



ARE YOU READY FOR THE

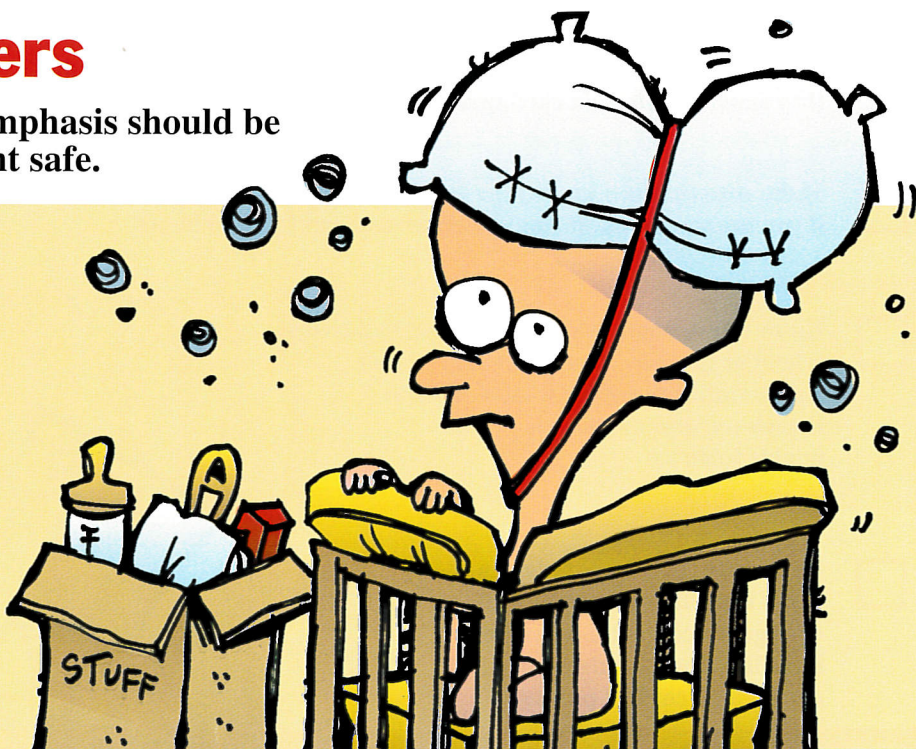
BIG BOOM?

Earthquake Preparedness Tips for Children

Infants and Toddlers

For children under age 3, special emphasis should be placed on making their environment safe.

- Place cribs away from windows and tall, unsecured bookcases, furniture and heavy objects.
- Install bumper pads in cribs or bassinets to protect babies during shaking.
- Keep a minimum of a five-day supply of extra water, formula, bottles, food, juices, clothing, disposable diapers, baby wipes and prescription medicines. Also keep an extra diaper bag with these items in your car.
- Make sure you have access to a stroller, wagon or crib with wheels to evacuate infants, if necessary.





BIG BOUNCE

Earthquake Preparedness Tips for Children

Preschool and School-Age Children

Include your children in family discussions and planning for earthquake safety. By age 3 or so, children can comprehend what an earthquake is and the basics of getting ready for one.

Use sturdy tables to teach children to duck, cover and hold on.

Role play with children the actions they should take during an earthquake in different settings.

Warn children never to touch wires on poles or lying on the ground.

Show children the safest places to be in each room when an earthquake hits. Show them all possible exits from each room.

Although children should not turn off utility valves, it is important that they know what gas smells like. Advise children to tell an adult if they smell gas after an earthquake.

Make sure children know your family's alternate meeting sites if you are separated during a disaster and can't return home.

Know the emergency policies of your children's school or day care center. Provide written authorization for other trusted persons to pick up your children if you are unable to do so.

Make sure school-age children carry identification cards with emergency contact information, including your family's out-of-state contact person.

