

How well prepared are you?  
(A quick self-check survey)

1. I know that preparing for a major earthquake is the single most important thing I can do for the safety of my family and friends?

1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

2. I am aware that I will survive an earthquake with more ease if I prepare rather than if I do nothing at all?

1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

3. What do you think is the level of risk for an earthquake in Portland?

1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

4. I am aware that there is no such thing as an earthquake season and that a major earthquake of devastating proportions could occur at any time?

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5. My attitude is: "I want to survive an earthquake and am willing to take the necessary precautions if they will help."

1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

6. **All** the members of my family know exactly what to do and where to go at the time of an earthquake?

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7. I have a designated person outside our state to contact in case the phone lines within the state are down?

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8. My home is stocked with food, water, blankets and light sources - enough for 3 days?

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9. Did you know that during an escape from earthquakes, your hands must be free? In other words, your hands must not be carrying survival kits, lights, purses etc. Do you have a backpack that is prepared and ready?

1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

10. . I have thoroughly checked the shelves, cabinets and furniture around me to see if these or other objects can move, during an earthquake, and hit me?

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11. If an earthquake occurred at night, I could safely move from one room to another without tripping over objects in hallways that might have fallen?

1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

12. In the event of an earthquake I will need assistance.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.