

# APRIL *Earthquake Preparedness Month*

The best time to prepare for a disaster is before one happens. Earthquakes happen without warning; you need to know what to do ahead of time. A small jolt can be the start of a bigger quake. Do not delay - get to safety and protect yourself right away.

## **ACTION ITEMS for April.** See LINKS for How-To information.

1. Practice Drop, Cover and Hold On! Practice with your household.
2. Identify safe spots in every room – such as desks or tables.
3. [Secure your space!](#) using tips from Earthquake Country.org. Secure bookcases, TVs, artwork, top-heavy items, and secure smaller items with museum wax or Quake Hold.
4. Prepare now to participate in national [Shake Out](#) day – third Thursday in October.

### Stay Kit GROCERY LIST (4 of 12)

- 8 16-oz cans fruit
- 8 13-oz cans ready to eat meat
- 8 14.5-oz cans vegetables
- 8 20-oz cans ready to eat soup
- 8 16-oz cans ready to eat beans

Preparedness Calendar is for a family of 4 & 1 pet - adjust to your needs.



## FUN FACT

Almost 80% of all the planet's earthquakes occur along the rim of the Pacific Ocean – *that includes you, Bay Area!*

## LINKS

1. [Earthquake Country Alliance](#)
2. [Ready.gov Earthquake](#)
3. [Shake Out!](#)
4. [My Shake app](#)
5. [Putting Down Roots](#)

## REMINDER

Fire season has nearly become an all-year condition. April is a good time to review and practice your evacuation plans. Preemptive power outages may occur leaving you without power. Be ready for the unexpected!



For more information visit your Martinez Area Community Emergency Response Team, (CERT) [www.martinezcert.org](http://www.martinezcert.org)



This calendar is designed to break down large tasks into monthly steps to be less overwhelming. The calendar lists many items to be purchased early in the year, before the distractions of the holiday season. While perishables must be replenished, hardware purchases should be mostly one-time expenses. Time purchases to work best for you!