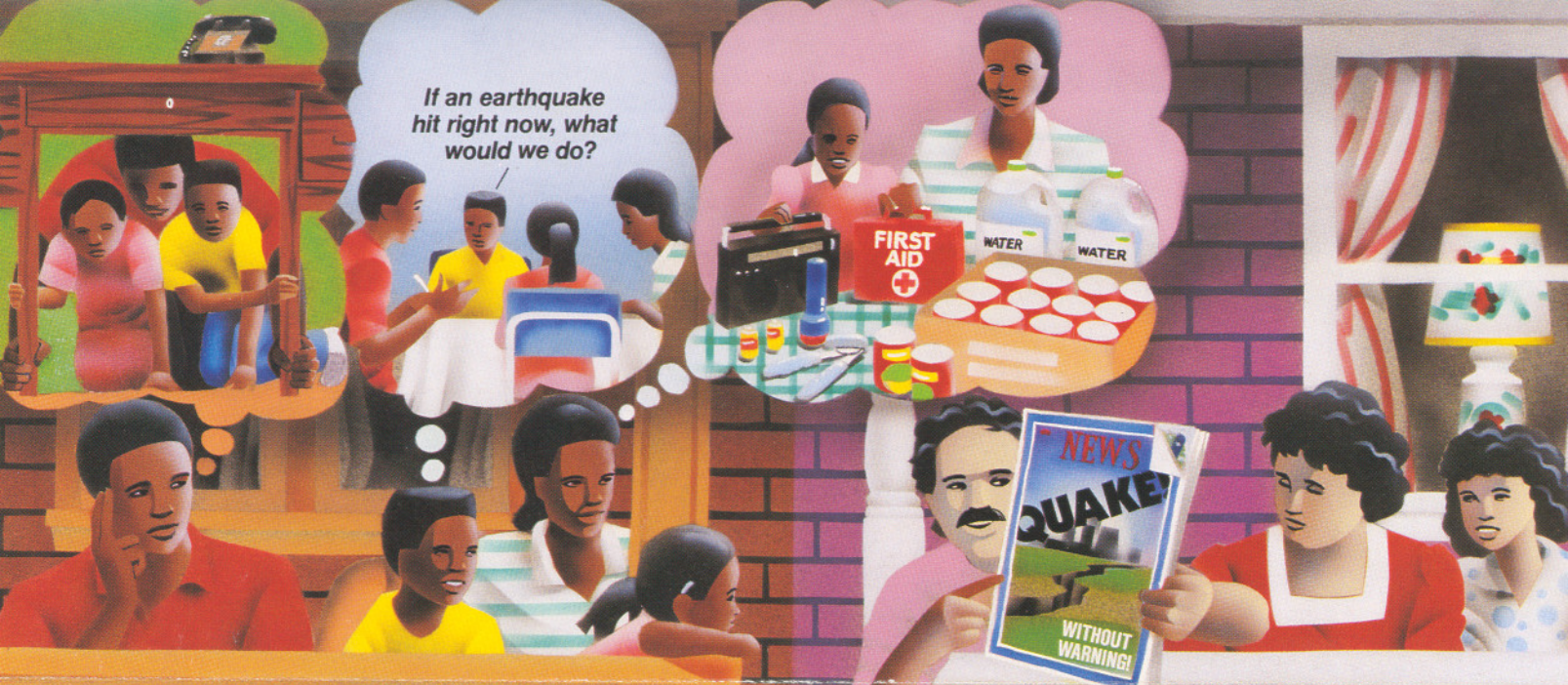




Are You Ready for an Earthquake?

Here's what you can do to prepare for such an emergency

■ **Prepare a Home Earthquake Plan**

- ✓ Select a place everyone would meet following an earthquake.
- ✓ Designate an out-of-town family member or friend to be your family contact person . . . so that each of you can call him or her to say you're safe or to relay messages.
- ✓ Conduct periodic earthquake drills . . . and review your Home Earthquake Plan now and then.
- ✓ Make these simple improvements around your home—
 - Strap the water heater to a wall.
 - Bolt bookcases and other tall, heavy furniture to the wall.
 - Put bolts or latches on cabinet doors.
- ✓ Take a First Aid/CPR course from your local Red Cross chapter.

■ **Prepare an Earthquake Safety Kit**

- ✓ Assemble an Earthquake Safety Kit containing—
 - First aid kit
 - Fire extinguisher
 - Canned food and a can opener
 - Bottled water
 - Sturdy shoes and work gloves
 - Extra blankets and trash bags
 - Essential medications
 - Battery-powered radio, a flashlight, and extra batteries
- ✓ Also include in the kit written instructions on how to turn off your home's utilities.

■ **When the shaking begins . . .**

- ✓ If you are inside, go only a few steps to a safety spot you have already picked. It could be a heavy desk or table you could crouch under (and

hold on to) to be safe from falling objects . . . or just an inside corner of a room. Pick a spot away from windows, bookcases, or tall, heavy furniture that could fall on you.

- ✓ If you live in a high-rise building, don't be surprised if the fire alarms and sprinklers go off during a quake.
- ✓ If you are outside, find a clear spot away from buildings, trees, and power lines.
- ✓ If you are in a car, drive to a clear spot (as above) and stay in the car until the shaking stops.

■ **After the shaking stops . . .**

- ✓ Be prepared for aftershocks.
- ✓ Check people for injuries. Give first aid.
- ✓ Inspect your home for damage.
- ✓ Listen to the radio for instructions.
- ✓ Go to a Red Cross shelter if your home is unsafe.

Earthquakes aren't just something for people in California to be concerned about. They can happen in most states . . . anytime . . . without warning. To prepare for such an emergency, have various members of your household complete each of the items on the checklist below. Then get together to discuss and finalize your personalized Home Earthquake Plan.

_____ Pick one or more "safety spots" in each room of your home. Make a list so you can discuss these spots with everyone.

Bedroom: _____ Bedroom: _____

Living room: _____ Kitchen: _____

Other: _____

_____ Pick a place to meet after the shaking stops.

Meeting place: _____

_____ Choose an out-of-town family member or friend to be a family contact person.

Family contact: _____ Phone number: _____

Address: _____

_____ Put together an Earthquake Safety Kit.

Location of Earthquake Safety Kit: _____

_____ Write instructions on how to turn off utilities . . . electricity, gas, and water.

Instructions completed: _____
(date)

_____ Install latches or bolts on cabinets where heavy, breakable, or valuable items are stored.

Latches/bolts installed: _____
(date)

_____ Secure the water heater to a wall.

Water heater secured: _____
(date)

_____ Bolt bookcases and other heavy furniture to the walls.

Furniture bolted: _____
(date)

And remember . . . when an earthquake, flood, fire, hurricane, or other emergency happens in your community, you can count on your local American Red Cross chapter to be there to help you and your family. That's been our role for more than 100 years.