



# FAMILY STEPS TO SURVIVAL

## Car Kit and Office Kit



### WHY?

#### You might not be at home!

No one knows whether he or she will be at home, at work or on the road when a damaging disaster strikes. Such an event could severely damage transportation routes or cause their temporary closure.

As a result, you might have to use alternate driving routes, abandon your car and walk home or remain where you are. Store emergency supply kits at work and in your vehicle to help make your situation less stressful.

Be sure to keep gasoline in your tank. If an earthquake occurs while you are driving, pull over to the side of the road and stop. Try to avoid stopping under overpasses, power lines or other objects that could fall.

The reverse side of this Focus Sheet includes recommendations on supplies you should store at work and in your car for use after a disaster or emergency.

*These are only suggestions for preparing your family. Use discretion and common sense in your preparations.*



For additional information go to [www.westcovina.org](http://www.westcovina.org)  
Or call 626-939-8824

# STEP 5

[www.espfocus.org](http://www.espfocus.org)

## Car and Work Kit Supplies

Be sure to store a backpack, duffel bag or tote bag containing the following emergency supplies at work and in your car:

- Bottled water:** At least a 72-hour supply (minimum one gallon per person, per day) to avoid significant losses of body fluids.
- Nonperishable food:** Dried fruit, unsalted nuts and crackers, energy bars, etc.
- First aid kit and book:** To provide medical assistance to yourself, passengers, coworkers and others who may require aid.
- Sealable plastic bags:** To dispose of trash, waste, etc.
- Flashlights, spare batteries and bulbs:** To provide light if you need to walk home, find evacuation routes at night or if lights are out.
- Battery-operated radio, spare batteries:** To obtain official information and instructions.
- Essential medication:** At least a 72-hour supply of essential prescription medications to maintain your health and provide comfort while walking home or waiting for roads to reopen.
- Tools:** Screwdrivers, pliers, crowbars, etc., to help with debris removal and light search and rescue.
- Premoistened towelettes:** For personal hygiene.
- Extra clothes:** Shirts, pants, blouses, jackets, etc., that are comfortable.
- Sturdy shoes:** To protect your feet from broken concrete, glass and other debris.
- Manual can opener:** To open canned goods contained in your emergency food supply.
- Sturdy work gloves:** To protect your hands from sharp objects you may attempt to lift.

Be sure to also include the following items in your car kit:

- Reflectors:** To warn approaching vehicles that your car is stopped or abandoned. Check and/or replace them as needed.
- Blanket or sleeping bag:** To provide warmth and comfort if you sleep in your car or outdoors while en route home.
- Fire extinguisher:** To put out small fires.
- Local maps:** To guide you if you use alternate routes to walk or drive to your destination.
- Hat or visor:** To provide protection from the sun.
- Whistle:** To attract attention and call for help.
- Pen or pencil and tablet:** To leave messages if you abandon your car. Be sure to specify the date and time and your destination.

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