

Be Quake Safe

27 Things to Help You Survive an Earthquake

Californians are constantly aware that earthquakes can cause damage and create dangerous conditions. If you don't prepare, the next quake or aftershock may cause greater personal damage than necessary. The tips listed below won't stop the shaking; but they can help you survive and prevent injuries.

During an Earthquake and its Aftershocks

- Drop, cover, and hold on!
- Inside: Take cover under a desk or table, or against an inside wall. Protect your body from things that could injure you. In bed, cover yourself with pillows and blankets.
- Outside: Move away from buildings, trees, billboards, telephone and electric lines.
- In a car: Drive away from bridges, underpasses/overpasses; stop in a safe area; stay in vehicles until shaking stops.

After the Shaking Stops

- Check for injuries – provide first aid.
- Check for safety – check for gas, water, and sewage breaks; check for downed electric lines and shorts; turn off appropriate utilities; turn off gas only if you see, smell or hear gas escaping; check for building damage and potential safety problems such as cracks around chimney and foundation.
- Check for fires. Extinguish them or leave the building.
- Wear sturdy shoes.
- Turn on radio and listen for instructions from public safety agencies.
- Don't use the telephone except for life-threatening emergencies.

Do You Have These?

- Portable radio with extra batteries
- Flashlight with extra batteries
- First aid supplies – including your prescription medications, an extra pair of glasses and a first aid book
- Fire extinguisher, A-B-C type
- Adjustable wrench for turning off gas and water
- Smoke alarm properly installed
- Portable fire escape ladder for homes/apartments with multiple floors
- Bottled water – at least 1 gallon per person per day
- Canned and processed foods sufficient for a week for each member of your household. NOTE: Both water and food should be replaced every six months.
- Non-electric can opener
- Portable stove such as butane or charcoal. NOTE: Do not use stoves until you are sure there is no gas leak nearby. Use charcoal outdoors only. Use of charcoal indoors will cause carbon monoxide poisoning.
- Matches
- Telephone numbers of police, fire and doctor

Do You Know How To:

- Turn off gas, water and electricity?
- Give First Aid?
- Reunite with your family?
- How to protect yourself and stay safe?

American Red Cross of Greater Los Angeles
11355 Ohio Avenue, Los Angeles, CA 90025
(310) 445-9900

To register for first aid, CPR, or another course, call 1-800-627-7000 or log on to www.redcrossla.org



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