

When the time comes, we may only have each other to rely on.



“An ounce of prevention is worth a pound of cure.”

- Benjamin Franklin

PLACE  
STAMP  
HERE

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## EARTHQUAKE PREPAREDNESS

Are you really prepared? What we do now, before a big earthquake, will determine what our lives will be like afterwards. Our neighborhood's location makes it especially important for us to prepare early. Let us consider those with special needs, and be good neighbors to all.

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## Prepare Your Home

1. Identify possible hazards & reduce their risk.
  - a. Remove heavy objects from high shelves
  - b. Anchor top-heavy furniture with brackets.
2. Reduce the risk of fire.
  - a. Learn how to turn off utilities (gas, electricity, water)
  - b. Anchor your water heater
3. Consider having a structural engineer evaluate your home's structural integrity and ability to withstand shaking from an earthquake.

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## Develop a Family Plan

1. Determine safe areas in each room.
2. Hold earthquake drills. Organize your own drill for your family, and participate in the Great Utah Shake Out.
3. Decide on a family meeting place. Children may be at school, parents at work, et cetera. How and where will you come together?
4. Establish a personal support network. Who can you count on, and who counts on you?



Keep your important documents organized and in one place, and consider keeping a go-bag with your 72-hour kit ready to go in case evacuations are necessary.

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## 72-Hour Survival Kit

1. WATER (1 gallon/person/day)
2. Keep a working pantry or well stocked food storage.
3. Keep flashlights and batteries, or other light sources in an accessible location, or in multiple places around your house or garage.
4. Stock your First-aid Kit, and know well how to use it. Learn CPR and First Aid.
5. Keep or have access to alternate fuel sources for off-grid cooking and water purification.

A 2009 Citizen Corps national survey found that 29 percent of Americans have not prepared because they think that emergency responders will help them, and that over 60 percent expect to rely on emergency responders in the first 72 hours following a disaster.

The reality is that in a disaster, first responders and emergency workers may not be able to reach everyone right away. In addition, providers may not be able to restore critical services, such as power, immediately.

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## Resources

- **The Great Utah Shakeout** [shakeout.org/utah](http://shakeout.org/utah)
- **Structural Engineers Association of Utah** [seau.org](http://seau.org)
- **The Schools Aid Families in Emergencies (S.A.F.E.) Neighborhood** [safeutah.org](http://safeutah.org)
- **FEMA** [fema.gov/national-preparedness](http://fema.gov/national-preparedness)
- **Cottonwood Heights Emergency Preparedness** [chgetready.com](http://chgetready.com)
- **American Red Cross** [redcross.org/local/utah/take-a-class](http://redcross.org/local/utah/take-a-class)

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**This pamphlet was prepared by your neighbor,  
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