

Individual and Family Preparedness Measures for the First 72 Hours

Preparing a family plan ↓ Identify safe places to take cover	Identifying safe places to take cover during the event	Preparing for the first three days after the earthquake	Mitigating nonstructural hazards	Assuring the structural integrity of your residence
<ul style="list-style-type: none"> ↓ Place to meet ↓ Evacuation plan for house ↓ Evacuation plan for neighborhood ↓ Care of pets ↓ Know how and where to shut off electricity, natural gas and water to house ↓ Neighborhood plan ↓ Family emergency telephone contact (out-of-state relative) 	<ul style="list-style-type: none"> ▲ In areas where people spend the most time identify the safe thing to do during an earthquake. ▲ If there are no good options, rearrange the room to create a safe place or identify the safest place in the room. ▲ Consider the exit from a room following an earthquake. Bookshelves could topple or dump their books and block a door. Heavy objects can move or topple. 	Check Emergency Off Item ___ flashlights ___ portable radio ___ first aid kit ___ first aid knowledge ___ fire extinguisher ___ sturdy shoes ___ clothes ___ blankets ___ water ___ food ___ money ___ special items _ medications _ infant food _ animal food ___ tools _ pipe wrench _ crescent wrench ___ Emergency kit for cars	<ul style="list-style-type: none"> • Important part of earthquake preparedness. • Secure or move potentially dangerous items in your home. • Begin by mitigating hazards where people spend the most time. • Secure computer with velcro or other straps. Protect it from falling objects. • Sources: <i>"Earthquake Ready"</i> Virginia Kimball, 1988, Roundtable Publishing. <i>"Reducing the Risks of Nonstructural Earthquake Damage, a Practical Guide,"</i> Wiss, Janney, Elstner Associates, Inc., 1994, Federal Emergency Management Agency, FEMA 74. 	<ul style="list-style-type: none"> ↓ Books and videos to assist a homeowner in evaluating their home. <i>'Peace of Mind in Earthquake Country,'</i> Peter Yanev, 1991, Chronicle Books. <i>'Manual of Seismic Design,'</i> James L. Stratta, 1987, Prentice-Hall Inc. <i>'An Ounce of Prevention: Strengthening your Wood Frame House for Earthquake Safety</i> (video), California Governor's Office of Emergency Services

Expect Aftershocks These can cause further structural and nonstructural damage, and be mentally unnerving.