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## EARTHQUAKE PREPAREDNESS & RESPONSE

### PREPARE...

- Become aware of fire evacuation and earthquake plans for all of the buildings you occupy regularly.
- Pick safe places in each room of your home, workplace and/or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.
- Practice drop, cover and hold on in each safe place. If you do not have sturdy furniture to hold on to, sit on the floor next to an interior wall and cover your head and neck with your arms.
- Keep a flashlight and sturdy shoes by each person's bed.
- Make sure your home is securely anchored to its foundation.
- Bolt and brace water heaters and gas appliances to wall studs.
- Bolt bookcases, china cabinets and other tall furniture to wall studs.
- Hang heavy items, such as pictures and mirrors, away from beds, couches and anywhere people sleep or sit.
- Brace overhead light fixtures.
- Install strong latches or bolts on cabinets. Large or heavy items should be closest to the floor.
- Learn how to shut off the gas valves in your home and keep a wrench handy for that purpose.
- Learn about your area's seismic building standards and land use codes before you begin new construction.
- Keep and maintain an emergency supplies kit in an easy-to-access location.
- Locate your nearest fire and police stations and emergency medical facility.
- Talk to your neighbors--how could they help you, or you them after an earthquake.
- Take Red Cross First Aid and CPR Training Course.

### DURING AN EARTHQUAKE...

#### INDOORS

- Drop, cover and hold on. Move as little as possible.
- If you are in bed, stay there, curl up and hold on. Protect your head with a pillow.
- Stay away from windows to avoid being injured by shattered glass.
- Stay indoors until the shaking stops and you are sure it is safe to exit. If you must leave the building after the shaking stops, use stairs rather than an elevator in case there are aftershocks, power outages or other damage.
- Be aware that fire alarms and sprinkler systems frequently go off in buildings during an earthquake, even if there is no fire.

#### OUTSIDE

- Find a clear spot and drop to the ground. Stay there until the shaking stops (away from buildings, power lines, trees, streetlights).
- If you are in a vehicle, pull over to a clear location and stop. Avoid bridges, overpasses and power lines if possible. Stay inside with your seatbelt fastened until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.
- If a power line falls on your vehicle, do not get out. Wait for assistance.
- If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris. Landslides are often triggered by earthquakes.

### DOORWAY MYTH...

Doorways are no stronger than any other part of the structure. During an earthquake, get under a sturdy piece of furniture and hold on. This will provide some protection from falling objects that can injure you during an earthquake.

## AFTER AN EARTHQUAKE...

•• After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami. Tsunamis are often generated by earthquakes.

•• Each time you feel an aftershock, drop, cover and hold on. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.

•• Check yourself for injuries and get first aid, if necessary, before helping injured or trapped persons.

•• Put on long pants, a long-sleeved shirt, sturdy shoes and work gloves to protect against injury from broken objects.

•• Look quickly for damage in and around your home and get everyone out if your home is unsafe.

•• Listen to a portable, battery operated or hand crank radio for updated emergency information and instructions.

•• Check the telephones in your home or workplace to see if you can get a dial tone. Make brief calls to report life threatening emergencies.

•• Look for and extinguish small fires. Fire is the most common hazard after an earthquake.

•• Clean up spilled medications, bleach, gasoline or other flammable liquids immediately.

•• Open closet and cabinet doors carefully as contents may have shifted.

•• Help people who require special assistance, such as infants, children and the elderly or disabled.

•• Watch out for fallen power lines or broken gas lines and stay out of damaged areas.

•• Keep animals under your direct control.

•• Stay out of damaged buildings.

•• If you were away from home, return only when authorities say it is safe to do so. Use extreme caution and examine walls, floors, doors, staircases and windows to check for damage.

•• Be careful when driving after an earthquake and anticipate traffic light outages.

## SAFE AND WELL SITE...

If your community has experienced a disaster, register on the American Red Cross Safe and Well Web site available through [RedCross.org](http://RedCross.org) to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.

## EMERGENCY KIT CHECKLIST...

At a minimum, have the basic supplies listed below. Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

- Water one gallon per person, per day (3 day supply for evacuation, 2 week supply for home)
- Food- nonperishable, easy-to-prepare items (3 day supply for evacuation, 2 week supply for home)
- Flashlight
- Battery-powered or hand crank radio
- Extra Batteries
- First Aid Kit
- Medications (7 day supply) and medical items
- Multipurpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

Additional items to consider for needs of family:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two way radios
- Extra set of car keys and house keys
- Manual can opener

Visit [www.redcross.org](http://www.redcross.org) for an expanded list with additional recommended supplies.

Get instant earthquake data on a Smart Phone with the USGS Seismic App!

