

## **Emergency Preparedness for our Families and Homes**

The upcoming Great California Shakeout Earthquake Drill provides us with an opportunity to examine our preparedness for all parts of our lives. The last email focused on workplace preparedness. This email turns our focus to preparedness at home and for loved ones. Because a disaster (in this case an earthquake) can occur anytime, we must prepare our homes and families for such an event to happen while we are at work. Such planning can provide additional confidence that your family and home can survive a disaster and eventually be reunited safely.

**There are four general steps to preparedness. They are summarized below:**

1. Make a Family Emergency Plan
2. Keep supplies (food, water, first aid, medications, and pet supplies)
3. Stay informed with EAS (Emergency Alert System), battery-powered radio, amateur radio (HAM operators), and websites
4. Get involved with neighborhood networks and CERT (Community Emergency Response Teams)

**In addition, there are ten essential actions you should take for your family and loved ones before a disaster strikes:**

- Learn the threats and disaster risks in your area
- Identify meeting places (outside your home and outside your neighborhood)
- Select an out-of-state contact (local phone lines may not work for days or weeks)
- Know your evacuation routes
- Know the location of utility shut-offs (gas, water, electricity)
- Know the emergency policies of schools and adult-care centers
- Identify safe spots in each room to take cover, if needed
- Have a plan for extra medications
- Make special provisions for children, seniors, pets, and people with disabilities
- Schedule annual disaster drills with your family