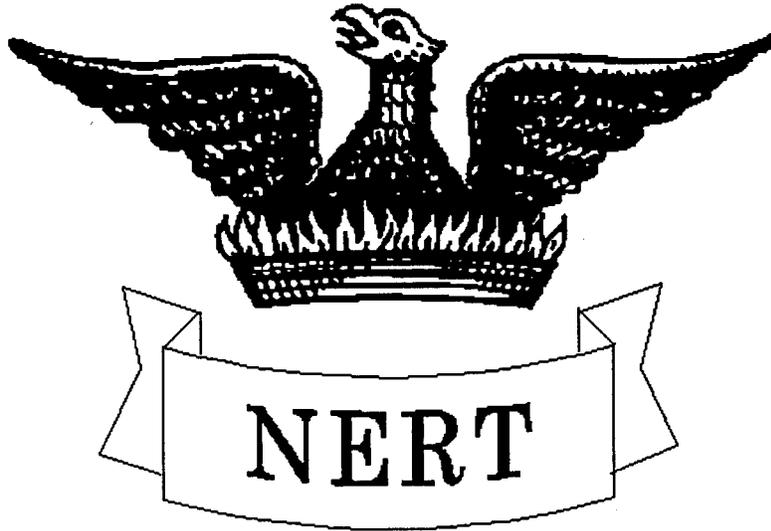


San Francisco



PREPARED AND PRESENTED BY
THE SAN FRANCISCO FIRE DEPARTMENT
EARTHQUAKE TASK FORCE

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FOOD

When selecting food supplies consider the ease of preparation, ease of storage, shelf-life and personal preferences. The foods that you select should not require a large amount of water to cook. They should also be easily stored in your kit and last at least one year before they have to be replaced. Do not purchase salty foods, they will only increase your desire for water. Select foods that your family enjoys. Along with food, you will need an alternative way to prepare it. A camp stove with extra fuel, cans of sterno, or a barbecue all will work, but don't forget the matches. You will also need various utensils, pots and pans, paper plates, paper or plastic cups, can opener, and eating and serving utensils. Aluminum foil, plastic wrap, and garbage bags also will be useful.

CLOTHING AND SUPPLIES

CLOTHING:

A complete change of clothing for each member of your family should be wrapped to remain dry and clean and put into your emergency supply kit. These should be heavy clothes that will protect you from injury and include boots or heavy shoes to protect your feet.

SUPPLIES:

A flashlight with an extra bulb, a portable radio, and extra batteries should go in every emergency supply kit. A space blanket is a useful and inexpensive item that is excellent at retaining body heat. Sleeping bags and a tent can also be included. Small hand tools and a utility shutoff wrench are a necessity. Duct tape and zip-lock bags will be useful in many situations. Also include paper, pencils, and money in your kit. If electricity is disrupted after a quake, the ATM machines will not operate. Don't forget to include a 3-A:40-B:C fire extinguisher.

HYGIENE SUPPLIES:

Include in your kit a bar of soap, liquid detergent, shampoo, toothpaste, toothbrushes, tissues, toilet paper, and sanitary napkins (which can also be used for pressure dressings to stop bleeding), so pack more than you normally would need.

MEDICAL SUPPLIES:

On page 63 of this manual, a complete first aid kit is listed. Remember to include any prescription medications that your family takes, along with a written list of prescriptions, allergies, and doctors. The most important item that you can include in your medical kit is a good first aid manual.

IMPROVISE:

It is impossible to store all the items that you will need in the event of a devastating earthquake, but with a little bit of imagination and some useful items, you can create things that will fit your needs.

Plastic garbage bags are one of these items. They can be used as a tent, -as a rain coat by cutting holes for your head and arms in it, or as a window cover to keep the elements out of broken windows. You can also line your toilet with a bag. This enables your family to use the facility with privacy and without risk of contaminating other locations. It can be used several times before the bag has to be replaced. The bag should then be sealed and stored for later disposal or buried. If the bag is buried, the spot should be marked so it can be retrieved later and disposed of properly.

Emergency Supplies

A good pair of first aid scissors is another useful item. They can be used to cut away clothing to expose wounds, to cut bandages out of the clothing of the victim, or to cut triangular bandages from sheets. They can also be used to cut carpet to be used as blankets or as a tent when stretched over two pieces of furniture.

Duct tape can be used to secure cracked windows to keep the elements out and also to keep the broken glass from falling and injuring someone. It can be used as first aid tape to secure bandages. It can also be used to temporarily support or tie together blankets or carpet in making an improvised tent or to tape plastic bags to windows to keep the elements out.

These are just some examples. The key is to be creative in all situations, and use what is available to you.

WORK PLACE AND VEHICLE KITS

In the work place, you should have a simple kit that will allow you to get to your reunification site. It should include a comfortable pair of walking shoes because this may be the only way you can get there. A flashlight, a portable radio, a small amount of food and water, and a basic first aid kit should be included.

In your vehicle you should keep the same type of kit that you have at your work place, but add a change of clothes and some money to it.



Emergency Supplies

72-HOUR SUPPLY KIT

PERSONAL SUPPLIES:

WATER - 1 gallon per person per day for at least 3 day
- this is the minimum supply that should be stored)

FOOD - enough to last family at least 1 week

BLEACH - 1 gallon to purify domestic water supply;

SANITATION SUPPLIES

HYGIENE SUPPLIES

FLASHLIGHTS, PORTABLE RADIO and EXTRA BATTERIES

FIRE EXTINGUISHER

FIRST AID KIT

PRESCRIPTION MEDICINES, EYE GLASSES

HEAVY CLOTHES, BOOTS or SHOES

SMALL HAND TOOLS AND SHUTOFF WRENCH

SHOVEL

ROPE

CAMP STOVE and EXTRA FUEL

CAMP SUPPLIES...TENT, SLEEPING BAG, LANTERN

COOKING AND EATING UTENSILS, CAN OPENER

PAPER PLATES AND CUPS

PLASTIC GARBAGE BAGS...A BOX OF HEAVY DUTY

ALUMINUM FOIL, PLASTIC WRAP, ZIP-LOCK BAGS

WATERPROOF MATCHES

PET PROVISIONS

MONEY

PERISHABLE SUPPLIES SHOULD BE REPLACED AT LEAST ONCE A YEAR

E.R.T. SUPPLIES:

WATER AND FOOD

FLASHLIGHT, EXTRA BATTERIES AND BULBS

FIRE EXTINGUISHER

FIRST AID KIT

PORTABLE RADIO AND EXTRA BATTERIES

HEAVY CLOTHES AND BOOTS/SHOES

HELMET, GLOVES, EYE PROTECTION, DUST MASK, KNEE PADS

LATEX GLOVES, DUCT TAPE, MASKING TAPE

UTILITY SHUT OFF TOOLS

PRYING TOOLS, CUTTING TOOLS, STRIKING AND BATTERING TOOLS, LADDER

CARPENTRY TOOLS, SHOVEL, ROPE

MARKER PENS IN VARIOUS COLORS, WHISTLE

NOTE PAD and PENS/PENCILS in zip-lock bag

E.R.T. FORMS

Emergency Supplies

FIRST AID KIT

The following is a suggested list of supplies to be kept in a 72-hour home supply kit. Included in this kit should be any personal medications taken on a regular basis, a list of these prescriptions, a list of doctors, and an extra pair of glasses. These kits are for your personal use and in no way should be considered a medical cache for E.R.T. operations.

Kerlex, Kling, or any other brand of roller bandage.

- . used to wrap over dressings and to secure splints
- . 4 rolls

4- X 4-inch gauze pads

- . used to cover lacerations and abrasions..... 10 to 20 pads

Sanitary napkins

- . used to control excessive bleeding.....2 to 4 pads

1-and 2-inch adhesive tape

- . used to secure dressings and bandages
- . changed every 6 months..... 1 of each

Band-Aids

- . 1 box

Chemical ice packs

- . used to reduce swelling of strains and sprains.....2 packs

Sterile water

- . used to flush wounds and cool burns..... 1 quart

Antiseptic solution

- . used to cleanse wounds.....1 bottle

Triangular bandage

- . used to secure broken arms, shoulder dislocations,
or as a wrap for splints
- . can be purchased or made from old sheets
- . 2 bandages

Scissors, tweezers, and sterile needles for splinters

- . 1 each

Ace bandage

- . used for wrapping sprains1 bandage

Pain relief tablets

- . used as a pain reliever, swelling

Aluminum space blanket

- . used to protect against cold exposure
- . 1 blanket

Pocket mask

- . used for CPR

Pen light or mini flashlight. Latex Gloves