

Are you ready  
when the next  
**earthquake**

hits?

GET  
READY

**NOW**

Brought to you by Self-Help for the Elderly with information supplied by the Department of Homeland Security.



## EARTHQUAKE



- **Stay calm**
- Drop – under a table or sturdy piece of furniture
- Cover – head and neck
- Hold On– until the shaking stops
- Apply brakes to wheelchairs
- If you are in bed, stay there and cover your head with a pillow
- Do not try to run out of the structure during strong shaking
- Leave building when shaking stops
- Stay away from broken windows, glass and power lines
- If trapped in debris, blow a whistle or tap on steel so rescuers can hear you
- Go to your family meeting point or an open area, away from buildings or power lines
- Contact Out-of-Area contacts or family
- Listen to the radio for emergency update – AM 1400 or AM 1450 (Chinese)

## FIRE



- **Stay calm**
- Close doors
- Stay close to the floor
- Get out of the building if possible
- If trapped, call for help at a window
- Contact family
- Follow instructions from property manager or safety workers
- Listen to the radio for emergency update – AM 1400 or AM 1450 (Chinese)



## TERRORIST ATTACK



- **Stay calm**
- Stay indoors
- Follow instructions from property manager or safety workers
- If trapped in debris, blow a whistle or tap on steel so rescuers can hear you
- Do not kick up dust and shout only as a last resort
- Contact family if possible
- Listen to the radio for emergency update – AM 1400 or AM 1450 (Chinese)



## IMPORTANT NUMBERS



- Police Station: 9-1-1  
(415) 553-0123 non-emergency
- Fire Station: 9-1-1
- Power Outage Information:  
(415) 743-5002
- PG&E: 1-800-743-5000
- Poison Control:  
1-800-876-4766
- Self-Help for the Elderly  
Resource Centers:  
Chinatown (415) 677-7600  
Sunset District (415) 682-2810  
Visitation Valley (415) 330-3108  
South of Market (415) 931-6000

## HOW TO CALL 9-1-1



- **Stay calm**
- Wait for call-taker to answer the phone
- Listen carefully when call-taker asks questions
- Answer slowly and clearly

## BASIC EMERGENCY KIT FOR SENIORS

- Water and food for **3 days**
- Flashlight
- Whistle
- Battery-operated radio & batteries
- Prescription medications
- Eyeglasses / Hearing aids
- Sturdy shoes

