



GUIDE FOR EARTHQUAKE PREPAREDNESS

BUILDING YOUR BASIC EARTHQUAKE EMERGENCY KIT

Your earthquake emergency kit will make sure you have all you need at your fingertips and address any injuries until help arrives. Follow these earthquake kit tips to create an emergency preparedness kit for disaster preparedness, filled with survival supplies to keep your family prepared for the Big One.

Creating an earthquake kit or supplementing a pre-made kit is an opportunity for your family to talk about what you would do when a major earthquake strikes. General guidelines recommend storing enough food, water and gear for three days per person (72 hours) in your household.

Keep in mind this is not a go-kit. This is a stay-in-place survival kit. These are supplies for home to go in a box, backpack or earthquake bag. Keep it where you can reach it.



HAVE THESE ESSENTIALS SUPPLIES AFTER AN EARTHQUAKE

After an earthquake, residents may be displaced from their homes. Of dwellings that remain intact many may be without water, electricity, and phone service for days. Important supplies to have on hand include

- 3 days water supply for each member of your family (at least 3 liters per person, per day)
- 3 days supply of non-perishable food, plus a can opener
- First aid kits for your home and vehicles
- 3 days supply of food and water for your pets
- Flashlights in every room with extra batteries
- Power packs for phones
- Prescription medications
- Whistle
- Swiss Army knife
- Copies of personal documents
- Extra pair of eyeglasses
- Cash, small bills are best

Remember to refresh water and food items every 6 months.

A LIST OF THE BEST NON-PERISHABLE FOOD FOR EARTHQUAKE PREPAREDNESS

Choose food in easy-to-open or serve, and have a manual can opener in your emergency kit. It is important to choose food that will not increase thirst in your earthquake survival kit.

Ready-to-eat canned meats, fruits, veggies
Canned juices, milk, soup
Sweetened cereals
Salt, pepper, sugar
Peanut butter, jelly, crackers
Granola bars, dried fruit
Cookies, hard candy, instant coffee, tea bags

Refrigerated food are safe to eat if the power has not been out for more than 4 hours. Try to keep the refrigerator and freezer doors closed as much as possible to avoid spoilage.



ESSENTIAL ITEMS FOR AN EARTHQUAKE-READY FIRST AID KIT

Your home first aid kit can help reduce the risk of infection or the severity of an injury. First aid kits typically include a variety of supplies that will help treat cuts, scrapes, and minor injuries, including sprains and burns. Build on the basic first aid kit and print out a copy of the list to keep with first aid items.



Basic first aid kits should include the following items:

- Adhesive bandages, in all sizes
- Cloth adhesive tape roll
- Gauze pad and gauze roll
- Scissors
- Foil blankets
- Sterile gloves
- Flashlight
- Instant cold pack
- Antiseptic cream
- Aspirin or Acetaminophen
- Allergy medication
- Tweezer
- Burn cream
- Alcohol pads
- Antiseptic towelettes
- Finger splints/tongue depressors
- Cotton swabs
- Eye wash

List of family member's medical history, medications, doctors, insurance company, and contact persons should be readily available.

MUST-HAVE TOOLS FOR REPAIR AND SURVIVAL AFTER AN EARTHQUAKE

In times of emergency, it is important to have tools available that will help you turn-off the water or gas, mend broken appliances, and heat water.

- Flashlight with extra batteries in every room
- Fire extinguisher
- Duct tape
- Work gloves
- Matches in a waterproof container
- Knife, pliers and scissors
- Manual can opener
- Dust mask
- Water purification tablets

A water-resistant or waterproof tarp which may be needed for shelter, or to protect property from the elements or contain debris after an earthquake.





EQUIPPING YOUR HOME FOR COMMUNICATION AFTER EARTHQUAKES

When disaster strikes, power sources are one of the first things to go, and they can often stay off for weeks at a time. Make available in every room of your home flashlights which are easy to carry and store. Be sure to include extra batteries for the flashlights!

Once the power goes out, radio waves may be your only connection to the outside world. Any battery-powered AM-FM radio is crucial during an emergency.

Cellphones and tablets are great survival tools, because you can download all kinds of useful information and use it for reference in times of need. But those devices are useless once they run out of power. Power packs can provide multiple charges to prolong the life of your devices, until you find a place to recharge.

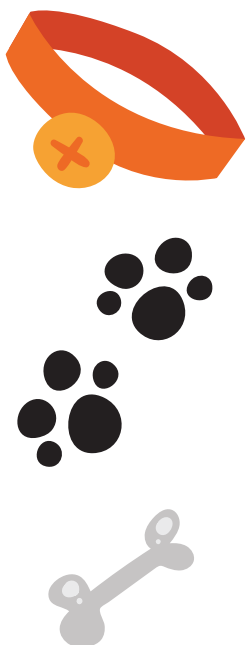


BUILDING YOUR CAR'S EARTHQUAKE PREPARATION KIT

In addition to your home earthquake critical supplies, you will need to prepare a car earthquake emergency kit. The purpose of the kit is to provide basics in case a major earthquake strikes while you are on the road, or you are directed by village sector heads to leave your home quickly.

Supplies recommended for your car include:

- Keep your gas tank $\frac{1}{2}$ full
- Water supply for 3 days
- Non-perishable food supply for 3 days
- Extra clothing and shoes
- Small first-aid kit
- Solar blanket or sleeping bag
- Flashlights and batteries
- Toilet tissue and trash bags
- Swiss Army knife
- Fire extinguisher



PREPARE ESSENTIAL SUPPLIES FOR KEEPING YOUR PETS SAFE AFTER AN EARTHQUAKE

If you have one or more four-legged family members, your earthquake emergency kit should include supplies for your pets. Consider this pet earthquake kit list:

- Sturdy leashes, harnesses, and carriers for transport
- Food and drinking water for 10 days
- Cat litter/pan, scooper and trash bag
- Doggie disposal bags and disposable gloves
- Bowls, treats, toys, blankets
- Medications and copies of medical records

Current photos of you with your pets/s in case they get lost
Information on feeding schedules, medical conditions, behavior problems and contact information of your vet in case pets have to be boarded

Make sure your pets are outfitted with current ID tags. Pets should be current on their vaccines in case they end up in a shelter.

Also, decide which friends, relatives, boarding facilities, animal shelters or vets can take care of your animals in an emergency. Have contact names and numbers printed out and kept in your kit.



How to Prepare for an Earthquake

The key to being safe during an earthquake is preparation. While an earthquake safety kit will be of help after an earthquake, nothing replaces the conversations you have with your family members before an earthquake.

Create an earthquake safety plan for you and your loved ones which includes your stay-in-place safety kit.

Be sure to identify safe places in each room of your home.

Practice Drop, Cover, and Hold On with each member of your household.

Make or purchase an earthquake safety kit. Make sure to have water and snacks available in each room of your home.

Discuss with your family what to do, where to meet if separated, and how you will communicate when an earthquake strikes. Check work and school emergency plans.

Do not rely on doorways for protection. During an earthquake, get under a table or desk. Hold on until the shaking stops.

Pick safe places in each room of your home.

Identify an out-of-the-area friend or relative that family members can check in with. Text messages often go through when regular phone calls will not work, so do not give up if you cannot make a call.

Secure major appliances and tall, heavy furniture to prevent them from toppling.

Keep sturdy shoes near your bed. The most frequent injuries from earthquakes come from stepping on broken glass.

Be mindful that roads, electricity, cell, police, and fire services will be impacted and most likely interrupted.



DASMARIÑAS VILLAGE ASSOCIATION INC.

Jose Cochingyan III President and Chairman of the Board	Juan Miguel Escaler Vice President,Vice Chairman of the Board
Jeronimo U. Kilayko Treasurer	Carmela B. Lee Corporate Secretary
Michael T. Que Auditor & Committee Coordinator	
Jose Cochingyan III	Michael T. Que
Juan Miguel Escaler	Mario Angelo B. Rossi
Carmela B. Lee	Jeronimo U. Kilayko
Governors	

Source: 2025 California Earthquake Authority Steps To Earthquake Safety

EMERGENCY CONTACT NUMBERS

DVA Emergency : 8810 8484	MWCI Hotline: 1627	Makati Fire Department: 8813 2328
PRC Makati Chapter : 8403 5826	Barangay Emergency : 8893 0215	MERALCO Hotline: 16210