



## Earthquake Preparedness Plan

EARTHQUAKE SAFETY		
Have you practiced "Drop, Cover, and Hold On" with your family?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have a home emergency kit with a radio, and a 3 day supply of food and water per person?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Does each family member have an emergency wallet card?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you know what your children's school disaster plan is?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do your kids have personal emergency backpacks with shoes, a flashlight, water, snacks, and a toy?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are your framed photos hung with earthquake-safe hooks?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are your computer monitors secured to the desk with straps?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is your television secured with straps?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are items on shelves attached with putty?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have a personal emergency kit with shoes, a flashlight, and work gloves in your bedroom?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are your bookcases secured to the wall?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is your entertainment center secured to the wall?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have at least a 3 day supply pet food?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have a carrier or leash?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have copies of your pet's vaccination records?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are flammable or hazardous chemicals stored on high shelves?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you know where your water shutoff is and do you have a wrench to do it?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you know where your gas shutoff is and do you have a wrench to do it?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is your water heater secured to wall studs?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Does your water heater have a flexible connector?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is your house bolted to the foundation?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you reinforced crawl spaces to prevent collapse?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Home and renters insurance does not cover earthquakes. Do you know how much earthquake insurance costs?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

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BEFORE AN EARTHQUAKE	
Become aware of fire evacuation and earthquake plans for all of the buildings you occupy regularly.	<input type="checkbox"/>
Pick safe places in each room of your home, workplace and/or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.	<input type="checkbox"/>
Practice drop, cover and hold on in each safe place. If you do not have sturdy furniture to hold on to, sit on the floor next to an interior wall and cover your head and neck with your arms.	<input type="checkbox"/>
Keep a flashlight and sturdy shoes by each person's bed.	<input type="checkbox"/>
Make sure your home is securely anchored to its foundation	<input type="checkbox"/>
Bolt and brace water heaters and gas appliances to wall studs.	<input type="checkbox"/>
Bolt bookcases, china cabinets and other tall furniture to wall studs.	<input type="checkbox"/>
Hang heavy items, such as pictures and mirrors, away from beds, couches and anywhere people sleep or sit.	<input type="checkbox"/>
Brace overhead light fixtures.	<input type="checkbox"/>
Install strong latches or bolts on cabinets. Large or heavy items should be closest to the floor.	<input type="checkbox"/>
Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose.	<input type="checkbox"/>
Learn about your area's seismic building standards and land use codes before you begin new construction.	<input type="checkbox"/>
Keep and maintain an emergency supplies kit in an easy-to-access location.	<input type="checkbox"/>

DURING AN EARTHQUAKE	
<i><b>If you are inside when the shaking starts ...</b></i>	
Drop, cover and hold on. Move as little as possible.	<input type="checkbox"/>
If you are in bed, stay there, curl up and hold on. Protect your head with a pillow.	<input type="checkbox"/>
Stay away from windows to avoid being injured by shattered glass.	<input type="checkbox"/>
Stay indoors until the shaking stops and you are sure it is safe to exit. If you must leave the building after the shaking stops, use stairs rather than an elevator in case there are aftershocks, power outages or other damage.	<input type="checkbox"/>
Be aware that fire alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire.	<input type="checkbox"/>
<i><b>If you are outside when the shaking starts ...</b></i>	

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Find a clear spot and drop to the ground. Stay there until the shaking stops (away from buildings, power lines, trees, streetlights).	<input type="checkbox"/>
If you are in a vehicle, pull over to a clear location and stop. Avoid bridges, overpasses and power lines if possible. Stay inside with your seat belt fastened until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.	<input type="checkbox"/>
If a power line falls on your vehicle, do not get out. Wait for assistance.	<input type="checkbox"/>
If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris. Landslides are often triggered by earthquakes.	<input type="checkbox"/>

AFTER AN EARTHQUAKE	
After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami. Tsunamis are often generated by earthquakes.	<input type="checkbox"/>
Each time you feel an aftershock, drop, cover and hold on. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake	<input type="checkbox"/>
Check yourself for injuries and get first aid, if necessary, before helping injured or trapped persons.	<input type="checkbox"/>
Put on long pants, a long-sleeved shirt, sturdy shoes and work gloves to protect against injury from broken objects.	<input type="checkbox"/>
Look quickly for damage in and around your home and get everyone out if your home is unsafe.	<input type="checkbox"/>
Listen to a portable, battery-operated or hand-crank radio for updated emergency information and instructions.	<input type="checkbox"/>
Check the telephones in your home or workplace to see if you can get a dial tone. Make brief calls to report life-threatening emergencies.	<input type="checkbox"/>
Look for and extinguish small fires. Fire is the most common hazard after an earthquake.	<input type="checkbox"/>
Clean up spilled medications, bleach, gasoline or other flammable liquids immediately.	<input type="checkbox"/>
Open closet and cabinet doors carefully as contents may have shifted.	<input type="checkbox"/>
Help people who require special assistance, such as infants, children and the elderly or disabled.	<input type="checkbox"/>
Watch out for fallen power lines or broken gas lines and stay out of damaged areas.	<input type="checkbox"/>
Keep animals under your direct control.	<input type="checkbox"/>
Stay out of damaged buildings.	<input type="checkbox"/>
If you were away from home, return only when authorities say it is safe to do so. Use extreme caution and examine walls, floors, doors, staircases and windows to check for damage.	<input type="checkbox"/>
Be careful when driving after an earthquake and anticipate traffic light outages.	<input type="checkbox"/>