

Sunnylands Shakeout Resources

- 1. Comfort During Crisis: While we often think about packing survival essentials in our emergency kits, recent events have shown us how much a few items of comfort can mean during a stressful situation. For children, a coloring book, toy, or stuffed animal might help calm their anxiety. For adults, consider packing playing cards, small board games, a musical instrument, or a few books to help to pass the time.
- 2. Chat About It: A major earthquake may cause cell phone towers to stop working or become overloaded. Where will you meet if you are separated from your family or housemates when a major earthquake hits? What might you need to keep in your car to get there? Suggested items for your car emergency kit might include a map of your local area, sun protection, and sturdy closed-toed walking shoes.
- 3. What if an earthquake occurs while you are asleep? Secure a bag of earthquake essentials next to your bed. It might include shoes (to walk across broken glass), a second pair of prescription eye-glasses, a bottle of water, a flashlight, a radio, a few doses of essential medications, and heavy duty gloves to remove hazards.
- 4. Desert Preparedness: A basic emergency kit is a great start, but you may need additional items if you live in the desert. Consider adding a battery-powered fan, wide-brim hats, sunscreen, sun-protective clothing, a sun umbrella, an outdoor sunshade, and a lot of extra water to your emergency kit. While water supply recommendations vary, it is ideal to have at least a two-week supply of water on hand for the people and pets of your household. For the desert climate, experts suggest four gallons per person, per day.
- 5. Pet Preparedness: Pets are part of our families, so make sure to prepare them for an emergency too! You can use the pet emergency checklist featured here!
<https://www.cdc.gov/healthypets/resources/disaster-prep-pet-emergency-checklist.pdf>
- 6. CERT stands for Community Emergency Response Team. These groups of community volunteers organize and educate their neighbors to make sure everyone is prepared for an emergency. Find your local CERT organization here:
<https://www.rivcocert.org/certprograms.htm>
- 7. Want to help your kids learn more about preparedness? Use the link below to play the online Build a Kit Game. <https://www.ready.gov/kids/games/build-a-kit-game>

Or visit the Rocket Rules website for videos about all kinds of preparedness topics, including earthquake safety. <https://rocketrules.org/animated-videos/>

- 8. What are the 7 steps to earthquake safety? If you want to learn more about each step, use the link below to view webinar series presented by the Earthquake Country Alliance. <https://www.earthquakecountry.org/safer-at-home/>

Additional Resources:

- Dennis Mileti Home Preparedness video: <https://youtu.be/IgNz72GpsW8>