



Personal & Family Disaster Response

These are your step-by-step instructions for checking yourself, your family, and your home following a major disaster, such as an earthquake. The order and details may vary based on the situation.

Immediate Response: Duck and cover; get safe.

1. Check your personal health condition
 - Pat down arms, head, torso, legs
 - Check for open wounds, sprains, fractures, internal pain
2. Assemble your family
 - Gather everyone in your household and assess their health
 - Call 911 if necessary, but understand their response may be limited
 - Follow your *Family Emergency Plan* for reconnecting, etc.
3. Perform any necessary family triage or first aid
 - Evaluate health conditions of household and prioritize first aid response and treatment
4. Organize your family members
 - Decide immediate tasks and assign them to household members
5. Create a communications network
 - Create a way to communicate with each other (radio, voice, whistle)
6. Check on your pets
 - Assess pet health condition and impact; look for freeze, fight, flight response
7. Perform property reconnaissance
 - Based upon disaster, walk around entire property to determine whether to camp out or evacuate
 - Also check the 2 homes on either side, the 3 in front, and the behind
8. Move your car to edge of driveway facing out
 - Pack with Bug Out Bags and other items identified in your *Family Emergency Plan*
9. Decide whether to evacuate or stay
10. Prepare your backyard campout for seven (7) days in case of major earthquake
 - See *Disaster Camping Basics* handout

After you've tended to your home and your family, assemble with your neighbors to assess and determine what critical next steps are needed. See the *EAP Disaster Response Checklist* for step-by-step neighborhood action items.

For more information about disaster response, see www.getreadyatherton.org.