



## Graham Fire & Rescue

### DISASTER PREPAREDNESS

When preparing your family (as they will be attending locations that have the largest potential for loss of life such as schools, nursing homes, malls and stores) for disaster, prepare to be on your own for at least three days. Chances are likely that after a major disaster, emergency response teams may not be able to provide immediate care to your family.

#### THE PLAN

- ✓ Have at least a three-day supply of food, water, clothes, medical supplies and other necessary equipment for everyone in your family.
- ✓ Know the locations of the nearest fire and police stations.
- ✓ Decide where and when to reunite your family should you be apart when a disaster happens.
- ✓ Locate shutoff valves for water, gas, and electricity. Learn how to shut off the valves before an earthquake or other disaster.
- ✓ Choose a person outside the immediate area to contact if family members are separated. Long distance phone service will probably be restored sooner than local service. Do not use the phone immediately following a disaster.
- ✓ Keep a small amount of extra cash available. If the power is out, ATM machines will not operate.
- ✓ Keep an extra pair of eyeglasses, house keys and car keys on hand.
- ✓ If you have a family member who does not speak English, prepare an emergency card written in English indicating that person's identification, address and any special needs such as medication or allergies. Tell that person to keep the card with them at all times.
- ✓ Conduct earthquake and fire drills once every six months.
- ✓ Know the "safe spots" in each room.
- ✓ Make copies of your vital records and store them in a safe deposit box in another city or state. Make sure your originals are stored safely.
- ✓ Establish all the possible ways to exit your home. Keep all exits clear of debris.

- ✓ Take photos and videotapes of your home and your valuables. Make copies and place them in a safe deposit box in another city or state.
- ✓ Make sure all family members know about your disaster plan. Also, relay this information to babysitters or others who might be in your home.
- ✓ Know the policies of the school and daycare your children attend. Make sure your child's emergency release card is up to date. Designate others to pick up your child should you be unable to pick them up.

## MEDICAL NEEDS

- ✓ Always have at least a three-day supply of all of your medications.
- ✓ Store medications in one location in their original containers.
- ✓ Have a list of all your medications: name of medication, dose, frequency, and the name of the doctor prescribing it.
- ✓ If you use oxygen, have an emergency supply (enough for at least a three day period).
- ✓ If you use breathing equipment, have a three-day supply or more of tubing, solutions, medication, etc.

## IN AN EARTHQUAKE: DROP, COVER & HOLD

Drop – When the ground shakes, drop down on the floor.

Cover – Take cover under a sturdy desk, table, or piece of furniture. If this is not possible, take cover against an interior wall and protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors or tall, unsecured furniture. Stay away from kitchens and garages, which tend to be the most dangerous places because of the many items kept there.

Hold - If you take cover under a piece of furniture, hold on to it and be prepared to move with the furniture. Hold that position until the ground stops shaking and it is safe to move.

## SPECIAL SITUATIONS

- When OUTDOORS, move to a clear area away from trees, signs, buildings, or downed electrical wires and poles.
- When on a SIDEWALK NEAR A BUILDING, move into a doorway and drop to protect yourself from falling bricks, glass, plaster and other debris.
- When DRIVING, pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside your vehicle until the shaking stops.
- When in a CROWDED STORE OR OTHER PUBLIC PLACE, move away from display shelves containing objects that could fall. Do not rush for the exit.

- When in a STADIUM OR THEATRE, stay in your seat, get below the level of the back of the seat and cover your head and neck with your arms.