



## PREPARING FOR EMERGENCY

We are all much more aware of the devastation that lurks beyond our control. And being prepared is much more urgent to most of us than those plans we put somewhere the last time an earthquake happened.

**1. Preparing for your Children's Safety is Critical.** ●Make sure someone outside your household has *current* photos of your children, (email is great!) in case you are separated. ●Make a simple ID for your child including photo (and thumbprint if possible), distinguishing marks, name, address+phone number, phone number for emergency contact in a city away from your household, and on the back: any special medical information/allergies, favorite comfort stories/ food /hobbies. ● Teach your child basic emergency response appropriate to his age: Where to go if you are at work when fire, earthquake, intrusion or other emergency happens. How to call 911 and what to do if they don't answer. How to be safe under different situations. ● Teach him to collect his necessary treasures if he has to leave the house - help him make a grab-n-go bag (see below). ●Practice so they will feel comfortable. Know school policies for emergency pickups, child's medical consent.

**2. Make a Plan.** Decide what emergencies could occur. Prepare an "at-home-emergency-shelter" with (3 days is recommended) food, water, light and communication sources, emergency instructions and contact numbers for everything from fire to poison. Make a household agreement about who would be your long distance emergency contact in case you are not together and who would be responsible for notifying the people who care. Work with your neighbors to share care - who has an elderly person at home who might need or give help, who has expertise in any emergency areas. What kind of security would you need in case of desperate intruder threats? Prepare for your pets' care and safety too, including having their own bags packed if special meds or toys are needed. Learn CPR, first aid. Take CERT training.

**3. Actually Prepare your Food, First Aid, Communication, Grab Bags and other items.** Stage the place - accessible is important! - and where you will keep this/these. Print out the emergency directions and phone numbers and post them a) in the kits, b) in the shelter area, c) on the back of doors or cupboards. Calendar to freshen the food and water and batteries every so often. (see emergency supplies and Grab Bag info below)

**4. Review your Insurance and update your household records.** A copy of your important documents—birth certificates, investment records, social security cards, passport, medical records, special keepsakes, should go into your emergency kit. (The originals belong in a safe deposit box or fireproof safe.) CALENDAR TO UPDATE EVERY 6 MONTHS.

**5. Be house educated.** All households members should know how to shut off main electrical breaker, main water valve, main gas valve, how to operate garage door override. Be sure fire extinguishers are fresh and convenient and smoke detectors operating. POST prominently phone numbers for fire, police, medical, physician, local and out of town emergency contacts.

**6. Meet with Neighbors.** Have a neighborhood plan for helping each other, who has children or elderly at home alone and when, exchange keys and emergency information, exchange expertise. Share CERT Training. Have similar meetings at work. Learn School plans.

**7. Practice.** Twice a year plan a safety adventure training, perhaps even one spontaneous. Practice your evacuation, change jobs, cross train. Improve your plan as you learn new things. **Other smart tips:** Keep your gas tank half full in case there is no time to stop and fill it! Being parked in traffic drains gas badly. Conduct a household hazard hunt for items, like your gas meter, that could be problems, and resolve them before they occur.

## THE TRIANGLE OF LIFE - AN ALTERNATIVE TO “DUCK AND COVER”

Doug Copp, Rescue Chief of the American Rescue Team International

When buildings collapse, the weight of the ceilings falling upon objects or furniture inside crushes these objects, leaving a space or void next to them. This space is what I call “The Triangle of Life”. The larger the object crushed, the stronger and the less it will compact. The less the object compacts, the larger the void and the greater the probability that the person who is using this void for safety will not be injured.

### 9 Tips for Earthquake Safety

1. People who “duck and cover” under objects like desks or cars are crushed.
2. It is a natural instinct you should follow to curl up in a fetal position next to an object, sofa or other bulky object.
3. Wooden buildings are safest in an earthquake, flexing and moving with the tremble, and have less concentrated, crushing weight. Brick buildings will cause many injuries with their individual bricks but less squashed bodies than concrete slabs.
4. If you are in bed during an earthquake or other catastrophe, roll off the bed and curl up at the foot.
5. If you can't get out a door or window, curl up next to a large object.
6. Standing in a doorway when buildings collapse means being crushed if the doorjamb falls forward or back or being cut in half by the doorway.
7. Never go to the stairs. They swing separately from the main part of the building and bump into the building until they fail and the people are chopped up by the treads. When fleeing down stairs always check for weakening by load if trafficking with a large number of people, even before the rest of the building is damaged.
8. It is much better to be near possible escape routes at the outside of the building than the interior of the building.
9. People inside vehicles should get out and sit or lie next to them. AVOID POWER LINES.

### PREPARING HOMES FOR EARTHQUAKES:

- Do a house inspection for potential hazards
- Be sure foundation is bolted to house, and chimney is stabilized.
- Shut off wrench at gas valve.
- Kitchens benefit from rubbery shelf liners in refrigerator and cabinets and under large electronic components, cupboard doors that latch well, doorstops under refrigerator, washer and Dryer to prevent “walking”.
- Bedrooms should have fresh or wind-up flashlights in quick reach, window exit ladders.
- Bathrooms are glass risks, remove glass items from counters, latch cupboards well, more rubbery shelf liners and underpinnings, safety glass on shower doors.
- Tempered glass for large windows, doors.

- Quake-Hold straps for tall pieces, earthquake putty for tchotchkes on shelves, quake-hold picture hangers or close hanger hooks with pliers. Heavy things on lower shelves.
- Books stored tightly, leaning up, or fronted with taut guards.

### EMERGENCY SUPPLIES TO STOCK:

CAN STASH IN PLASTIC/RUBBER BARRELS WITH TIGHT FITTING TOPS
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- Portable radio with windup
- Flashlight(s) with windup
- Bottled water - 1 gallon/person/day
- Cooking equipment - at least 2 pots, wooden spoon, fork, grill/stove
- Food and can opener, paper plates/cups/utensils, (canned tuna, pork & beans, nonfat dry milk, graham crackers, dried apricots, juice, trail mix, granola bars, your favorites, peanut butter!)
- Fire extinguisher (test/refresh every year!)
- Battery supply with several sets for every radio, flashlight, toy, you have, updated
- First-aid kit and instructions (include Ipecac to induce vomiting, bandages, gauze, antiseptic creams/sprays/wipes, ace bandages, tweezers, scissors, eye drops and eye dropper, aspirin/Tylenol)
- Gas shut off wrench at/near meter.
- Blankets, Plastic ground cover, dust/surgical masks, towels
- Toilet paper, Kleenex, paper towels, handiwipes, many antibacterial wipes, rubber gloves
- Plastic bags (lots from garbage to sandwich sizes)
- Powdered chlorinated lime to add to sewage/garbage to deodorize/disinfect/waive insects
- Paper and pens/markers.
- Tools, heavy work gloves, candles + waterproof matches, Swiss army knife, shovel, hammer, Rope, Plastic Sheeting.

### GRAB-N-GO BAGS, PERSONAL SUPPLIES

- Sturdy walking shoes, socks (2 pr)
- Jacket, hat, raingear, gloves
- Comfortable sturdy pants, tee-shirt and sweatshirt
- Underwear (2 sets)
- Hand sanitizer, 1 bottle water + energy bars, surgical masks
- Toothbrush, comb, deodorant, shampoo, sunscreen, lotion, razer, lip balm, nail clipper, Kleenex, etc
- Flashlight with windup power, small portable radio, watch/clock
- Baby items: diapers, formula, food, dish and spoon, min.2 chgs/clothing, favorite toy/cuddle, thermometer, medicine dropper.
- Children: favorite toy, book, identification information, emergency cell phone, consent to treatment form completed.
- Pets: identification, immunization records, carrier/cage, muzzle and leash, food and bowl, blanket, favorite toy, chews (stress relief), poop scooper/bags, .
- Playing cards, good book, games.
- Cash, keys, whistle to call for help if trapped, watch
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## CAR EMERGENCY KIT:

- Review Emergency Supplies and Grab-N-Go Above and plan your trunk!

## MORE INFORMATION:

TO PURIFY WATER: BOIL FOR 1 FULL MINUTE or ADD ¼ TSP BLEACH/GAL. WATER, MIX AND LET STAND FOR 30 MINUTES, or WATER PURIFICATION TABLETS.

### DIAL 2-1-1- for shelter information

[www.earthquakesolutions.com](http://www.earthquakesolutions.com) - all kinds of helpful products

[sandiegocounty.ca.gov/oes](http://sandiegocounty.ca.gov/oes) - website for County for all kinds of helpful info, resources.

San Diego County - 1600 Pacific Highway, SD 92101, 619-531-5555, pick up published help

San Diego Fire-Rescue Department - Barbara Ayers, CERT Program Manager 619-533-3075

AARP, Insurance companies, City/San Diego and many others have free information, and of

course there is the internet if you look BEFORE the emergency. The Red Cross on-line store

sells emergency kits at [www.redcross.org](http://www.redcross.org). FEMA has a 204-page book you can download from

[www.fema.gov/areyouready](http://www.fema.gov/areyouready) or order at 800-480-2520. The U.S. Dept. of Homeland Security

has a brochure "Preparing Makes Sense, Get Ready Now, which includes worksheets and a

wallet card, you can download at [www.ready.gov](http://www.ready.gov) or order from 800-be-ready.

## POLICE SECURITY INSPECTIONS

All San Diego residents and businesses may call the police department and make an appointment for an officer to inspect your home or business and make recommendations for improving your security. I had it done and was amazed at even the obvious things I had not thought of. Call 619-531-2000.

**SDG&E** adds a distinctive odor to their natural gas, so you can detect leaks more easily. If you smell gas: • Get everyone out of the house immediately • Call SDG&E at 1-800-611-SDGE (7343) • If you can't reach SDG&E, call the fire department • Don't light a match or a cigarette, turn any lights off or on, use any phone in your house!

## CANDLE SEASON

Beautiful but dangerous, candles are the source of about 20,000 fires every year in the U.S. While we don't want to give up the wonderful moods they set and light they offer, do be sure they are not near flammables and always set a timer alarm to be sure they are blown out before they burn down to the bottom and become a risk.



**WE CARE.** If you would like extra copies of this brochure, just call. 619-786-0210. Or take it off our website, [www.CarlsonandOllis.com](http://www.CarlsonandOllis.com)  
Ginny Ollis + Steve Carlson 2017.