

ARE YOU READY?

**Earthquakes can happen “IN LESS THAN A MINUTE”,
but “ARE YOU READY” for what comes next?**

WHEN AN EARTHQUAKE STRIKES

- ❖ **REMAIN CALM—REASSURE OTHERS**
- ❖ **IF INSIDE, STAY THERE! — IF OUTSIDE, STAY THERE!**
 - *TAKE COVER*PROTECT YOUR HEAD AND FACE*DON'T RUN DOWNSTAIRS**
- ❖ **DO NOT LIGHT A MATCH OR TURN ON A LIGHT SWITCH, USE A FLASHLIGHT!**
- ❖ **WEAR STURDY SHOES.**
- ❖ **CHECK FOR INJURIES AND ADMINISTER FIRST AID.**
- ❖ **CHECK FOR FIRES.**
- ❖ **CHECK YOUR UTILITIES—SHUT OFF IF NECESSARY.**
- ❖ **TURN ON A BATTERY-OPERATED RADIO (OR CAR RADIO) FOR EMERGENCY BULLETINS**
- ❖ **CLEAN UP HAZARDOUS MATERIALS.**
- ❖ **TAKE ROUTINE MEDICATION.**
- ❖ **CONFINE FRIGHTENED PETS.**
- ❖ **CHECK THE HOUSE FOR STRUCTURAL DAMAGE—EVACUATE IF NECESSARY.**
- ❖ **BE PREPARED FOR ADDITIONAL AFTERSHOCKS.**
- ❖ **STAY OUT OF DANGER AREAS—NEVER GO TO THE BEACH TO WATCH A TSUNAMI.**
- ❖ **RESPOND TO THE REQUESTS FROM EMERGENCY MANAGEMENT OFFICIALS, POLICE, FIREFIGHTERS, CERT, OR RELIEF ORGANIZATIONS.**

MAKE A BASIC EMERGENCY SUPPLY KIT

Be prepared to be on your own for at least 72 hours if not more. Start by gathering some basic supplies to help endure days without utilities, telephone, internet and will also provide good nourishment for several days for each person. Make sure to include special needs and include pet items. Be sure to rotate items on a regular basis and check and replace batteries if needed. Store your supplies in a waterproof container.

Essentials

- Water (one gallon per day per person)
- Food (canned and dry goods, high calorie food bars)
- Personal first aid kit
- Battery powered flashlight (with extra batteries)
- Personal Medication Record
- Prescriptions
- Solar Cellphone Charger

EXTRAS

- Hygienic items (toothbrush/hand sanitizer/etc)
- Extra clothing
- Blankets
- Rain poncho
- 12-hour light sticks
- Whistle (to alert rescue parties)
- Face mask (to avoid dangerous bacteria)

******MOST IMPORTANTLY FOLLOW THROUGH ******