

IF YOU ARE TRAPPED UNDER DEBRIS:

Cover your mouth with a handkerchief or clothing.

Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort - shouting can cause you to inhale dangerous amounts of dust.

Work together with your family to develop a family plan so that the adults and children know what to do.

Use the checklist to ensure that your Disaster Survival Kit is well prepared.

When the earth starts to quake

www.weready.org

DROP, COVER & HOLD ON

DISASTER SURVIVAL KIT CHECKLIST

- 1 gallon of commercially bottled water per person daily
- Canned, boxed or plastic bottled juice
- Canned foods: meat, fish, fruits, vegetables
- Dried food like bread, cookies, biscuits
- Baby food and formula (if needed)
- Disposable plates, cups, utensils and garbage bags
- Cooking tools and fuel
- Insurance papers, medical records and identification stored in a waterproof bag
- First Aid Kit with mosquito repellent
- Prescription Medicine (min. a week's supply)
- Infant care supplies, diapers, etc.
- Special items for elderly or disabled family members
- Flashlights, extra batteries
- Battery operated radio and clock
- Manual can opener
- Matches in a waterproof container
- Water purification kit or bleach (4 drops per qt)
- Plastic sheeting and duct tape
- Toiletries and personal hygiene items including feminine supplies
- Toilet paper, moist towelettes and soap
- Fire extinguisher
- Tools including a wrench or pliers to turn off utilities
- Sturdy shoes, extra clothing, eyeglasses
- Pillows, blankets, sleeping bags
- Small amount of cash in small bills
- Pet care items, food, water, carrier, medications, muzzle and leash.



- STEP 1** DROP UNDER A BED, TABLE OR DESK
- STEP 2** COVER YOUR HEAD AND TORSO
- STEP 3** HOLD ON TO FURNITURE OR SIT AGAINST A WALL

When the earth starts to quake

BEFORE

- Reduce the threat of hazards within your home by bolting down unstable items and placing large and heavy objects on lower shelves.
- Contract professionals to repair defective electrical wiring, leaky gas lines and install flexible utility connections.
- Know where and how to shut off the water, electricity and gas supply.
- Keep exits free of obstacles and locate safe spots and danger zones in each room of your home.



- Family members should know basic First Aid.
- Store important documents in fireproof/waterproof containers and ensure your Disaster Survival Kit is stocked and prepared.
- Identify someone you can rely on to pick up your children from school in case you can't get there in an emergency situation.
- Choose and memorise two meeting points: one right outside your home and one outside your neighbourhood.
- Practice safety drills in your home so everyone knows how to "drop, cover and hold on" and how to evacuate safely.



DURING

- Do not rush for exits. Others will have the same idea and trampling may occur. If you have to leave, use the stairs, not elevators.
- Protect your head and face.
- Take cover under a sturdy desk, table, bench or bed.
- Or, move to an interior wall; kneel with back to wall; place head close to knees; clasp hands behind neck; and cover side of head with arms.
- Or, brace yourself in an interior doorway. Never take shelter by standing in external doorways.
- Move away from outer walls, windows, glass doors, heavy mirrors, pictures, hanging plants and heavy objects.
- If an earthquake occurs and you're outside, move away from buildings, trees, streetlights, and utility wires.
- Stay away from the kitchen as this room can be the most hazardous area in the home. If you are in the kitchen, quickly turn off the stove and take cover at the first sign of shaking.



AFTER

- Be prepared for more earthquake tremors or aftershocks.
- Turn on a battery powered radio for emergency bulletins.
- Use a battery-powered flashlight. Do not use candles, matches or open flames indoors because of the possibility of gas leaks.
- Check utilities and shut off if necessary. If you smell gas or hear a hissing or blowing sound, open a window and leave the building immediately and call the gas company.
- Stay away from buildings that may have been damaged or weakened by the earthquake.
- Do not attempt to move seriously injured people unless they are in danger of further injury.
- Do not use your telephone for the first 90 minutes after an earthquake, except for an emergency.
- Keep the streets clear for the passage of emergency and rescue vehicles.
- If you live near coastal waters, be aware that the earthquake may have caused a tsunami. Evacuate to higher ground immediately and stay there until you are told it is safe to return.



PARENTS: Don't phone your child's school, they may be trying to reach you or emergency response services.