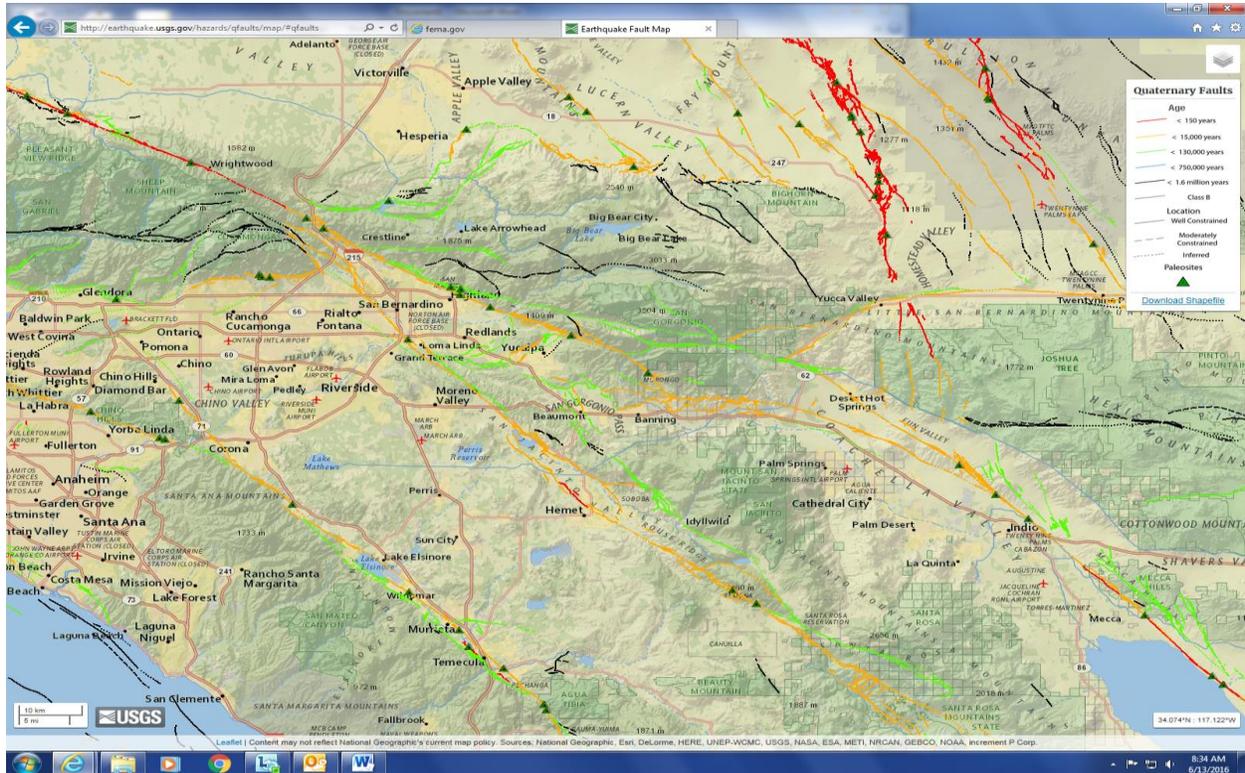


# City of Hemet – Emergency Services 2016

## Earthquake Facts & Tips



## Are You Prepared for the Next Earthquake?

Because earthquakes occur without warning, it's important to take steps now to prepare, especially if you live in Very High and High earthquake risk areas. Knowing what you can do and how to respond with constructive and protective actions, can make yourself, your family, and your home safer.

### Making an Emergency Kit

- ❑ **Water:** Store at least 1 gallon of water per person per day and be prepared for at least a 72-hour period. A normally active person needs at least ½ gallon of water daily just for drinking. In determining adequate quantities, take the following into account:
  - ✚ Individual needs vary depending on age, physical condition, activity, diet, and climate.
  - ✚ Children, nursing mothers, and ill people need more water.
  - ✚ Very hot temperatures can double the amount of water needed.

\*Did you know that if water is not available your water heater typically holds 50 gallons of water?

If you have questions about the [quality of water](#), boil it before drinking. Heat water to a rolling boil for 1 minute or use commercial grade purification tablets.

- **Food:** It's always a practical idea to keep a supply of non-perishable food on hand that can be rotated into your diet and replenished on a regular basis. Have a sufficient supply of canned or dehydrated food, powdered milk, and canned juices for at least 72 hours. Dried cereals and fruits and non-salted nuts are good sources of nutrition. Keep the following points in mind:
  - ✦ Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned goods with high liquid content.
  - ✦ Stock foods that do not require refrigeration, cooking, water, or special preparation. You may already have many of these on hand.
  - ✦ Remember to include foods for infants and those with special dietary needs. You should also have kitchen accessories and cooking utensils; especially a manual can opener.
  
- **First Aid:** Whether you chose to buy a first aid kit or make one yourself, always make sure it includes any personal items your health-care provider may suggest. Remember to check your kit periodically to ensure damaged or expired items are replaced. Make sure that extra batteries are also included for flashlights. Here is the suggested items for a first aid kit:
  - ✦ 2 Absorbent compress dressings (5x9 inches)
  - ✦ 25 Adhesive bandages (assorted sizes)
  - ✦ 1 Adhesive cloth tape (10 year x 1 inch)
  - ✦ 5 Antibiotic ointment packets (approx. 1 gram)
  - ✦ 5 Antiseptic wipe packets
  - ✦ 2 Packets of aspirin (81 mg each)
  - ✦ 1 Blanket
  - ✦ 1 CPR breathing barrier
  - ✦ 1 Instant cold compress
  - ✦ 2 Pair of non-latex gloves (size Large)
  - ✦ 2 Hydrocortisone Ointment packets (approx. 1 gram each)
  - ✦ Scissors
  - ✦ 1 Roller bandage (3 inches wide)
  - ✦ 5 sterile gauze pads (3x3 inches), 5 sterile gauze pads (4x4 inches)
  - ✦ Oral thermometer
  - ✦ 2 Triangle bandages
  - ✦ Tweezers

\*Note: Most items are available at stores like the 99cent store.

- **Tools:** Some items may be required depending on the situation. These tools can be most commonly used during an earthquake event.
  - ✦ Flashlight w/ batteries
  - ✦ Gas/Water shut off tool
  - ✦ Gloves
  - ✦ Hardhat
  - ✦ Safety goggles

\*The City of Hemet offers free Community Emergency Response Team ([C.E.R.T](#)) training throughout the year. Upon graduation each participant receives a certificate and CERT bag w/ emergency items inside.