

Daily Breeze

IMPORTANT FAMILY DOCUMENTS

Keep these records in a waterproof, portable container:

- Wills, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

FIRST AID KIT

Assemble a first aid kit for your home and one for each car.

- Band-Aids and bandages of various sizes
- Germicidal hand wipes or waterless alcohol-based hand sanitizer
- Two pair large medical grade non-latex gloves
- Anti-bacterial ointment
- Cold pack
- Scissors (small personal)

- Tweezers

NON-PRESCRIPTION DRUGS

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)

STAY CONNECTED

- Long-distance phone lines often work before local phone lines, so identify an out-of-state contact and provide this person with the contact information of people you want to keep informed of your situation. Share this information with your family and friends locally.
- Avoid making non-urgent phone calls after a disaster — even if phone lines are not damaged, increased phone traffic can jam phone circuits.
- Don't count on your cell phone — increased traffic on cell phone networks can quickly overload wireless capacity.
- Keep coins in your emergency kit. Payphones are likely to work before other phone lines.
- Cordless phones and phone systems require electricity, so make sure you have a backup phone that requires no electricity.
- After an earthquake, check all your telephones to be sure they have not shaken off the hook and are tying up a line.



GET OUT QUICKLY

If you are told to evacuate by local officials, leave immediately.

- Wear sturdy shoes and appropriate clothing.
- Take your emergency supplies for yourself and members of your family.
- Follow instructions of public safety officials and use authorized travel routes.
- Lock your home, if possible.
- If you have time, leave a note telling others when you left and where you are going.
- Once you are safe, call your out-of-state contact and tell them where you are.



PLAN AHEAD

- Identify ahead of time where you could go if you are told to evacuate. Choose several places — a friend's home in another town, a motel or a shelter.
- Keep handy the telephone numbers of these places, as well as a road map.
- Consider the need to take any important prescription medications and medical supplies, as well as important documents

with you.

- Store your kit in a convenient place known to all family members. Keep a smaller version of the supplies kit in the trunk of your car.
- Keep items in airtight plastic bags. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months. Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.

