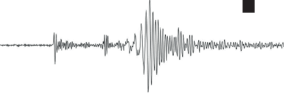




Earthquake Preparation

Discussion Guide



Why should you prepare?

Scientists have predicted a major earthquake will soon hit the Western seaboard. In fact, every region of the United States faces some earthquake danger. This course was designed to help you understand why you should prepare for an earthquake, what specific items should be in an earthquake kit, and how to prepare yourself and your family to survive the big one.

Food & Water

It's recommended to have at least 1 gallon of water per person per day for 3 days. Unscented bleach should be on hand to sanitize unclean water if necessary. Simply add 16 drops of liquid chlorine bleach per gallon and let it stand 30 minutes before using.

Keep in mind that children, pregnant women, people who are sick, or those living in hot climates may require more water. While it's tempting to store water in 1 gallon containers, consider smaller water bottles for easy carrying should you need to evacuate.

Note the food choices shown here are compact...will not spoil... have a high calorie count...and don't require cooking. Your calorie goal for food should be about 2000 calories per day, per person. That's 6000 calories per person for the recommended three days. Some good choices include canned foods and food bars. Water may be scarce so avoid salty foods.

Remember that on average we spend about 1/3 of our time away from home... at work or school. It's important to prepare earthquake kits not only for your home, but for other locations.

First Aid

Build well-stocked, but easy to carry, first-aid kits to have at your home, office, or school to treat common injuries and emergencies that may occur following an earthquake. Your kit should include these basic first-aid supplies, medications, and emergency items. Expect no Internet access so information such as a first aid guide and contact phone numbers for family and local emergency services will need to be printed and included in the kit. It's a good time to learn the blood types and medical histories of family members and take a current first aid class.

Tools

These are the suggested tools for the first 72 hours following an earthquake. With the proper tools you can turn off gas and electricity or make minor repairs if necessary. You can cut open packages or cans of food. What tools would you need for emergency lighting, to stay informed, communicate or signal for help? Think about your particular situation, and your climate. Tape? Rope? What's needed to stay safe, warm and dry?

Comfort

When building an earthquake kit, it's also important to consider items of comfort. Basic comfort items are not extravagant. Somewhere to sleep, like a tent, bedding, and basic needs such as plates, cups, and utensils are all important items. Ways to stay warm and dry - such as extra cloths, socks and shoes are essential too. Optional items such as a generator or solar phone charger, books, playing cards, favorite snacks or even bug spray may be considered. What about personal toiletries? What items come to mind when you consider comfort? What everyday things would help your family feel a little more comfortable in a disaster?

Summary...

In the event of a major earthquake, it's essential you and your family have the necessary basic items to survive until emergency relief reaches you. Following a major quake, you'll likely be without services such as water, electricity, gas, sewer and phone. To survive on your own, you'll need food, water, tools and access to basic first aid for at least 72 hours for yourself and each member of your family. Are you prepared for such an event?