

## PREPAREDNESS

In a catastrophic earthquake, government resources (people and supplies) may not be available for several days following the event. It is essential that every household and family be prepared to survive on its own for 5-7 days until government services can be restored. Below are five critical steps an individual, family or household can take to ensure their survival in an earthquake.

### 1. Make a plan for yourself, your family, or your household on how to evacuate your home, and where to meet following an earthquake

You should plan at least two evacuation routes away from your home. These routes should be in different directions and should be usable on foot as well as by vehicle.

You should plan at least three places for your family members to meet after an earthquake. The first should be your home, the second should be the home of a friend or relative nearby, and the third place should be farther away, out of the immediate area, since some disasters can affect entire neighborhoods.

### 2. Arrange for a long distance telephone contact that everyone in your family can use to tell where and how they are

This telephone contact should be outside the local area code, preferably outside the state. After an earthquake it is easier to call out of the area code than within it.

### 3. Prepare an emergency supplies kit for you and your family, enough for five days for each person

Include the following items:

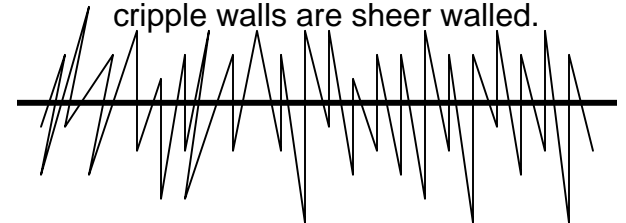
- Water, a minimum of one gallon per person per day
- Canned foods that do not require preparation and a manual can opener
- Fire extinguisher
- Flashlight(s) with extra batteries
- First aid kit
- Portable AM radio with extra batteries
- Blankets, extra clothing, sturdy shoes, work gloves
- Tools, such as a crescent wrench to turn off utilities, and a crow bar
- Money, since the ATM machines won't work
- Medications that you and your family take regularly
- Food and medications for your pets

Keep these supplies in a garbage can with wheels where you can reach them quickly, near a door, in a shed, etc.

You should also have emergency supplies in your car and at your work site. Use the list, but enough for one person only.

### 4. Prepare your home to survive an earthquake

- Learn to turn off the gas at the meter, the water at the meter and the electricity at the fuse or circuit breaker box. Keep the necessary wrench/tool near the gas and water meters.
- Secure hazards in the house, especially the water heater and tall or heavy furniture. Secure cupboard and cabinet doors with latches.
- Check chimney, roofs, walls and foundations for stability.
- Have a thorough termite inspection and repair any decay.
- Make sure your house is bolted to its foundation and that the cripple walls are sheer walled.



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## 5. Get to know your neighbors and organize your neighborhood

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There is strength in numbers. Together you and your neighbors can make plans to account for and assist elderly and disabled neighbors, turn off each other's gas, water and electricity to reduce the danger of fire, if necessary, and organize and train for light search and rescue, fire suppression and disaster first aid.



photo courtesy of J. Myhre

For additional information, contact:

City of Berkeley  
Department of Fire & Emergency Services  
**Office of Emergency Services**  
2100 Martin Luther King, Jr. Way  
Berkeley, CA 94704  
Ph: (510) 981-5506, Fax: (510) 981-5592  
TDD: (510) 981-5799



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# Earthquake

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## Preparedness Services

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### 1610AM Emergency Radio

This station will provide information on Berkeley conditions during and after an emergency.

### Community Emergency Response Training (CERT) Classes

- Basic Personal Preparedness\*
- Disaster First Aid
- Disaster Mental Health
- Earthquake Retrofitting
- Fire Suppression
- Light Search & Rescue
- Shelter Operations
- Neighborhood Preparedness\*

\*You may arrange for these classes to be held in your neighborhood, or at your workplace, upon request.



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## FIVE CRITICAL STEPS TO TAKE TO PREPARE FOR AN

# Earthquake

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BEFORE 5.2 Napa Earthquake 9/03/00



AFTER 5.2 Napa Earthquake 9/03/00



photos courtesy of J. Myhre

Department of Fire & Emergency Services  
**Office of Emergency Services**  
997 Cedar Street, Berkeley, CA 94710  
Ph: (510) 981-5605; TDD: (510) 981-5799

