# PERSONAL EARTHQUAKE PREPAREDNESS

**When the Ground is Shaking – How Do You Protect Yourself?**

**Note: Panic causes more injuries than earthquakes.**

**In the Kitchen:**

Drop, cover, and hold. Glasses and dishes will be falling and breaking on the floor, so protect your face. Turn off all gas and electric cooking appliances.

**In the Bedroom:**

Stay in bed and cover your head with a pillow. Keep curtains drawn so breaking glass won’t fall on you. Keep an evacuation pack under your bed with shoes, clothes, flashlight, glasses, medicine, money, and phone numbers.

**At the Office:**

Drop, cover, and hold. Watch out for unsecured computer monitors. Stay away from windows. Know where emergency and first aid supplies are kept.

**In the Elevator:**

Stop at the nearest floor and exit. If you cannot exit the elevator, cover and hold against the interior wall.

**Downtown:**

Inside: Don’t use elevators. Drop, cover, and hold. Stay inside until the shaking stops. Outside: Stay away from brick buildings, windows, light poles, and overhead wires.

**In your Car:**

Slow down and stop by the side of the road as soon as possible. (Do not stop on or under overpasses). Try to keep road clear for emergency vehicles. Always keep your gas tank at least half full. Be patient. Emergencies can lengthen commutes by hours.

**In the Park:**

Crouch down and cover your head. Avoid trees, light poles, and overhead wires.

**In the Mall:**

Stay away from glass windows; move toward the center of the mall. Try to find something to drop under (bench, table), or crouch down and protect your head. Stay away from and off escalators (their jerky motions may cause you to fall and be injured). Stay out of elevators that will lose power and get stuck between floors.

**In a Theater or Stadium:**

Stay where you are and try to avoid being trampled by panicking people. Crouch down and protect your head. Wait for officials to indicate a safe way to exit.

These lists are only suggestions. When the time comes, use your best judgment and adapt, improvise, and overcome!

**What Precautions should you take before the Earthquake?**

* Make sure your house is as earthquake safe as possible inside and outside
* Do a hazard hunt in your house
* Put latches on cabinets containing hazardous materials and glassware
* Take unwanted hazardous materials to the County disposal site
* Keep flammable liquids on low shelves away from open flames
* Strap your hot water heater to the wall (1/3 from top and 1/3 from bottom)
* Secure decorative items with Quake wax or museum putty
* Secure heavy furniture and pictures with nylon straps to the studs within walls
* Move heavy items to low shelves
* Assemble emergency supplies kits for use in home and cars
* Develop an evacuation plan, assembly area, and meeting area
* Survey your surroundings and note exit locations and emergency equipment

**What supplies should you have on hand?**

* Flashlight or light stick and extra batteries
* Battery operated radio (Cupertino Radio1670 AM or 1590 AM) & extra batteries
* Water (1 gallon per person per day including pets)
* Food, manual can opener, alternate cooking sources & lighters
* First aid kit
* Medical gloves, blankets, extra eye glasses, prescription medication
* Whistle
* N95 mask, goggles, hard hat, leather gloves
* Walking shoes, warm protective clothing, rain poncho
* Antibacterial wipes, female sanitary supplies, diapers, toilet paper
* Ham radio
* Fire extinguisher
* 10” adjustable wrench, escape ladder, flares, rope, shovel, hammer
* Small garbage pail and bags for sanitation (do not use or flush toilet)
* Something to occupy your time (toys, games, reading material)
* Police scanner
* Area maps
* Car with full gas tank
* Other trained people to help

**What can you expect to experience or see after an earthquake?**

Chaos, loud noises, panic-stricken people, broken glass, fire, smoke, water and gas leaks, overturned file cabinets and computer monitors, fallen and broken bookshelves, cabinet doors open with contents on floor, fire sprinklers on, car accidents, traffic jams, inoperable traffic lights, fallen furniture, broken pictures and mirrors, electrical lines down, power out, no telephones, cracks and buckling in concrete, damaged bridges, highway signs down, fallen street lights, collapsed floors in malls, injured or trapped people screaming for help, fallen bricks, fallen chimneys, fallen building facades, looting, runaway cable cars, swerving busses, overturned cars, trains off rails, fallen trees, scared and frightened domestic and wild animals, dangling wires that may be charged, disoriented people roaming around in shock.