



## “What Can I Do?” Easy Activity Guide

As our neighbors in Napa just learned, a little preparation is better than none! Here are some of the easiest preparedness activities that you can do in ten minutes or less. All of them will help you, your family, and your pets be safe, calm, and confident in the next emergency.

### Surviving the Shaking

#### 1. Practice “Drop, Cover, Hold On”

Did you know that standing in a doorway or running outside are *not recommended* during an earthquake? You are much more likely to be injured by falling or flying objects than to die in a collapsed building. You’ll be safest under a strong piece of furniture that will protect you from flying objects.

##### TO DO NOW:

Practice taking cover like this:

- **DROP** to your hands and knees
- **COVER** your head and neck with your arms. Crawl for cover under a sturdy desk or table. Stay away from windows, outdoor walls, heavy furniture or anything that could fall on you.
- **HOLD ON** to your shelter. Stay sheltered for 30 seconds to simulate a real earthquake. Then slowly leave your shelter and call out to family members in other rooms. Move slowly because there could be an aftershock soon!

#### 2. Remove Falling Hazards Over Beds and Play Areas

A simple way to improve the safety in your home is to move anything that can fall on a bed or play area during a quake.

##### TO DO NOW:

Walk into each room of your home. Imagine the room is picked up by a giant and given a **huge** shake. In Napa it looked like this: [https://www.youtube.com/watch?v=X5Wrkr\\_xuH0](https://www.youtube.com/watch?v=X5Wrkr_xuH0) What will fall on the bed or a play area? Heavy furniture, chimneys, vases & mirrors & art or light fixtures? Move these items or reposition the beds for safety.

### Communicating with Family

#### 3. Get in Touch with Your Out-of-Area Contact

After a major disaster, local phone lines may be overloaded. Your Out-of-Area Contact will receive and relay information among your family here, and to those out of the area as well.



This person can tell you where your family is, fill you in on how everyone is doing, and help you make plans to meet.

**TO DO NOW:**

Contact your Out-of-Area Contact with a brief message, preferably a text message if you are able to send texts. Be sure to clearly state that this is an exercise. Here is an example:

THIS IS AN EXERCISE. All four of us are OK and at home. We are staying home tonight.

If you do not have an Out-of-Area contact, **NOW** is the time to choose one! Call or email the person you trust to relay information about you to other members of your family. Explain to them their role in an emergency and get their agreement. Then, send your test message.

**4. Emergency Communication Cards**

If an earthquake took place on a Thursday at 6 pm, where would you be? Where would your children be? What about a Tuesday at 10 am? An emergency communication card provides important phone numbers and meeting place information for loved ones to stay connected and be reunited.

**TO DO NOW:**

Download and fill out the Emergency Communication Card template from:

[http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4240194\\_ECCard.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240194_ECCard.pdf)

Print a copy for each family member and laminate it with clear packing tape. Put a copy in every household member's purse, backpack, briefcase, in all cars and in a place caregivers know. If you have pets, attach emergency cards to all of your pet carriers and leashes now.





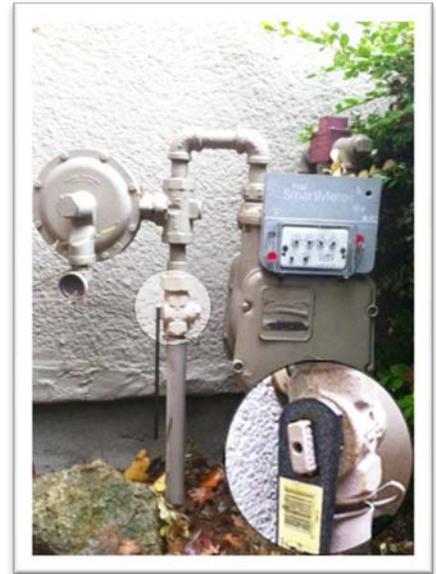
## Fire Prevention

### 5. Locate Your Gas Shut-Off

In an earthquake, gas lines may be broken, causing hazardous leaks. PG&E advises you to turn off the gas **only** if you smell gas or suspect a leak, or if there is an active fire nearby. All residents should learn how to shut off gas for their home.

#### TO DO NOW:

- Locate gas shut-off for your home; see <http://www.pge.com/myhome/edusafety/gaselectric/safety/turngasoff/>
- Do not turn off your gas, but put a tool to turn off the gas close to the shut-off
- If a neighbor has an automatic gas shut off valve talk to them about how they like it, where they got it, and what it costs to have one installed.



## Staying Informed

### 6. Sign up for Berkeley Emergency Notification System (BENS)

During this Exercise, the City of Berkeley will use BENS to send an Exercise Alert to community member phones and email addresses. In a real emergency the City will use the BENS system to send alerts about what is happening and where. That's why you want to sign up now!

To sign up for emergency alerts, visit:  
<http://www.cityofberkeley.info/BENS>

#### TO DO NOW:

If you enrolled on the BENS website before October 18, check for your Exercise alert on the phone(s) and email(s) that you registered on the website. If you have not yet signed up for BENS, visit the website to enroll in the service.

**Now that wasn't so hard, was it?** For more easy activities, go to <http://www.cityofberkeley.info/prepare/activity-guides/>. You'll find steps that only take 5 minutes, a few that take about 30 minutes, and some that might take you 2 hours. Choose the activities that work for you and your family, and you'll make a real difference in your ability to survive and bounce back from the next major emergency!