



With the tragic earthquake in Japan in March 2011 as well as the many other natural disasters around our country, we're reminded of the fact that we live in earthquake country and could experience a major quake right here. As a family of brothers and sisters in Christ, we're providing the following information so you can be prepared whether on the church campus, at home or elsewhere. The information here is applicable wherever you are; however, it is a brief summary of how to be prepared, compiled from various sources. Access the additional resources below for more detailed information.

Yours in Christ –

The Board of Elders

If an earthquake or other emergency happens while in the church sanctuary...

1. **WHEN AN EARTHQUAKE STRIKES, take cover** - duck under a desk, table, pew or other sturdy furniture, cover your head and hold on to the furnishings or nearby structure until the shaking stops.

If this is not possible, seek cover against an interior wall and protect your head and neck with your arms. Avoid dangerous locations near windows, hanging objects that may fall, mirrors/heavy pictures on walls or tall pieces of unsecured furniture such as bookshelves or filing cabinets. If you take cover near or under a sturdy piece of furniture, hold on to it and be prepared to move with it!

2. After a severe quake, **evacuate the building**. Whenever possible, assist the disabled/injured to safety also, taking extra precautions to watch for falling glass and building materials from high exterior walls. Move away from the building to an open area. Stay off the street to avoid emergency vehicles. Do not reenter the building until it has been inspected by a competent individual (maintenance personnel, architect, fire department, etc.).
3. Immediately after evacuating, **take a roll** of all known persons who were inside the building. Check for any injuries and treat accordingly. Survey the area around you and do not touch any downed electrical lines. Do not smoke or light any fires - there are likely to be gas line leaks.
4. **Listen for news and instructions** from church officials, emergency workers and local radio stations.
5. **Do not shut off the gas main unless you suspect a gas leak**. Become familiar with the locations of the electrical, gas and water main shut-offs. Know where the proper tools to operate the mains are located. Know where emergency supplies are located and who is authorized to release/distribute these supplies

Additional information

Radio stations: **KWVE 107.9 FM** (primary emergency station for Orange County); **KNX 1070 AM**
(Southern California)

FIRE: 911

POLICE: 911

AMBULANCE: 911

- Remember **PRAYER!**
- If all phones are down, be aware that email accounts may still work; also, texting may be possible when cell phone lines are overwhelmed.
- In a medical emergency during a severe quake, be aware that local fire department/ambulance services will not be available to the general public. First aid materials are kept in multiple locations identified by signage, with personnel trained to perform basic first aid.

Helping Each Other, Helping Ourselves

As a church family, we strongly desire to be of assistance each other in case of a natural disaster. With the large size of our congregation and the way we are so spread out over Orange County, however, it would be nearly impossible to reach out in a timely manner to everyone. Following are a few suggestions for helping each other and helping ourselves:

- **Know your neighbors...at home and at church** - Look in the most current directory or ask the church office which families are near you. We think that should there be a major event the best, fastest way to support each other is to know your neighbors and help those next to you. If you know of a disabled person close by check up on them. Find those members of our church family and stay together.
- **Leave a trail** - As with anything like this if you move from the first place your family and friends would look for you, leave a note where you went.
- **Be safe and walk** - With telephone service and power likely out, walking to someone close by is the best idea. There are many items to consider in this type of emergency, the number one is personal safety.
- **Stay ready at home** - Keep clothes and especially shoes by the bed and ready, also keep a flashlight handy. Also needed are personal items like medicines and glasses etc. Having these things in your car is a great idea too.

Below are several additional suggestions taken from various emergency preparedness publications.

☐ Water

Store at least 1 gallon of water per person per day and be prepared for 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.
- A medical emergency might require more water.

It is recommended that you buy commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it. Also, pay attention to the expiration or “use by” date.

☐ 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 special dietary needs. You should also have kitchen accessories and cooking utensils, especially a manual can opener.

☐ Flashlights and spare batteries

Keep a flashlight beside your bed, at your place of work, and in your car. Do not use matches or candles after an earthquake until you are certain that no gas leaks exist.

☐ Portable, battery-powered radio or television and spare batteries

Most telephones will be out of order or used for emergency purposes, so radios will be your best source of information. You may also want to have a battery-powered CB or other two-way radio.

❑ First aid kit and manual

Keep a first aid kit at home and in your car. Also, have a manual such as Standard First Aid & Personal Safety by the American Red Cross. Have members of your household take basic first aid and CPR courses.

❑ Special needs

Keep a supply of special needs items, such as medications, extra eyeglasses, contact lens solutions, hearing aid batteries, items for infants (formula, diapers, bottles, and pacifiers), sanitation and hygiene items (moist towelettes and toilet paper), and any items unique to your family's needs.

❑ Important papers and cash

Be sure to have a supply of cash for use if ATMs, banks, and credit card systems are not operating. Also, keep copies of credit and identification cards and important documents, such as insurance policies and financial records. And don't forget the most important set of papers – your Bible!

❑ Clothes

Have clothing to match the various seasons, warm and cool. Remember that there might not be heating or cooling available after an earthquake. Think about your clothing and bedding supplies. Be sure to have one complete change of clothing and shoes per person to match various climates, including the following:

- jacket or coat
- long pants
- long sleeve shirt
- sturdy shoes
- hat, mittens or gloves, and scarf
- sleeping bag or warm blanket (per person)

Additional Resources

You can order printed copies of the following publications by calling the FEMA Distribution Facility at 1-800-480-2520. As noted, some are available for download from the FEMA website.

- *After Disaster Strikes*, FEMA 292. Available in both English and Spanish.
- *Are You Ready? An In-depth Guide to Citizen Preparedness*, IS-22, August 2004. Full publication and individual sections available online in both English and Spanish at http://www.fema.gov/preparedness/prepare_guides_links.shtml .
- *Before Disaster Strikes*, FEMA 291. Available in both English and Spanish.
- Another good site for information is <http://www.ready.gov/america/publications/allpubs.html> .