

Earthquake Tips for Seniors

Before an Earthquake

- 1.** Eliminate hazards; secure tall furniture and decorative pieces to the wall and store larger items on lower shelves. Make it as easy as possible to quickly get under a sturdy table or desk for protection.
- 2.** Special equipment like life support systems should be anchored. Tanks of gas, such as oxygen, should be fastened to the wall.
- 3.** Keep a list of medications, allergies, special equipment, names and phone numbers of doctors, pharmacists and family members. Make sure you have this list available at all times.
- 4.** Keep an extra pair of eyeglasses and prescription medication with emergency supplies. Keep walking aids near you at all times. Keep extra batteries for hearing aids with your emergency supplies.
- 5.** Have a power outage light in each room. These lights plug into any outlet and light up automatically if there is a loss of electricity.
- 6.** Have a whistle to signal for help.
- 7.** Ask two people you trust to check on you after an earthquake. Tell them your special needs. Show them how to operate any equipment you use and where your emergency supplies are kept. Give them a spare key.



During an Earthquake

- 1.** Stay calm. If you are in bed or sitting down, DO NOT get up; stay put. If you are standing, duck under cover or sit down to avoid falling.

After an Earthquake

- 1.** Check yourself for injuries. Check all emergency equipment, making sure the telephone receiver is on the hook. Be prepared for aftershocks
- 2.** Turn on your portable radio for instructions and news reports. Cooperate with public safety officials and their instructions. If you evacuate, leave a message at your home telling family members and others where you can be found.