Preparedness Tips

For more information contact the Emergency Services Division at 510-577-3351

Tips for the Elderly

Before an Earthquake

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- Eliminate hazards. Make it as easy as possible to quickly get under a sturdy table or desk for protection.
- Anchor special equipment such as telephones and life support systems. Fasten tanks of gas, such as oxygen, to the wall.
- Keep a list of medications, allergies, special equipment, names and numbers of doctors, pharmacists and family members. Make sure you have this list with you at all times.
- Keep an extra pair of eyeglasses and medication with emergency supplies.
- Keep walking aids near you at all times. Have extra walking aids in different rooms of the house.
- Put a security light in each room. These lights plug into any outlet and light up automatically if there is a loss of electricity. They continue operating automatically for four to six hours, and they can be turned off by hand in an emergency.
- Make sure you have a whistle to signal for help.
- Keep extra batteries for hearing aids with your emergency supplies. Remember to replace them annually.
- Keep extra emergency supplies at your bedside.
- Find two people you trust who will check on you after an earthquake. Tell them your special needs. Show them how to operate any equipment you use. Show them where your emergency supplies are kept. Give them a spare key.

During and After an Earthquake

- ✓ If you are in bed or sitting down, do not get up; cover your head and neck with your hands.
- ✓ If you are standing, duck and cover or sit down. You could be thrown to the floor if you are standing.
- ✓ Prepare to be self-sufficient for at least five days.
- ✓ Turn on your portable radio for instructions and news reports. For your own safety, cooperate fully with public safety officials and instructions.
- ✓ Prepare for aftershocks.
- ✓ If you evacuate, leave a message at your home telling family members and others where you can be found.

Ready To Ride It Out?