

CALAMITY JANE EXPRESS (R)
Emergency Checklist
at www.calamityjaneexpress.net
Standard Messages

Earthquake

Protect Yourself

- Pick "safe places" in each room.
- Practice drop, cover, and hold on.

If you are at risk from earthquakes, you should:

- Discuss with members of your household the possibility of earthquakes and what to do to stay safe if one occurs.
- Pick "safe places" in each room of your home and your office or school.
- Practice drop, cover, and hold on in each safe place.
- Keep a flashlight and sturdy shoes by each person's bed.
- Talk with your insurance agent about earthquake protection.
- Inform guests, babysitters, and caregivers of earthquake plans.

Protect Your Property

- **Secure your home's structure and objects inside and outside.**

If you are at risk from earthquakes, you should:

- Make sure your home is securely anchored to its foundation.
- Bolt and brace water heaters and gas appliances to wall studs.
- Bolt bookcases, china cabinets, and other tall furniture to wall studs.
- Hang heavy items, such as pictures and mirrors, away from beds, couches, and anywhere people sleep or sit.
- Brace overhead light fixtures.
- Install strong latches or bolts on cabinets.
- Secure large items that might fall and break
- Store weed killers, pesticides, and flammable products securely in closed, latched metal cabinets.
- Evaluate animal facilities and places your pets like to hide in, to ensure that any hazardous substances or structures are as safe as possible.
- Consider having your building evaluated by a professional structural design engineer.
- Follow local seismic building standards and land use codes.

When you return home:

- Be alert for and observe official warnings.
- Use extreme caution.
- Examine walls, floors, doors, staircases, and windows.
- Check for gas leaks.
- Look for damage to the electrical system.
- Check for damage to sewage and water lines.
- Watch for loose plaster, drywall, and ceilings that could fall.

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Do During an Earthquake

- **If inside when the shaking starts, move no more than a few steps and drop, cover, and hold on.**
- **If outside, find a clear spot and drop.**

Inside:

- Drop, cover, and hold on. .
- If you are elderly or have a mobility impairment, remain where you are, bracing yourself in place.
- If you are in bed, stay there, hold on, and protect your head with a pillow.
- Stay indoors until the shaking stops and you are sure it is safe to exit.
- Be aware that fire alarm and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire.
- If you are in a coastal area, drop, cover, and hold on during an earthquake and then move immediately to higher ground when the shaking stops.

Outside:

- Find a clear spot away from buildings, trees, streetlights, and power lines.
- Drop to the ground and stay there until the shaking stops.
- If you are in a vehicle, pull over to a clear location, stop, and stay there with your seatbelt fastened until the shaking stops.
- If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris

After an Earthquake

- **Expect aftershocks.**
- **Check yourself and then others.**
- **Look for fires.**

- Expect aftershocks.
- Check yourself for injuries and get first aid if necessary before helping injured or trapped persons.
- Put on long pants, a long-sleeved shirt, sturdy shoes, and work gloves
- Look quickly for damage in and around your home and get everyone out if your home is unsafe.
- Listen to a portable, battery-operated radio or television
- Check the telephones in your home or workplace.
- Look for and extinguish small fires.
- Clean up spilled medications, bleach, gasoline, or other flammable liquids • Open closet and cabinet doors cautiously.
- Help people who require special assistance
- Watch out for fallen power lines or broken gas lines
- Stay out of damaged buildings.
- If you were away from home, return only when authorities say it is safe.