers all potential problems. Assign specific responsibilities to each person based on their probable locations since it may be difficult to travel after an earthquake.

STEP 2: SUPPLY STORAGE

Flashlights, portable radios, first aid kits and other emergency supplies are essential after earthquakes and other disasters, but only if you can get to and use them. Store your emergency supplies in a location that you can access easily.

There are several options for storing your emergency supplies, including:

- Backpacks
- Duffel bags
- Heavy plastic trash cans with wheels
- Other containers

One of the most important considerations in storing your supplies is determining a location that you'll have access to after a major earthquake or another disaster. At least two different locations are recommended.

Identify the safe spots in your house as you did when you developed your family earthquake plan and conducted your home hazard hunt. Then, determine the locations in which you spend the most time and to which you'll have easy access.

Your options may include storing the supplies in the following locations:

- Under your bed
- In a hallway closet
- In the den
- In the garage
- In more than one location such as in a backpack to take with you if you have to leave your home and in the pantry for use while you're at home.

Supplies don't have to be kept all in one location. For example, you may want to keep a flashlight, sturdy shoes, portable radio and eyeglasses under or next to your bed, keep an adjustable wrench at the gas meter and your food and water supplies in the pantry.

Remember that food and water require special considerations:

- Empty open packages into screw-top plastic jars or airtight containers to avoid problems with insects and rodents.
- Place food and water stored in the pantry on lower shelves to prevent damage to the container or loss of the item.
- Store your food and water in a dark, cool place to increase their life span.
- Do not place plastic containers directly on cement floors. Lead and other contaminants may leak into the food or water if the container is placed on

cement.

STEP 3: FIRST AID TRAINING AND SUPPLIES

In an earthquake, some people get hurt. Are YOU first aid ready? Many people are unaware that they might be on their own for 72 hours or more after a major earthquake. You might have to depend on yourself to treat injured family members, friends and coworkers since outside assistance, including 9-1-1 service, might not be available immediately. If you don't have a first aid kit, NOW is the time to buy or assemble one. If you don't know how to administer first aid, enroll in a first aid class TODAY.

Common Injuries

Earthquakes can cause a number of injuries. The most common injuries and effects include:

- Bumps and bruises
- Cuts from flying/broken glass
- Broken bones
- Burns
- Shock
- Stopped breathing

First Aid Courses

After a major earthquake or another emergency, immediate medical assistance, including 9-1-1 service, might not be available. You might have to treat family members, friends and coworkers who suffer cuts, broken bones and other injuries. Take time NOW to learn first aid. Courses for adults and children are available through organizations such as local chapters of the American Red Cross, hospitals and community centers

First Aid Kits

Make sure you have everything you need to treat injuries that might occur during an earthquake or another emergency. Assemble and store an emergency first aid kit that includes:

- First aid book
- Bandages

- Adhesive tape
- Butterfly bandages
- 3" elastic bandages
- Roller bandages
- Dust masks
- 4x4 sterile gauze dressings (individually wrapped)
- Magnifying glass to see splinters
- Nonallergenic adhesive tape
- Safety pins
- Scissors
- Triangular bandages
- Antiseptic wipes
- Blunt-tipped scissors
- Latex gloves
- Eye cup or small plastic cup to wash out eyes
- Emergency (foil) blanket
- Thermometer
- Antibiotic salve
- Tweezers
- High-absorbency pads
- Wound disinfectant
- Saline for eye irrigation
- Small paper cups
- Aspirin or acetaminophen
- Liquid soap
- Tissues
- Cold compress
- Smelling salts

Keep this kit with your other emergency supplies

STEP 4: DUCK, COVER AND HOLD

We know that major earthquakes such as the magnitude 7.3 Landers temblor in 1992 can strike at any time and cause numerous deaths and injuries.

Experience also shows us that even moderate earthquakes – in the magnitude 5 to 6.9 range – can cause a significant number of deaths and injuries. The magnitude 6.7 Northridge earthquake in 1994 caused 57 deaths, more than 10,000 injuries and an estimated \$40 billion in property losses.

Learn what to do during an earthquake – whether you're at home, work or school. Taking the proper actions can save lives and reduces your risk of death or injury.

How to Ride Out an Earthquake

If an earthquake strikes while you're **INDOORS**, follow the steps below:

DUCK or drop down to the floor. Avoid windows, bookcases, file cabinets, heavy mirrors, hanging plants and other heavy objects that could fall. Watch out for

falling plaster or ceiling tiles. (Protective window coating and materials for anchoring computers, televisions and other breakable items are now available.)

Take **COVER** under a sturdy desk, table or other piece of furniture **until the shaking stops**. If that's not possible, seek cover against an interior wall and protect your head and neck by covering them with your arms. Avoid danger spots near windows, hanging objects, mirrors and tall furniture.

HOLD ON to the leg of a sturdy desk, table or other piece of furniture if you take cover under it. Be ready to move with it. **HOLD** the position **until the ground stops shaking and it's safe to get up**.

Other Locations

Earthquakes don't always occur when you and your family are at home, work or school. If you are in a public place, remain calm and do not rush for the exits. Take the time in any location to identify alternative exits. Here are some additional safety tips if you're at specific locations when the shaking starts:

- If you're in an **OFFICE BUILDING**, don't use the elevators. Don't be surprised if the fire alarm, burglar alarm or sprinkler system comes on.
- If you're **OUTDOORS** and can safely do so, move to a clear area, away from trees, signs, windows, buildings, electrical wires and poles.
- If you're on a **SIDEWALK NEAR BUILDINGS**, duck into a doorway to protect yourself from falling bricks, glass, plaster and other debris.
- If you're **DRIVING**, pull over to the side of the road, stop and set the parking brake. Try to avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle **until the shaking is over**. Do not exit your vehicle if wires have fallen on it.
- If you're in a **CROWDED STORE OR OTHER PUBLIC PLACE**, don't rush for the exits. Move away from display shelves containing objects that could fall.
- If you're in a **WHEELCHAIR**, stay in it. If possible, move to cover, lock your wheels and protect your head and neck with your arms.
- If you're in the **KITCHEN**, turn off the stove and move away from it, the refrigerator and overhead cupboards. (Anchor appliances and install safety latches on cupboard doors **NOW**.)
- If you're in a **STADIUM OR THEATER**, stay in your seat and protect your head and neck with your arms. If possible, try to crouch down so that your head is below the top of the chair. Don't try to leave **until the shaking is over**. Leave in a calm, orderly manner when the shaking stops and you are instructed to do so.

Be prepared for aftershocks. Plan where you will take cover when aftershocks occur.

STEP 5: CAR KIT AND OFFICE KIT

No one knows whether they will be at home, at work or on the road when a damaging earthquake strikes. Large earthquakes such as the 1992 Landers and

the 1994 Northridge temblors could severely damage bridges, freeway overpasses, transition roads or other facets of the highway system.

As a result, you might have to use alternate driving routes, abandon your car and walk home or remain where you are. Store emergency supply kits at work and in your vehicle to help make your situation less stressful.

Be sure to keep gasoline in your tank. If an earthquake strikes while you are driving, pull over to the side of the road and stop. Try to avoid overpasses, power lines or other objects that could fall.

Car and Work Kit Supplies

Be sure to store a backpack, duffel bag or tote bag containing the following emergency supplies at work and in your car:

- **Bottled water:** At least 72-hour supply (minimum one gallon per person, per day) to avoid significant losses of body fluids.
- **Nonperishable food:** Dried fruit, unsalted nuts and crackers, energy bars, etc.
- **First aid kit and book:** To provide medical assistance to yourself, passengers, coworkers and others who may require it.
- **Sealable plastic bags:** To dispose of trash, waste, etc.
- **Flashlights, spare batteries and bulbs:** To provide light if you need to walk home, find evacuation routes at night or if lights are out.
- **Battery-operated radio, spare batteries:** To obtain official information and instructions.
- **Essential medication:** At least 72-hour supply of essential prescription medications to maintain your health and provide comfort while walking home or waiting for roads to reopen.
- **Tools:** Screwdrivers, pliers, crowbars, etc., to help with debris removal and light search and rescue.
- **Pre-moistened towelettes:** For personal hygiene.
- **Extra clothes:** Shirts, pants, jackets, etc. that are comfortable.
- **Sturdy shoes:** To protect your feet from broken concrete, glass and other debris.
- **Manual can opener:** To open canned goods contained in your emergency food supply.
- **Sturdy work gloves:** To protect your hands from sharp objects you may attempt to lift.

Be sure to also include the following items in your car kit:

- **Reflectors:** To warn approaching vehicles that your car is stopped or abandoned. Check and/or replace them as needed.
- **Blanket or sleeping bag:** To provide warmth and comfort if you sleep in your car or outdoors while en route home.
- **Fire extinguisher:** To put out small fires.
- **Local maps:** To guide you if you use alternative routes to walk or drive to your destination.

- **Hat or visor:** To provide protection from the sun.
- **Whistle:** To attract attention and call for help.
- **Pen or pencil and tablet:** To leave messages if you abandon your car. Be sure to specify the date and time and your destination.

STEP 6: EMERGENCY CASH AND IMPORTANT DOCUMENTS

After a damaging earthquake, it won't be "business as usual." Banks and ATMs might be closed for an indefinite period, so your money in the bank will stay there.

Include in your earthquake kit a sufficient amount of cash to get you through the emergency period. You'll need cash to purchase food, gas and other emergency supplies. Small bills – ones, fives and tens – are best.

Be sure you also include plenty of change to call your out-of-state contact from a public phone. (Public phone lines are among the first to be restored after a disaster.) You can also use your calling card to make the call.

You'll also need insurance policies, birth certificates and other vital records after a damaging earthquake or another disaster. Take steps NOW to assemble and protect them.

Important Documents

After a damaging earthquake, you'll need vital personal documents and information for insurance claims and other matters. Keep the following items and documents and/or copies of them in a safe deposit box, freezer or another safe place:

- Social security cards
- Birth certificates
- Marriage and death records
- Driver's license
- Credit cards
- Insurance policies
- Recent income tax returns
- Mortgage and rental receipts
- Employment paycheck stubs
- Deeds
- Stocks and bonds
- Savings and checking account books
- Documentation of valuables (video or photo documentation will facilitate insurance claims)
- Wills
- Health history, allergies, blood types
- Recent photos of family members for identification purposes

Storage Tips

Several options for safely storing your valuables and important documents are

available to you, including the following:

- Fireproof storage boxes or safe deposit boxes
- Freezer (make sure your tightly seal documents in a freezer bag before placing them in the freezer)
- The home of your out-of-state contact (send only copies of documents, not the originals)

STEP 7: CAMPING OUT EARTHQUAKE STYLE

An earthquake larger than the magnitude 6.7 Northridge temblor in 1994 might severely damage utility systems, including gas lines, forcing you to live and cook outdoors for several days.

Prepare to do so NOW by including outdoor cooking and camping supplies as part of your emergency kit.

Outdoor Cooking

If an earthquake disrupts utility services and forces you to cook outdoors, you can use a camp stove or charcoal grill, but remember: use these items for cooking only if you're outdoors.

If necessary, you also can use candle warmers and sternos to heat your food. You can heat canned food in the can, but you must remove the paper so it will not burn and remove the lid first to let steam escape. Chafing dishes and fondue pots can also be used as containers.

Another cooking option is the stove in your recreational vehicle, if you own one.

Special Tips

- If possible, include foods that do not require cooking
- Use foods stored in your refrigerator first. An unplugged refrigerator will remain cold for 24 hours if you don't open the door. Cook foods in your freezer next. Cook foods stored on shelves last.
- Store fuels in a ventilated area such as a garage or storage shed, away from water heaters.
- Do not camp under power lines, trees or other objects that could fall during an aftershock.

Cooking Supplies

Be sure to store a least enough of the cooking supplies to last 72 hours. Choose the supplies for cooking that best suit your family's needs. A list of options follows:

Essential Supplies

- Barbecue or other outdoor grill

- Camp stove
- Sterno-type fuel

Fuels

- Charcoal and lighter fluid
- Propane

Supplies

- Disposable plates
- Disposable cups
- Disposable eating utensils
- Paper towels
- Pots, pans
- Water-proof matches or a lighter

Utensils

- Forks, knives and spoons
- Manual can opener
- Tongs with long wooden handles to pick up heated containers

Outdoor Living

Be sure to have the following supplies available so you and your family are prepared to live outdoors if an earthquake severely damages your home or your utility service is interrupted:

Essentials

- Battery-operated radios, flashlights
- Blankets, sleeping bags
- Canopy or tarp
- Clothing
- Rain gear
- Sturdy shoes
- Essential medications
- First aid book and kits
- Food (nonperishable)
- Local maps
- Rope, tape and trash bags
- Shovel, hammer and axe
- Tent(s)
- Water for cooking, drinking and hygiene

Personal Hygiene

- Baking soda to absorb odors
- Deodorant

- Lip balm
- Mouthwash
- Plastic trash bags
- Portable shower
- Portable toilet or bucket
- Soap
- Sunscreen
- Toothbrushes and toothpaste
- Towelettes
- Wash cloths

Psychological Comfort

- Candy
- Playing cards
- Family photos
- Games

STEP 8: FRESHEN UP YOUR WATER AND FOOD SUPPLIES

You can't exist very long without water. It's essential to life. Food is also important. Many of us could survive without it for several days, but the energy, psychological comfort and nutrition it provides are essential after a damaging earthquake.

There's no assurance that food and water will be available after a large, regional earthquake. The Northridge earthquake severely damaged the water distribution system in the City of Los Angeles, leaving 100,000 homes and businesses without potable water. Water quality also was a problem due to quake-caused interruption of the chlorination process and possible contamination through more than 2,000 pipeline breaks.

People who fled their homes for nearby parks had to wait in long lines to receive food, water and other staples from the American Red Cross, Salvation Army and other volunteer agencies. Empower your family and reduce the post earthquake stress by storing or freshening your emergency water and food supplies.

Water Storage

- Store at least a three-day to three-week supply of drinking water for each family member (at least one gallon per person per day). Water is available in juice-box type containers, cans, foil packets and plastic bottles
- Store additional water for hygiene and cooking
- Store a three-day supply of water for your pets
- Replace your home-stored tap water every six months
- Avoid storing water containers directly on cement. Lead from the cement could pass through the container into the water.
- Store water on lower shelves, rather than on higher shelves from which containers could fall and burst
- Store your water in a cool, dark and dry place, separated from your other

emergency supplies in case of leakage

Alternative Water Sources

- Water heater, if secured
- Toilet tanks (not the bowl) if the water hasn't been treated with chemicals to enhance color, smell, etc.
- Beverages
- Ice
- Swimming pools (for hygiene purposes only, not for drinking!)

Food Selection and Storage

- Store nonperishable foods your family normally eats. Include items that do not require cooking
- Avoid foods that require a lot of water to prepare or are heavily salted and make you thirsty
- Remember dietary restrictions
- Be sure to store your favorite treats for psychological comfort
- Include an emergency food supply for your pets
- Store at least a three-day to three-week supply of canned foods. Foods in glass bottles and jars might break when a disaster occurs. Include a manual can opener.
- Open food boxes or cans carefully so you can close them tightly after each use
- Empty open packages of food, such as dried fruits and nuts into screw top (plastic) jars or airtight tin cans to avoid problems with insects or rodents.
- Replace/renew your food supply, including canned goods, once or twice a year. Check expiration dates.

Eating and Cooking

- Be prepared to cook outdoors. Use a:
 - Charcoal grill
 - Barbecue
 - Camp stove
- Use foods stored in the refrigerator first; use foods stored in the freezer next; use foods stored on shelves last

Remember: These cooking methods are for outdoor use only. Cooking indoors with these items allows carbon monoxide and related gases to build up, which can quickly kill you.

- Store at least a 72-hour supply of the following items:
 - Charcoal, propane, lighter fluid
 - Waterproof matches or a lighter
 - Paper towels, plastic trash bags
 - Disposable eating utensils

STEP 9: FOCUS ON CHILDREN

Damaging earthquakes such as the 1994 Northridge temblor and their aftershocks can rattle nerves of adults and children. You can't do anything to prevent earthquakes and aftershocks, but you and your children can work together to prepare for the next earthquake. Here are some ideas about how to make your children more prepared for an earthquake:

Learn What Earthquakes Are and What Causes Them

Explain why the ground and buildings shake. Go to a museum, a theme park or an expo that has an earthquake simulator so everyone can experience the shaking sensation. Remind everyone that the shaking will stop. Read stories about earthquakes and let your children ask questions. **Learn the difference between fact and fiction.**

Discuss Aftershocks

Talk about the possibility that aftershocks as strong as the earthquake itself might occur and continue for some time. Make sure everyone understands that aftershocks are normal.

Assemble Children's Earthquake Kits

Help your children to assemble their own earthquake kits. Include a note from parents, a special toy, family photograph and treat, as well as water, food and other earthquake supplies. Kits should meet their needs and likes. Remember that no supplies are "wrong."

Accustom Everyone to Living without Electricity

Go through an entire evening without using electricity to prepare everyone – especially children – for the possibility of having to live without it. Conduct a "flashlight" walk around the block; hold a candlelight or "flashlight" dinner; tell stories or play games instead of watching television.

After An Earthquake

Monitor family members – particularly children – for behavioral changes, including withdrawing from family and friends, overeating or loss of appetite, disobedience and antisocial behavior. Parents and teachers can respond to such problems by encouraging interaction with family members and friends, by providing additional attention and physical comfort and by providing structured but undemanding responsibilities. Contact your local mental health agency for more information.

STEP 10: LEARN NOT TO BURN

Fires claim the lives of thousands each year. Strong temblors can trigger fires by:

- Breaking gas lines

- Downing electrical lines
- Damaging wiring in appliances
- Toppling shelves holding combustible chemicals

Earthquake-related fires are also caused by:

- Leaving food unattended on the stove after an earthquake strikes
- Lighting or using matches before checking for gas leaks
- Using fireplaces before they've been inspected for damage

Having a good fire extinguisher and knowing how to properly use it before an earthquake or a fire can help save your home and your life.

Fire Extinguishers

Equip your home with dependable fire extinguishers and teach family members how to use them. Proper use of fire extinguishers can keep a small fire from growing, provide you with an escape route through a small fire and help you fight a small fire until professional firefighters arrive.

How to Operate

Hold the extinguisher upright and remember the word "**P-A-S-S**":

P for **PULL**

Pull the pin, ring or seal

A for **AIM**

Aim the extinguisher nozzle at the base of the fire. Remember that most fire extinguishers last only 8 – 10 seconds. Make sure you aim at the base of the fire **before** you release.

S for **SQUEEZE**

Squeeze or press the handle

S for **SWEEP**

Sweep slowly from side to side at the base of the fire until the fire goes out

Buying Tips

Several types of fire extinguishers are available:

- Extinguishers labeled "A" are effective for combating fires involving paper, cloth, wood or other ordinary combustibles
- Extinguishers labeled "B" are effective for fighting fires involving gasoline,

- kitchen grease, paints, solvents or other flammable liquids
- Extinguishers labeled "C" are effective for fighting fires involving electrical equipment, wiring and appliances
- Multipurpose dry chemical extinguishers labeled "ABC" are effective for fighting most types of fires
- Generally speaking, an A-B-C type of extinguisher is recommended for home use

Safety Tips

- Make sure you have a clear escape route before you attempt to put out a fire
- Stay low to avoid fumes and smoke
- After an earthquake, turn off your stove and unplug any damaged appliances
- **Get out immediately and call 9-1-1 to notify authorities**

Smoke Detectors

You can reduce your risk of fire-related death or injury particularly during sleeping hours, by installing smoke detectors in the following locations:

- Bedrooms
- Hallways and corridors between rooms
- Stairway ceilings
- Basements, attics and garages
- Living room and den

Be sure to test your smoke detectors each month and change batteries annually. This is also a good time to check your fire extinguishers.

STEP 11: EMERGENCY LIGHTING

Every home should have emergency flashlights and spare batteries.

The magnitude 6.7 Northridge earthquake in 1994 damaged several Los Angeles City Department of Water and Power (DWP) facilities. The quake also damaged several high voltage transmission lines and caused some towers to fail completely. As a result, much of the city was without power for the first time in its history. DWP personnel were able to restore service to 93 percent of the city within 24 hours, but it might take much longer in a larger, regional earthquake. Don't be left in the dark. Empower your family by obtaining battery-operated flashlights and extra batteries for your home and car.

Flashlights

Flashlights can provide immediate emergency light and psychological comfort when earthquakes or other disasters disrupt power. They're good only when you can find them and the batteries work.

Place a flashlight in every room; secure each one to ensure accessibility. Maintain an ample supply of extra batteries and bulbs. Check them every six months.

Lightsticks

Lightsticks are also an excellent source of emergency light and do not require electricity or batteries to operate. Maintain an ample supply for each family member.

Wall Units

Emergency wall units that plug into electrical sockets and activate when electricity is disrupted can also provide emergency light during power outages.

Radios

Reliable information and instructions are essential after a damaging earthquake or another disaster. Empower yourself and your family by including battery-operated portable radios or televisions and extra batteries in your emergency preparedness kits.

Special Needs

Electrical outages can also impact persons with hearing impairments and other with special needs. Prepare NOW by including the following, as appropriate, in your emergency kits:

- Extra batteries for hearing aids, TDDs, wheelchairs
- Generator for life-safety equipment

Checking Utilities

Strong earthquakes can also damage utility lines and appliances, putting your home at risk to fire.

Before the next earthquake:

- Show responsible family members the location of your electrical service panel and teach them how to turn off service
- Conduct family drills and simulate turning off electricity to test family skills

After the next earthquake:

- Determine if electricity is out only in your home or throughout the neighborhood
- Check for damaged appliances, as well as fallen, loose or damaged electrical wiring
- Disconnect damaged appliances

- Stop power flow at the service panel if your wiring is damaged
- Turn off gas only if you hear or smell a leak
- Reenergize circuits by turning on the main panel first and then each breaker individually
- Call the Gas Company to restore service. Do not turn the gas back on yourself.

STEP 12: GIFTS OF LIFE

Are you having trouble deciding what to get a family member, friend or coworker for an upcoming holiday or birthday? If so, a survival gift might be the answer, especially for someone who hasn't already bought or assembled his or her own emergency preparedness kit. Flashlights, portable battery-operated radios, first aid kits and other emergency supplies will be valuable after a damaging earthquake since people living in the affected area might have to rely on themselves for at least 72 hours.

Make a list of persons for whom you're going to buy or assemble survival gifts. List what you think everyone needs. Depending on your financial situation and the needs of the people on your list, you might get one item or an entire kit. You can also coordinate with other relatives, friends and coworkers to buy different emergency supply items or to assemble kits as a group project, with each participant contributing one item to the kit.

Suggested Gifts and Approximate Price Ranges

Less than \$5

- Bottled water
- Dust mask
- Emergency (foil) blanket
- Emergency reflectors (set of four)
- Local maps
- Manual can opener
- Nonperishable food
- Safety lightsticks
- Whistle

Between \$5 - \$10

- Books, games and toys
- Personal hygiene kit (mouthwash, toothbrush, toothpaste, wet wipes, deodorant, sunscreen, etc.)
- Flashlight, spare bulb and batteries
- Pocket knife
- Sturdy work gloves

Between \$10 - \$20

- Duffel bag or backpack

-
- First aid kit (for one) and book
 - Hand tools (wrenches, crowbars, pliers, screwdrivers, etc. to help turn off utilities, remove debris, etc.)
 - Multipurpose ABC-type fire extinguisher
 - Portable battery-operated radio
 - Work gloves

Over \$20

- Camp stove or barbecue
- Commercially made earthquake kit
- Lantern
- Sleeping bag
- Sturdy shoes
- Tent

Post Earthquake Checklist

- ☐ Check for natural gas leaks
- ☐ Check for overturned lighted candles
- ☐ Extinguish small fires
- ☐ Treat injuries
- ☐ Check for household chemical spills
- ☐ Check for gas leaks at neighbor's houses
- ☐ Check for structural damage
- ☐ Turn on the television or battery operated radio
- ☐ Put phone receivers back on the hook
- ☐ Call 9-1-1 for life threatening emergencies, otherwise stay off the phone (Cordless phones won't work if the power is out!)
- ☐ Prepare for aftershocks (move heavy items to lower shelves, secure hazardous household chemicals)
- ☐ Assemble emergency supplies including: Food, water, First Aid kit, battery-operated radio, flashlight or light stick
- ☐ Don't flush toilets
- ☐ Gather important documents

Remember that during earthquakes and other disasters, Sheriff, Fire and Ambulance services will be overwhelmed and unavailable. It will be up to you to complete these tasks.

GAS SAFETY AFTER EARTHQUAKES

DO NOT TURN OFF THE GAS UNLESS:

You smell natural gas
You hear a hissing sound
or

You see the gas meter dial spinning

IF YOU TURN OFF THE GAS

PG&E must turn it back on for you...

Don't do it yourself!

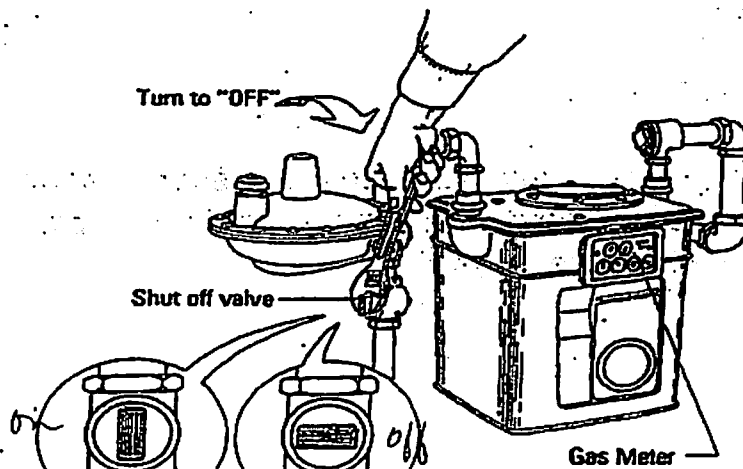
Check your gas valve periodically by
turning it 1/8 turn.

This won't turn off the gas, but it will keep it ready.

HERE'S HOW TO TURN OFF THE GAS:

Turn the valve 1/4 turn, in either direction,
so that it is crosswise on the pipe.

GAS SHUT-OFF



Cupertino Office of Emergency
Services
408 777-3335

All figures below are for U.S. residents.

Cause of Death	Lifetime Odds
Heart Disease	1-in-5
Cancer	1-in-7
Stroke	1-in-23
Accidental Injury	1-in-36
Motor Vehicle Accident*	1-in-100
Intentional Self-harm (suicide)	1-in-121
Falling Down	1-in-246
Assault by Firearm	1-in-325
Fire or Smoke	1-in-1,116
Natural Forces (heat, cold, storms, quakes, etc.)	1-in-3,357
Electrocution*	1-in-5,000
Drowning	1-in-8,942
Air Travel Accident*	1-in-20,000
Flood* (included also in Natural Forces above)	1-in-30,000
Legal Execution	1-in-58,618
Tornado* (included also in Natural Forces above)	1-in-60,000
Lightning Strike (included also in Natural Forces above)	1-in-83,930
Snake, Bee or other Venomous Bite or Sting*	1-in-100,000
Earthquake (included also in Natural Forces above)	1-in-131,890
Dog Attack	1-in-147,717
Asteroid Impact*	1-in-200,000**
Tsunami*	1-in-500,000
Fireworks Discharge	1-in-615,488

** Perhaps 1-in-500,000

SOURCES: National Center for Health Statistics, CDC; American Cancer Society; National Safety Council; International Federation of Red Cross and Red Crescent Societies; World Health Organization; USGS; Clark Chapman, SwRI; David Morrison, NASA; Michael Paine, Planetary Society Australian Volunteers