



Get ready, Walnut Creek!

5 Quick Tips for Preparedness

We can't prevent an earthquake. But we CAN be prepared. Scientists say there is a 63 percent likelihood that a major earthquake will hit the Bay Area in the next 30 years. Firefighters and police officers will be stretched thin, communications will be knocked out, and water and food supplies may be cut off. Are you ready to be self-sufficient for at least 7-10 days?

Here are 5 "Quick Tips" that you can put into place this weekend. Then, use the enclosed checklists to create emergency supply kits for your home, car and office.

- 1. Water, water everywhere** — Stock up on two gallons of water per person per day (one for drinking, one for cooking and personal hygiene) for seven days. If there are two people in your household, that means 28 gallons.
- 2. Let there be light** — Tape lightsticks behind bedroom headboards, or put them under each bed, for readily available light in case the lights are out when disaster strikes.
- 3. Step safely** — Take a pair of shoes, put a flashlight or lightstick inside, and place under your bed. If disaster strikes in the middle of the night, you won't have to fumble in the dark or risk walking on broken glass.
- 4. Family meeting** — Set up two places for your family to meet, one on your street in case you have to evacuate quickly, and one a few blocks away from your house in case you can't get home.
- 5. Keep in touch** — Local phone lines are likely to be overwhelmed following a disaster, but you can still call out of the area. Set up an out-of-the-area contact ahead of time for all family members to phone in case you are separated, and program that number into everyone's phones!



Learn how you can help yourself, your family and your neighbors ~ join Walnut Creek's Community Emergency Response Team (CERT).

Visit us at www.walnut-creek.org/cert

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