

Earthquake Survival Guide

Family earthquake plan

The fault lies...
Some of California's well-known fault lines are designated on this map. The San Andreas Fault, which runs almost the length of California, is believed to be the future site of "The Big One."



Earthquake supplies and equipment checklist

When organizing supplies for an earthquake, remember that you need to get to them after an earthquake has turned your house into a mess. Store supplies in an easy-to-find location that has a minimal chance of being buried under falling objects. If you are short on space, a large trash can makes an excellent storage container. If you live in an apartment, the container can be hidden under a decorative tablecloth. Earthquakes can happen at any time. Are you prepared right now? Have you rotated your food supplies in the last six months? If not, make time on your calendar. Do it now!

- Work gloves
- Ax/maul (min. 6 lb.)
- Shovel (flat head and pointed)
- Broom
- Hammer and nails
- Screwdrivers
- Crowbar or claw tool (36" or longer)
- Plastic sheeting rolls (4 mil. 10' X 25')
- Plastic garbage bags (heavy duty, 30 gal. or larger)
- Small and large plastic bags
- Coils of rope 1/4", 1/2", 3/4" (25'-50')
- Coil of wire
- Tent (family or tube type)
- Tarp (PVC or canvas, minimum two, 8' X 10')
- Sleeping bags, blanket or space blanket
- Cheesecloth (to strain particles from water)
- CASH MONEY (small denominations & coins)
- Dry food
- Water
- Clothing
- Walking shoes and socks
- Local road map
- Fire extinguisher (We recommend a dry chemical type with a minimum size rating of 2A-10BC, with an earthquake restraining strap, a hose-type nozzle and a metal head.)
- Compass
- Flashlight w/batteries or chemical light sticks, matches (in waterproof container)
- Small radio (battery-powered portable)
- Entertainment pack — family photos, notebooks, literature and games

- Sanitation supplies**
- Plastic bags (heavy-duty garbage can size and smaller zipper types)
 - Powdered chlorine lime (proper storage is required; it is an oxidizer and is corrosive)
 - Portable camp toilet with chemicals
 - Toilet paper
 - Handi-wipes, Wet-N-Drys, etc., for water-free cleanup
 - Toilet supplies (towelettes, shampoo, toothpaste, deodorant, sanitary napkins, etc.)
 - Insect, fly, mosquito and ant sprays

Safe drinking water

Water is the most important item to store
Loss of safe drinking water can be deadly. Most people will start feeling the effects if they go without water for more than 36 hours. Dehydration occurs much quicker than starvation. Our bodies can tolerate the loss of food much better. With an ample water supply, starvation is delayed many days, even weeks.
The water supply is vulnerable to the effects of a large earthquake. Contaminants can get into the drinking water supply through ruptures in the pipes, the mixing of supply sediments, the adulteration of filtering systems, etc. Do not take water for granted. Plan ahead and store a sufficient supply for your family.

How much should I store?
A good rule of thumb is: ONE GALLON PER PERSON PER DAY FOR 7 DAYS (MINIMUM). A three-week supply of water is ideal.

- Water sources**
- Bottled water from the store — one and two gallon sealed containers. NOTE: The one and two gallon containers that you purchase in your local store are not designed for long-term storage and will begin to leak after about six months.
 - One and five gallon sealable containers — From camping or survival stores. Be sure to sanitize container and treat the water that you are storing. Old bleach bottles, clearly marked, make good containers for water storage.
 - Five-gallon sealed containers from private water companies — Water companies claim their containers are good forever if still factory sealed. Store all plastic water containers on a wooden pallet or shelf. Keep water containers in a location where container failure will not destroy your other supplies. Keep all water and supplies in a cool dark place.
 - DO NOT STORE ANY PLASTIC WATER CONTAINER DIRECTLY ON CONCRETE. The concrete will leach chemicals into the water, contaminating it.

Purifying your tap water
Any water that you store yourself needs to be treated. If left untreated, over time it becomes contaminated with bacteria and

Know your environment

Safest place in the home: During an earthquake, stay away from heavy furniture, appliances, large panes of glass, shelves holding heavy objects and masonry veneer (such as the fireplace). These items tend to fall or break and can injure you. Usually, a hallway is one of the safest places if it is not crowded with objects. Kitchens and garages tend to be the most dangerous. Also, know the safest place in each room. Moving one place to another during a severe earthquake will be difficult.
Exits and alternative exits: Always know all the possible ways to exit your house and workplace in emergencies. Try to discover exits that would be available to you in an emergency.
Locations of shutoff valves: Know the locations of the shutoff valves for water, gas and electricity. Learn how to operate the valves. If you are not sure, contact your utility company.

Make special provisions

Elderly, disabled or persons on medication: These people may have difficulty moving around after an earthquake. Plan to have someone help them evacuate.
Also, they may need special foods or medication.
Be sure to store several days' supply of these special provisions.

People who don't speak English: People who cannot speak English often rely on their family or friends for information. If they are separated during an earthquake, they may need help.
Prepare emergency information cards written in English indicating identification, address and special needs.

Pets: After an earthquake, you should be concerned with your own safety before taking care of your pets. Storing extra food and water for pets is always a good idea. Keep pets in a secure place at home after an earthquake. If you are evacuated, they will not be allowed at the emergency shelter.

Know your community

Police and fire: Know the locations of the nearest police and fire stations. Be aware that local fire stations probably will be empty and locked up for days after a major earthquake.
After a damaging earthquake, emergency shelters and temporary medical centers will be set up in your community. Contact your area and state Office of Emergency Services to find out the plans for your area.
Community plans: Know your neighbors and their skills. You may be able to help each other after an earthquake. Also, know where to go to help your community after a disaster. Days may

pass before outside emergency assistance arrives. It is important to help each other.

Plan to meet

Plan to reunite: Make a plan on where and how to unite family members. Choose a person outside the immediate area to contact if family members are separated. Long-distance phone service probably will be restored sooner than local service. Remember, don't use the phone immediately after an earthquake and make local calls only for emergencies.
Plan responsibilities: There will be many things to take care of after an earthquake. Make a plan with your family, friends and neighbors, assigning specific responsibilities to each person. Remember getting around may be difficult after an earthquake, so each person's tasks should be related to where they may be.

Develop a message drop: You need to identify a secure location outside your home where family members can leave messages for each other. This way, if you're separated and unable to remain in your home, your family will know where to find you. You don't want to publicize that you are not at home, which is why this location should be secure and discreet; i.e., under a paving stone, inside a tin can, in the back yard, etc.

Quick tips

During an earthquake

When you feel an earthquake, duck under a desk or sturdy table. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants and other heavy objects that could fall. Watch out for falling plaster and ceiling tiles. Stay under cover until the shaking stops and hold onto your cover. If it moves, move with it. Here are some additional tips for specific locations:

If you are in a HIGH-RISE BUILDING and not near a desk or table, move against an interior wall and protect your head with your arms. Do not use the elevators. Do not be surprised if the alarm or sprinkler systems come on. Stay indoors. Glass windows can dislodge during the quake and sail for hundreds of feet.

If you're OUTDOORS, move to a clear area away from trees, signs, buildings, electrical wires and poles.
If you're on a SIDEWALK NEAR BUILDINGS, duck into a doorway to protect yourself from falling bricks, glass, plaster and other debris.
If you're DRIVING, pull over to the side of the road and stop. Avoid overpasses, power lines and other hazards. Stay inside the vehicle until the shaking is over.
If you're in a CROWDED STORE OR OTHER PUBLIC PLACE, do not rush for an exit. Move away from display shelves containing objects that could fall.
If you're in a WHEELCHAIR, stay in it. Move to cover, if possible. Lock your wheels and protect your head with your arms.
If you're in the KITCHEN, move away from the refrigerator, stove and overhead cupboards. (Take time now to anchor appliances and install security latches on cupboard doors to reduce hazards.)
If you're in a STADIUM OR THEATER, stay in your seat and protect your head with your arms. Do not try to leave until the shaking is over. Then leave in a calm, orderly manner. Avoid rushing toward an exit.

After the earthquake quick-check list

- Be prepared for aftershocks and plan where you will take cover when they occur.
- Check for injuries. Give first aid as necessary.
- Remain calm and reassure others.
- Avoid broken glass.
- Check for fire. Take appropriate actions and precautions.
- Check gas, water and electric lines. If damaged, shut off service. If gas is leaking, don't use matches, flashlights, appliances or electric switches. Open windows, leave building and report to gas company.
- Replace all telephone receivers and use for emergency calls only.
- Tune to the emergency broadcast station on radio or television. Listen for emergency bulletins.
- Stay out of damaged buildings.

algae.
• Eight drops of pure unscented liquid bleach per gallon of water will reduce the contaminants in the water.
• Add the bleach when you store the water.
• Note: Rotate your water every six months.
Another source of water is the water heater. Every water heater has a drain valve near the bottom.

Other sources of water in your home

- Toilet water storage tank: NOTE: Use the water from the storage tank — NOT THE TOILET BOWL (Don't drink the water if you use coloring or chemicals in it.)
- Melted ice cubes are a source of water. Packed canned goods (Even syrups are mostly water.)
- Water trapped in home piping: Water sometimes can be removed by locating and shutting off the main water valve. Open the valve at the highest point of your property when you open the valve at the lowest point: The gravity will force the water from the pipes.
- If the purity of your water source is questionable, use the following methods to make the water safe to drink
Best: Add liquid chlorine bleach to the water at eight drops per gallon of water. Double this dose if the water is cloudy.
Good: Add 2% tincture of iodine to the water at twelve drops per gallon of water. Double this dose if the water is cloudy.
Acceptable: Boil the water vigorously for 10 minutes.
Do not forget to clean and sanitize containers before using them. Wash with soap and warm water, then fill with a 10% bleach solution. After five minutes empty the solution and let dry. Water that is dirty first should be strained through a coffee filter, cheesecloth or a paper towel to remove suspended matter.

Information courtesy Los Angeles City Fire Department

EDITOR'S NOTE: This guide to preparing for an earthquake is presented as a public service by the Valley Press. Experts may disagree about where the next big temblor will hit, but they all agree it is coming. Cut these tips out, start gathering supplies and discuss your emergency plan with your family.

Earthquake kits

Earthquake preparation is an ongoing project but needn't be tedious. A rule of thumb is to check or replace supplies when clocks are changed to or from daylight-saving time, twice a year. When assembling a survival kit, don't forget about food and water for pets.

How much?

Recommendations vary as to appropriate amount of emergency food and water to store. Many experts advise one gallon of water per person per day for three to seven days. Also store enough food for the same period of time.

Storing supplies at home

Use a large container such as a footlocker or 30-gallon trash can, and label each food and water item with the date of purchase or the last date it should be used. Place the container in a cool accessible place, and raise it off the ground.

Shelf life of supplies

- ◇ 3 months
- ◆ 6 months
- ◆ 1 year or more

Top level

- ◇ Batteries, with tester
- ◆ Flashlight
- ◆ Portable radio
- ◆ First aid kit

Middle level

- ◇ Food and water for pets, manual can opener, dry food (pasta, rice)
- ◆ Instant food, water, purification tablets
- ◆ Canned food

Bottom level

- ◆ Blanket, Tarpaulin, Extra clothing, shoes, Pre-moistened towelettes
- Items for personal hygiene: toilet tissue and heavy-duty plastic bags for disposal

Additional supplies

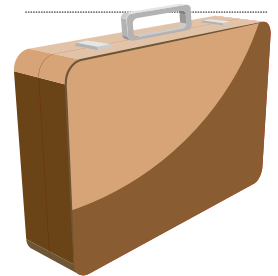
These are kept separate from the emergency kit in a spot where they can be easily located

- ◆ Extra batteries
- ◆ Spare eyeglasses, contact lenses
- ◆ Fire extinguisher
- ◆ Wrenches to turn off gas and water
- ◆ Alternative cooking methods: barbecue or camping stove (with charcoal, propane or white gas supply)
- ◆ Tools: ax, hammer, crowbar, rope
- ◆ Tent and sleeping bag
- ◆ Work gloves, hard hat



Car kit

- ◆ Canned food, manual can opener
- ◆ Non-perishable food: instant nutrition bars, dried fruits, jerky, crackers or cookies
- ◆ Bottled water
- ◆ Extra clothing
- ◆ Sturdy pair of shoes
- ◆ Small first-aid kit
- ◆ Blanket
- ◆ Flashlight, batteries
- ◆ Toilet tissue
- ◆ Fire extinguisher
- ◆ Street maps



Work kit

- ◆ Non-perishable food
- ◆ Bottled water
- ◆ Small first-aid kit
- ◆ Flashlight, batteries
- ◆ Portable radio & batteries
- ◆ Extra clothing
- ◆ Sturdy pair of shoes
- ◆ Pre-moistened towelettes