

# Earthquake Preparedness & Safety

## OCTOBER MONTHLY TRAINING TOPIC

Earthquakes happen without warning. We don't know when the next major earthquake will happen, but we can take action now to prepare to survive it and minimize impact.

**Preparedness** starts with a **plan**. For individuals and families, this means putting together an earthquake preparedness plan and kit and knowing what to do before, during, and after an earthquake. **6 Ways to Plan Ahead:**

### 1. Check for Hazards in the Home

Fasten shelves to walls, put heavy objects on lower shelves, away from beds and sitting areas, brace overhead light fixtures.

### 2. Identify Safe Places Indoors and Outdoors

Sturdy furniture such as heavy desks and tables, against an inside wall and away from glass and furniture that could fall over.

### 3. Educate Yourself & Family Members

Contact local emergency management office or Red Cross for more information. Teach all family members when to call 911, which radio station to listen to and when to turn off gas, electricity and water.

### 4. Have Disaster Supplies on Hand

- Flashlight and extra batteries
- Portable, battery-operated radio and extra batteries
- First aid kit and manual
- Emergency food and water
- Nonelectric can opener
- Essential medicines
- Cash and credit cards
- Sturdy shoes

### 5. Develop an Emergency Communication Plan

Make a plan for reuniting after the disaster in case family members are separated from one another during an earthquake. Ask an out-of-state relative or friend to serve as the "family contact." After a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name, address, and phone number of the contact person.

The Inter-Lutheran Emergency Response Team is a collaborative ministry between the Pacifica and Southwest California Synods of the Evangelical Lutheran Church of America, and the Pacific Southwest District of the Lutheran Church-Missouri Synod.

Our mission is to equip Lutheran congregations and entities to prepare for and respond in the event of a disaster.

### 6. Help Your Community Get Ready

Work together in your community to apply your knowledge to building codes, retrofitting programs and neighborhood and family emergency plans.

### What to Do During and After an Earthquake

If you are indoors, you should drop, cover, and hold - drop to the ground, find cover under a table or sturdy piece of furniture, and hold on until the shaking stops. Stay inside until the shaking has stopped and you are sure exiting is safe. Once outside, move away from buildings to an open space. Get to a safe location and take your kit with you. Check for injuries and hazards, then help others. Follow your plan!