

# ARE YOU READY?

If you're prepared for an earthquake, you're ready for just about any disaster likely to occur here in Escondido. To be ready for an earthquake, know what to do before, during and after:

## BEFORE AN EARTHQUAKE

- Discuss earthquakes and other emergencies with your family and develop a Family Disaster Plan
- Choose an out-of-state contact everyone can call to share information.
- Pick "safe places" in each room of your home.
- Practice "drop, cover, and hold on" in each safe place at least twice each year.
- Get training in CPR and First Aid.
- Talk with your insurance agent to make certain you have the earthquake insurance you need.
- Strap the water heater to wall studs.
- Bolt bookcases, china cabinets, and other tall furniture to wall studs. Brace or anchor high or top-heavy objects.
- Secure items that might fall (televisions, books, computers, etc.).
- Install strong latches or bolts on cabinet doors to prevent cabinets from flying open and contents from falling out.
- Move large or heavy objects and fragile items (glass or china) to lower shelves.
- Store breakable items such as bottled foods, glass, and china in low, closed cabinets with latches.
- Store weed killers, pesticides, and flammable products securely on bottom shelves in closed cabinets with latches.
- Hang heavy items, such as pictures and mirrors, away from beds, couches, and anywhere people sit.
- Repair any deep cracks in ceilings or foundations.
- Make sure your house is bolted to its foundation.
- Consider having your building evaluated by a professional structural design engineer.
- Keep a flashlight and sturdy shoes at each bedside.

## DURING AN EARTHQUAKE

- Drop, cover, and hold on!
- If you are in bed, hold on and stay there, protecting your head with a pillow.
- If you are outdoors, find a clear spot away from buildings, trees, streetlights, and power lines. Drop to the ground and stay there.
- If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris that could be loosened by the earthquake.
- If you are in a vehicle, pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking has stopped.
- Be ready for additional earthquakes called "aftershocks."

## AFTER AN EARTHQUAKE

- When the shaking stops, check to see if you are hurt.
- Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, and work gloves.
- After you have taken care of yourself, help injured or trapped persons.
- Look for and extinguish small fires.
- If you smell gas or hear a blowing or hissing noise, open a window and quickly leave the building and turn off the gas, using the outside main valve. If you turn off the gas for any reason, it must be turned back on by a professional.
- If you see sparks or broken or frayed wires, or if you smell burning insulation, turn off the electricity at the main fuse box or circuit breaker.
- Clean up spilled medicines, bleaches, gasoline, or other flammable liquids immediately and carefully.
- Open closet and cabinet doors cautiously.

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## AFTER AN EARTHQUAKE

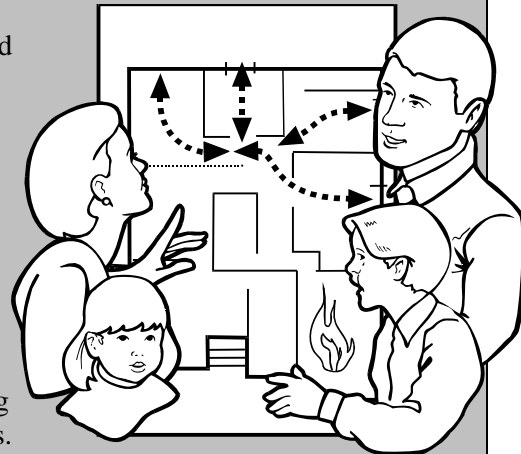
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- Inspect your home for damage and get everyone out if your home is unsafe.
- Help neighbors who may require special assistance.
- If possible, monitor radio and television for updated emergency information and instructions.
- Expect aftershocks.
- Watch out for fallen power lines or broken gas lines, and stay out of damaged areas.
- Stay out of damaged buildings.
- If you are away from home, return only when authorities say it is safe.
- Use battery-powered lanterns or flashlights to inspect your home. Kerosene lanterns, torches, candles, and matches may tip over during an aftershock or ignite leaking gas.
- Inspect the entire length of chimneys carefully for damage.
- Take pictures of the damage, both to the house and its contents, for insurance claims.
- When entering buildings, use extreme caution as building damage may have occurred where you least expect it. Watch for loose plaster, drywall, and ceilings that could fall.
- Examine walls, floor, doors, staircases, and windows to make sure that the building is not in danger of collapsing.
- If you suspect sewage lines are damaged, avoid using the toilets and call a plumber.
- If water pipes are damaged, contact the water company and avoid using water from the tap.
- Return corded phone handsets to their cradles if they've shaken off and use the telephone only to report life-threatening emergencies.
- Leash dogs and place them in a fenced yard as the behavior of pets may change dramatically after an earthquake.

## PLAN WITH YOUR FAMILY FOR EMERGENCIES

- Discuss with your family what you would do if family members are not home when a warning is issued.

- Draw a diagram of your home showing 2 ways out of each room for a home fire or structural damage and a map of your neighborhood showing different escape routes.



- Post both diagrams in your home for easy reference and make sure overnight guests also know what to do in an emergency.

- Make sure everyone knows where gas and water shutoffs and the electrical panel is and how to turn them off in an emergency. Do NOT shut off the gas unless you smell it and make sure a certified professional turns it back on again.

- Know about workplace and school disaster policies. You may be required to report for work in a disaster but plan ahead to make sure your family will be properly cared for without your help. Confirm that the name of everyone you wish to designate to pick up your child from school is listed on the emergency card. Make certain that emergency cards are up to date if changes occur during the school year.

- Make sure a nanny or other caretaker knows what to do in an emergency and is capable of helping a dependent family member evacuate from your neighborhood without your assistance.

Note: Involving your children in preparing your home and family for a disaster can help reduce anxiety and fears. By being fully prepared your family will be better able to maintain routines and a quality of life that will help children cope with a disaster.

This information is provided as a community service by the Escondido Fire Department. More detailed information can be obtained at their Web site, [www.escondido.org/fire](http://www.escondido.org/fire) or by calling 760-839-5400. Groups interested in scheduling a Disaster Preparedness presentation should call 760-830-5411.

# DISASTER SUPPLY KITS

## Home Survival Kit



What you include in your home survival kit will depend on your family's specific needs. The list that follows describes general items suggested for all homes, but keep in mind the needs of all family members, young and old as well as pets and livestock.

Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack, or duffel bag.

### Tools and supplies

- Axe, shovel, broom
- Screwdriver, pliers, hammer, adjustable wrench
- Rope for towing or rescue
- Plastic sheeting and duct tape

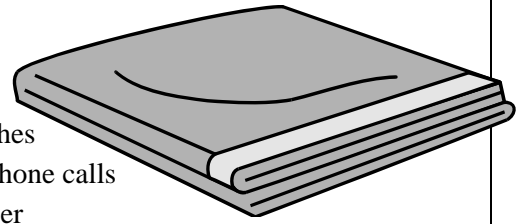
### Items for safety and comfort

- Food and water – at least 3 days worth
- First aid kit and manual
- Sturdy shoes
- Work gloves
- Waterproof matches
- Change of clothing
- Knife
- Garden hose
- Recreational supplies for children and adults
- Blankets or sleeping bags
- Portable radio, flashlight
- Extra batteries
- Essential medications, eyeglasses
- Fire extinguisher
- Food and water for pets
- Toilet tissue
- Cash

## Vehicle Survival Kit

Assemble a survival kit for your vehicle. Storing some of these supplies in a small bag or backpack will make them more convenient to carry if you need to walk rather than drive.

- Blankets
- Bottled water
- Change of clothes
- Coins for telephone calls
- Fire extinguisher
- First aid kit and manual
- Emergency signal device
- Flashlight, batteries
- Food
- Gloves
- Local map and compass
- Rope for towing, rescue, etc.
- Paper and pencils
- Pre-moistened towelettes
- Prescription medicines
- Battery-operated radio with fresh batteries
- Small mirror for signaling
- Toilet tissue
- Tools (pliers, adjustable wrench, screwdriver, etc.)
- Whistle for signaling
- Jumper cables
- Duct tape



## Workplace Survival Kit

Having your own supplies at work can mean that you'll be more comfortable if you must stay there for an extended period.

- Food
- Bottled water
- Jacket or sweatshirt
- Pair of sturdy shoes
- Flashlight, batteries
- Portable radio
- Essential medications
- Blanket
- Small first aid kit
- Extra pair of eyeglasses and/or contact lens solution
- Whistle or other signaling device



# WATER IN AN EMERGENCY

## STORING WATER

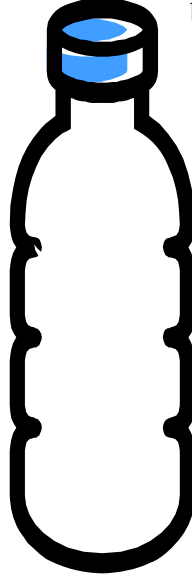
Having enough water that's safe to drink for at least 3 days (enough for 2 weeks is better) is a most important part of preparing for any emergency. Maintain a supply of at least one gallon of water per person per day. Additionally, in determining adequate quantities, take the following into account:

- Individual needs vary, depending on age, physical condition, activity, diet, and climate.
- Children, nursing mothers, and ill people need more water.
- Very hot temperatures can double the amount of water needed.
- A medical emergency might require additional water.

To prepare the safest and most reliable emergency supply of water, purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it. Observe the expiration or "use by" date, rotating fresh in as necessary.

Other safe sources of drinking water in your home include:

- Melted ice cubes
- Water drained from the water heater (if the water heater has not been damaged)
- Liquids from canned goods such as fruit or vegetable juices
- Water drained from pipes



## TREATING WATER

To treat water of uncertain quality in an emergency situation you can boil it or add chlorine bleach.

### **Boiling is the safer method:**

1. Bring water to a rolling boil for 1 full minute.
2. Let the water cool before drinking.
3. Put oxygen back into the boiled water to make it taste better by pouring the water back and forth between two clean containers.

### **To treat water with chlorine bleach:**

1. Use only regular, unscented household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite.
2. Use bleach from a newly opened or unopened bottle because the potency of bleach diminishes with time.
3. Add 16 drops (1/8 teaspoon) of bleach per gallon of water, stir, and let stand for 30 minutes.
4. If the water does not have a slight chlorine odor, repeat the dosage and let stand another 15 minutes.
5. If it still does not smell of chlorine, discard it and find another source of water.

Note: Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 to 6.0 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

## RECOMMENDED DISASTER-RELATED WEB SITES

**Dept. of Homeland Security**  
[www.dhs.gov](http://www.dhs.gov) and [www.ready.gov](http://www.ready.gov)

**Federal Emergency Management Agency**  
[www.fema.gov/hazards](http://www.fema.gov/hazards)

**National Earthquake Hazards Reduction Program**  
[www.nehrp.gov](http://www.nehrp.gov)

**American Red Cross**  
[www.redcross.org](http://www.redcross.org)

**Governor's Office of Emergency Services**  
[www.oes.ca.gov](http://www.oes.ca.gov)

**County Office of Emergency Services**  
[www.sdcounty.ca.gov/odp](http://www.sdcounty.ca.gov/odp)

**Escondido Fire Department**  
[www.escondido.org/fire](http://www.escondido.org/fire)

