



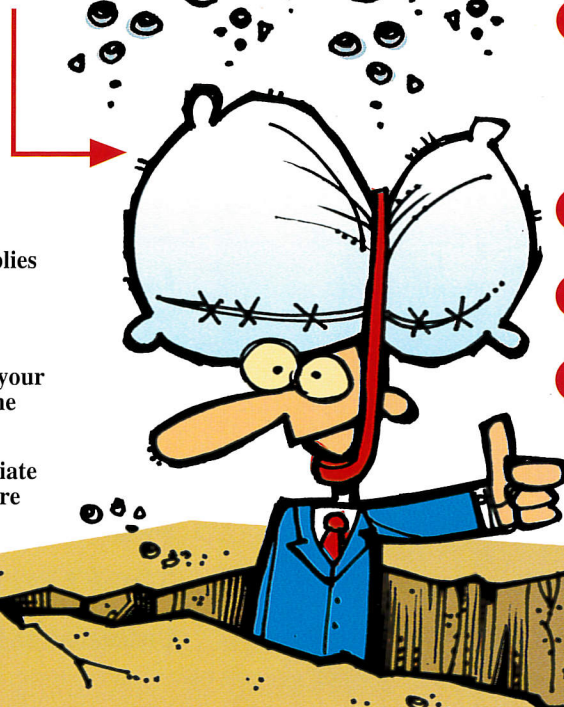
# ARE YOU READY FOR THE

# BIG ONE?

## A PILLOW IS NOT ENOUGH!

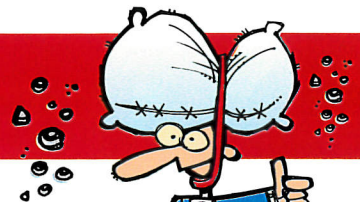
### Preparing Your Family for An Earthquake

1. Stock up on at least a five-day supply of food, water, medical supplies and other necessary equipment for everyone in the family. Make sure everyone knows where to find it.
2. Decide where and when to reunite your family should you be apart when the earthquake occurs.
3. Choose a person outside the immediate area to contact if family members are separated.



4. Be familiar with the emergency plan of the school or day care center your children attend. Make plans to have someone pick up your children if you are unable to get to them.
5. If you have a family member who is disabled or who does not speak English, prepare an emergency card indicating that person's identification, address and any special needs. Tell that person to keep the card with him or her at all times.
6. Have Drop, Cover and Hold On drills every six months with your family.
7. Earthquake-proof tall furniture and bolt down your home's foundation.
8. Locate shutoff valves for water, gas and electricity. Learn how and when to shut off the valves before a quake. If you have questions, call your utility company.
9. Collect vital records and take photos and/or videos of your valuables. Make copies and keep them in a safe deposit box or with someone out of the area.
10. Identify all the possible ways to exit your house. Keep those areas clear.





# BIG ONE

## EMERGENCY SUPPLIES CHECKLIST

### ESSENTIALS



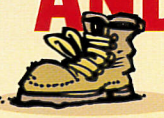
- WATER — 1 gallon per person per day (minimum supply for 5 days)
- FIRST AID KIT — freshly stocked
- FOOD — canned/nonperishable
- CAN OPENER — nonelectric
- BLANKETS and sleeping bags
- Battery-powered RADIO
- FLASHLIGHTS
- Extra BATTERIES
- BABY FORMULA, diapers, supplies
- PET FOOD and supplies
- MEDICATIONS
- Extra set of HOUSE and CAR KEYS
- Landline PHONE
- Extra EYEGLASSES
- CASH and change

### COOKING



- Paper TOWELS
- Paper PLATES, CUPS
- Plastic KNIVES, forks, spoons
- Heavy-duty ALUMINUM FOIL
- CAMPING STOVE for outdoor cooking (never use charcoal indoors)

### SAFETY AND COMFORT



- Sturdy SHOES
- HEAVY GLOVES for debris
- FIRE EXTINGUISHER
- PAPER and PENS
- KNIFE, SCISSORS
- GARDEN HOSE for siphoning or firefighting
- TENT
- Change of CLOTHING

### TOOLS



- AX, shovel, broom
- BICYCLE
- Coil of 1/2-inch ROPE
- Adjustable WRENCH for turning off gas and water
- Plastic TAPE, staple gun, window replacement sheeting
- TOOL KIT, including screwdriver, pliers, hammer
- City, Bay Area MAP  Fire EXTINGUISHER

### SANITATION SUPPLIES



- Large plastic TRASH BAGS for waste, tarps and rain ponchos
- BAR SOAP and liquid detergent
- TOOTHPASTE, toothbrushes
- Feminine HYGIENE supplies
- Large TRASH CANS
- TOILET PAPER
- Unscented BLEACH

