

## What do you do in the first ...

### 2 minutes

Drop, cover and hold on!

### 2 hours

Check your immediate surroundings.

Evacuate, if necessary.

Follow your plan.

IEQText: your out-of-state contact.

### 2 days

Use resources in preparedness kit.

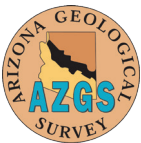
Check with neighbors & community.

### 2 weeks

Organize community members.

### Credits

We thank the Oregon Office of Emergency Management for sharing their 'Two Weeks Ready' Flyer.



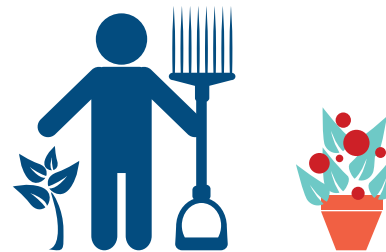
### For more information:

[azgs.arizona.edu](http://azgs.arizona.edu)

<https://azgs.arizona.edu/center-natural-hazards/earthquakes>

## Community & backyard gardens

While you can store shelf stable food for a long time, it is easy to start to grow at least some of your own food. Your local garden store, nursery or extension service have great ideas for how to make gardening work in your space. Even if you live in an apartment, you can grow some vegetables and herbs in pots.



## Hunting home & neighborhood hazards

Make a game out of looking for hazards in your neighborhood and in your home. Search online to find "home hazard hunts" and get the kids and neighbors involved.

# Neighbor to Neighbor



## Introduction to “Two Weeks”

Preparing for disasters can be done over time. The traditional three-day supply is a good start. It is helpful in the event of short-term power outages or temporary evacuation. But a large earthquake could leave much of the area’s transportation routes destroyed, or disrupted. This will make it difficult or impossible to deliver assistance and supplies. Arizonans will have to count on each other in the community, in the workplace and at home in order to be safe until responders can reach them. It is recommended that families, neighborhoods and communities strive to be self-sufficient for two weeks.

## We are all in this together

No one survives and recovers from a disaster alone. Disaster after disaster shows that in areas where people are organized and prepared, families recover faster. Your neighborhood will recover faster if you start now. Once you have organized, you can move to more ambitious projects like practicing emergency drills and helping build supply caches with your neighbors.

When disasters happen, we rely on the aid of others to help us through. Even with the best preparedness efforts, our neighbors and others in our neighborhoods will help us respond to and recover from a disaster.

After a large earthquake, your community’s emergency responders will be overwhelmed and possibly victims themselves. You, your family, and neighbors will need to be your own first responders. Get together with your neighbors to talk and plan for emergencies.

## Map the hazards

Once you have started your planning process, you can get the neighborhood together again to map out the hazards in your area. Most state geological or emergency management agencies have online hazard maps for your use. Print out a map of your neighborhood and talk about hazards, who has special training (medical, fire-fighting), and who might have special needs or special resources (generator, chain saw). Mark the location of gas and water shut-off valves. Then take the maps and walk around in groups to make sure everything is correct.

## Getting to know you

In today’s world, we often don’t know our neighbors very well, if at all. But after a disaster, you may be the one to save their lives, or the other way around. So start by introducing yourself to your neighbors now. Make an index card with your name, address and phone number, email, and other ways to contact you in case of emergency. This is a start.

Many communities participate in public safety events that can be linked to disaster preparedness: National Night Out, Safety Towns, or Firewise events can all serve this purpose.



## Share a meal

Food sharing has been a community building action for generations. Organize a potluck to take advantage of summer weather, or if weather doesn’t cooperate, at a nearby home or community center. Let everyone know that you plan to talk about emergency preparedness in your neighborhood.

# Neighbors helping neighbors