

## How to Prepare for an Earthquake

- **Secure your home.** Prevent injuries and maximize the odds that you can shelter in your own home instead of a community shelter.
  - Bolt it to the foundation
  - Secure any objects that might fall and hurt someone
    - Strap tall furniture to a wall stud
    - Replace picture hangers with enclosed ones
    - Fasten loose objects onto shelves with museum putty
    - Install child safety latches on kitchen cabinets whose contents you don't want dumped on the floor
    - Strap water heater to wall
  - Keep shoes and flashlight under your bed to avoid cutting your feet on broken glass, and to illuminate your escape. You could also include a hard hat and work gloves.
  
- **Stockpile supplies**
  - Food. A one month supply per person
    - Use a combination of
      - A well stocked pantry with foods you use regularly. Overstock and resupply as you use them.
      - MREs (meals ready to eat)
      - Dried foods or staples in bulk (like rice and beans)
  - Water. One gallon per day per person for a month.
    - Options:
      - Store in 55 gal. containers, or smaller amounts.
      - Have filters to be able to filter water from an outside source (roof, river, stream, lake, swimming pool)
      - Be able to drain/siphon water from your water heater.
  - Sanitation
    - Use 5 gallon buckets and plastic garbage bags. The twin bucket system is best for long term.
  - Go bags.
    - Pack bags with personal effects and minimal tools for your car, work, or in case you have to evacuate your home.

- **Make a communication plan with your family**
  - Designate a phone contact outside the earthquake zone for each family member to call to report their condition and learn about other family members.
  - If you have children, make plans with schools about who will pick child up if you're not home.
  
- **Make a plan with your neighbors.** This is the single greatest factor in recovering from a disaster.
  - Map Your Neighborhood
  - Have follow up activities to help people make their own preparations, share new information and stay in touch. Create an atmosphere in which everyone knows they will be taken care of. Prepare neighbors to share their resources with each other.
  
- **Get Smart.** Learn a skill
  - Take a CERT course (Community Emergency Response Team)
  - First Aid training
  - Food growing and preservation classes