

Earthquake Preparedness Activity Book



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of California

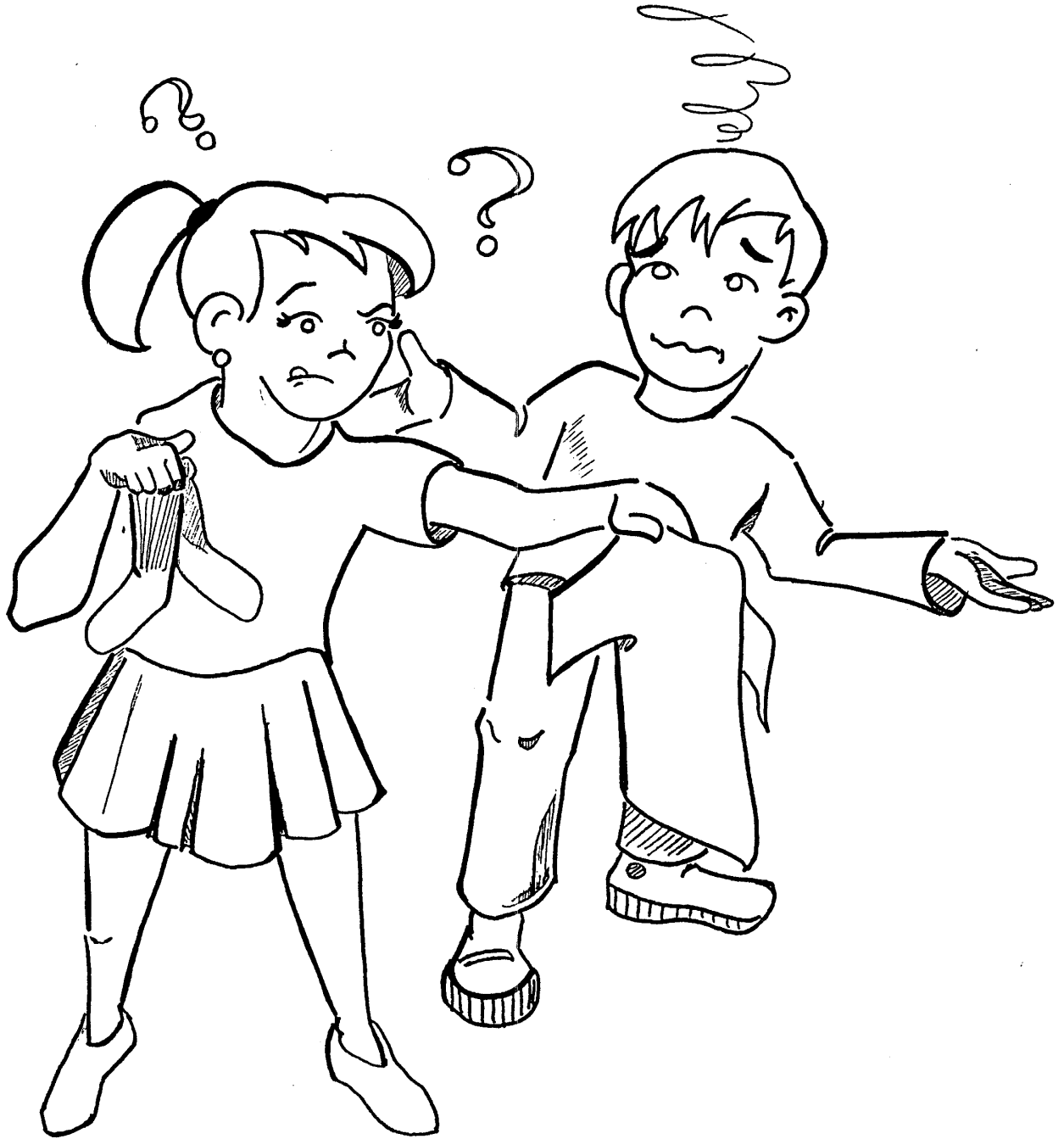
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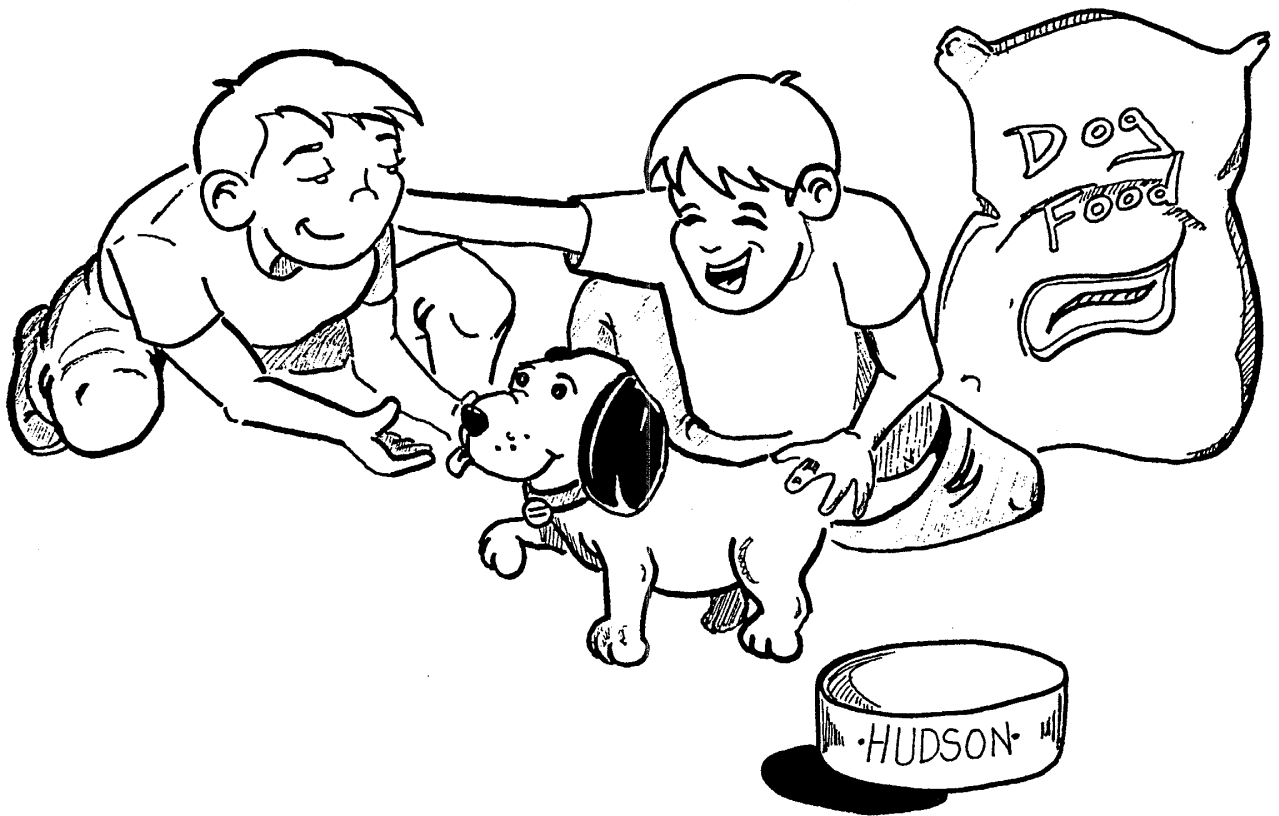
**Store at least a three-day supply of food and water.
Make sure your family knows where to find it.**



**Everyone can help to prepare for an earthquake.
Gather supplies to help your parents make an
earthquake safety kit.**



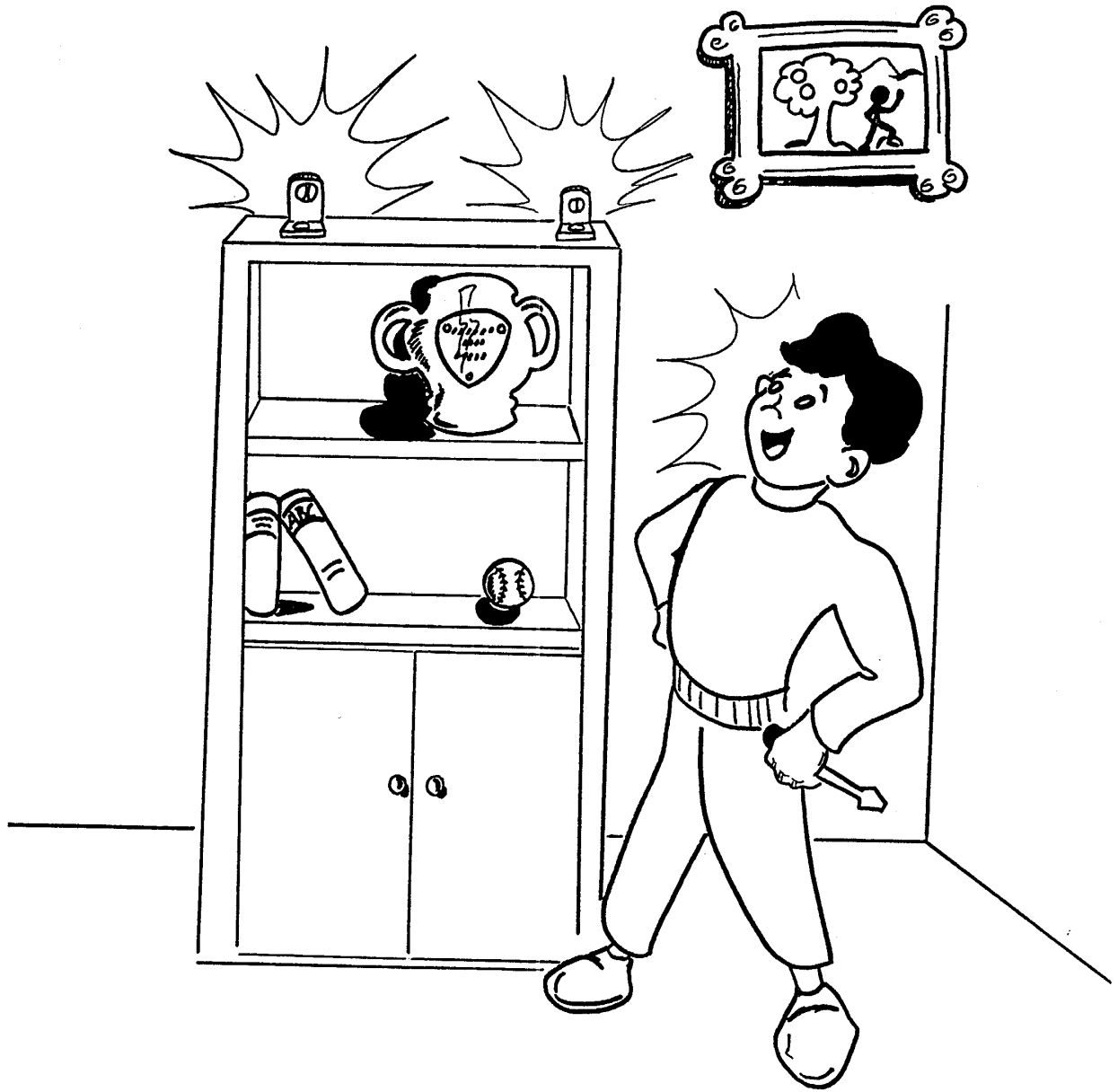
**Make sure you have extra clothes
in case yours get dirty or torn.**



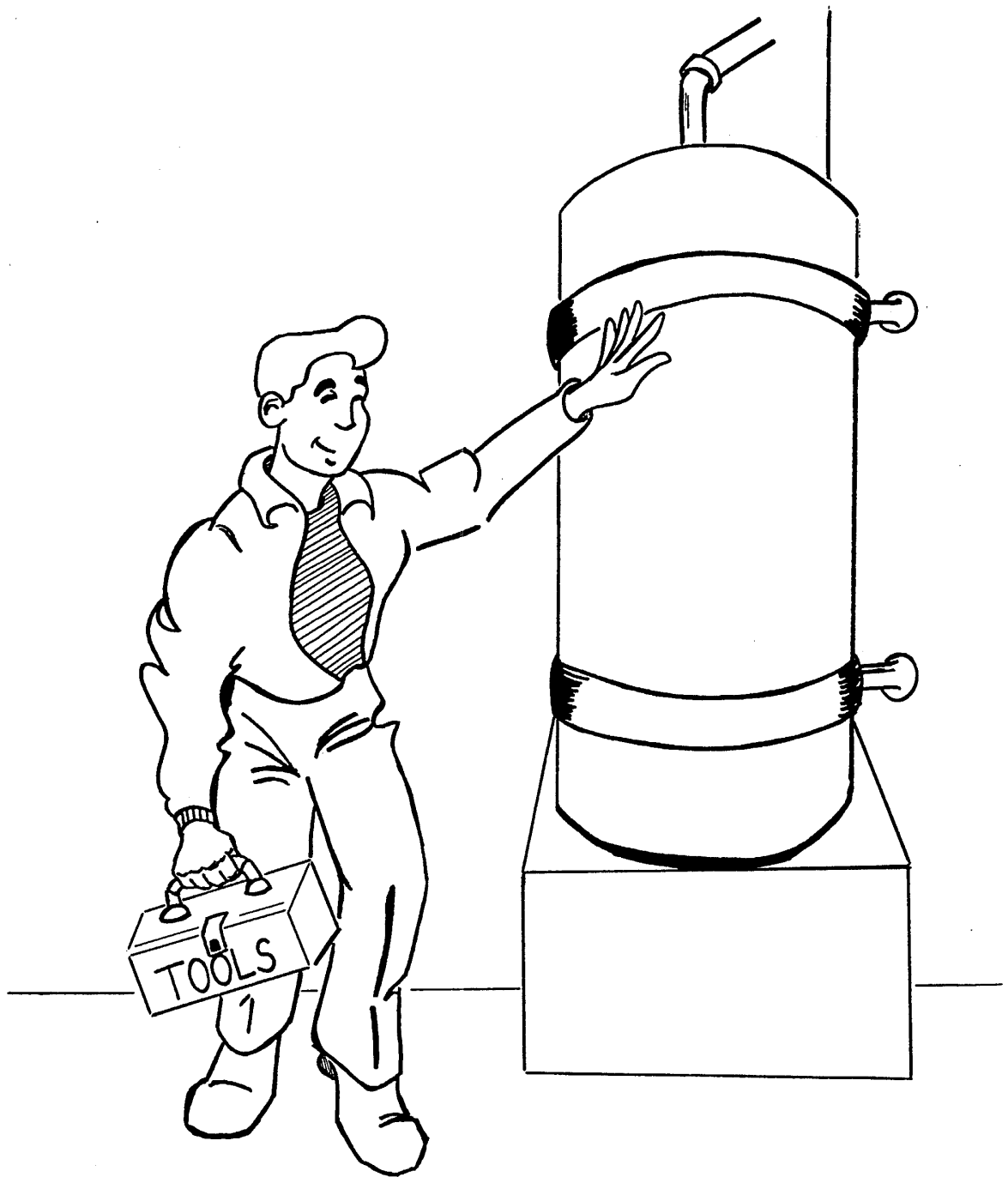
**Pets are part of the family, too.
Make sure you have plenty of food for them, as well.**



**Don't forget to pack a couple of toys
in your earthquake kit.**



Tell your parents to anchor bookcases to the wall.



**Ask your dad if the water heater is
strapped to the wall.**

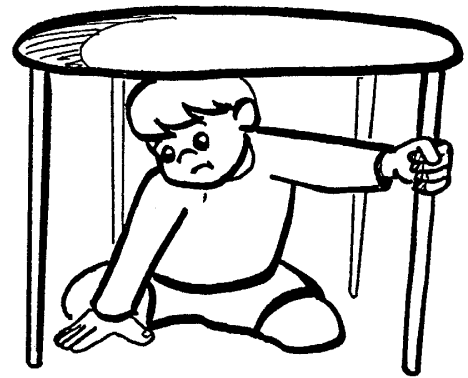


Every family needs a first-aid kit.

Earthquake Safety Steps For Kids

Earthquakes can happen almost anywhere, at anytime. You should always be prepared at home or away. Here are some safety steps that can help to keep you from getting hurt.

- If you are inside when an earthquake occurs, duck, cover and hold. Get underneath a table or desk and hold on tightly.
- If you cannot find a table or desk close by, sit against a wall.
- Pick a place where heavy or dangerous objects will not fall on you.
- Stay away from windows, objects on walls and tall furniture.
- Wait in your safety spot until the shaking stops and your parents or an adult has come to get you.



- If you are outside during an earthquake, stay outside. Get away from buildings, power lines and trees. Crouch down and cover your head.
- If you happen to be in a car, keep your seat belt fastened.

- Sometimes after earthquakes, gas lines break and fires begin. Be careful if you have to walk around. If you smell gas, stay away because an explosion could occur and hurt you.



Household Emergency Kit

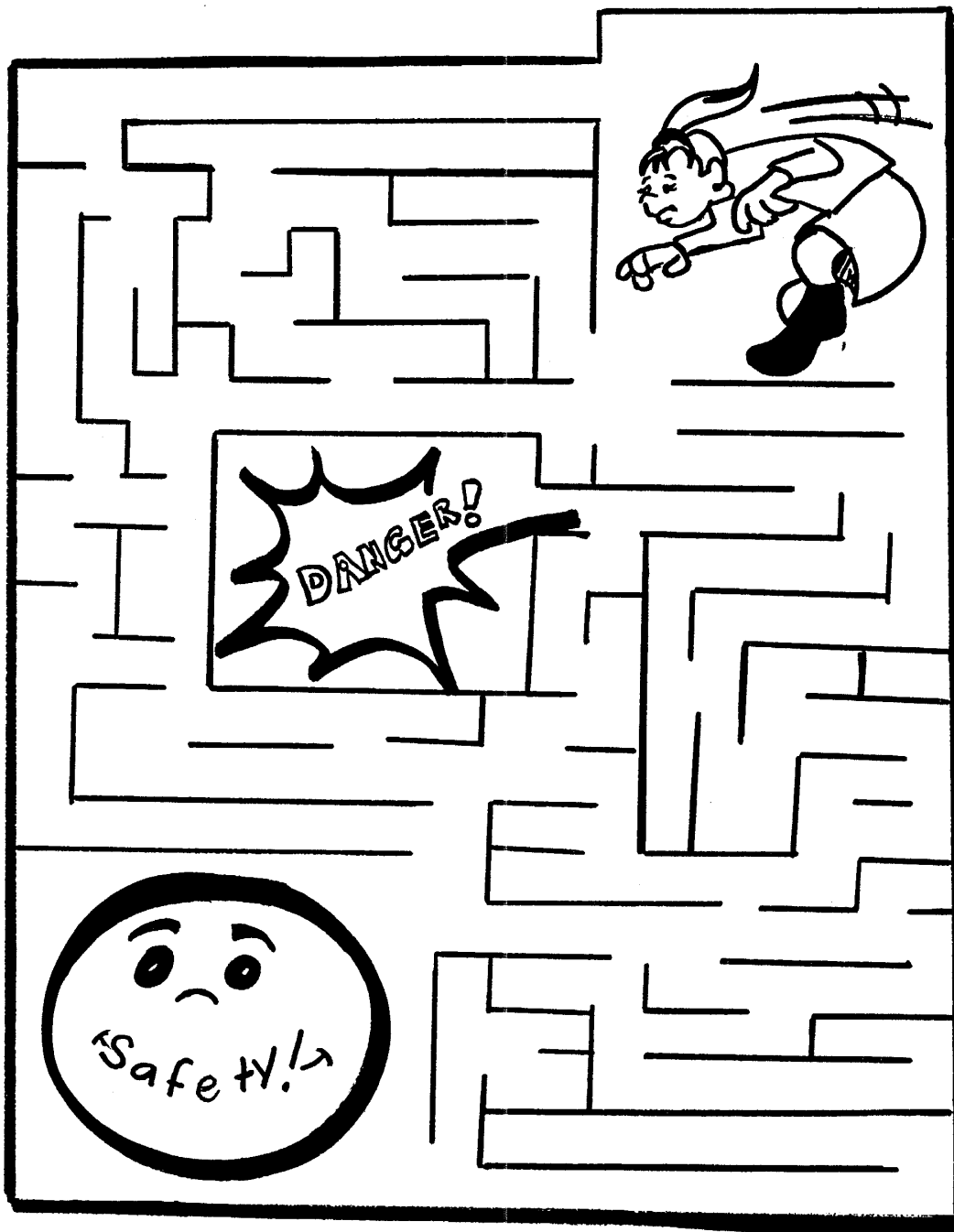
Do you know what goes inside an earthquake emergency kit? You and your family need to know, so let's see what goes into one. It is a good idea to keep your supplies in a safe place, like a plastic container or duffel bag. This helps keep everything together so each family member knows where the supplies are stored. And it keeps them safe from damage.

Now let's see what you have in your emergency kit at home. You do not have one? Well let's help show your parents what you need.

1. Get two crayons. One red and one green.
2. Look below at the supply list. See if you have them in your emergency kit at home.
3. If you do have them, color the circle green.
4. If you do not have them, color the circle red.



Can you get Sis' to safety and away from danger?



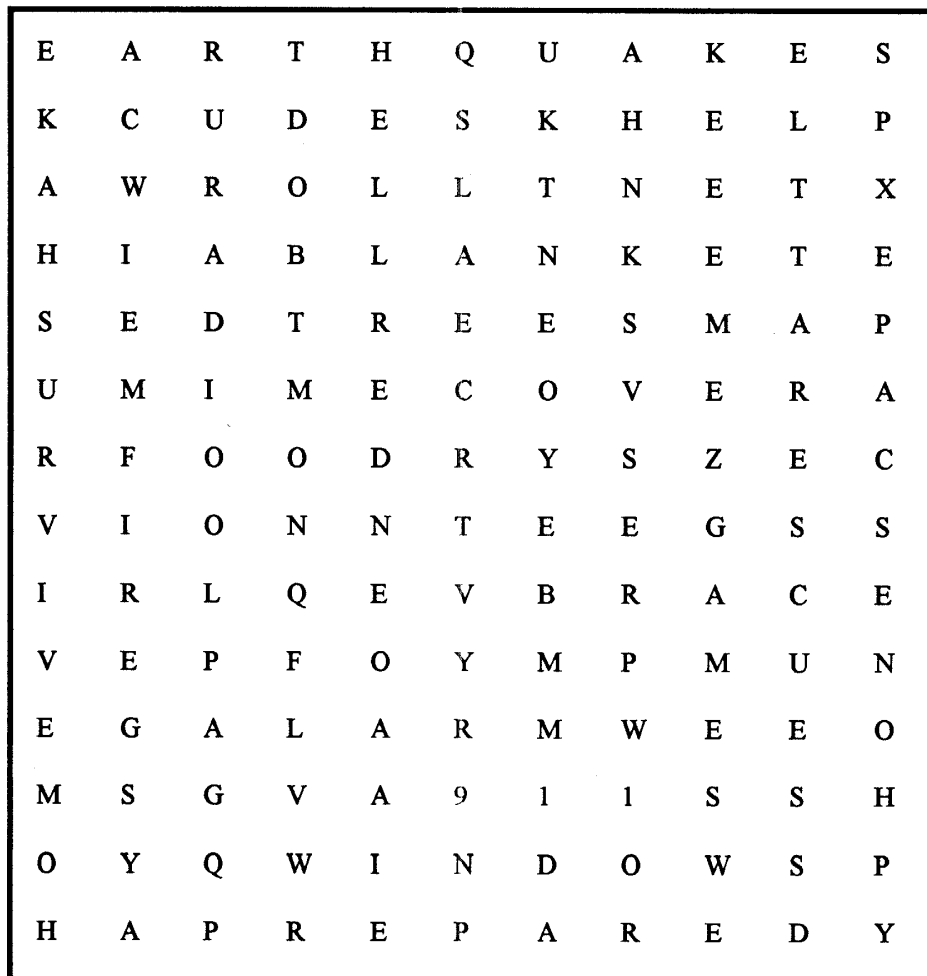
Earthquake Safety Word Search

Can you find the following words in the puzzle?

Help
Duck
Map
Radio
Desk
Tent
Plan
Safety
Brace
Gloves

Survive
Cover
Fire
Food
911
Water
Blanket
Alarm
Phone
Windows

Earthquake
Shake
Rattle
Roll
Home
Rescue
Escape
Trees
Games
Prepare



Emergency Contact List



Keep this list handy in the event you become separated from your family.

1. Choose a place for you and your family to meet in case you are separated during a disaster.

1a. Meeting place is: _____

2. Choose another place to meet in case the first place is damaged.

2a. Another meeting place is: _____

Out-of-State Contact Person

Name: _____

Address: _____

Phone: () _____

Emergency Phone Numbers

Fire Department: _____

Police Department: _____

Ambulance: _____

Family Doctor: _____

* Remember to update this list if any information changes.

Preparing Your Family For An Earthquake:

What Parents Need To Know

When preparing for an earthquake, plan on having enough supplies for the first 72 hours. You need to prepare your home and your neighborhood.

- Stock up on at least a three-day supply of food, water, clothes, medical supplies and other necessary items for each family member.
- Decide on where to unite if the family is apart when an earthquake occurs.
- Choose an out-of-state contact in case family members are separated. Long distance service will probably be working before local service.
- Conduct earthquake (duck, cover and hold) drills every six months.
- Locate and mark shutoff valves for water, gas and electricity.
- Make copies of vital records, along with photos of your valuables, and keep them in a safe deposit box in another city or state.
- Know the locations of the nearest police and fire departments.
- Make plans to pick up your child(ren) if you are unable to get to them.
- Establish ways to exit the home and keep those areas clear.
- Know the safest place in each room of your home.
- Stay away from heavy furniture, appliances, glass, hanging objects, and masonry, brick or plaster fireplaces.
- Keep hallways clear.
- Stay away from kitchens and garages. They tend to be dangerous places because of the many items kept there.