

# Earthquakes and Other Large Disasters

In the event of an EARTHQUAKE or other large disaster, you might be on your own for 72 hours!

In an earthquake or other major disaster, some people may be injured. Are you first-aid ready? Many people are unaware that they might be on their own for 72 hours or more after a major earthquake. You might have to depend on yourself to treat injured family members, friends and coworkers, since outside assistance, including 9-1-1 service, might be over-taxed and not immediately available. If you don't have a first-aid kit, now is the time to assemble one. If you don't know how to administer first aid or CPR, enroll in a class today. The Santee Fire Department offers quarterly CPR classes.

Click here, [CPR Class Sign-Up](#), to find out the next class date or register for the next class.



**These are only suggestions for family preparation. Discretion and common sense should always be used.**

## Common Injuries

Earthquakes can cause a number of injuries. The most common injuries and effects include:

- Bleeding
- Broken bones
- Burns
- Cuts from flying/broken glass
- Shock
- Stopped breathing

## First-Aid Courses

After a major earthquake or another emergency, immediate medical assistance, including 9-1-1, might not be available. You might have to treat family members, friends and coworkers who suffer broken bones, cuts and other injuries. Take time now to learn first aid and CPR. CPR courses are available through the City. First-aid courses for adults and children are also available through organizations such as local chapters of the American Red Cross, hospitals and community centers.

## First-Aid Kits

Make sure you have everything you need to treat injuries that might occur during an earthquake or another emergency. Assemble and store an emergency first-aid kit that includes:

- First-aid book
- Bandages
- Adhesive tape
- Butterfly bandages
- 3" elastic bandages
- Roller bandages
- Dust masks
- 4x4 sterile gauze dressings (individually wrapped)
- Magnifying glass to see splinters
- Non-allergenic adhesive tape
- Safety pins
- Scissors
- Triangular bandages
- Antiseptic wipes
- Blunt-tipped scissors
- Latex glove
- Eye cup or small plastic cup to wash out eyes
- Emergency (foil) blanket
- Thermometer
- Antibiotic salve
- Tweezers
- El high-absorbency pads
- Wound disinfectant
- Saline for eye irrigation
- Small paper cups
- Aspirin or acetaminophen
- Liquid soap
- Tissues
- Cold compress
- Smelling salts

**Keep this kit with your other emergency supplies.**