



EARTHQUAKES



DROP! COVER! HOLD ON!

An earthquake is the sudden, rapid shaking of the earth's crust, caused by the breaking and shifting of underground rock. Earthquakes can cause buildings to collapse and cause heavy items to fall, resulting in injuries and property damage.

Earthquakes can:

Happen anywhere—though California is considered a higher risk area
Cause fires and damage roads
Cause tsunamis, landslides and avalanches

BEFORE THE EARTHQUAKE

- Secure items, such as televisions, and objects that hang on walls. Store heavy and breakable items on low shelves.
- Create a family emergency communications plan that includes an out-of-state contact. Plan where to meet if you get separated.
- Practice your plan with family and coworkers.
- Make a supply kit that includes enough food and water for at least three days, a flashlight, a fire extinguisher, and a whistle. Consider each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries and charging devices for phones and other critical equipment.
- Consider obtaining an earthquake insurance policy. Standard homeowner's insurance does not cover earthquake damage.
- Consider a retrofit of your building to correct structural issues that make it vulnerable to collapse during an earthquake.



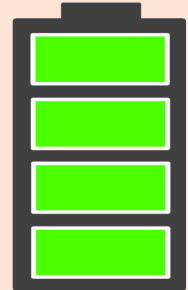
DURING THE EARTHQUAKE

- If in a vehicle, pull over and stop in a clear area that is away from building, trees, overpasses, underpasses, or utility wires.
- If in bed, stay there and cover your head and neck with a pillow.
- If outdoors, stay outdoors.
- If inside, stay there until the shaking stops. DO NOT run outside.
- Drop to your hands and knees. Cover your head and neck with your arms. Crawl only as far as needed to reach cover from falling materials. Hold on to any sturdy furniture until the shaking stops.
- If you are in a multi-story building, expect fire alarms and sprinklers to go off. DO NOT use elevators.
- If near slopes, cliffs, or mountains, be alert for falling rocks and landslides.



AFTER THE EARTHQUAKE

- Expect aftershocks to follow the largest shock of the earthquake.
- Check yourself for injury and provide assistance to others if you have training.
- If in a damaged building, go outside and quickly move away from the building. DO NOT re-enter damaged buildings.
- If you are trapped, cover your mouth. Send a text, bang on a pipe or wall, or use a whistle instead of shouting so that rescuers can locate you .
- If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops.
- Save phone calls for emergencies. Conserve your phone's battery life.
- Once safe, monitor local news reports via battery operated radio, TV, social media, and cell phone text alerts for emergency information and instructions.
- Use extreme caution during post-disaster clean-up of buildings and around debris. DO NOT attempt to remove heavy debris yourself. Wear protective clothing, including a long-sleeved shirt, long pants, work gloves, and sturdy, thick-soled shoes during clean-up.



EARTHQUAKE PREPAREDNESS

- 1 Identify potential hazards in your home and begin to fix them!**
- 2 Create a disaster preparedness plan.**
- 3 Prepare 72 hour disaster supply kits.**
- 4 Identify your buildings potential weaknesses and begin to fix them.**
- 5 Protecting yourself during earthquake shaking: DROP, COVER AND HOLD ON.**
- 6 After the earthquake, check for injuries and damage.**
- 7 When safe, continue to follow your disaster preparedness plan.**