

EARTHQUAKE GUIDE

PREPARENESS PART 1

By acting to prepare you can lessen the impact of an earthquake.

SITUATION AWARENESS

Earthquakes usually occur without warning. Movement of the ground is seldom the actual cause of death or injury. Partial building collapse, falling objects such as bricks, ceiling plaster, light fixtures, chimneys, walls and other objects and debris are the cause of most casualties.

COMMUNICATIONS

A person may not be with family or friends when an earthquake occurs. It is important to have key telephone and address information with you **AT ALL TIMES**. Use of mobile phones is preferred but having an alternate land line is very desirable as cell towers can often come down. Friends, family, social venues, stores and work sites should be in the frequent contacts. Key information includes injury, mobility impairment, medical condition, travel clearance/closure, most needed supplies and special needs items.

KEY RESOURCES

The home (independent living unit, apartment, assisted living facility) becomes the key resource. To prevent damage, you may be asked to shut off the utility services; gas, electricity and water at the valves and main switches. Locate and learn their operation. Staff may be rescuing others.

Next, identify potential hazards in your home. Among the most common are: heavy furniture such as bookcases, china cabinets and modular wall units; appliances that could move and rupture gas lines; hanging plants; heavy picture frames/mirrors; breakable objects kept high up; and flammable liquids such as cleaning products. Secure all possible.

Find a safe spot to Drop-Cover-Hold. Avoid stairs, glass and large objects.