

Sheltering In Place Checklist

“Camping at Home”

After a major earthquake the best place for you to be may be your home! However, it may be damaged and there will be no water, power or communications. Roads will be blocked, so supplies, including food, can't get in and you can't get out!

Here are some tips to help you prepare to survive after an earthquake, by “Camping At Home”.

1. Safety

- Propane and Water shutoff
 - Know how to turn off both propane and water, in case of broken pipes.
- After earthquakes, fires are common. Have several fire extinguishers available. Make sure everyone knows how to use them.
- Furniture stabilization
 - To prevent furniture from tipping over, secure bookshelves and other tall items to wall studs using L-brackets and screws.
 - Secure mirrors, pictures etc. using a chain screwed to the wall.
 - Secure cabinets and drawers with safety latches to prevent items stored inside from flying out,
- Safety clothing
 - Keep sturdy boots/shoes and a safety helmet under the bed. Avoid cut feet on broken glass!
- First Aid Kit
 - Keep your first aid kit in a secure location, and make sure it is well equipped.
- Medication
 - Have **at least** 30 days supply of all prescription medications. If necessary, talk to your doctor about a one-time prescription for this.

2. Shelter/warmth

- Tools:
 - You will need basic tools, such as a hammer, shovel, and pry bar, to

cover broken windows, dig out piles of debris, etc.

- Lighting
 - There will be no power for weeks or months.
 - Keep several flashlights **secured** in strategic locations. Be sure you have plenty of extra batteries.
 - Evenings are long! Store room lighting such as LED lamps, candles, oil lamps (& lamp oil).
- Generator.
 - If you decide to have a generator have enough fuel for 30+ days. Store fuel safely.
- Camping gear
 - If your house is damaged it will need temporary repairs. Store tarps, tents, rope, etc.
 - Your windows may break. Have clear plastic sheets and duct tape to make replacement windows, or plywood to board them up..
- How will you stay warm with no power?
 - This depends on your circumstances. Consider your options.
- How will you cook?
 - Have a back-up method, such as a BBQ or camping stove **to use outside**.

3. Water, Sanitation and Hygiene

- Drinking water storage
 - Store **at least** 3 gallons per person (3 days supply). Bottles + larger containers of city water. Refresh annually.
- Water purification
 - Have a way to treat water you obtain from natural sources (rainwater, streams).
 - Filters (Berkey, Just Water, etc.)
 - Purification tablets
 - Boiling works, but is energy intensive.

Sheltering In Place Checklist

“Camping at Home”

- Be prepared to treat your drinking water indefinitely.
- Sanitation
 - Separate pee and poo in different buckets.
 - Dispose of pee outside.
 - Cover poo with carbon material. If a neighborhood poo container is available use it! Otherwise store it in a watertight container in a secure area.
- Personal hygiene & handwashing
 - In your emergency stash make sure you have all you need for your personal hygiene, including handwashing, toilet paper, sanitary napkins, etc.

4. Communication

- Family plan & family meeting
 - Develop a family disaster plan and meet to go over it.
 - Designate a meeting place in case family members are away from home.
 - Have an out-of-area contact person.
- Secure documentation.
 - Copy important papers and keep the original in a safe place.
 - Consider scanning important papers and putting them on a thumb drive, then store with an out-of area contact person.
 - Complete FEMA’s EFFAK checklist covering:
 - Household Identification
 - Financial and Legal Documentation
 - Medical Information
 - Household Contacts
- Radio
 - Have a AM/FM/NOAA hand-crank radio. Tune to KQMI FM 88.9 to find out what’s going on.

- Buy a 2-way yellow radio through EVCNB. Take a class to learn how to use it.
- Whistle to signal for help
- HELP/OK sign
- Phone
 - Cell phones will probably not work.
 - Have emergency phone that does not need power (not a cordless phone).
- Keep devices charged
 - Store plenty of batteries for your flashlights/radios, etc.
 - Keep your car gas tank at least half full so you can recharge cell and communication device batteries.
 - Consider buying an inverter to change your car battery power to 110v AC.

5. Food

- Emergency food stockpile
 - Develop a stockpile of food, enough for at least 30 days for your whole family.
 - Simply buy and stock the items you normally need at home, and use them in order of purchase.
 - When you shop for food, buy a little more than you need, so that your stockpile grows. Be aware of shelf life.

More Information

Links to more information about sheltering in place are available on www.EVCNB.org

Participate in EVCNB’s training programs!

IMPORTANT! Make sure that your emergency supplies are stored where you can get to them after an earthquake.