

2 QUICK & CHEAP

things you can do to help your family survive an earthquake

3 Minutes:

1) **Keep Water to Survive!**

- Store *at least* 3 gallons of water per person & pet at home.
 - Consider storing 14 gallons of water per person & pet for a recommended 2 week supply at home.
- Keep bottles of water in your car.

5 Minutes:

2) **Make a Go-Bag**

Attach your bag to your bed (ie- use bungee cord)

- Shoes - sturdy & comfortable
- Socks
- Flashlight
- Whistle
- Vital Medication(s)
- Spare Eyeglasses
- Water Bottle
- Protein Bar
- Emergency Contact List



TIPS

Water is THE essential item you need to live!

Help may arrive too late in a major disaster as your body can only survive 3 days without water.

Your Go-Bag can help you get out safely and if you are trapped!

Tell your kids if the ground shakes while in bed:

- Stay in Bed!
- Cover Your Head!
(with a pillow)
- Grab Your Bag!

If you have prescription medications, keep a month's supply in your bag and rotate it out when it's time to open a new bottle. You will also always have a back-up supply.

Other items to consider adding to your go-bag:

Small first aid kit with aspirin to take in case of heart attack or stroke and an anti-inflammatory for pain, portable radio with extra batteries, cash in small bills, work gloves, mylar reflective blanket, extra water, extra protein bar, dust mask, family photo & a comfort toy for kids.

See the reverse side and visit redcross.org or ready.gov for more information on emergency preparedness.



Feel **safe** instead of scared get **more prepared**

Now that you have 1) water and 2) a go-bag, try taking a step at a time and be ready to help your family!

3) Keep at least **2 weeks worth of food staples and basic items** (ie: pet food, hygiene items, formula, diapers) that you use daily at home. Keep a hand can opener and a wrench to turn off utilities.

4) Keep a small **car emergency kit** to be prepared any where you go.

- *Car kit items to consider:* a small first aid kit, flashlight, light sticks, a blanket, matches or lighter, multi-tool, cell phone charger, jumper cables, bottled water, non-perishable snacks, pens/paper, duct tape and fire extinguisher. Other personal items you could add are a change of clothing, walking shoes & socks, moist wipes, a few plastic bags, whistle, rain poncho, dust mask and basic toiletries.

5) **Get informed** in an emergency

- Get an emergency radio, tune into KFRG 95.1 for the Inland Empire
- Many cities let you sign up online for local emergency alerts
- Download the Red Cross App for your mobile device
- Register in as “Safe and Well” after a disaster at redcross.org or call 1-866-get-info

6) Make an **emergency plan**

- Where would we meet outside house? Outside the neighborhood?
- What would we bring in an evacuation?
- What do we need if we have no utilities for 1-2 weeks?
- What would our pets need?
- Do we need more in a home emergency kit?

*These are sample questions to think about,
get a full plan outline at redcross.org or ready.gov.*

7) **Prevent** damage and loss

- Install a smoke & carbon monoxide detector at home
- Keep copies of important documents with your supplies or securely online: license, birth certificates, social security cards, insurance cards, immunization records, insurance policies, account numbers
- Secure heavy and hanging items.
- Know how to turn off the gas & electricity
- Use an online back up service for computers and phones to protect your family photos, contact list and documents.

Myth Busted

Doorways are NOT safe during an earthquake - they do not protect you from falling items and the door can move & injure you.

Many injuries happen when people try to move during an earthquake. Don't run! Instead duck, cover and hold if you can get under furniture or stay in bed.