ARE YOU READY FOR THE BIG ONE?

A PILLOW IS NOT ENOUGH!

Preparing Your Family for An Earthquake

1. Stock up on at least a five-day supply of food, water, medical supplies and other necessary equipment for everyone in the family. Make sure everyone knows where to find it.

2. Decide where and when to reunite your family should you be apart when the earthquake occurs.

3. Choose a person outside the immediate area to contact if family members are separated.

4. Be familiar with the emergency plan of the school or day care center your children attend. Make plans to have someone pick up your children if you are unable to get to them.

5. If you have a family member who is disabled or who does not speak English, prepare an emergency card indicating that person's identification, address and any special needs. Tell that person to keep the card with him or her at all times.

6. Have Drop, Cover and Hold On drills every six months with your family.

7. Earthquake-proof tall furniture and bolt down your home's foundation.

8. Locate shutoff valves for water, gas and electricity. Learn how and when to shut off the valves before a quake. If you have questions, call your utility company.

9. Collect vital records and take photos and/or videos of your valuables. Make copies and keep them in a safe deposit box or with someone out of the area.

10. Identify all the possible ways to exit your house. Keep those areas clear.