

SF72 Make a Plan



Our meeting spot

Where will we meet in an emergency?

Location Name _____

Address _____

Out of area contact

Who will we check in with, outside the area?

Location Name _____

Address _____

My People Identify a group of friends and family with whom you'll coordinate.

Name _____

Mobile phone _____

Home phone _____

Home address _____

Work address _____

Name _____

Mobile phone _____

Home phone _____

Home address _____

Work address _____

Name _____

Mobile phone _____

Home phone _____

Home address _____

Work address _____

Name _____

Mobile phone _____

Home phone _____

Home address _____

Work address _____

Important contacts

What other numbers would be handy in an emergency?

Doctor _____

Pediatrician _____

Pharmacist _____

Veterinarian _____

Number _____

Number _____

Number _____

Number _____

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Department of Emergency Management,
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SF72 Gather Your Supplies



Whether you're just starting out or you're a preparedness pro, it's easy to build, or add to, your emergency supplies. A good rule of thumb is to have supplies for about 3 days, or 72 hours. You'll be surprised at how much you already have. It's just a matter of getting organized.

Essentials

- ☐ Water: 1 gallon per person, per day
- ☐ Non-perishable foods (that you like to eat!)
- ☐ First aid kit
- ☐ Fire extinguisher
- ☐ Manual can opener
- ☐ Flashlight + extra batteries

Useful

- ☐ Sleeping bag or blankets
- ☐ Warm clothes + sturdy shoes
- ☐ Cash in small bills
- ☐ Cellphone charger (battery operated or car plug-in)
- ☐ Crank-operated radio
- ☐ Basic tools

Personal

- ☐ Personal medications
- ☐ Treats (sweet or salty?)
- ☐ Personal hygiene items + toilet paper
- ☐ Children's toys and games
- ☐ Personal documents
- ☐ Special needs items (for kids, the elderly, pets)



During a quake

1

Drop, cover and hold.

Drop down and get under a strong table or desk. If you are not near a table, drop against an interior wall and cover your head and neck with your arms. Stay away from windows.

2

Stay put.

Whether you're in a car, bed, or public place, stay put and wait until the shaking stops. If you're outdoors, steer clear of wires or falling objects. The only exception to this rule: if you are near the coast, immediately go to high ground, as earthquakes are nature's warning for a tsunami.

3

Stay calm.

Keep calm and carry on. Keeping your wits about you will ensure that you make safe choices for yourself and those around you.

After a quake

1

Check your surroundings.

Check for damage, and for anyone who is injured and in need of attention.

2

Leave a trail.

If you leave home, leave a sign telling friends and family your new location. Digitally savvy? Tweet or update your Facebook page to say you're ok.

3

Stay tuned.

Listen to the radio for important information and instructions. Aftershocks, which often follow large quakes, can cause damage too.

4

Check SF72.org

In an emergency, SF72.org will go into Crisis Mode and will provide a live stream of updates from the City as well as crowdsourced reports.

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