

Emergency Kits & Earthquake Safety



- How to Build an Emergency Kit to Fit Your Needs
- What to Do During an Earthquake

[illegible]

- Intended for grab-and-go
- Enough supplies for at least 72 hours (3 days)
- Have at least one per person
- Use a backpack, duffle bag, rolling suitcase etc.

- Intended for shelter-in-place - Enough supplies for at least 7-14 days
- Have at least one per household
- Use rolling totes, extra supplies in pantry, camping equipment, etc.

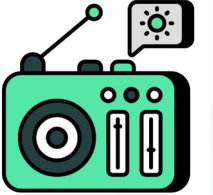
The Basics



1. Food & Can Opener



7. Hand-Crank or Battery-powered Radio



2. Water

3. Hygiene Items



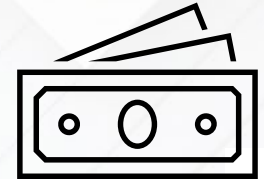
8. Change of Clothes & Sturdy Shoes



4. First Aid Kit & Prescriptions

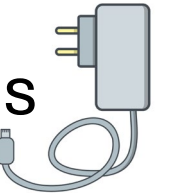


9. Cash - Small Bills
\$1's and \$5's



5. Safety Whistle & Personal Protective Equipment

10. Portable Charger with Cords



6. Flashlight with Extra Batteries

11. Important Documents

12. Emergency Plan
with Contact Lists



Enhancing Your Kit

After you've got the basics, consider adding these:

- Fire Extinguisher 
- Ponchos/Rain Gear 
- Emergency Blanket
- Map 
- Extra Set of Keys 
- Duct Tape 
- Multi-purpose Tool 
- Utility Shutoff Tool
- Two-way Radios 
- Water Filter
- Generator 
- Fire Escape Ladder 

Customizing Your Kit

Children

- Babies may need extra supplies
 - Ex. Diapers, wipes, bottles, formula
- Include comfort items and games to keep children calm
- Include contact information for your children's school, doctor's office, and babysitter

Pets

- Your pets are part of your family
- Make sure they have their own emergency kits
- Include: food, water, treats, sanitation supplies, crate, ID tags, collar, vet information, toys, and vaccination records

Where to Have Your Kits

Home

- 72-hour Kit
- Stay Box
- Under-the-Bed Kit

Car

- 72-hour Kit
- Jumper Cables
- Chains (for snow travel)
- Road Flares
- Mylar Blankets
- Phone Charging Cable
- Flashlight

Work

- 72-hour Kit
- Flashlight & Batteries
- First Aid Kit
- Food & Water
- Whistle

Checking & Refreshing Your Kit



- 1-2 times per year
- Suggested times:
 - January- new year, new start, new emergency supplies!
 - Daylight Savings Time (Spring/Fall) - change your clocks, change your emergency supplies!
 - September is National Preparedness Month.
 - October is Great ShakeOut earthquake drill.
 - November – Black Friday Deals

Earthquake Preparedness Actions

- Practice protecting yourself during an earthquake, with family & coworkers.
- **Make an Emergency Plan:**
Create a family emergency communications plan. Make a supply kit that includes enough food and water for at least 3 days (72 hours), a flashlight, fire extinguisher, and a whistle.
- **Protect Your Home:**
Secure heavy items in your home like bookcases, refrigerators, water heaters, televisions and objects that hang on walls. Store heavy and breakable objects on low shelves.

An illustration of a survival kit on a yellow background. The kit includes a red first aid kit with a white cross, a blue map of Mexico with a yellow smiley face, a white whistle on a string, a green agenda, a blue flashlight, a green radio, a red backpack, a blue sleeping bag, a blue bottle of water, and a bar of chocolate. Below the items is a horizontal line and the text "SURVIVAL KIT" in bold black letters.

