

# SEBASTOPOL HARDWARE CENTER BE PREPARED!

Here is a way to gather together items you'll need and some projects you can do to prepare for when the "Big One" hits. As we've seen, a few days' supplies may not be enough.

We hope this helps. Even if you can't do it all, a little preparation is better than none!

Endorsed by the local Red Cross

Week 1: To do	Shopping	Information	
Choose an out-of-state relative or friend to be a family contact in case of emergency. That way you'll only have to make one call in order to reassure all family members and you won't tie up phone lines needed for emergencies. Tell your family members and friends about this.	<b>Grocery</b> two gallons of water* jar of peanut butter* energy bars  *for each person	<b>Hardware</b> duck tape heavy rope hand-operated can opener	Immediately after a quake, shut off gas if there is a leak or fire. If you have water, fill up as many containers as you can and then shut it off. If your electricity still works, shut it off until things stabilize.
Week 2: To do	Shopping	Information	
-Identify hazards around your house and fix them. The brochure mentioned in Week 12 is great on this. -Make sure you have vegetation cleared around your home in case of fire.	<b>Grocery</b> large bottle of juice for each person Instant coffee, tea, powdered drinks Pet food	<b>Hardware</b> tarps bungee cords generator (if you're thinking about buying one, get it now...)	Having enough water is crucial. You can purify water with 8 drops of bleach per gallon or buy purification tablets at a camping store. 10 - 30 gallons of available water <b>per person</b> is recommended.
Week 3: To do	Shopping	Information	
-Use a video camera to tape the contents of your home for insurance purposes. Send it to a friend or family member who lives out of town. -Investigate adequacy of your home or rental insurance.	<b>Grocery</b> two gallons of water* can of meat or fish* can of fruit* dried fruit *for each person	<b>Hardware</b> flashlights extra bulbs & batteries	A big earthquake is also a tsunami (seismic wave) warning! Get to high ground. Be especially alarmed if you see water receding more than usual.
Week 4: To do	Shopping	Information	
-Store a roll of quarters for emergency phone calls. -Store extra cash (small bills) and credit cards. -Make sure your pet has a tag. Update vaccination records.	<b>Drug Store</b> -Put together a first-aid kit. Suggestions for contents: <a href="http://www.redcross.org/prepare/location/home-family/get-kit/anatomy">www.redcross.org/prepare/location/home-family/get-kit/anatomy</a>	<b>Hardware</b> trash can to store supplies in (use a metal can for food) freeze dried camp food	Homes built prior to 1978 are more vulnerable to damage than newer homes. Check this website for information on retrofitting your home: <a href="http://www.earthquakeauthority.com">www.earthquakeauthority.com</a>
Week 5: To do	Shopping	Information	
Find gas meter and water shut-off valves. Test them and attach shut-off tool near gas. Show your family where they are and where the breaker box is.	<b>Grocery</b> 2 gallons water* toilet paper can of veggies* can of meat or fish* *for each person	<b>Hardware</b> gas shut-off tool heavy work gloves dish soap freeze dried camp food	Here's how to test and shut off utilities: <a href="https://www.opb.org/news/series/unprepared/how-to-safely-turn-off-utilities-after-a-disaster/">https://www.opb.org/news/series/unprepared/how-to-safely-turn-off-utilities-after-a-disaster/</a>
Week 6: To do	Shopping	Information	
-Secure paint, herbicides, pesticides and pool chemicals	<b>Grocery</b> can of meat or fish* can of fruit* can of veggies* dried fruit *for each person	<b>Hardware</b> vise grips hammer pliers shovel screwdriver	Sebastopol CERT (Community Emergency Response Training) is sponsoring Map Your Neighborhood.  The MYN program walks you and your neighbors through a simple step-by-step process to customize an emergency preparedness plan for your area.
Week 7: To do	Shopping	Information	
-Attach water heater to studs -Pack a change of clothes in your emergency kit	<b>Drug Store</b> personal hygiene items diapers & baby items	<b>Hardware</b> water heater strap kit roll of poly sheeting staple gun	<a href="http://sebastopolcert.org/map-your-neighborhood">http://sebastopolcert.org/map-your-neighborhood</a> <a href="mailto:info@sebastopolcert.org">info@sebastopolcert.org</a>

Week 8: To do	Shopping	Information
Pack a go-pack you can grab: Medications first aid kit spare eyeglasses & hygiene products bottled water whistle	<b>Grocery</b> two gallons of water* can of soup* can of fruit* energy bars *for each person	<b>Hardware</b> dust masks goggles portable radio
		Rotate food out when it expires and replace with fresh. Water in plastic jugs should be replaced every 6 months and not stored directly on concrete.
Week 9: To do	Shopping	Information
More in the go-pack: Emergency cash list of emergency phone numbers snack foods - high calorie flashlight & extra batteries comfort items (teddy bears, games)	<b>Grocery</b> bottle of juice* can of meat or fish* can of veggies* can of beans or chili* *for each person	<b>Hardware</b> fuel for camp stove camp stove bleach
		Never raid these supplies. Keep in sealed waterproof containers. Use metal containers for food.
Week 10: To do	Shopping	Information
-Have a fire-drill at home -Put cooking and eating utensils in emergency kit	<b>Grocery</b> two gallons of water* energy bars cereal favorite non-perishable food	<b>Hardware</b> fire extinguisher waterproof matches
		Sign up for alerts from the Sonoma County Sheriff's office. <a href="https://local.nixle.com/signup/widget/m/494">https://local.nixle.com/signup/widget/m/494</a>
Week 11: To do	Shopping	Information
-Place a flashlight near or under your bed -Put toys & games for kids in kit	<b>Camping Store</b> water purification tablets tent freeze dried camp food	<b>Hardware</b> lantern extra battery water drum (ours hold 30 or 55 gallons) pump for the drum
		Want to see how much shaking you might get in earthquakes along various faults? Go to <a href="http://quake.abag.ca.gov/">http://quake.abag.ca.gov/</a>
Week 12: To do	Shopping	Information
Secure big furniture and electronics with L brackets or strapping kits.	<b>Grocery</b> can meat or fish* can fruit* can veggies* salt/spices *for each person	<b>Hardware</b> crow bar l brackets or strapping kits to secure furniture
		Here is an excellent handbook for NorCal: <i>Putting Down Roots in Earthquake Country</i> : <a href="http://pubs.usgs.gov/gip/2005/15/">http://pubs.usgs.gov/gip/2005/15/</a>
Week 13: To do	Shopping	Information
Test or install smoke alarm	<b>Grocery</b> two gallons of water* handi-wipes plastic wrap foil *for each person	<b>Hardware</b> lamp oil smoke detector with battery
		Other sources of water: Pool, hot tub, toilet tank, well tanks
Week 14: To do	Shopping	Information
Secure valuable items on shelves	<b>Grocery</b> can of soup* energy bars/nuts toilet paper 2 gallons of water* *for each person	<b>Hardware</b> museum putty/glass wax (to secure things on shelves) extra batteries mosquito repellent
		We carry storage sheds in various sizes ideal for storing your earthquake supplies.
Week 15: To do	Shopping	Information
-Arrange for a neighbor to watch children or pets -Fill gas can	<b>Drug Store</b> extra personal items first-aid items baby items	<b>Hardware</b> gas can emergency ladder
		Consider buying walkie talkies. They aren't dependent on infrastructure - just batteries.
Week 16: To do	Shopping	Information
-Make a plan to check on a neighbor who might need help. -Get together with your neighbors and strategize.	<b>Grocery</b> two gallons of water* heavy-duty garbage bags paper towels paper plates/cups *for each person	<b>Hardware</b> Leatherman tool/Swiss Army knife ground screw tie-down for pet
		There are now flashlights, radios and cell phone chargers powered by the sun or winding instead of batteries. We carry some models.