



Before an Earthquake

How well do you, your family, and your home survive an earthquake, often depends upon how well you prepare beforehand. Develop a family and neighborhood earthquake plan.

The following are ideas that will help you get started:

- ✚ Prepare an emergency kit of food, water and supplies including a flashlight, portable battery-operated radio, batteries, medicines, first aid kit, money and clothing.
- ✚ Know the safe spots in each room – under sturdy tables, desks, or against interior walls.
- ✚ Know the danger spots – near windows, mirrors, hanging objects, fireplaces and tall, unsecured furniture.
- ✚ Conduct practice drills, so you and your family know the safe locations in your home.
- ✚ Decide how and where your family will reunite if separated during a quake.
- ✚ Designate an out of state phone contact person; make sure family members know the name and number of your emergency contact. During a disaster, local phone lines could be down or circuits full, while out of area lines are still working.
- ✚ Learn first aid and cardiopulmonary resuscitation (CPR).
- ✚ Learn how to shut off gas, water, and electricity in case the lines are damaged. **SAFETY NOTE:** Do not attempt to relight the gas pilot. Call Southwest Gas (760) 241-8120 or (800) 867-9091.
- ✚ Check chimneys, roofs, walls and foundations for stability. Make sure your house is bolted to its foundation.
- ✚ Secure your water heater and major appliances as well as tall, heavy furniture hanging plants, mirrors and picture frames – especially those over beds.
- ✚ Keep breakables, heavy objects, flammable or hazardous liquids such as, paints, pest sprays and cleaning products, in secured cabinets or on lower shelves.
- ✚ Organize your neighborhood to be self-sufficient after a quake.

During an Earthquake

- ✚ If indoors, stay there. Get under a desk or table or stand in a corner.
- ✚ If outdoors, get into an open area away from trees, buildings, walls and power lines.
- ✚ If in a high-rise building, stay away from windows and outside walls. Get under a table. Do not use elevators.
- ✚ If driving, pull over to the side of the road and stop, if safe. Avoid overpasses and power lines. Stay inside your vehicle until the shaking stops.
- ✚ If in a crowded public place, do not rush for the doors. Crouch and cover your head and neck with your hands and arms.

After an Earthquake

Unless there is an immediate, life-threatening emergency, do not attempt to use the phone.

After a quake, be sure to:

- ✚ Check for gas and water leaks, broken electrical wiring or sewer lines. If there is damage, turn the utility off at the source and immediately report gas leaks to Southwest Gas, (760) 241-8120 or (800) 867-9091. Check for downed power lines; warn others to stay away.
- ✚ Check your building for cracks and damage including the roof, chimneys and foundation.



- ✚ Turn on your portable radio for instructions and news reports. For your own safety, cooperate fully with public safety officials and follow instructions.
- ✚ Do not use your vehicle unless you have is an emergency. Keep the streets clear for emergency vehicles.
- ✚ Be prepared for aftershocks.
- ✚ Stay calm and lend a hand to others.
- ✚ If you evacuate, leave a message at your home telling family members and others where you can be found. Call you're designated out of state contact with this information, if local phone service is busy.

Can you get Along for Three Days?

The first 72 hours after an earthquake are critical. Electricity, gas, water, and phones may not be working. In addition, public safety services such as police and fire departments will be busy handling serious crises. You should be prepared to be self-sufficient – able to live without running water, electricity and/or gas and telephones – for at least three days following a quake.

To do so, keep on hand in a central location the following:

- ✚ Food – enough for 72 hours, preferably one week.
- ✚ Water – enough so each person in your household has a gallon a day for 72 hours, preferably one week.
- ✚ First aid kit –make sure is well stocked, especially with bandages and disinfectants.
- ✚ Fire extinguisher – your fire extinguisher should be suitable for all types of fires. Teach all family members how to use it.
- ✚ Flashlights with extra batteries – keep flashlights beside your bed and several other locations.
DO NOT USE matches or candles after an earthquake until you are certain there are no gas leaks.
- ✚ Portable radio with extra batteries – most phones will be out of order or limited to emergency use. The radio will be your best source for information.
- ✚ Extra blankets, clothing, shoes and money.
- ✚ Alternate cooking sources – store a barbecue or camping stove for outdoor cooking. **CAUTION:** Ensure there are no gas leaks before you use any kind of fire as a cooking source and do not use charcoal indoors.
- ✚ Special items – have a least a week's supply of medications and food for infants and those with special needs. Don't forget pet food.
- ✚ Tools – have an adjustable or pipe wrench for turning off gas and water.
- ✚ Know where your gas and water shut off valves are located at your home.