

Earthquake Safety Tips for Elderly People

Before an Earthquake

- Eliminate hazards. Make it as easy as possible to quickly get under a sturdy table or desk for protection.
- Special equipment such as a telephone and life support systems should be anchored. Tanks of gas, such as, oxygen, should be fastened to wall studs.
- 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.
- Walking aids should be kept 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 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, stay there. Use a pillow or blanket to protect your head. Hold on until the shaking stops.
- If you are standing, drop, cover, and hold on, or sit down. You could get thrown to the floor if you are standing.
- PREPARE to be self-sufficient for at least three days.
- Turn on your portable radio for instructions and news reports. For your own safety cooperate fully with public safety officials and instructions.
- Be prepared for aftershocks!
- If you evacuate, call your family contact to let them know where you are going and when you expect to arrive