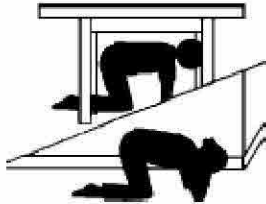


# WHAT TO DO *DURING* AN EARTHQUAKE

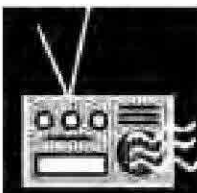
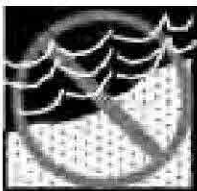
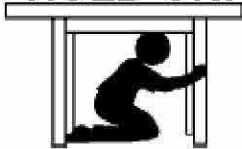
**DROP!**



**COVER!**



**HOLD ON!**



1. IF YOU ARE **INDOORS**—**STAY THERE!** “**DROP, COVER AND HOLD ON.**” Get under a sturdy desk or table and hang on to it, or move into a hallway or get against an inside wall. Stay clear of windows, fireplaces, and heavy furniture or appliances. Get out of the kitchen, which is a dangerous place in earthquakes since it's full of things that can fall on you. Don't run downstairs or rush outside while the building is shaking or while there is danger of falling and hurting yourself or being hit by falling glass or debris.
2. IF YOU ARE **OUTSIDE**—**GET INTO THE OPEN**, away from buildings, power lines, chimneys, and anything else that might fall on you.
3. IF YOU ARE **DRIVING**—**STOP**, but carefully. Move your car as far out of traffic as possible. Do not stop on or under a bridge or overpass or under trees, light posts, power lines, or signs. Stay inside your car until the shaking stops. When you resume driving, watch for breaks in the pavement, fallen rocks, and bumps in the road.
4. IF YOU ARE ON OR NEAR A **STEEP HILLSIDE**—**WATCH OUT FOR LANDSLIDES**, falling rock, trees, and other debris that could be loosened by earthquakes.

## If You Feel a Strong Earthquake or Receive a Tsunami Warning When You are on the Coast

1. **DROP, COVER AND HOLD ON.** Watch for falling objects until the earthquake is over.
2. **MOVE TO HIGHER GROUND** or inland away from the coast immediately. A tsunami may be coming. Go on foot if possible. The first waves may reach the coast within minutes after the ground shaking stops. The first wave is almost never the largest. Later waves may be spaced tens of minutes apart and can continue arriving for many hours.
3. **THERE MAY BE NO TIME FOR AUTHORITIES TO ISSUE A WARNING.** If you do not hear an evacuation announcement but notice a sudden drop or rise in water level or hear a loud noise coming from the water, nature may be warning you of impending danger.
4. **STAY AWAY FROM THE COAST.** Do not return to the shore after the first wave. Waves may continue to arrive for hours.
5. **LISTEN TO A RADIO FOR AN “ALL CLEAR”** before returning to the shore.

# WHAT TO DO *BEFORE* AN EARTHQUAKE

*The information contained in this section does not represent weaknesses in the earthquake resistance of homes. It is valuable information to keep in mind to reduce risks to yourself, your family, and your home. These lists are only highlights of the actions you should take.*

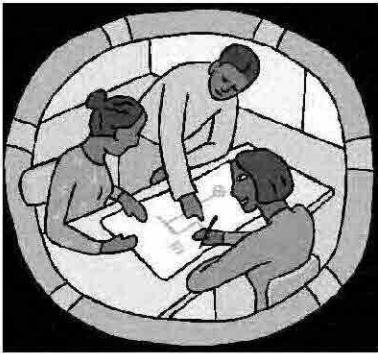
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## Gather Emergency Supplies

***Be sure you have these basic supplies on hand:***

- ☐ Fire extinguisher
- ☐ Adequate supplies of medications that you or family members are taking
- ☐ Crescent and pipe wrenches to turn off gas and water supplies
- ☐ First-aid kit and handbook
- ☐ Flashlights with extra bulbs and fresh batteries
- ☐ Portable battery-powered radio or television and extra fresh batteries
- ☐ Water for each family member for at least three days (allow at least one gallon per person per day) and purification tablets or chlorine bleach to purify drinking water from other sources
- ☐ Canned and packaged foods, enough for three days, and at least an additional four-day supply readily accessible for use if you are confined to home. Don't forget a mechanical can opener and extra pet food!
- ☐ Camp stove or barbecue to cook on outdoors (store fuel out of the reach of children)
- ☐ Waterproof, heavy-duty plastic bags for waste disposal
- ☐ Copies of personal identification, such as driver's licenses, passports, and work identification badges, and copies of medical prescriptions and credit cards
- ☐ An extra set of car keys and house keys
- ☐ Matches in waterproof container
- ☐ Map of the area marked with places you could go and their telephone numbers
- ☐ Cash and coins
- ☐ Special items, such as denture needs, contact lenses and supplies, extra eyeglasses, and hearing aid batteries
- ☐ Items for seniors, disabled persons, or anyone with serious allergies
- ☐ Items for infants, such as formula, diapers, bottles, pacifiers, powdered milk, and medications not requiring refrigeration

## Plan Ahead



1. Create a family disaster plan; practice and maintain the plan.
2. Make and complete a checklist.
3. Plan home escape routes.
4. Conduct fire and emergency evacuation drills at least twice a year and include your pets in your evacuation and sheltering drills.
5. Test your smoke alarms once a month (daylight savings time or birthdays) and replace batteries at least once a year in battery-powered smoke alarms.
6. Make sure each member of your family knows what to do no matter where they are when earthquakes occur.
  - Establish two meeting places where you can all reunite afterward: one right outside your home, in case of a sudden emergency, and one outside your neighborhood in case you cannot return home or are asked to leave your neighborhood.
  - Find out about the earthquake plan developed by your children's school or day care.
  - Remember that since transportation may be disrupted, you may have to stay at your workplace for a day or two following a major earthquake. Keep some emergency supplies—food, liquids, and comfortable shoes, for example—at work.
  - Pick two out-of-town contacts:
    - A friend or relative who will be your household's **primary** contact,
    - A friend or relative who will be your household's **alternative** contact.
7. Know where your gas, electric, and water main shutoffs are and how to turn them off if there is a leak or electrical short; if in doubt, ask your utility companies. Make sure that all the older members of your family can shut off the utilities.
8. Locate your nearest fire and police stations and emergency medical facility. Remember that telephones may not work after an earthquake. If you can, use your land line rather than your cell phone to call 911, but only if you need emergency help.
9. Talk to your neighbors—how could they help you, or you help them, after an earthquake?
10. Take a Red Cross first aid and cardiopulmonary resuscitation (CPR) training course.
11. Make arrangements with friends or relatives to temporarily house **your pets** after disasters because emergency shelters will not accept pets.
12. If your home is located near a steep hillside, in an area near the shore of a body of water or below a dam, check with your local building or planning department to see if you are in a landslide, tsunami or dam inundation zone. Plan for how, when, and where your family should evacuate.

# WHAT TO DO *AFTER* AN EARTHQUAKE

*Wear sturdy shoes to avoid injury from broken glass and debris.  
Expect aftershocks.*

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## Check for Injuries

1. If a person is bleeding, put direct pressure on the wound. Use clean gauze or cloth, if available.
2. If a person is not breathing, administer rescue breathing. The front pages of many telephone books contain instructions on how to do it along with detailed instructions on other first-aid measures.
3. Do not attempt to move seriously injured persons unless they are in immediate danger of further injury.
4. Cover injured persons with blankets to keep them warm.
5. Seek medical help for serious injuries.

## Check for Hazards

1. *Fire or fire hazards.* Put out fires in your home or neighborhood immediately. Call for help, but don't wait for the fire department.
2. *Gas leaks.* Shut off the main gas valve only if you suspect a leak because of broken pipes or the odor of natural gas. Don't turn it back on yourself—wait for the gas company to check for leaks.
3. *Damaged electrical wiring.* Shut off power at the control box if there is any damage to your house wiring.
4. *Downed or damaged utility lines.* Do not touch downed power lines or any objects in contact with them.
5. *Spills.* Clean up any spilled medicines, drugs, or other potentially harmful materials such as bleach, lye, and gasoline or other hazardous materials.
6. *Downed or damaged chimneys.* Approach chimneys with caution. They may be weakened and could topple during aftershocks. Don't use a fireplace with a damaged chimney—it could start a fire or let poisonous gases into your house.
7. *Fallen items.* Beware of items tumbling off shelves when you open the doors of closets and cupboards.

## Check Your Food and Water Supplies

Note: The information in these sections is reproduced in whole or in part with the permission of the copyright owner, SBC. The Survival Guide is available in the White Pages of SBC Directories © SBC 2004. This information was provided by medical and emergency service authorities and published as a public service. While every reasonable effort was made to ensure its accuracy, SBC is not responsible and assumes no liability for any action undertaken by any person in utilizing such information. Any person relying upon such information does so at his or her own risk.

1. If power is off, plan meals to use up foods that will spoil quickly, or frozen foods. If you keep the door closed, food in your freezer should be good for at least a couple of days.
2. Don't light your kitchen stove if you suspect a gas leak.
3. Use barbecues or camp stoves, outdoors only, for emergency cooking.
4. If your water is off, you can drink supplies from water heaters, melted ice cubes, or canned vegetables. Try to avoid drinking water from swimming pools or, especially, spas—it may have too many chemicals in it to be safe.

## Do Not . . .

- **Do not** eat or drink anything from open containers near shattered glass.
- **Do not** turn the gas on again if you turned it off; let the gas company do it.
- **Do not** use matches, lighters, camp stoves or barbecues, electrical equipment—including telephones—or appliances until you are sure there are no gas leaks. They may create sparks that could ignite leaking gas and cause an explosion and fire.
- **Do not** use your telephone, except for a medical or fire emergency. You could tie up lines needed for emergency response.  
If you need help and the phone doesn't work, send someone for help.
- **Do not** expect firefighters, police, or paramedics to help you right away. They may not be available.

# RESOURCE ORGANIZATIONS

*Some of the organizations listed below have information to help you strengthen your home against earthquakes and help you and your family prepare a personal earthquake response plan. Other resources that can help you may be available in your community; check your local telephone directory.*

## Home Safety Information

### Office of Emergency Services

#### Main Office

Information and Public Affairs

P.O. Box 419047

Rancho Cordova, CA 95741-9047

Telephone: (916) 845-8400

<http://www.oes.ca.gov>

#### Regional Offices:

##### Coastal Region

1300 Clay Street, Suite 408

Oakland, CA 94612

Telephone: (510) 286-0895

##### Inland Region

P.O. Box 419047

Rancho Cordova, CA 95741-9047

Telephone: (916) 845-8470

##### Inland Region South

2550 Mariposa Mall, Room 181

Fresno, CA 93721

Telephone: (559) 445-5672

##### Southern Region

4671 Liberty Avenue

Los Alamitos, CA 90720

Telephone: (562) 795-2900

### California Seismic Safety Commission

1755 Creekside Oaks Drive, Ste. 100

Sacramento, CA 95833

Telephone: (916) 263-5506

[www.seismic.ca.gov](http://www.seismic.ca.gov)

### California Earthquake Authority

801 K Street, Suite 1000

Sacramento, CA 95814

Telephone: (877) 797-4300

<http://www.earthquakeauthority.com>

## Structural Safety Information

### American Institute of Architects

Local chapters have referral lists of licensed architects; consult telephone directory listing for "American Institute of Architects."

<http://www.aia.org>

### Structural Engineers Association of California

1730 I Street, Suite 240,

Sacramento, CA 95814-3017

Telephone: (916) 447-1198

<http://www.seaoc.org>

Local chapter organizations have referral list for licensed structural engineers as follows:

San Diego - <http://www.seaosd.org>

Southern California - <http://www.seaosc.org>

Northern California - <http://www.seaonc.org>

Central California - <http://www.seaocc.org>

### American Society of Home Inspectors

932 Lee Street, Suite 101

Des Plaines, IL 60016

Telephone: (800) 743-2744

<http://www.ashi.com>

Referral list of licensed inspectors.

### Building Education Center

812 Page Street

Berkeley, CA 94710

Telephone: (510) 525-7610

<http://www.bldgeductr.org>

### **California Real Estate Inspection Association**

1445 N. Sunrise Way, Suite 101  
Palm Springs, CA 92262  
Telephone: (800) 848-7342 (information)  
<http://www.creia.org/>  
Call for pamphlet describing house inspection services offered by members and referrals to qualified members.

### **Consulting Engineers and Land Surveyors of California**

1303 J Street, Suite 450  
Sacramento, CA 95814  
Telephone: (916) 441-7991  
<http://www.celsoc.org/>  
A referral list for licensed engineers is available.

### **International Code Council**

5360 Workman Mill Road  
Whittier, CA 90601-2298  
Telephone: (800) 284-4406  
<http://www.iccsafe.org>

## **Geologic Information**

### **Association of Bay Area Governments**

P.O. Box 2050  
Oakland, CA 94604  
Telephone: (510) 464-7900  
<http://www.abag.ca.gov>  
A consortium of local governments in the San Francisco Bay Area, offering a variety of information, including lists of local resources.

### **California Geological Survey**

California Department of Conservation  
801 K Street, MS 12-30  
Sacramento, CA 95814  
Telephone: (916) 445-1825  
<http://www.consrv.ca.gov/cgs>  
The CGS is the state agency responsible for geological research, mapping, and policy. It provides maps and other information to the general public.

### **Southern California Earthquake Center**

University of Southern California  
3651 Toursdale Parkway, Suite 169  
Los Angeles, CA 90089-0742  
Telephone: (213) 740-5843  
<http://www.scec.org>

### **United States Geological Survey**

Earth Science Information Center  
345 Middlefield Road  
Menlo Park, CA 94025  
Telephone: (650) 853-8300  
<http://www.usgs.gov>  
This is the federal agency responsible for geological and earthquake hazard research, mapping, and policy. It provides maps and other information to the general public.

### **Cities and Counties**

Consult your telephone directory under city or county government listings for the office of emergency services or disaster management, city or county building and planning department, and city or county government geologist.

## **Emergency Planning Information**

### **Federal Emergency Management Agency**

Region IX  
1111 Broadway, Suite 1200  
Oakland, CA 94607  
Telephone: (510) 627-7100  
<http://www.fema.gov>  
FEMA offers a publications lists and referrals to preparedness organizations. FEMA also provides information on Federal Disaster Aid Programs that become available after Federal disasters.

### **American Red Cross**

Consult your telephone directory for the address and phone number of your local chapter.  
<http://www.redcross.org>