

City of Moreno Valley Emergency Management Articles:

Preparing for Earthquakes

How well you, your family and your home survive an earthquake often depends upon how well you prepare. You can greatly improve your chances of surviving by developing a family and neighborhood earthquake plan. Here is a checklist to help get you started:

Prepare an emergency kit to last 3-days to 1-week with:

- Food (canned and comfort food)
- A portable, battery-operated radio
- Water
- Extra batteries
- A flashlight
- Medicines
- First aid kit
- Extra money
- Clothing
- Blankets
- Can opener
- Tools
- Family photographs



Earthquake Safety Issues:

- Know the safe spots in each room (under sturdy tables, desks or against interior walls)
- Know the danger spots near windows, mirrors, hanging objects, fireplaces and tall, unsecured furniture.
- Conduct practice drills so you and your family know the safe locations in your home.
- Decide how and where your family will reunite if separate during a quake.
- Choose an out-of-state friend or relative that separated family members can call after the quake to report their whereabouts or conditions.
- Learn first aid and CPR.
- Learn how to shut off gas, water and electricity in case the lines are damaged. DO NOT attempt to relight the gas pilot. Call the utility company.
- Check chimneys, roofs, walls, and foundations for stability. Make sure your house is bolted to its foundation.

- Secure your water heater and major appliances, as well as tall, heavy furniture, hanging plants, picture frames and mirrors (especially those over beds.)
- Keep breakables, heavy objects, flammable or hazardous liquids (paints, pest sprays and cleaning products) in secured cabinets or on lower shelves.
- Organize your neighborhood to be self-sufficient after a quake.

During the Quake

- If you are indoors, stay there. Get under a desk or table or stand in a corner.
- If you are outdoors, get into an open area away from trees, buildings, walls and power lines.
- If you are in a high-rise building, stay away from windows and outside walls. Get under a table. Do not use elevators.
- If you are driving, pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside your car until the shaking is over.
- If you are in a crowded public place, do not rush for the doors. Crouch and cover your head with your hands and arms.

After the Quake

- Take stock of your situation. If possible, ration your supplies so that you can be self-sufficient for at least 3-days to 1-week.
- Unless there is an immediate, life-threatening emergency, do not try to use the telephone.
- Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turn the utility off at the source. Immediately report gas leaks to your utility company. Check for downed power lines; warn others to stay away.
- Check your building for cracks and damage, including the roof, chimneys and foundation.
- Turn on your portable radio for instructions and news reports. For your own safety, cooperate fully with public safety officials and instructions.
- Do NOT use your vehicle unless there is an emergency. Keep the streets clear for emergency vehicles.
- Be prepared for after shocks.
- Try to stay calm and lend a hand to others.
- If you must evacuate, leave a message at your home telling family members and others where you can be found. After the quake, turn on the TV; there will be captioned instructions to watch.
- Do whatever you can to help yourself until outside assistance arrives. Try to prepare yourself for possible evacuation by gathering your special things together. A small, lightweight drawstring bag is handy and easy to carry.

Dare to Prepare!

For more Information, please call Office of Emergency Management at 951.413.3800