
FORWARD

The Poway Fire Department, Emergency Services Division, prepared this workbook for the residents and businesses of Poway. It is designed to assist you in developing personal plans to cope with unforeseen emergencies and disasters.

Although the information in this book should help you to prepare for all types of emergencies, as you will see, we tend to focus most of our preparedness activities around the threat of earthquake. This is because a major earthquake will disrupt lifelines such as emergency services, utilities, and transportation routes. To cope and survive, citizens will need to be self-sufficient for at least three days and probably up to one week. Obviously, this requires some thought and planning.

Use this workbook as a guide. Not all of the information will pertain to you. If you haven't done anything before, don't get discouraged. You don't have to accomplish everything in one day. Take it step by step. Make preparedness an ongoing family project.

The information in this workbook was compiled from many sources. Much of it was obtained from the San Diego County Office of Disaster Preparedness and the American Red Cross. For further information, contact:

Poway Fire Department 858-668-4460

County Office of Emergency Services 858-565-3490

American Red Cross (Escondido) 760-745-3221

American Red Cross Disaster Services (San Diego) 619-542-7649

State Office of Emergency Services (Southern California) 562-795-2900

Southern California Earthquake Center 213-740-1560

Most people have a calendar that they mark with reminders of birthdays, anniversaries, and other special occasions. Use this same calendar to remind yourself to review your disaster plan, change the batteries in your smoke detector, check on supplies, etc. This should be done twice a year, e.g. when the time changes to and from daylight savings

1st Date _____

2nd Date _____

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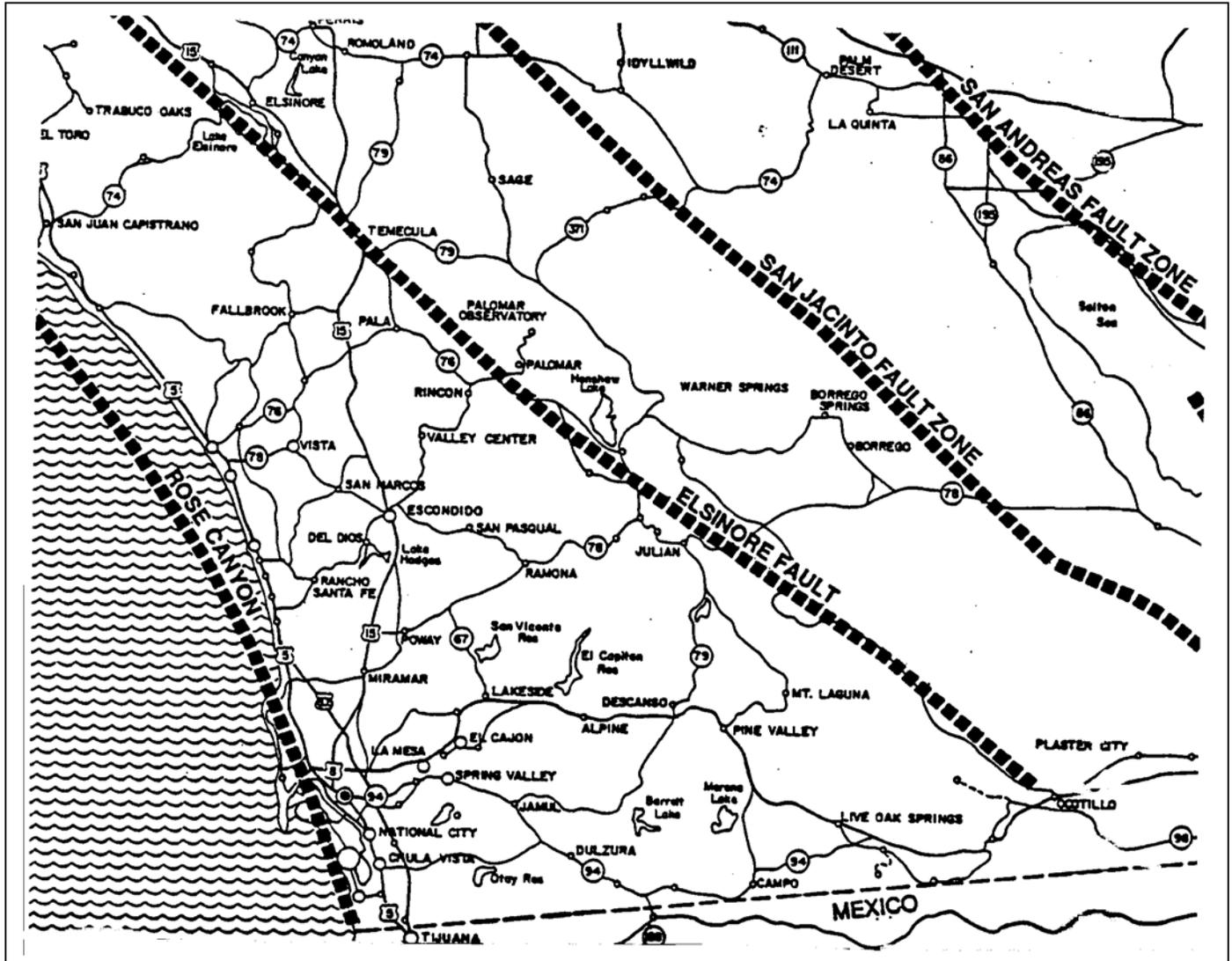
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San Diego County Area Fault Map



FAULT	DISTANCE FROM POWAY	NEAREST POINT TO POWAY	POTENTIAL MAGNITUDE
Rose Canyon	13 miles SW	La Jolla	6.4 - 6.9
Elsinore	24 miles NE	Lake Henshaw	7.6
San Jacinto	47 miles NE	Hemet	7.6
San Andreas	78 miles E	Salton Sea	8.0+

Preparing Yourself and Family



Important Individual and Family Information

After a major disaster such as an earthquake, you may need financial assistance and will want to document any property loss for insurance and income tax purposes. Having ready access to the documents necessary for completing application forms, as well as those, which could be difficult to replace, will eliminate undue delay and frustration.

- Take a few minutes to record this vital family information. Keep copies in two safe places, fire resistant if possible. They can also be stored in watertight plastic bags in the freezer.

- Store deeds, wills, tax records, birth certificates, insurance policies, and other vital documents.

- Take photographs and/or videotape of all valuables for documentation for insurance claims. Photograph your entire house, room-by-room, drawer-by-drawer, including walls, ceilings, floors, outside landscaping, sheds, fences, and patios.

1. Names and social security numbers of all family members:

_____ _____
_____ _____

2. Name, address, and phone number of:

Father's employer: _____
Address: _____
Phone: _____
Pager/Cell Phone: _____

Mother's employer: _____
Address: _____
Phone: _____
Pager/Cell Phone: _____

Child/Other's employer: _____
Address: _____
Phone: _____
Pager/Cell Phone: _____

Child/Other's employer: _____
Address: _____
Phone: _____
Pager/Cell Phone: _____

Doctor: _____
Address: _____
Phone: _____

Child's Doctor: _____
Address: _____
Phone: _____

Hospital/Clinic: _____
Address: _____
Phone: _____

3. Name, address, and phone number of:

Child's school: _____
Address: _____
Phone: _____
School policy is to hold/release (circle one) child.

Child's school: _____
Address: _____
Phone: _____
School policy is to hold/release (circle one) child.

4. Name, address, and phone number of:

Insurance Agent: _____
Address: _____
Phone: _____

Policy type: _____ # _____

5. Important Telephone Numbers:

Public Safety (Police and Fire): **911**
Paramedics: **911**
Poison Control Center: 1-800-876-4766
SDG& E: 1-800-611-7343
Water Provider: _____

Neighbor: _____
Phone: _____
Neighbor/Landlord/Property Mgr.: _____
Phone: _____

6. Pertinent Medical Information: (include grandparents and other family members)

Name: _____
Regular Medications: _____
Allergies: _____
Other (on dialysis, confined to wheelchair, etc.): _____

Name: _____
Regular Medications: _____
Allergies: _____
Other (on dialysis, confined to wheelchair, etc.): _____

Name: _____
Regular Medications: _____
Allergies: _____
Other (on dialysis, confined to wheelchair, etc.): _____

Name: _____
Regular Medications: _____
Allergies: _____
Other (on dialysis, confined to wheelchair, etc.): _____

7. Car, boat, RV, etc. license and vehicle identification (ID) number:

Kind: _____ License #: _____

ID #: _____

Kind: _____ License #: _____

ID #: _____

Kind: _____ License #: _____

ID #: _____

8. Account type and number:

Bank: _____

Account type: _____ #: _____

Account type: _____ #: _____

Bank: _____

Account type: _____ #: _____

Account type: _____ #: _____

Other: _____

Type: _____ #: _____

Type: _____ #: _____

9. To Obtain Emergency Information

Tune to this radio broadcast station:

KOGO AM 600 or KPOP AM 1360

Any radio station still on the air should be broadcasting information about shelters, where water can be obtained, where food can be obtained, and where you can go to get help. KOGO AM 600 is the primary and KPOP AM 1360 is the secondary Emergency Alert System (EAS)/Radio Broadcast Station in San Diego County. Enter the radio stations on the automatic buttons on the radio in your car. During major emergencies, the stations will be broadcasting information supplied to them by the Office of Disaster Preparedness and other local, state, and federal agencies.

If you are a cable TV subscriber, the cable providers scroll emergency messages across the bottom of the TV screen.



Individual and Family Evacuation Plans

In the event of a fire, flood, or disaster such as a toxic waste spill, you will need to be prepared to quickly and efficiently evacuate. By planning and practicing what to do before you need to, you will help yourself and your family to react correctly and spontaneously at the first sign of danger.

Planning to Evacuate

- Sketch the floor plan of the place where you live.
- Show a second way to exit from each room. If you need special equipment, such as a rope ladder, mark where it is located.
- Mark where your emergency food, water, first-aid kits, and fire extinguishers are kept.
- Mark where the utility (gas, water, and electric) turnoff valves are located.
- Indicate the location of your family's emergency outdoor meeting place. Practice your evacuation plan during your semiannual emergency drills. Decide and agree upon a meeting place and what action is necessary for your pets.

(Floor Plan)

Evacuation Priority List

If you are told that you need to immediately evacuate, you will have little time to think about what to do. To help you be prepared to respond before the disaster strikes, take a few minutes to complete this list.

- List the most important items to be taken with you. List only those that can be hand carried.

_____	_____
_____	_____
_____	_____
_____	_____

- List other items in order of importance.

_____	_____
_____	_____
_____	_____
_____	_____

- List items to be removed by car or truck if one is available.

_____	_____
_____	_____
_____	_____
_____	_____

- Make a list of things to do if time permits: for example, locking the doors and windows, turning off the utilities, etc.

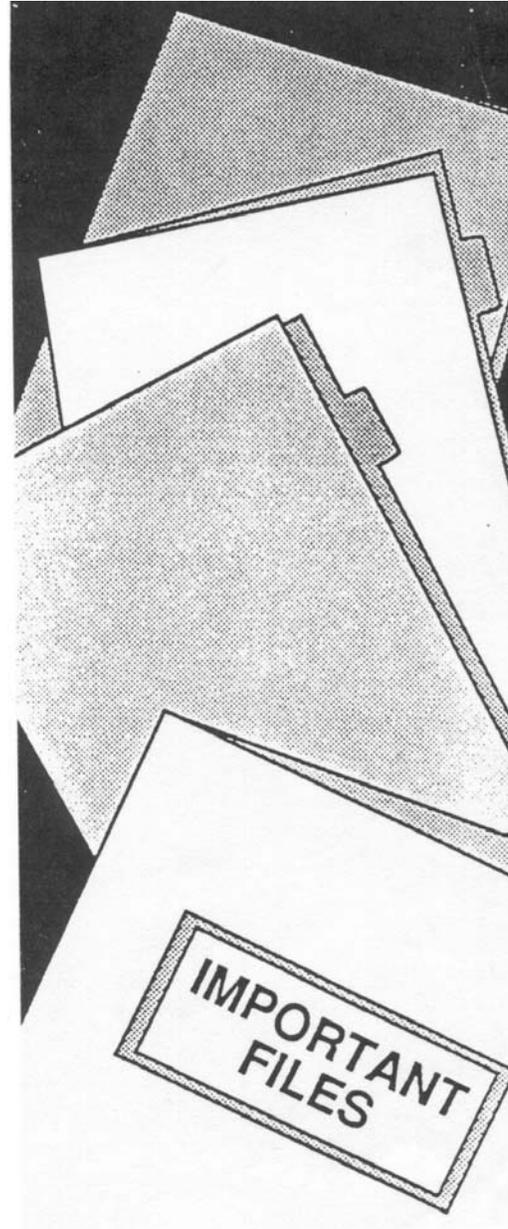
_____	_____
_____	_____
_____	_____
_____	_____

- _____ Make a disaster supply kit. (See page 16 for suggestions)

If You Must Evacuate Your Home

Post a message indicating where you have gone.

Take vital documents, emergency supplies and equipment, and extra medications (include prescription medication) with you.



Pet Evacuations

If you are a pet owner, your disaster plan must include your pets. During an evacuation, leaving a pet behind is likely to result in loss, injury, or worse.

Disaster Shelters

Disaster Shelters are unable to accept any pets other than those who assist people with disabilities. (If appropriate for your pet, however, they may be tied up to nearby fences. Be sure to bring a leash, muzzle, water/food, and a bowl.) Plan ahead and do some research to find shelter for your animals.

- Contact hotels/motels outside your immediate area to determine if they accept pets or will accept pets during an emergency.
- Talk to friends and relatives outside of the area.
- Prepare a list of boarding facilities and veterinarians who could shelter your animals in an emergency. (Include 24-hour phone numbers)
- Ask local animal shelters if they provide emergency shelter or foster care for pets during a disaster.

Portable Pet Disaster Supply Kit

Keep items in an accessible place and store them in sturdy containers that can be carried easily. The kit should include:

- Your pet's license numbers (if appropriate)
- A first aid kit, medications, and medical records
- Sturdy leashes, harnesses, and/or carriers to transport pets safely
- Current photos of your pets in case they get lost.
- Food, potable water, bowls, cat litter/pan, and a can opener
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to board your pets
- Pet beds and toys (if easily transportable)

Other Pets

Be aware of the weather. Bring blankets and heating pads during cold weather. Carry plant misters during warm weather. Take bedding materials, food bowls, and water bottles.

- Birds and lizards should be transported in a secure travel cage or carrier.
- Snakes can be transported in a pillowcase.
- Small mammals (hamsters, gerbils, etc.) should be transported in secure carriers.

What To Do As Disaster Approaches

- Call ahead to confirm emergency shelter arrangements.
- Check to be sure that your pet disaster supplies are ready.
- Bring pets into the house so that you won't have to search for them.
- Make sure your pets are wearing collars and up-to-date information. Attach the phone number and address of your temporary shelter if you know it, or of a friend or relative outside the disaster area.



Family Reunion Plans

Disasters such as an earthquake have a good chance of occurring when your family is not all together. The kids may be at school, and you may be at work, the shopping center, or the theatre. To prepare for these possible separations, take a few minutes and develop a reunion plan. This plan will help you to get back together, or if that is not possible, let each other know you are okay.

If you are a cellular phone user, become familiar with the roaming features available from your service provider.



Planning to Reunite

- List two or three places to go if you cannot stay at home. Possibilities include: neighbors' or nearby relatives' homes, local schools, churches, or community centers. If you arrive home and no one is there, it will give you some places to start looking.

1. _____

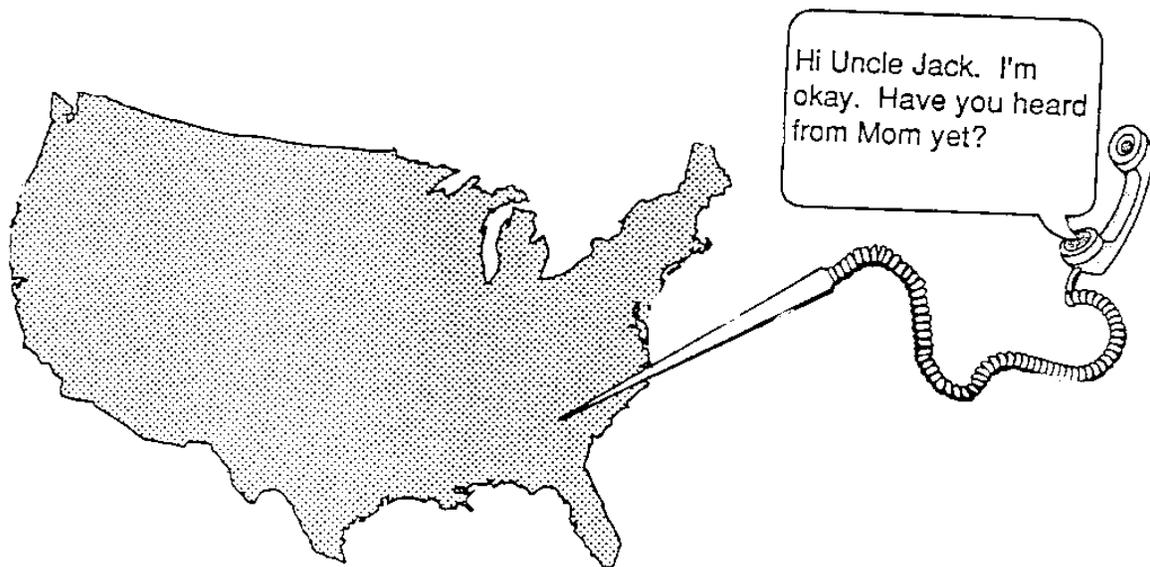
2. _____

3. _____

- Choose a relative or friend who lives out of state, who can be contacted by all family members if it becomes impossible to reach the reunion locations. You can report to them where you are, how you are and learn where and how other family members are as well. All family members need to carry this number!

Name: _____

Phone: _____



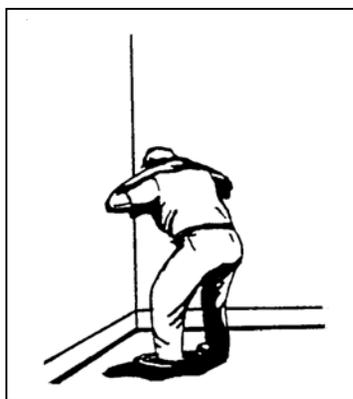
Individual and Family Safety

Two keys to family safety are planning for the disaster and practicing exactly what you will do when it happens.

Before an Earthquake

Walk through your home together.

- Search for hazards using the following guide.
- Discuss where and how you can protect yourselves in each room.
- Practice by physically placing yourselves in these locations. This practice is especially important as a learning tool for young children.
- Keep a flashlight and a pair of shoes near your bed.



Duck, Cover and Hold!!

Place your back in a corner, sit down, and cover your head and eyes with both hands and arms.



During an Earthquake

Stay Calm! Few people are injured by the shaking itself. It is usually falling objects that cause injuries.

Move away from glass doors and windows.

Avoid heavy, standing objects such as bookcases, china cabinets, etc.

If you are indoors, stay there. Do not run outside. Quickly move to one of the safe places you have identified—ideally under a sturdy desk or table.

If you are outside, move away from power lines and poles, trees, tall buildings, walls, and chimneys.



After an Earthquake

Expect aftershocks--outside feels safer.

Wear sturdy shoes for protection from debris or broken glass.

Immediately check for injuries.

Immediately check for fires.

Use a flashlight. **DO NOT** light a match until you are positive that there are no gas leaks.

Check utilities, appliances, and sewer line for damage before using.

Listen to the radio for details. Do not use the telephone except to report emergencies.

Coping with Your Child's Fears

Before the Disaster

Your child is less likely to experience prolonged fear or anxiety if he/she knows what to expect after the disaster.

- Talk about your own experiences and/or read aloud about disasters, such as earthquakes. Local libraries have a number of good books on earthquakes.
- Ask the staff at your child's school about the school's disaster plan.
- Provide your child with the name of a relative, neighbor or friend who will care for him/her until the family can be reunited.

Name: _____

Phone: _____

- Is this person listed with your child's school as being authorized to pick up your child?

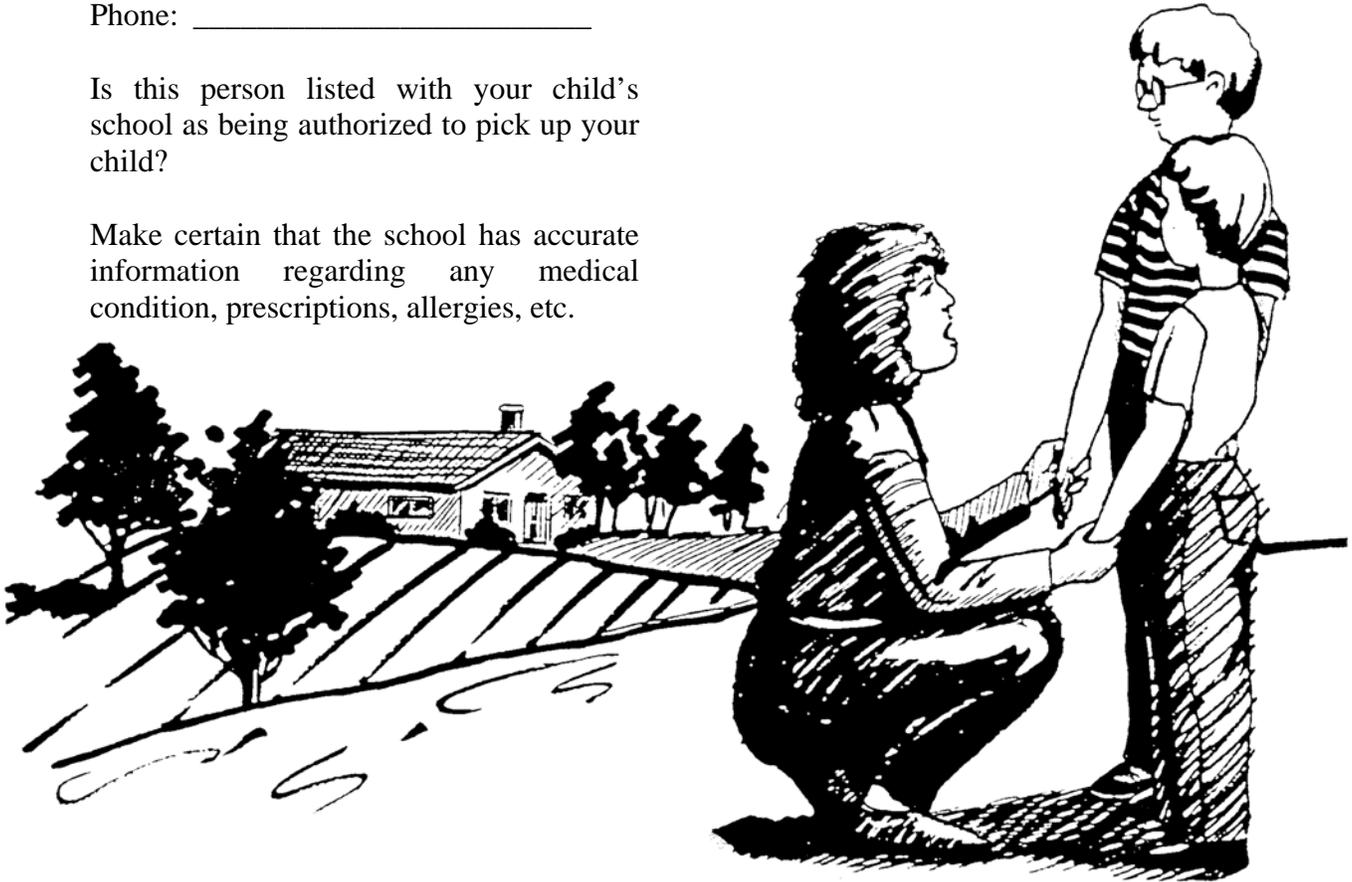
Make certain that the school has accurate information regarding any medical condition, prescriptions, allergies, etc.

After the Disaster

Encourage your child to express his/her feelings of fear.

Your child may need both verbal and physical reassurance that everything will be all right. Hug him/her a lot.

Include your child in any cleanup activities. It is comforting to the child to watch the household begin to resume its normal functions and to have a job to do.



Tips for the Elderly or the Disabled

Before the Disaster

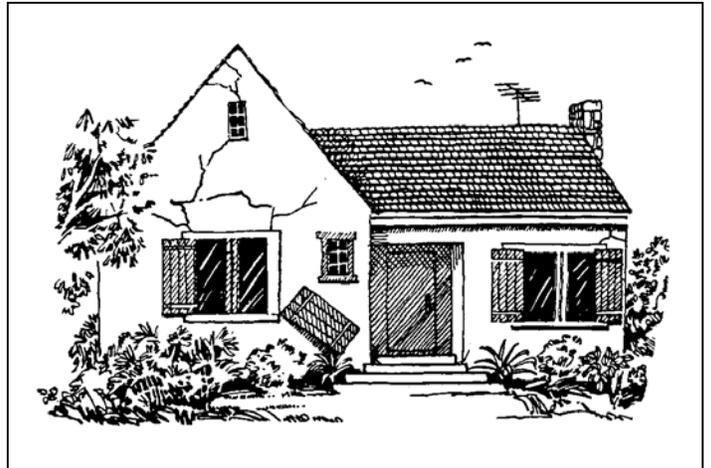
- Tell your neighbors now if you might not move well or quickly in an emergency.
- People who are blind should keep an extra cane at home and at work. After the earthquake, your seeing eye dog may be injured or too frightened to help you.
- Know where the safer places are in each room of your home, such as: under a sturdy desk or table or in the corner of an inside wall.
- Figure out how you can get out of each room if the doorway is blocked.

During the Disaster

Move to one of the areas of safety you have identified.

Stay away from heavy objects, tall furniture, and glass doors as they may fall, move, and break.

If you are in a wheelchair, stay in it. Move to a doorway, or other area of safety. Lock the wheels and cover your head with your arms to protect yourself from falling debris.



After the Disaster

If you are trapped inside, make as much noise as possible to attract attention to yourself. You might carry a whistle at all times.



Emergency Water

Water is one of the most important survival necessities after an earthquake or other major disaster. A person can survive weeks without food, but only a few days without water.

Amount

- ☐ Store one gallon per person per day. While it is good to store enough for seven days, it is essential that you prepare for at least three days. Remember water for your pet(s).

Water Storage

Water should be stored in sturdy plastic bottles, preferably opaque. Chlorine bleach bottles work well. Plastic juice and milk containers are less desirable as they tend to crack and leak more readily.

NOTE: Avoid placing water containers in areas where toxic substances, such as gasoline and pesticides are present. These vapors penetrate the plastic after time.

Existing Water Sources in the Home

- Water drained from the water heater faucet provided it remains upright. (Water will drain easier if a faucet in the home is turn on.)
- Water dipped from the flush tank of the toilet. Purify this water before using. Use the bowl water for pets. Do not use chemically “blue” water.
- Melted ice cubes.
- Canned fruit or vegetable juice and liquids from other canned goods.

Do Not Use Water From:

- Hot water boilers (home heating system)
- Radiators
- Waterbeds (fungicides added to the water or chemical substances in the vinyl may cause the water to become undrinkable)
- Fire sprinkler system

Purification of Water

There are many ways to purify water. None is perfect. Often the best solution is a combination of methods. The following methods will kill most microbes but will not remove other contaminants such as heavy metals, salts, and most other chemicals. Before purifying, let any suspended particles settle to the bottom or strain them through layers of paper towels or clean cloths.

- Boil for 3-5 minutes. (Boiled or stored water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers.)
- Add household liquid bleach (with 5.25 percent sodium hypochlorite) to kill microorganisms. Do not use bleaches that are scented, colorsafe, or with added cleaners. Add 16 drops of bleach per gallon of water, stir, and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand for another 15 minutes. Purchase an eyedropper to add bleach. Keep it for this purpose only. Iodine and water treatment products that do not contain a 5.25 percent sodium hypochlorite as the only active ingredient are not recommended and should not be used.
- Distillation involves boiling water and collecting the vapor that condenses back to water. Fill a pot halfway with water. Tie a cup to the handle of the lid of a pot so that the cup will hang right side up when the lid is upside-down and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.



Emergency Food

- A disaster can easily disrupt the food supply at any time, so plan to have at least a three to five day supply of food above your normal requirements. You may have plenty of food on hand right now, but check your supplies to make sure.

When storing food, it is not necessary to buy dehydrated or other types of emergency food. Canned foods, dry mixes and other supplies you already have on hand are good for a number of reasons: they do not require cooking or water for preparation; they can be kept with your regular supply; and, with proper storage, they will remain fresh for about two years.

Remember to date each package and tin so you will know when to rotate them into your normal food supply. This should be done once or twice a year.

Choose Foods That

- Your family will enjoy, especially the kids. It is best to serve familiar foods in stressful times.
- Require little or no cooking or refrigeration in case the utilities are disrupted.
- Come in cans or package sizes that contain portions small enough for one meal so the food will not be wasted.
- Have a long storage life.
- Need little or no water for preparation in case water service is disrupted.
- Will not increase thirst (low in salt content).
- Will meet the needs of family members who are on special diets.

How To Store Emergency Food

How long food lasts depends on how it is stored. The ideal location is a cool, dry, dark place. The best temperature is 40°- 60° F. High temperatures contribute to the spoiling of most types of food. It is not a good idea to store food in the house. Outside storage areas or burying the food are alternatives.

Keep food away from petroleum products such as gasoline and oil. Some food products absorb their smell.

Protect food from rodents and insects. Items that come in boxes or in paper cartons will keep longer if they are heavily wrapped or stored in plastic or metal containers.

How To Use Emergency Food

Use perishable food in your refrigerator or freezer before using food in your emergency kit. Be sure any food you eat that has been stored for long periods of time is safe to eat. Discard cans that bulge at the end or are leaking.

Other Items To Store

- Paper plates and cups
- Plastic eating utensils
- A manual can and bottle opener
- Dishpan and scrub pads

***DO NOT EAT OR DRINK ANYTHING FROM OPEN CONTAINERS NEAR SHATTERED GLASS!**

Using the chart below as a guideline, keep a three to five day supply of the following food groups for each family member.

1. Canned stew, spaghetti, corned beef hash, soup, beans, tuna, sardines, meats, fruits, and vegetables.
2. Drinks such as canned juices, soda, instant coffee, tea, bouillon, and cocoa.
3. Crackers and spreads for crackers such as peanut butter, canned meat, and cheese.
4. Sugar, catsup, and mustard.
5. Hard candies, raisins, canned nuts (unsalted), instant puddings, dried fruit, seeds, granola bars, etc.
6. Dried and/or evaporated milk.
7. Ready-to-eat cereals.
8. Oatmeal cookies or crackers.

Guidelines for Emergency Food Amounts for Adults

Type of Food	72-hour (3 day) Supply	Two-Week Supply	Useful Information
Canned meat, fish, poultry Canned Soup Nuts/peanut butter	6 servings	28 servings	<u>One serving equals:</u> 2-3 oz. meat, poultry, fish 3/4 oz. dried meat 5 oz. condensed soup 1/2 cup nuts 4 tbs. peanut butter
Fruits and vegetables Cereals and baked goods Crackers	10 - 1/2 cup servings 10 – 12 servings <u>One serving equals:</u> 1 slice of bread 1/2 cup cooked cereal or pasta 2/3 cup cooked rice 6 graham crackers squares	46 servings 46 servings	<u>One serving equals:</u> 4 oz. canned fruit or vegetables 1/2 oz. dried fruit 4 – 8 oz. canned juices <u>One serving equals:</u> 1 slice of bread, roll, pancake 1/2 – 1 oz. dry cereal 1 oz. quick-cook cereal 1 oz. crackers 1 oz. cookies 3/4 oz. uncooked pasta 6 oz. cooked pasta 3/4 oz. rice
Fats, oils, and lard	N/A	Up to 1 pound or 1 pint per person	Choose types that do not require refrigeration

Shelf Life for Common Foods

Food	In Months	Food	In Months
Beverages – powdered	24	Milk – evaporated and dry	6
Biscuit, brownie, muffin mixes	9	Mustard – unopened	24
Bouillon cubes or granules	24	Nuts – canned	12
Cake mixes	1-2	Pancake mix	6-9
Catsup – unopened	12	Pasta – tightly covered	24+
Cereals		Peanut butter	9
Ready to eat	6-12	Pudding mix	12
Uncooked – in original package	12	Rice mixes	6
Uncooked – in metal container	24	Rice – white – tightly covered	24+
Cocoa mixes	12	Salad dressings – unopened	18
Coffee, tea	18	Salad oil - unopened	6
Fruits		Sauce and gravy mixes	6-12
Canned citrus fruits and juices	12	Soups	
Other canned fruits and juices	18	Condensed meat and vegetable	12
Dried – in metal container	12	Dry mixes	12
Gelatin	18	Tuna and other canned fish	12
Hard candy and gum	18	Vegetables	
Honey – tightly covered	12	Canned tomatoes and sauerkraut	12
Jams and syrups – tightly covered	12	Other canned vegetables	18
Meat, poultry-canned (except fish)	18	Instant potatoes	18



First Aid

- Make a first aid kit. The items suggested below should be tailored to meet your individual needs.

Keep your kit freshly stocked by using it for every day needs. Keep your supplies in a small tool or fishing tackle box for easy carrying and protection.

Drugs

- Iodine (tablets)
- Benadryl for allergic reactions
- Hydrogen peroxide to wash and disinfect wounds
- Antibiotic ointment for dressing wounds
- Individually wrapped alcohol swabs (available at drugstores)
- Antacids
- Aspirin (to reduce swelling) and non-aspirin tablets
- Prescriptions from doctor for any long-term medications (keep these current)
- Diarrhea medicine
- Laxatives
- Syrup of Ipecac (to induce vomiting)
- Vitamin supplements
- Eye drops and eye wash cup

When buying drug items, check the expiration dates. Buy only fresh supplies for longest shelf life. Important medical information and prescriptions can be stored in the refrigerator. This provides excellent protection from fires.

Dressings

- Band Aids (Bandages can be made from clean rags, disposable diapers, and sanitary napkins.)
- Dressings (can be held in place by men's ties, plastic bags, and nylon stockings.)
- Clean sheets torn into strips may be used as bandages or slings
- Ace bandages

- Butterfly bandages
- Rolled gauze - 1 each of 1", 2", and 3"
- Cotton-tipped swabs
- Adhesive tape roll - 1/2" or 1" wide
- Bandage, sterile roll - 2" x 4" wide
- 3 large triangular bandages (36" x 36" x 50")

Other Supplies

- First aid book - an excellent choice is "Standard First Aid and Personal Safety" from the Red Cross
- Writing materials - pen, pencil, and paper
- Scissors
- Tweezers
- Thermometer
- Bar soap
- Tissues
- Skin lotion
- Sunscreen lotion
- Insect Repellent
- Paper cups
- Plastic bags
- Plastic spoons
- Waterproof matches
- Safety pins
- Needle and thread
- Instant cold packs for sprains and burns
- Sanitary napkins
- Ammonia inhalant (smelling salts)
- Mylar space blankets
- Pocketknife
- Pre-moistened towelettes
- Splinting materials
- Snakebite kit



A Guide to First Aid

After a major earthquake there will be injured people needing attention. The following guide gives information on administering basic first aid until emergency medical treatment is available.

Check For Injuries

- t Look for Medic Alert or similar bracelets, necklaces, etc. They describe emergency medical requirements.
- t If anyone has stopped breathing, give mouth-to-mouth Rescue Breathing.
- t Stop any bleeding by applying direct pressure over the site of the wound.
- t Do not attempt to move seriously injured persons unless they are in immediate danger of further injury.
- t Cover injured persons with blankets to keep them warm. Be reassuring and calm.
- t Wear shoes in all areas near debris and broken glass.
- t Get emergency medical help as soon as possible.

Learn Rescue Breathing and CPR

Cardiopulmonary resuscitation is a way of forcing the heart to continue pumping blood through the lungs and out to the rest of the body. The American Heart Association and the American Red Cross offer courses on proper technique.

Heart Attack

- t Warning signs include:
 - a. Severe squeezing pains in chest.
 - b. Pain that radiates from the chest into the arm, the neck or jaw.
 - c. Sweating/weakness, nausea, or vomiting.
 - d. Pain that extends across the shoulders to the back.
- t Two critical life-threatening symptoms occur:
 - a. Breathing slows down or stops.
 - b. The heart may slow down or stop pumping blood.
- t If the victim is not breathing, give Rescue Breathing immediately.
- t If you cannot detect a heart beat by taking a pulse at the carotid artery (can be felt on either side of the neck slightly below and forward of the base of the jaw), CPR and Rescue Breathing should be given to the victim by a properly trained and certified person.

Bleeding The best way to control bleeding is with direct pressure over the site of the wound.

- t If a pad of sterile gauze is not available, use a sanitary napkin, disposable diaper, clean handkerchief, or bare hand.
- t Apply firm, steady pressure for 5 to 15 minutes. Most bleeding will stop within a few minutes.
- t If bleeding is from a foot, hand, leg, or arm, use gravity to help slow the flow of blood. Elevate the limb so that it is higher off the ground than the victim's heart.

Head Injuries Bleeding from an ear can indicate a skull fracture.

- t Always suspect a neck injury when there is a serious head injury. Immobilize the head and neck.
- t Bleeding from the scalp can be very heavy even when the injury is not too serious. Don't press too hard. Be extremely careful when applying pressure over the wound so that bone chips from a possible fracture will not be pressed into the brain.
- t Call for emergency help. Let a professional medical person clean the wound and stitch it, if necessary.
- t Do not give alcohol, cigarettes, or other drugs which mask important symptoms.

Broken Bones Do not move the victim unless the victim is in immediate danger of further injury.

- t Check for:
 - a. Breathing: give Rescue Breathing if needed.
 - b. Bleeding: apply direct pressure over the site.
 - c. Shock: keep the victim calm and warm.
- t Do not try to straighten out a fracture or push a broken bone back into place if it is sticking out of the skin. Do apply a moist dressing to prevent drying out.
- t Do not permit the victim to walk.
- t Splint fractures to prevent motion.

Burns

- t Flame Burns
 - a. Flush with cool water
 - b. Remove garments/jewelry
 - c. Cover victim with clean sheets or towels
- * Additional information can be found in the front of the Pacific Bell or Donnelley telephone books.

Emergency Supplies

Make sure that you have at least one of each of the following on hand:

Lighting

CAUTION: Do not use matches, candles, lamps, or an open flame until you are sure there are no gas leaks.

Flashlights are safe for use immediately after an earthquake. Store extra batteries and light bulbs. (Batteries will stay fresh longer if they are stored in the refrigerator.)

Light sticks are short-term safety lights. They need no source of ignition, and are convenient to store with emergency supplies.

Camping lanterns provide an excellent source of light. Remember to store extra fuel, matches, wicks, and mantles. (Kerosene is less volatile)

NOTE: Always post a fire watch and have plenty of firewood.

Cooking Devices

Matches can be stored in a waterproof, airtight tin.

Camp stoves, barbecues, and hibachis are useful. Remember to store propane or charcoal if you plan on using them. **CAUTION: Never burn charcoal indoors. An inadequately ventilated site may cause carbon monoxide poisoning.**

NOTE: Do not use your fireplace for cooking until the chimney has been inspected for cracks and damages. Sparks may escape into your attic through an undetected crack and start a fire.

Emergency Information

Obtain a battery-powered transistor radio and a solar battery charger. Store extra batteries.

Sanitation Supplies

Portable camp toilets, sturdy buckets, or small trash cans with tight fitting lids can be used as emergency toilets. Store a supply of plastic bag liners, twist ties, toilet paper, and disinfectant with them. Hygiene supplies include soap, shampoo, toothpaste, deodorant, diapers, wipes, and sanitary napkins.

Clean Up

- Axe
- Shovel (flat and round)
- Rake/broom
- Wrench (for gas shut off)

Shelter

- Tent
- Waterproof tarp
- Sleeping bags and blankets
- Newspapers

Pets

- Pet food
- Leashes

Personal Items

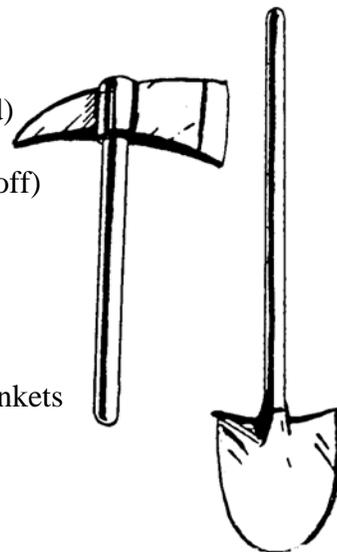
- Eyeglasses - Store an extra pair.
- Sturdy shoes - Keep a pair near the bed. They will protect your feet from broken glass.
- Work gloves for all family members - They will be invaluable as you begin cleanup activities.

Vehicles

Don't run low on fuel. Fill your tank when it reaches the half way mark. Service stations will be unable to use their pumps if there is no power.

Cash

Keep \$50 to \$100 in small bills.

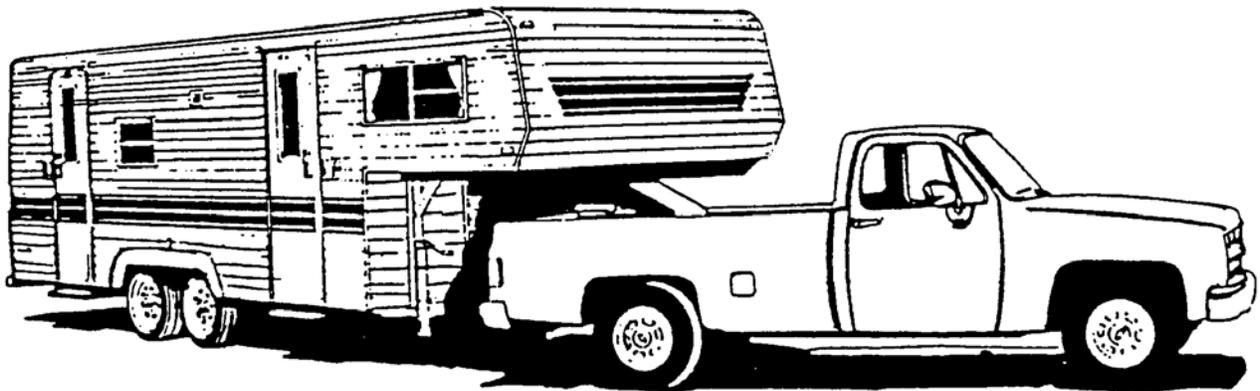


Recreational Vehicles

Recreational vehicles and trailers make good earthquake emergency units. Many recreational vehicles and trailers offer the following: bathrooms, cooking facilities, food storage, medical supplies, extra clothing, water, generator for electric power, shelter, radios, and bedding.

Remember, almost every household has a freezer of some type. Supply the recreational vehicles that have generators with hundred foot extension cords to plug in freezers at least one hour per day or as required to maintain a frozen state. One unit could supply power for a neighborhood block. Stock extra fuel for the generator and butane for cooking. Prepare your recreational vehicle for an emergency.

NOTE: NEVER plug a generator into a building's electrical socket. You could send electricity back through the lines and injure a lineman making repairs, etc. Plug lights or appliances directly into the generator.

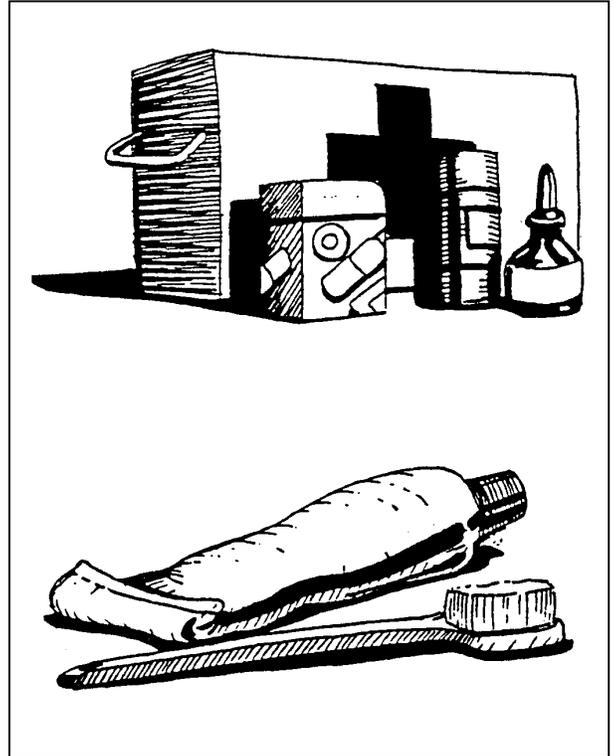


Storage Suggestions

Finding extra space to store your emergency supplies is often a little tricky. However, it is important that you locate them with care. They will do you little good if you cannot get to them or if they are destroyed or damaged during the disaster.

Perishable supplies will remain stable longer if they are stored in a cool, dark place. One suggested method of storing emergency supplies is to place them in a large, covered, metal trash container, which can then be stored outside in a cool, sheltered location. Put the contents inside moistureproof bags before placing them in a can or burying them in the ground. The amount of each item you put in the can will depend upon the number of people you are storing for.

Keep this booklet with your supplies. The information you placed in the first few pages needs to be available.



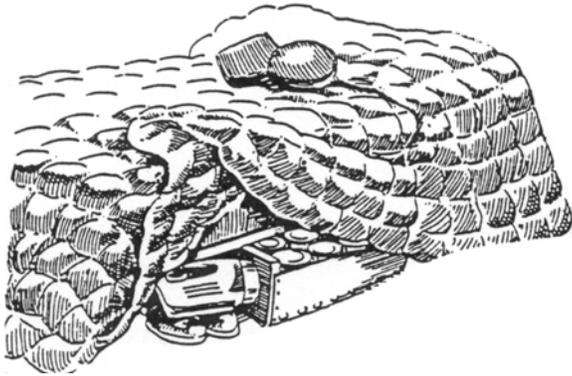
Paper towels Toilet Paper Sanitary Napkins	First aid supplies	Books Pencils Paper
Toothpaste Tooth brushes Bar soap Shampoo Sponge Liquid cleaner 2 gallons liquid bleach	Razor blades Can opener Scissors	Flashlights Batteries Candles Matches Plastic Tarp
Blankets ♦ Change of clothes 2 – 4 towels ♦ Sweaters	Foods such as: Canned meats and tuna Canned vegetables Canned fruit Warm drinks and juices Peanut butter Candy, nuts and raisins Vitamin pills Dried beans and rice	
Sterno stove & canned sterno Cooking pot Aluminum foil String Plastic Dishes Aluminum dish Large & small plastic garbage bags Newspapers	Water (at least one gallon per person)	



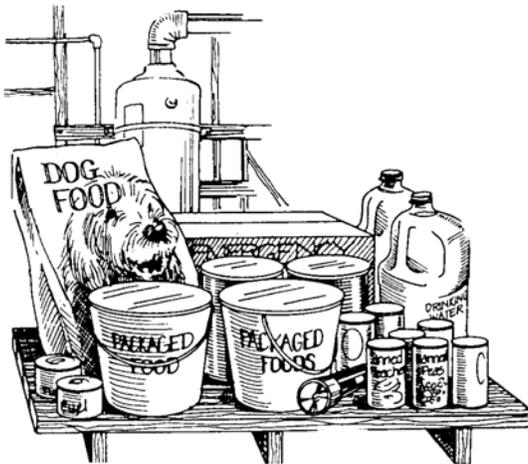
- Storing your supplies in different locations will prevent all of them from becoming inaccessible in an emergency.

Suggestions include:

- Behind a drape
- Under a bed or behind a couch
- On a closet floor
- In a metal trash container, topped with plywood circle and covered with a floor-length tablecloth
- Up off cement floors in your garage or out buildings



• Under a bed



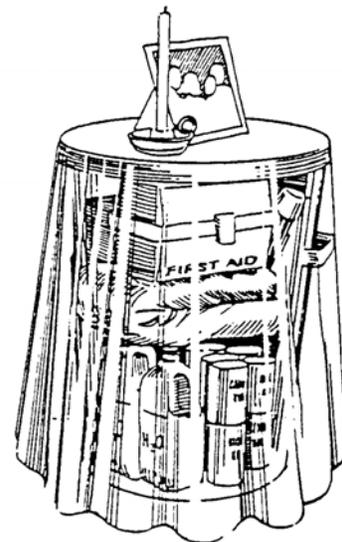
• Up off cement floors in a garage or outbuilding



• Behind a drape



• In a closet



• Store items in a flattop trash barrel and cover with a floor length tablecloth

Emergency Minisupply Kits

Car Minisurvival Kit

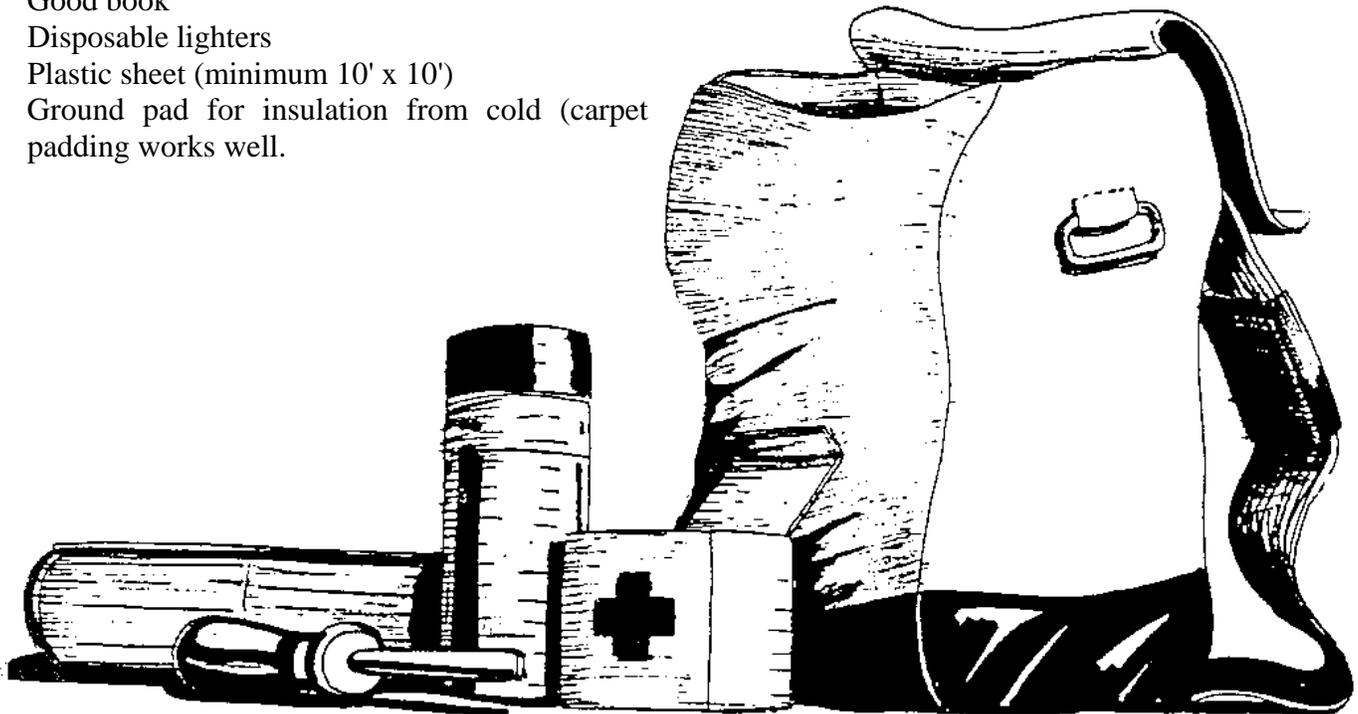
Most people spend many hours in their cars each week. A major disaster could force you to rely on your car for short-term shelter and survival.

- Assemble a survival kit for your car with some or all of the following items. Storing these supplies in a small day or backpack will make them convenient to carry if you need to walk home.
- Snack-type, nutritious foods - dried fruits, nuts, granola bars, crackers, seeds, jerky, etc.
- Comfortable shoes
- Bottled water
- Small first aid kit (with personal medications)
- Fire extinguisher: A-B-C type
- Flares
- Blanket
- Local maps and compass
- Flashlight and batteries
- Tools - screwdriver and pliers
- A pair of heavy work gloves
- Ziplock bags, toilet tissue, and newspapers
- Good book
- Disposable lighters
- Plastic sheet (minimum 10' x 10')
- Ground pad for insulation from cold (carpet padding works well).

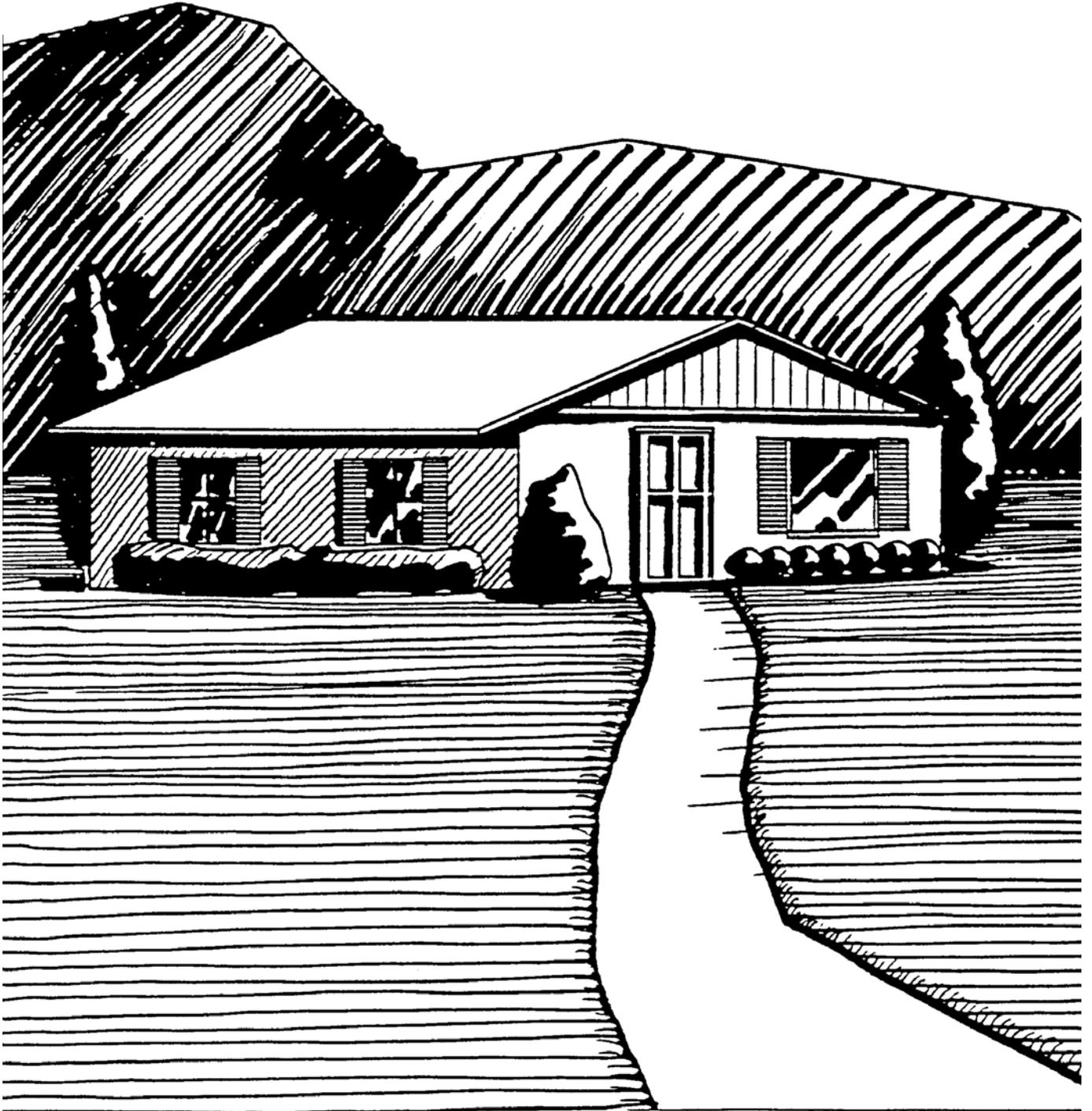
Work Minisurvival Kit

Many of us stand a 33 percent chance of being at work when a disaster strikes. A minisurvival kit could make the hours until you get home more comfortable and safe.

- Assemble a survival kit for your work with some or all of the following:
- Snack-type nutritious foods
- Comfortable shoes
- Bottled water/plastic juice containers
- Small first aid kit
- Blanket (wool or synthetic pile)
- Flashlight and extra batteries
- Essential medication
- Battery-operated AM radio
- Ziplock bags, toilet tissue
- Emergency instructions
- A pair of heavy work gloves
- Change of clothes
- Iodine
- Disposable lighter
- Plastic sheet (10' x 10')



Preparing Your Home



Earthquake Hazard Hunt

Imagine what would happen if your home had wheels and was speeding down a twisting, bumpy road. A major earthquake will have a similar effect.

- Take 30 minutes to walk through your home. Identify potential hazards by using this worksheet.

* Correct these hazards by completing the suggested tasks on the noted pages.

1. Check your water heater and forced air unit. Is it securely fastened to wall studs with straps or strips of plumber's tape?

Yes _____ No _____

- Secure your water heater with plumber's tape.

2. Identify top-heavy, freestanding furniture, which could topple in an earthquake, such as bookcases and china cabinets.

Secure these items by installing appropriate anchoring materials.

3. Identify heavy or breakable objects on high shelves or in cabinets.

- Securely fasten or move these objects to lower locations.



4. Identify electronic equipment (stereos, computers, etc.) and appliances (microwaves, toaster, etc.), which may slide off their cabinets.

- Secure these by using double-stick tape or Velcro-like fasteners, or provide a restraining edge on the cabinet or shelf.

5. Identify hanging plants, especially those in heavy baskets and hanging lights, which are near windows.

- Move these to a safer location or securely fasten them.

6. Identify mirrors, heavily framed pictures, etc. which are placed over beds, couches, and chairs.

- Relocate these, or securely mount them.

7. Identify appliances that could move enough to rupture gas or electrical lines.

_____	_____
_____	_____
_____	_____
_____	_____

Securely fasten these objects.

8. Check all appliances and the water heater to make sure they are connected to the fuel source with flexible lines.

_____	_____
_____	_____
_____	_____
_____	_____

Install flexible connectors on all gas appliances and the water heater.

9. Identify latches on kitchen and bathroom cabinets that will not hold the doors closed during heavy shaking.

_____	_____
_____	_____
_____	_____
_____	_____

Install more secure latches or hooks.

10. Inspect four-poster beds, enclosed bed frames, and waterbeds that may come apart or pieces that may fall onto the bed.

_____	_____
_____	_____
_____	_____
_____	_____

Secure loose-fitted joints.

11. Identify poisons, toxins, or solvents especially those in breakable containers, which are located in high or dangerous locations.

_____	_____
_____	_____
_____	_____
_____	_____

Move these containers to a safe, well-ventilated storage area. Keep them away from your water storage and out of the reach of children and pets.

12. Inspect the foundation of your home. Is your house securely bolted to it?

Yes _____ No _____

Secure your home to its foundation.

13. Check your chimney and roof for loose tiles and bricks.

Chimney: _____

Roof: _____

Remove or replace them and strengthen the roof.

14. Check cabinets and closets for loose items that may fall and break or block your exit.

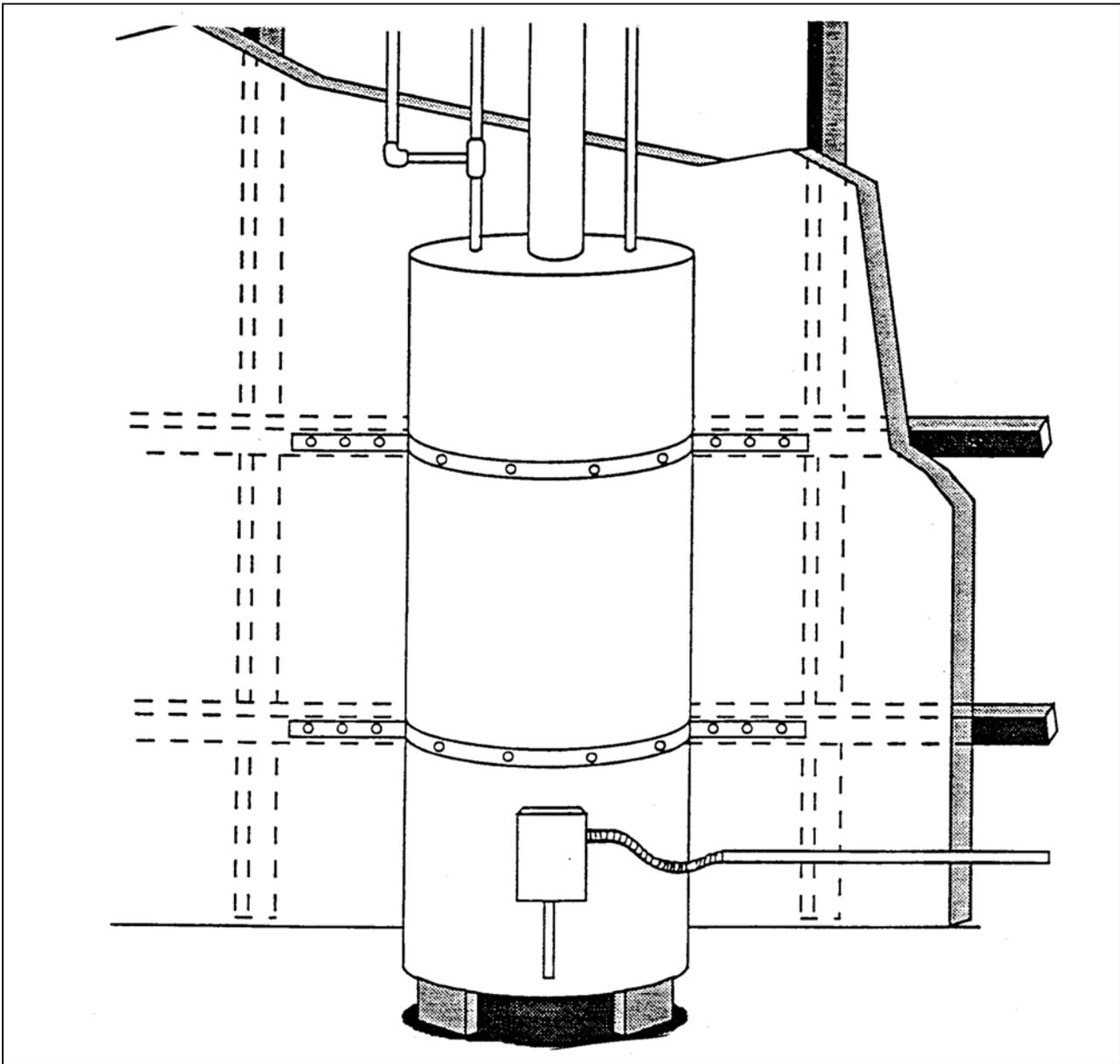
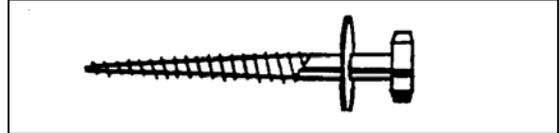
_____	_____
_____	_____
_____	_____
_____	_____

Relocate items or securely mount them.

How To Secure Your Water Heater

The typical water heater weighs about 450 pounds when full. Such a massive object resists being moved suddenly (inertia). In an earthquake, the floor on which it is standing tends to move out from under the heater causing it to topple over. This movement also breaks its gas and water line connectors.

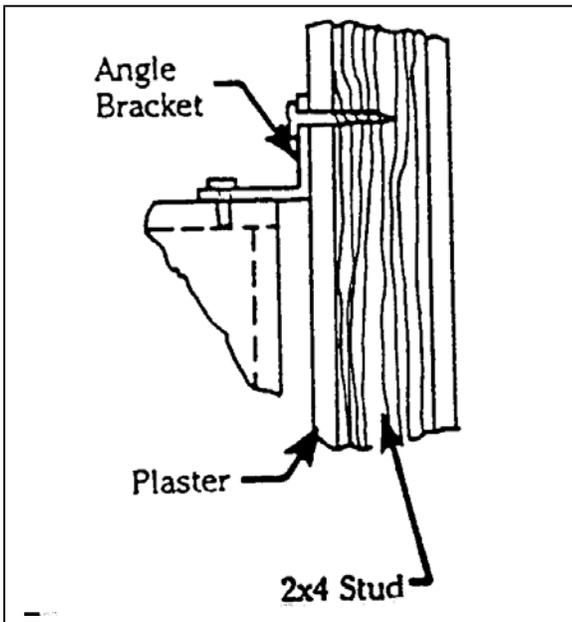
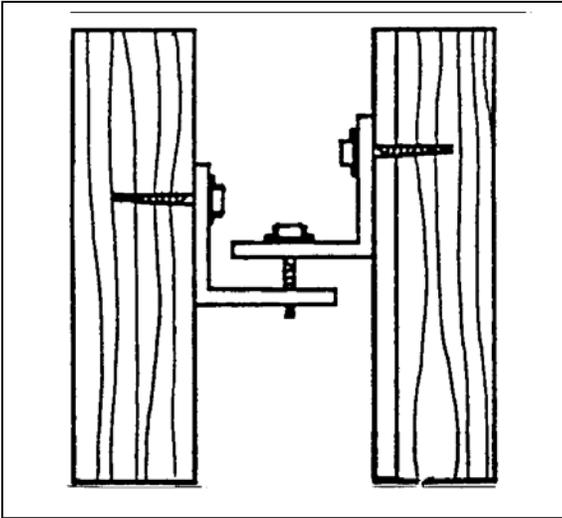
- Wrap steel plumber's tape around the entire heater at least twice. Secure the tape to two different wall studs with big two inch or longer lag screws or nails.
- Install flexible gas and water connectors.



How To Secure Your Furniture

A major disaster can cause damage to your possessions. In fact, it is estimated that one-third of the total damage will be due to non-structural damage (furniture, equipment, supplies, etc.).

How you secure your furniture will depend upon its value, location and your imagination. Below are just a few ideas to help you get started.



Tall or Top-Heavy Furniture

- Secure your furniture by using:

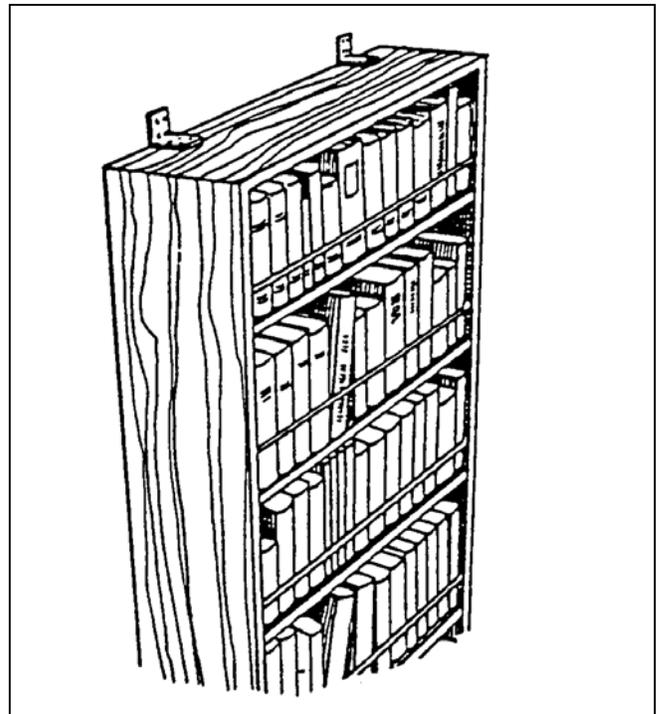
“L” brackets, corner brackets, or “anodized” aluminum molding to attach tall or top heavy furniture to the wall.

Use corner brackets or eyebolts to secure items located a short distance from the wall.

- Attach a wooden or metal guardrail on open shelves to keep items from sliding or falling off.

Fishing line can be used as a less visible means of securing an item.

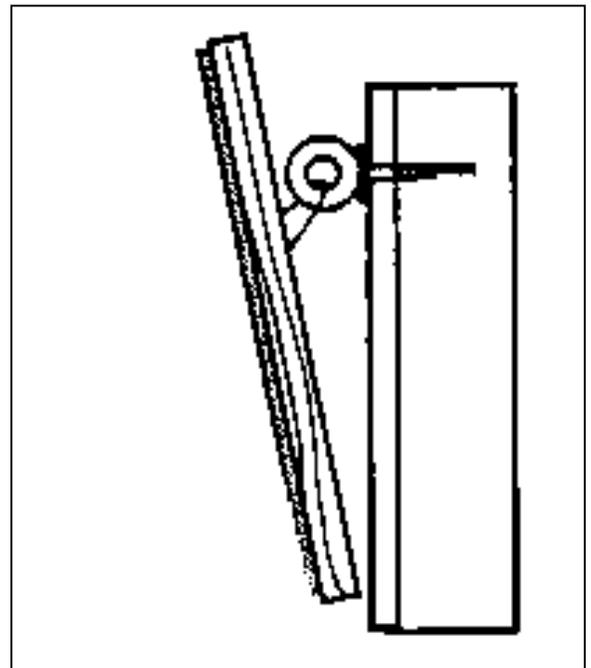
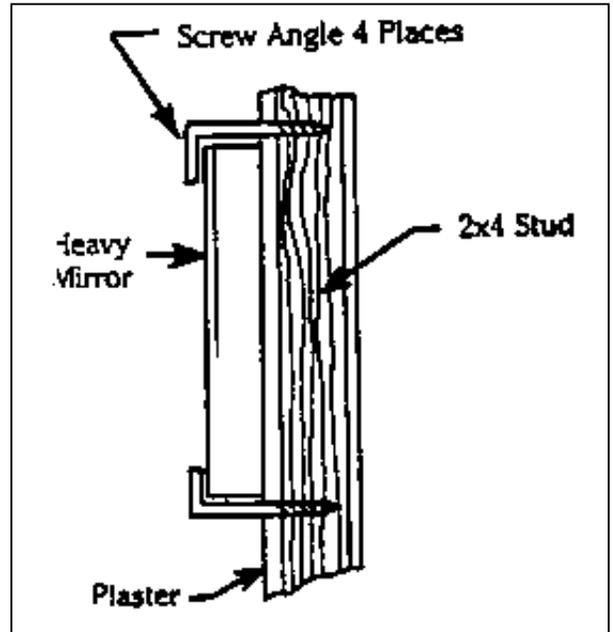
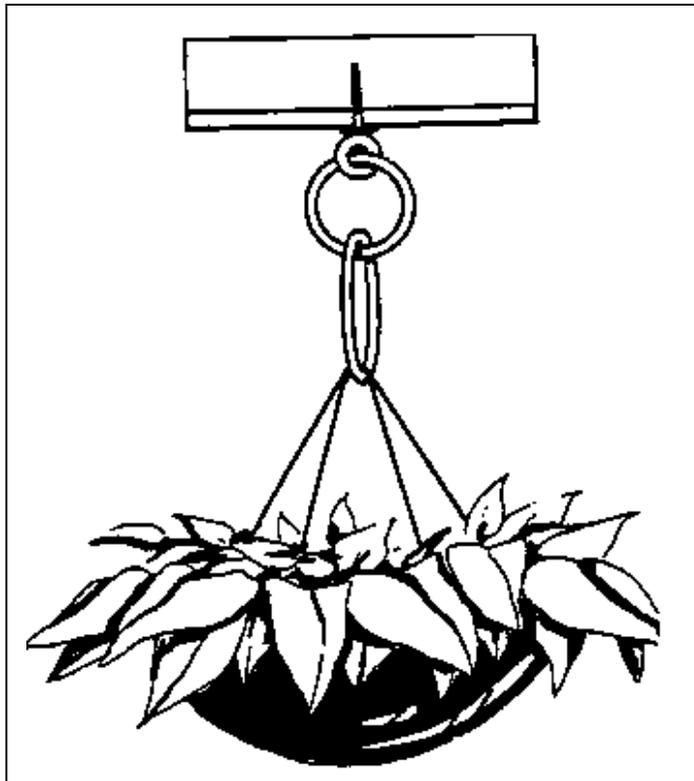
- Place heavy and/or large objects on lower shelves.



How To Secure Pictures, Mirrors and Hanging Objects

When a major earthquake strikes, you may be severely injured by falling and flying objects. Consider removing heavily framed pictures and mirrors from above beds, couches and chairs. Determine whether the full swing of your hanging plants and lamps will strike a window, and if they will, consider moving them.

- Secure hanging objects by closing the opening in the hook.
- Secure pictures and/or mirrors by placing angle screws on both sides into a stud on the top and the bottom, or secure these with wire through an eyebolt screw into a stud.

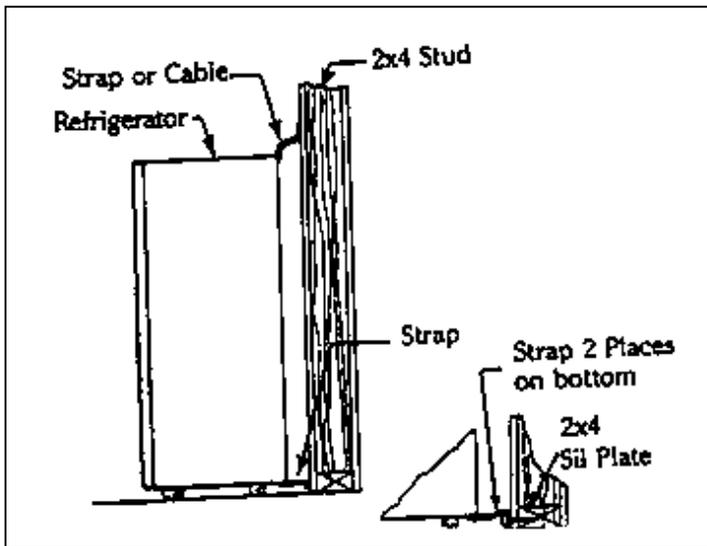


How to Prepare Your Kitchen

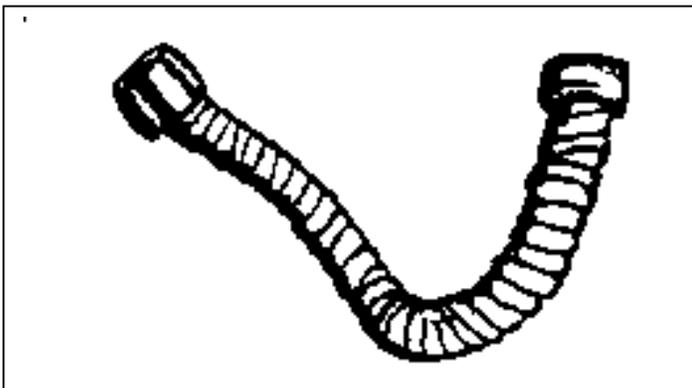
Appliances

- Secure your large appliances with flexible cable, braided wire, or strapping.

Because the floor will be moving and shifting under your appliances, remember to allow for a small amount of flexibility.



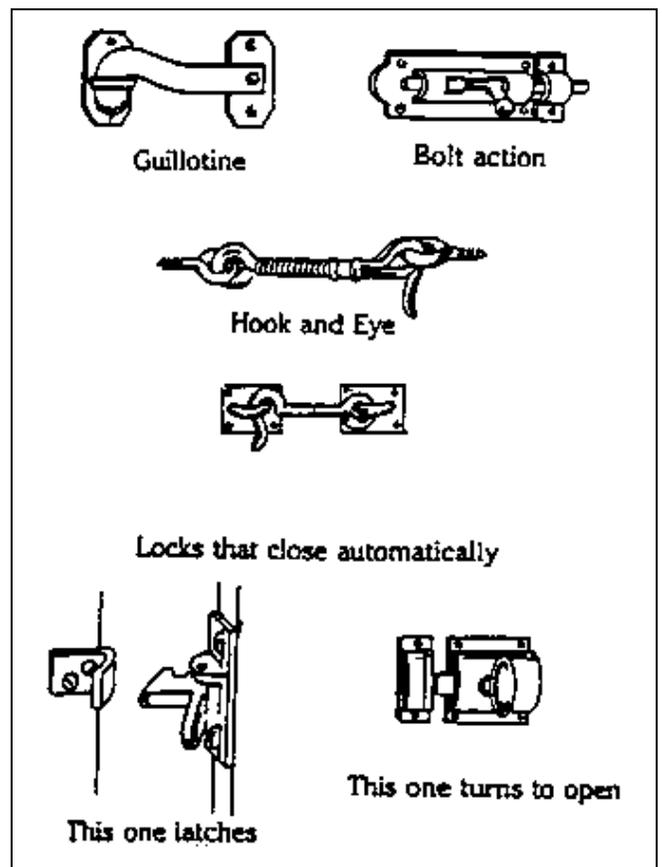
- Install flexible gas connectors on all gas appliances. This will significantly reduce your chances of having a major fire following an earthquake.



Cabinets

- Secure your cabinets or cupboards by installing any one of the following latches:

- Guillotine
- Bolt action
- Automatic latches
- Hook and eye



How To Prepare Your Garage

Hazardous Material

- Secure your hazardous materials and toxic substances. Keep only those chemicals you need on hand. Dispose of old or unwanted chemicals by taking them to an appropriate recycling center.

To Store Toxic Substances

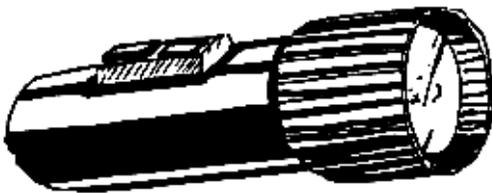
- Store ammonia and bleach in different locations. If these liquids mix, they create toxic fumes.
- Place pesticides, gasoline, paint thinners, etc. on the floor, on a low shelf, or in a locked cabinet that is securely fastened to the wall.
- If placed on a shelf, install a guardrail to prevent the bottles or containers from slipping off the shelf and breaking or spilling onto the floor.
- Close lids tightly on all containers.
- Store gasoline in vapor-proof containers.

Overhead Storage

- Store items in the overhead of your garage to prevent them from falling to prevent breakage and damage to your automobile.

The overhead storage area of your garage is a good location to store large bulky items and seasonal/holiday decoration. Small, heavy items (i.e. bowling balls and items that can break) are best stored on the floor or storage cabinet.

The overhead storage area should be built with a guardrail system to prevent item from slipping off and crashing to the floor.



Be sure to:

- Properly secure tools that are hung from a wall (usually over the workbench).
- Prevent breakage by removing any glass items on the workbench or below hanging tools.
- Keep area in front of circuit breaker boxes clear.
- Properly secure electrical devices hung from the ceiling/rafters in your garage (i.e. fluorescent light fixtures).
- Keep area in front of garage door clear, including items that may fall from rafters.

Appliances

If your washer, dryer, refrigerator, freezer, forced air heating unit, or water heater are located in the garage, follow the securing methods identified in other sections of the workbook.

Garage Door

If you have an electrically controlled garage door, it will not work after an earthquake if the electricity is off. A locked-manual release may be attached to the front of your garage door so that it can be opened from the outside (rather than trying to enter the garage to pull the manual release cord).

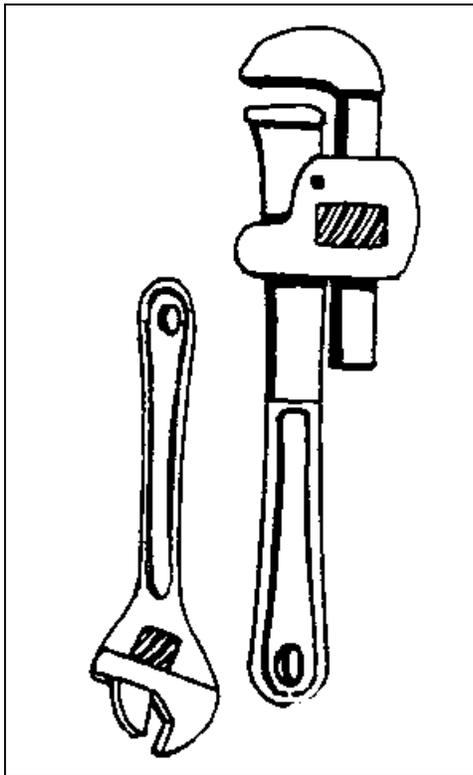
Whether you have a manual or electric garage door, keep the area clear in front of your garage door and ensure that large items cannot fall and block the garage door from the inside.

Utility Shut-Off

- ❑ Locate your gas, water, and electric utilities.
- ❑ Know how to turn the utilities off.
- ❑ Teach family members how to shut off all utilities and when to do so.

Gas

- ❑ Identify the shut-off valve by painting it a bright color. Attach an adjustable wrench to the gas meter. (You will not want to take time to find one after an earthquake.)



If you do shut off the gas, NEVER turn it back on. The structure will need to be checked for leaks and all of the pilot lights must be relit.

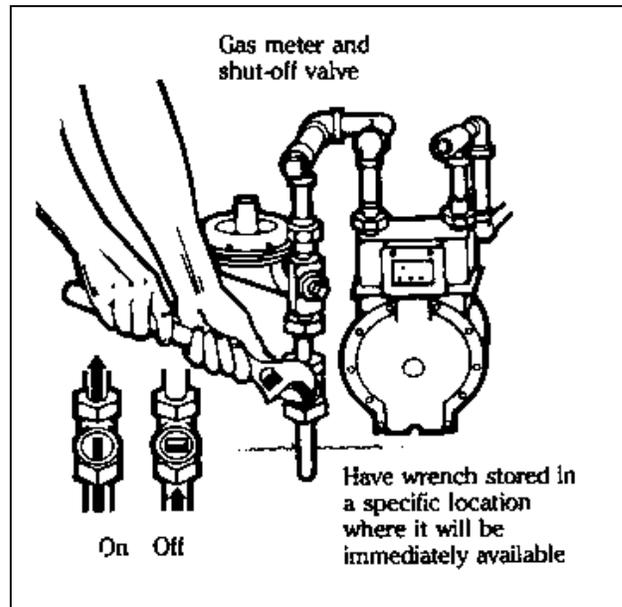
SDG&E should be contacted to restore service. After a major disaster, shut off the gas immediately **ONLY IF** you smell the characteristic warning odor

of gas and/or you notice a large consumption of gas being registered on the gas meter.

DO NOT USE matches, lighters, open flame appliances, or operate electrical switches until you are sure no gas leaks exist. Sparks from electrical switches could ignite gas, causing an explosion.

The main shut-off valve is located next to the meter on the inlet pipe. Use a wrench to turn the valve in the direction illustrated.

SDG&E will help you to identify your shut off valve and will provide additional information on controlling utilities.

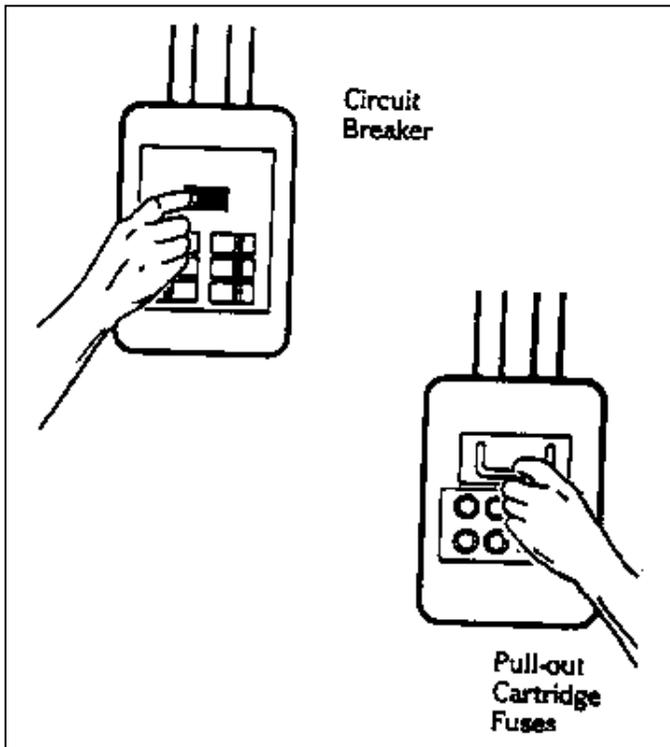


If you use propane fuel, your gas control procedure will be basically the same as for natural gas. Contact your supplier for more information.

NOTE: Store a second wrench in your emergency kit in the event that debris has covered the planned emergency wrench.

Electricity

After a major disaster, shut off the electricity and check for damage to the wiring. Sparks from electrical switches could ignite leaking gas and cause an explosion. You will probably have one of these two types of electrical breakers in your home.



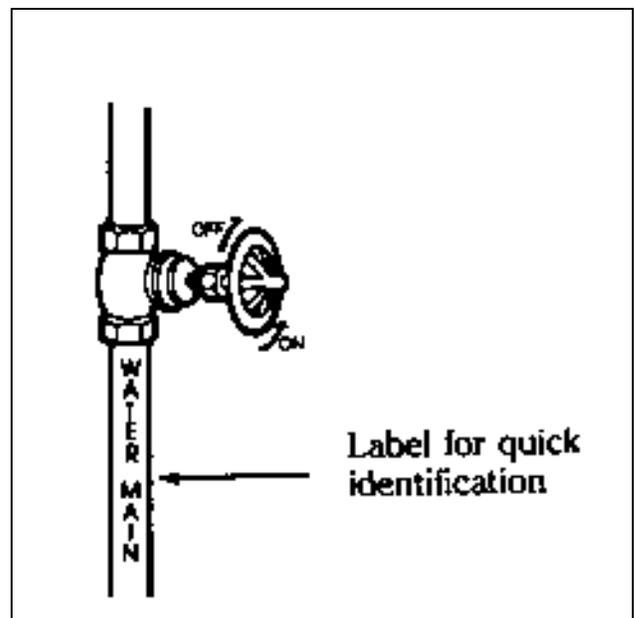
If you have a generator, plug your lamps or refrigerator, etc. directly into the generator. ***Do not plug the generator into the house!*** Doing so can cause injury to linemen making repairs.

Water

Water lines are either gravity filled or pumped and located below most houses. If you do not shut the line off, the water from your water heater could drain back into the street if nearby mains are damaged. Shutting off the water will also prevent contamination from entering your home.

Turn off the water at the water main leading into the home or at the water meter (usually located at the street). With the water shut off, your faucets won't work. But you can get water out of the drain spigot on the bottom of your water heater. (Opening a faucet will assist in draining the water heater.)

- Label the water main for quick identification.



Structural Preparation

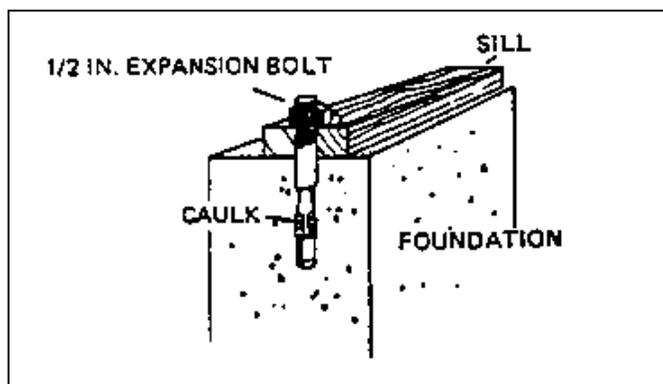
Now that you have secured things inside your home, take a few minutes to examine the structural safety of the house itself. If your house is of conventional wood construction, it will probably be relatively resistant to earthquake damage particularly if it is a single story. But this is the case only if the roof, ceilings, walls and foundation remain connected.

These suggestions will take time and money, but implementing them will ensure even greater stability for your home and its contents.

Foundation

- Check to see if your house or garage is securely fastened to the foundation. (If your home was built before 1950, it may not have bolts securing the wood structure to the concrete foundation.) If not, take the following steps:

Using a hammer, drill, and carbide bit, drill a hole through the sill plate into the foundation. Holes should be approximately six feet apart. Drop a 1/2" x 7" expansion bolt into the hole and finish by tightening the nut and washer.

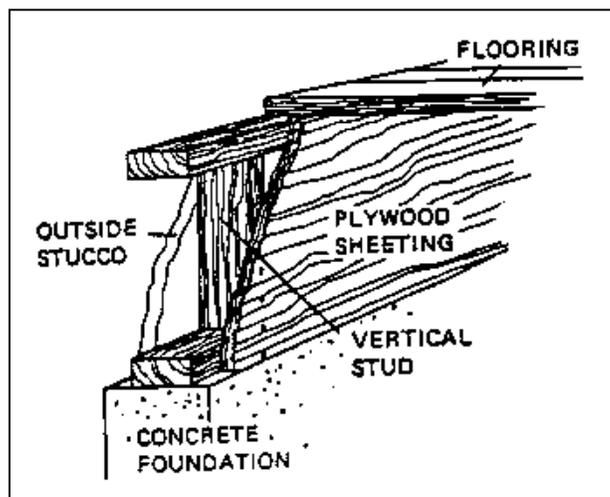


Cripple Walls

Inspect your house for inadequately braced cripple walls located between the frame and foundation. If they are exposed, they are a weak link in the house construction. Nail plywood sheathing onto the vertical studs to strengthen the walls. Remember to

also check the garage particularly if it is supporting living quarters.

The Office of Disaster Preparedness has a videotape available on how to reinforce cripple walls.



After the earthquake, check your chimney at the break at the roofline and just above the firebox. A break can cause backdrafts or fire in your home.

NOTE: Professional help is available to perform a smoke test to determine if the chimney is safe to use.

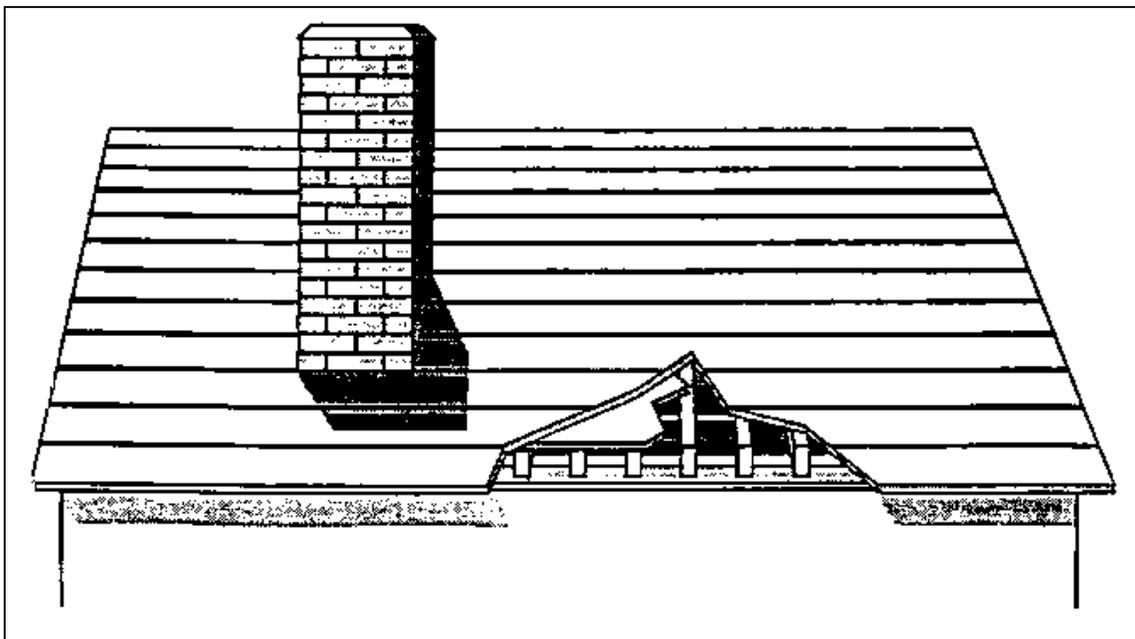
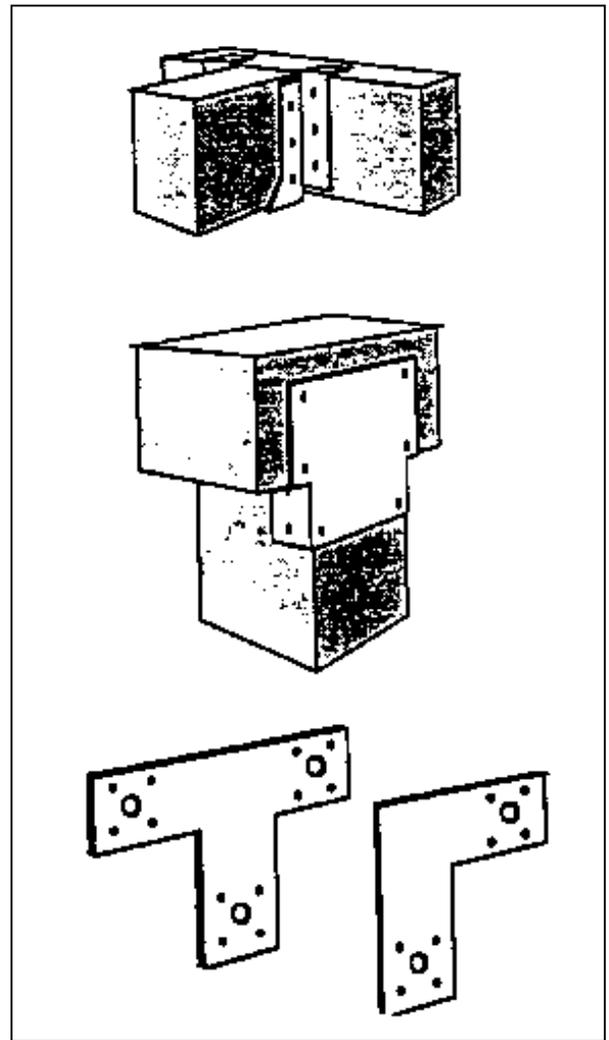
Beams, Posts, Joists and Plates

- Strengthen the areas of connection between joists, beams, posts and plates using the following hardware:
 - "T" and "L" straps
 - Mending plates
 - Joist hangers
 - Twin post caps
 - Nails and lag screws

Pay particular attention to exposed framing in garages, basements, porches and patio covers.

Chimney

- Protect yourself from falling chimney bricks that might penetrate the roof by reinforcing the ceiling surrounding the chimney with 3/4" plywood nailed to ceiling joists.
- Check the roof and chimney for loose tiles and bricks.



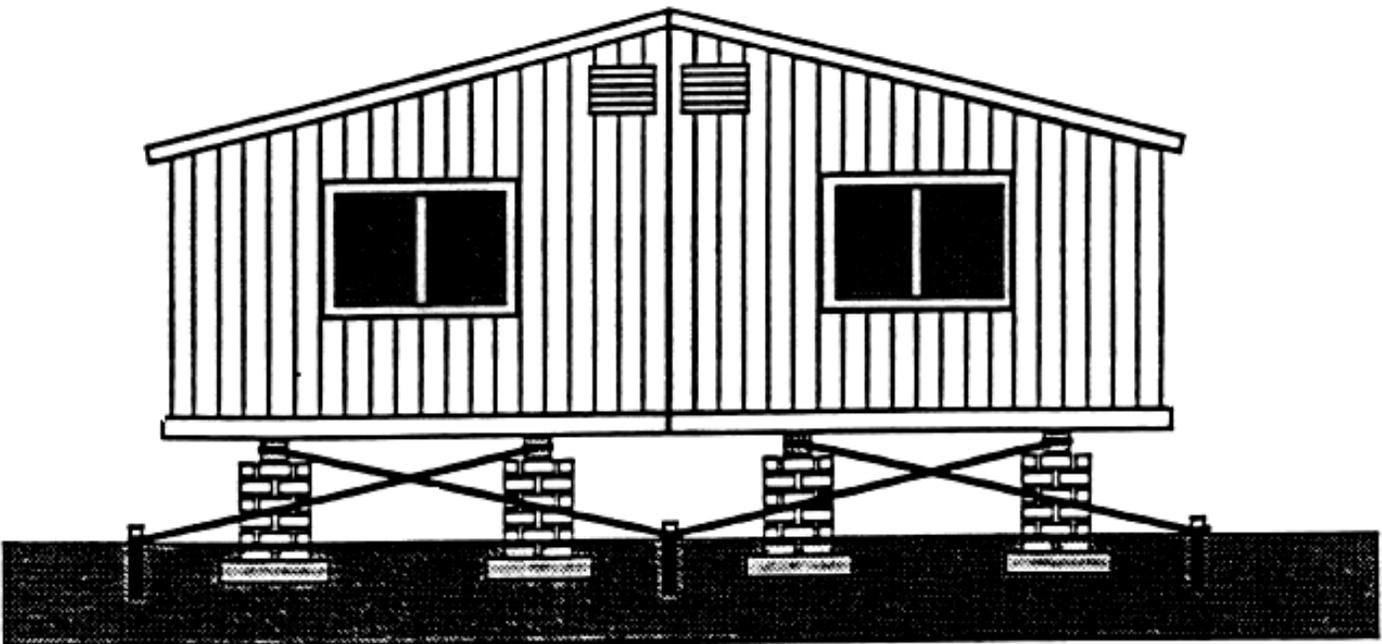
Mobilehomes

Most damage that a mobilehome suffers during an earthquake is a result of falling off its supports. To reduce the damage, leave the wheels on to limit its fall, and:

- Check the foundation to make sure that it has been reinforced and that the undercarriage has been securely tied to the foundation. Without this, the mobilehome may be thrown off its foundation even during small tremors.
- Tie doublewide mobilehomes together. The two units are generally of different weights. When an earthquake strikes, they tend to react differently and pull apart.

Structural support bracing systems are commercially available. Designs and costs vary, but a good bracing system can be a very worthwhile investment. In September 1985, regulations became effective requiring the State Department of Housing and Community Development to certify earthquake resistant bracing systems for mobilehomes. The sale or installation of systems not certified by the Department is unlawful. All certified bracing systems are required to bear a label indicating the manufacturer's name, the product name, the model number, and a statement that indicates "This system complies with the California Administrative Code, Title 25, Chapter 2, Article 7.5."

If you are interested in a seismic bracing system, contact your mobilehome owner's association or local mobilehome dealer or look in the Yellow Pages.



Fire Safety

Fire Extinguishers

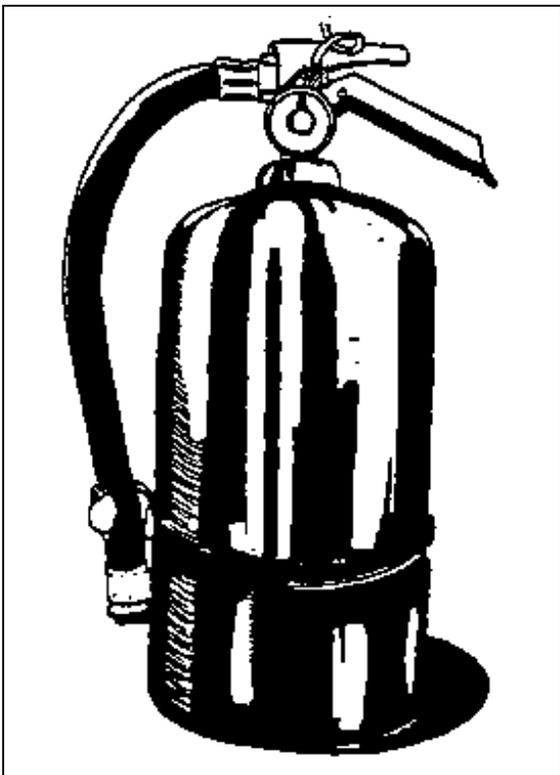
- Place your fire extinguisher(s) where they are accessible.

An ABC type is effective for all three classes of fires: A - fires involving ordinary combustibles such as wood, paper, cloth; B - fires from oil, grease and gasoline; C - fires in electrical equipment and appliances.

Extinguishers should be checked periodically to be sure they are fully charged and ready for use.

Never use water to put out an electrical (type C) or oil, grease, or gas fire (type B).

It is better to have several smaller extinguishers well distributed throughout the house (kitchen, garage, etc.) than one large one that is hard to get to quickly.



Toxic Substances

- Keep only those chemicals you need on hand. To find out how and where to dispose of unwanted chemicals, call the Environmental Health Coalition at (619) 235-0281.

To Store Toxic Substances

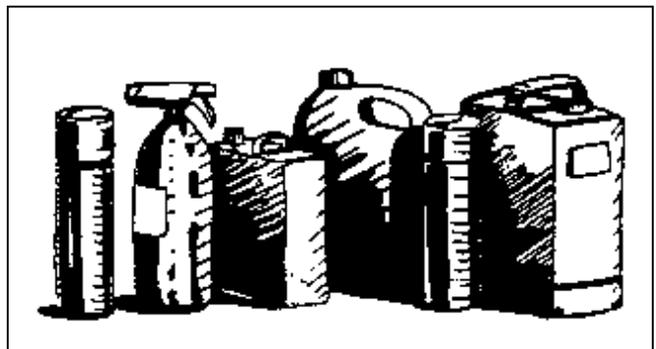
Place pesticides, gasoline, paint thinners, etc. on the floor, on a low shelf, or in a locked cabinet that is securely fastened to the wall.

If placed on a shelf, install a guardrail to prevent the bottles or containers from slipping off the shelf and breaking or spilling onto the floor.

Close lids tightly on all containers.

Store gasoline for lawn mowers, etc. in vapor-proof containers. Keep all flammable liquids away from the water heater.

Store ammonia and bleach in different locations. If these liquids mix, they create toxic fumes.



COMMON EARTHQUAKE QUESTIONS

Is it true that California is going to fall into the Pacific Ocean?

No. The portion of California west of the San Andreas Fault is firmly attached to a large geological area called the Pacific Plate, and the area east of the San Andreas Fault is attached to the North American Plate. San Diego is moving north, with Los Angeles, towards San Francisco, at the rate of about 2 1/2 inches per year, and is in no danger of falling into the ocean. Actually, in about 500,000 years, San Diego could be an island, like Japan, off the coast of San Francisco.

Is there any such thing as earthquake weather?

No. Scientific studies have shown no relationship between weather and the occurrence of earthquakes. Earthquakes start deep in the earth and would not be expected to be influenced by the weather.

Is it possible that earthquakes are caused by changes in the gravitational pull of the moon and the planets?

Gravitational pull is being studied as a possible contributor. Some scientists claim that there is a direct relationship between earthquakes and the position of the planets, and are basing predictions of increased seismic activity on that hypothesis. However, at this time, there does not appear to be enough evidence to make any real prediction possible.

What is the largest magnitude earthquake that we can expect in San Diego County?

The largest magnitude earthquake in the coastal and metropolitan areas is 6.9 on the Richter Scale from the Rose Canyon Fault. The largest in the north and east county areas is 7.6 on the Richter Scale from either the Elsinore Fault or the San Jacinto Fault.

How many earthquakes are there in California each year?

There are thousands of earthquakes each year in California, but only about 500 are felt, and usually only one does any damage.

Can earthquakes be predicted?

Earthquakes cannot be predicted very precisely. Estimates can be made only as to the probability of earthquakes in reference to the fault itself being due for movement. At this time, the only scientific prediction that has been made is that there is a 50 percent chance of a major earthquake within the next 30 years along the southern portion of the San Andreas Fault, which will affect most southern California counties.

Scientists are studying areas that are prone to earthquakes to try to find ways to make short-term predictions so that they could say, for example, that there was going to be an earthquake tomorrow around noon. At the moment, however, we are not even able to say that there will be an earthquake in the near future. We can only give long-term predictions that the earthquake will happen, and probably occur within the next 30 years.

Can animals predict earthquakes?

Studies have been conducted with animals since the early 1970s and are inconclusive. At the moment, there is very little evidence that animals could be used for predicting earthquakes.

Is it true that the “Big One” will occur this year?

No one knows. Progress is being made in the science of earthquake prediction, but it is still impossible to predict where or when the next earthquake will be. There is, however, a 90 percent chance of a 7.0 magnitude earthquake in Southern California in the next thirty years.

Will there be panic and crime following the "Big One"?

Probably not. Experience with past disasters has shown that only a very small portion of the public may panic or take advantage of the situation by looting. Experience has actually shown that the vast majority of people offer assistance to disaster victims and render any possible aid to rescue workers, friends and neighbors.

Should I buy earthquake insurance?

This is an individual decision. Earthquake insurance is available and is an option you may want to pursue. Currently, earthquake insurance costs are approximately \$1.50 to \$2.50 per thousand dollars of coverage, and the deductible can be between 5 and 20 percent depending on the value of your home, your location, the type of construction of your home, and the company offering the insurance. Rates change, so you should consult your insurance agent for current rates. If you have a substantial amount of equity in your home, it might be a wise investment. There is also insurance that can be obtained for the contents of your home whether you own it or rent it. This form of insurance is less expensive and may be worth purchasing.

Shouldn't I run out of my house when the earthquake starts?

No. Get under a solid piece of furniture, or huddle in the corner of two inside walls away from any windows or other hazards. Most injuries in earthquakes occur from falling debris or people running and falling.

I live in a wood frame (brick, stucco, etc.) house. How safe will it be during an earthquake?

A wood frame or stucco house should hold up fairly well if it is bolted down to the foundation. A big problem in older homes is that they may not be attached to the foundation. The biggest danger is in homes of unreinforced masonry built prior to 1933.

In these homes, the bricks separate during shaking, and the walls come down. Another area of concern is chimneys, tile roofs, and porches. If you run outside while the house is still shaking and your path takes you under a porch, the porch could collapse on top of you, or tiles could fall on you, or the chimney could fall on you. You are much safer inside.

I live in a two-story house. Which floor should I be on during an earthquake?

Whichever floor you are on when the shaking starts. Don't try to make it up or down the stairs during an earthquake.

Where should I stay in my house during an earthquake?

You should get under a sturdy table away from windows. If this is not possible, move to an interior hallway or inside corner of the house, and protect your head and face. Stay away from brick fireplaces because they have a tendency to collapse.

What should I do if I am in bed when the earthquake hits?

If there is nothing that is going to fall on you, like a bookcase or painting, pull the covers over your head and stay there until the shaking stops. If there is something that could fall on you, get under the bed or in a doorway or under a sturdy piece of furniture. You should have a pair of sturdily soled shoes next to your bed in case you have to walk on broken glass or other debris. After the shaking stops, put on your shoes and check on your children and your house or apartment to make sure they are okay.

Are children safe in bunk beds during an earthquake?

If the bunk beds have been bolted together, and tied to the wall in some way, they are probably safe.

I live or work in a high-rise building. What should I do in the event of an earthquake?

High-rise buildings are designed to sway during an earthquake, and it is best to move towards the center of the building away from windows, if possible. Get under a desk or sturdy table until the shaking stops. When exiting the building, use the stairwells, NOT elevators. Someone should be assigned the responsibility of checking the floor to make sure everyone is okay before evacuating. Building evacuation plans should be made up in advance and posted for everyone to see and learn.

What do I do if I'm walking outside when the earthquake comes?

Stay outside. Stay away from trees, power lines, or the sides of buildings. Trees and power lines can fall. Avoid contact with any metal objects, such as chain link fence or metal buildings that may be in contact with live electrical lines. Sides of buildings can become detached and fall on you. Many new buildings have glass exteriors, and the windows could pop out and fall. Many older buildings have unreinforced exteriors that could detach and fall on you. So, if you are in an area with tall buildings, find a doorway to stand in. Stay away from chimneys because they are especially susceptible to falling during an earthquake.

What do I do if I'm in my car?

Pull over to the side of the road and stop. Stay in your car. Do NOT pull over and stop until you are clear of bridges, overpasses, power poles, and power lines.

In the event of an earthquake, should I immediately turn off my gas?

You should shut off your gas only if you smell gas or suspect a leak. If there is any visible damage to your gas lines or gas appliances, turn off the gas. If everyone in San Diego County immediately turned off their gas, it could take SDG&E months to restore everyone's service. If you do turn off your gas, never turn it back on. Let SDG&E handle turning it on. SDG&E can be contacted for additional information on how and when to turn off the gas.

How can I tell if I should shut off my electricity?

If there is any evidence of arcing or sparking or if you smell smoke or suspect that the wiring has been damaged, turn off the power at the main circuit breaker panel.

Should I turn off my water?

It depends, but generally yes. If you have strapped your water heater and plan on using the contents during the emergency, you will want to protect your supply from outside contamination. Also, if there is evidence that your pipes have been damaged or if you experience a loss of water pressure, you should turn off the water. Water is the one utility that you can always turn back on after assuring that there is no damage or contamination.

How will I know if my tap water is safe to drink?

If there is any evidence that water or sewer lines have been damaged in your neighborhood (i.e. a drop in water pressure or dirty water), that pipes in your house have been damaged, or if the radio or television advises you not to drink the water from the tap, assume it is unsafe to drink.

How much water should I store?

One gallon per person per day is minimum for drinking. This means that a family of four should have 50-60 gallons of water stored for a two-week supply. More is better, but in an emergency when public water supplies are disrupted, you may use water that you stored in jugs or containers, or the water that is in your water heater, or toilet tank water (provided that you don't use toilet bowl chemicals in the tank).

How long can I store water?

It depends on the container and the source of the water. Water that you put into containers will last at least six months if you add two drops of chlorine bleach per quart when you fill the container. Don't use bleach with additives such as "Lemon Fresh Scent", because the additives may make the water taste bad or might make you ill. Store in a cool, dry place, but don't store your water near chemicals such as gasoline, paint thinner, etc., because these products can penetrate plastic water containers and contaminate your water.

Can I drink the water in my swimming pool or spa?

It is not advisable because there may be bacteria that have not been killed by the chemicals you use, and the chemical balance itself may be such that it could make you very ill. However, it can be boiled for drinking or used for washing.

What radio station should I tune to for emergency information?

Any radio station still on the air should be broadcasting information about shelters, where water can be obtained, where food can be obtained, transportation closures, and where you can go to get help. We have two Emergency Alert System radio stations in the county that are prepared to continue broadcasting. KOGO - AM 600 is the primary; KPOP AM 1360 is the secondary.

The station will be broadcasting information during major emergencies that has been supplied to them by the County Office of Disaster Preparedness and other local, state and federal agencies.

Are there any Emergency Alert System stations that broadcast in Spanish?

No, not at this time. However, there are some stations in the San Diego area that do broadcast in Spanish, and if they're still on the air, they may be able to get information to their Spanish listeners.

I don't have a radio. How can I get information?

If the power is still on, your television can supply information. If not, check with your neighbors. Also, you may have a radio in your car that will work.

Will television stations do "closed captions" or scrolled text messages for the hearing impaired during an emergency?

Some may. All cable TV providers are now required to provide scrolled text messages during an emergency. The San Diego County Office of Disaster Preparedness is encouraging the participation of the local news media in this area and is getting excellent cooperation.

Will all of the freeway overpasses collapse?

Some may but hopefully not all. Since the San Fernando earthquake in 1971, the California Department of Transportation has made improvements to all overpasses to make sure they could withstand a 7.0 earthquake. If we have a larger earthquake than that, there probably would be some overpasses that would be seriously damaged. Also, the areas leading up to the overpass may experience problems with the pavement cracking or breaking.

How safe are the schools?

All schools in California are built to the most stringent earthquake specifications and may be the safest place to be during an earthquake.

Do schools have an emergency plan for earthquakes?

All schools are required by law to have an emergency plan. Some school plans are better than others. You might want to check your child's school and see what their plan is and how often they exercise it.

What is the school going to do with my children in the event of an earthquake?

Almost all schools will hold and care for the children until their parents pick them up. If you have any questions about the policy at your child's school, contact the school principal.

I'm a taxpayer. Why can't I expect to get any help from emergency services personnel for 72 hours?

There are a number of reasons. For example, the emergency phone lines for police and fire agencies may be tied up by people who want to know if we just had an earthquake, and by people with legitimate life threatening emergencies. The phone lines may not be working because of damage to the system or because of overload.

There are limited numbers of police officers, firefighters, and paramedics, and they will have to make decisions about where to go based on where they are needed most. Search and rescue activities will be given a very high priority, and most of the resources will be sent to areas that have large numbers of people trapped or injured.

The Police Department, the Fire Department, Public Works Department, the Streets Department, and other emergency providers may have their own problems to contend with and may need to help themselves before they can help anyone else.

Hospitals and clinics may be damaged, and may be unable to care for their patients, much less any new ones.

There may be debris all over the roads that needs to be cleared before emergency vehicles can even make it into an area. Freeway overpasses may come down, or the roads leading to the overpasses may be damaged.

Why shouldn't I use my telephone after an earthquake?

It ties up the phone lines and keeps people with life or death emergencies from getting through to emergency agencies.

Who do I call if there's an earthquake?

No one unless it is a matter of life and death. The radio stations will broadcast information as soon as they get it, and all telephone lines will be needed for emergency communication.

It is human nature to want to call your friends and relatives to see if everyone is okay and to discuss the event. In recent California earthquakes, people calling their local law enforcement agency, fire department, or emergency management agency just to find out if there had been an earthquake have inundated the phone lines. Unfortunately, many people have trouble getting through on the regular lines and start using the 911 lines. This keeps all of the people with real life and death emergencies from getting through to the appropriate agency and delays the arrival of help. The telephone company cannot handle the load. Eventually, the circuits will shut down and you may not even be able to get a dial tone.

Oddly enough, if you are able to get a dial tone, you probably will have a better chance of reaching someone through long distance. That is why it is important to establish an out-of-state contact for your family.

How can I get help if I can't use my telephone?

Neighbors may be your best and only source of help immediately following a large earthquake. You should get together with your neighbors and make plans to assist each other and to check on each other especially those neighbors who are elderly or disabled. This needs to be done before the earthquake and might be done as part of a Neighborhood Watch Program or a homeowners association program.

How many earthquake faults are there in San Diego County?

There are several, but many are inactive. There are two faults that we, in the Poway area, really need to be concerned about.

One is the Rose Canyon Fault, which starts in the ocean and comes ashore near La Jolla, then heads south through the Rose Canyon area. It is approximately 13 miles from Poway at its closest point, and is capable of producing a major earthquake, in the area of 6.9 on the Richter Scale.

The other is the Elsinore Fault, which goes from Whittier east to Riverside County, then southeast near Interstate 15 and the San Diego County line, through Warner Hot Springs. It continues southeast to the east of Julian, and then continues almost to the Mexican border. It is also approximately 24 miles from Poway at its closest point, near Lake Henshaw, and it is capable of producing a major earthquake in the area of 7.6 on the Richter Scale.

We should be aware of two more major faults. The San Jacinto Fault in Riverside County is about 47 miles from Poway near Hemet and is capable of producing a major earthquake in the area of 7.6 on the Richter Scale. The San Andreas Fault is 78 miles from Poway at its closest point near the Salton Sea. The San Andreas is capable of producing a great earthquake of 8.0+ on the Richter Scale.

Is there any place in the county that is safer than any other place?

Yes and no. The further you are from an active fault the better your chances of survival, but there are some other considerations involved as well. In the 1985 Mexico City earthquake, the epicenter of the earthquake was over two hundred miles away from the city. The buildings that collapsed in Mexico City were built on an old lakebed and were not built to the same construction standards that our buildings are.

An earthquake can cause a phenomenon called liquefaction. Everyone who has walked at the edge of the water along a sandy beach has experienced liquefaction on a very small scale. As the water swirled around your feet, the sand loosened up, and you began to sink into the sand. The same thing happens in old lakebeds where there is a lot of sand during an earthquake. The earthquake loosens up the sand, which then loses its capacity to support the building, and the building falls over. Old riverbeds, places that have been subjected to frequent flooding, and areas where "fill" has been used (i.e. the Marina District of San Francisco) are also very susceptible to liquefaction.

Also, there may be faults in our county that are not known. The earthquakes in San Fernando, Coalinga, and Whittier were produced by faults that were unknown prior to the earthquakes. So, the answer to the questions is that there are a lot of variables to be considered. You don't want to live on a fault, and you want to ensure that the buildings you live in and work in are built on solid ground and well constructed.



Are all buildings in San Diego County earthquake safe?

No building is ever totally earthquake safe. However, most modern buildings are earthquake resistant and have been built to withstand shaking and rolling without collapsing. Many of the injuries in earthquakes are from falling objects and, even in earthquake resistant buildings, items that are not secured will fall.

How will I know if my house is safe to live in after the earthquake?

Officials from the Building Department will be inspecting property in damaged areas. As soon as possible after the earthquake, these officials together with the Red Cross will be driving through neighborhoods and looking at the area in an attempt to determine the extent of damage.

It will probably be several hours or days before this initial survey will be completed in a serious earthquake, and it may take several more days before all homes are checked because the initial response will be to schools, hospitals, and other places that could be used as shelters.

What do I do if I have a fire after the earthquake?

Call the fire department using 911, and make sure everyone is out of the house. If it is a very small fire, you may be able to put it out yourself. Turn the gas off going into the house if at all possible.

How can I check on my family after the earthquake?

You should develop a plan with your family and designate a gathering spot in advance. It is often easier to make a long distance telephone connection than a local one after an earthquake. Select an out-of-state friend or relative to serve as a family contact. Everyone in the family should carry this phone number.

Where can I go to get food and shelter if my house is destroyed?

After the earthquake, shelters will be set up near areas of significant damage to provide emergency shelter and food. Also, field treatment sites will be established to treat people with minor injuries so as not to overload the hospitals. To find out where shelters will be located, radio and television stations will be the best source of information.

What about my pets?

Pets will be disoriented and confused and may exhibit unusual behavior. They will require extra care and attention. Care should be taken to see that animals don't harm themselves or other people. An adequate supply of pet food and water should be stored just as you would store these for your family. If your pet is injured, you will probably be the only source of help available. Many of the first aid procedures for people are applicable to pets also. Pets will not be allowed in emergency shelters.

What should I do if I am injured or a member of my family is injured?

Administer first aid. If it is a life or death situation, attempt to call rescuers via 911. If you are unable to reach anyone, contact friends and neighbors for assistance. It is highly recommended that you and all family members take training in first aid and CPR, which is offered through the Red Cross.

Following a major earthquake, the county will establish Field treatment sites. These will be like small field hospitals. People with minor injuries such as cuts, broken bones, sprains and strains, should not go to the hospital. Listen to the radio for the locations of Field treatment sites.

What should I do if I have property damage?

If it is life threatening, contact the fire department via 911. Evacuate the house and go to a friend or neighbor's house until shelters are opened. If it is not life threatening, contact the building department to schedule an inspection to determine if the property is structurally sound. Contact your

insurance agent to find out if the damage is covered. Listen to the radio for information about disaster assistance centers where you will be able to apply for financial assistance.

NOTE: Do not rush to settle with your insurance carrier. When the after shocks have ceased, prepare a complete damage assessment. Beware of fraudulent activity. Ask to see any contractor's state certified license.

What is a tsunami, and how does it relate to earthquakes?

A tsunami, or seismic sea wave, is a series of waves generated by an earthquake. It is caused by the sudden upward or downward movement of the sea floor and acts much the same way that water in a lake or pond reacts when you drop a pebble into it. When the ocean floor moves during an earthquake, it can produce shock waves that travel long distances and form a series of strong ocean waves when they reach shallow water. In order for a tsunami to be generated, the fault has to move in an up and down direction or undersea structures have to be displaced.

If there is an earthquake, will there be a tsunami also?

Probably not in San Diego County. Most of our faults move in such a way that would not normally produce a tsunami. However, not all faults are known, and it is possible that there is an offshore fault, which is capable of producing a tsunami.

If a tsunami were produced, there would be very little warning, but it would most likely cause only localized coastal flooding.

How will an earthquake affect the San Onofre Nuclear Power Plant?

San Onofre is built to withstand a 7.0 earthquake directly under the plant. That exceeds the expected magnitude of any earthquake expected in the area. Procedures are in effect to shut down the plant immediately if necessary. Also, in the event of an earthquake, the plant is immediately checked to make certain that all systems are working properly.

Where can I get more information?

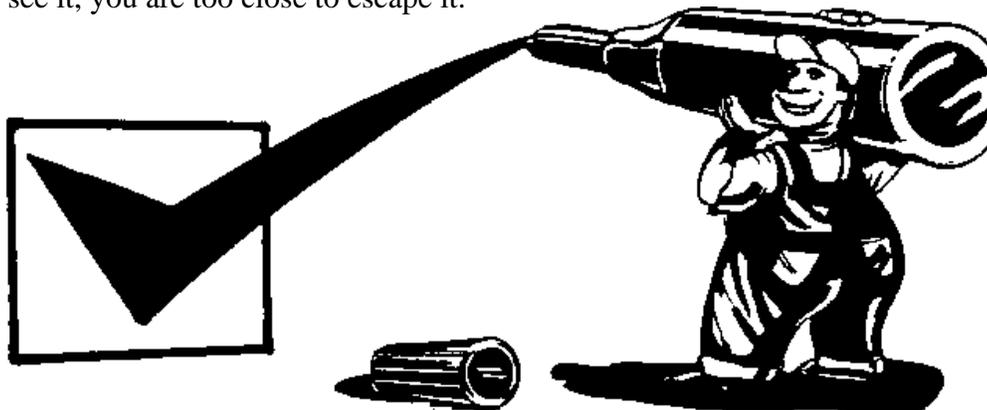
In the front of the Pacific Bell and Donnelley telephone directories, there is information about earthquake preparedness and first aid. You can contact the San Diego County Office of Disaster Preparedness and the American Red Cross. Also, the Poway Fire Department offers free classes for the public regarding emergency preparedness.

- Poway Fire Department858-668-4460
- Co. Office of Emergency Services.....858-565-3490
- American Red Cross (Escondido)760-745-3221
- Red Cross Disaster Services (SD)..... 619-542-7649
- State Office of Emergency Services ...562-795-2900
- Southern CA Earthquake Center.....213-740-1560



DISASTER RESPONSE CHECKLIST

- 1. Remain calm - reassure others.
- 2. If inside, stay there - if outside, stay there!
- 3. Do not light a match or turn on a light switch. Use a flashlight.
- 4. Wear sturdy shoes.
- 5. Check others for injuries - administer first aid.
- 6. Check for fires.
- 7. Check utilities - shut off if necessary.
- 8. Draw a moderate amount of cold water, then turn off the main water supply valve.
- 9. Turn on battery-operated or car radio for emergency bulletins.
- 10. Clean up any chemicals or medications that may have spilled.
- 11. Take routine medication.
- 12. Do not go without food or water too long.
- 13. Confine frightened pets.
- 14. Check house for structural damage. Evacuate if necessary.
- 15. Do not use the telephone except in extreme emergencies.
- 16. Be prepared for additional earthquake shocks.
- 17. Stay out of danger areas. Never go to the beach to watch for a tsunami, a giant sea wave. If you can see it, you are too close to escape it.



Other Items to Consider

Tools

- Knife
- Funnel
- Nail puller
- Mousetraps
- Grease Pencils
- Razor knife
- Straight edge razors
- Vice grips
- Wire cutters
- Hand hacksaw
- Hand wood saw
- Crowbar
- Hammer
- Screwdrivers
- Screws
- Nails
- Bailing wire
- Tree/bush clippers
- Hatchet
- Duct tape
- Cordage
- Goggles
- Tubing (6' plastic)

Clothing

- Boots (above the ankle)
- Extra shoelaces
- Socks
- Pants (wool or cotton)
- Belt
- Shirt (long sleeved with pockets)
- Long underwear
- Jacket
- Sweater
- Mittens/gloves
- Watch cap
- Scarf
- Broad-brimmed hat
- Bandana
- Rain suit
- Rubber boots

Miscellaneous

- Bicycle and tire repair kit
- Dust mask
- Insect repellent
- Iodine
- Soap/hand cleaner
- Salt or salt tablets
- Notebook and pencils
- Bucket with lid
- Sunglasses
- Over-the-neck eyeglass holder
- Tongs
- Potholder
- Sewing needles
- Buttons
- Thread (floss or sinew)
- Vaseline/Chapstick
- Flexible straws
- Scissors
- Thermometer
- Corn starch (as body powder for chaffing)
- Moving blankets
- Kerosene lanterns
- Sand
- Phone books
- Fly swatter
- Toenail clippers
- Earplugs
- Magnifying glass
- Coffee
- Tea
- Spices
- Mousetraps

