

# 8 ways TO BE PREPARED

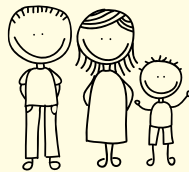
## 1 IDENTIFY YOUR RISK



- What are the hazards where you live or work? Find out what natural or human caused disasters pose a risk for you.
- Do you live near a flood plain, an earthquake fault, or in a high fire danger area?
- Are you prepared for an unexpected human-made disaster that can strike any time?

## 2 CREATE A FAMILY DISASTER PLAN

- Your family needs a plan that tells everyone: where to meet if you have to evacuate, who you've identified.



## 3 PRACTICE YOUR DISASTER PLAN

- After you have sat down with your family and written your plan – practice it.
- Start by having family members meet at a designated spot outside your home – like you would after a fire or after the shaking stops. Know how to respond in the event of any disaster – whether to stay put indoors, or whether to evacuate your neighborhood by car.



## 4 BUILD A DISASTER SUPPLY KIT FOR YOUR HOME



- If are stranded in your car or have to be self-sufficient at home until help arrive, you need to have a disaster kit with you.

## 5 PREPARE YOUR CHILDREN



- Talk to your kids about what the risks are and what your family will do if disaster strikes.

## 6 DON'T FORGET THOSE WITH SPECIAL NEEDS



- Infants, seniors and those with special needs must not be forgotten
- Make sure that supplies for your infant are in your kit and that seniors or those with special needs have medical supplies that they may require

## 7 LEARN CPR & FIRST AID



- Get trained in basic first aid and CPR, your training could save the life of a loved one or neighbor following a disaster.

## 8 ELIMINATE HAZARDS IN YOUR HOME AND THE WORKPLACE



- You must secure the contents of your home or office to reduce hazards, especially during shaking from an earthquake or from an explosion.