

## Preparing a Family Earthquake Plan

When preparing for an earthquake, plan on having enough supplies to get you and your family through at least the first 72 hours. After a major earthquake, there's a good chance that traditional emergency response teams will be too busy to help you. You need to prepare your home and neighborhood.

### Prepare a plan

- C Cache a three-day supply of food and water, and other emergency supplies.
- C Decide where and when to reunite your family.
- C Choose a person outside the immediate area to contact if family members are separated.
- C Know the policies of the school or daycare center your children attend. Make plans to have someone pick them up if you are unable to get to them.
- C If you have a family member who does not speak English, prepare an emergency card written in English to indicate that person's identification, address and any special needs such as medication allergies. Tell that person to keep the card with him or her at all times.
- C Conduct "Duck, Cover & Hold" drills every six months with your family.
- C Know the safest place in each room. It will be difficult to move during a quake.
- C Locate the shutoff valves for water, gas and electricity. Know how and when to shut off utilities.
- C Identify all the exits in your house. Keep those areas clear.
- C Know where the nearest fire and police stations are.
- C Before a quake occurs, call your local Office of Emergency Services to find out about its plans for emergency shelters and temporary medical centers.
- C Make copies of vital records and keep them in a safe deposit box in another city or state. Make sure your originals are stored safely.
- C Take photos of, and document all your valuables.
- C Include your babysitter and other household help in your plans.
- C Keep an extra pair of eyeglasses, house and car keys on hand.
- C Keep extra cash and change. If electricity is out, you will not be able to use an ATM.

### General Tips

- C Stay away from heavy furniture, appliances, large glass panes, shelves holding objects, and large decorative masonry, brick or plaster such as fireplaces.
- C Keep your hallway clear. It is usually one of the safest places to be during an earthquake.
- C Stay away from kitchens and garages, which tend to be the most dangerous places because of the many items kept there.
- C Does your neighborhood have a local Disaster Council or Disaster Preparedness Group? If so, get involved with it. If not, get involved to start one. See Organizing Your Neighborhood for tips.