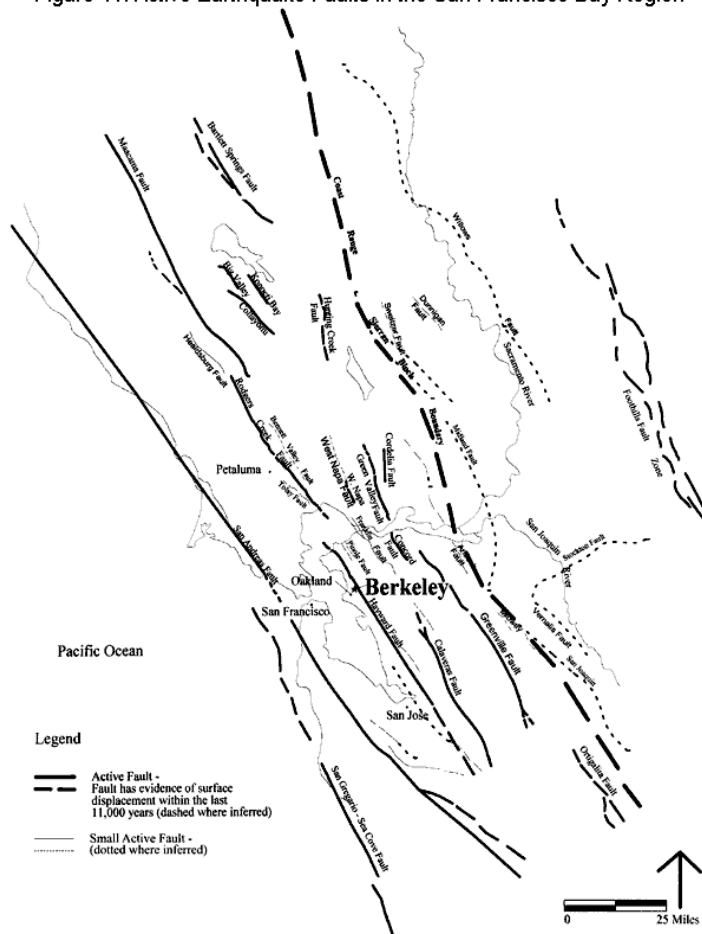


ARE YOU PREPARED FOR AN EARTHQUAKE?

Prepared for residents of University Family Housing, as part of the Program for Earthquake Preparedness (PREP).

Figure 11. Active Earthquake Faults in the San Francisco Bay Region



COULD A BIG EARTHQUAKE HIT UNIVERISTY VILLAGE?

Yes. Most of California is at high earthquake risk, and the Bay area has more than its share of active earthquake faults. The San Andreas fault, located less than 20 miles away across the Bay, produced the great San Francisco earthquake of 1906 (a magnitude of 8.3), which destroyed the city and caused great damage in surrounding areas. It also caused the Loma Prieta earthquake in 1989, which occurred during the World Series baseball championship and registered a magnitude of 6.9. The Hayward fault, just a couple of miles east of the Village at the base of the Berkeley Hills, has had two earthquakes in historic times with magnitudes of about 7, in 1836 and 1868. These faults and others are capable of repeat performances at any time. Seismologists assert that future large earthquakes are inevitable: it's a question of when, not if.



HOW SAFE IS THE VILLAGE?

The Village is built on alluvial deposits which can amplify seismic waves and cause strong shaking. The ground is not likely to liquefy or fail substantially.

The California Building Codes used in the design of the apartment buildings are among the best in the world. Collapse is rare, although structural damage could be extensive.

We are fortunate the Village is not susceptible to landslides. We are not situated on the flood plain of any of the East Bay dams.

SO WHAT CAN WE DO? THE VILLAGE PLAN STARTS WITH YOU!

Two great sources of information for earthquake-readiness are <http://www.redcrossbayarea.org/> under "Get Prepared/Safety Guides/Earthquake Safety" in the left hand column and <http://72hours.org/index.html>. Both of these sources of information have great information on what do to before, during and after an earthquake. It is important to prepare because help may not arrive after a crisis for three to seven days. Preparing for earthquakes helps to minimize damage, so please read this brochure carefully. Discuss it with your family, take a few hours to address hazards in your apartment, collect survival goods, and know the safety plan for the University Village. You will be well on your way to protecting your safety, your family's safety, and your belongings.

You are the best source of help and perhaps the only immediate source of help when an earthquake hits. This brochure will help you get started.

FIRST, DEVELOP A PLAN

The first thing you should do is designate an out-of-area contact person. Provide this person with the names and contact information of the people you would want informed of your situation. Instruct your family members to call them and tell them where you are. Also, duplicate important documents and keep them in a safe place off-site.

The next steps to protecting yourself and your family are making a household plan, make your home safe, put together an emergency supply kit, and have a first-aid kit on hand. The best thing to do during an earthquake to protect yourself is to get under strong furniture. Identify safe spots ahead of time, such as sturdy furniture, that you can go beneath for protection when an earthquake hits. Avoid windows. Practice getting into safe areas with your children. Plan two exits from your apartment in case one is blocked.

Make sure everybody in your family knows what to do during an after an earthquake. Arrange an initial meeting place outside your building in a grassy, open area, and let people know where you would meet. Tell your children, who may be in school, that you will leave them a note concerning your location. The general assembly area for the Village is the plaza across from the office and the Village greenway. Check in near the Village office so your names can be listed for friends and family. Village Staff after an earthquake may then direct you to another location. Inform your family to follow Village Staff instructions after an earthquake.

If you are pregnant, discuss with your doctor or midwife how to handle an emergency situation. If you have a small infant, make sure the crib is in a safe place.

STORE EMERGENCY SUPPLIES

There are a few essential items you should always have on hand in case of an earthquake. They should be stored in a central location that will not be buried by debris and can be found in the dark.

WATER Store at least five gallons of water for each member of your family in clean, plastic containers (you can use plastic gallon milk containers if they are washed thoroughly). Date your water and rotate the supply every six months. The Village does not store water for residents. It would require at least 14,000 gallons to be stored.



FOOD Store several days worth of food that can be eaten without heating, requires little water, and have a long shelf life. Good items to have are canned fruit juices, powdered cereal and milk, canned vegetables, tuna, hash, spaghetti, beans, canned fruit, crackers, peanut butter, and special food for infants. Date your items and rotate juices every 3-6 months and prepared foods every 6 to 12 months. Keep a few utensils and a can opener with your food.

EMERGENCY KIT

Your complete emergency kit should contain:

- A backpack for transporting the supplies
- Flashlights with extra fresh batteries; light sticks for kids
- Transistor radio with extra batteries
- Sleeping bags for each person
- Extra clothing packed, including warm clothing such as jackets/rain gear
- Plastic garbage bags, soap, toilet paper, towels, and other personal supplies
- Work gloves
- A wrench
- Baby supplies
- List of contact people and numbers
- Extra keys to your house and for your vehicle
- Money in small denominations; change for pay phones

Remember to change your batteries regularly

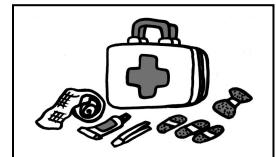
Keep shoes next your bed at night so you can jump into them if an earthquake hits. Shoes protect your feet from broken glass and scattered debris.

FIRST AID KIT

In the event of a crisis, a First-Aid area will most likely be established somewhere in the Village. Staff will direct residents to this area if needed. However, everyone should have their own kit.

Many are available at drugs stores for a low cost. Your first aid kit should contain:

- 2" and 3" bandages, and assorted bandage strips
- Ace bandages and adhesive tape
- Antiseptic and rubbing alcohol
- Water purification tablets
- Aspirin, Tylenol
- Sterile cotton and dressings
- Scissors, tweezers, thermometer, safety pins, gloves
- Spare eyeglasses
- First Aid Book
- Antibiotic ointment, burn ointment, eye wash, anti-diarrhea medication
- Any special drugs or remedies that members of your family use



MAKE YOUR APARTMENT SAFE

There is a lot you can do to make your apartment safer during an earthquake. Many injuries are caused by falling objects and broken glass.

Locate beds away from windows. Place pictures and mirrors in locations that will cause minimum damage if they fall.

Minimize what you hang from the ceiling and watch what you put under light fixtures. Shaking can cause ceiling tiles, light fixtures, plants, and speakers to fall.

Put heavy objects close to the floor. TVs, stereos and other items should be as close to the ground as possible.

Place bookcases in areas where they will not block your exit, or fall on your desk or bed. Secure bookcases so they will not topple over. Put the heaviest books on the bottom shelves.

Keep areas under desks and tables clear of your belongings. Keep exits and stairways clear: do not use these areas for storage!



Store hazardous materials in safe places where they will not spill, leak, or fall from shaking.

WHAT TO DO RIGHT AFTER AN EARTHQUAKE

Put on your shoes. Locate your family members and check for injuries.
Get your earthquake survival kit.

If the earthquake was severe, leave your apartment through stairwells. Aftershocks can cause you to fall.

Help your neighbors locate family members and apply first aid to injuries. Do not move severely injured people unless they are in danger of further injury.

Turn off the gas only if you smell gas. Use the wrench in your emergency kit and follow the instructions on pages 8 and 9 of this packet.

Go to the nearest open areas away from buildings and power lines. Leave a note describing your location to family members who might not have joined you. Tune your radio to 740 AM or 88.5 FM for damage reports and emergency service directions. Village staff may also arrive to lead you to an area such as the grass in front of the Village Office. Follow their instructions.

Watch for fires. Fires often cause more damage after earthquakes than the earthquake itself. Know where your fire extinguisher is and how to use it if necessary. See page 7 of this manual for instructions.

Use phones only if necessary.

CHILDREN

If your children are at school, they will follow their school's emergency plan. Contact your school to find out about the plan so you know what to expect. Make sure your children are familiar with your plan so they can find you after an earthquake.

A severe earthquake that causes parents to feel frightened can leave an even bigger impact on a child. Discussing the possible effects of large earthquakes with children before one strikes will lessen their psychological trauma. During the emergency, be as calm and reassuring as possible. Afterwards, even if you are sure everyone is physically safe, be alert to their emotional fears, and encourage them to talk about what they are feeling.

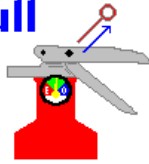
FINALLY

Surviving an earthquake is not just luck. A little planning and preparation now can go a long way towards helping you and your family. Remember that cooperation and calm thinking can turn an emergency situation into a manageable one.

How to Use a Fire Extinguisher

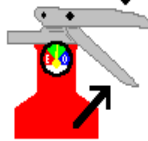


Pull
the **pin**



Aim at the base of the fire

Squeeze
the **handle**



Sweep
side to side



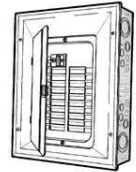
VILLAGE UTILITY SHUT OFFS: INTERIOR & EXTERIOR

This information is to be used only in the event of an earthquake or other serious general emergency. Normal utility problems should always be referred to the Village office for repairs at (510) 526-8505.

ELECTRICAL (interior only)

In case of complete power failure, disconnect all personal electronic equipment from electrical outlets. This will protect them from damage due to a power surge when the electricity is restored.

East Village electric sub-panels are next to the refrigerators, except in the 3 bedroom units where it is next to the master bedroom door.
West Village has an electric sub-panel located either behind the kitchen entry door or behind one of the bedroom doors.

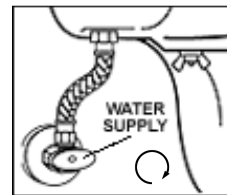


Open the panel box and switch the breakers to the “OFF” position.

WATER

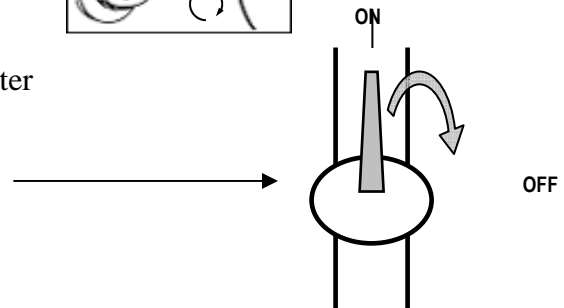
Interior

There are shut-off valves at each plumbing fixture (under sinks, behind toilet, etc.)
Turn handle clockwise to shut off water.



Exterior

There is a building shut-off valve for all domestic water at the center of each building.
Turn the handle a quarter turn so it is perpendicular to the water pipe. This is the “OFF” position



GAS

Interior

Each apartment has a stove gas supply shut off. The stove needs to be moved away from the wall to access the shut off.

Exterior

East Village: the gray gas regulator is located at the front center of each building or under the arch passageway in long buildings

West Village: It is located outside of the building next to the water valve. A wrench is needed to turn the valve perpendicular to the pipe, which is the “OFF” position.

