

- Water—enough so that each person has a gallon a day for 72 hours, but preferably enough for one week. Store in airtight containers and replace it every six months. Store disinfectants such as iodine tablets or chlorine bleach, eight drops per gallon, to purify water if necessary.
- First aid kit. Make sure it's well stocked, especially with bandages and disinfectants.
- Fire extinguisher. Your fire extinguisher should be suitable for all types of fires. Teach all family members how to use it.
- Flashlights with extra batteries. Keep flashlights beside your bed and in several other locations. Do not use matches or candles after an earthquake until you are certain there are no gas leaks.
- Portable radio with extra batteries. Most telephones will be out of order or limited to emergency use. The radio will be your best source of information.
- Extra blankets, clothing, shoes, and money.
- Alternate cooking sources. Store a barbecue or camping stove for outdoor cooking. Caution: Ensure there are no gas leaks before you use any kind of fire as a cooking source and do not use charcoal indoors.
- Special items. Have at least a week's supply of medications and food for infants and those with special needs. Don't forget pet food.
- Tools. Have an adjustable or pipe wrench for turning off gas and water.
- Whistle. If you are stranded somewhere, blowing a whistle repeatedly will draw rescuers' attention to you while saving your voice.

PREPARE A FINANCIAL DISASTER RECOVERY KIT

After an earthquake, you'll need copies of essential financial documents, as well as emergency cash. Keep the following items together, current, and

stored in a fire-proof document safe. You may also consider keeping these items in a safe deposit box.

- Legal Documents
 - Birth certificates
 - Marriage license/divorce papers and child custody papers
 - Passports and copies of driver's licenses
 - Social security cards
 - Naturalization papers and residency documents
 - Military/veteran's papers
 - Powers of attorney, including health-care powers of attorney
 - Wills or trust documents
- Financial
 - Cash, in the event ATM or bank services are disrupted
 - Certificates for stocks, bonds, and other investments
 - A current bank statement
 - Credit card numbers
 - A list of phone numbers for financial institutions and credit card companies where you have accounts
- Property
 - Insurance policies
 - An inventory of your household possessions
 - Appraisals of valuable jewelry, art, antiques, and heirlooms
 - Home improvement records
 - Deeds, titles, and other ownership records for property such as homes, autos, RVs, and boats
- Other
 - Medical information
 - A backup of critical files from a computer (also keep a copy at work)
 - A list of names, phone numbers, and e-mail addresses of personal and business contacts

FOR MORE INFORMATION

Red Cross

www.redcross.org

72 Hours

www.72hours.org

Governor's Office of Emergency Services

www.oes.ca.gov

Read "Putting Down Roots in Earthquake Country"

<http://pubs.usgs.gov/gipi/2005/15>

Find a home inspector trained in seismic retrofitting (Bay Area only)

www.abag.ca.gov/bayarealeqmaps/fixit/lashi.html

Questions or comments?

E-mail us at ers@jud.ca.gov

or call 415-865-8991.

The primary purpose of Emergency Response and Security is to address emergency planning and security for the AOC and all courts statewide.



EARTHQUAKE PREPAREDNESS

Take steps to be ready for a quake



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ADMINISTRATIVE OFFICE
 OF THE COURTS
 EMERGENCY RESPONSE AND SECURITY

A large earthquake can be a frightening and overwhelming experience, but you can take steps to make it less so. Learn what to do before, during, and after a quake to help protect yourself and those around you.

BEFORE AN EARTHQUAKE

How well you, your family, and your home survive an earthquake often depends on how well you prepare beforehand. Develop a family and neighborhood earthquake plan. The following checklist will help you get started:

- Check chimneys, roofs, walls, and foundations for stability. Make sure your house is bolted to its foundation. Older homes should be retrofitted.
- Secure your water heater and major appliances as well as tall, heavy furniture, hanging plants, mirrors, and picture frames—especially those over beds.
- Keep breakables, heavy objects, and flammable or hazardous liquids such as paints, pesticides, and cleaning products in secured cabinets or on lower shelves.
- Prepare an emergency kit of food, water, and supplies, including a flashlight, a portable battery-operated or hand-cranked radio, batteries, medicines, a first aid kit, money, and clothing.
- Know the safe spots in each room: under sturdy tables or desks or against interior walls.
- Know the danger spots: near windows, mirrors, hanging objects, fireplaces, and tall, unsecured furniture.
- Conduct practice drills so that you and your family know the safe locations in your home.
- Decide how and where your family will reunite if separated during a quake. Speak with your children's school about their earthquake efforts.

- Choose an out-of-state friend or relative whom family members can call after the quake to report their whereabouts and condition.
- Learn first aid and CPR (cardiopulmonary resuscitation).
- Learn how to shut off gas, water, and electricity in case the lines are damaged. **Safety note:** Do not attempt to relight the gas pilot. Call the utility company.
- Plan for alternative transportation.
- Discuss the possibility of working from alternate locations with your supervisor.
- Organize your neighborhood to be self-sufficient after a quake.

BE PREPARED

During an Earthquake

- If indoors, stay there. Get under a desk or table or stand in a corner.
- If outdoors, get into an open area away from trees, buildings, walls, and power lines.
- If in a high-rise building, stay away from windows and outside walls. Get under a table. Do not use elevators.
- If driving, pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside your car until the shaking is over.
- If in a crowded public place, do not rush for the doors. Crouch and cover your head and neck with your hands and arms.

After an Earthquake

Unless there is an immediate, life-threatening emergency, do not attempt to use the telephone.

After a quake, be sure to:

- Check for gas and water leaks and broken electrical wiring or sewage lines. If there is damage, turn the utility off at the source and immediately report gas leaks to your utility company. Check for downed power lines; warn others to stay away.
- Check your building for cracks and damage, including the roof, chimneys, and foundation.
- Turn on your portable radio for instructions and news reports. For your own safety, cooperate fully with public safety officials and follow instructions.
- Do not use your vehicle unless there is an emergency. Keep the streets clear for emergency vehicles.
- Be prepared for aftershocks.
- Stay calm and lend a hand to others.
- If you evacuate, leave a message at your home telling family members and others where you can be found.

CAN YOU GO IT ALONE FOR THREE DAYS?

The first 72 hours after an earthquake are critical. Electricity, gas, water, and telephones may not be working. In addition, public safety services such as police and fire departments will be busy handling serious crises. You should be prepared to be self-sufficient—able to live without running water, electricity and gas, and telephones—for at least three days following a quake. To do so, keep on hand in a central location the following:

- Food—enough for 72 hours, but preferably one week.

FAMILY CONSIDERATIONS

Before the next earthquake, spend time with your kids to discuss what might occur. Involve them in developing your disaster plan, preparing disaster supply kits (ask them what game or toy they want to include), and practicing “drop, cover, and hold on.”

In the days after a quake, kids need extra contact and support. They may be frightened and under great stress. Aftershocks may exacerbate the problem as reminders of the experience. Parents may have to leave children with others in order to deal with the emergency, and this can be scary. Whenever possible, include your children in the earthquake recovery process.

Resources for kids to learn about disaster preparedness:

www.abag.ca.gov/bayarea/eqmaps/kids.html

www.fema.gov/kids

<http://earthquake.usgs.gov/4kids>

Pets will most likely also be upset by the upheaval that accompanies an earthquake. Having toys and treats for your pets in the disaster supply kit will alleviate some of the anxiety.

Consider helping elderly family members develop a disaster plan and a supply kit for their home. If your parents or other loved ones are in a nursing home, discuss the home's earthquake response plan and know how to get in touch with the facility's management in the event of a disaster.

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