

# SEBASTOPOOL HARDWARE CENTER BE PREPARED!

Here is a way to gather together items you'll need and some projects you can do to prepare for when the "Big One" hits. As we've seen, a few days' supplies are not enough.

We hope this helps. Even if you can't do it all, a little preparation is better than none!

Endorsed by the local Red Cross

Week 1: To do	Shopping	Information	
<p>Choose an out-of-state relative or friend to be a family contact in case of emergency. That way you'll only have to make one call in order to reassure all family members and you won't tie up phone lines needed for emergencies. Tell your family members and friends about this.</p>	<p>Grocery two gallons of water* jar of peanut butter* energy bars</p> <p>*for each person</p>	<p>Hardware duck tape heavy rope hand-operated can opener freeze dried camp food</p>	<p>Immediately after a quake, shut off gas if there is a leak or fire. If you have water, fill up as many containers as you can and then shut it off. If your electricity still works, shut it off until things stabilize.</p>
Week 2: To do	Shopping	Information	
<p>-Identify hazards around your house and fix them. The brochure mentioned in Week 12 is great on this. -Make sure you have vegetation cleared around your home in case of fire.</p>	<p>Grocery large bottle of juice for each person Instant coffee, tea, powdered drinks Pet food</p>	<p>Hardware tarps bungee cords generator (if you're thinking about buying one, get it now...)</p>	<p>Having enough water is crucial. You can purify water with 8 drops of bleach per gallon or buy purification tablets at a camping store. 10 - 30 gallons of available water <b>per person</b> is recommended.</p>
Week 3: To do	Shopping	Information	
<p>-Use a video camera to tape the contents of your home for insurance purposes. Store video tape with a friend or family member who lives out of town. -Investigate adequacy of your home or rental insurance.</p>	<p>Grocery two gallons of water* can of meat or fish* can of fruit* dried fruit</p> <p>*for each person</p>	<p>Hardware flashlights extra bulbs &amp; batteries</p>	<p>A big earthquake is also a tsunami (seismic wave) warning! Get to high ground. Be especially alarmed if you see water receding more than usual.</p>
Week 4: To do	Shopping	Information	
<p>-Store a roll of quarters for emergency phone calls. -Store extra cash (small bills) and credit cards. -Make sure your pet has a tag. Update vaccination records.</p>	<p>Drug Store -Put together a first-aid kit. Suggestions for contents: <a href="http://www.ready.gov/first_aid_kit.html">http://www.ready.gov/first_aid_kit.html</a></p>	<p>Hardware trash can to store supplies in (use a metal can for food) freeze dried camp food</p>	<p>Homes built prior to 1978 are more vulnerable to damage than newer homes. Check this website for information on retrofitting your home: <a href="http://www.earthquakeauthority.com">www.earthquakeauthority.com</a></p>
Week 5: To do	Shopping	Information	
<p>Find gas meter and water shut-off valves. Test them and attach shut-off tool near gas. Show your family where they are and where the breaker box is.</p>	<p>Grocery 2 gallons water* toilet paper can of veggies* can of meat or fish* *for each person</p>	<p>Hardware gas shut-off tool heavy work gloves dish soap freeze dried camp food</p>	<p>Here's how to test and shut off utilities: <a href="http://www.lafd.org/equilt.htm">www.lafd.org/equilt.htm</a></p>
Week 6: To do	Shopping	Information	
<p>-Take a first-aid class -Secure paint, herbicides, pesticides and pool chemicals</p>	<p>Grocery can of meat or fish* can of fruit* can of veggies* dried fruit *for each person</p>	<p>Hardware vise grips hammer pliers shovel screwdriver</p>	<p>Here's another site with good first-aid lists: <a href="http://www.survival-center.com/guide/firstade.htm">www.survival-center.com/guide/firstade.htm</a></p>
Week 7: To do	Shopping	Information	
<p>-Attach water heater to studs -Pack a change of clothes in your emergency kit</p>	<p>Drug Store personal hygiene items diapers &amp; baby items</p>	<p>Hardware water heater strap kit roll of poly sheeting staple gun</p>	<p>How to secure your water heater: <a href="http://www.lafd.org/eqhotwtr.htm">www.lafd.org/eqhotwtr.htm</a></p>

<b>Week 8: To do</b>	<b>Shopping</b>	<b>Information</b>
Pack a go-pack you can grab: Medications first aid kit spare eyeglasses & hygiene products bottled water whistle	<b>Grocery</b> two gallons of water* can of soup* can of fruit* energy bars *for each person	<b>Hardware</b> dust masks goggles portable radio
		Rotate food out when it expires and replace with fresh. Water in plastic jugs should be replaced every 6 months and not stored directly on concrete.
<b>Week 9: To do</b>	<b>Shopping</b>	<b>Information</b>
More in the go-pack: Emergency cash list of emergency phone numbers snack foods - high calorie flashlight & extra batteries comfort items (teddy bears, games)	<b>Grocery</b> bottle of juice* can of meat or fish* can of veggies* can of beans or chili* *for each person	<b>Hardware</b> fuel for camp stove camp stove bleach
		Never raid these supplies. Keep in sealed waterproof containers. Use metal containers for food.
<b>Week 10: To do</b>	<b>Shopping</b>	<b>Information</b>
-Have a fire-drill at home -Put cooking and eating utensils in emergency kit	<b>Grocery</b> two gallons of water* energy bars cereal favorite non-perishable food	<b>Hardware</b> fire extinguisher waterproof matches
		The Los Angeles Fire Department has good info on surviving a quake: <a href="http://www.lafd.org/eqtips.htm">http://www.lafd.org/eqtips.htm</a>
<b>Week 11: To do</b>	<b>Shopping</b>	<b>Information</b>
-Place a flashlight near or under your bed -Put toys & games for kids in kit	<b>Camping Store</b> water purification tablets tent	<b>Hardware</b> lantern extra battery water drum (ours hold 30 or 55 gallons) pump for the drum
		Want to see how much shaking you might get in earthquakes along various faults? Go to <a href="http://quake.abag.ca.gov/">http://quake.abag.ca.gov/</a>
<b>Week 12: To do</b>	<b>Shopping</b>	<b>Information</b>
Secure big furniture and electronics with L brackets or strapping kits.	<b>Grocery</b> can meat or fish* can fruit* can veggies* salt/spices *for each person	<b>Hardware</b> crow bar l brackets or strapping kits to secure furniture
		We have an excellent booklet you can have while we can get them: <i>Putting Down Roots in Earthquake Country</i> . It is comprehensive and developed by experts.
<b>Week 13: To do</b>	<b>Shopping</b>	<b>Information</b>
Test or install smoke alarm	<b>Grocery</b> two gallons of water* handi-wipes plastic wrap foil *for each person	<b>Hardware</b> lamp oil smoke detector with battery
		Other sources of water: Pool, hot tub, toilet tank, well tanks
<b>Week 14: To do</b>	<b>Shopping</b>	<b>Information</b>
Secure valuable items on shelves	<b>Grocery</b> can of soup* energy bars/nuts toilet paper 2 gallons of water* *for each person	<b>Hardware</b> museum putty/glass wax extra batteries mosquito repellent freeze dried camp food
		We carry storage sheds in various sizes ideal for storing your earthquake supplies.
<b>Week 15: To do</b>	<b>Shopping</b>	<b>Information</b>
-Arrange for a neighbor to watch children or pets -Fill gas can	<b>Drug Store</b> extra personal items first-aid items baby items	<b>Hardware</b> gas can emergency ladder
		Consider buying walkie talkies. They aren't dependent on infrastructure - just batteries.
<b>Week 16: To do</b>	<b>Shopping</b>	<b>Information</b>
-Make a plan to check on a neighbor who might need help. -Get together with your neighbors and strategize.	<b>Grocery</b> two gallons of water* heavy-duty garbage bags paper towels paper plates/cups *for each person	<b>Hardware</b> Leatherman tool/Swiss Army knife ground screw tie-down for pet
		There are now flashlights and radios powered by shaking or winding instead of batteries. We carry some models.