

BE AWARE

BEFORE AN EARTHQUAKE

- Know where to meet in your COPE area.
- Know the nearest emergency center and route to transport injured.
- Know critical needs of your family.
- Be aware of any unique hazards near your home such as high voltage lines, trees, etc.
- Know the best two escape routes from each room in your home.
- Know where the gas, electric and water shut-offs are located and how to shut them off. Test electric and water but not gas!
- Wire gas shut-off wrench to gas meter.

DURING AN EARTHQUAKE - REMAIN CALM

IF INSIDE:

- Seek immediate shelter, duck, cover and hold.
- Stand at least 15 feet from any window or try to get under something that will protect you from falling debris such as a table or desk. Hold on to it.
- In a hallway, sit down against a wall and cover your head.
- Never run outside during a quake.

IF OUTSIDE:

- Move away from buildings to an open area.
- Watch for downed power lines or light poles.

AFTER AN EARTHQUAKE

- Check phones (use phones only for emergency calls).
- Go to pre-arranged COPE meeting location.
- Get car out of garage or carport, park in the direction of evacuation route and load it with supplies in preparation for evacuation, if necessary.
- Have pre-arranged telephone contact out of area so family members will be able to check on your safety and relay messages. (Use phone numbers kept in plastic bag under bed.)

BIBLIOGRAPHY

COPE Manual

“Are You Ready, A Guide To Citizen Preparedness” FEMA

“Living With Fire In Sonoma County, A Guide For The Homeowner”

CITY OF SANTA ROSA FIRE DEPARTMENT, COPE EMERGENCY PREPAREDNESS LIST
Citizens Organized to Prepare for Emergencies

GARBAGE (Metal or Plastic) TRASH CAN WITH TIGHT FITTING LID

FIRST-AID

BLANKETS:	And waterproof (plastic) sheeting
WHITE SHEETING:	For bandages and splints
BANDAGING:	First aid kit, band-aids, adhesive tape, antibiotic ointment
GLOVES:	Heavy duty, rubber or latex, medium and large
CLEANSERS	Sterile wipes, Clorox, detergent, Epsom salts, peroxide
SCISSORS:	Large and small
TWEEZERS:	For removing splinters
MASKS:	For dust, allergy or chemical spills
EYE DROPPER	8 drops of Clorox per gallon of clear water to purify, 16 drops if cloudy. Let stand 30 minutes.

PERSONAL

MEDICATIONS	7-day supply of prescription drugs. Refresh periodically
CLOTHING	Work shoes, change of clothes, warm jacket, hat, gloves
HYGIENE	Toilet paper, towel, washcloth, soap, toothpaste and brush, dental floss, mouth wash, hand lotion, sanitary supplies
EYEGLASSES	Extra pair of prescription glasses, sunglasses.
PHONE NO'S	Emergency contacts, family members
MONEY	\$1.00 and \$5.00 bills, and small change, total of about \$100
KEYS	Extra set of auto and house

FOOD AND DRINK

FOOD	Non-perishables; small cans; peanut butter, jelly, packaged soup, tea bags, instant coffee, sweets, crackers, cans of juice, etc.
WATER	Three (3) gallons, dated, per person. Rotate every 3 months
DISHES	Paper cups, plates, bowls, napkins, utensils
CAN OPENER	Manual

HOUSEHOLD

MATCHES	Waterproof and regular
CANDLES	With holders
TAPE	Duct tape, masking tape, Scotch tape
STATIONERY	Paper, pencils, pens, post-it notes
BAGS	Large, medium and small; Ziploc and plastic, twist ties
FLASHLIGHT	With extra dated batteries. Test annually. OR shake flashlight
RADIO	Battery operated. OR wind up radio. Test annually
FIRE EXTINGUISHER	Check charge. Shake to activate contents. Replace if dead

PETS

PET CARE	Food and necessities
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AUTOMOBILE

Keep some of the above supplies in your car in case you are away from home or have to evacuate quickly. **KEEP GAS TANK AT LEAST ¼ TO ½ FULL.**