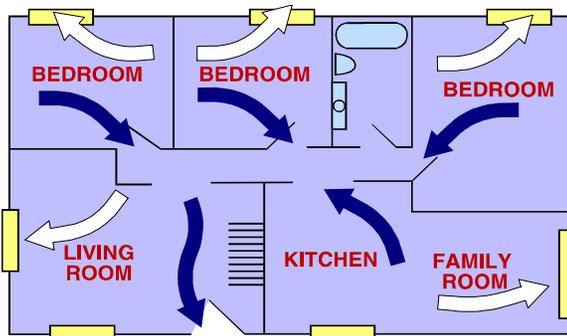


## Create a Family Disaster Plan

Meet with your family to discuss the importance of being prepared in a disaster.

Explain the dangers of EARTHQUAKES, FIRE, and SEVERE WEATHER to children.

1. Discuss the different types of disasters that are likely to happen and explain what to do in each situation.
2. Pick two meeting places.
  - Somewhere outside your home
  - Outside a neighborhood just in case you can't return to your home.
3. Select an out-of-state family contact. Make sure that everyone knows the number.
4. Assemble a disaster supply kit for each member in your household.
5. Plan on how to take care of your pets.
6. Make sure to practice your family disaster plan so that everyone will remember what to do.



## If Disaster Strikes

- Remain calm, put your plan into action.
- Prepare for aftershocks.
- Check for injuries. Give first aid & call for help if anyone is seriously injured.
- Turn on your radio for further instructions. If advised to evacuate, do so. Leave a message on the door telling family members where you can be reached.
- Leave the road clear for emergency vehicles. Do not use your vehicle unless it is an absolute emergency.
- Check for damage in your home.
- Check for fires in your home.
- If you smell gas, turn off the main gas valve, open the windows and get out quickly.
- Shut off damaged utilities.



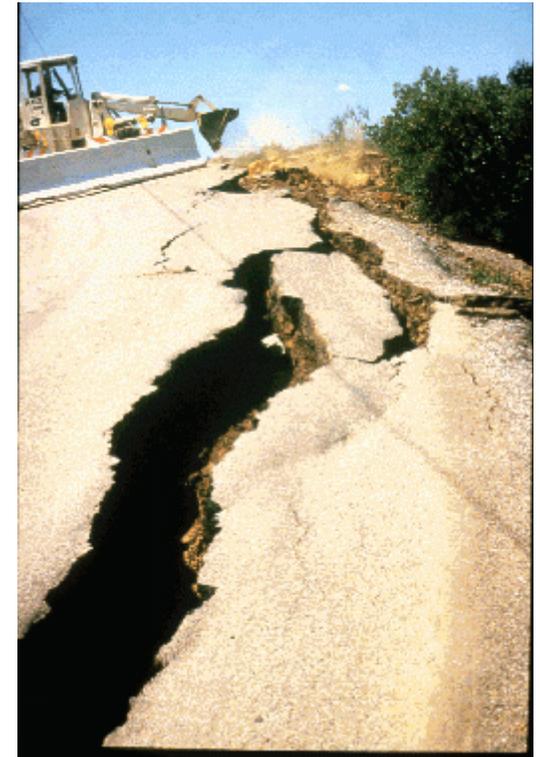
### Remember to:

1. Secure your pets.
2. Call your family contact.
3. Check on your neighbors, especially the elderly and disabled.
4. Make sure you have an adequate supply of water.

San Bernardino County Fire Department  
620 South "E" Street  
San Bernardino, CA 92415-0179  
(909) 386-8472  
[www.sbcfire.org](http://www.sbcfire.org)



# Earthquake & Disaster Preparedness



San Bernardino County Fire Department  
Community Safety Division

## Preparing to be Earthquake Safe

- In case of an earthquake make sure you know the safe spots in each room, under desks & sturdy tables.
- Learn CPR & First Aid.
- Decide where & how your family will meet if separated during a quake.
- Learn how to shut off the water, electricity & gas in case the lines get damaged.
- Make sure your water heater is secured properly.
- Make sure your house is bolted to the foundation.
- Secure mirrors, furniture, & anything that maybe loose or that can fall & cause injuries.
- Keep hazardous or flammable liquids in a secured cabinet.
- Practice earthquake drills & place yourself in the areas you consider to be safe.
- Update your disaster kit.



**Develop a neighborhood earthquake plan so your neighborhood can be self sufficient after an earthquake.**

## Staying Safe During a Quake

- If you're indoors, get under a sturdy table or desk.
- If you're outside, get into a open area away from buildings, trees, and power lines.
- If your in a business building, don't use the elevator. Get away from the windows and get under a sturdy table.
- If you are in a public place, don't panic & go towards the doors. Move away from anything that could fall or break.
- If you are driving, pull over to the side of the road and remain inside. Try to avoid power lines and over passes.



## Additional Items to add to your Disaster Supply Kit

 **Family Documents** ~ Insurance information, identification, bank information, etc. Keep in a water proof portable container. Matches too!

 **Sleeping Bags** ~ Warm blankets, pillows, & bedding. Enough for each person.

 **Dust Mask** ~ To filter if contaminants are in the air. Plastic sheeting & Duct tape to create a shelter or cover.

 **Entertainment** ~ books, puzzles, games, paper/pencil, children's activities, etc.

## Assembling Your Disaster Supply Kit



**Water** ~ Have at least 3 gallons per person in airtight containers. Replace it every six months. Household chlorine bleach (no color safe/scented/ or w/added cleaners) can be used to purify water: 16 drops per gallon. (ONLY if necessary.)



**Food** ~ At least enough to last you a week. Have non-perishable items and don't forget a can opener!



**First aid kit** ~ Keep it well stocked.



**Flashlights** ~ Keep them beside your bed and in other accessible locations. Keep fresh extra batteries.



**Radio** ~ Keep a battery operated or crank radio. It will be the best source of information. (keep extra batteries)



**Special needs** ~ Have at least a weeks supply of infant food, pet food, and medication. Also glasses if needed.



**Tools** ~ Have an adjustable pipe wrench to turn off utilities.



**Fire extinguisher** ~ Type ABC (for all types of fire). Teach each family member how to use it.



**Cooking sources** ~ Have an outdoor camping stove with pots, pans, paper cups, plates, utensils paper towels.



**Whistle** ~ to signal for help.



**Clothes** ~ Have extra clothes, shoes, personal items, hygiene items, & money.