

Under the Bed “Bag”

EASY to do **QUICK** to accomplish

PROTECTION against the most common Disabling Injury from an earthquake: Lacerations to the Soles of your Feet. There will be broken glass on floors. The most common injury is cuts to the feet which disable your ability to walk and make you vulnerable to infection.

ANSWER: SHOES UNDER OR BY THE BED!

Sturdy dedicated shoes for this purpose only that stay under or by the bed **all the time**. They can be new or used, but always available.

Earthquakes cause up to minutes of shaking that may cause the shoes to be moved around, so preferably **IN A BAG** attached to the bed **OR** in such a way that the shoes can't move out of your reach (e.g. on carpet, wedged in place).

For further protection, place a **FLASHLIGHT** in one shoe and a pair of **GLOVES**, preferably leather, in the other shoe.

A pair of **SOCKS** is also recommended. If it's dark, the electricity/lights may not be working, so a flashlight will help you navigate safely and gloves will help you move debris safely out of your way.

This is important information. Please do it today and pass it on!

Important Papers to consider for GO BAG

The following is a list of documents one might consider to have in the Go Bag. This list is different from the Important Documents page in the Red Binder under the PERSONAL INFO, IMP DOCS TAB, PAGE 13-7.

1. FILE OF LIFE - grab this off of your refrigerator in any emergency where you have to leave your home and put it in your Go Bag!!
2. Renter's Insurance and car insurance information. Make a copy of your most recent information and update as needed.
3. Copy of Long Term Care policy information or Life Insurance policy.
4. Copies of health insurance, Medicare card, any dental or vision coverage if different from health insurance.
5. Copies of passport, driver's license, Global Entry/Nexus
6. Copy of Rose Villa Residency and Care Agreement, pages 9 and 27 which list any Refundable Entrance Fees and your signature.

The above list is not comprehensive and should be personalized. It is NOT the list of credit cards, birth certificate, car title passwords, etc. that should be stored in a safe deposit box or a fire safe. That list, as mentioned above, is in your Red Binder.