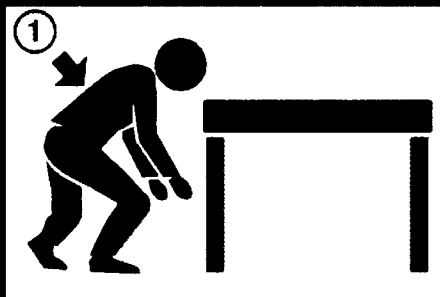


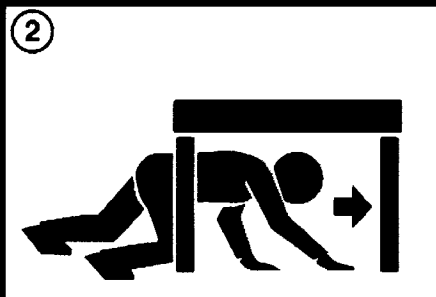
SALEM CITY

“Great Utah  
Shakeout”

2013



**DROP!**



**COVER!**



**HOLD ON!**

# EARTHQUAKES

The time to prepare for an earthquake is NOW...not next week or after the shock. Protect your family by taking the actions on the **BEFORE Checklist** as soon as you can. It's a good idea to make copies of the **DURING Checklist** and post them by your house and garage exits and in all your family cars.

## Before the Earthquake

- Identify safe spots in each room of your home. Note sturdy tables, desks, and interior walls. Know your danger spots: windows, mirrors, hanging objects, fireplaces, and tall, unsecured furniture.
- Conduct practice drills with your family and know the safest locations in your home.
- Decide how and where your family will reunite, if separated during an earthquake.
- Choose an out-of-state friend or relative to contact so family and friends know your status.
- Learn First Aid and CPR and put together a First Aid Kit.
- Learn how to shut off gas, water and electricity; it may be necessary during an earthquake.
- Check chimneys, roofs, walls, and foundations for stability – make sure your house is bolted to its foundation.
- Secure your water heater and major appliances as well as tall, heavy furniture, hanging plants, mirrors, and picture frames. Visit [www.daretopprepare.org](http://www.daretopprepare.org) online for ways to secure your home.
- Keep breakables, heavy objects, and flammable or hazardous liquids such as paints, pest sprays, and cleaning products in secured cabinets or on lower shelves.
- Participate in organizing your neighborhood to be self-sufficient after an earthquake.

## EARTHQUAKES

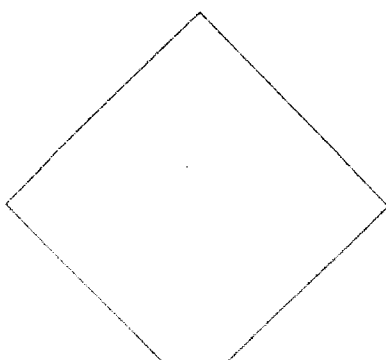
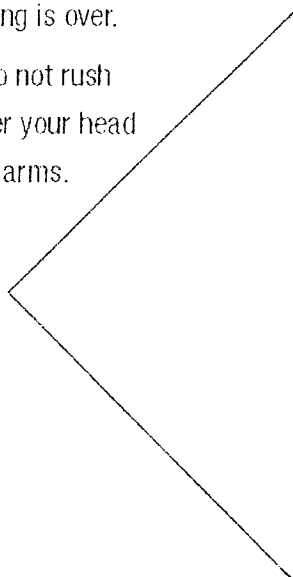
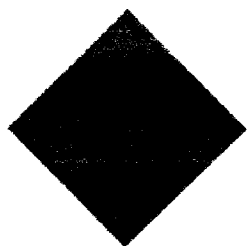
### During the Earthquake

- If indoors, stay there. Get under a desk or table or stand in a corner. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants and other heavy objects that could fall. Watch out for falling plaster and ceiling tiles. Stay under cover until the shaking stops. Hold on to your cover – if it moves, move with it.
- If outdoors, get into an open area away from trees, buildings, walls, and power lines.
- If driving, pull over to the side of the road and stop. Avoid areas around power lines. Stay in your car until the shaking is over.
- If in a crowded public place, do not rush for the doors. Crouch and cover your head and neck with your hands and arms.

## EARTHQUAKES

### After the Earthquake

- Do not attempt to use the telephone unless there is an immediate, life-threatening emergency.
- If it is safe, check for gas and water leaks, and broken electrical wiring or sewage lines. If there is damage, turn the utility off at the source and immediately report gas leaks to your utility company.
- Stay away from downed power lines and warn others to stay away.
- Do not attempt to re-light the gas pilot unless your gas line has been thoroughly inspected. Call the Gas Company for assistance.
- If you are able to safely do so, check your building for cracks and damages, including the roof, chimney, and foundation.
- Turn on your portable radio for instructions and news reports.
- Cooperate fully with public safety officials and follow instructions; they are trained to ensure safety.
- Do not use your vehicle unless there is an emergency.
- Be prepared for aftershocks – Stay calm and help others.
- If you evacuate, leave a message at your home telling family members and others where you can be found.



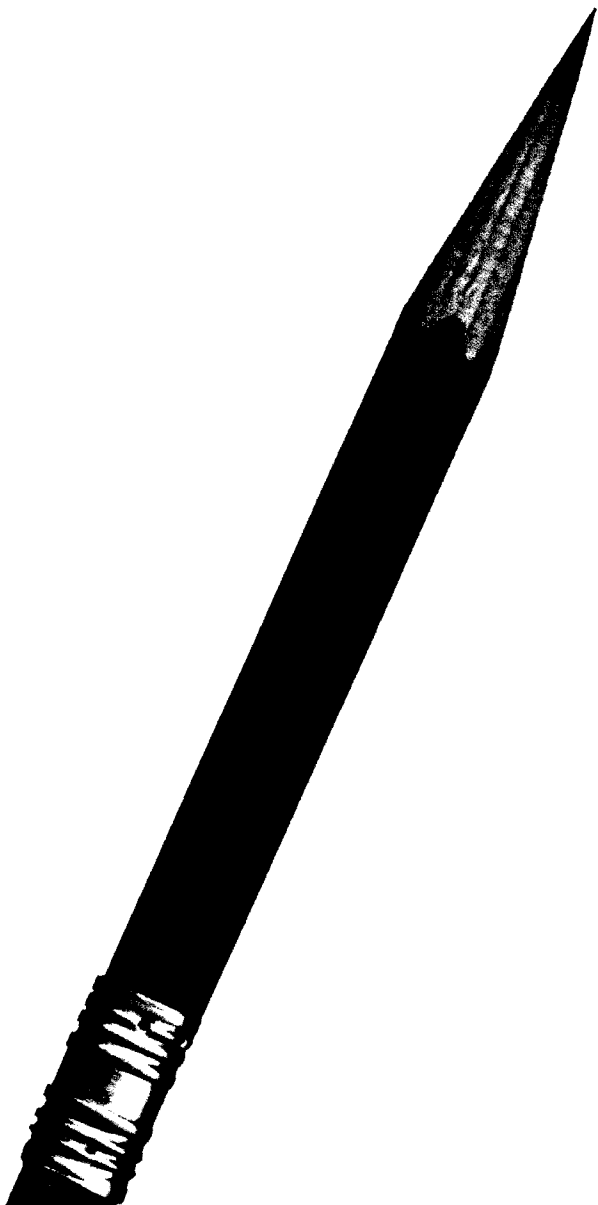
HAZARDS

HAZARDS

## FAMILY EMERGENCY PLAN

A good place to begin emergency preparedness is by writing a Family Emergency Plan. Your Plan should include every member of your household – including pets!

# 10 ESSENTIAL Actions



1

Learn the threats in your area

2

Identify meeting places

- Outside your home
- Outside your neighborhood

3

Select your out-of-state contact

4

Know your evacuation routes

- Exits and alternate ways to leave home

5

Know the location of utility shut-offs

- Water
- Gas
- Electricity

6

7

8

9

10



## HOUSEHOLD COMMUNICATION PLAN

Take time to record important contact information for members of your household and your out-of-state contacts.

## HOUSEHOLD EMERGENCY CONTACT INFORMATION

Name	Location	Phone	Email

*To use a web-based tool for creating  
an emergency plan for your family.  
Go to [www.Ready.gov](http://www.Ready.gov)  
and go to **Make a Plan***

Contacts	Name	Phone Number
Local personal emergency contact		
Hospitals near:                      Work		
School		
Home		
Family physician(s)		
Employer contact and emergency information		
School contact and emergency information		
Religious/spiritual organization		

### OUT-OF-STATE EMERGENCY CONTACT INFORMATION

Primary Contact	Secondary Contact
Name	Name
Address	Address
Business Phone	Business Phone
Home Phone	Home Phone
Cell Phone	Cell Phone
Email Address	Email Address

## EVACUATION CHECKLIST

# 10 ESSENTIAL Items

1

Emergency Supply Kit

2

Out-of-State Contact List

3

Cash and Credit Cards

4

Important Documents

- Social Security card
- Drivers License
- Passport
- Medical card and records
- Insurance information

5

Change of Clothing

- For each family member

6

Personal Hygiene Items

- Toothbrush & Toothpaste
- Shampoo & Soap
- Lotion
- Deodorant
- Kleenex and Toilet Tissue

8

Baby Items

- Diapers
- Formula
- Food
- Change of clothing

7

Family Photos

9

Special Needs Items

- Wheelchair, Canes & Walkers
- Medications
- Hearing Aids (& extra batteries)

10

Pet Care Items

- Identification & Immunization Records
- Carrier or Cage
- Muzzle and Leash
- Food & Water



# 10 ESSENTIAL Emergency Supplies

At a minimum, your emergency supplies should include these 10 essential items.

1

Water for 3-10 days  
(1 gallon per person per day)

2

Food for 3-10 days  
(including pet food)

3

First Aid Kit and Instructions

4

Flashlights (and extra batteries)

5

Radio (and extra batteries)

6

Medications  
(prescription and non-prescription)

7

Cash and important documents  
(small bills and coins, birth certificates,  
tax returns, deeds, titles, insurance  
papers, medical cards)

8

Clothing and sturdy shoes

9

Tools (wrench, duct tape, fire  
extinguisher, sturdy gloves, whistle)

10

Sanitation and hygiene supplies

When purchasing a fire extinguisher the best type is ABC, which covers combustible, liquids and electrical fires. Be sure to check the expiration date on your extinguisher.



## PERSONALIZE IT!

Include items in your disaster kit that will help your family be comfortable and self-sufficient after a disaster, consider adding:

- Camping stove, fuel, pots and pans, aluminum foil, paper cups, plates & plastic utensils
- Emergency blankets or sleeping bags
- Pet carriers and supplies
- Extra set of car, home, and safe deposit box keys
- List of emergency telephone numbers
- Portable toilet, toilet paper and plastic bags for human waste
- Compass
- Pens, pencils, paper tablet
- Toys, crayons and books to keep children busy



# FOOD SUPPLIES

Select foods that require no refrigeration and can be prepared with little or no water. Select food items that are compact and lightweight including a selection of the following foods:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples-sugar, salt, pepper
- High-energy foods such as peanut butter, jelly, crackers, granola bars, trail mix
- Food for infants, elderly persons, or persons on special diets
- Comfort/stress foods in small amounts such as cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags
- Manual can opener
- All-purpose knife
- Household liquid bleach to treat drinking water
- Plastic wrap
- Re-sealing plastic bags

# BASIC FIRST AID KIT

Be sure to include personal items that you rely on daily. A basic first aid kit should include:

- Disposable/sterile burn blankets
- Adhesive tapes
- Hydrogen peroxide, Betadine
- 4x4 gauze pads (sterile and non sterile), roller gauze
- Band-Aids (assortment)
- Ice packs
- Triangular bandages, ace bandages
- Eye pads
- Scissors
- Cotton balls/Q-tips/cotton applicators (12 count)
- Tweezers
- Penlight
- Thermometer
- Safety pins and sewing needles/thread
- Optional: over-the-counter pain medication and digestive aid
- Anti-bacterial towelettes
- Blood-stopper compresses
- Burn ointment
- CPR shield
- Tri-biotic ointment
- Earplugs
- Over the counter medications

## PLANNING FOR WATER

To prepare safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it. Be sure to notice the expiration or "use by" date.

- A normally active person needs to drink at least two quarts of water each day. Children, nursing mothers, and others may need more.
- Very hot temperatures can double the amount of water needed.
- Store at least one gallon per person per day, for drinking and cooking.
- Store water in thoroughly washed plastic, glass, or enamel-lined metal containers.

Recycle self-stored water every six months.

Recycle commercially bottled water every 12 months.

Your hot water heater can be a source of water.  
Turn off the power that heats the tank and let it cool.  
When you want water, place a container underneath  
and open the drain valve on the bottom of the tank.

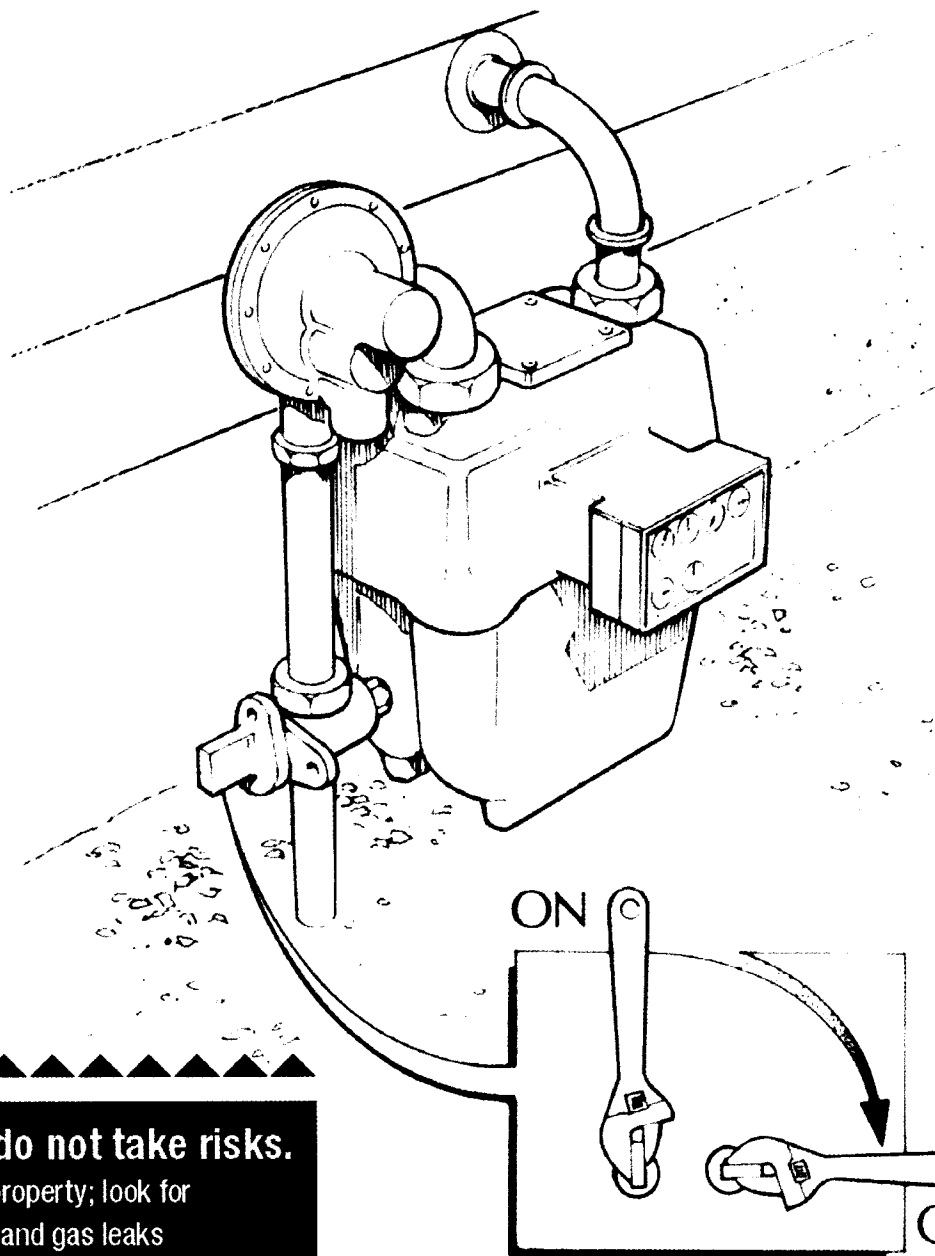
# WARNING

## VERY HOT



More information on storing water and food is available free of charge in the ESP publication "Family Steps to Survival" at [www.espfocus.org](http://www.espfocus.org) or by calling (213) 974-1166.





## Think SAFETY and do not take risks.

Walk carefully around your property; look for downed power wires, water and gas leaks and damage to the structure(s). Do not enter severely damaged buildings, especially alone. Wait for help and use safety gear.

## GAS SHUT OFF

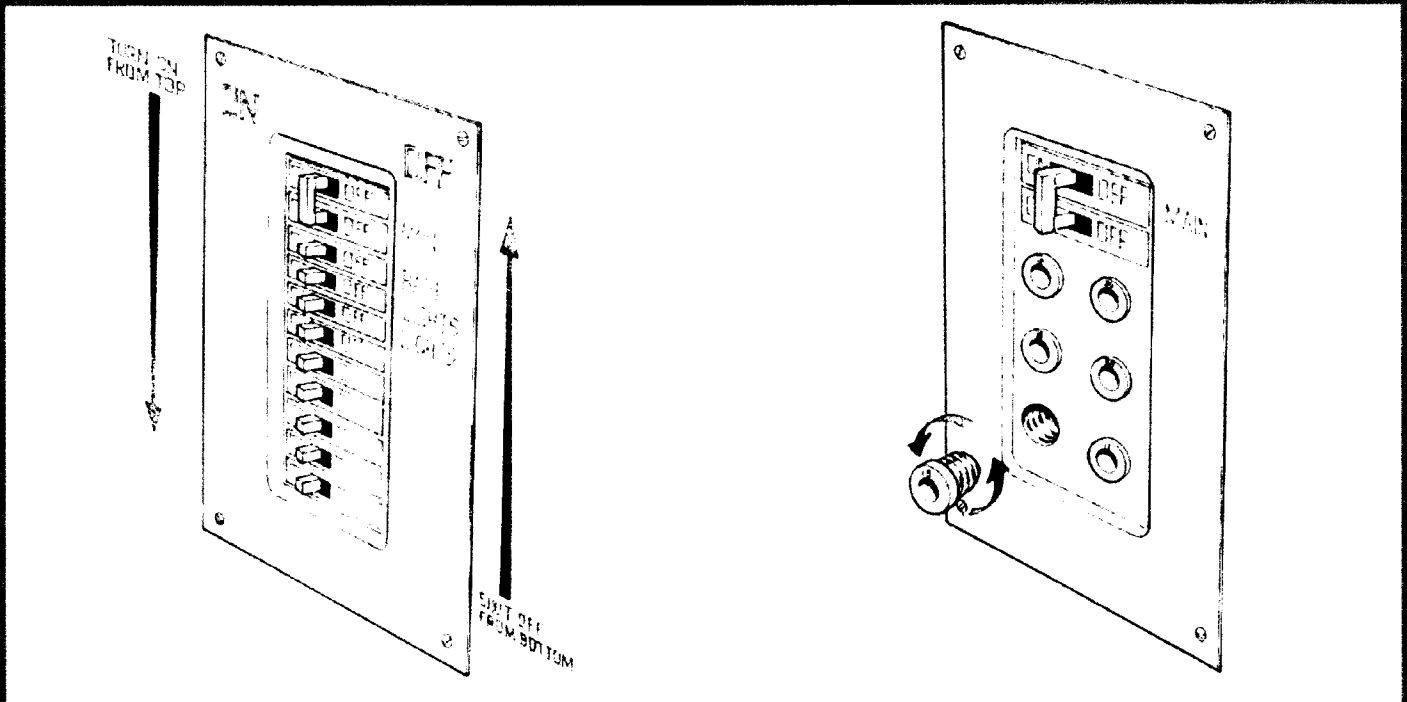
Learn the location of your gas meter and how to shut off the supply valve. Do not shut off the gas supply valve unless you smell or hear gas leaking. If you have "Natural Gas" (a line from the street) the main shut-off valve is located next to your meter on the inlet pipe. Use a wrench and carefully give it a quarter turn in either direction so that the bar runs crosswise on the pipe. The line is now closed. Shut off valves covered with paint should be tapped gently to break the seal; forcing the valve can break it. If you have propane (gas in a tank), turn off the main gas supply valve if it is safe to do so. To close the valve turn it to the right (clockwise)

# UTILITIES



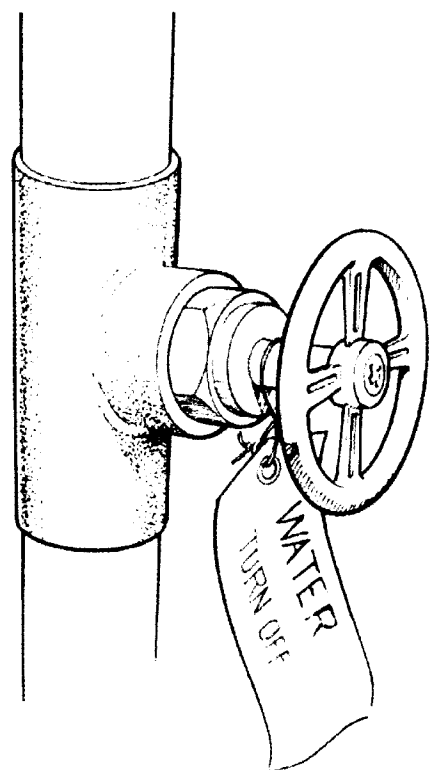
Every responsible member of your household should know where your electrical switch box is and which switch controls power to your home. This switch may be found on the circuit breaker panel or it may be separately located near the meter.

Remember - do not operate any electrical switches if a gas leak is suspected. To shut off the electricity to your home, turn off individual breakers first, then the main switch. To turn back on, turn on the main switch first, then individual breakers.



## WATER SHUT OFF

The water shut off valve is found where the water supply enters the house. Check with your water company to determine if a special tool is needed to turn the valve. Consider installing a turn off valve near your home to help with leaks or burst pipes inside. Water is essential for survival but in an emergency, may be limited or unavailable. Properly stored water is the most important part of your emergency plan.





# BE SAFE

Inspecting your home after a disaster

## Natural gas

If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call the gas company from a neighbor's residence. If you shut off the gas supply at the main valve, you will need a professional to turn it back on. Do not smoke or use oil, gas lanterns, candles, or torches for lighting inside a damaged home until you are sure there is no leaking gas or other flammable materials present.

## Sparks, broken or frayed wires

Check the electrical system, do not check it if you are wet, standing in water, or unsure of your safety. If possible, turn off the electricity at the main fuse box or circuit breaker. If the situation is unsafe, leave the building and call for help. Do not turn on the lights until you are sure they're safe to use. You may want to have an electrician inspect your wiring.

## Roof, foundation, and chimney cracks

If it looks like the building may collapse, leave immediately.



WHEN  
DISASTER STRIKES

**TIP**

After an earthquake, be prepared for aftershocks.

## Your Basement

If your basement has flooded, pump it out gradually (about one third of the water per day) to avoid damage. The walls may collapse and the floor may buckle if the basement is pumped out while the surrounding ground is still waterlogged.

## Appliances

If appliances are wet, turn off the electricity at the main fuse box or circuit breaker. Then, unplug appliances and let them dry out. Have appliances checked by a professional before using them again. Also, have the electrical system checked by an electrician before turning the power back on.

## Water and Sewage Systems

If pipes are damaged, turn off the main water valve. Check with local authorities before using any water; the water could be contaminated. Pump out wells and have the water tested by authorities before drinking. Do not flush toilets until you know that sewage lines are intact.

## Food and Other Supplies

Throw out all food and other supplies that you suspect may have become contaminated or come in to contact with floodwater.

## Open Cabinets

Be alert for objects that may fall.

## Clean up Household Chemical Spills

Disinfect items that may have been contaminated by raw sewage, bacteria, or chemicals. Also clean salvageable items.

## Call Your Insurance Agent

Take pictures of damages. Keep good records of repair and cleaning costs

# SCHOOL SAFETY

If you have children attending school in Los Angeles County it is important for you to obtain a copy of the school's disaster plan and include it in your Family Emergency Plan. The school's disaster plan should answer the following questions:

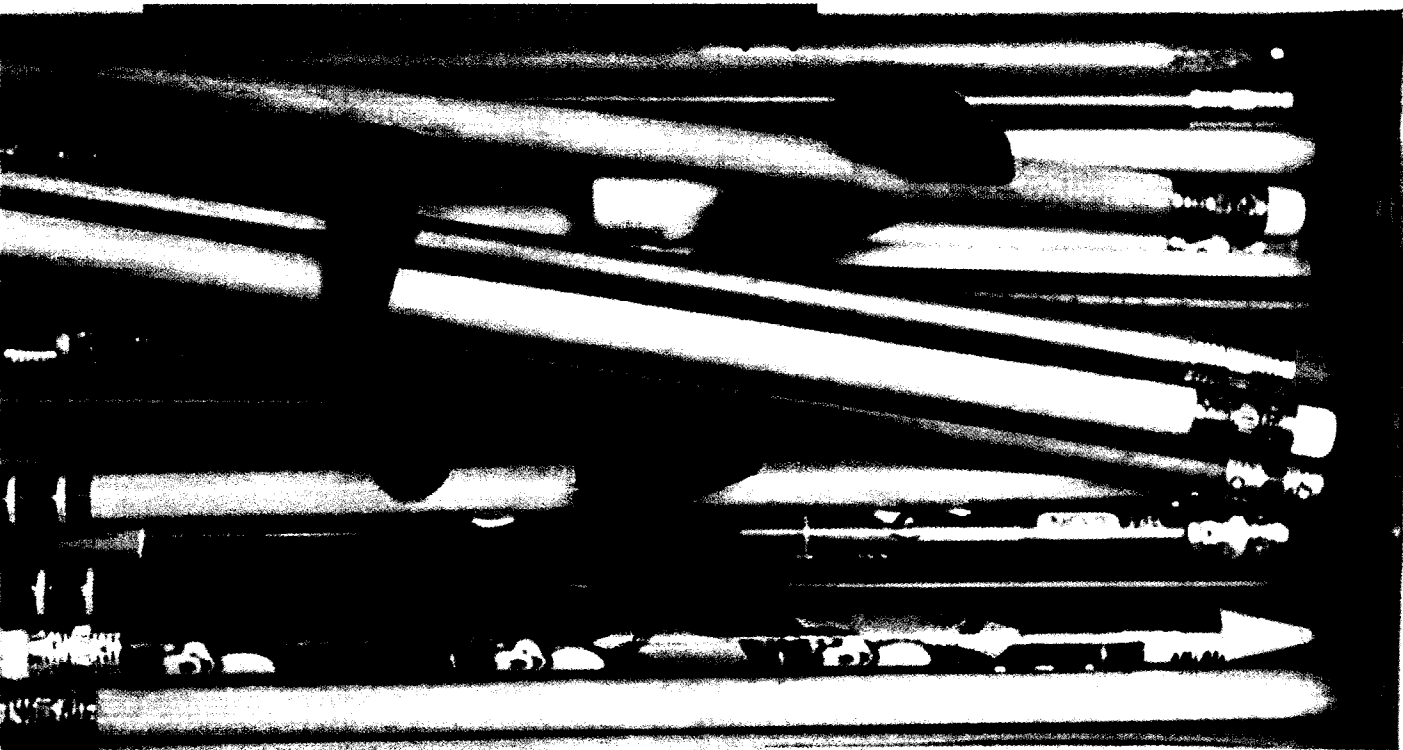
## WHO SHOULD I CALL TO KEEP UPDATED ON THE STATUS OF MY CHILD?

Name \_\_\_\_\_

Phone \_\_\_\_\_

YES NO

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Will my child be sheltered in place during a wildland fire or other emergency?   |
| <input type="checkbox"/> | <input type="checkbox"/> | If so, do I know what precautions my school has taken to ensure my child's safety?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Does the school maintain a parent-provided disaster supply kit for my child?   |
| <input type="checkbox"/> | <input type="checkbox"/> | If so, have I recently updated it so it is current?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Does the school have adequate emergency supplies on hand to care for my child?   |
| <input type="checkbox"/> | <input type="checkbox"/> | Will I be able to pick up my child, or send someone else to pick up my child?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Will my child be evacuated?  |
| <input type="checkbox"/> | <input type="checkbox"/> | If so, do I know to what location my child might be evacuated?   |
| <input type="checkbox"/> | <input type="checkbox"/> | If my child needs special medications, can a short-term supply of these medications be kept at the school nurse's office for use during any emergency? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is your child's emergency contact school information up-to-date?   |





## PUBLIC SCHOOL CLOSURES

### Before School Has Begun for the Day

If one or all schools cannot open due to unsafe road conditions or other reasons, district superintendents will declare a school closure and the school will notify local radio stations to announce planned closures. If conditions allow, district personnel including custodians, maintenance, and office staff will report to work as usual.

### Once School Has Begun

Once school has started for the day, students will remain until the regular dismissal hour or until students are checked-out by an adult listed on their emergency card. During bad weather, principals or other school representatives will remain on campus until all students have been picked up from school.

Transport coordinators for the school will notify the principal and superintendent if road conditions in the area mean that students cannot safely leave. If an earthquake or other disaster prevents parents or guardians from picking up students when school is over, students will be sheltered at the school. Schools plan for extended stays by keeping food and other supplies for students and staff onsite.

### School Evacuation

If an individual school must be evacuated due to flooding, fire, or destruction of facilities, students will be evacuated by school bus or other means to another district school site. Parents and guardians will be notified through local radio station announcements about evacuations and transfer sites where they can pick up students.

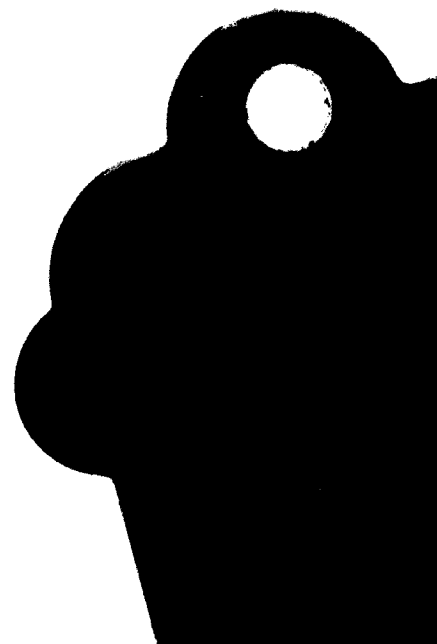
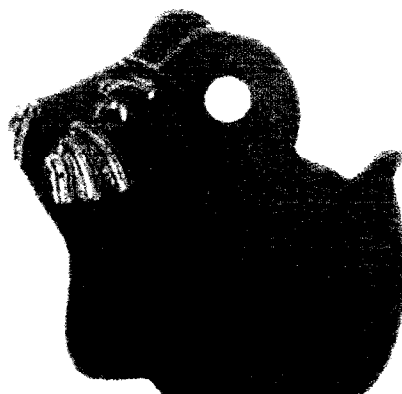
In an emergency, do not call the school directly. School lines are used by staff call for emergency help and coordinate evacuations.

## PET DISASTER SUPPLY KIT CHECKLIST

- ☐ Name tags and phone numbers for collars and harnesses
- ☐ Leashes, harnesses, gloves and carriers to transport pets safely and securely
- ☐ Water and food for 3-10 days.
- ☐ Supplies like bowls, cat litter and pans, manual can opener, foil or plastic lids for cans
- ☐ 3-10 day supply of medications. Medical records stored in a waterproof container
- ☐ Current photos of your pets in case they get lost
- ☐ Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to board your pets. Don't forget pet beds and toys!
- ☐ First Aid kit (including large/small bandages with elastic tape, scissors, tweezers, Q-tips, antibiotic ointment, saline eyewash, & hydrogen peroxide)

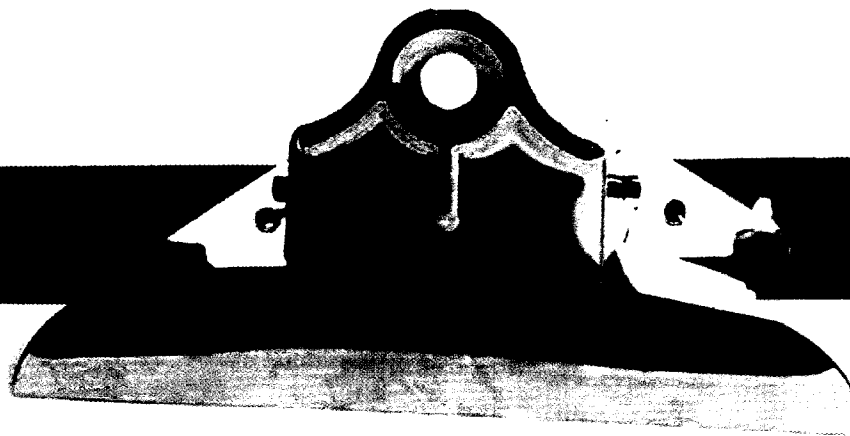


Don't forget to include identification tags on carriers, harnesses and leashes



When you get an Evacuation Warning gather up small animals and confine them so they can be crated quickly. Transport cats in a plastic or wire carrier only; do not carry in your arms. Cover

the carrier with a light cloth, which will help keep cats quiet. Remember that animals may be anxious in an emergency and be sure to include safety items like sturdy gloves in your emergency kit.



## HORSE AND LARGE ANIMAL DISASTER SUPPLY KIT CHECKLIST

- ☐ Halters with identification tags and lead ropes for each horse.
- ☐ Vaccination and identification forms with current photos.
- ☐ Food, feed buckets, and any medications for 7–10 days.
- ☐ Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to board your horse(s).
- ☐ First Aid Kit with wraps.
- ☐ Duct tape to write identification on horse halters.
- ☐ Headlamp light (much better than flashlight when working with large animals).



Have your horses  
micro-chipped.