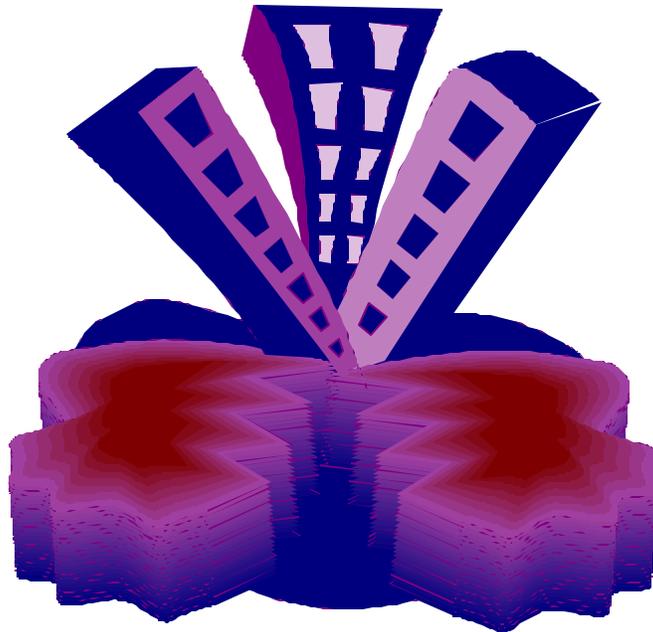


**Make
Plans**

**EMERGENCY HANDBOOK
FOR HOME**



Your Environment

Safe Spots: Identify objects or places in each room that will provide protection from falling objects:

- Sturdy desks and tables
- Interior walls/corners

Danger Spots: Identify objects or places in each room that pose a danger during an earthquake:

- Windows
- Tall unsecured furniture
- Heavy objects on shelves
- Appliances
- Hanging mirrors/plants
- Pictures
- Ceiling lights
- Tall, unbraced chimneys

Evacuation Routes: Locate exits and alternate ways to leave your home should the need arise.

Utility Shut-offs: Show everyone where the shut-offs for the following utilities are located:

- Water
- Gas
- Electricity

Teach everyone in your family when and how to shut them off. Gas should be turned off only if you suspect a leak. Contact your utility company if you're not sure.

Special Provisions

Plan for family members who have special needs:

- Seniors
- People with disabilities
- Children
- Individuals taking special medications
- Individuals who do not speak English
- Pets

Make provisions for:

- Evacuation, if needed
- Special foods
- Medications/eye glasses
- Life-sustaining equipment
- Wheelchairs, canes, walkers
- Strollers

Be sure to store such items in a location that is easy to access.

Meeting Plans

It's important that family members know where and how to reunite after an earthquake. Knowing everyone is alive and well will help family members cope with the situation more easily.

Include the following in your family earthquake plan:

- Out-of-state contact
- Meeting place
- Policies of schools and day-care centers pertaining to:
 - o Emergency shelter
 - o Transportation
 - o Care for children

Designate someone to pick up your children if you are unable to do so after an earthquake. Be sure to check with your school for its policies in reuniting children with parents.

Plan Responsibilities

You and family members have to attend to so many details after an earthquake. So will your neighbors. Get together and develop a plan that covers all potential problems. Assign responsibilities to each person based on their probable locations since travel may be difficult after an earthquake.

Complete, clip and give to each family member:

Name: _____
Address: _____
Phone: _____
Out-of-state contact: _____
Phone: _____
Meeting Place: _____ _____
Special Needs: _____ _____

Supply Storage

There are several options for storing your emergency supplies, including:

- Backpacks
- Duffel bags
- Heavy plastic trash cans on wheels
- Other containers

One of the most important considerations in storing your supplies is determining a location that you'll have access to after a major earthquake or other disaster. At least two different locations are recommended.

Identify the safe spots in your house as you did when you conducted your home hazard hunt. Then, determine the locations in which you spend the most time and to which you'll have easy access.

Your options may include storing the supplies in the following locations:

- Under your bed
- In a hallway closet
- In the den
- In another location
- In more than one location such as in a backpack in your car and in the pantry for use while you are at home.

Supplies Needed

Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break.

- Store one gallon per day per person
- Keep at least a 3-day supply for each person

Clothing and Bedding

Include at least one change of clothes and footwear per person.

- Sturdy shoes
- Rain gear
- Sleeping bags or blankets
- Hats and gloves
- Sunglasses

Food

Store at least a 3-day supply of non-perishable food. Select foods that require no refrigeration, cooking or preparation.

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk or soup
- Staples – sugar, salt, pepper
- High energy foods – peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly people or those with special diets
- Comfort/stress foods – cookies, hard candy, sweetened cereals, instant coffee, tea bags

First Aid Kit

- Sterile bandages
- Adhesive tape
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Safety pins
- Cleansing agent/soap
- Sunscreen
- Non-prescription drugs

Tools and Supplies

- Mess kits or paper goods
- Battery operated radio
- Flashlights and extra batteries
- Cash or traveler's checks
- Can opener/utility knife
- Tube tent
- Shut-off wrench
- Matches in a waterproof container
- Whistle
- Plastic sheeting
- Paper/pencil

Special Items

- Medications
- Denture needs
- Contact lens supplies
- Extra eye glasses
- Entertainment for the children
- Family documents
- Credit card account numbers

Focus on Children

Why?

Preparation will reduce stress!

Children may respond to disaster by demonstrating increased anxiety or emotional and behavioral problems. In most cases, such responses are temporary. As time passes, symptoms usually ease.

Children imitate the way adults cope with emergencies. They can detect adults' uncertainty and grief. Adults can make disasters less traumatic for children by maintaining a sense of control over the situation. The most assistance you can provide a child is to be calm, honest and caring.

Preparing for disaster helps everyone in the family accept the fact that disasters can happen, and provides an opportunity to identify and collect the resources needed to meet basic needs after a disaster. Preparedness includes:

- Learn what earthquakes are and what causes them. Learn the difference between fact and fiction.
- Discuss aftershocks. Make sure everyone understands that aftershocks are normal.
- Assemble children's earthquake kits and include a special toy and a family photograph.
- Accustom everyone to living without electricity. Conduct a flashlight walk around.
- Walk through 'emergency' exits from your home.

Meeting the Child's Emotional Needs

Listen to what a child is saying. If a young child asks questions about the event, answer them simply without the elaboration needed for an older child or adult. If a child has difficulty expressing feelings, allow the child to draw a picture or tell a story of what happened. Try to understand what is causing anxieties and fears.

Reassure children with compassion and understanding.

- Hug and touch your children
- Calmly provide factual information
- Encourage your children to talk about their feelings
- Spend extra time with them at bedtime
- Re-establish a schedule for work, play, meals and rest
- Give them special chores to do

A Child's Reaction to Disaster by Age

Birth to 2 years – When children are pre-verbal and experience a trauma, they do not have the words to describe their feelings. However, they can retain memories of sights, sounds or smells. Infants may react to trauma by being irritable, crying more than usual, or wanting to be held and cuddled. As children get older, their play may involve acting out elements of the traumatic event that occurred several years in the past and was seemingly forgotten.

Preschool – Preschool children often feel helpless and powerless in the face of an overwhelming event. As a result of their small size, they lack the ability to protect themselves or others. As a result they feel intense fear and insecurity. Preschoolers cannot grasp the concept of permanent loss. They see consequences as being irreversible. In the weeks following a traumatic event, preschoolers' play activities may involve aspects of the event. They may reenact the incident or the disaster over and over again.

School Age – The school-age child has the ability to understand the permanence of loss. Some children become intensely preoccupied with the details of a traumatic event and want to talk about it continually. This preoccupation can interfere with the child's concentration at school and academic performance may decline. School-aged children may display a wide range of reaction – guilt, feelings of failure, anger that the event was not prevented, or fantasies of playing rescuer.

Pre-Adolescence to Adolescence – As children grow older, their responses begin to resemble adults' reaction to trauma. They combine some more childlike reactions with others that seem more consistent with adult reactions. Survival of trauma can be equated with a sense of immortality. A teenager may be involved in dangerous, risk-taking behavior, such as reckless driving or drug use. In contrast, a teenager may be fearful of leaving home. After a trauma the world can seem dangerous and unsafe. A teenager may feel overwhelmed by intense emotions, and yet feel unable to discuss them with relatives.

Tips for the Elderly

Before an Earthquake

- Eliminate hazards. Make it as easy as possible to quickly get under a sturdy table or desk.
- Anchor special equipment such as telephones and life support systems. Fasten tanks of gas, such as oxygen, to the wall.
- Keep a list of medications, allergies, special equipment, names and numbers of doctors, pharmacists and family members. Make sure you have this list with you at all times.
- Keep an extra pair of eyeglasses and medication with emergency supplies.
- Keep walking aids nearby. Have extra walking aids in other areas of the house.
- Put a security light in each room. These lights plug into any outlet and light up automatically if there is a loss of electricity.
- Make sure you have a whistle to signal for help.
- Keep extra hearing aid batteries with your emergency supplies. Replace them annually.

During and After an Earthquake

- If you are in bed or sitting down, do not get up.
- If you are standing, duck and cover or sit down.
- Prepare to be self-sufficient for at least three days.
- Turn on your portable radio for instructions and news reports. For your own safety, cooperate fully with public safety officials and instructions.
- Prepare for aftershocks.
- If you evacuate, leave a message at your home telling friends and family members where you can be found.

Tips for Pet Owners

Before an Earthquake

- Store enough food and water to last for 72 hours, preferably one week.
- Prepare a shelter evacuation kit for your pet, including an unbreakable dish, veterinarian records, a leash or pet carrier, and medications with instructions.
- Keep your pet's ID tag up-to-date.
- Make sure nothing can fall on your pet.
- Arrange for a neighbor to take care of your pet if you are not able to get home after an earthquake.

During and After an Earthquake

- Do not try to hold onto your pet during the shaking. Animals will instinctively protect themselves and hide where they are safe. If you get in their way, even the nicest pets can turn on you.
- Be patient with your pets after a quake. They get stressed just like people and need time to readjust. They may disappear for some time, but they generally show up again when things have calmed down.
- If you have outdoor pets, you should keep them indoors until the aftershocks have subsided and they have calmed down.
- If you must evacuate your home, leave your pet secured in a safe place. Pets will not be allowed at shelters. Be sure to leave plenty of clean water and food. If possible, visit your pet daily until you can return home.