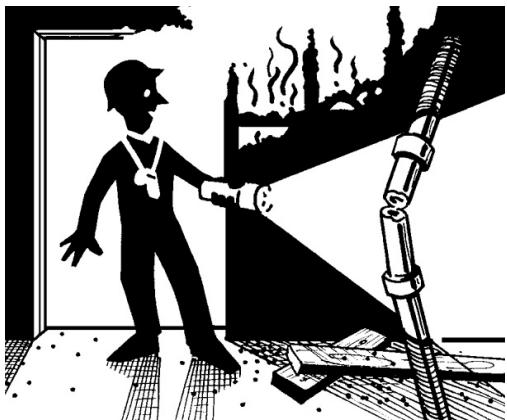


ESP FOCUS

Check It Out!



After the Earthquake, Check for Injuries and Damage

A common belief is that people always panic and run around madly during and after earthquakes, creating more danger for themselves and others. Actually, research shows that people usually take protective actions and help others both during and after the shaking. Most people don't get too shaken up about being shaken up!

First take care of your own situation. Remember your emergency plans. Aftershocks may cause additional damage or items to fall, so get to a safe location.

Follow the seven steps to earthquake safety from *Putting Down Roots in Earthquake Country* - www.earthquakecountry.info/roots.

BEFORE: ----- **DURING:** ----- **AFTER:** -----

#1
Identify potential hazards in your home & begin to fix them

#2
Create a disaster plan

#3
Create disaster supplies kits

#4
Identify your building's potential weaknesses & begin to fix them

#5
Protect yourself during earthquake shaking

#6
Check for injuries and damage

#7
When safe, follow your disaster plan

If you are trapped by falling items or a collapse, protect your mouth, nose, and eyes from dust. If you are bleeding, put pressure on the wound and elevate the injured part.

If you cannot get out, signal for help with your emergency whistle, a cell phone, or knock loudly on solid pieces of the building, three times every few minutes. Rescue personnel will be listening for such sounds.

If you can move, look for another way out and go to your household meeting place. Take your disaster supplies kit. Protect yourself by wearing sturdy shoes to avoid injury from broken glass and debris. Also wear work gloves, a dust mask, and eye protection. Help others, if possible.

Once you are safe, begin to check for injuries and damage listed on side two of this Focus Sheet.

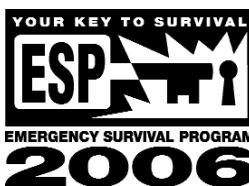
Check These Websites

www.earthquakecountry.info/roots (Earthquake Country Alliance/Southern California Earthquake Center)

www.espfocus.org (Emergency Survival Program)

www.redcross.org (American Red Cross)

www.seismic.ca.gov/sscpub.htm
(California Seismic Safety Commission)



J U L Y

Check for Injuries:

- Check your first aid kit or the front pages of your telephone book for detailed instructions on first aid measures.
- If a person is bleeding, put direct pressure on the wound. Use clean gauze or cloth, if available.
- If a person is not breathing, administer rescue breathing.
- If a person's heart has stopped, begin CPR (cardio-pulmonary resuscitation).
- If a person's clothes catch fire, have them stop, drop, and roll.



- Do not move seriously injured persons unless they are in immediate danger of further injury.
- Cover injured persons with blankets or additional clothing to keep them warm.
- Get medical help for serious injuries.
- Carefully check children or others needing special assistance.

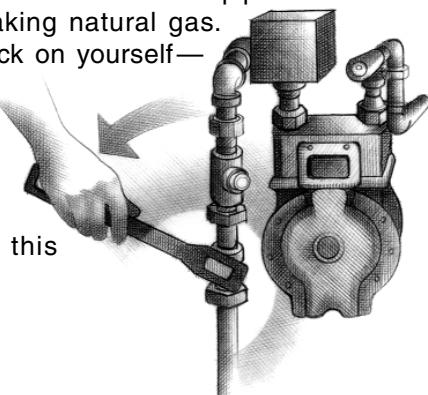
Check for Damage:

- Do not re-enter your home until you know it is safe.**
- Fire.** If possible, put out small fires in your home or neighborhood immediately. Call for help, but don't wait for the fire department.
- Gas Leaks.** Shut off the main gas valve **only** if you suspect a leak because of broken pipes or the odor or sound of leaking natural gas.

Don't turn it back on yourself—

wait for the gas company to check for leaks.

The phone book has detailed information on this topic.



- Damaged Electrical Wiring.** Shut off power at the main breaker switch if there is any damage to your house wiring. Leave the power off until the damage is repaired.
- Unplug broken or toppled light fixtures or appliances.** These could start fires when electricity is restored.
- Downed Utility Lines.** If you see downed power lines, consider them energized and stay well away from them. Keep others away from them. Never touch downed power lines or any objects in contact with them.
- Fallen Items.** Beware of items tumbling off shelves when you open closets and cupboard doors.
- Spills.** Use extreme caution. Clean up any spilled medicines, drugs, or other non-toxic substances. Potentially harmful materials such as bleach, lye, garden chemicals, and gasoline or other petroleum products should be isolated or covered with an absorbent such as dirt or cat litter. When in doubt, leave your home.
- Damaged Masonry.** Stay away from brick chimneys and brick walls. They may be weakened and could topple during aftershocks. Don't use a fireplace with a damaged chimney. It could start a fire or let poisonous gases into your home.

Be prepared to report damage to city or county government. If your home is seriously damaged and you must leave, take your disaster supplies kits with you. Tell your neighbor and your family point-of-contact where you are going (relative, hotel, American Red Cross shelter, etc.).

Adapted from Putting Down Roots in Earthquake Country, published by the Southern California Earthquake Center and available online at www.earthquakecountry.info/roots.



This focus sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties; Southern California Edison; the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.