

**QUAKE!**  
**PREPARED-**  
**NESS**

## B E F O R E

- Food.** Store enough food for 72 hours, preferably 10 days.
- Water.** Store enough so each person has a gallon a day for 72 hours, preferably one week.  
Keep in airtight containers and replace it every six months. Have disinfectants such as iodine tablets or chlorine bleach, eight drops per gallon, to purify water if necessary.
- First aid kit.** Make sure it's well stocked, especially with bandages and disinfectants.
- Fire extinguisher.** Your fire extinguisher should be suitable for all types of fires.
- Flashlights with extra batteries.** Keep flashlights beside your bed and in several other locations.
- Do not use matches or candles** after an earthquake until you are certain there are no gas leaks.
- Portable radio with extra batteries.** Most telephones will be out of order or limited to emergency use. The radio will be your best source of information.
- Tools.** Have an adjustable or pipe wrench for turning off gas and water.
- Also, before an earthquake, identify some safe spots in each room...** under sturdy tables or desks, or against interior walls. Know the danger spots: near windows, mirrors, hanging objects, fireplaces, and tall, unsecured furniture.

- Conduct practice drills** so you and your family know the safe locations in your home.
- Decide how and where your family will reunite** if separated during an earthquake.
- Choose an out-of-state friend or relative** whom family members can call after the earthquake to report their whereabouts and condition.
- Learn first aid and CPR** (cardiopulmonary resuscitation).
- Learn how to shut off gas, water, and electricity** in case the lines are damaged.
- Check chimneys, roofs, walls, and foundations for stability.**  
Make sure your house is bolted to its foundation.
- Secure your water heater and major appliances** as well as tall, heavy furniture, hanging plants, mirrors, and picture frames (especially those over beds).
- Keep breakables, heavy objects, and flammable or hazardous liquids** such as paints, pest sprays, and cleaning products in secured cabinets or on lower shelves.
- Organize your neighborhood** to be self-sufficient after an earthquake.

# DURING

- If indoors, stay there.** Get under a desk or table or stand in a corner.
- If outdoors, get into an open area** away from trees, buildings, walls, and power lines.
- If driving, pull over to the side of the road and stop.** Avoid areas around power lines.  
Stay inside your car until the shaking is over.
- If in a crowded public place, do not rush for the doors.**  
Crouch and cover your head and neck with your hands and arms.



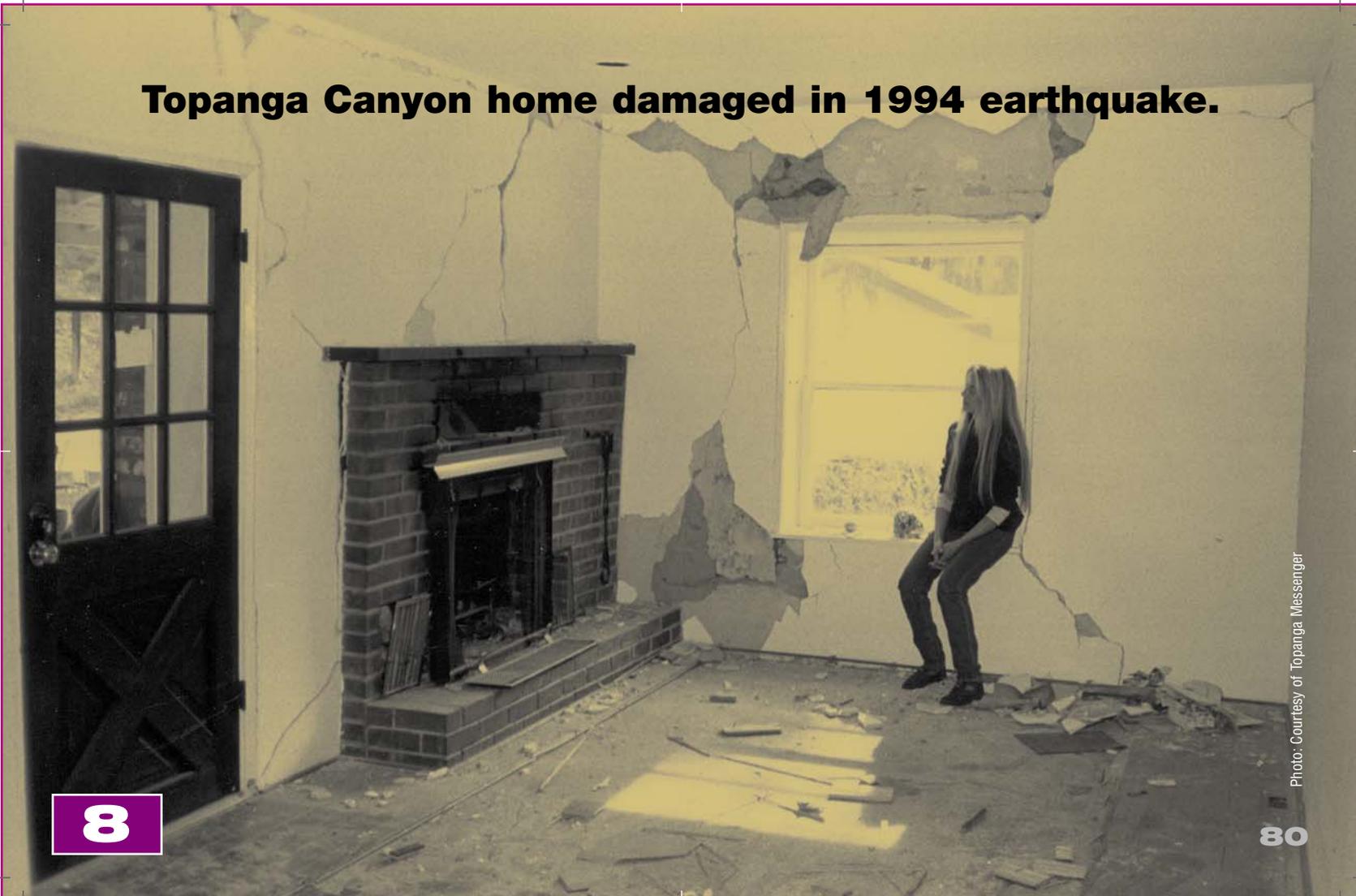
***During an earthquake, if you are in a crowded public place, do not rush for the doors. Crouch and cover your head and neck with your hands and arms.***

**A F T E R**

- Do not attempt to use the telephone unless there is an immediate, life-threatening emergency.**
- Check for gas and water leaks, and broken electrical wiring or sewage lines. If there is damage, turn the utility off at the source and immediately report gas leaks to your utility company. Check for downed power lines; warn others to stay away.**
- Do not attempt to relight the gas pilot unless a thorough inspection of your gas lines has taken place. Call the utility company for assistance.**
- Check your building for cracks and damage, including the roof, chimneys, and foundation.**
- Turn on your portable radio for instructions and news reports. For your own safety, cooperate fully with public safety officials and follow instructions.**
- Do not use your vehicle unless there is an emergency. Keep the streets clear for emergency vehicles.**
- Be prepared for aftershocks. Stay calm and lend a hand to others.**
- If you evacuate, leave a message at your home telling family members and others where you can be found.**

[www.topangasurvival.org](http://www.topangasurvival.org)

**Topanga Canyon home damaged in 1994 earthquake.**



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Photo: Courtesy of Topanga Messenger

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