

EARTHQUAKE preparedness



BEFORE IT HAPPENS

- Talk with roommates about what you will all do in an emergency.
- Think ahead about how to exit your room or apartment building.
- Locate the fire extinguishers—know how to use them.
- Share information with your family or supporters and make a plan for communication. Long distance or cell phones may work better than local phones.
- Back up your computer daily or weekly. Keep the flash drive at a separate location



Put Together an Emergency Kit in a Backpack or Carry Case

- First aid supplies
- A flashlight with extra batteries
- Have a small portable radio with the right batteries
- Keep extras of such supplies as glasses, contact lenses, and prescription medications.
- Include a pair of sturdy shoes, a jacket or sweater and a blanket.
- There many not be running water after a quake—store a gallon of water or juice.
- Keep your kit under your bed or in a closet you can get to easily.

Make Your Room or Apartment Safer

- Do not put books, mirrors, framed pictures, glass items or other heavy objects over your bed or desk.
- Arrange furniture to reduce danger of falling. Don't stack furniture.
- Don't use unsecured shelves made out of bricks, cement blocks and boards.
- Kitchen cabinet contents can be dangerous—keep the doors closed
- Do not lift the bed off the ground with use of bed risers, lofts or blocks



WHAT TO DO During the Quake

- Take cover away from windows under a desk or table and hold on. Get down between the rows of seats in a classroom, or against the wall in a hallway.
- Stay covered until the shaking has stopped

After the Quake

- Only use land or cell phone lines for necessary calls.
- Put on shoes before moving around to prevent cuts from broken glass and debris.
- Take your earthquake kit with you when you leave the building.
- Assist others. Remain calm.
- Never use elevators. Check stairwell for safety before entering
- Do not use matches or candles in case of a gas leak.
- Tune into emergency radio stations 920 or 1400 AM or 98.1 FM and wait for further instructions from police or housing staff.
- If safe, evacuate to the primary evacuation site for your community (same as fire evacuation location) and wait for further instructions from staff.