

Individual, Family, Home and Community Planning Guide

If a major earthquake occurred in your area today, you might be without direct assistance for up to 72 hours. Are you prepared to be self-sufficient? Is your family? Your neighborhood?

Individual and Family Preparedness

- Know the safe spots in each room (under sturdy tables, desks or against inside walls).
- Know the danger spots (windows, mirrors, hanging objects, fireplaces and tall furniture).
- Conduct practice drills. Physically place yourself and your children in safe locations.
- Learn first aid and CPR (cardiopulmonary resuscitation) from your local Red Cross Chapter or other community organization.
- Decide where your family will reunite if separated. • Keep a list of emergency phone numbers.
- Choose an out-of-area friend or relative whom separated family members can call after the quake to report their location and condition.

Home Preparedness

- Learn how to shut off gas, water and electricity in case the lines are damaged.
- Check chimneys, roofs, walls and foundations for stability. Make sure your home is bolted to its foundation. Call a licensed contractor if there are any questions.
- Secure water heaters and appliances that could move enough to rupture utility lines.
- Keep breakable and heavy objects on lower shelves.
- Secure hanging plants and heavy picture frames or mirrors (especially those hanging over beds).
- Put latches on cabinet doors to keep them closed during shaking.
- Keep flammable or hazardous liquids such as paints, pest sprays or cleaning products in cabinets or secured on lower shelves.
- Maintain emergency food, water and other supplies, including medicine, a first aid kit and clothing.

Community Preparedness

- Suggest those local organizations of which you are a member undertake a specific preparedness program or acquire special training to be of assistance in the event of a damaging earthquake.
- Organize a neighborhood earthquake preparedness program.
- Conduct training for neighborhood residents in first aid, preparedness, fire suppression, damage assistance and search and rescue.

- Develop self-help networks between families and the neighborhood through a skills and resource bank, which includes a listing of tools, equipment, materials and neighborhood members who have special skills and resources to share.
- Identify neighbors who have special needs or will require special assistance.
- Have neighbors agree to hang a white flag outside their homes after the quake if everyone and everything are OK.