



Disaster Preparedness Checklist

It is important to prepare for these types of emergencies: power outage, fire, hazardous materials spills, natural disasters (flood, earthquake), and terrorism. USGS scientists report that there is a **high** probability that California will be rocked by an earthquake with a magnitude of **6.7 or larger** within the next 30 years.

Safety tips to help you prepare for earthquakes and other disasters are listed below

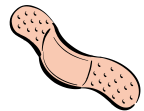
AWARENESS

Awareness about the safety risks in your home and workplace and following these preparedness measures will help to reduce deaths, injuries and property damage. Organize your household to be prepared for the next earthquake or disaster and encourage the commitment of every family member.

EMERGENCY KIT

Assemble a family emergency kit that will last at least 3 days and include the following:

- | | |
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| <input type="checkbox"/> Water (1 gallon per person per day) | <input type="checkbox"/> Cellular phone/charger |
| <input type="checkbox"/> Shovel | <input type="checkbox"/> Sleeping bag |
| <input type="checkbox"/> Radio (separately packaged batteries) | <input type="checkbox"/> Fire extinguisher(s) |
| <input type="checkbox"/> Dust masks | <input type="checkbox"/> Money (small bills/credit cards) |
| <input type="checkbox"/> Flashlights & separately packaged batteries | <input type="checkbox"/> Crowbar |
| <input type="checkbox"/> Leather gloves | <input type="checkbox"/> Medication |
| <input type="checkbox"/> Rain gear (lightweight) | <input type="checkbox"/> Tool kit |
| <input type="checkbox"/> Eye protection / sunglasses | <input type="checkbox"/> Eyeglasses / Contact lenses |
| <input type="checkbox"/> Blankets & warm clothing | <input type="checkbox"/> Hearing aids |
| <input type="checkbox"/> Writing kit | <input type="checkbox"/> Hygiene kit |
| <input type="checkbox"/> Food (non-perishable, canned) | <input type="checkbox"/> Plastic garbage bags |
| <input type="checkbox"/> Can opener (non-electric) | <input type="checkbox"/> Clothing (extra) |
| <input type="checkbox"/> Waterproof sack/bag | <input type="checkbox"/> Walking stick/cane/walker |
| <input type="checkbox"/> Shoes (sturdy) | <input type="checkbox"/> Infant/Special needs |
| <input type="checkbox"/> Unscented household bleach | <input type="checkbox"/> Duct tape |
| <input type="checkbox"/> First-aid kit | <input type="checkbox"/> Pet needs |
| <input type="checkbox"/> Whistle | <input type="checkbox"/> Copies of important documents/photos (memory stick or hard drive) |



REDUCE HOME HAZARDS

Relocate, secure, store or eliminate items that may become a hazard during an emergency:

- Move large heavy objects to lower shelves
- Hang pictures and mirrors away from beds and sofas
- Fasten shelves and bookcases securely
- Brace overhead light fixtures
- Strap water heater in accordance with local building codes
- Repair cracks in ceilings and foundations around the home
- Secure other heavy items that may move or fall during an earthquake
- Clean and repair chimney flue, vent connectors and gas vents
- Repair leaky gas connections and defective electrical wiring
- Keep weed killers, pesticides and flammable liquids in proper containers with tight fitting lids
- Put oily rags in metal containers with tight-fitting lids; not in a pile where they can spontaneously ignite
- Dispose of hazardous materials properly. For information, call the Santa Clara County Hazardous Waste Program at **408-299-7300** or visit www.hhw.org



RESPONDING DURING AN EARTHQUAKE

- SAFE - Duck under sturdy tables/desks, brace under doorway or crouch into a corner
- DANGEROUS - Near windows, mirrors, hanging objects, fireplaces and tall furniture



UTILITIES

Learn how to locate and shut-off water, gas and electricity **only when necessary**.

FIRST AID/CPR

In the event of a disaster, emergency response services will be overloaded. Be prepared! For information on first aid and CPR classes, call your local fire department or visit the following websites:

American Heart Association: www.americanheart.org or **American Red Cross:** www.redcross.org

EMERGENCY PLAN

- Create an evacuation plan that includes two exits out of every room in the home
- Designate a family meeting place
- Practice until everyone knows the plan and feels confident with it
- Consider any special needs for the members of your household. For example: Infants & small children, the elderly or disabled, and family members who may not be fluent in English

FAMILY CONTACT

Establish an **out-of-state** contact person to provide family members the ability to check in and receive calls or text messages. Following a disaster, even when telephone service resumes, out of state calls and texts will be easier to place and will help to minimize the demand on local phone service.

Everyone should know the contact's phone number and e-mail address. For school-aged children, write the number in their binder or backpack and include information on the school emergency form.

PERSONAL INFORMATION

- Maintain a medical history information sheet for each household member
- Verify that you have adequate insurance (life, disability, health, home, auto and other property)

MAINTAINING AN EMERGENCY KIT AND PLAN

- Make a schedule of what emergency kit items need to be inspected or replaced on a regular basis
- Update emergency plan information as needed. Verify all information is current once a year
- Keep practicing and ensure that your plan is realistic and compatible with your changing needs

PREPAREDNESS WHILE AWAY FROM HOME

Plan for emergencies in places where your family spends time (school, workplace, place of worship, etc.). Know how you will respond to an earthquake or other disaster at these locations.

Discuss what children should do if at school. Coordinate so there is an alternate person to pick-up children and list them on the school emergency form.



COMMUNITY AWARENESS

Volunteer to help your community become better prepared with the Community Emergency Response Team. Contact your Office of Emergency Services for information (phone listed below).

Important Phone Numbers

Emergencies	9-1-1
Mountain View Fire & Police (Non-Emergency)	650-903-6344
Mountain View Office of Emergency Services	650-903-6825
American Red Cross – Silicon Valley	877-727-6771

Your contact: _____ Email: _____ Phone: _____