

Earth Shakes

Family Earthquake Plan

Contacts

Local Contact _____
(name)

(Address)

(daytime telephone) (evening tele-
phone)

Family Out-of State Contact _____
(name)

(Address)

(daytime telephone) (evening telephone)

Family Work Numbers

(Father) (Mother)

(Other)

Family Physicians

(Name) (Telephone)

(Name) (Telephone)

Locations

Gas Shut Off

Water Shut Off

Reunion Locations

1) Right near your neighborhood, in case you're home and need to evacuate

2) Away from the neighborhood, in case you cannot return home

Route to try first: _____

Important Medical Information

After the earthquake . . .

- Remain calm and patient
- Give first aid and help for seriously injured people
- Shut off valves for water, gas and electricity as needed
- Turn off all appliances and equipment
- Turn on your battery powered radio for news and instructions
- Stay away from downed powerlines
- Do not turn on lights and avoid striking a match if leaking
- natural gas is present
- Confine or secure your pets
- Call your family contact if absolutely necessary — do not use the telephone again unless it is a life-threatening emergency
- Seek out shelter and medical care if needed



Make copies of this and distribute to all family members.

Earth Shakes, Inc. • 466 Cumberland Rd • Burlingame • CA 94010 • (650) 548-9065
FAX (650) 548-1585 • E-mail: suzanne@earthshakes.com • Web site: www.earthshakes.com



Annual Family Safety Meeting Checklist

Check 1 column of boxes per year

Discuss:

- the dangers of fire, earthquakes and other emergencies
- how to respond to each disaster that could occur
- what to do about power outages and personal injuries
- how and when to call 911
- local and out-of-state emergency contact phone numbers (see other side). Call all contacts to remind them
- location to reunite in the event that you are separated and telephone lines are down (see other side)
- the use of radios for emergency information
- the skills of your neighbors (medical, plumbing, electrical, etc) — share with your neighbors your skills

Practice, review and do:

- escape plan with children, emergency exits
- in each room what you will do if you are there when an earthquake hits
- show family and caregivers where emergency phone numbers are posted by each phone
- how to turn off water, gas, electricity (if children are old enough)
- lubricate gas shut-off wrench. Place in plastic bag and locate / attach to gas meter
- how to use a fire extinguisher
- locate first aid supplies, update any dated items as needed
- locate disaster supplies and update food, water and battery supplies annually
- practice first aid skills (consider taking a first aid and CPR class)
- ID tags and carry containers in place for pets
- review and update your pet supplies
- know the location of your wills, important documents and medical information

Teach children:

- to let family know they are OK
- what to do if they are home alone during an earthquake
- where to go if they need to evacuate
- to memorize phone numbers
- the odor of gas
- the sound of smoke detectors, fire alarms
- assign a friend or relative as an alternate guardian to assist after an earthquake if you can't

Call school:

- to learn about their safety and evacuation plan
- to inquire about school supplies
- to make sure they have emergency contact persons for your child

Elderly considerations:

- ask a neighbor to check in on them
- update extra medications with supply kit
- escape plan
- establish back up power support for medical equipment
- establish a buddy system for elderly persons in family