



Personal Preparedness

VITAL TERMS

Prepare for - potential disaster consequences

Examples: store water & supplies, establish out-of-area contacts, practice safety

Mitigate against - potential damage

Examples: secure bookcases, strap water heater, bolt home to foundation

Respond to - events caused by disaster

Examples: injuries, leaking natural gas, kids home alone

Recover from - effects resulting from disaster

*The more you **prepare for** and **mitigate against** disaster, the more effective will be your **response** and the less will be your **recovery**.*

Enjoy peace of mind. SDART preparing today.

Conquering the instinct to run

During earthquakes, many people's fight/flight instinct urges them to *run!* — even when they know they should “drop, cover, hold.”

Studies show that people in our country tend to be hurt by falling objects, not collapsing structures. If you are on your feet trying to move, you are in danger from toppling bookcases, breaking windows, flying dishes, falling televisions, collapsing fireplaces, or shifting furniture. Safety comes from quickly getting **under** or **beside** something that is taller than you are.

You and your loved ones can learn to resist the instinct to run by *knowing* where safe places are in each room of your home, and by *practicing* getting to them.



Practicing being safe



1. Choose a safe place to go in *each* room and practice quickly moving to that safe place in the:
 - bedrooms
 - bathroom
 - living room
 - play room



2. Hold *Earthquake Drills* to practice taking cover in your safe places.

Regularly call out “earthquake!!” Allow everyone time to react. Then, come together and discuss where each of you went, and why it was or was not the safest place to go.

Key to Success: Practice, Practice!

Practicing is what helps ensure you will quickly move to your safe place instead of responding to the instinctive urge to run.

