

Make an emergency plan

- Choose a safe place in every room—under a sturdy table or desk or against an inside wall where nothing can fall on you.
- Practice **DROP, COVER, and HOLD ON** at least twice a year. Drop under a sturdy desk or table, hold on, and protect your eyes by pressing your face against your arm. If there's no table or desk nearby, sit on the floor against an interior wall away from windows, bookcases, or tall furniture that could fall on you.
- Choose an out-of-town family contact, and make sure that everyone in your family knows who this person is and their phone number.
- Take a first aid class. Keep your training current.
- Learn how to use a fire extinguisher.
- Inform your out-of-state family contact, babysitters, sports coaches, and caregivers of your plan.

Know what to do when the shaking begins – if you are in your CAR

- Slow down. Pull over if shaking starts again.
- Proceed cautiously (if safe to do so).
- Obey “road closed” signs.
- Give repair and emergency vehicles a break.
- **DO NOT** attempt to cross damaged roads.
- **DO NOT** go near downed power lines.
- **DO NOT** stop under underpasses or on bridges.
- **DO NOT** drive through water.
- **DO NOT** abandon your car, except if it is unsafe to stay with it. If it must be abandoned, it should not be left in a traffic lane. If forced to abandon it in a traffic lane, leave the keys in it.
- Find more info on driving after disasters www.abag.ca.gov/bayarea/eqmaps/traffic

Know what to do when the shaking begins – if you are at HOME

- **DROP, COVER, and HOLD ON!** Move only a few steps to a nearby safe place. DROP to the floor. Take COVER under a sturdy desk or table. HOLD ON. The desk or table may move. Stay indoors until the shaking stops and you're sure it's safe to exit. Stay away from windows and brick or stone fireplaces. In a high-rise building, expect the fire alarms and sprinklers to go off during a quake.
- If you are in bed, hold on and stay there, protecting your head with a pillow.
- If you are outdoors, find a clear spot away from buildings (including brick or stone chimneys), trees, and power lines. Drop to the ground.



Know what to do after the shaking stops

- Check yourself for injuries. Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, and work gloves. Check others for injuries. Give first aid for serious injuries.
- Look for and extinguish small fires. Eliminate fire hazards. Turn off the gas if you smell gas or think it's leaking. (Remember, only a professional should turn it back on.)
- Turn on radio for emergency bulletins (**KGO 810, KCBS 740, and KLIV 1590 in the Bay Area**).
- Expect aftershocks. Each time you feel one, **DROP, COVER, AND HOLD ON!**
- Inspect your home for damage. Get everyone out if your home is unsafe.
- Use the telephone only to report life-threatening emergencies.
- Change your voice mail message to say “I’m OK.”

Prepare a disaster supplies kit for home, including –

- First aid kit and essential medications.
- Canned food and can opener.
- At least three gallons of water per person.
- Protective clothing, rainwear, and bedding or sleeping bags.
- Battery-powered radio, flashlight, and extra batteries.
- Special items for infant, elderly, disabled family members, or pets. (Pet carriers are useful if you have to evacuate.)
- Written instructions for how to turn off gas, electricity, and water if authorities advise you to do so. (Remember, you'll need a professional to turn natural gas service back on.)
- Keeping essentials, such as a flashlight and sturdy shoes, by your bedside.
- A crowbar is also useful near your bed to exit in case doors jam.

Water storage and purification information

www.bt.cdc.gov/disasters/earthquakes/food.asp

Prepare a disaster supplies kit for your CAR, including –

- Water and food
- Essential medication and prescriptions
- Cash
- Walking shoes
- Comfortable clothes
- Jacket
- Hat
- Pencil and paper
- Whistle
- First aid supplies
- Phone card
- Emergency contacts and phone numbers
- Personal care and hygiene items
- Battery-powered radio
- Flashlight
- Blanket
- Special items for infants, elderly, or disabled family members
- A game – to help relieve boredom and stress!

If the water lines are broken or there is no water -

- **DO NOT** flush the toilet.
- Turn off water at the house so contaminated water does not enter your water system.
- You can still use your indoor toilet, but do not flush it in the normal way.
- Remove the water from the toilet bowl (scoop into bucket).
- Line bowl with double bagged garbage bags to collect waste
- Add a deodorizing chemical (such as bleach, lime, or camp chemicals) per solid deposit or at least 2 times a day. (Follow any directions on the packaging.)

If the toilet can't be used (it is not safe to enter your bathroom)

- Use a sturdy 5 gal bucket with a tight fitting lid and an optional toilet seat.
- Line it with a double-bagged garbage bags to collect waste.
- Add a deodorizing chemical (such as bleach, lime, or camp chemicals) per solid deposit or at least 2 times a day. (Follow any directions on the packaging.)



Don't let your toilet turn on you!

<http://sewersmart.org/>