

# Under the Bed Safety Basket

for each person in your household

If an Earthquake occurs- Step 1:

Check your own condition and make yourself safe so that you can help others

Your priority, if you are functional, is protecting your head, your hands, and your feet from broken glass as you move around the house. Imagine running to help a family member and slicing open your foot on broken glass on the way; pain, bleeding, how much help can you be then? We suggest an Under-the-Bed Kit promoted by FEMA in the Map Your Neighborhood program, with head, hand, and foot protective gear in it.

Items:

- Hard hat or bike helmet to protect your head
- Leather gloves thick enough to handle glass
- Sturdy Shoes
- Flashlight
- Whistle
- Dust mask
- HELP/OK sign from MYN booklet as well as:
  - Map of yours and neighbors' water and gas shut offs
  - List of people nearby who need extra help
  - Location of neighborhood meeting center\*
  - Band-Aids to attach the sign to front door or window
- And consider – radio, reflective vest, goggles, extra meds, 4 in 1 tool



\*[http://ncna.info/Images/MapYourNeighborhood\\_booklet.pdf](http://ncna.info/Images/MapYourNeighborhood_booklet.pdf)