



## **IT'S ROCKIN' AND ROLLIN' IN CALIFORNIA**

Did you know that your chances of being injured or killed are greater if you try to flee from a building while it is shaking? It's true. Thousands of earthquake victims have been hurt because they fell or were hit by falling debris as they ran outside. Instead, just duck, cover, and hold . . .  
**and don't panic!**

Preparing your home as well as knowing how to respond during an earthquake will make a difference when the "Big One" hits. Here are some things you can do right away:

### **BEFORE AN EARTHQUAKE OCCURS**

Are you prepared for the next earthquake? By taking certain preparedness measures, the impact of an earthquake can definitely be lessened. Set aside some emergency supplies and teach your family what to do at home during and after a disaster. You could be without help for up to 72 hours, so learn to cope for at least that long.

- Become aware of your surroundings. Note potential hazards in your home, in the neighborhood, on the roads you travel, at work, and in a recreational area.
- Mobile homes are generally structurally sound; however, the greatest danger is in the possibility of slippage from the foundation or supporting jacks. Be sure the home is securely and professionally anchored and the foundation braced.
- Secure water heaters and other appliances to the wall and make certain gas connections are flexible. Also secure furniture, hanging plants, and other decorative items. Place heavy objects on lower shelves.
- Hold regular home earthquake drills. Make certain all family members will drop, cover, and hold during an earthquake.
- Store poisons and solvents in a secure, well-ventilated storage area away from your water storage area and not accessible to small children and pets.
- Know the emergency procedures for your children's schools.
- Participate in a local Neighborhood Watch Program and develop a neighborhood disaster plan.
- Have a portable radio with plenty of batteries and be ready to tune to the local Emergency Broadcast System. San Diego County EBS stations are:  
**KFMB—760 AM and 100.7 FM      KCBQ—170 AM and 105 FM      KSDO—103 AM.**
- Have a plan for reuniting your family that includes an out-of-state contact.
- Keep immunizations up-to-date and store a sufficient supply of prescription and over-the-counter medications.
- Take First Aid and CPR classes.

# HOW TO RIDE OUT THE EARTHQUAKE!

Movement of the ground is seldom the actual cause of death or injury. Most casualties result from falling objects and debris, like toppling chimneys and falling glass from windows. Knowing how to respond can reduce the risk of any injury, slight or serious.

## DURING THE QUAKE

- **REMAIN CALM.** Think through the consequences of any action you take. Stay calm and reassure others.
- If indoors, stay there. Get under a desk or table or crouch against a solid wall, protecting your head with your arms or a large book or pillow.
- If outdoors, get into an open area away from trees, buildings, walls, and power lines. **DO NOT RUN THROUGH THE STREET.**
- If in a high-rise building, stay away from windows and outside walls. Get under a sturdy table or desk. **DO NOT USE ELEVATORS.**
- If driving, pull over to the side of the road and stop. Avoid stopping under overpasses, power lines, or next to buildings. Stay inside your car until the shaking is over. If the earthquake has been severe, do not attempt to cross bridges or overpasses that have been damaged.
- If in a crowded public place, **DO NOT RUSH FOR THE DOORS.** Move away from display shelves containing objects that could fall. Crawl under a table or crouch against a wall.

## AFTER THE QUAKE

- Check for injuries. Apply first aid. Do not move seriously injured individuals unless they are in immediate danger. Cover injured persons with blankets to keep them warm.
- Check all telephones to make sure they have not shaken off the receiver.
- Do not use the telephone unless there is a severe injury or fire.
- For more detailed emergency procedures, consult a first-aid book or the front pages of your telephone book.
- Check for fires or fire hazards.
- Wear shoes in all areas near debris or broken glass.
- Check for gas or water leaks, broken electric wiring, or sewage lines. If there is damage, turn utility off at the source.
- Check food and water supplies. Emergency water may be obtained from melted ice cubes, bottled water, canned vegetables, or your water heater tank. Water from other sources should be boiled for 20 minutes to be sure it is drinkable.
- Turn on your portable radio for instructions and news reports. Cooperate fully with public officials.
- Do not use your vehicle unless there is an emergency. Keep the streets clear for emergency vehicles.
- If you evacuate, leave a note inside your home telling family members where you can be found.
- Open closet and cupboard doors carefully, watching for objects falling from shelves.
- Immediately clean up spilled and harmful materials.
- Form a neighborhood team to pool resources for child care, treatment of the injured, and emergency communications.
- Avoid using matches, lighters, or open flame appliances in case of gas leaks that may be present or occur during an aftershock.

# ABSOLUTE NECESSITIES FOR ANY TYPE OF EMERGENCY



## FOOD

Canned and dried foods, powdered milk (sufficient for one week for each member of your household)

**NOTE:** Most canned foods have a 12-month shelf life. Pick foods the family enjoys and be sure to rotate food on a continual basis.



## WATER

Minimum of one gallon per person per day (sufficient for one week)

**NOTE:** Store water in sealed plastic containers.

## NECESSITIES

- Portable radio (with extra batteries)
- Flashlight (with extra batteries)
- Pipe and crescent wrenches (for turning off gas and water mains)
- First aid kit and instructional booklet—**NOTE:** Additional source—"Survival Guide" (front pages of your telephone directory)
- Liquid chlorine bleach (for use in purifying water)
- Fire extinguishers (conveniently located)
- Special medications needed by household members
- Non-electric can opener
- Barbecue or portable stove—**NOTE:** Stoves should not be used until it is determined that there is no gas leak in the area. Barbecues should be used only out-of-doors.
- Matches
- Extra clothing; sturdy shoes
- Hygiene items (such as soap, shampoos, toothpaste, etc.)
- Eyeglasses if you wear contact lenses—to avoid irritation from excessive dust and debris in the air
- Metal waste can with tight-fitting lid/plastic garbage bags (to store human waste if sewage lines are damaged)
- Paper plates, cups, utensils (at least a two-week supply to conserve available drinking water)
- Blankets; sleeping bags
- Special needs for baby, invalid, elderly (foods, clothing, etc.)
- Heavy-duty aluminum foil
- Portable fire escape ladder in each upstairs bedroom (for use in homes/apartments with multiple floors)

## RECOMMENDED BASIC FIRST AID KIT

First aid book  
Eye dressings  
Tweezers  
Splints, wooden 18" long  
Thermometer (oral/rectal)  
Rubbing alcohol  
Antiseptic solution  
Triangular bandages  
Can of plastic bandages,  
assorted sizes  
Roller gauze, assorted sizes  
Adhesive tape, 2"-wide roll

Scissors  
Cleaning/antibacterial soap  
Safety pins, assorted sizes  
Eye wash  
Cotton, sterile  
Medicine dropper  
Baking soda  
Diarrhea medication  
Plain absorbent gauze pads,  
assorted sizes  
Gauze squares, sterilized,  
assorted sizes

Kleenex  
Smelling salts  
Cotton-tipped swabs  
Aspirin/non-aspirin tablets  
Laxative  
Pocket knife  
Sanitary napkins  
Petroleum Jelly  
Medication prescribed by your  
physician