



TIP OF THE MONTH #1
SEPTEMBER 2020

Under-the-Bed Bag

From the GHNA Disaster Prep Committee

September is National Preparedness Month. Don't wait until a natural disaster happens to prepare. Each month, we will send you a tip to get ready for an earthquake or other natural disaster. The Under-the-Bed Bag is designed to get you up and activated after the disaster hits.

Under-the-Bed Bag for each Household Resident

The largest number of injuries from the 1994 Northridge Earthquake was cut feet so the top priority is hard soled shoes. An earthquake can happen at night so it's best to keep a bag or box of items secured under your bed. Here is a list of what you will need:

- 1) Hard-soled shoes or boots and a pair of socks.
- 2) Flashlight or headlamp with fresh batteries or a wind-up flashlight.
- 3) A hard hat (if possible, with a miner's LED light) or bicycle helmet.
- 4) Work gloves.
- 5) Spare glasses.
- 6) Protective clothing such as long pants and long-sleeved shirt.
- 7) A crowbar/hammer multi-tool (for adult bags).
- 8) A sign that says "Okay" on one side and "Help" on the other for you to post in your front window to alert neighbors as to how you are doing.

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For more tips on preparing for a disaster, visit www.garfieldheights.org under DISASTER PREP.



GARFIELD HEIGHTS NEIGHBORHOOD ASSOCIATION

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