



DISASTER SURVIVAL SOLUTIONS

QR EMERGENCY PLAN

This Emergency Plan is a step-by-step instruction to help your family get through the critical period immediately following a disaster, allowing your family to survive on its own until housing and general services are available, and/or other organized survival services reach your area. We've provided you with a comprehensive plan filled with preparedness information and clear, straightforward instructions. One copy of the plan should be stored inside your earthquake or disaster kit, and a second copy will be kept inside your home. Vital emergency contact information will be printed on small cards that can be stored in wallets, purses, and your children's backpacks.

Your Quake Relief Emergency Plan

What to do with this plan

You have downloaded a copy of the plan that we distribute with our QRCenters, Rolling Relief Survival Kit, and other preparedness kits. There are three major components to proper preparedness; the supply set or kit, a comprehensive preparedness plan, and the maintenance of these two items over time to stay prepared. This plan will allow you to fulfill one of those very necessary needs.

Take the time to fill out the plan, starting with the emergency contact information, the emergency contact cards, and the medical information, then go on to the household inventory, then the practice section. Everyone in your household should know what to do, and where to go, in the case of natural disasters that strike your area, such as an earthquake, hurricane, or flood. You should have the ability to survive outside of your home in the worst type of weather your region gets, preparing for the worst will give you the best chance of surviving well.

Establishing a safe meeting place, knowing proper and safe evacuation routes, creating a communications system and ensuring each family member knows how it is used, having a supply set that can independently satisfy the survival needs of the group, having a detailed plan that contains the information necessary for your survival, and having detailed information to help restore your personal life and possessions, are all part of the effort. This plan will guide you through the process.

A personal note from the founder of QRCenter.com

I launched QRCenter.com and created the QRCenter and Rolling Relief lines of products, because there were no truly comprehensive kits available commercially that would allow my family with 2 small children to survive a worst case earthquake in San Francisco, CA. We now have the provisions, a 4 person QRCenter in our back yard, and the information, a completed copy of this plan, to allow us to survive and rebuild our lives when the 'Big One' strikes. I am committed through this company, to provide the same level of preparedness to others.

We are proud of how many residents of earthquake country we have prepared, and together with our wholesale suppliers we will continue to offer a wide range of high value preparedness products at the lowest prices to our customers.

Christopher McCloy, Founder, QRCenter.com

Introducing your Family to your Disaster Preparedness Plan & Kit

- STEP 1:** Talk with your family about potential disasters and why it's necessary to prepare for them. Involve each member of your family in the planning process. Get to know your QR Emergency Plan.
- STEP 2:** Make sure that everyone in your family knows where to find your survival kit. Determine where you will meet if separated, this is your emergency meeting place. Have a second location chosen if your first choice is unusable.
- STEP 3:** Fill out the Emergency Contact Information in Section 1. Select at least two contacts that lives far enough away to not be affect by the same emergency, long distance calls will be easier to make than calls within a crisis area. Provide your emergency contacts with the names and contact information of the people you want to keep informed of your situation. Instruct family members to call the emergency contact list when the time arises.
- STEP 4:** Complete Family Medical Information in your plan that can be found in Section 2. It is important to provide as much medical information as possible. The information stored in your disaster kit *may* be the only information you can access.
- STEP 5:** Practice, practice, practice! Go over Section 3 and 4 of your QR Emergency Plan with your family. At a minimum, you should conduct an earthquake drill at least once every six months.
- STEP 6:** Do you have a pet? Create a Pet Disaster Plan. Read through Section 5 of your plan to know what you will need to create your Pet Disaster Plan and kit.
- STEP 7:** Understand the importance on maintaining a Household Inventory Book. Section 6 of your plan outlines the process of creating and maintaining your Household Inventory.
- STEP 8:** Get to know what's in your kit or supply set. Explain the need and use of each item in the kit with your family. Also, practice using the items in your kit. The first time you try to understand an item should not be immediately after a disaster!
- STEP 9:** Fill out the Emergency Contact Cards found in Section 1 and make sure that each person in your family has one.



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Map Out Your Evacuation Routes and Emergency Meeting Area.

In the space below, place a map detailing your evacuation routes and your emergency meeting places. You should have two good options for evacuating your area if necessary, and a primary and secondary meeting place outside of your home if that is necessary. Print a map off the internet is possible, draw a simple road map, or write very specific instructions, turn by turn if necessary. Evacuation will not always be possible, so choose high ground for flood areas, and open spaces for earthquake areas for your emergency meeting places.



EMERGENCY CONTACT INFORMATION

Knowing the condition of every member of your family, and letting the outside world know your families' condition is the purpose of this section. Your out of state contacts will be the hub of your communications. Local communication may be impossible due to the load place on the system by the disaster, while long distance communication can absorb the extra load. Using your out of state contacts as your hub, call out to have them call your family members back in the disaster area to communicate. Communicate your condition, and your movements, allowing them to get family members back together.

The local Emergency Contact Information can be used for any emergency, so keep this information in a handy place at all times!

While immediate communication to others in the affected area may not be possible, when communication in the disaster zone is re-established, this information will be very important to have at hand.

EMERGENCY CONTACT INFORMATION

IMPORTANT EMERGENCY CONTACT INFORMATION

Emergency Services – 911 or _____

Poison Control Center: (800) 222-1222 or _____

Ambulance: _____

Fire: _____

Police: _____

Hospital Emergency Department: _____

Doctor's Name 1: _____

Doctor's Phone Number 1: _____

Doctor's Name 2: _____

Doctor's Phone Number 2: _____

Doctor's Name 3: _____

Doctor's Phone Number 3: _____

Dentist's Name 1: _____

Dentist's Phone Number 1: _____

Dentist's Name 2: _____

Dentist's Phone Number 2: _____

Pharmacy Phone Number: _____

Health Insurance Plan: _____

Health Insurance Policy Number: _____

Health Insurance Company Phone Number: _____

Other 1: _____

Other 2: _____



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EMERGENCY CONTACT INFORMATION

EMERGENCY CONTACT 1 (OUT-OF-STATE CONTACT)

first and last name *telephone number*

address

email

EMERGENCY CONTACT 2 (OUT-OF-STATE CONTACT)

first and last name *telephone number*

address

email

EMERGENCY CONTACT 3

first and last name *telephone number*

address

email

EMERGENCY CONTACT 4

first and last name *telephone number*

address

email

EMERGENCY CONTACT 5

first and last name *telephone number*

address

email



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IMPORTANT TELEPHONE PHONE NUMBERS

CONTACT

first and last name

address

telephone

email

CONTACT

first and last name

address

telephone

email

CONTACT

first and last name

address

telephone

email

CONTACT

first and last name

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IMPORTANT TELEPHONE PHONE NUMBERS

CONTACT

first and last name

address

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first and last name

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EMERGENCY CONTACT CARDS

cut here

EMERGENCY CONTACT CARD

Emergency Meeting Place: _____

2nd Meeting Place: _____ Phone: _____
outside your neighborhood

Address 1: _____

Address 2: _____

Family Contact: _____

Phone 1: _____ Phone 2: _____

cut here

EMERGENCY CONTACT CARD

Emergency Meeting Place: _____

2nd Meeting Place: _____ Phone: _____
outside your neighborhood

Address 1: _____

Address 2: _____

Family Contact: _____

Phone 1: _____ Phone 2: _____

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EMERGENCY CONTACT CARD

Emergency Meeting Place: _____

2nd Meeting Place: _____ Phone: _____
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cut here

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Emergency Meeting Place: _____

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outside your neighborhood

Address 1: _____

Address 2: _____

Family Contact: _____

Phone 1: _____ Phone 2: _____



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FAMILY MEDICAL INFORMATION

This is the information that emergency medical personnel need to give the full compliment of medical attention, fill this section out for every member of the family, and anyone that spends time on an ongoing basis in your home, this information can save lives.

FAMILY MEDICAL INFORMATION

FAMILY MEDICAL INFORMATION

Family Member 1: _____

Date of Birth: _____ Blood Type: _____

Allergies: _____

Medical Conditions/Medication: _____

FAMILY MEDICAL INFORMATION

Family Member 2: _____

Date of Birth: _____ Blood Type: _____

Allergies: _____

Medical Conditions/Medication: _____

FAMILY MEDICAL INFORMATION

Family Member 3: _____

Date of Birth: _____ Blood Type: _____

Allergies: _____

Medical Conditions/Medication: _____

FAMILY MEDICAL INFORMATION

Family Member 4: _____

Date of Birth: _____ Blood Type: _____

Allergies: _____

Medical Conditions/Medication: _____



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FAMILY MEDICAL INFORMATION

FAMILY MEDICAL INFORMATION

Family Member 6: _____

Date of Birth: _____ Blood Type: _____

Allergies: _____

Medical Conditions/Medication: _____

FAMILY MEDICAL INFORMATION

Family Member 5: _____

Date of Birth: _____ Blood Type: _____

Allergies: _____

Medical Conditions/Medication: _____

FAMILY MEDICAL INFORMATION

Family Member 8: _____

Date of Birth: _____ Blood Type: _____

Allergies: _____

Medical Conditions/Medication: _____

FAMILY MEDICAL INFORMATION

Family Member 7: _____

Date of Birth: _____ Blood Type: _____

Allergies: _____

Medical Conditions/Medication: _____



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EMERGENCY CHECK OFF SHEET

The information in this section is common sense information, but given the stress of a major disaster, it is very helpful to have a checklist to follow

EMERGENCY CHECK OFF SHEET

- STEP 1 :** Remain calm and patient. Put your Plan into action.

- STEP 2 :** After the shaking has stopped, get your family to a safe location outside of your home, this should be a predetermined meeting place. If you have a QRCenter, that is where you will meet. If you have any survival items that are in the home, make an effort to bring those items or kits out with you, so that you do not have to re-enter the home if there are any immediate dangers in doing so.

- STEP 3 :** Do a head count - make sure that all family members are accounted for.

- STEP 4 :** Give first aid and get help for individuals that are seriously injured.

- STEP 5 :** Listen to your emergency radio for news and instruction.

- STEP 6 :** If there is no immediate danger in doing so, check for damage in your home
 1. Keep everyone out of the house while you check for damage.
 2. Use flashlights – do not light matches or turn on electrical switches, if you suspect damage or leaking gas.
 3. Check for fires, fire hazards and other household hazards.
 4. Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve open windows, and get everyone outside quickly.
 5. Shut off any other damaged utilities.
 6. Clean up spilled medicines

- STEP 7 :** Determine if it is safe for your family to go back inside your home. If you find that your home is inhabitable or unsure of your home's condition, provide safe shelter for your family immediately.
 1. Open your kit or QR Center and remove the dome tent, lantern, and mat.
 2. Place mat it on the ground in open space with no overhead wires.
 3. If light is needed, turn on lantern.
 4. Pull out your tent and set it up, change into dry clothes stored in your kit if necessary, and get warm in your sleeping bags. In cool and wet weather, hypothermia can rob body warmth quickly!



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PRACTICE MAKES PERFECT

Practice makes perfect!

No matter where you are, know how to protect yourself and your family during an earthquake. Practice taking cover as if there were an earthquake and learn the safest place in your home - under tables, in doorways, and outside. Practice getting out of your home and check to see if the planned exits are clear and if they can become blocked in an earthquake. Practice turning off your electricity and water. Know how to turn off the gas, but do not practice this step. In the event of an earthquake, once you turn off your gas, only your utility company should turn it back on for safety reasons.

Role-Play

Role-play with children to help them remain calm in emergencies and to practice basic emergency responses such as evacuation routes, Drop, Cover & Hold.

Practice Drop, Cover & Hold with your family

- Drop** DROP down on the floor

- Cover** Take COVER under a sturdy desk, table or other furniture. If that is not possible, seek cover against an interior wall and protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors or tall furniture.

- Hold** If you take cover under a sturdy piece of furniture, HOLD on to it and be prepared to move with it. Hold the position until the ground stops shaking and it is safe to move.

Secure Your Home

Take the time in each room to list the items that are a danger in the violent shaking of an earthquake. These items; pictures, dressers, bookcases, table lamps, etc., need to be secured so that they are not the cause of injury to household members. 80% of injuries sustained in earthquakes happen in the home, and many could be avoided with proper safety measures. There are many products available to secure these items, reducing injury and property loss.

Special attention needs to be given to children's rooms and play areas. Make sure the TV that your children watch does not become a projectile or fall danger!



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PET DISASTER PLAN

Are you aware that Civil Disaster Shelters will not allow pets? Do you have a plan for your pet when a disaster hits? In the event of an emergency, a well thought out plan will reduce stress, but also will save precious time and possibly save lives. Here are some great tips to help you get started!

Before a Disaster Strikes

Identify Your Pet – Keep a collar, a current license and up-to-date identification tags on your pet at all times.

Crate Train Your Pet – Train your pet to enter his/her carrier or crate at your command. Try putting your pet's favorite treat in his/her carrier and sounding a bell at the same time. Repeat this process every day, until your pet comes running at the sound of the bell. Continue this routine often enough to keep it fresh in your pet's mind. This training will be extremely helpful when locating a frightened animal. Also important to make sure your pet is comfortable being handled.

Pet Disaster Kit*

It's a good idea to create a Pet Disaster Kit. Your Pet Disaster Kit should include the following items:

- Sturdy crate and/or pet carrier
- Identification tags and collars
- Leashes
- Food and water (a 7 day supply for each pet)
- Non-spill bowls
- Litter box and litter
- Any special medications
- Manual can opener and plastic lid
- Copy of your pet's vaccination history
- Recent photos of each pet
- Pet First-Aid book
- Pet First-Aid kit (see below more information)
- Phone numbers of a local emergency veterinary hospital
- Phone number of your local animal shelter for emergency services 24 hours a day, seven days a week



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- Long-term confinement equipment:
 1. Portable fencing
 2. X-pens - *a series of eight connected 2-foot wide wire panels that come in various heights. X-pens, also called "puppy exercise pens", can be set up any place you need them.*
 3. Baby gates
- Plastic bags for pet cleanup
- Emergency phone numbers

Prepare a First Aid Kit for your Pet*

Included:

- Large and small bandages
- Scissors
- Tweezers
- Cotton swabs
- Antibiotic ointment
- Hydrogen peroxide (to induce vomiting or clean deep wounds)
- Elastic tape
- Eye wash (saline)
- Ear-cleaning solutions
- K-Y Jelly (water soluble) - *works well for lubing the thermometer and if you apply it to any open wounds it will prevent hair from sticking to the wound while the hair is clipped away*
- Any special medications prescribed by your veterinarian

****Our goal at Disaster Survival Solutions is to get you prepared. Please visit www.QRCenter.com/product for more information on how you could order Pet Disaster Kits.***



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HOUSE HOLD INVENTORY SHEETS

Maintaining a Household Inventory Book

In your mind's eye, picture your bedroom. Now imagine that an earthquake has destroyed everything in it. How many of your possessions could you name and describe accurately when the insurance adjuster asked for a list? No one likes to think about experiencing a household disaster, but taking stock of the items you own is wise protection. Should you experience an earthquake or disaster, having a complete and accurate accounting of your household furnishings and personal possessions will be quite useful in settling insurance claims and documenting losses for tax purposes. Household inventories are important in other circumstances, too. By listing the items you own, the dates you bought them, and their original prices or monetary values, you will create an inventory that can help you indicate the monetary value of your belongings for a net worth statement, and decide how much insurance to carry on household goods.

How to Make Your Inventory

Making a list of all your belongings may seem a monumental task, which is what keeps many people from ever getting started. But it need not be overwhelming. The tips here can make the job more manageable:

- Inventory one room at a time. List every item in the room, its purchase price, the date of purchase (as close as you can remember), and where you purchased it (if you don't have an actual record of the purchase, the store might). Use any accounts of your expenditures on file (old checks, receipts, or similar records) to help refresh your memory. If the item isn't on that room's list, either write it in at the bottom or look through the other pages in the inventory until you find it.
- Use the forms provided in this section as reminders of your belongings. Add any items not listed. Use the special inventory section to individually describe items you merely counted in your room-by-room inventory. You should also use the special inventory section to keep records for objects that may require special insurance.
- Use a camera or video camera to record what you own. Photograph your home systematically: Start with one wall of a room and take as many pictures as necessary to record everything along that wall, overlapping slightly. Move around the room clockwise. Remember to open closets and drawers and photograph what's inside. Record the purchase prices and purchase dates of the items on the back of each photograph or on the forms in this book.



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- List all brand names, model numbers, and serial numbers for items that have them to help verify purchase dates and approximate replacement costs.
- If you use a personal computer, you might want to investigate the various software packages on the market for compiling a household inventory.

As you're doing your inventory, think about items you own that may be in a temporary residence (like a college dormitory) or in your vehicle. Do include these items in your inventory list — they are covered by your homeowners insurance policy. Your personal property is covered anywhere in the world under your normal policy.

So What Are My Goods Worth?

You need to be familiar with several important insurance terms when calculating the value of your household items. In the inventory worksheets, there are three columns related to price: original cost, replacement cost, and actual cash value.

- Original cost: How much you paid for an item.
- Replacement cost: How much you would have to pay to replace the item with a new one today. Typically, but not always, this cost is higher than the original cost.
- Actual cash value: There is not a hard and fast rule on how to calculate ACV, but most insurance companies use the following definition: How much the item would cost new, minus the amount it has "depreciated" (decreased in value due to age, wear and tear, or obsolescence). The depreciation percentage is how long you had the item compared to its expected life.

Keep Your Inventory Safe

Once you have completed your inventory, keep it, receipts, and any photos or videos you have produced in a safe place outside of your house (so it doesn't disappear if you face a loss!). A safe deposit box is one good spot. Make a photocopy of your inventory to keep at home so that you can update it as you buy new items. Make sure you have enough insurance to cover these new items.



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KNOW WHAT'S INSIDE YOUR KIT

If you do not have a QRCenter or Earthquake Kit, you can use the following list as a template for understanding what you need to survive effectively for a week or more following a disaster!

Inside your Disaster Kit (i.e. our QR Center):

- Waterproof Outside Ultra-Large Storage Bench by Suncast™ (external storage)
- Dome Style Tent (shelter)
- 30° Sleeping Bags (safety, warmth, comfort)
- Mayday™ 3,600-Calorie Food Bars (3 bars=1542 calories per person per day for a week)
- Water Cubes with 5 year water sustainer (hydration, first aid, cooking, sanitation, hygiene)_
- First Aid Kit (124 pieces)
- AM/FM Solar/Dynamo Radio with Flashlight (communication, light)
- Lantern (26 hour battery life)
- Folding Portable Toilet (sanitation)
- Toilet Bags (pack of 12)
- Personal Hygiene Kit (hygiene)
- Fire Extinguisher (43 oz.)
- Heavy-Duty Work Gloves (personal safety)
- Ground Tarp Moisture Barrier (moisture barrier)
- On Duty - Gas & Water Shut Off Tool (gas & water shut off, debris safety tool)
- Bin Liner (2nd moisture barrier protection all survival items)

Disaster Survival Solutions offers a wide array of additional specialty items to help you get prepared. Here is a list of some of these items:

- Automotive Kits and Accessories
- Survival Kits and accessories for Cats
- Survival Kits and accessories for Dogs
- Home Safety and Fire Protection Products
- C.E.R.T. Kits and Products
- Communication Products
- First Aid and Safety Kits
- School Kits
- Business and Office Kits
- More Products added weekly

Please visit www.QRCenter.com for more information or how you can order these or other survival and safety products.



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HAVE A QUESTION? CONTACT US

Disaster Survival Solution Mission

Disaster Survival Solutions was founded by Bay Area residents—homeowners and family men—who wanted to help families prepare in case of disaster.

When disaster strikes, emergency help can be hard to find. Our goal is to give families trusted guidance, real protection, and peace of mind.

On the Web

For more information about us and our services we can be found on internet at <http://www.QRCenter.com>

We are always a phone call away!

If you have any questions or concerns about your QR Center, please contact our customer care department at **1-800-217-1195**.

Company Address

Disaster Survival Solutions, LLC
437 Rozzi Pl.
South San Francisco CA 94080

Protect Your Family with the QR Center & Rolling Relief All Weather Survival Kits!

The Quake Relief (QR) Center is an earthquake survival house in a decorative deck box that resides outside your home. The Rolling Relief kit is designed for apartments, dorms, condos, senior centers, and is a mobile smaller version of the QR Center. Just minutes after a natural disaster occurs, you have a secure, warm, lit, sheltered environment with a weeks' worth of food and water away from the possible dangers of staying in your home. The QR Center or the Rolling Relief Kit offer comprehensive disaster relief that you can't get anywhere else. With the QR Center or Rolling Relief Kit, you can have a preparedness solution that gives you and your family peace of mind, both now and in the future. Visit QRCenter.com to view all our products.



4 Person Quake Relief Center



Rolling Relief Kit



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