

DISASTER TIP SHEET

EARTHQUAKES



HEALTHCARE
READY

PREPARING YOUR HEALTH FOR EARTHQUAKES

- Keep heavy items in your home secured**
- Keep a list of your local healthcare facilities, with addresses, phone numbers, and emails/websites**
 - Consider these facilities:
 - Hospitals/ERs
 - Pharmacies
 - Urgent care clinics
 - Ancillary care:
- Dialysis Centers, Cancer Treatment Centers**
- Practice the “Drop, Cover, and Hold On” steps to take during an earthquake**
 - **Drop:** Drop on your hands and knees (If you use a walker or wheelchair, use this step to lock your wheels)
 - **Cover:** Cover your head or get under a table if you are able (If you use a walker or wheelchair, sit on your walker or crouch your torso down towards the wheelchair and cover your head)
 - **Hold on:** Hold on to a steady surface or, if you are unable to, hold on to your neck with locked hands
- Keep a “go-bag” of emergency supplies ready, including your medications**
 - Suggested items: first aid kit, flashlight, portable radio, NOAA weather radio, batteries, whistle, blankets, sanitation items, important documents, and cash if possible
 - Pack all medications in a resealable, waterproof bag
- Plan for any chronic conditions you may have**
 - **Diabetes:** Talk to your pharmacist about keeping a supply of insulin on hand - Try to refrain from eating sugar and other carbohydrates
 - **Kidney disease:** Make sure you have access to dialysis treatment and use the [renal diet](#)
 - **Cardiovascular disease & hypertension:** Try to refrain from high-salt and fatty food and aim for 30 minutes of activity a day to manage your blood pressure
 - **Pulmonary disease:** Work with your supplier to understand options for keeping resupplies of oxygen with you
 - **Disability:** Develop alternative transportation plans and identify a trusted caretaker if necessary
 - **Aging:** Post emergency numbers near every house phone and cellular phone
 - **Asthma:** Have a plan to ensure you have a supply of your asthma medications and supplies
 - **Cancer:** If you have a [cancer survivorship care plan](#), keep a copy handy and take steps to lower your risk for infections

Keep a list of helpful hotlines

- Healthcare Ready: 1-866-247-2694
- FEMA Disaster Assistance Helpline: 1-800-621-3362
- Disaster Distress Helpline: 1-800-985-5990 (or text "TalkWithUS" to 66746)
- Kidney Community Emergency Response (KCER): 1-866-901-3773
- Red Cross: 1-800-733-2767
- American Diabetes Association: 1-800-342-2283
- American Heart Association: 1-800-242-8721
- American Association of People with Disabilities: 1-800-840-8844
- American Stroke Association: 1-888-478-7653

RECOVERING FROM AN EARTHQUAKE

Be mindful of aftershocks that are likely to come after the earthquake and can be nearly as powerful

Check home for damages and gas leaks

Use caution when cleaning up debris and don't overexert yourself

- Always wear gloves, masks, and protective eyewear, and beware of glass, nails, and other sharp objects
- If you are cut or scraped, clean and disinfect the wound thoroughly and keep it covered, especially if you have cancer or are otherwise immunocompromised

• Contact family and friends to let them know you are safe

- Check in on your loved ones that may need support
- Use text messages instead of phone calls because phone lines might be down

Check with your health insurance provider for emergency support resources and hotlines

- Start by calling the number on the back of your insurance card for assistance
- If you don't have insurance, call 2-1-1 and ask about local services that may be able to help
- If there is a disaster declaration, you can also try to apply for FEMA Disaster Assistance for financial support by calling 800-621-3362 or visiting [DisasterAssistance.gov](https://www.disasterassistance.gov)