

- Knowing first aid and having supplies will make life more comfortable and help you keep your sanity after the next earthquake.

Maintain a 72-hour to 1-week supply of the following items:

- Drinking water (minimum one gallon per person, per day)
- First aid kit and book
- Food that is nutritious and liked by family members
- Charcoal or gas grill for outdoor cooking
- Cooking utensils, including a manual can opener
- Extra food for pets, pet restraints
- Working flashlights with extra batteries and lightsticks
- Portable radio and extra batteries
- Plastic bags for tarps, waste, rain ponchos, and other uses
- Sturdy shoes and comfortable clothing

### 1.10.5 Recommended Resources

The following references provide additional information for earthquake mitigation and preparedness:

Many publications are available from the Governor's Office of Emergency Services (OES) or the Federal Emergency Management Agency (FEMA).

- Before, During, After, OES
- A Guide to Repairing and Strengthening Your Home Before the Next Earthquake, OES & FEMA
- Protecting Your Home and Business from Nonstructural Earthquake Damage, OES & FEMA
- An Ounce of Prevention: Strengthening Your Wood Frame House for Earthquake Safety, OES
- Tremor Troop: Earthquakes, A Teachers Package for K-6, produced by the National Science Teachers Association with support from FEMA

available from the American Red Cross:

- Are You Ready for An Earthquake?
- Your Family Disaster Plan
- Your Family Disaster Supplies Kit

**AVAILABLE FROM PUBLISHERS AND BOOKSTORES:**

- Sieh, Kerry E. and LeVay, Simon, Earth in Turmoil : Earthquakes, Volcanoes, and Their Impact on Humankind (New York, NY: W H Freeman & Co; August 1999)
- Bolt, Bruce A., Earthquakes. (New York, NY: W. H. Freeman, Fourth Edition 1999)
- Calhoun, Fryar, Earthquake Survival Guide. (Berkeley, CA: Magnet Press, 1991)
- Gere, James M., and Hareesh C. Shah, Terra Non Firma: Understanding and Preparing for Earthquakes. (New York, NY: W. H. Freeman, 1984)
- Iacopi, R., Earthquake Country. (Menlo Park, CA: Lane Publishing Co., 1978, 6th edition)
- Kimball, Virginia, Earthquake Ready. (Santa Monica, CA: Roundtable Publishing, 1988)
- Lafferty, Libby, Earthquake Preparedness. (La Cañada, CA: Lafferty & Associates, Inc., 1986)
- Leach, Joel, Earthquake Prepared. (Northridge, CA: Studio 4 Productions, 1993)
- Richter, C. F., Elementary Seismology (San Francisco, CA: W. H. Freeman, 1958)
- Sharp, R., Field Guide: Geology of Southern California. (Dubuque, Iowa: Kendall/Hunt Publishing Co., 1994, 3rd edition)
- Yanev, Peter, Peace of Mind in Earthquake Country. (San Francisco, CA: Chronicle Books, 1991)

**VIDEOS:**

An Ounce of Prevention: Strengthening Your Wood Frame House for Earthquake Safety, prepared by OES and available through Blockbuster Video.

**AGENCIES:**

The following agencies can supply information and materials concerning earthquake safety and preparedness:

Governor's Office of Emergency Services, Southern Region (Los Alamitos), 11200 Lexington Drive, Bldg.283, Los Alamitos, CA 90720-5002, (562) 795-2900, (562) 795-2877 FAX, Greg Renick (562) 795-2941, <http://www.oes.ca.gov/>

Federal Emergency Management Agency, 500 C Street, SW, Washington, D.C. 20472, <http://www.fema.gov/>

American Red Cross, Riverside County Chapter, PO Box 2646, Riverside, CA 92516-2646, Phone: 909-328-0013, Fax: 909-328-1222, <http://www.redcross.org/>

The following agencies can supply information and materials about geology and earthquake hazards:

California Department of Conservation, Division of Mines and Geology, P.O. Box 2980, Sacramento, CA 95812-2980, (916) 445-5716, <http://www.consrv.ca.gov/dmg/>

U.S. Geological Survey, Earth Science Information Center, 345 Middlefield Road, Menlo Park, CA 94025, (415)329-4390, <http://quake.wr.usgs.gov/>

Southern California Earthquake Center, University of Southern California, University Park, Los Angeles, California 90089-0742, 213/740-1560, <http://www.scec.org/>