Earthquake To Do’s

DURING AN EARTHQUAKE

INDOORS
Stay inside. Take cover under a desk or table and hold on. In a hallway, brace yourself against an interior wall. Stay clear of windows light fixtures, and objects that could fall.

OUTDOORS
Get into the open away from buildings (avoid falling debris - glass, brick) and power lines.

IN A CAR
Pull over and stop away from bridges, overpasses, buildings and overhead power lines. Stay in the car.

AFTER AN EARTHQUAKE
During the first few minutes

- Protect yourself first!
- Put on heavy shoes, leather gloves, etc.
- Check for injuries. Give first aid.
- Remain calm and reassure others.
- Avoid broken glass. Check for fire.

Check gas, water and electric lines. If damaged, shut off service. If gas is leaking, don't use matches, appliances or electric switches. Open windows, leave building and report to gas company.

Replace all telephone receivers and do not use except in emergency.

Listen for emergency bulletins on radio or television. Tune to the emergency broadcast station.

Stay out of damaged buildings.

During the Next Several Hours

Do not operate electrical switches, appliances, or open-flame equipment if gas leaks are suspected. Sparks or flames can ignite gas from broken lines causing an explosion.

Tend further to injured or trapped persons. Try to get help if necessary. If a person is trapped and you can free him without injury to yourself, remove debris piece by piece starting with the top of the pile.

Confine frightened pets so they won't run away or hurt themselves in aftershocks.

Turn on battery or car radio to receive disaster instructions.

Check to see that sewage lines are intact before permitting flushing of toilets.
Take routine medication, especially heart or diabetic patients.

Clean up spilled medicines, chemicals, broken glass, and other hazardous materials immediately.

Prepare for possible evacuation. Gather the 72 hour supplies you have previously assembled. If your house and utilities are badly damaged, you may be living in your backyard or other neighborhood location for a few days.

Watch out for other possible dangers which may follow an earthquake such as fire, flood, landslide, etc.

Do not drive unless absolutely necessary, then drive with caution. Keep streets clear for emergency vehicles. If you are forced to abandon your car due to impassable road conditions, LEAVE THE KEYS IN IT.

Use your telephone only to report extreme emergency situations. Pay phones may still be operating though residential lines are out.

Do not go without food or water for long periods. Food is a vital factor in maintaining your morale and strength during a disaster. Your ability to cope will be essential.

Do not eat or drink anything from opened containers near shattered glass.

Remind family members to practice strict sanitation and keep fingers out of mouths. With limited water and increased health hazards, the possibility of infection is high.

Be prepared for "aftershocks" - they are weaker than the main shock but can cause additional damage and psychological trauma. Stay with small children. They fear separation from parents during times of extreme stress.

Inspect your house carefully for structural damage. Open exit doors - they sometimes jam. The initial quake may damage the structure and an aftershock could shake down wobbly walls. Undetected chimney damage is an extreme fire hazard. Do not occupy your house until you are sure it is structurally sound.

Protect surfaces of valuable furniture against aftershock damage by laying down thick newspapers topped with cardboard, plywood, or blankets.

Stay home, if you are at home when the earthquake hits. Do not go out sightseeing. Stay away from waterfront areas where a Tsunami could strike. If you are at school, report to your teacher for instructions. If at work, stay and assist with the response effort until enough information is available to determine that it is safe to go home.

Check closets and storage shelf areas. Open closet and cupboard doors carefully and watch for objects falling from shelves.

Use extreme caution when entering or working in damaged or weakened buildings - they may collapse without warning.

Be aware of the need to secure your home if windows are broken.
When possible, notify your family contact about your well-being. When communications return to normal, notify other worried friends and relatives.

Cooperate with requests for help from police, firefighting teams, emergency management officials, and relief organizations. Do not go into damaged areas unless your help has been requested.

If you plan to evacuate, leave a message in a predetermined place for other family members. Describe your intended route and destination.

1. FIRST AID SUPPLIES NEEDED:
   - Baking soda
   - Bar soap
   - Book: STANDARD FIRST AID AND PROFESSIONAL TRAINING, by the American Red Cross
   - Chemical "ice" pack (turns cold when activated)
   - Dental floss
   - Tweezers
   - Scissors
   - Needle and thread
   - Safety pins
   - Skin lotion
   - Mexana powder (for sun burn treatment)
   - Sunscreen lotion
   - Sanitary napkins
   - Spoons
   - Knife
   - Paper and pencil
   - Medicine dropper
   - Thermometer
   - Tissues
   - Bandage material
   - Alcohol, Rubbing
   - Vasoline
   - Paper cups
   - Smelling salts
   - Space blanket
   - Matches

Medications (Buy only the most current dated stock, and rotate as needed.)
   - Antibiotic ointment
   - Necessary medications (Prescription, Etc.)
   - Aspirin and/or pain relief medication
   - Diarrhea medication
   - Laxatives
   - Eye drops
   - Cough medicine
   - Benadryl
   - Insect spray
   - Ear and nose drops

Dressing materials
   - Bandaids
   - Ace bandages'
   - Butterfly bandages'
   - Gauze pads, 4" x 4"
   - Cotton swabs
Adhesive tape 2"
2" & 4" wide sterile bandage roll
Triangular bandage for sling, etc. 37"x37"x52"
Tongue depressors / popsicle sticks

Notes on First Aid Supplies:
When buying and storing First Aid supplies for you and your family, only buy things that you KNOW how to use. Unless you are a trained EMT, you won't be needing a field surgical kit.

The most important things you can store are bandages, tape, etc., and any required prescription medication. Most serious injuries occur from uncontrolled bleeding. You should plan on not being able to visit the drug stores for at least a week.

2. EMERGENCY LIGHTING (OPTIONS):

Don't use matches or candles if there is any possibility of a gas leak, especially right after the quake.

- Flashlight for the home - don't forget to store and rotate batteries
- Flashlight or penlight for personal use
- Power failure lights (the type left plugged into the wall)
- Chemical light sticks - a safe source of light where ignition sources need to be avoided
- Lanterns - camp or hurricane type - don't forget mantles, matches and fuel
- Portable electric generator - don't forget fuel

3. COOKING AFTER THE EARTHQUAKE (OPTIONS):

- Camp stove - have propane or white gas stored (safely outside) - don't forget matches
- Backpacking stove
- Fireplace may be used if it isn't damaged by quake. Have masonry fireplaces inspected, if they are cracked they can start an attic fire or allow carbon monoxide into the dwelling.
- Barbecue (charcoal / starter fluid) - must be used outside to avoid the danger of carbon monoxide poisoning!!!
- Sterno (type) stove
- Remember cooking utensils - pots and pans - forks and knives - manual can opener

4. USEFUL SUPPLIES AND EQUIPMENT

- Work gloves
- Ax / maul (min. 6 lb.) and shovel
- Portable Radio
- ABC Fire Extinguisher
- Broom
- Hammer and nails
- Screwdrivers
- Crowbar or Claw tool (36" or longer)
- Plastic sheeting rolls (4 mil. 10' x 25')
- Duct tape
- Plastic garbage bags (heavy duty, 30 gal. or larger)
- Coil of rope 1/2", 3/4"x 25' or 50'
- Packages of rope 1/4" x 25'
- Coil of wire
- Tent (family or tube type)
- Tarp (P.V.C. or Canvas, Min. 2ea, 8'x10')
- Sleeping bags
- Cheese cloth (to strain particles from water)
- Survival handbook/s
- Cash money
- Water purification tablets
5. SANITATION SUPPLIES (OPTIONS)
   Plastic bags: - ziplock - heavy duty garbage can size
   Powdered chlorine lime. Proper storage and packaging required: oxidizer and corrosive
   Portable camp toilet
   Large trash cans
   Toilet supplies - soap - shampoo - toothpaste - deodorant - sanitary napkins - toilet paper

6. SMALL EMERGENCY KITS (keep in car)
   Dry food - candy bars - dried fruit - jerky - cookies - crackers
   Small amount of drinks - bottled water - tomato juice - fruit juice
   Clothing
   Walking shoes/socks
   Road map & flares
   First aid kit with special medications if needed
   Extinguisher
   Sleeping bag/blanket
   Compass
   Flashlight/batteries or chemical light sticks
   Matches
   Small radio (battery powered portable)
   Family photo/note book/literature/game for entertainment
   Small & large plastic bags

7. KITS FOR THE WORKPLACE
   Dry food candy bars dried fruit jerky cookies crackers
   Small number of drinks bottled water tomato/vegetable juice
   Fruit juice
   Flat shoes/tennis shoes
   First aid kit & any needed medications
   Flashlight & batteries
   Chemical light sticks
   Matches
   Small radio (battery powered portable)
   Family photo/note book/literature for entertainment
   Small/large plastic bags
   Toilet tissue/personal hygiene items

8. SAFE DRINKING WATER

   Water is the most important item to store in preparation for an earthquake. Loss of safe drinking water can be deadly. Most people, with few exceptions, will die if they do without water for more than 36 hours. Dehydration occurs much quicker than starvation. Our bodies can tolerate the lack of food much better. With an ample water supply, starvation takes many days, even weeks.

   The City water supply is vulnerable to the effects of a large quake. Contaminants can get into the drinking water supply through ruptures in pipes, through the mixing up of sediments, through the adulteration of filtering systems, etc. Now, we take our water for granted. That will be dangerous after a big quake.

   Now that you know you need to store water; how much should you store? A good rule to follow is about 1 gallon per person per day of clean drinking water. (Some families will want to consider their pets as a person for these purposes.)

   Some sources of drinking water are:

   1. Stored bottled water (water can be stored in used bleach containers. Rinse them well first.
      Water stored in this way will last six months to a year and then should be replaced. To store:
Rinse container and, fill with fresh tap water. Add 8 (for clear) or 16 (for cloudy) drops of new chlorine bleach per gallon.

2. Bottled water can be purchased at the market. Water in bottles filled and sealed at the factory will last indefinitely, however, the plastic will break down through exposure to the air or sunlight within about 6 months to a year. Note: Many discount stores (COSTCO, Price Club, etc.) sell sparklets or other water in 5 gallon 'boxes' - each box having 2 2.5 gallon plastic bottles. These are easy to store and priced very reasonably.

3. The hot water heater storage tank... To get water out of the hot water heater it is necessary to turn off the cold water supply to the hot water heater (this prevents contaminated water from being drawn into the tank from the domestic supply). Open any hot water tap in the house. (This allows air to enter the tank so water will flow out easily). Drain needed water from the bottom of the tank at the drain valve. It is very Important to turn off the heat source to the hot water heater before draining water because of the danger of super heating and fire.

4. The toilet water storage or flush tank... To be potable, the water must come from the tank and not the bowl. It must not have additives in it. Do not drink water colored blue with chemicals.

5. Melted ice cubes

6. Water packed canned goods, (even syrups are mostly water).

7. A ground steam catch.. (A means of getting water out of the soil and having it collect in a container.)

8. The water in home piping. Water can sometimes be removed using the following procedure. First, locate and shut off the main service valve. Next, locate and open the highest water tap (generally a shower) to allow air into the system. The water can be recovered by next locating and opening a lower system water tap and draining the water into a suitable container.

If the purity of water is questioned, use the following methods to make the water safe for drinking:

- Boil the water vigorously. The length of time for boiling is five minutes at sea level (add an extra minute for every 1000 feet above sea level).
- Use commercial water purification tablets.
- Distill the water using sunlight.
- Add chlorine bleach to the water (2-4 drops per quart). Be careful not to exceed this amount!
- Add 2% iodine to the water (3-6 drops per quart).

Note: Water that is dirty should first be strained through a coffee filter, cheese cloth, or a paper or cloth towel to remove suspended matter.

The above water is for consumption in drink and food preparation.

Water needed for cleaning is in addition to the above amount. It need not be of such high quality. Water from a swimming pool could be used.

Food is nearly as important as water, at least our stomachs will say that it is. Psychologists tell us people who have a drastic change in diet in conjunction with experiencing a disastrous trauma, tend to give up on life and may even die from a form of depression which may follow. Therefore, they recommend people store supplies for a
disaster that are as close to their normal fare as possible. The food must be of a type that will store well. On the whole, the minimum length of time food should be able to last without refrigeration would be six months.

In the brief space here it is difficult to give the information necessary to put together an emergency food storage program. The needs and tastes of individuals vary greatly. If you are smaller or larger than the average person you may want to adjust what you store as compared with what is suggested. The information here is designed to give a person who wants to store emergency food some ideas. It is not intended as a shopping list of what to buy. In each of the categories there is more food listed than should be needed. Think about the tastes and needs of your family.

Remember: You will need to rotate your stock of stored food every six months or so. With this thought in mind, don't go out and purchase 5 cases of beef stew, unless the thought of eating 5 cases of beef stew in six months appeals to you. After an earthquake, whatever accessible and safe to eat foods remaining in the pantry or refrigerator should be consumed first to minimize the extent of spoilage. As these are used, add in foods from the emergency supply.

The period of rotation of each food stuff is indicated in parenthesis in months ne.: (6 mo.) = 6 month rotation to prevent spoilage, (12 mo.) = 12 month rotation to prevent spoilage, and (18 mo.) = 18 month rotation to prevent spoilage, etc.

The amounts recommended below for storage are for each person, except where noted.

9. FOOD (OPTIONS)

Beverages: 3 days total needed 1 to 1-1/2 gallons. 2 weeks total needed 5 1/2 to 6 gallons.

Remember that instant drink powders will need water to reconstitute them. A person may want to set aside a portion of the potable emergency water for just that purpose.

- Milk 1 1/2 qt. dehydrated or evaporated Min. shelf-life (12 mo.) [Double the above amount of milk for small children.]
- Coffee, tea, and instant cocoa, as desired Min. shelf-life (18 mo.) (Coffee and tea move water through our bodies faster than some other drinks. If you enjoy them, you may want to store 1/2 x more water.)
- Canned sodas as desired Min. shelf-life (12 mo.)
- Powdered beverage flavorings as desired Min. shelf-life (24 mo.)
- Fruit/tomato/vegetable juices Min. shelf-life (18 mo.)

3 days 3 to 6 servings from one or more of the following:
2 weeks 44 to 48 servings from one or more of the following:

Grain products For the family that generally eats breakfast...

- Buy one multi-package of individual boxes of breakfast cereal. Min. shelf-life (4 mo.).
- Buy one box instant hot breakfast cereals in paper packages. Min. shelf-life (12 mo.)
- Buy one box pancake mix. Min. shelf-life (6 mo. in air tight container)

(3 to 6 servings from one or more of the following:)

- Buy one loaf of bread. Store in freezer. Min. shelf-life (6 mo.)
- Buy one package of pasta. Min. shelf-life (24 mo.)
Buy one package of flour. Min. shelf-life (12 mo. in air tight container)
Buy one package of corn meal. Min. shelf-life (12 mo. in air tight container)
Buy one package of soda crackers. Min. shelf-life (12 mo.)
Buy one package of rice. Min. shelf-life (24 mo. plus)

3 days 3 to 6 servings from one or more of the following: 2 weeks 44 to 48 servings from one or more of the following:

**Protein sources**

Canned meat: bacon, spam, sausages, meat spreads, chili con carne, beef stew. Min. shelf-life (18 mo.)
Canned poultry: chicken, turkey. Min. shelf-life (18 mo.)
Canned fish: tuna, salmon, sardines. Min. shelf-life (12 mo.)
Cheeses (hard wax wrapped cheeses last longest.) Min. shelf- life (6-18 mo.)
Dried eggs. Min. shelf-life (6 mo.)

3 days 3 to 6 servings from one or more of the following: 2 weeks 44 to 48 servings from one or more of the following:

**Fruits and vegetables**

Canned berries Min. shelf-life (12 mo.)
Canned pears, apricots, plums Min. shelf-life (18 mo.)
Canned citrus fruits Min. shelf-life (18 mo.)
Canned vegetables Min. shelf-life (18 mo.)
Dry peas Min. shelf-life (18 mo.)
Instant mashed potatoes Min. shelf-life (18 mo.)
Dry package beans Min. shelf-life (18 mo.)

**Stables**

Salt 3 days: 6 tsp 2 weeks: /2 lb Min. shelf-life: (24 mo.+)
Sugar 3 days: 6 tsp 2 weeks: 1/2 lb Min. shelf-life: (24 mo.+)
Cooking oil 3 days: 1/2 pint 2 weeks: pint Min. shelf-life: (3 mo.)
Shortening 3 days: 1/2 lb 2 weeks: 1 lb Min. shelf-life: (12 mo.)
Baking soda (12 mo.)
Honey 3 days: 2 ozs 2 weeks: 5 lb. can Min. shelf-life: (24 mo.)

Note: Include seasonings appropriate for the meals you choose to store as an emergency food source.

**Snacks and other foods which may be used to augment or replace some of the choices on prior pages:**

Nuts 3 days: 4 - 8 ozs 2 weeks: 8 - 10 lbs Min. shelf life: (12 mo.) (in airtight container)
Peanut Butter 3 days: 2 - 4 ozs 2 weeks: 1 lb jar Min. shelf life: (12 mo.) (in airtight container)
Hard candy 3 days: 1 - 4 pieces 2 weeks: 1 - 2 lbs Min. shelf life: (12 mo.) (in airtight container)
Dried fruit 3 days: 4 - 6 ozs 2 weeks: 1 - 2 lbs Min. shelf life: (6 mo.)
Jerky 3 days: 2 - 4 ozs 2 weeks: 1/2 - 1 lb Min. shelf life: (6 mo.)
Dry soup mix 3 days: 1 - 3 pks 2 weeks: 6 - 12 pks Min. shelf life: (12 mo.)
Canned soup 3 days: 1 - 3 serv 2 weeks: 6 - 12 serv Min. shelf life: (12 mo.)

10. Earthquake Awareness

When the next major or great earthquake suddenly occurs in Southern California, severe road damage, bridge collapse, damaged and abandoned vehicles, broken underground gasoline, oil, or natural gas pipelines, and flooding from broken water mains and reservoirs could keep many of us separated from our families and loved ones for as long as 3-14 days.

These post-earthquake conditions could present a greater threat to you and your family’s mental, emotional, and physical well-being than the actual earthquake itself. It is imperative that you understand, accept, and then prepare yourself, as well as your family, to react to these conditions in a safe and cautious manner. Answer the following questions and then seriously consider their affects on everyone.

Death or serious injury could result from anyone’s immediate “uninformed” attempt to walk, ride, or drive anywhere. Discuss with your family the importance of waiting for radio reports on safe routes of travel, as well as, having the NAME and Phone# of your family’s “Out-of-State” emergency telephone contact.

READ EACH QUESTION BELOW WHILE YOU (X) AND/OR FILL IN THE APPROPRIATE ANSWER. USE THESE QUESTIONS AND DISCUSS, WITH YOUR LOVED ONES, THE IMPORTANCE OF NOT PANICKING AND TRYING TO GET BACK HOME UNTIL YOU HAVE BEEN ASSURED OF A SAFE TRAVEL ROUTE BY LOCAL OR MILITARY AUTHORITIES.

1. Who is your family’s out-of-state emergency telephone contact? ________________

NOTE: Call someone who lives out of the State or Province TODAY! Ask them to be our family’s Out-of-State emergency telephone contact. Tell them that each member of the family will attempt to call as soon as possible, to leave and/or receive messages on each other’s whereabouts, personal condition, etc.

Name:________________________ Phone# ( ) ___-__________ (_)-Relative (_)-Friend

EVERY FAMILY MEMBER SHOULD CARRY THIS NAME AND PHONE NUMBER WITH THEM

2. How many miles from work do you live? __________

3. How do you travel to and from work each day? (_) your own car, (_) RTD bus, (_) car pool, (_) motorcycle, (_) other

4. How many of those listed below live with you or depend on your daily or frequent personal care? (_) husband, (_) wife, (_) children, (_) pets, (_) roommate, (_) mother, (_) father, (_) brother, (_) sister, (_) grandmother, (_) grandfather, (_) other

5. How many miles from your children's school are you each day? ______________________

6. How many miles from home do your children travel to attend school? ______________________
7. How do they travel to and from school each day? [ ] walk, [ ] bicycle, [ ] your car, [ ] car pool, [ ] school bus, [ ] RTD bus, [ ] other

8. Have you and the school prepared the "on-hand" supplies necessary to care for your child's:

[ ] medical (special daily medications), [ ] water, [ ] food, [ ] sanitation and [ ] temporary shelter needs for at least 72 hours?

9. Does your child have a signed medical release form on file at school and with their authorized guardian?

10. Who has been authorized (with their signature on file at the school) to pick up your children from their school if you are unable to?

11. Who would be the closest authorized person during school hours?

12. Does your work Place have an emergency plan?

AUTHORIZATION OF CONSENT TO TREATMENT OF MINOR

NOTE: Each child needs separate copies at each school, doctor's office, hospital, babysitter, family emergency file, etc. Keep a list of locations on file, in case you need to make changes. You are encouraged you to reproduce as many copies of the of this form as necessary.

(I) (We), The undersigned, parent(s) of __________________________ a minor, do hereby authorize______________________________________ (Relative, Family Physician, Babysitter, or Other) as agent(s) for the undersigned to consent to an x-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general supervision of any physician and surgeon licensed under the provisions of the Medicine Practice Act on the Medical Staff of __________________________ Hospital, or __________________________ MD. (Family Physician) whether such diagnosis or treatment is rendered at the office of said physician or at said hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of our foresaid agent(s) to give specific consent to any and all such diagnosis, treatment of hospital care which the aforementioned physician in the exercise of ms best judgment my deem advisable. This authorization is given pursuant to the provisions of section 25.8 of the Civil Code of California (Allows Parent(s) or Guardian to authority any adult to consent to medical or dental treatment as stated in paragraph No. I above.)

This authorization shall remain effective until ____________,19____, unless sooner revoked in writing delivered to said agent(s).

Dated:_________________________ ________________________________ (Father or Legal Guardian)

_______________________________ ________________________________ Witness Witness

(Mother or Legal Guardian)

FOR PATIENT'S PROTECTION
1. ALLERGIES AND SENSITIVITIES: Is there a history of skin or other untoward reaction or sickness following injection or oral administration of:

(circle) (a) Penicillin or other antibiotics yes no (b) Morphine, Codeine, Demerol or other narcotics yes no (c) Novacaine or other anesthetics yes no (d) Aspirin, emperin or other pain remedies yes no (e) Sulfonamide drugs yes no (f) Tetanus antitoxin or other sera yes no (g) Adhesive tape yes no (h) Iodine or merthiolate yes no (i) Any other drug or medication yes no (j) Any foods, such as egg, milk, or chocolate yes no (k) Other:__________________________ yes no

If any 'Yes' responses, describe:__________________________________________

____________________________________________________________________

____________________________________________________________________

2. DRUGS TAKEN RECENTLY: within the past six (6) months has the patient taken:

(circle) (a) Cortisone yes no (b) ACTH yes no (c) Anticoagulants yes no (d) Tranquilizers yes no (e) Hypotensives (high blood pressure medicines) yes no

If any 'yes' responses, describe: _______________________________

____________________________________________________________________

____________________________________________________________________

3. Has the patient ever received treatment for Asthma Rheumatism or Rheumatic Fever? yes no

Source of information, if other than patient:________________________

____________________________________________________________________

____________________________________________________________________

_________________________ Date ___________ (Signature of
person acquiring this information)

_________________________ (Noted by M.D.)