

PREPARED FAMILIES FOR A MAJOR DISASTER

TALKING POINTS

- Secure items over the bed because you spend $\frac{1}{3}$ of your life in bed.
- Have sturdy shoes (and ideally, hard hat and heavy gloves) under bed—you may need to get up suddenly during the night.
- Have an exit plan.
- Be able to access and turn off utilities as needed.
 - ❖ Power—If it is off, turn off the main power switch so it won't overload when it does come back on
 - ❖ Gas—Turn it off only if you smell gas (only the gas company can turn it back on)
 - ❖ Water—After a quake, turn it off to your home so any backflow doesn't get into your system. Know how to access water from your hot water heater.
- Water—need 1 gallon per person per day for at least 2 weeks
- Food—Eat food that will spoil first and save the non perishable food
- Locate your nearest Emergency Communication Hub—a gathering spot that will help match local needs and local resources and provide information
- Do you have cash? Gas in your car? Emergency kit with other items in your car? (water, food, medications, extra clothes, kids games, etc.)
- Have a week's supply of medications. Pharmacies can usually provide a 3-day emergency supply, but only with a prescription bottle or copy of a prescription
- If traffic is at a standstill and cell phones don't work, how are you going to get your family back together? Meeting spot? Partner #1 picks up the kids? Partner #2 stays with a friend until the next day? Make a plan, even if it doesn't work out that way, it might help you devise a back-up plan.
- Designate an out-of-town contact to facilitate communication.
- Get to know your neighbors
- Don't forget your pets
- Take a low cost, high value "to do" list. Put it on the fridge and work on it steadily.