



INFORMATION BULLETIN

September 18, 2018

Earthquake Safety - Update #3

In honor of National Preparedness Month, UCSF/UC Hastings Public Safety Month and in anticipation of the Great ShakeOut earthquake drill in October, UCSF Police Department is sending out seven weekly Information Bulletins sharing Earthquake Country Alliance's "Seven Steps of Earthquake Preparedness!"

Step 3: Organize Disaster Supplies

Organize disaster supplies in convenient locations.

Everyone should have personal disaster supplies kits. Keep them where you spend most of your time, so they can be reached even if your building is badly damaged. The kits will be useful for many emergencies. Be prepared at home, so you are better prepared in the workplace.

Everyone should have disaster supplies kits stored in accessible locations at home, at work and in your vehicle. Having emergency supplies readily available can reduce the impact of an earthquake, a terrorist incident or other emergency on you and your family. Your disaster supplies kits should include food, water, flashlights (recommend headlamps to remain hands-free), portable radios, batteries, first aid kit, cash, extra medications, whistle, fire extinguisher, and etc.

Keep one kit in your home, another in your car, and a third kit at work. Backpacks or other small bags are best for your disaster supplies kits so you can take them with you if you evacuate. Include at least the following items:

- Medications, prescription list, copies of medical cards, doctor's name and contact information
- Medical consent forms for dependents
- First aid kit and handbook
- Examination gloves (non-latex)
- Dust mask
- Spare eyeglasses or contact lenses and cleaning solution
- Bottled water
- Whistle (to alert rescuers to your location)
- Emergency cash
- Road maps
- List of emergency out-of-area contact phone numbers
- Snack foods, high in water and calories
- Working flashlight with extra batteries and light bulbs, or light sticks
- Personal hygiene supplies
- Comfort items such as games, crayons, writing materials, teddy bears
- Toiletries and special provisions you need for yourself and others in your family

Together for a Safe and Crime Free-Campus

***Mike Denson
Chief of Police***

This alert is a public service to the University community and in compliance with the Jeanne Clery Act of 1998

- Sturdy shoes

including elderly, disabled, small children, and animals.

Household disaster supplies kit

Electrical, water, transportation, and other vital systems can be disrupted for several days or much longer in some places after a large earthquake. Emergency response agencies and hospitals could be overwhelmed and unable to provide you with immediate assistance. Providing first aid and having supplies will save lives, will make life more comfortable, and will help you cope after the next earthquake.

In addition to your personal disaster supplies kits, store a household disaster supplies kit in an easily accessible location (in a large watertight container that can be easily moved), with a supply of the following items to last at least 3 days and ideally for 2 weeks:

- Water (minimum one gallon a day for each person)
- Wrenches to turn off gas and water supplies
- Work gloves and protective goggles
- Heavy duty plastic bags for waste, and to serve as tarps, rain ponchos, and other uses
- Portable radio with extra batteries (or hand crank for charging)
- Additional flashlights (headlamps) or light sticks
- Canned and packaged foods
- Charcoal or gas grill for outdoor cooking and matches if needed
- Cooking utensils, including a manual can opener
- Pet food and pet restraints
- Comfortable, warm clothing including extra socks
- Blankets or sleeping bags, and perhaps even a tent
- Copies of vital documents such as insurance policies

Use and replace perishable items like water, food, medications and batteries on a yearly basis.

A special note about children

If earthquakes scare us because we feel out of control, think how much more true this must be for children, who already must depend on adults for so much of their lives. It is important to spend time with children in your care before the next earthquake to explain why earthquakes occur. Involve them in developing your disaster plan, prepare disaster supplies kits, and practice “drop, cover, and hold on.” Consider simulating post-earthquake conditions by going without electricity or tap water.

Together for a Safe and Crime Free-Campus

***Mike Denson
Chief of Police***

This alert is a public service to the University community and in compliance with the Jeanne Clery Act of 1998

After the earthquake, remember that children will be under great stress. They may be frightened, their routine will probably be disrupted, and the aftershocks won't let them forget the experience. Adults tend to leave their children in order to deal with the many demands of the emergency, but this can be devastating to children. Extra contact and support from parents in the early days will pay off later. Whenever possible, include them in the recovery process.

For additional information on Children in Disasters, please visit:
<https://www.cdc.gov/childrenindisasters/index.html>

To learn more about earthquake preparedness from the University Office of the President, please take a few minutes to view this [earthquake safety video](#).

Any concerns or questions regarding this bulletin should be directed to the UCSF Police Department at (415) 476-1414. For additional information: <http://www.earthquakecountry.org/sevensteps/>

Help fight crime by reporting suspicious persons and/or suspicious activity to UCSF PD immediately—race, gender, and religious affiliation are NOT considered suspicious. For emergency or in-progress events, dial 9-911 when using on-campus land lines and 415.476-6911 when using cell phones. For non-emergency calls, please dial 415.476-1414.

18-09-03 CP



Together for a Safe and Crime Free-Campus

***Mike Denson
Chief of Police***

This alert is a public service to the University community and in compliance with the Jeanne Clery Act of 1998