



April - June 2010

EARTHQUAKES

Will everyone in your household know how to react during and after strong earthquake shaking? To be ready for the quakes that are certain to happen in Utah, it is important that your family have a disaster-preparedness plan. Hold occasional earthquake “drills” to practice your plan. Share your disaster plan with your neighbors and discuss key points with babysitters, house sitters, and house guests. Your plan should include most of the following:

Plan NOW to be safe during an earthquake

In a strong earthquake, individual survival skills will be crucial:

- Practice “**DROP, COVER, AND HOLD ON.**”

- Identify safe spots in every room, such as under sturdy desks and tables.
- Learn how to protect yourself no matter where you are when an earthquake strikes.

Plan NOW to respond after an earthquake

Doing the following will enable you to help your family and others after a strong quake:

- Keep shoes and a working flashlight next to each bed.
- Teach everyone in your household to use emergency whistles and (or) to knock three times repeatedly if trapped. Rescuers searching collapsed building will be listening for sounds.
- Identify the needs of household members and neighbors with special requirements or situations, such as use of a

- wheelchair, walking aids, special diets, or medication.
- Take a Red Cross first aid and CPR (cardiopulmonary resuscitation) training course. Learn who in your neighborhood is trained in first aid and CPR.
- Know the locations of utility shutoffs and keep needed tools nearby. Know how to turn off the gas, water, and electricity to your home. Only turn off the gas if you smell or hear leaking gas.
- Get training from your local fire department in how to properly use a fire extinguisher.
- Install smoke alarms and test them monthly. Change the battery once a year, or sooner if the alarm emits a “chirping” sound
- Check with your fire department to see if there is a Community Emergency Response Team (CERT) in your area.
- Establish an out-of-area contact person who can be called by everyone in the household to relay information.
- Provide all family members with a list of important contact phone numbers.
- Determine where you might live if you home cannot be occupied after an earthquake or other disaster (ask friends or relatives).
- Learn about the earthquake plan developed by your children’s school or day care, and keep your children’s school emergency release cards current.

Keep copies of insurance policies, financial records, and other essential documents in a secure location, such as with your household disaster kit. Include a household inventory (a list and photos or video of your belongings).

Other helpful websites:
www.fema.gov
www.redcross.org
www.redcross.org/services/prepare/0,1082,0_239_0_0.html
www.bereadyutah.org
www.des.utah.gov
www.prepare.org
www.ready.gov
www.seis.utah.edu
www.unifiedfireauthority.org

Earthquakes:
http://ussc.utah.gov/pdf/prepare/eq_dch.pdf
http://ussc.utah.gov/pdf/prepare/eq_children.pdf
http://ussc.utah.gov/pdf/prepare/eq_elderly.pdf
http://ussc.utah.gov/pdf/prepare/eq_family.pdf
http://ussc.utah.gov/pdf/prepare/eq_furniture.pdf
http://ussc.utah.gov/pdf/prepare/eq_pet.pdf
http://ussc.utah.gov/pdf/prepare/eq_physically.pdf

CPR CLASS
 First Tuesday of Each Month
 6:00-10:00 p.m.
 Taylorsville Fire Station #18 – Comm. Rm
 5317 S. 2700 W. Taylorsville, UT
 Cost of the one-time class is \$30 per person.

Plan NOW to communicate and recover after an earthquake

Don't wait until the next earthquake to do the following:

- Locate a safe place outside of your home for your family to meet after the shaking stops.

To register for the four-hour class, call Neisha Collins (U.F.A.), at 801-743-7243.