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EQ preparedness top of mind after devastating earthquakes

By Jennifer Wake

The devastating earthquakes in Turkey and Syria should serve as a stark reminder for Bay Area residents to be prepared for future temblors that could erupt here in California. According to the U.S. Department of Homeland Security's website, Ready.gov, in addition to practicing to drop, cover and hold on, residents should create a family emergency communications plan that has an out-of-state contact, plan where to meet if you get separated and make a supply kit that includes enough food and water for several days, a flashlight, a fire extinguisher and a whistle.

The site also suggests securing heavy items in your home, like bookcases and TVs, and storing heavy and breakable objects on lower shelves. If you cannot find shelter, cover your head and neck, and stay bent over to protect vital organs. If you are trapped, send a text or bang on a pipe or a wall. For more suggestions, visit [Ready.gov/earthquakes](https://www.ready.gov/earthquakes)

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