

Earthquake Preparedness

Be prepared to be self sufficient for at least 72 hours

- Develop a family emergency plan and practice it regularly.
- Identify an out-of-area phone contact person
- Choose one or two family meeting places — pick easy to identify, accessible places that you could likely walk to.

Assemble an emergency supply kit

Include food, water, prescription medications and first aid supplies, a battery operated radio, flashlight, extra batteries, shelter, clothing, sturdy shoes, and personal toiletries. Assemble similar emergency kits for your workplace and vehicle.

During an event

- An earthquake typically lasts no longer than a minute. Try to remain calm.
- If inside, stay inside.... Drop under sturdy furniture. Cover your head and torso. Hold onto furniture. If you cannot get under sturdy furniture, move to an inside wall or archway and sit with your back to the wall, bring your knees to your chest and cover your head. • Stay away from mirrors and windows.
 - Do not exit the building during the shaking.
 - If outdoors, move to an open area away from all structures, especially buildings, bridges, and overhead power lines. • If driving, stop in an open area away from all structures. Stay as low as possible inside the vehicle.

After an event

- Count to 60 after objects have stopped moving. • Move cautiously, and check for unstable objects and other hazards above and around you. • Check yourself for injuries. • Help those around you and provide first aid, if you are qualified. • Hang up all phones. Only use phones (including cell phones) if a life is at stake.
- Inspect gas, water and electric lines. If there are leaks or if there is any doubt about leaks, shut off mains. Evacuate immediately if you hear or smell gas and can't shut it off. • Anticipate aftershocks, especially if the shaking lasted longer than two minutes. • Stay out of damaged buildings. • Listen to the radio or watch local TV for emergency information and additional safety instructions.