

Preparing Your Family For An Earthquake

The Plan

- Get what you need and make your emergency supplies kit
- Decide where and when to reunite your family if you are separated. Choose a person outside the immediate area to contact. Long distance phone service will probably be restored sooner than local service. Do not use the phone immediately after an earthquake.
- 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.
- If you have a family member who does not speak English, prepare an emergency card written in English indicating that person's identification, address and any special needs such as medication or allergies. Tell that person to keep the card at all times.
- Conduct Earthquake: Duck, Cover & Hold drills every six months with your family. Know the safest place in each room because it will be difficult to move from one room to another during a quake.
- Locate the shutoff valves for water, gas and electricity. Learn how to shut off the valves before a quake. If you have any questions, call your utility company.
- Make copies of vital records and keep them in another city or state. Make sure your originals are stored safely.
- Before a quake occurs, learn your city/county plans for emergency shelters and temporary medical centers.
- Establish all the possible ways to exit your house. Keep those areas clear.

*When preparing for an earthquake, plan on having enough supplies to get you and your family through at least **five days**. After a major earthquake, there's a good chance that traditional emergency response teams will be too busy to take care of you and your family. You need to prepare your home and neighborhood.*

- Know the locations of the nearest fire and police stations.
- Take photos and/or videos of your valuables. Make copies and keep them in another city or state.
- Include your babysitter and other household help in your plans.
- Keep an extra pair of eyeglasses and house and car keys on hand.
- Keep extra cash and change. If electricity is out, you will not be able to use an ATM.

General Tips

- Stay away from heavy furniture, appliances, large glass panes, shelves holding objects, and large decorative masonry, brick or plaster such as fireplaces.
- Keep your hallway clear. It is usually one of the safest places to be during an earthquake.
- Stay away from kitchens and garages because of the items kept in them.