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People with Communication and Speech-Related Disabilities



This fact sheet is designed to provide a checklist of activities for People with Communication and Speech Related Disabilities to improve your emergency preparedness in an earthquake. It is designed to be used in conjunction with Independent Living Resource Center San Francisco's general EARTHQUAKE TIPS FOR PEOPLE WITH DISABILITIES, TIPS FOR COLLECTING EMERGENCY DOCUMENTS, and TIPS FOR CREATING AN EMERGENCY HEALTH INFORMATION CARD. Without all four tip sheets, you do not have all the information you need to be prepared. Preparation may seem like a lot of work. It is. Preparing does take time and effort. So do a little at a time, as your energy and budget permit. The important thing is to start preparing. The more you do, the more confident you will be that you can protect yourself, your family, and your belongings.

DATE COMPLETED

ACTIVITIES

- | | |
|-------|---|
| _____ | How will you Communicate ? |
| _____ | Store Communication Aids in all Emergency Kits. |
| _____ | Complete Emergency Health Information Card with Communication Information. |
| _____ | Batteries or Chargers for Communication Equipment. |

Communication

- Determine how you will communicate with emergency personnel if you do not have your usual communication devices (augmentative communication device, word board, artificial larynx).

Communication Aids

- Store copies of a word or letter board, paper, and writing materials, pre-printed messages and key phrases specific to an anticipated emergency in all your emergency kits, your wallet, purse, etc.

Emergency Health Information Card

- Make sure emergency health information card explains the best method to communicate with you; i.e., written notes, pointing to letters/words/pictures, finding a quiet place.

Alternate Power Source

- Obtain an alternative power source (i.e., power converter, batteries) if you use a computer or laptop computer as a means of frequent communication.

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San Francisco, 415-863-0581, TTY 415-863-1367, FAX 415-
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510-286-0853, TDD 510-286-0877.

Owners of Pets or Service Animals

This fact sheet is designed to provide a checklist of activities for People who own Service Animals to improve your emergency preparedness in an earthquake. It is designed to be used in conjunction with Independent Living Resource Center San Francisco's general EARTHQUAKE TIPS FOR PEOPLE WITH DISABILITIES, TIPS FOR COLLECTING EMERGENCY DOCUMENTS, and TIPS FOR CREATING AN EMERGENCY HEALTH INFORMATION CARD. Without all four tip sheets, you do not have all the information you need to be prepared. Preparation may seem like a lot of work. It is. Preparing does take time and effort. So do a little at a time, as your energy and budget permit. The important thing is to start preparing. The more you do, the more confident you will be that you can protect yourself, your family, and your belongings.



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ACTIVITIES

- | | |
|-------|---|
| _____ | I.D. Tags and License are current. |
| _____ | Animal Care Plan. |
| _____ | Be prepared to Function Without Assistance from service animal.
Identify alternate mobility cues. |
| _____ | Assemble Service Animal's Emergency Kit. |

I.D.'s and Licenses

- Make sure your service animals and pets have I.D. tags with both your home telephone number and that of your primary out of town contact person. Make sure your animal's license is current.

Animal Care

- Plan how your pets will be cared for if you have to evacuate. Pets, in contrast to service animals, may not be allowed in emergency shelters due to health regulations, so have some animal shelters identified. Contact your local Red Cross chapter or state office of emergency management for guidance.
- Establish relationships with other animal owners in your neighborhood. In case you are not at home, there will be someone to help your animal.

Alternate Mobility Cues

- Pets and service animals may become confused, panicked, frightened, or disoriented in and after a disaster; keep them confined or securely leashed or harnessed. A leash/harness is an important item for managing a nervous or upset animal. Be prepared to use alternative ways to negotiate your environment.

Service Animal's Earthquake Kit (for 7 days)

- Container suggestions: pack supplies in a pack that your animal can carry in case you need to evacuate.
- This kit should include:
 - Bowl for water and food
 - Food
 - Blanket for bedding
 - Plastic bags and paper towels for disposing of feces
 - Neosporin ointment for minor wounds. (Animals can easily get cut after an earthquake. Ask your veterinarian if there is anything specific you should include for your animal.)
 - A favorite toy
 - Extra harness

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People Who Use Life Support Systems

(dialysis, respirator, oxygen, suction,
intravenous pump, infusion therapy)



This fact sheet is designed to provide a checklist of activities for People who use Life Support Systems to improve your emergency preparedness in an earthquake. It is designed to be used in conjunction with Independent Living Resource Center San Francisco's general EARTHQUAKE TIPS FOR PEOPLE WITH DISABILITIES, TIPS FOR COLLECTING EMERGENCY DOCUMENTS, and TIPS FOR CREATING AN EMERGENCY HEALTH INFORMATION CARD. Without all four tip sheets, you do not have all the information you need to be prepared. Preparation may seem like a lot of work. It is. Preparing does take time and effort. So do a little at a time, as your energy and budget permit. The important thing is to start preparing. The more you do, the more confident you will be that you can protect yourself, your family, and your belongings.

DATE COMPLETED

ACTIVITIES

- | | |
|-------|--|
| _____ | Secure Equipment. |
| _____ | Maintain current list of Alternate Providers. |
| _____ | Obtain Alternate Power source. |
| _____ | Obtain a Generator. |
| _____ | Oxygen Users. |
| _____ | Regularly Test and Back Up power supply. |
| _____ | Register with Utility Company. |
| _____ | Teach a Personal Support Network how to operate and safely move your equipment. |

Secure Equipment

- Secure any life support equipment to prevent damage from falling. If you use a chain to secure equipment, make sure it is a welded (not bent) chain.

Alternate Providers

- Determine which facilities/providers would serve you in the event that your home system becomes inoperable or your provider is unable to provide service.

Alternate Power

- Discuss with your vendor alternative power sources that will provide you with support for five to seven days.
 - ◆ Could you use a generator? What type?
 - ◆ Could you use manually operated equipment?
 - ◆ Can your equipment be powered from a vehicle battery? If yes, obtain necessary hardware for the hook-up.

Obtain a Generator

- Obtain a generator, if appropriate and feasible. To run generators in an emergency, fuel must be safely stored. Generators need to be operated in an open area to ensure good ventilation. A 2,000 to 2,500-watt gas-powered portable generator can power a refrigerator and several lamps. (A refrigerator needs to run only 15 minutes an hour to stay cool if you keep the door closed. So, you could unplug it to operate a microwave or other appliance.)
- For 24-hour use over several days, a gasoline-powered generator is probably the preferred alternative power source. A generator does not take the same vigilance as storing batteries, although it still needs to be tested periodically to make sure it will be operable when needed. The challenge with generators comes when you live in an apartment and have to figure out how to store an adequate gasoline supply safely. Store a syphon kit if you need to obtain gasoline directly from a vehicle.
- Some generators can be plugged into house wiring systems. It is important to first consult your utility company before you plug a generator into house wiring.

Oxygen Users

- Check with your provider to determine whether a reduced flow rate may be used in the event of a disaster to prolong the life of the system. Record on your equipment the reduced flow numbers so that you can easily refer to them.
- Be keenly aware of oxygen safety; avoid areas where gas leaks or open flames may be present.
- Post "Oxygen in Use" signs.

- Keep the shut-off switch for oxygen equipment nearby in case of emergency.

Regular Test Backup

- If your power back-up system relies on storing batteries, be aware that stored batteries require periodic charging even when they are unused. If your survival strategy depends on storing batteries, a battery charging routine will have to be strictly followed; it will also help you know the working duration of any batteries that support your system.
- Regularly check back-up or alternative power equipment to ensure that it will function during an emergency.
- Get advice from your power company about the type of back up power you plan to use.

Utility Company Registry

- Register with your local utility company if this service is available in your community. Many utility companies maintain a list and map of your location in the event of an emergency. Contact the customer service department for additional information.
- In order to restore power as soon as possible to those who need it most, many power utility companies keep a list of names of people dependent on powered life support systems and tag their meters. In some instances, this list is prioritized by the time a person is able to tolerate being off a life support system. Information is given to local power stations. Registering for this service may also qualify you for a discount rate. NEVER COUNT ON YOUR POWER BEING QUICKLY RESTORED. Utility personnel may not be able to get to you after a major earthquake.

Personal Support Network

- Inform your personal support network of how to operate and safely move your equipment, if necessary.
- Label equipment, add instruction cards, laminate instruction cards for added durability, attach to equipment.

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V. HAZARDS

Life-Threatening Hazards

The following hazards are considered life threatening. Correcting them should be a top priority.

- Impact of objects under 10 pounds with sharp edges or made of glass.
- Impact of any objects weighing more than 10 pounds unrestrained above counter height.
- Impact of any objects over 50 pounds sliding or rolling on floor.
- Contact with contaminants or toxic substances, or contact with exposed utilities, e.g., electricity, steam, gas, etc.
- Inability to leave a dangerous area; i.e., being trapped by blocked passages.

What to do:

Make a list of dangerous spots to correct. Prioritize the items in terms of damage or safety. Then start the process of correction. Correcting these areas does not have to be done all at once. A little at a time could make a big difference. For some items you may need the services of a friend or handy person or people from your personal support network.

Identifying and Reducing Hazards

Government studies indicate that two thirds of all losses and injuries from a major quake result from interior damage, not from structural collapse.

Visually shake each room or imagine the areas are like cabins on a ship. What would fall, topple over or disconnect if the ship was rolled and shaken by heavy seas?

For example, tall furniture may tip or fall; televisions, stereos, lamps, computers, and other loose objects may also move or fall; chandeliers and heavy lamps will swing, modular units may separate, tip, or collapse.

You can lessen your chances of injury and loss by identifying danger spots at your job, home, school, volunteer sites, or wherever you spend a significant amount of time.

Hazard Test

Hazard: **Lack of smoke alarms.**

Correction:

- Install smoke alarms in several areas of your home or apartment such as bedrooms and hallways.

Hazard: **All smoke alarms are powered by electricity.**

Correction:

- Install some battery powered smoke alarms in bedrooms and hallways leading to bedrooms.

Hazard: **Shelves containing heavy objects like pottery, books, radios, or speakers.**

Correction:

- Store heavy objects on lower shelves.
- Anchor or relocate items which pose serious hazards.
- Secure heavy objects with wire, heavy string or Velcro fastening fabric.
- Install a lip or low barrier across shelves which can prevent breakables from walking across and off shelves.
- Put wires or fishing line across bookshelves so books will not fall or fly off.

Hazard: **Appliances that could move enough to rupture gas or electrical lines. Do not assume that built-in appliances are fixed in place. Many built-in ovens and overhead built-in microwaves slide out during major quakes.**

Correction:

- Anchor large appliances such as stoves, refrigerators, washing and drying machines, and water heaters.

- Lock rollers on large appliances.
- Secure to walls via brackets or tie downs all oxygen tanks, respirators, suction equipment, dialysis machines, large bookcases, file cabinets, appliances, etc.
- Install flexible connectors between gas appliances and gas line in the wall so the appliances can move around during the shaking without breaking the gas connection.

Hazard: Hanging plants: Shaking from an earthquake can pull hooks out of the ceiling or shake containers off their hooks. Hanging plants in heavy baskets and hanging lights near windows are especially hazardous.

Correction:

- Ensure hooks are screwed into wood, not just plaster, and close with a pair of pliers or by wrapping wire around opening.
- Use baskets or plastic containers for plants instead of heavy ceramic pots.
- Move items to safer location.

Hazard: Heavy, breakable objects, or electronic equipment and appliances on high shelves or in cabinets that may slide off or break.

Correction:

- Move or secure by using double-stick tape or Velcro fasteners or bee's wax.
- Install a lip or low barrier (restraining edge) across shelves which can prevent breakables from walking across or off shelves.

Hazard: Top-heavy furniture like bookcases, china closets, grandfather clocks.

Correction:

- Use L-brackets to fasten them to the studs in the wall.

Hazard: Mirrors, framed pictures, etc., especially those over beds, couches, and chairs.

Correction:

- Relocate or securely mount using loop hooks.
- Tie small wall-hung breakables (picture frames, for example) to the wall with piano wire or heavy-test monofilament fishing line.
- Hang pictures with glass fronts or sharp frames on secure or loop hooks.

Hazard: Unsecured items on counters, mantels, tabletops. Objects that must remain loose, such as vases and mantel clocks, have a tendency to "walk" or jiggle off tabletops and counters during a quake.

Correction:

- Secure counter items such as computers and televisions with one of a variety of plastic Velcro products designed for this purpose (see resource catalogue). A piece of rubberized anti-slip rug mat trimmed to fit under the object won't keep it from tipping over but will help keep it from walking away.

Hazard: Kitchen and bathroom cabinet doors that open easily allowing contents to slide out and break.

Correction:

- Install latches to keep cupboards closed.

Hazard: Bed under windows and heavy objects.

Correction:

- Relocate bed away from windows and heavy objects.
- Lock bed wheels either by mounting wheels on casters or using lock on the wheels if available.
- Move heavy objects away from bed.

Hazard: Poorly lit passages and paths of travel.

Correction:

- Place security lights in each room to light paths of travel. These lights plug into electrical wall outlets and light up automatically if there is a loss of power. They will, depending on the type, continue to operate automatically for 1 to 6 hours and can be turned off manually and used as a short-lasting flashlight.

Hazard: Furniture is arranged to only allow one barrier-free passage.

Correction:

- Arrange furniture and other household items to provide multiple barrier-free passages.

Hazard: Unsecured house foundation.

Correction:

- Bolt house onto foundation.

Hazard: Loose tiles and bricks on roof and chimney.

Correction:

- Remove or replace loose tiles and bricks.

Hazard: Incompatible materials stored where they could mix if spilled during an earthquake. Poisons, toxins or solvents in breakable containers that are located in high or dangerous locations (weed killers, pesticides and flammable products, pool chemicals, gasoline, cleaning supplies, paint thinners, etc.).

For example, when items like liquid chlorine bleach, ammonia, or other kinds of similar items are stored together, toxic or combustible combinations can be

created if they are mixed together accidentally due to breakable or leaking cans.

Correction:

- Keep number of incompatible materials to a minimum.
- Store separately so that if shaking or breakage does occur, they don't combine to create hazardous explosions or toxic fumes.
- Move to a safe, well-ventilated storage area away from heat sources.
- Store in unbreakable containers.
- Store securely (using strapped, bottled, and shelf lip or restraining strap, cupboards with doors and latches).
- Keep away from water storage.
- Keep out of reach of children and pets.

HAZARD REDUCTION CHECKLIST

DATE COMPLETED

ACTIVITY



- | | |
|-------|---|
| _____ | Install smoke alarms. |
| _____ | Install some battery powered smoke alarms. |
| _____ | Anchor or relocate items which pose serious hazards. |
| _____ | Secure heavy objects with wire, heavy string or Velcro-like fastening fabric. |
| _____ | Anchor large appliances. |
| _____ | Strap water heaters to wall. |
| _____ | Store heavy objects on lower shelves. |
| _____ | Lock rollers on large appliances. |
| _____ | Secure to walls, via brackets or tie downs, all oxygen tanks, respirators, suction equipment, dialysis machines, large bookcases, and/or file cabinets. |
| _____ | Install flexible connectors between gas appliances and gas line. |
| _____ | Make sure that hooks holding hanging plants are screwed into wood and the hook opening is closed. |
| _____ | Use baskets or plastic containers for plants instead of heavy ceramic pots. |
| _____ | Move heavy objects and art pieces or secure by using double-stick tape or Velcro fasteners or bee's wax to secure them. |
| _____ | Install restraining edge on cabinet or shelf. |
| _____ | Use L-brackets to fasten top-heavy furniture to the wall. |
| _____ | Relocate mirrors, framed pictures, etc. or securely mount. |
| _____ | Tie small, wall-hung breakables, like picture frames, to wall. |

_____ Hang pictures with glass fronts or sharp frames on secure hooks (closed or loop hooks).

_____ Secure counter items such as computers and televisions with one of a variety of plastic Velcro products designed for this purpose.

_____ Install latches to keep cupboards closed.

_____ Relocate bed away from windows and heavy objects.

_____ Lock bed wheels.

_____ Place security lights in each room to light paths of travel.

_____ Arrange furniture and other household items to provide multiple barrier-free passages.

_____ Bolt house to foundation.

_____ Remove or replace loose tiles and bricks from roof and chimney.

_____ Move incompatible materials, and toxic materials, to a safe, well-ventilated storage area away from heat sources and store in unbreakable containers, securely strapped; keep away from water storage and out of reach of children and pets.

VI. COLLECTING EMERGENCY SUPPLIES

Once disaster hits, you will not have time to shop or search for supplies. However, if you have gathered supplies in advance, you can endure an evacuation or home confinement.

An earthquake as well as an aftershock can cut off water and electricity and shut down stores. Being prepared for disaster means having an adequate amount of basic supplies on hand at all times where we live, work, volunteer, and commute.

Supply Guidelines

The important thing to remember with regard to your supplies is that they be accessible at home, work and/or school, or wherever you spend a significant amount of time. Buy your emergency supplies a few items at a time to avoid strain on your budget.

Assemble emergency supply kits for:

- bedside
- home/evacuation
- work
- vehicle

Storage

You must be able to locate the supplies at a moment's notice and be prepared to take them with you. Find safe, accessible, and dry places to store your emergency supplies that you can get to quickly and safely. It is important that they be stored in one or two places. Do not leave them scattered throughout your house as you will need to retrieve them quickly. Store items in sturdy bags (duffle bags or sports bags work well) which you or somebody else can easily carry if you have to evacuate.

Replacement/Rotation/Maintenance

Vigilance regarding keeping your supplies usable is the most difficult part of disaster preparation. It is easier to get the preparations collected. It is more difficult to keep them usable as months and years pass without the items being used or the occurrence of a major earthquake.

Keeping supplies usable involves dating, testing, and replacing supplies periodically for freshness and stability. Link your checking of supplies and rotation of items to

- Check matches.
- Rethink your kits and family needs.

- If you own a cellular phone, keep it with you, especially secured near your bedside. Cell phones tend to be physically more resilient to disaster than conventional phone systems because cell phones operate under their own power. Do not forget to charge the cell phone batteries frequently. In addition, sometimes when you are not able to use a home phone, a pay phone will still work.
- Many of today's technologically advanced phones need power in addition to being plugged into a phone line. It is a good to have at least one phone that will work with only access to the phone lines and not a power source.

Fire Extinguishers

- Have at least three fire extinguishers and learn how to use them. Fire extinguishers should be kept in the kitchen, bedroom, and in your car. Fire Class "ABC" fire extinguishers are the most useful and should be five pound capacity or larger.

Water

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. Glass bottles will break if the water freezes and expands.
- Amount

A person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and people who are sick will need more.

Store one gallon (4 quarts) of water per person and two quarts of water per day for pet or service animal. Keep at least a three-day supply (two quarts for drinking and two quarts for food preparation/sanitation).

Store your water in a cool, dark, dry place--not on the garage floor where solvents could leach into the water. If you bottle your own water, label it, and replace it twice a year. (It can develop algae.) Commercially bottled water has much longer shelf life, but you may want to rotate it for taste purposes. Bottled water will remain pure for years but will develop a plastic after taste.

- Alternative Water Sources

Store coffee filters, handkerchiefs or other filtering cloth and some means of purifying other water sources (purification tablets or chlorine bleach).

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An earthquake as well as an aftershock can cut off water and electricity and shut down stores. Being prepared for disaster means having an adequate amount of basic supplies on hand at all times where we live, work, volunteer, and commute.

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- bedside
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Keeping supplies usable involves dating, testing, and replacing supplies periodically for freshness and stability. Link your checking of supplies and rotation of items to

another routine, such as checking smoke alarm batteries twice a year or when the clocks are changed to or from daylight savings time.

As instructed:

- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
- Rotate medication.

Monthly:

- Test smoke detectors.

Every four months:

- Replace food and water in car kit (because of heat build up in your vehicle).

Every six months:

- Change stored water supply so it stays fresh.
- Rotate stored food. Replaced food and water need not be wasted--when taken out of an emergency kit, they can simply be put on the shelf for everyday use.

Once a year:

- Change smoke detector batteries and clean filters.
- Check matches.
- Rethink your kits and family needs.
- Replace batteries, update clothes, etc.

Signal Device and Phones

- Keep a signaling device, or two, (i.e., a bell, whistle, beeper, wrench for tapping on a wall, flashlight, strobe light, siren, other noisemaker) in places where you spend a lot of time. This device can lead people to you in case you are trapped or need assistance. If you find yourself in this situation, do not give up. Keep sounding the signal as often as possible--it may take many hours for someone to reach you.

- If you own a cellular phone, keep it with you, especially secured near your bedside. Cell phones tend to be physically more resilient to disaster than conventional phone systems because cell phones operate under their own power. Do not forget to charge the cell phone batteries frequently. In addition, sometimes when you are not able to use a home phone, a pay phone will still work.
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Store your water in a cool, dark, dry place--not on the garage floor where solvents could leach into the water. If you bottle your own water, label it, and replace it twice a year. (It can develop algae.) Commercially bottled water has much longer shelf life, but you may want to rotate it for taste purposes. Bottled water will remain pure for years but will develop a plastic after taste.

- Alternative Water Sources

Store coffee filters, handkerchiefs or other filtering cloth and some means of purifying other water sources (purification tablets or chlorine bleach).

You can use tap water and store in plastic food containers such as soft drink containers or bottled water containers, etc. You can purify your tap water by adding eight drops of pure unscented bleach per gallon of water.

Your hot-water heater can provide an emergency supply of 30 to 60 gallons of water. If you suspect glass in the water because the tank is broken, strain water through several layers of clean dish towels or coffee filters, sheets, etc. Turn off the gas or electricity to the unit, then open the faucets at the bottom of the tank. If the water does not flow freely, open a hot water tap to let air into the system.

Use water from your toilet tank (not the bowl). Use eight drops of bleach to purify a gallon of clear water, 16 drops to a gallon of cloudy water. If you have an operable stove, boil questionable water for five minutes (longer at high altitudes).

If water is available from the tap but looks cloudy or has an unusual odor, purify before drinking by boiling and treating with liquid bleach.

If it seems that your water service has been damaged, shut off water at the main valve (at the street) so polluted water does not enter your home system. Plug tub and sink drains to prevent sewage back-ups.

If no water flows from tap, use your emergency supply, get water from your hot water heater tank or toilet.

Pool water is fine for everything except eating and drinking.

Check sewage system. If toilets appear broken, or you smell gas, do not use. If your water supply is off, you must add water manually to use the toilet tank. Each flush takes 3 to 5 gallons. So, if your emergency water is limited, do not use it in the toilets.

Cash

- Always have extra money in smaller bills and change stored in emergency supplies. You may need to pay cash for food and water. Banks and ATM machines may be down for several weeks. ATMs rely on computers and a continued supply of cash, both of which may be affected during major quakes. Merchants may not accept personal checks. Credit cards could also become useless if the electronic network is not working.

- You may need excess cash to recruit people to help you with the things which your personal assistant ordinarily does for you. Consider, for security reasons, wearing a money belt or wallet or purse strapped to you. Post-earthquake things become very chaotic and less secure.

First Aid Kits

- Assemble for your home and one for each vehicle.
- First aid kits should include:

Sterile adhesive bandages in assorted sizes
 Assorted sizes of safety pins, tape
 Cleansing agent/soap
 Latex gloves (20 pair or more depending on need)

Sunscreen and/or block
 2-inch sterile gauze pads (4-6)
 4-inch sterile gauze pads (4-6)
 Triangular bandages (3)
 2-inch sterile roller bandages (3 rolls)
 3-inch sterile roller bandages (3 rolls)
 Scissors
 Tweezers
 Needle
 Moistened towelettes
 Antiseptic
 Thermometer
 Tongue blades (depressors) (2)
 Tube of petroleum jelly or other lubricant
 Masks
 Non-prescription drugs
 Aspirin or non-aspirin pain reliever
 Anti-diarrhea medication
 Antacid (for stomach upset)
 First aid book
 Pocket mask for artificial respiration

Food

Amount: 7 days per household member.

- Storage

Store emergency food in a container easy enough to carry and store on the floor or a low shelf in a safe, dry place away from light and pests. Stock a 72-hour food supply which is compact enough to store in a backpack or container to be carried by one person.

Tape replacement dates on the food or make a list of replacement dates.

- Cooking/Food

Avoid food items that require a lot of water for cooking.

Have a sufficient supply of:

Packaged, canned, no-cook, or dehydrated foods (Canned foods should be rotated every six months. Check expiration dates.)

Baby food

Remember any special diet requirements.

Store at least a three-day supply (72 hours) of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno per hot meal with a cooking platform. Don't forget matches in a water-tight package.

- Select food items that are compact and lightweight.

Canned food (vegetables, soups, juices and fruits)

Non-perishable foods (dried fruits, nutrition bars, crackers, powdered milk, dry cereals, non-salted nuts, cookies, etc.)

Powdered beverages

Store boxed food in tightly sealed plastic bags (i.e., zip lock storage bags), as the box may break. (A restaurant supply store is a good source for pre-packaged snack foods.)

Foods with oil may turn rancid over time, so store only non-oily foods like nonfat granola bars and dried fruit.

In addition to a kit, it is a good idea to keep extra food on hand in the freezer. Without power, frozen food will keep for up to three days in an unopened freezer.

- Service animal and pet food
- Cooking Utensils

Non-electric can opener

Barbecue, camp stove, chafing dish

Fuel for cooking (charcoal, camp stove fuel, sterno, etc.)

Plastic knives, forks, spoons

Paper plates and cups

Paper towels

Heavy-duty aluminum foil

- Alternate Source for Cooking

In case gas or electricity is interrupted, you will have to use other means for cooking. Have appropriate fuel and tools to use an outdoor stove or barbecue. Keep butane tank at least half full. When cooking outdoors, make sure you are away from possible gas leaks. Store matches in waterproof, airtight containers.

Camping equipment (lantern, sleeping bags, stove, tents, rope) can double as emergency equipment. Store these with your other emergency supplies in one place.

Bedside Kit

- Signal device
- Keep a pair of sturdy shoes by the bed of each family. The greatest number of injuries during earthquakes are cut feet due to broken glass on the floor. This is especially an issue at night when the power is out and it may be necessary to move about in the dark. (If you are a wheelchair user, have extra parts like tire inner tubes available.) Stuff a flashlight in one shoe and a pair of work gloves in the other. Either tie the shoes together to the leg or to the head of the bed with a piece of strong but breakable string so that no matter how strong the shaking you will be able to locate them.

- Portable radio with plenty of spare batteries. (Attach the spare batteries to the flashlight or radio, or keep them in a small plastic bag and tie the bag to the radio.)
- Phone and cellular phone (if owned)
- Emergency documents
- Extra medication and prescriptions
- Bottled water (just in case you cannot get out of the bedroom)
- Assistive aids: eyeglasses, hearing aids, dentures, pad, pencil, etc., secured current list of things to take if you have time to do so.
- Mobility aids
- Harnesses for service animals

All bedside items are also part of your home evacuation kit and should be taken with you if you evacuate to a different part of the house or yard for safety, or if you have to totally evacuate.

Home and Evacuation Kit

There are six basics you should stock for your home:

- water
- food
- first-aid kit
- sanitation supplies
- clothing and bedding
- tools and emergency supplies

Keep a flashlight in every room of your house and always carry one with you (with your keys is often a convenient place).

Store your kit in a convenient place known to all family members.

Store emergency supplies in one location. Choose a place in your home which would be relatively safe in time of disaster (such as a closet or under a bed). Perishable supplies will remain stable longer if stored in a cool, dark location.

Keep the items that you would most likely need during an evacuation in an easy-to-carry container-suggested items are marked with an asterisk(*). Those items without an asterisk are what you would need to sustain yourself if you stayed at home. There are various scenarios for supplies: evacuation, at home, camping in the yard, etc.

Suggested Supplies List

- Sanitation Supplies

Toilet paper*

Soap, liquid detergent*

Feminine supplies*

Personal hygiene items (i.e.: toothpaste and toothbrushes)*

Infant supplies*

Plastic garbage bags and ties (for personal sanitation uses)

Disinfectant

Household chlorine bleach

Large plastic trash bags for trash, waste, and water protection

Shampoo

Twist ties

Pre-moistened towelettes

A watertight container with a snug-fitting lid that could be used as an emergency toilet. Line the container with a plastic bag and add powdered chlorinated lime, or a household disinfectant (like Lysol), to sewage to deodorize, disinfect, and keep insects away.

- Clothes and Bedding

Include at least one complete change of clothing (which can be layered for warmth) per person*

One blanket or sleeping bag per person*

Rain gear*

Hat and gloves*

Thermal underwear*

- Tools and Emergency Supplies

Crescent wrench for turning off gas*

Hammer, crowbar, rope

Ax, shovel, broom

Screwdriver, pliers, hammer

Coil of 1/2-inch rope
Plastic tape and a couple of rolls of inexpensive polyethylene sheeting
Staple gun
Roll of duct tape
Goggles
Dust mask*
Light sticks
Work gloves*
Hard hat*
Paper, markers, and masking tape

- Sunglasses *
- Cash*
- Flashlights with plenty of spare batteries*
- Portable radio with plenty of spare batteries. (Attach the spare batteries to the flashlight or radio, or keep them in a small plastic bag and tie the bag to the equipment.)*
- Stress reliever, such as a bible, gum, worry beads, small stuffed animal, small toys for children, etc.

One method for storing emergency supplies is to place them in a large, covered trash container, preferably on wheels, where they can be layered and kept together. It is best to store plastic water containers on top of the contents rather than on the bottom where they could possibly crack and leak from the weight of heavy objects placed on top of them.

Car and Work Kit

Recommended list includes:

- Items only for the car
 - Keep gas tank at least half-full
 - Fire extinguisher
 - Flares
 - Short rubber hose for siphoning gas
 - Local street maps
- Items for both car and work

Emergency documents
Small first-aid kit
Bottled water
Canned food, manual can opener
Non-perishable food (store in clean coffee cans or other tin container)
Essential medication
Flashlights with plenty of spare batteries and bulb
Portable radio with plenty of spare batteries. (Attach the spare batteries to the flashlight or radio, or keep them in a small plastic bag and tie the bag to the equipment.)
A signaling device
Cash
Clothes which can be layered for warmth
Comfortable and sturdy shoes or work boots
Rain gear or a big plastic garbage bag you can put on over your head
Work gloves
Blanket or sleeping bag
Tools: screwdriver, pliers
Matches
Personal hygiene supplies
Toiletries
Pre-moistened towelettes (using them to clean your body can help stretch your drinking water)
A good book