

Earthquake Checklist

Are You Prepared?

For Your Home

- Battery-powered flashlights
- Battery-powered radio or TV
- Spare batteries
- Cash
- Prescription medicines
- Eye-glasses or contact lenses
- First-Aid kit
- Fire extinguisher
- List of names & phone numbers
- Cell phone
- Can opener, pocket knife
- Matches in waterproof container
- Trash bags
- Moist towlettes
- Tent / Sleeping bags
- Blankets & bedding
- Pet food / leashes
- Disposable plates, cups, utensils
- Toothbrushes, toothpaste
- Toilet paper, antibacterial soap
- Fresh drinking water - 3-5 gallons per person per day
- Dry or dehydrated foods, canned foods for 5 days

For Your Home

- Sunscreen
- Sturdy shoes w/ thick soles, extra socks
- Extra change of clothes, long pants, long sleeves
- Heavy work gloves
- Rain gear

For Your Car

- Nylon carrying bag or backpack
- Bottled water
- Non-perishable food
- Can opener, pocket knife
- Flashlight, transistor radio, batteries
- First aid kit
- Essential medication
- Heavy work gloves
- Matches, lighter, small tool kit
- Change of clothes, jacket
- Sealable plastic bags
- Moist towlettes
- Walking shoes, extra socks
- Cash
- Sleeping bag or blanket

DURING THE SHAKING

- **Remain calm!** Gather your kit - don't panic or run!
- **If you are inside a building** - stay there. Get away from windows and glass, chimneys, and tall furniture. Watch out for falling objects.
- **If you are outside** - stay there. Move away from high buildings, walls, power poles, lamp posts. Stay away from fallen electrical lines.
- **If you are in a moving car** - stop as quickly as safety permits in the best available space. Stay in your car.

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PREPARING FOR AN EARTHQUAKE

Emergency preparedness means that a community or family is prepared to react promptly when an emergency happens. This requires planning and preparations be taken *before* there is an emergency. If you *plan now*, you will be prepared to act sensibly with confidence when an emergency occurs.

The psychological impact on typically normal people who experience an earthquake can include both physical illness and mental stress. Headache, fatigue, vomiting, confusion, depression, irritability, anxiety, withdrawal, un-consolable crying, inability to perform simple tasks or make simple decisions, are all symptoms of traumatic stress.

Children are especially vulnerable to psychological trauma if they have had no preparedness training. On the other hand, if children have some training, and see their parents or caregivers react calmly and confidently, they will react similarly.

There are many resources available to assist you in developing your family preparedness plan. You might look for preparedness information on the internet, call your local fire department, or check with your local city services for earthquake planning assistance.

Here are some planning tips to consider:

1. Make a plan and share it with your family, including your children. Review and update your plan at least annually.
2. Understand that you may not be at home when an earthquake occurs. Your plan should include this possibility.
3. Take steps to make your home as safe as possible.
4. Prepare emergency kits for your home and cars. Refresh them periodically.
5. Have copies of important documents and information stored in a safe and accessible place. Consider wills, trusts, medical directives, insurance and financial account information, prescriptions, and important phone numbers.
6. Know what to do while the earthquake is shaking, expect aftershocks.
7. Know what to do in the first few minutes after the shaking stops.
8. Know what to do in the first several hours after the shaking stops.
9. Have a plan for an Out-of-State family contact. Be sure everyone knows the contact phone number.
10. Be prepared to take care of basic needs for yourself, your family, and perhaps some of your neighbors or friends for up to a week.