

EARTHQUAKE!

“Duck, Cover and Hold On”

**Check for damage, injury – broken glass, electricity? (Heavy shoes, flashlight by bed)
If safe, go to your central meeting place to check in or use HELP/OK sign in window.**

Do not attempt to leave your manor if not safe to do so.

Shelter in Place is recommended for all if possible. Do not try to leave Rossmoor.

In case of fire in your home, call 911, grab your GO BAG and leave immediately.

Tune to KCBS am 740 for emergency alerts.

Who is there to help?

Neighbors, Entry Coordinators and assistants, Securitas, CERT volunteers (Community Emergency Response Teams), Walnut Creek Police and Fire, American Red Cross; however, **all** will be overwhelmed in the event of a severe disaster.

You are On Your Own – YOYO

Some Do-Not-Do's

Do Not :

Go into a damaged building alone,
Attempt CPR or first aid unless trained
Use a fire extinguisher unless trained

Move an injured person,
Go back into a burning building,
Use candles

Emergency Supplies

Food and water for 7 days
(1 gallon per person/per day)
Radio and flashlights –battery, solar or crank
Extra batteries
First Aid kit
Blankets
Propane stove & cooking equipment (optional)
Dust Mask
Can opener

Cash (small denominations)
Medications
Extra eyeglasses or hearing aids
Pet supplies and medications
Gloves
Whistle to signal for help
Moist wipes, garbage bags & ties
Change of clothing

Communication Tips in an Emergency

Pre-designate an out-of-area contact person for all family to check-in with.

Text or land lines are most likely to work in an emergency – need a non-electric phone.

Keep devices charged and consider a solar charger to have at the ready.