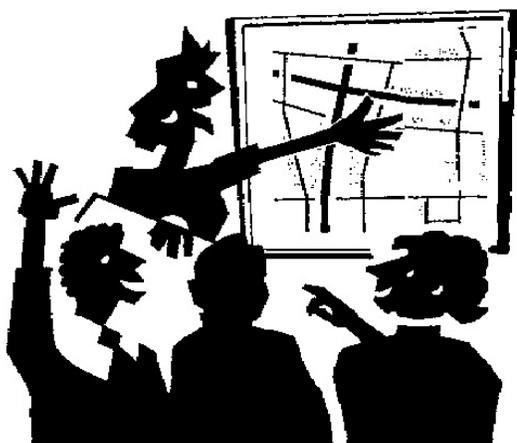


# ESP FOCUS

## Make A Plan



services, and the certainty of aftershocks. By planning now, you will be ready. This plan will also be useful for other emergencies.

Many government agencies, schools and businesses have plans for various types of disasters and other emergencies. Your family should also have one. The safety and well-being of your loved ones are important, so take time NOW to develop a family emergency plan. If you've already developed a plan, take time now to review and update it.

### Check these websites

- [www.earthquakecountry.info/roots](http://www.earthquakecountry.info/roots) (Earthquake Country Alliance/Southern California Earthquake Center)
- [www.espfocus.org](http://www.espfocus.org) (Emergency Survival Program)
- [www.oes.ca.gov](http://www.oes.ca.gov) (California Governor's Office of Emergency Services)
- [www.redcross.org](http://www.redcross.org) (American Red Cross)

## Create A Disaster Plan

Will everyone in your household do the right thing during the violent shaking of a major earthquake, or during a terrorist attack? Before the next disaster, get together with your family or housemates to plan now what each person will do before, during and after.

Once the earthquake or disaster is over, we will have to live with the risk of fire, the potential lack of utilities and basic



Follow the seven steps to earthquake safety from *Putting Down Roots in Earthquake Country* - [www.earthquakecountry.info/roots](http://www.earthquakecountry.info/roots).

BEFORE: ----- DURING: ----- AFTER: -----

- |  |                                     |  |  |   |  |   |
|--|-------------------------------------|--|--|---|--|---|
| <b>#1</b><br>Identify potential hazards in your home & begin to fix them | <b>#2</b><br>Create a disaster plan | <b>#3</b><br>Create disaster supplies kits | <b>#4</b><br>Identify your building's potential weaknesses & begin to fix them | <b>#5</b><br>Protect yourself during earthquake shaking | <b>#6</b><br>Check for injuries and damage | <b>#7</b><br>When safe, follow your disaster plan |
|--|-------------------------------------|--|--|---|--|---|

# M A R C H

### Plan to Be Safe During a Disaster

- Practice "drop, cover, and hold on" to be safe during an earthquake.



- Identify safe spots in every room, such as under sturdy desks and tables.
- Learn how to protect yourself no matter where you are when a disaster strikes.

### Plan to Respond After a Disaster

- Keep shoes and a working flashlight next to each bed.
- Teach everyone in your household to use emergency whistles and/or to knock 3 times repeatedly if trapped. Rescuers searching collapsed buildings will be listening for sounds.
- Identify the needs of household members and neighbors with special requirements or situations, such as use of a wheelchair, walking aids, special diets, or medication.
- Take a Red Cross first aid and cardiopulmonary resuscitation (CPR) training course. Learn who in your neighborhood is trained in first aid and CPR.
- Know the location of utility shutoffs and keep needed tools nearby. Know how to turn off the gas, water, and electricity to your home. Only turn off the gas if you smell or hear leaking gas.
- Get training from your local fire department in how to properly use a fire extinguisher.
- Install smoke alarms and test them monthly. Change the battery once a year, or when the alarm emits a "chirping" sound (low-battery signal).
- Check with your city or county to see if there is a Community Emergency Response Team (CERT) program in your area. If not, ask how to start one.

### Plan to Communicate and Recover After a Disaster

- Locate a safe place outside of your home to meet your family or housemates after the disaster.
- Designate an out-of-state contact person who can be called by everyone in the household to relay information.
- Provide all family members with a paper list of important contact phone numbers.
- Determine where you might live if your home cannot be occupied after an earthquake or other disaster (ask friends or relatives).
- Know about the emergency plan developed by your children's school or day care. Keep your children's school emergency release card current.
- Keep copies of essential documents, such as identification, insurance policies and financial records, in a secure, waterproof container, along with your disaster supplies kits. Include a household inventory (a list and photos or video of your belongings).

Have occasional disaster "drills" to practice your plan. Ask your babysitters, house sitters, neighbors, coworkers, and others about their disaster plans, and share your plan and with them.

*Adapted from Putting Down Roots in Earthquake Country, published by the Southern California Earthquake Center and available online at [www.earthquakecountry.info/roots](http://www.earthquakecountry.info/roots).*



This focus sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties; Southern California Edison; the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.