

“EARTHQUAKE Part 1...First Things First”

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“Be prepared in all things against the day when tribulation and desolation are sent forth upon the wicked.” D&C 29:8

At General Conference following 9/11 President Hinckley said “Life is fragile, peace is fragile, civilization itself is fragile. The economy is particularly vulnerable. We have been counseled again and again concerning self-reliance. We cannot provide against every contingency. But we can provide against many contingencies. Let the present situation remind us that this is what we should do.”

During an emergency situation you will be assessing damage, taking care of injuries, helping friends and neighbors, etc. Your power may be off. Life as you normally live it will be replaced with a more primitive lifestyle one of stress, simplicity and service. There will be no time for soaking beans or baking bread. It will not be the time for using your long term food storage. But it will be the time for: 72+ hour kits; water; first aid and rescue skills; emergency: shelter, lighting and cooking. It will also be a time when a clear head and staying calm; when having some supplies and a plan could mean the difference between panic, fear, and hunger and a “candlelight dinner”. When you are on the Path to Preparedness it will bring you peace of mind and soul. In Earthquake Part 1 we will be exploring what you can do before, during and within the first day after a LARGE earthquake .

Disaster Potential in the Antelope Valley



There are many types of disasters that could affect you wherever you live. For us here in the AV and surrounding areas these could include: Earthquakes, severe wind storms, tornados, ice and snowstorms, flooding, fires (wildfires and post-earthquake if windy, burn 1000's), and man-made disasters including EMP, biological and chemical attacks. Any of these could happen at any moment, most happen with NO warning.

What Kind of Emergency Services will be Available to You?



No matter where you live, there may be services available; you need to know what they are. Here in the Antelope Valley we have about 450,000 people, 21 firehouses with about 100 on duty at anytime and about 450 police with 150 on duty at anytime, two hospitals and a Red Cross Station. When an earthquake (or other disaster) happens they have a Plan they have to follow. This includes a pre-planned route in which they check: secure their station, check highways, streets, hospitals, etc for damage, they only have 30 minutes to report in. They will NOT be stopping to help you or coming to your house. No calling 911 for help. They do not even have food, gas or supplies to help you. If it is a widespread disaster that also affects Los Angeles, they have 10,000,000 people, where do you think the resources are going to go, to them or to us in the AV? You must be ready and prepared to take care of yourselves for 12-14 days, encourage neighbors to do the same, and hopefully be in a position to help those who didn't.

When the Disaster is in Neighboring Cities...How that Affects You

Even when the disaster happens somewhere else it could affect us. For instance, a report by the Rand Corp states that if there was a nuclear attack in Long Beach people would escape to here; overloading gas stations, hotels, stores, pretty much all services.

Earthquake Facts

An earthquake measuring 6.0 is considered moderate. 7.0 quakes are 100x's more powerful than a 5.0. The one that hit the Indian Ocean was a 9.2. Quakes are getting stronger and more frequent around the world. The San Andreas Fault runs just South of Ave S. It is where 2 tectonic plates meet. It is the reason we are a Valley, surrounded by Hills instead of flat like Kansas. We can't stop them from happening, nor know when they will happen, but we can prepare for them.

Hazard Abatement

What can you do to avoid or minimize hazards to your family and your home during an earthquake?



Prepare Your Home For Disasters:

Working Fire Extinguishers: one on each level of home; Date, shake every 6 mos. Know how to use.

Smoke Detector: One in each room, change batteries yearly.

Carbon Monoxide Alarm: Near the furnace room, great when cooking/heating inside with no electricity.

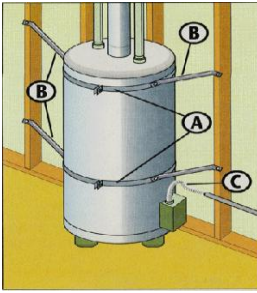
Surge Protectors for electronics: computers, TVs, refrigerators, washer/dryer, stereo, etc.

Have **adequate insurance:** take photos or video of all home contents, in/out of cabinets, make copies.

Repairs: roll of 4-6 mil plastic and duct tape/tack strips and or wood and nails to board up windows.

Preparing for *EARTHQUAKES*

Before an Earthquake: Find the *HAZARDS*; What could fall on you during a quake?



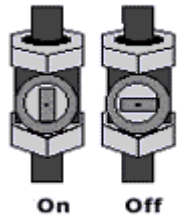
Secure your Water Heater: strap with metal straps in two places 1/3 from top & 1/3 from bottom.
Secure tall furniture to wall: bookcases, armoires, TV cabinets, hutches, mirrors, shelves, etc.
Do NOT place beds under windows, mirrors or heavy items; use self-closing hooks for pictures.
Cabinets and drawers: secure with childproof locks so doors will hold contents inside.

Gas, Water, and Electricity:

Know where and how to shut off utilities. Teach all members of family.
 Important to do this NOW, sometimes they are old and frozen in place.



Close-up
of a typical
gas valve



Gas: To test: Do NOT turn off gas, but turn only slightly to 11 o'clock and 1 o'clock. If it won't move call gas company to replace (free). Be sure and keep wrench at gas turn off and water (if needed).

On: parallel to pipe,

Off: perpendicular to pipe.

HINT: If you don't hear or smell gas, DO NOT Turn it off!

Only gas Company can turn it back on. Could take weeks.



Water: 2 types of turn off knobs: Gate valve (wheel-shaped knob), Ball valve (straight handle).

Gate valves: turn the wheel clockwise until the water is off.

Ball valves: turn the handle a quarter turn clockwise until the water is off.

Verify the water is off: turn on the hose at faucet in front of house. As you turn the house valve off, the water from the hose-facuet should stop.

Turn water back on: either turn the gate valve counterclockwise or turn the ball valve a quarter turn counterclockwise.



Electricity: Your home may have fuses or circuit breakers. There may be more than one panel. These are usually located outside on the side of your house, in a metal box.

- **Fuses:** find a handle or pullout fuse; Remove all the small fuses or turn off all the small breakers first, then shut off the “MAIN.”
- **Circuit breakers:** open the metal door of the breaker box to reveal the circuit breakers (never remove the metal cover). The main circuit breaker should be clearly marked showing “ON” and “OFF” positions. Flip to off position.
- **Screw-in fuse:** grasp the fuse’s glass rim and unscrew it (counterclockwise). Do not put your fingers near the socket.
- **Sub-electrical panels** next to the main fuse box or breaker panel or in other parts of the home, in an emergency shut them off, too. Shorts can sometimes develop that cause a circuit to bypass the breaker or fuse.

NOTE: When you open the main panel’s cover, be sure there are no exposed electrical wires except for an exposed (non-insulated) solid copper ground wire. A protective panel should conceal all wiring—only the breakers or fuses should be exposed. If this is not the case, call an electrician to have your electrical panel made safe—*touching the wrong wire or bare metal contact in an exposed electrical panel can electrocute you.* Never touch bare metal contacts inside a disconnect panel. (do this BEFORE an emergency)

Know How to Put out Fires



Fire: Fires that start after an earthquake cause more damage, injuries and death than the quakes themselves. Have at least one good ABC fire extinguisher, know how to use it (CERT training) and keep it up to date. Fire extinguishers are designed to put out or control small fires.

For a fire extinguisher to be effective, the following conditions must be met:

- ✓ the extinguisher must be right for the type of fire;
- ✓ it must be located where it can be easily reached;
- ✓ it must be in good working order;
- ✓ the fire must be discovered while it is still small;
- ✓ the person using the extinguisher must be trained to use it properly.

Suggestion: Take a CERT class you will learn all about fire extinguishers, how to use them and when to use them. CERT info is posted below.

Also BEFORE an Earthquake:



Grab and Go Kits: have them ready and waiting, update them every 6 months.

List of Other Things to take: List what and where they are so they can gathered quickly.

Food and Water: Enough food and water for 2 weeks, if not evacuating, some to share.

Out-of-State Contact: Local phone lines get tied-up in emergencies, have an out-of-state contact person who can collect and distribute information. Have practice drills.

Hint: Corded phones work without electricity if phone lines are still in tact.

Radio (w/batteries/solar/hand crank): listen for news on when and where to evacuate.

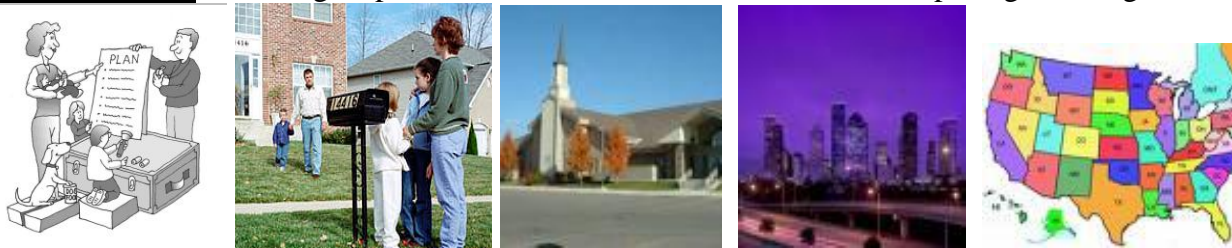
Gas tank: keep **at least half full at all times**, extra gas would be a plus, evacuating can take hours

Schools: Know their emergency plans, BEFORE something happens. Tell your children what to expect.

Evacuate Early: Leaving early means, less crowds, shorter waits, less stress.

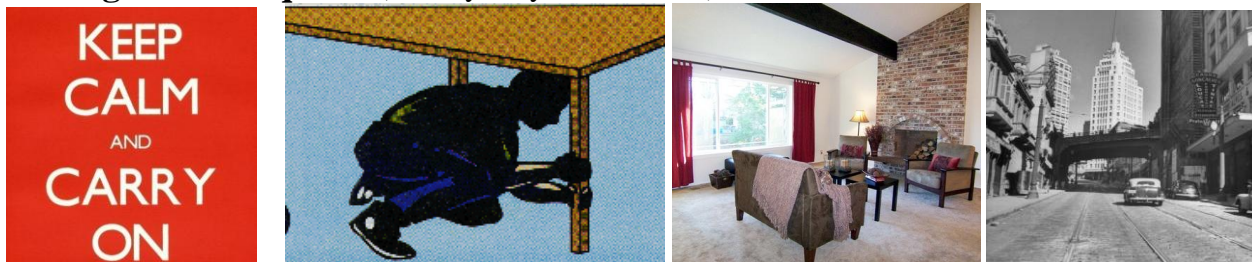
Get Training: Get CERT and first aid trained so you can help yourself and others.

Have a Plan: Prearrange 4 places and have: address, directions and maps in grab and go kits.



- 1) Designated spot near your Home: in cul-de-sac, by neighbor's tree, by mailbox, etc. In case of a fire or earthquake you would all meet here so you know who is okay and who is missing.
- 2) Place outside Neighborhood: specific spot at church, school, park or restaurant.
- 3) Place to evacuate to outside of City: friends, family, church or Red Cross areas.
- 4) Place to evacuate to outside of State: friends or family

During an Earthquake (usually only last seconds):



Stay Calm: More deaths and injuries occur after earthquakes. Buildings usually stay standing.

Duck, cover and hold: take cover under heavy table or next to couch or bed; hold on it will move.

Triangle of Life: NOT accurate, best advice; duck, cover and hold.

Stay away and out of: windows, all forms of glass, fireplaces, elevators and stairwells

If outdoors: move away from: buildings, roofs, tall things that can fall (trees, poles, wires, bridges, etc)

If in Car: stop as soon as you safely can (not on bridges, by gas stations or power lines) stay in car.

Take care of yourself FIRST: You can't help others if you get hurt.

After Earthquake:



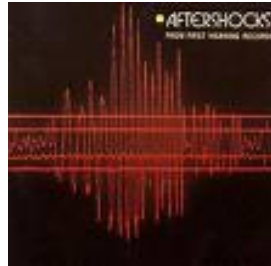
- 1) **You and Family okay?** Take care of yourself first, then family, check house, then neighbors.
- 2) **First Aid:** Assess any injuries. Are they life threatening: Not breathing or severe bleeding? Take care of it now. If it is something that can wait tell them you will get back to them and check utilities.
- 3) **Check for leaking gas or water and broken sewer lines; look for small fires.**

Gas Meter and Valve: DO NOT turn off unless, hear/smell gas. Gas Co. must turn back on.

Water Shut-Off: Turn off if pipes broken or sewer backup (turn off at street). One gallon of raw sewage can contaminate 20,000 gallons of clean water.

Power Shut-off: Flip the main circuit breaker(s) off if sparking or lines down.

Look for **smoke or small fires** and put out before it can spread.



- 4) **Tune into local emergency radio** stations for updates and information BEFORE going on road.
- 5) **Beware of aftershocks** which can be just as or even more dangerous than the original quake.
- 6) Earthquakes in coastal regions can cause **tidal waves**, if you are near the coast, seek higher ground.

WHAT DO YOU DO NOW?

Gather / Store: Gather as many supplies as possible from around the house, purchase remaining. Food and water and other supplies (flashlights, batteries, Toilet paper, diapers, etc) disappear VERY quickly off the shelves and if major roads and phones are down, it may take days or weeks to be restocked. It is important to “Get while the getting is good” or in other words, “If you wait, it will be too late”. Plan and gather things before you will need them so that when disaster happens you can be at peace.

Storing Supplies: Decide on a place to store: Backpack (Grab-and-Go, Rolling Duffle bag/Suitcase, Rolling trash can, Rubbermaid box, Shed, garage, easy to get to, protected area.

Training and Practice Drills- Good idea to get CERT trained and have first Aid training. Also, have drills so everyone knows what to do, where things are, and how to use.

FHE packet will be included in your handout.

Tell Your Neighbors: When disasters happen, neighborhoods band together. Wouldn't it be great, if other people on your block were prepared too?



CERT Info and Training:

To do the greatest good for the greatest number of people.

The CERT training is offered free of charge and participants have no obligation or commitment to respond or act in the event of a disaster.



ABOUT COMMUNITY EMERGENCY RESPONSE TEAM (CERT) TRAINING

If available, emergency services personnel are the best trained and equipped to handle emergencies, and you should use them. However, following a catastrophic disaster, you and the community may be on your own for a period of time because of the size of the area affected, lost communications, and unpassable roads.

CERT training is designed to prepare you to help yourself, your family, and your neighbors in the event of a catastrophic disaster. Because emergency services personnel will not be able to help everyone immediately, you can make a difference by using the training in this Participant Manual to save lives and protect property.

This training covers basic skills that are important to know in a disaster when emergency services are not available. With training and practice and by working as a team, you will be able to do the greatest good for the greatest number of victims after a disaster, while protecting yourself from becoming a victim.

The curriculum of the CERT Program is as follows:

DISASTER PREPAREDNESS

Introduction to disasters, impact of disasters on infrastructures, and the role of CERT volunteers

DISASTER FIRE SUPPRESSION

Fire chemistry and basic fire suppression, identifying and reducing potential fire hazards, firefighting resources and techniques, as well as a discussion on hazardous materials

DISASTER MEDICAL OPERATIONS 1

Treatment strategies for life-threatening conditions and the principles of triage

DISASTER MEDICAL OPERATIONS 2

Head-to-toe patient assessments, establishing treatment areas, treatments for burns, lacerations, fractures, sprains, and other injuries (this is basic information . . . NOT a first-aid class)

LIGHT SEARCH AND RESCUE OPERATIONS

Search and rescue priorities and resources, size-up techniques and rescuer safety, lifting, cribbing, and victim removal

DISASTER PSYCHOLOGY AND TEAM ORGANIZATION

Post-disaster emotional environment, the Incident Command System, and decision-making and documentation

TERRORISM

Risk and threat analysis, types of terrorism weapons, and travel and terrorism

COURSE REVIEW AND SIMULATION

Simulation will either be a hands-on drill utilizing newly learned skills or a table-top exercise.

CERT Programs (call for info and to get on list for available classes)

LASDAVCERT.COM AV: For more CERT information, please call Christine at (661) 733-7699
Fire.LACounty.gov LA Area: For more information or questions please, call (888) CERT-939.
CERT-LA.com For LA Area: 818-756-9674, Spanish info

Closing:

“How empty it is as they put their spirituality, so-called, into action and call him by his important names, but fail to do the things which he says. A man should not only be prepared to protect himself physically, but he should also have on hand sufficient supplies to sustain himself and his family in an emergency.”

Ezra Taft Benson, “Prepare Ye,” Ensign, Jan 1974, 68

“Economic and social conditions appear most ominous worldwide today. With revelation and prophecy as our guide, I think it is not extreme for me to say that when all is written about our present generation, it may truly be said that we had hardly enough time to prepare to meet the impending crisis. I venture to say that all our spiritual and temporal resources will be taxed to the very limit. The Lord has declared: If ye are prepared ye shall not fear.”

Ezra Taft Benson, “Ministering to Needs through the Lord’s Storehouse System”

We see the signs of the times happening all around us. We have been counseled to be prepared in all things. Does this mean you should be in a state of panic because you are not prepared right now in all areas? No, the Lord’s house is a house of order. You are not to run faster than you are able. You can with the Lord’s help get all your family needs. For each it will be different. As Pres. Hinckley said, just begin, setting aside some cans of food and some money, do as much as you are able. The Spirit will guide you. I know that if you are *really trying* to be prepared in all things, opportunities will present themselves and you will be able to gather here a little and there a little until, in the end your personal storehouses will be full and you will feel the peace that comes through preparedness and you will be in a position to serve the Lord and serve others.

NEXT MONTH (May 28th)

Early: “Carefree Canning... Putting Up the Harvest” guest speakers

Night: “Earthquake...The Shaking is Over, Now What” by Debbie Kent

Sources:

anothervoiceofwarning.org

“Emergency Food in a Nutshell” By Leslie Probert and Lisa Harkness

“It Wasn’t Raining When Noah Built the Ark” By Tami Girsberger

TotallyPrepared.com

You Tube: “Early Report on 1994 Northridge Earthquake in Los Angeles”

“Caught on Tape: Dramatic Earthquake Videos”

“The Big One - The Truth About the San Andreas - Part 1”

Upcoming Orders: (watch for emails-limited time orders)

Canning Supplies

Water Supplies

Why have 72+ hour kit?

(Power Outages, Fires, Earthquakes, hurricanes/tsunamis, bird flu, even war)

"In the last two years, 79 million Americans have been displaced for 3 days or longer by everything from tornados to ice storms." (Meridian Magazine, 2005)

We always hear about 72 hour kits and I think that is a great start but as we have seen during Katrina and other disasters, most of the time the effects of disasters can easily last longer than that. Preparing for one week or even better two weeks or even a month is much more realistic in terms of how long the effects of the disaster may last. Better to be over prepared than under prepared.

Rule of 3

Three Main Kits:

Grab and Go Kits; 72 hr Car/Office Kits; and Home Disaster Preparedness
Also student and air travel kits

Grab and Go

(evacuation backpacks-carry or on wheels)



- ___ Change of Clothes/sweatshirt/shoes/socks
- ___ Medications/glasses
- ___ Important Papers (see list)
- ___ Personal Hygiene (teeth/hair/body/feminine)
- ___ Wallet (\$50+cash / CC/ temple ID)
- ___ Emergency blanket/poncho/Kleenex
- ___ Entertainment (cards/games/book/drawing)
- ___ Emergency Food (3+ days)
- ___ Pocket Knife/matches (adult)
- ___ Id's/photos (/family photo)
- ___ Gum, 12 piece pack
- ___ Contact names/numbers/pencil/paper
- ___ Radio/ Cell phone/charger
- ___ Thumbdrive (computer/photos/genealogy)
- ___ Extra keys (work/cars/house)
- ___ Lightsticks(3)/Flashlight/batteries
- ___ Evacuation Plan (places/maps/addresses)
- ___ Favorite Toy/blanket (child)
- ___ Water Bottles (4) + bottle filter
- ___ First Aid Kit/Moleskin/work gloves/N95 masks
- ___ priesthood card/oil
- ___ lotion/sunblock/chapstick/brush/ties

SAMPLE:72 Hour Kit Bar: Cookie like bar; high in calories, compact

Car/Office Kits:

Grab and Go Kit PLUS: Needs to be portable and practical. Keep in car/office. Rotate.



- ___ Sturdy walking shoes, extra socks
- ___ Bandana
- ___ Hat
- ___ Head flashlight, extra batteries
- ___ Compass/whistle
- ___ Sunglasses
- ___ Work gloves
- ___ Pry bar

Home Disaster Preparedness:

(Plan for 1-4 weeks) **Keep car gas tank at least 1/2 full**, extra gas if possible.

What do I Need? Think Camping.... Keep supplies in one area

ROTATE: Food and clothes every 6 months (conference time/daylight savings)

Next to bed: (hanging in bag) shoes, lightstick, whistle, Adults: gloves, pry bar (under bed)



Babies: (ROTATE when change diaper size) diapers (200+), 6 pr clothes (big), 4 wk.of formula/food, bottle, blanket(2), baby wipes, pacifier, baby Tylenol, rash ointment, bib, spoon, sippy-cup, blanket, socks, hat, favorite toy.



Clothing for Everyone: (clothes that will fit even if grown out of them-rotate yearly)

2-Sweatpants/pants

Beanie/hat

4 pr. socks

4-T-shirt

hooded sweatshirt

shoes, sturdy/walking

gloves

Poncho

4 underwear

bandana

Warm Coat

Communication: Radio (solar/crank or battery), cell phone (charger), walkie-talkie (batteries), Corded phone, CB radio (if licensed)



Cooking:



Stove (don't forget fuel and adapters),

Oven (apple box)

Can opener

Utensils

Dish towels

Large Trash bags

Pans: soup, skillet, griddle

Stirring spoons/spatula/Tongs

Wash tubs

Paper towels

Sponges (2)

Table/chairs

Dishes (plate, bowl, cup)

Liquid Dish Soap

Paper products

Pot holder

Documents: Put your important papers, records and documents in grab and go bag. (Keep extra set in freezer will protect in case of fire) **(Don't forget your temple recommend).**



Bank Account Numbers
 Birth, Death, Marriage Certificates
 Charge Card Accounts and Contact Numbers
 Deeds, Contracts, and Loan
 House and Life Insurance Policies
 Family History-memory stick
 Phone numbers/address of family/friends
 Computer files, mem. stick

Passports
 Social Security Numbers
 Stocks and Bonds
 Wills
 Baptism/Priesthood Cert.
 Car Titles
 Photos (on CD/mem.stick)
 Medical Info (shots, doctors, RX)

Entertainment: cards, paper/ pens, toys, stuffed animals, games



1st Aid: Get a good kit and know how to use it. (see attached List). Take first aid class (burns, lacerations, broken bones, etc)



Food:



Open and eat kinds of foods, familiar, filling, and easy, for 2-12 weeks
 Organize by breakfast, lunch and dinners. Think one pot meals.
 Breakfasts: Oatmeal, Cream of Wheat, Biscuits & gravy, pancakes, muffins, cereal
 Lunch: ramen, crackers w/ peanut butter, fruit, spaghetti 0's,
 Dinner: Soups, pasta-roni, chili, ravioli, stew, tuna helper, fruit,
 Snacks: cookies, brownies, fruit snacks, popcorn, rice krispie treats,

Fuel / Heat: for cooking and warmth (handout)



charcoal
 newspaper
 gas/kerosene
 heat pack
 charcoal chimney
 wood
 propane heater (safe for indoors)
 matches (keep water-proof)
 propane
 adapters (if needed)

Gas or Water leaks? : Know where to turn off, have tools ready to use, **wrench** (see above)

Lighting: (personal and family and FUEL/batteries)



Light sticks
 Candles
 oil lamps/oil
 Kerosine Lanterns
 Flashlight(crank/shake ,etc)
 Lanterns
 pelican light
 Solar Lights
 Head light
 Matches
 Bright Rechargeable Light

Hygiene: (teeth, hair, washing, body, personal)



comb/brush/ties,
 tampons/pads
 insect repellent
 sunblock
 Nail clippers
 toothbrush/paste
 Anti-bacterial soap
 towels/washcloth
 lotion
 Nail file
 deodorant
 shampoo
 chapstick
 floss
 mirror

Personal:



Medicine (1+ months worth)
\$100 cash
scriptures



extra keys
watch



extra glasses
sewing kit

Pets: Food, extra water for, leashes or cages, bowls



Sanitation:



Bathroom: toilet, liners, deodorizers, Toilet paper (2 each), privacy (portable or curtains/rope), shovel
Clothes: washing machine, washing tubs (2), plunger, liquid laundry soap, clothes line, clothespins
Bathing: wash tub, baby wipes, hand sanitizer, Solar Shower / towels

Shelter: (safe/warm room if inside house)



Tent
sleeping pad
Extras: Tent for supplies, Shade tent



hammer
tarp



sleeping bags
broom/dustpan

Tools:

heavy gloves
shovels
hatchet
Rope (100 ft)

N85 filter mask
handy man tool
chain saw (gas)
Duct tape

Roll 10 mm Plastic
saw
nails

Water: (handout) Minimum 14 gallons, preferably 55 gallons. 5 gallon jugs, pump, wrench
(Rotate water in bottles and barrels yearly, in boxes or mylar bags 5 years)

Student's 72 hour kit (BYU/I) (in packback)

- Needed medications
- Tissues (travel pack)
- Basic first aid kit
- Hard candy
- Small flashlight w/batteries
- Water bottle (3-1 quart size)
- Small multi-function pocket knife
- 3 - 12 hour light sticks
- N95 masks (3)
- Personal hygiene items
- Moist wipes (travel pack)
- Food rations/bars (3000 calories total)
- Hand sanitizer (small bottle)
- Zip-top freezer bags (2 or 3 1-quart size)
- Change of Clothes/sweatshirt/gloves
- Space Blanket
- Book to read
- ID/Contact Card/family photo

Flying Carry-On Essentials

(totallyready.com)

Include in your carry-on baggage when traveling, especially during the winter months

Cell phone charger: There are not many, but there are wall plugs throughout the airport.

Carry a phone card: This will enable you to call a loved one and then have them call you back on a land line. Cell phones do not always work during an emergency.

Emergency ID Card: Include your: name, address, allergies, and medical conditions. Also, phone numbers for family and friends. When stressed, we can forget these numbers.

Cash: Retailers may not make change, so carry small bills. Consider what it might cost to eat, buy supplies, or even a magazine, and multiply by two or three days. Don't be caught short.

Food for backup: Few high-calorie bars. Pack a lunch with sandwich, carrot sticks, an apple. Avoid salty foods that will make you thirsty, like chips, beef jerky, and such.

Drinks: As soon as you get through purchase a bottle of water. You can refill these as often as you need at a water fountain. Hard candy and lifesavers help to keep your mouth moist, too.

Medications and Vitamins: Prescriptions, pain relievers, stomach medication, cold relievers, etc.

Clothing: Include a change of underwear and a clean shirt in your carry-on.

Personal hygiene items: Toothbrush, bars of soap, shave cream, deodorant, not to mention feminine supplies and a washcloth.

Mark your luggage in a unique way: Attach a crazy luggage tag, colored duct tape, or a wild.

Insect repellent: Sounds crazy, I know, but I would really rather not be bug bait.

Entertainment: Young children: books, crayons, paper, or a favorite toy. For adults: a book, magazines, crossword, sudoku, or a travel game.

Mylar survival blanket: Place your mylar blanket on the floor to keep you clean, and the foil side of your blanket will reflect and retain your body heat.

Travel soft: If you are traveling with two carry-on pieces, put your soft items in one bag, like your backpack, and keep bulky shoes, camera, etc. in the other bag. Now your backpack is ready to be used as a pillow if the need arises.

Moist towelettes: When you are stranded like passengers in Denver, help and supplies can't get in. Restrooms run out of supplies, food courts run out of napkins, and Kleenex — forget it.

Testing Your Knowledge
Los Angeles County Fire Department
Disaster Response Quiz

1. A moderate earthquake on the Richter Scale is:

- A) 8.0 - 8.9
- B) 6.0 - 6.9
- C) 7.0 - 7.9
- D) 5.0 - 5.9

2. Name six safety precautions/preparations you can make before an earthquake or other disaster:

3. What are some personal protection items that people should use when treating people?

4. In California, falling debris and broken glass causes the most injuries during and after an earthquake. TRUE or FALSE

5. The recommended MINIMUM water supply to have ready is:

- A) 1 gallon per person per day for one day.
- B) 1 gallon per person per day for three to five days.
- C) Not necessary if you have a pool.

6. Give four types of possible disasters for the Antelope Valley:

7. Your individual role after a disaster may be:

- A) Locating and turning off utilities if needed.
- B) Suppressing small fires.
- C) Treating life-threatening injuries until professional help arrives.
- D) Conducting light search and rescue operations
- E) Helping disaster victims cope with their emotional stress.
- F) To take care of yourself, then family, neighbors & friends.
- G) All of the above.

8 You should only turn off the main valve at your gas meter when you can _____, _____ or _____ a leak.

9. Name six "utility items" that you should have in your emergency preparedness kit:

10. Name some classes that would be good to take to supplement the information you are getting today:

11. When building your disaster preparedness kits you should think of "the rule of three's". Please describe this rule: _____

12. In what position is the main gas valve OFF?

- A) 6 o'clock/11 o'clock
- B) 3 o'clock/9 o'clock
- C) 6 o'clock/3 o'clock
- D) 11 o'clock/5 o'clock
- E) Dinner time

BASIC FIRST AID KITS

Need	<u>SUPPLIES</u>	Need	<u>DRESSING MATERIALS</u>
1	Alcohol	3	2" x 4" wide sterile bandage roll
1	Antacid	5	Abdominal pads 5" x 9"
2	Antibiotic ointment	3	Ace bandages 3" x 5 yards
1	Benadryl	3	Adhesive tape 2" (cloth)
1	Burn Cream	100	Band-Aids (assorted)
1	Calamine	10	Butterfly bandages
3	Chemical Ice Pack	40	Cotton swabs/balls
1	Cortizone Cream	2	Eye pad
1	Cough Medicine	20	Gauze pads, 4" x 4"
1	Eye wash	1	Liquid Band-Aid
1	First Aid Book	2	Moleskin
			Multi-Trauma Dressing 10" x 30"
1	Hand Sanitizer, waterless	2	30"
3	Hydrogen Peroxide	3	Rolls of Kerlex
1	Knife	4	Splinting material, 2-3' long
10	Latex gloves	3	Steri-Strip
1	Laxatives	1	Transpore Tape
1	Medicine dropper	2	Triangular bandage 37x37
1	Needle and thread		
1	Pen Light w/extra batteries		
1	Pepto -Bismol or Kaopectate		
20	Pre-moistened towelettes		
	Prescriptions		
10	Sanitary Napkins (compress)		
1	Scissors (EMT)		
1	Syrup of Ipecac		
2	Theraflu		
1	Thermometer		
10	Tongue depressor/popsicle sticks		
3	Trash bags		
1	Tweezers		
1	Vaseline		
5	Ziploc bags		
			<u>72 hour kit</u>
		1	Ace Bandage
		1	Antibiotic ointment
		1	Aspirin, advil or tylenol
		10	Bandaid, assorted
		5	Butterfly bandages
		1	Hand Sanitizer,waterless
		1	Latex Gloves
		1	Moleskin
		5	Safety Pins
		1	Scissors
		1	Transpore Tape
		1	Triangular bandage
		1	Tweezers