

Emergency Preparedness Tips

For You And Your Family



- ✓ Earthquake (What to do before, during and after)
- ✓ Before the Next One
- ✓ Southern California Fault Map
- ✓ Emergency Water and Food Supply
- ✓ Storage of Emergency Supplies
- ✓ Helpful Hints For Storing Food
- ✓ Mini Survival Car Kit
- ✓ How to Secure Your Furniture
- ✓ Tips For The Physically Challenged
- ✓ Tips For Pet Owners

This valuable information is provided courtesy of the
Los Angeles County Board of Supervisors
and the **Office of Emergency Management**.



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**For more information, call the Los Angeles County
Office of Emergency Management
at (213) 980-2260**

You and Your Family Can Survive an **EARTHQUAKE**

by Knowing What to Do

► Before ◀ ► During ◀ and ► After ◀ A Major Earthquake

Before the Shaking

Prepare your family

- ▶ Discuss the possible effects of an earthquake on your home, workplace, school, and community.
- ▶ Hold home discussions and drills to avoid injury during an earthquake.
- ▶ Train family members in first aid.
- ▶ Learn how to shut off electricity, gas, and water at main fuse box or valve.

Set aside emergency supplies

- ▶ Food and water for at least 72 hours
- ▶ Flashlight
- ▶ Battery-powered radio
- ▶ Extra batteries
- ▶ Wrenches to shut off gas and water
- ▶ First aid kit and handbook
- ▶ Fire extinguisher, ABC multipurpose type
- ▶ Non-electric can opener
- ▶ Personal medical supplies

Check your home for potential risks

- ▶ Secure water heater, refrigerator, and top-heavy items to wall studs.
- ▶ Secure overhead lighting fixtures.
- ▶ Store heavy items and breakables on lower shelves. Fasten shelves securely to wall studs.
- ▶ Remove or isolate flammable materials and toxic chemicals.

- ▶ Establish a family reunion plan. Teach family members the phone number of an out-of-area contact.
- ▶ **Check school emergency policy:** Will the school hold or release your children, or release your child *only* to you or to someone you have authorized?

During the Shaking

- ▶ Remain calm - do not panic.
- ▶ **Remain where you are.**
- ▶ Indoors, take cover under a heavy desk, or table, away from glass and windows, or huddle against an inside wall. Cover face and head.
- ▶ In a high-rise building, get under a desk or similar heavy furniture, away from windows and objects that could fall. Be prepared for the building to sway and shift.
- ▶ In public buildings, get under a table or heavy furniture, or huddle against an inside wall. Cover face and head.
- ▶ Outdoors, stay away from buildings, trees, and power lines.
- ▶ In a car, stop at the side of the road. Avoid bridges, overpasses, and overhead wires. Turn on the radio. Stay in the car until the earthquake is over.



Evacuation

- ▶ Post a message on the front door indicating where you can be found.
- ▶ Take with you:
 - Medicines and first aid kit
 - Flashlight, radio and batteries
 - Important papers and cash
 - Food, sleeping bags, extra clothes, eyeglasses
- ▶ Leave pets confined, if possible, with food and water, if you are going to a site which does not accept animals.

After the Shaking

- ▶ Be prepared for aftershocks.
- ▶ Wear shoes if near debris.
- ▶ Check for injuries and give first aid.
- ▶ Check for fires and fire hazards.
- ▶ Comfort children and pets.
- ▶ Check for damaged utilities.

Gas:

Do not turn off the gas unless you smell or see a leak. Inspect for leaks by smell only. Do not use candles or matches. Do not turn on electrical switches or appliances. If you smell gas, shut off the main valve and open all windows and doors.

Electricity/Water:

If lines are damaged, (frayed wires, sparks, smell of hot insulation, water leaks) turn off system at main fuse box or valve.

Do not turn on gas or electricity again until the utility company has first checked your home.

- ▶ Turn on a portable or car radio for emergency bulletins and instructions.
- ▶ **Restrict telephone use to medical, fire or public safety emergencies.**
- ▶ Clean up spilled medicines, flammable liquids, bleaches, and chemicals.
- ▶ Check house, roof, and chimney.
- ▶ Open closets and cupboards cautiously.

- ▶ Stay out of damaged buildings until you know they are safe.
- ▶ Do not touch "downed" electrical lines or broken appliances.
- ▶ **Do not use your vehicle, except for an emergency.** Keep streets clear for emergency vehicles.

Community Preparedness

After a severe earthquake, essential services such as police, fire, and paramedics may not be able to respond to the needs of your neighborhood for 24 hours or more. Normal supplies of food and water may be unavailable. **Telephones may not work.** Transportation and utility systems may be damaged.

Community preparedness begins with an awareness of your community's earthquake hazards and available resources. **Meet and find out who has skills that will be useful before and after an earthquake.** Identify who may need particular help after an earthquake, including the disabled, those with special medical needs, older persons, mothers with nursing infants, unattended children, and non-English speaking neighbors.

Emergency Information

The Survival Guide printed near the front of your telephone book white pages gives excellent instructions for coping with various emergencies, including earthquakes. Information is also available from your local public library.

For more information, call Los Angeles County Office of Emergency Management at (213) 980-2260



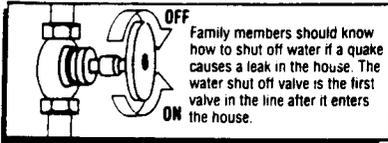


COUNTY OF LOS ANGELES

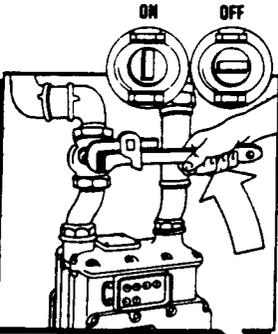
Earthquake Preparedness

BEFORE THE NEXT ONE

Use this guide to protect your home and family in case another major earthquake hits the Area



Family members should know how to shut off water if a quake causes a leak in the house. The water shut off valve is the first valve in the line after it enters the house.



Make sure all family members know how and when to turn off the gas. If you smell gas after an earthquake, shut off the main gas valve. Use a wrench to turn the valve either way until it is perpendicular to the pipe. Attach the wrench to the gas meter with a wire.



Use a hose to obtain drinking water from your water heater's drain valve in an emergency.

Chimneys inadequately tied to the structure can crumble or fall. Consult an engineer to inspect the chimney & devise a proper bracing system.

Glue a restraining lip around desk tops & along the front of shelves to prevent falling objects. Use plastic, not porcelain, hanging planters.

Place emergency power failure lights (constantly charging flashlights) in hallways, bathrooms and bedrooms. Remove from sockets for portability.

Use metal plumbers tape to strap water heater to studs in wall.

Five-gallon water bottles

A major cause of quake-related injuries is falling debris. Stay inside until your pathway is safe from falling objects.



The close, sturdy structure of a closet makes it an ideal place for emergency supplies such as:

- Extra sleeping bags
- Portable toilet
- Plastic bags for human waste
- Rope, plastic sheeting and duct tape for broken windows and other temporary repairs
- Goggles and dust mask for working around glass, dust and bacteria.
- Crowbar to open jammed doors
- One-gallon containers of water that can be easily carried if you must evacuate
- Fire-resistant strong box for storing valuable papers.

You should also pack a bag that you can take with you if you must evacuate. It should contain:

- Cooking utensils
- Food for each family member for 3-5 days (dehydrated camp food is light and stays fresh for many months).
- Sanitary wipes
- Medical supplies
- Field handbook, (for setting up shelters, etc.)
- Spare cash (teller machines and banks may be shut down)
- Family pictures to help authorities find lost family members
- Extra flashlights and batteries

Take this bag with you on car trips. An earthquake may disable your car or the roads many miles from home.

Place bed away from windows and threat of broken glass.

Close blinds at night to prevent possible broken glass from flying into the room.

Securely fasten mirrors onto dressers. Do not lean them against the wall. Wall mirrors should be hung on double hooks. Use heavy double-sided tape on the back to help keep them on the wall.



Keep a flashlight, spare batteries and sturdy shoes under the bed. Shoes will protect you from broken glass on the floor.

Store large drums of water outside. You will need two gallons per person for one week. Replace water every six months. In an emergency, use purification tablets such as Halazone and Globatine to make water fit for drinking. Read the label on the bottle before using tablets.

Protect porcelain dinnerware by installing child-proof latches on cabinet doors.

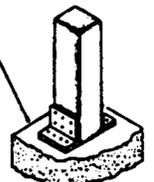
After an earthquake, eat refrigerated food first, frozen food next and dried or canned food last. Remember to keep spare food on hand for pets.

Place heavy objects and electronic equipment on lower shelves to minimize damage. Place a beanbag of sand or shot in the bottom of vases and other porcelain containers to help hold them down. Velcro patches can be used to anchor objects to shelves.

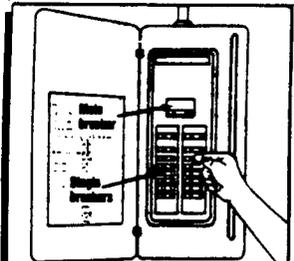
If water supply is cut off by an earthquake, drinking water is still available in your home in water heaters, toilet tanks, in-house plumbing and melted ice cubes.



Secure appliances and tall furniture to walls. Appliances could move and rupture gas or electric lines. Furniture could topple, causing damage and injuries.



Consult a structural engineer to make sure your home is bolted to the foundation and that the structure is properly reinforced. Check roof, foundation and walls for cracks and overall condition.



To shut off electricity, turn off single breakers first, then switch off main breaker.



Pull the main fuse blocks out on older panels.



Purchase a portable, gas-powered generator for emergency electricity. Only appliances that can use extension cords should be attached to a generator. A 2200-watt unit can power a refrigerator and several lamps. Keep fuel in a safe, protected container. Additional fuel can be siphoned from cars.



Keep a large multi-purpose dry chemical fire extinguisher (ABC rating) near kitchen and garage appliances. All family members should be instructed how to use it. Keep instructions on the canister.



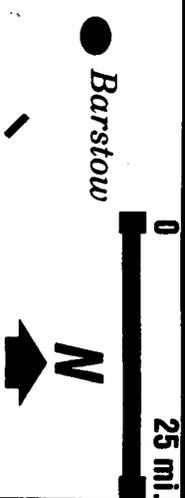
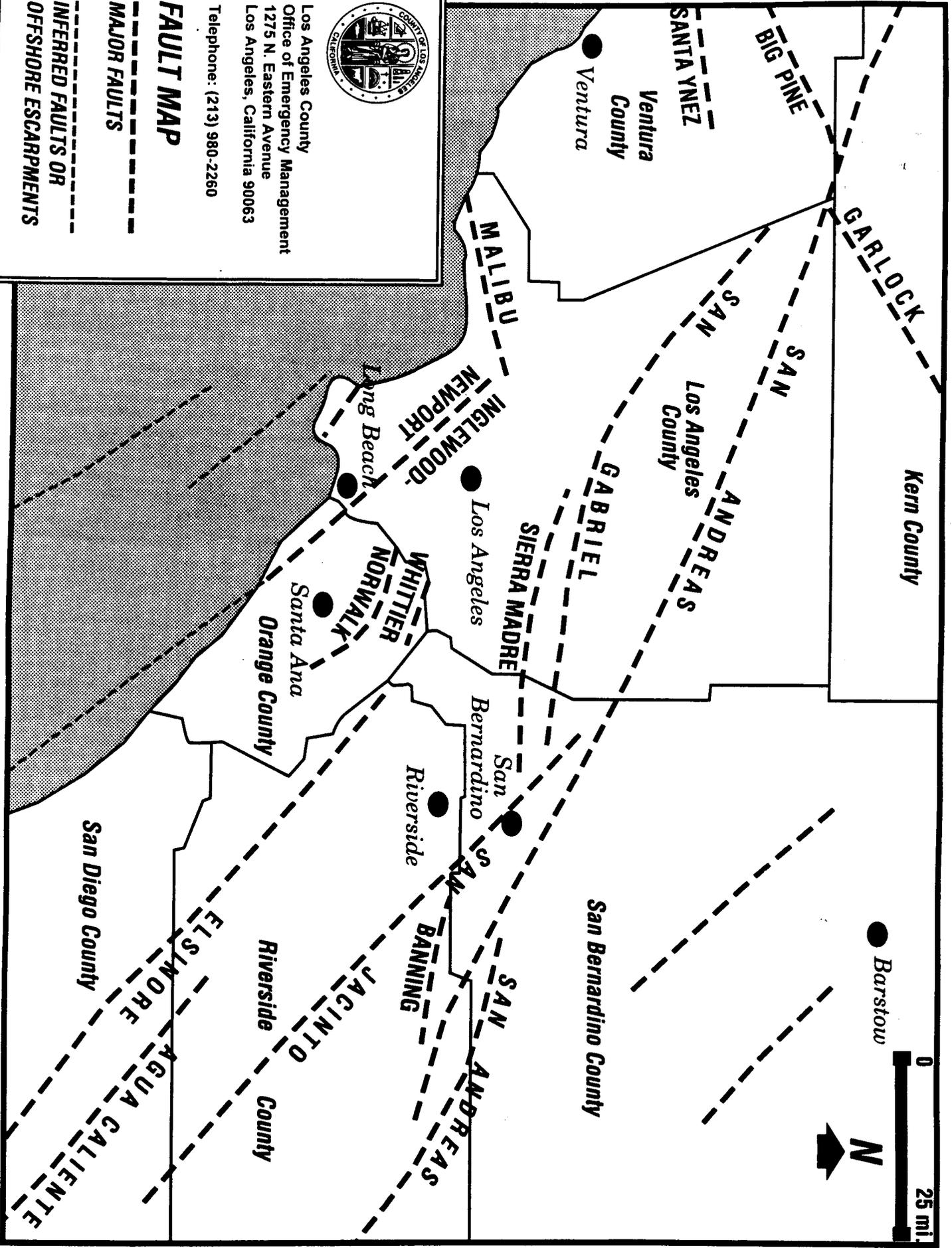
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 Office of Emergency Management
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 Telephone: (213) 980-2260

FAULT MAP

MAJOR FAULTS

INFERRED FAULTS OR

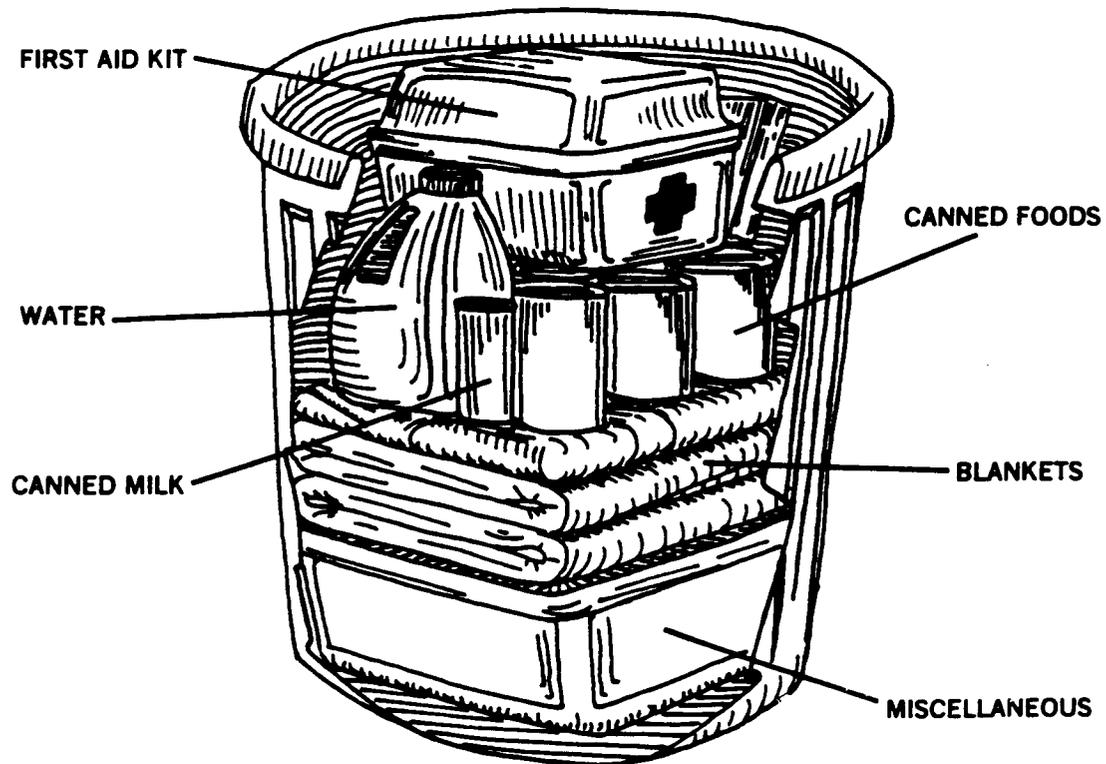
OFFSHORE ESCARPMENTS



Home Emergency Supplies

Storage of Emergency Supplies

Some families prefer to store their emergency supplies in one location. Choose a place in your home which would be relatively safe in time of an earthquake (such as a closet or under a bed). The perishable supplies will remain stable longer if stored in a cool, dark location.



One suggested method for storing emergency supplies is to place them in a large, covered trash container. They can be layered as shown and all kept together in the large covered container.

*** Note:** 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.

Emergency Water and Food Supply

PURIFYING WATER

AMOUNT OF WATER	AMOUNT OF CHLORINE BLEACH TO ADD TO:		AMOUNT OF TINCTURE OF IODINE 2% TO ADD TO:	
	CLEAR WATER	CLOUDY WATER	CLEAR WATER	CLOUDY WATER
1 QUART	2 DROPS	4 DROPS	3 DROPS	6 DROPS
1 GALLON	8 DROPS	16 DROPS	12 DROPS	24 DROPS
5 GALLON	1/2 TEASPOON	1 TEASPOON	3/4 TEASPOON	1-1/2 TEASPOON

(Purchase an eye dropper to add bleach or iodine. Keep it for this purpose only.)
Source: U.S. Department of Health Services

EMERGENCY WATER SUPPLY AT HOME

- Bottled water stored in a cool, dry place. Minimum needed for drinking is two quarts per day for each person in the family. Don't forget that pets also will need water.
- Water drained from hot water heater, if it remains upright. To drain: turn off gas/electric supply. Close inlet water valve. Open any hot water faucet or disconnect water line at the top of the tank. Drain water into container from faucet at bottom of the heater.
- You can use water from the flush tank of toilets (not the bowl), but you should purify it before drinking.
- Do not drink water from swimming pools or spas. You can use it for hygiene purposes, but drinking it could cause you to become ill.

THESE FOODS CAN SAVE YOUR LIFE

Top 10 long-lasting staples you should have in your emergency food supply:

1. Pastas and rice.
2. Peanut butter.
3. Canned fruits and vegetables.
4. Canned meat, fish and poultry.
5. Canned stew.
6. Powdered or canned milk.
7. Canned or dried beans (instant beans - just add water - are available in many markets).
8. Dry cereals.
9. Canned or dried fruits.
10. Canned all-purpose biscuits.

For free earthquake preparedness pamphlets contact:

- Los Angeles Chapter of American Red Cross, (213) 739-5200
- Los Angeles City Fire Department, (213) 485-PREP

HELPFUL HINTS FOR STORING FOOD

The following information on pantry-shelf storage is provided in the hope it will better prepare you and your family for emergency situations.

Temperature: Store food in the coldest cabinets, not over ranges or by refrigerator exhausts. Use the coolest spots (cellars, garages, outside utility sheds) for storing large quantities of potatoes or onions, and for long-term storage of canned foods.

Time: Although most staples and canned foods will keep indefinitely, you should buy no more than you expect to use in the recommended storage times, flavors will fade and textures wilt. Date your foods, then remember to check the cabinets every six months to use up the oldest items.

Buying: Purchase the freshest looking package. Messy or shopworn labels indicate old stock. Do not buy cans with swollen ends, because the food inside has gone bad. Dented cans may be purchased, provided they have not been punctured.

Canned and Dried Foods

Fruits, Canned (store in cool area)	12 months
Fruits, Dried (place in air-tight container)	6 months
Gravy, Canned	12 months
Meat, Fish, Poultry	12 months
Pickles, Olives (refrigerate after opening)	12 months
Soups, Canned (store in cool area)	12 months
Soups, Dried (store in cool area)	12 months
Vegetables, Canned (store in cool area)	12 months
Vegetables, Dried (store in cool area)	12 months

Herbs, Spices, and Condiments

Catsup (opened)	1 month
*Whole Spices	12 months
*Ground Spices	6 months
*Herbs (place in air-tight container)	6 months
Hot Pepper Sauce, Worcestershire Sauce	24 months+

* Check the item's aroma; when it fades, replace the item

Staples

Baking Powder (keep covered and dry)	18 months
Bouillion Cubes (keep covered and dry)	12 months
Bread Crumbs, Dried (keep covered and dry)	6 months
Cereals, Ready-to-Eat (keep covered and dry)	4 months
Cereals, Cooking (keep covered and dry)	6 months
Chocolate, Premelted (store in cool area)	12 months
Chocolate, Semisweet (store in cool area)	24 months
Chocolate, Unsweetened (store in cool area)	18 months
Coffee, Canned-unopened (refrigerate after opening)	1 month
Coffee, Instant-opened (keep tightly closed)	1 month
Coffee, Instant-unopened	6 months

Staples (Continued)

Coffee Lighteners, Dry—opened (keep tightly closed)	6 months
Condensed/Evaporated Milk (refrigerate if open)	12 months
Flour, All Types (place in air-tight container)	18 months
Gelatin, All Types (keep in original container)	18 months
Honey, Jams, Syrups (keep tightly covered)	12 months
Nonfat Dry Milk (place in air-tight container)	6 months
Pasta (keep tightly covered)	24 months+
Pudding Mixes (keep in original container)	12 months
Rice, Mixes	6 months
Salad Dressings, All Types (refrigerate if open)	3 months
Salad Oil	1/3 month
Shortening, Solid (refrigeration not needed)	8 months
Sugar, Brown (place in air-tight container)	4 months
Sugar, Powdered (place in air-tight container)	4 months
Sugar, Granulated (keep tightly covered)	24 months+
Molasses (keep tightly covered)	24 months+
Tea, Bags (place in air-tight container)	18 months
Tea, Instant (keep tightly covered)	36 months
Tea, Loose (place in air-tight container)	36 months

Mixes and Packaged Foods

Cake, Mixes, (store in cool area, keep dry)	12 months
Casserole Mixes (store in cool area, keep dry)	18 months
Cookies, Packaged (keep tightly covered)	4 months
Crackers (keep tightly covered)	3 months
Frosting, Cans or Mixes	8 months
Hot Roll Mix (open, place in air-tight container)	18 months
Pancake Mix (place in air-tight container)	6 months
Pie Crust Mix	8 months
Potatoes, Instant (keep in original package)	18 months
Toaster Pop-Ups (store in air-tight container)	3 months

Miscellaneous

Coconut (refrigerate after opening)	12 months
Metered Calorie Products (keep in cans, closed jars, or original package)	See date on package
Instant Breakfasts	6 months
Nuts (refrigerate after opening)	9 months
Onions, Potatoes, and Sweet Potatoes	2 weeks
(Store at room temperature. For longer storage, keep below 50°F, but not refrigerated. Keep dry and out of sun. Plan short storage in spring, when sprouting is a serious problem.)	
Cheese, Parmesan (keep tightly closed)	2 months
Peanut Butter, unopened	9 months
Peanut Butter, opened	2 months
Soft Drinks	3 months
Whipped Topping Mix, packaged	12 months

How To Secure Your Furniture

You must secure the contents of your home or office to reduce hazards. You should secure anything heavy enough to hurt you if it falls on you. Here are steps you should take to secure your possessions.

Secure Tabletop Objects

- ✓
- TVs, stereos, computers, lamps and chinaware can be secured with buckles and safety straps attached to the tabletop (which allows for easy movement of the units when needed) or with hook and loop fasteners glued to both the table and the unit.
- Glass and pottery objects can be secured with nondrying putty or microcrystalline wax.

Secure Items in Your Kitchen

- ✓
- Use child-proof latches, hook and eye latches or positive catch latches, designed for boats, to secure your cabinet doors.
- Make sure your gas appliances have flexible connectors to reduce the risk of fire.
- Secure your refrigerator to prevent movement.

Anchor Your Furniture

- ✓
- Secure the tops of all top-heavy furniture such as bookcases and file cabinets to the wall. Be sure to anchor to the stud, not just to the plasterboard. Flexible fasteners such as nylon straps allow tall objects to sway without falling over, reducing the strain on the studs.

Protect Yourself from Broken Glass

- ✓
- Replace your windows with ones made from safety glass or cover them with a strong shatter-resistant film. Be sure you use safety film and not just a solar filter.

Secure Overhead Objects

- ✓
- Ceiling lights and fans should be additionally supported with a cable bolted to the ceiling joist. The cable should have enough slack to allow it to sway.
- Framed pictures, especially glass-covered, should be hung from closed hooks so that they can't bounce off. Only soft art such as tapestries should be placed over beds and sofas.

**Ready
To Ride It Out?**

Tips for the Physically Challenged

Before an Earthquake

- ✓
 - Set up your home, apartment or workplace so that you can quickly get under a sturdy desk, table or other safe place for protection. Identify doorways that do not have doors in which you can take cover.
- Maintain a list of medications, allergies, special equipment, names and numbers of doctors, pharmacists and family members with you at all times.
- Keep extra medication with your emergency supplies.
- Keep extra emergency supplies at your bedside and by your wheelchair.
- Have walking aids near you at all times. Place extra walking aids in different rooms 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. They continue operating automatically for four to six hours, and they can be turned off by hand in an emergency.
- Have a whistle near you to signal for help.
- Find two people you trust who will check on you after an earthquake. Tell them your special needs. Show them how to operate any equipment you use. Show them where your emergency supplies are kept. Give them a spare key.

During and After an Earthquake

- If you are in bed or out of a wheelchair, stay where you are and cover your head and neck.
- If you are in a wheelchair, stay in it and go into a doorway that doesn't have a door. Cover your head and neck with your hands.
- 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 your home, leave a message at your home telling family members and others where you can be found.

Ready
To Ride It Out?