

APRIL 2007

# EMERGENCY PREPAREDNESS POINTERS

## Idaho is EARTHQUAKE Country

There's no question that Idaho is at risk from earthquakes. Our spectacular mountains, volcanic flows and hot springs are testimony to the forces that cause these amazing events. Idaho has experienced two of the largest earthquakes in the contiguous United States in the last forty years. In 1959, the Hebgen Lake earthquake, located on the Idaho-Montana border, measured 7.5 on the Richter Scale and more recently, the Borah Peak earthquake in 1983 measured 7.3. The Borah Peak quake caused two fatalities and nearly \$10 million in damages.

We cannot predict or prevent earthquakes but we can prepare for their consequences. Read on and learn how you can save lives and reduce injury and property loss when an earthquake does occur.



### Prepare BEFORE the Quake

- ◆ Plan how and where your family will reunite if separated.
- ◆ Choose an out-of-state friend or relative that separated family members can call after the quake to report where they are and how they're doing.
- ◆ Store supplies that you may need:
  - At least three day supply of food and water
  - Blankets and clothing
  - Battery-operated radio
  - Flashlights and extra batteries
  - Fire extinguisher
  - Tools to turn off utilities
  - Heavy leather gloves and sturdy shoes
  - Personal medical supplies
  - First aid kit
- ◆ Know how and when to shut off utilities at the main outside valves and switches if lines are damaged.
- ◆ Learn first aid.
- ◆ Know the safe spots in each room: under sturdy tables and desks or against inside walls.
- ◆ Know the danger spots: near windows, mirrors, hanging objects and unstable furniture.
- ◆ Secure heavy, tall furniture that may topple, such as bookcases, china cabinets and wall units.
- ◆ Place heavy or fragile items on lowers shelves of bookcases.

### How to Respond DURING an Earthquake

Whether you're in your home, a classroom, or another type of building it's important to protect yourself during an earthquake. *Falling objects, not building collapse, are the main cause of earthquake-related deaths and injuries in the U.S.*

#### DROP-COVER-HOLD

##### DROP

Drop down to the floor. Stay away from windows, bookcases, mirrors, hanging plants and other heavy objects that may fall.



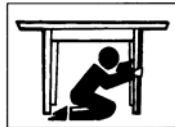
##### COVER

Cover yourself under a sturdy desk or table. If it's not possible to take cover under a desk or table, seek protection up against an interior wall. Protect your head and neck with your arms.



##### HOLD

Hold on to the piece of furniture where you took cover. Be prepared to move with it. Hold on until the shaking stops and it's safe to move. Be prepared for aftershocks.



### What to do

#### AFTER the Shaking Stops

- ◆ Check yourself and others for injuries. Apply first aid if needed.
- ◆ Before clean-up, protect yourself by putting on long pants, sturdy shoes and work gloves.
- ◆ Evaluate damage.
- ◆ Check for and extinguish any *small* fires.
- ◆ Use flashlights. Do not smoke or use candles until you are sure there are no gas leaks.
- ◆ Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turn utility off at the source.
- ◆ Stay away from downed or damaged utility lines.
- ◆ Turn on a battery operated radio or TV for emergency instructions.
- ◆ Do not use the phone unless there is a *serious* emergency – phone lines will be overwhelmed.
- ◆ Be cautious when opening closets and cupboards. Displaced objects may fall when the door is opened.
- ◆ Be prepared for aftershocks. As you feel them, *DROP, COVER and HOLD.*
- ◆ If you evacuate, post a message so that family members know where you can be found.
- ◆ Eventually, have your home checked for possible hidden damage.

