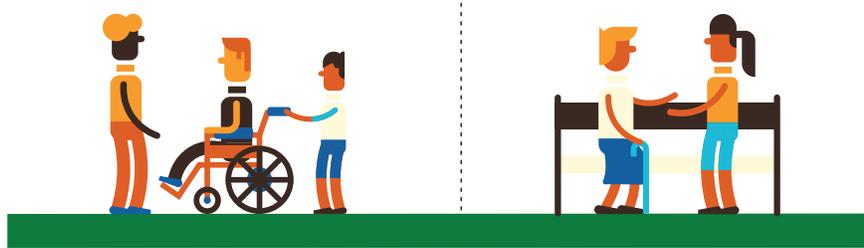


Prepare in a Year



6. Get 2 Weeks Ready



Prepare to be on your own for two weeks

When a large disaster happens, it may take two weeks for resources to help us. You may be on your own! Coping with the impacts of a disaster is never fun. However, by planning alternative ways to take care of your needs, you can reduce much of the inconvenience and discomfort. Take things one step at a time. You can buy items at discount or dollar stores over multiple trips. Watch for sales over holidays.

QUICK TIP: Being 2 Weeks Ready is as simple as adding one can of food to your cart every time you go grocery shopping to add to your disaster supplies. Don't forget about your pet, too!

Lighting



- Flashlight and extra batteries.
- Camping lanterns: (battery-operated only for inside use. Candles are not recommended and may cause fires).
- Light sticks: These can provide light for 1-12 hours and can be purchased at many department stores.
- Solar lights: Lights that can be recharged using the sun (still works to a degree when cloudy, too).

Shelter

It is common for people to not want to sleep in their homes for a few days following a major earthquake. Having an alternate means of shelter will help you and your family be as comfortable as possible.

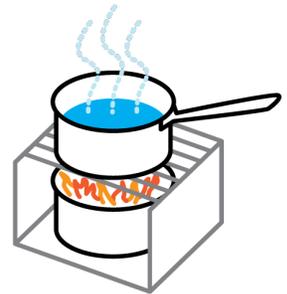


- Tent or waterproof tarp.
- Sleeping bags or blankets and pillows.
- Rain gear.
- Emergency/space blankets (compact and easy to store).
- Newspapers or magazines provide insulation from the cold or heat.
- If you have a van, camper or RV, it can be used as your alternate shelter.

Cooking

Never burn charcoal or use camp stoves indoors. This could cause carbon monoxide poisoning.

- Camp stoves, sterno or butane stoves, barbecues – gas or charcoal.
- Fireplaces – After an earthquake, do not use until the chimney and flue have been inspected for cracks. Sparks may escape in to your attic through an undetected crack and start a fire.
- Since a lot of emergency food options are “Just add water/hot water,” use clean or filtered water or boil for appropriate time when cooking.
- Washing dishes won't be easy, but it's still doable. Warm water over a stove. Otherwise, use disposable utensils, cups and plates.



Protecting food when the power goes out

- Keep refrigerator and freezer doors closed as much as possible. A full refrigerator will maintain safe temperatures for up to 6 hours.
- A full freezer will maintain safe temperatures for one or two days; a half-full freezer one day.
- Discard at-risk refrigerated foods that are warmer than 40 degrees Fahrenheit. If in doubt, THROW IT OUT.
- If you think the power will be out for several days, try to find some ice to pack inside the refrigerator and freezer.
- Remember to keep your raw foods separate from your ready-to-eat foods.

Prepare

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REMEMBER!
When in doubt, throw it out.

When do I save and when do I throw out food?

Refrigerated foods should be safe as long as the power is out no more than a few hours and the doors have been kept closed.

Frozen foods which are still frozen are not a problem.

If potentially hazardous foods are thawed but still have ice crystals you should use them as soon as possible.

How do I know if the food is unsafe to eat?



You cannot rely upon appearance or odor. Never taste food to determine its safety.

Some foods may look and smell fine, but if they've been warm

too long, food poisoning bacteria may have grown enough to make you sick.

What happens when the power comes back on?

Allow time for refrigerators to reach the proper temperature of lower than 40°F before restocking with all fresh foods.

Foods are categorized into groups:

A. Potentially hazardous foods are the most important to know. These include: meats, fish, poultry, dairy products, eggs and egg products, soft cheeses, cooked beans, cooked potatoes, cooked pasta, custards, puddings, etc.

B. Some food may not be hazardous but the quality may be affected. These include:

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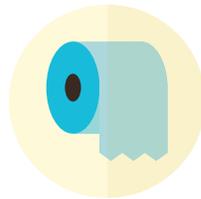


salad dressings, mayonnaise, butter, margarine, produce, hard cheeses, etc.

C. Some foods are safe. These include: carbonated beverages, unopened bottled juices, ketchup, mustard, relishes, jams, peanut butter, barbecue sauces, etc.

Sanitation

The lack of sanitation facilities following major disasters can quickly create secondary problems unless basic guidelines are followed.



If the water lines are damaged or if damage is suspected do not flush the toilet. Avoid digging holes in the ground. Untreated raw sewage can

pollute fresh ground water supplies. It also attracts flies and promotes the spread of diseases.

Store a large supply of heavy-duty plastic bags, twist ties, disinfectant and toilet paper. A good disinfectant that is easy to use and low cost is a solution of one-part liquid bleach to ten-parts water.

If the toilet is not able to be flushed, it can still be used. This is less stressful for most people than using some other container:

1. Remove all the bowl water
2. Line bowl with a heavy-duty plastic bag.
3. Add a small amount of deodorant or disinfectant.
4. Securely tie the bag and dispose of it in a large trash can with a tight-fitting lid. This large trash can should also be lined with a sturdy trash bag.

Portable camp toilets, small trash cans, or sturdy buckets lined with heavy-duty plastic bags can also be used. Those with tight fitting lids are best.

Large plastic bags and toilet paper should be kept at work and in the car for use if you are away from home. These can be wrapped in newspaper in preparation for future disposal.

Kit supplies

Your Grab & Go Kit can be a starter kit for home; add to it to be 2 weeks ready at home.

Food:

- ▶ Canned Meats, Fruits, and Vegetables
- ▶ Canned Juices and Soups
- ▶ High Energy Foods - Peanut Butter, Granola Bars, Trail Mix
- ▶ Comfort Foods - Cookies, Hard Candy, etc.
- ▶ Dry Meats like Beef Sticks and Jerky
- ▶ Freeze dried "emergency food." Meals Ready to Eat.

First Aid Supplies:

- ▶ Sterile 4" Adhesive Bandages
- ▶ Sterile 4" x 4" Gauze Pads
- ▶ 4" Rolled Gauze Bandages
- ▶ Large Triangular Bandages
- ▶ Butterfly Bandages
- ▶ Adhesive Tape
- ▶ Scissors & Tweezers
- ▶ Moistened Towelettes
- ▶ Bar Soap
- ▶ Latex Gloves
- ▶ Aspirin
- ▶ Antacid
- ▶ Anti-Diarrhea Medication
- ▶ Instant Cold Packs
- ▶ Antibiotic ointment to dress wounds
- ▶ Safety pins
- ▶ Needle & Thread
- ▶ Sanitary Supplies
- ▶ Splinting Materials

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You likely already have many of these supplies at home. You don't need to go shopping and spend lots of money on supplies. Start with collecting what you have at home. Some communities recommend you have supplies for even longer than 2 weeks. Check with your local emergency managers.

More kit supplies

Miscellaneous:

- ▶ Paper cups, plates, and plastic utensils
- ▶ Battery-operated NOAA Weather Radio
- ▶ Extra batteries
- ▶ Flashlight, Head Lamp or Solar Lantern
- ▶ Non-electric Can Opener
- ▶ ABC Fire Extinguisher
- ▶ Whistle
- ▶ Insect Repellent & Sunscreen
- ▶ Toilet Paper
- ▶ Toothpaste, toothbrush and other hygiene items
- ▶ Feminine Supplies
- ▶ Roll of Plastic and Duct tape to seal broken windows
- ▶ Plastic bags for waterproofing
- ▶ N95 Air Mask
- ▶ Cell Phone Charging Cord
- ▶ Portable Cell Phone Battery
- ▶ Pocket Knife/Multi-Tool
- ▶ Extra Eye Glasses
- ▶ Prescription Drugs and Medications
- ▶ A Family Picture
- ▶ Games and Books
- ▶ Contact Lens Solution
- ▶ Backups for assistive devices
- ▶ Wheelchair Repair Kit

Pet Kit

- ▶ Sturdy leashes and harnesses
- ▶ Blankets & towels
- ▶ Printed photos to identify lost pets and prove ownership
- ▶ Medications and medical records stored in waterproof container
- ▶ First aid kit
- ▶ Food and water
- ▶ Bowls, cat litter, litter box and a manual can opener
- ▶ Information on feeding schedules, medical conditions, name and number of veterinarian
- ▶ Supplies to manage dog waste and grooming

QUICK TIP: Choose significant dates 6 months apart from each other as reminders to rotate emergency supplies. Your birthday and half-birthday are one idea.

Sanitation:

- ▶ Bucket toilet
- ▶ Heavy-duty garbage bags
- ▶ Bleach and Liquid Soap
- ▶ Baby Diapers

Clothing & Bedding:

- ▶ Multiple changes of clothes depending on the season (cold or warm)
- ▶ Blankets or Sleeping Bags
- ▶ Mylar (Emergency / Space) blankets
- ▶ Sturdy Shoes
- ▶ Warm Socks
- ▶ Hat and Gloves
- ▶ Poncho
- ▶ Waterproof jacket

Important documents:

- ▶ Copies of Insurance Policies
- ▶ Bank Account Numbers
- ▶ Inventory of valuables
- ▶ Family Records



Pet food



Bowl



Animal carrier



Medicine



Extra Leash & Collar



Water



Familiar toys & items



Important documents & photo of you and your pet