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APRIL IS *EARTHQUAKE* AWARENESS MONTH
Solano County Office of Emergency Services

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It's not a matter of if it will happen, but when it will happen. Be Ready! Prepare your Family and Home before an EARTHQUAKE strikes.

- Identify a safe place in every room, under a sturdy table, desk or against an inside wall where nothing can fall on you.
- Practice DROP, COVER and HOLD ON at least twice a year. Drop under a sturdy desk or table and hold on. Protect your eyes by pressing your face against your arm. If there is nothing sturdy, sit on the floor against an interior wall away from windows, bookcases, or tall furniture that could fall on top of you. Teach children DROP, COVER and HOLD ON.
- Discuss and determine a solution should your family become separated during an earthquake. Where will you meet?
- Choose an out of town family contact.
- Consult a professional to find out additional ways you can protect your home, such as bolting your home to its foundation and other structural mitigation techniques.
- Take a first aid class and keep your training current.
- Get training in how to use a fire extinguisher from your local fire department.
- Inform babysitters and caregivers of your plan.
- Identify elderly neighbors or those with special needs that may require assistance.

Eliminate Hazards

- Bolting bookcases, china cabinets, and other tall furniture to studs in walls.
- Install strong latches on cupboards.
- Strap the water heater to wall studs.
- Remove heavy items such as mirrors from above your bed headboard.

Prepare a Disaster Supplies Kit for HOME and VEHICLE.

- First aid kit, essential medications.
- Stock up on at least a three-day supply of food, water, clothes, medical supplies and other necessary equipment for everyone in your family.
- At least 3 gallons of water per person per day for a minimum of three days.
- Protective clothing, rainwear, and bedding or sleeping bags.
- Battery powered radio, flashlight, and extra batteries.
- Special items for babies, elderly and the disabled.
- Important paperwork, documents i.e.: insurance info
- Written instructions on how to turn off your gas, electricity and water. (You will need a professional to turn them back on).
- Keep essentials such as sturdy shoes and flashlight by your bedside.

Know What To Do When The Shaking Begins.

- DROP, COVER and HOLD ON!
- Move only a few steps to a nearby safe place
- If indoors, stay inside until the shaking stops and you're sure it's safe to exit. Stay away from windows.
- If outdoors, find a clear spot away from buildings, trees and power lines. Drop to the ground.
- In a high rise building expect the fire alarms and sprinklers to go off.
- If you are in bed, hold on and stay there, protecting your head with a pillow.
- If you are in a car, slow down and park in a clear place. Stay in the car until the shaking stops. Keep your seatbelts on.

Identify What to Do When the Shaking Stops

- Check yourself and your family for injuries.
- Check your neighbors, elderly and those with special needs.
- Protect yourself from further injury by putting on long pants, long sleeves and sturdy shoes.
- Give first aid for serious injuries, turn off gas if you think it's leaking, and extinguish small fires.
- Get everyone out of your house if it is unsafe. Expect aftershocks!
- Tune to **95.3 KUIC FM** radio for emergency information and updates.
- Be prepared to be on your own for a minimum of 72 hours or more.

Don't let your family get caught off guard. *Plan Now* and *Be Ready!*

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