

## Preparing for an earthquake

emergency supplies

**water:** minimum 1 gal. per person per day for drinking, food preparation, and hygiene –rotate every 6 months–

**food:** store foods high in calories, water, and vitamins; low in fat –sufficient for a week for each member–

**first aid:** see lists on back panel

discuss with family members

**phone list:** Post a list of emergency phone numbers by the phone and teach children how and when to call for help.

**out of state contact:** Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance. Other family members should know contact's phone number and should call this person to tell them where they are.

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**utility valves:** Show each family member how and when to turn off the water, gas, and electricity.

**home hazard hunt:** Prepare your home by securing objects; look for things that could fall and think of ways to secure them. *For example: bolting bookcases, china cabinets, and other tall furniture to wall studs, Installing strong latches on cupboards, Strapping the water heater to wall studs –Velcro for securing heavy items.*

**pick two places to meet:**

- Right outside your home in case of sudden emergency.
- Outside your neighborhood in case you can't return home.
- Inform babysitters and caregivers of your plan.

**other preparations:** Take a Red Cross first aid & CPR class. Plan how to take care of your pets.

beatrice aispuro

art center

package design

during an earthquake

If you're indoors, get under a table, desk, bed or brace yourself in a strong doorway. Watch for falling, flying and sliding objects. Stay away from windows.

If you're outdoors, move to an open area away from buildings, power poles, and brick or block walls that could fall.

If you're in a high rise building, get under a desk until the shaking stops. Do not use the elevator to evacuate. Wait for instructions from the building authorities.

If you're in a store, get under a table, or any sturdy object, or in a doorway. Avoid stopping under anything that could fall. Do not dash for the exit. Choose your exit carefully.

water purification

- Boil for 5-10 min.
- Add 10 drops of household bleach solution per gallon of water, mix well and let stand for 30 min. A slight smell or taste of chlorine indicates water is good to drink.
- Add household tincture of iodine in the same manner as bleach above
- Use commercial purification tablets such as Halazone or Globaline.

in case of serious accidents

- Check the scene for safety. Check victim for consciousness, breathing, pulse, and severe bleeding.
- Call 911 or local emergency number
- CARE for victim:

Restore breathing by giving CPR:  
Two slow breathes, check pulse for 5-10 seconds, two slow breathes, check pulse 5-10 seconds. Continue until victim begins breathing or until help arrives.

Stop bleeding: Apply direct pressure and elevate limb above heart. Apply bandage to protect wounds.

Wrap victim in emergency blanket to help prevent shock.

In all cases, move victim only if absolutely necessary

Check, Call, Care

first aid kit supplies

sterile adhesive bandages  
cleansing agent/soap  
latex gloves  
2" sterile gauze pads  
4" sterile gauze pads  
triangular bandages  
2" sterile roller bandages  
3" sterile roller bandages  
scissors & tweezers  
needle & thread  
safety pins in assorted sizes  
moistened towelettes  
antiseptic  
thermometer  
tongue blades  
petroleum jelly or other lubricant  
first aid/cpr manual  
flashlight (extra batteries & bulb)

*Non-Prescription & Prescription Drugs*  
aspirin or nonaspirin pain reliever  
anti-diarrhea medication  
Alka Seltzer (for stomach upset)  
any needed prescription medications

radio (extra batteries)  
matches and money in waterproof container  
large plastic bags  
(for trash, waste, water protection)  
liquid bleach (for water disinfectant)  
toilet paper  
disposable cooking utensils/plates  
pocket knife  
manual can opener  
adjustable wrench (for turning off gas/water)  
fire extinguisher (ABC type)  
pen and paper  
hygiene supplies  
baby formula  
extra eyeglasses  
sunglasses  
sunscreen  
hat & gloves  
blanket  
comfortable clothes  
sturdy shoes  
portable stove (such as butane or charcoal)  
note: do not use stove or light matches until you are sure there is no gas leak nearby.

other first aid supplies