



This eBooklet was designed to help you get your family involved in the planning process, which will increase their safety and help reduce anxiety about emergencies.

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Earthquake Preparedness - Where To Start

Talk with your family about the potential disasters that can happen and why it's necessary to prepare for them. Involve each member of your family in the planning process. By showing them simple steps that can increase their safety you can help reduce their anxiety about emergencies.

- Make sure everyone knows where to find your family disaster supplies and take and go kits. The best location for your family earthquake kit is outside in a container against the back fence. If it is in a garbage can on wheels, seal the lid with duck tape so moisture and spiders aren't tempted to enter.

- Place a flashlight and a pair of shoes under everyone's bed in case there is an earthquake during the night. Use a plastic bag tied to the leg of the bed to keep these items from moving during an earthquake.

- Plan where to meet after a disaster if your home becomes unsafe. Choose two places, one just outside your home and one outside your neighborhood in case you are told to evacuate.

- Determine the best escape routes from your home. Try and identify two escape routes.

- Practice in each room what you will do if you are there when an earthquake hits.

- Make sure each member knows who your family's out-of-state contact is and instruct them to call this person and tell him/her where they are.

- Locate the gas main and other utilities and make sure family members know when and how to turn them off. Lubricate gas shut-off wrench. Place in plastic bag and locate /attach to gas meter

- Practice your evacuation routes, Duck, Cover & Hold and Stop, Drop & Roll drills.

- Practice first aid skills (consider taking a first aid and CPR class)

- Teach each member of your family how to use a fire extinguisher.

- Create emergency response cards for each of your family members.

- Take into account the special needs of children, seniors or people with disabilities, family members that don't speak English.

- Review and update your pet supplies. Have pet ID tags and carry containers in place for pets.

- Know the location of your wills, important documents and medical information

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