



Earthquake Preparedness Workbook



Your preparedness needs depend on your personal characteristics.

List the personal characteristics you will consider when preparing your household for an earthquake.

(Examples include: Number of people, ages, medical conditions, work and school schedules, pets, lifestyle goals etc.)

Supplies & Equipment

List the supplies & equipment you already have.

Water(How much? How is it stored?:



Non-perishable food items (How much? What kind? Do you need any additional tools to open or cook it?):



Shelter:



Emergency Supplies (batteries, radio, flashlights, whistle, dust mask, etc.):



First Aid/Medical Supplies/Medication:



Comfort Items:



Make a list of the supplies and equipment you will need to add to your preparedness kit.

<u>Water Storage:</u>	<u>Non-perishable food items:</u>
<u>Shelter:</u>	<u>Emergency Supplies:</u>
<u>First Aid/Medical Supplies/Medication:</u>	<u>Comfort Items:</u>

Consider where you plan to store these items so they are accessible.

Event Action Plans

Based on your lifestyle, you will need a few different action plans for what to do during and after an earthquake.

What happens if you are at work? If you and a family member are in different locations? What are your priorities?

To help you make your plans, remember to ask yourself and your family, what is your intention?

Dennis lists his priorities as:

- 1 . Avoid injury.
2. Communicate with family should he be separated.
3. Set up an outside camp that meets his basic needs and comfort.
4. Access to emergency communication.

You may have additional priorities. Determining what they are will help you to define the steps in each of your action plans.

List additional household priorities below.





List different scenarios you and your family may need to plan for:

Now that you have some scenarios listed, work with your family to write out an action plan for each scenario, and make sure that everyone knows the plan.

List any additional information (emergency plans for your workplace or child's school) that you may need to research further.





Damages & Injury Reduction Plan



Many of the injuries that occur during earthquakes are caused by falling furniture and objects.

Take a walk around your home and make a list of items you will need to secure.

Large furniture and appliances:

Large items that may fall off shelves, or the wall:

Items that might pose a threat in commonly used areas or block emergency exits:

Do cabinet doors need to be secured?

Does each family member know how to turn off gas or water?



Does everyone in your household have some training in basic first aid?

Damage and injury reduction includes more than just your family or home.

What do you know about your neighborhood or community's level of earthquake preparation?

Have you communicated with neighbors about their disaster plans?

Can you come up with a cooperative plan that allows you turn off utilities at least in homes directly next to you if they are unable?

Are there any associations or community emergency response teams with whom you have become involved?

(www.ready.gov/community-emergency-response-team)



Life-Style Recovery Plan

How will you “return to normal” after the earthquake?

List the information you need to gather, to properly prepare for after the disaster.

Where and how will you live if your home is inaccessible for a long period of time?



Financial Plan

Consider the financial implications of earthquake recovery.

What happens if you are out of work for an extended period of time? How will you repair/rebuild your home?

Use these pages to come up with a financial plan.



List the important documents you will collect and keep them in a safe, easy-to-access location during an earthquake.



Additional Resources

This workbook is designed to jumpstart your disaster preparations. Please use the resources below to build on what you learned today.

- **Earthquake Country Alliance**— www.earthquakecountry.org/prepare
- **Become a part of a Community Emergency Response Team near you:** www.ready.gov/community-emergency-response-team
- **USGS**—<https://earthquake.usgs.gov/learn/preparedness.php>
- **California Earthquake Authority**—www.earthquakeauthority.com
- **Southern California Earthquake Center**— www.scec.org
- **California Governor's Office**



Join us on Thursday, October 19th for Shakeout California at Sunnylands Center & Gardens!

At 10:19 am, an earthquake preparedness drill takes place across the state. All visitors to Sunnylands will take part in the drill and be required to evacuate the building to a safe location as directed by staff and security.

Starting at 9:30 a.m. a number of organizations will be at Sunnylands to share information on earthquake preparedness:

- Animal Samaritans will advise the public on how to prepare for an earthquake if you have pets.
- Rancho Mirage CERT will discuss the city's emergency response program.
- Palm Desert High School medical students will demonstrate triage procedures and talk about their program.
- SoCal Edison will talk about emergency preparation in regard to electrical power and share its own emergency response plans.
- Coachella Valley Water District will discuss water concerns after a quake.
- Dennis S. Mileti will be available to answer questions about earthquake preparedness from 10 am to 12 pm.

Families are encouraged to participate. Programming is appropriate for homeschoolers.

For more information, please contact the education department at 760.202.2264 or education@sunnylands.org.

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