

LET'S IDENTIFY HAZARDS: Go through these questions at home and at work

- Are you able to take cover under a table or desk? Are there any fall hazards?
- Where is the nearest exit? Are there any fall hazards that can block that exit?
- Do we have the tools necessary to shut off the water & gas? Where are they?
- No Desks/ Table to take shelter?: Interior walls away from windows and furniture are your next best bet. Take note on where safe spaces are!

COMMON MYTHS: Taking shelters in doorways or the "Triangle of Life": these techniques have been debunked by experts in earthquake safety

Earthquake at Work: We spend most of our time here, so let's make it safe!!

Before:

- Know the meeting spot for evacuation
- Know all the exits in the building
- Know safe spots in areas you frequent

During:

- DROP, COVER, HOLD!! DROP under a desk, table, or chair! COVER head & neck! HOLD onto a leg of the structure you're under
- Instruct others nearby to do the same

After:

- Go to pre determined Evacuation Area!
- Briefly TEXT loved ones that you're okay, DO NOT CALL, KEEP CELL TOWERS OPEN FOR EMERGENCY SERVICES

EMERGENCY PREPAREDNESS IN YOUR LIFE: Be Self Sufficient for 72 HRS

1. Create a list of supplies you/ your family will need and GET THEM!!
2. Make a spreadsheet on when to replace and restock these items accordingly to their expiration dates. Batteries, food, and water will do you No Good in an emergency if they are Expired! :(
3. Do not neglect sanitation and cleanliness supplies. You'll want reasonable comfort & cleanliness in an emergency.
4. Have a plan with family members on where to meet and PRACTICE!
5. Know your home hazards and practice where the safe points are. (No Doorways!! Under tables/ desks & interior walls are good options!)
6. Identify fall hazards and neutralize them! Anchor cabinets and dressers to the wall! Move heavy objects away from a bed, a bed is a great safe spot to shelter in, so keep it safe from falling objects.
7. Plastic water bottles are NOT good sources for drinking water when stored in places susceptible to heat! (Car or Garage)

\*\* Earthquakes WILL happen, the big one WILL hit and preparation WILL be \*\*  
\*\* the difference between Life and Death \*\*

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A BASIC CHECKLIST: Get these items, Make your spreadsheet, & Be Prepared!  
\*adjust as needed for you and your family's individual needs, customize!!

CAR :: Be aware of temperature changes in a car

- Have the supplies & knowledge to change a flat tire.
- Store a sweater/ blanket, along with comfy shoes & socks in your trunk.
- Keep a phone charger for your car!!
- Keep some cash in your car for food, gas, etc.
- If you want to store emergency water, be sure they are Foil Pouches that are US Coast Guard approved!

Garage (Family): Be aware of temperature changes in a garage

- Store DRINKING WATER, 1 gallon per person, per day for 7 days. You want water in containers that can withstand the HEAT of a garage!  
\*\*If you have a water heater they can store huge amounts of drinking water, learn how to tap into for a fantastic source of emergency water! Remember: you'll need safe Drinking water for hydration, many canned food meals, and dental hygiene!
- Food: canned goods, packaged snacks, MRE. 7 days worth!
- First Aid Kit: a comprehensive kit for cuts & bruises, and Medication.
- Cash & Documents: Passports, insurance documents, flash drives with pics and a video walkthrough of your house, etc. (Protect yourself from post-disaster scammers! Proof that you are who you say you are!)
- Hygiene Items: A cheap way to store water for this is with empty milk jugs. Store enough for your family size and Rotate them out for new ones. Also: Dental hygiene items, feminine products, Wet Wipes, etc.  
\*Easy toilet: bucket, trash bags, & cat litter!
- Pet supplies: Food, water, carrier, poop baggies, meds, up to date vaccination records, and an Up to Date Picture. \*\*Maybe have a stack of Lost Pet flyers ready to pass out in case they get lost in the chaos.
- Tools: Gas & Water shut off wrenches, with thick work gloves know how to use them! Do Not Rely on anyone else (Dad, husband, etc)
- Flashlight: With extra batteries! No candles, what if there's a gas leak?

Under Bed (Each Family Member): Kept in a duffel bag or backpack. GO BAG!

\*\*This is a great place to store a case of plastic water bottles for emergency drinking water, Replace Annually

- Flashlight: Store batteries separately to maximize shelf life.
- Comfortable clothes in the case of a quick evacuation.
- Extra phone charger: a modern day necessity!
- Gloves & Crowbar: To pry open windows or doors in an evacuation.
- Emergency Food & Water for 72hrs.
- Hygiene items & Prescription glasses & Medication.

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