

BE DISASTER PREPARED!

See preparation suggestions for any type of disaster below:

- Battery-powered flashlights, lanterns, and spare batteries.
- A basic first-aid kit available, a week's supply of prescription medications, and critical items such as insulin and extra oxygen tanks.
- Take free first aid, CPR, AED, classes offered by the Task Force in the Village.
- Fresh drinking water for a week (one gallon per person, per day- including pets).
- Dry or dehydrated foods (up to five day's worth).
- Pop-top canned or pouch food (up to a week's worth).
- Manual can opener.
- Go Bag with the following items:
 - Battery-powered AM/FM radio, flashlight and spare batteries.
 - Extra glasses or contact lenses (keep your last pair for emergencies).
 - List of important phone numbers, such as family, doctors, credit card companies, insurance agents, and veterinarians.
 - Small amount of cash in small bills.
 - Work gloves (to pick up glass), sturdy shoes, rain gear and warm jackets.
 - Packaged food - peanut butter, nuts, dried fruits, granola bars.
 - Toiletries including toothbrushes, toothpaste, toilet paper, antibacterial soap.
 - Medications (two weeks).
 - Moist towelettes, silverware, small sharp knife, drinking cup.
 - An extra change of clothes.
 - Extra vehicle and house keys.
- Extra pet food, leashes, toys, and a pet carrier.
- Fire Extinguisher (Multipurpose dry chemical for Class ABC fires in the home).
- Know where and how to turn off electricity, water, and gas (in some areas).
- Blankets & bedding.
- Sleeping bags.
- A covered container for waste. Consider keeping kitty litter for use as a deodorizer.
- Know how to open garage doors in event of electrical failure.
- Arrange large and heavy objects on lower shelves.
- Use museum putty under small objects.
- Brace or anchor high or top-heavy objects such as china cabinets and tall clocks.
- Maintain at least half a tank of fuel in your car.

DURING AN EARTHQUAKE REMAIN CALM, DON'T PANIC

If Indoors:

- Duck, cover, and hold on!
- If possible, get under a table or desk. If not, make yourself as "small" as possible, covering your head with your arms.
- Beware of falling objects. Stay away from windows. May be broken glass on floor.
- Initially: DON'T use toilets. DON'T use tap water. DON'T turn on lights. DON'T use the telephone unless someone is critically ill or injured.
- DON'T use elevators.
- DO NOT go outside until the shaking stops.

After the Initial Shock:

- Turn on battery operated radios to emergency stations KNX-1070 or KWIZ 1480 for information and instructions.
- Turn off individual circuit breakers, then the main breaker for your manor if you see/hear sparks, arcing, smell of burning insulation or fire.
- Unless you smell gas, do not turn it off. If you do turn the gas off, DO NOT turn it back on yourself- the gas company must restore it.
- Turn off water to broken bathroom, kitchen fixtures if leaking.

If Outdoors:

- Move to an open area a safe distance from buildings, light poles and objects that might fall.
- IF IN AN AUTOMOBILE: Stop the car. Be certain the car is clear of fallen wires, possible falling wires and other falling objects. Turn on radio for information and instructions. Avoid overpasses and STAY IN YOUR CAR.

After an Earthquake:

- Check for injuries to your family and to people in your immediate area.
- DON'T move seriously injured persons unless the injured would be in greater danger by not being moved.
- DON'T interfere with rescue efforts by qualified personnel unless your assistance is requested.
- If you were unable to turn on your radio before, be sure to do so now.
- Be prepared for possible earthquake aftershocks. They are usually smaller than the main shock, but may be strong enough to cause additional damage.

Do Not Panic!

The type of building construction in Laguna Woods Village is considered relatively safe in an earthquake. However, if the earthquake is severe, damage to structures may occur.

City, county and state officials and search and rescue personnel will be first assigned to help where they can do the most good for the most amount of people. Therefore, the entire Village may not receive immediate help.

Be prepared to shelter-in-place at your manor for 3 weeks.

Visit the Disaster Preparedness Team Office in the Community Center or website for more detailed information

www.LagunaWoodsVillage.com/Disaster

Send email to: **disasterprep@vmsinc.org**

Scan QR Code for website ->

