

FAMILY PREPAREDNESS PLAN

Emergency supplies

- A. Keep enough Supplies in your home to meet your need for at least three days.
- B. Assemble an emergency supplies kit with items you may need in an evacuation, store these supplies in sturdy, easy-to-carry containers such as backpacks, duffle bags or covered trash containers.

Include

- ❖ A three day supply of water (4 liters per person per day) and food that won't spoil.
- ❖ One change of clothing and footwear per person, and one blanket or sleeping bag per person.
- ❖ A first aid kit that includes your family's prescription medications.
- ❖ Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries.
- ❖ An extra set of all important keys and a credit card, cash or travellers cheque.
- ❖ Sanitation supplies.
- ❖ Special items for infant, elderly or disabled family members.
- ❖ An extra pair of glasses.
- ❖ Keep important family documents in a water proof container. Keep a smaller kit in the trunk your car.

Utilities

- ❖ Locate the main electric fuse box, water service main and natural gas main.
- ❖ Learn how and when turn these Utilities off.
- ❖ Teach all family members. Keep necessary tools near gas and water shut-up valves.
- ❖ Turn off the utilities only if you suspect the lines are damaged or if you are instructed to do so.

Guide before Disaster

- ❖ Develop a family emergency plan practice it regularly.
- ❖ Identify an out-of area phone contact person to call and check in with.
- ❖ Chose a couple of family meeting places; pick easy to identify, open and accessible places that you can likely walk to.
- ❖ Prepare to be self-sufficient for a minimum of three days.
- ❖ Assemble an emergency supply kit; include food water, prescription medicines first aid supplies , a battery operated radio, flashlight, extra batteries, shelter clothing, sturdy shoes and personal toiletries.
- ❖ Have knowledge about first aid.
- ❖ Quake – proof your house be securing heavyfurniture and objects.

Guide during Disaster

- ❖ If you are NEAR AN EXIT, leave the building as soon possible. Put your name arms over head to protect yourself against possible objects falling from above and move away from nearby building. Watch out for traffic.
- ❖ If you can reach the EXIT quickly or you are situated in HIGHRISE BUILDING/UPSTAIRS stay insidedo "DROP, COVER and HOLD" sit or, lie beside or underneath sturdy furniture. Hold on to the furniture. Cover as much of your head and your upper body as you can. When the shaking stops get up and evacuate the building. Don't use the elevators.

If Outdoors

- ❖ Move to an open area away from all structures especially building, bridges and overhead power lines.

If Driving

- ❖ Stops in an open area away from all structures especially bridges, overpasses, tunnels, and overhead power lines. Stay as low as possible inside the vehicle.

Guide after Disaster

- ❖ STAY CLAM! Allow a little time for objects to fall before moving.
- ❖ Move cautiously and check for unstable and other hazards above and around you .
- ❖ Check yourself for injuries.
- ❖ Help those around you and provide first aid.
- ❖ Only use phones (including cell phones) if a life at stake.
- ❖ Listen to Radio or, watch local TV for emergency information and additional safety instructions.
- ❖ Inspect gas, water and electric lines. if there are leaks or , if there is any doubt about leaks, shut off mains; evacuate immediately if you hear or smell gas and can't shut it off. Report leaks to the authorities.
- ❖ Anticipate aftershocks, especially if the shaking lasted longer.
- ❖ Stay out of damaged buildings.
