



The Seven Steps to Earthquake Safety

From *Putting Down Roots in Earthquake Country*, available at www.earthquakecountry.org

PREPARE

1. **Identify earthquake hazards in your home, and check if you are in a tsunami hazard zone:**

You should secure anything heavy enough to hurt you if it falls on you, or anything that will be a significant loss if it breaks. Move heavy objects to lower locations, strap your water heater and top heavy furniture to walls, and securing electronics and valuables to tables. Do you live, work, or travel near the coast? Find out what areas are at risk of a tsunami.



2. Create a disaster plan: Plan now what each person in your household will do before, during and after an earthquake. Have a meeting place and an out-of-state contact. Learn basic first aid. Plan how to deal with the risk of fire, potential lack of utilities and basic services, and aftershocks. For those with functional or mobility needs, identify people who can assist you where you regularly spend time. Learn the natural and official warnings of a tsunami and know how to respond.



3. Create disaster supplies kits: Everyone should have personal disaster supplies kits, which are useful for many emergencies. Keep one kit in your home, one in your car, and a third at work. Your home should have a larger household kit with supplies to last three days to one week.



4. Identify and fix your building's weaknesses: There are several common issues that can limit a building's ability to withstand earthquake shaking, such as inadequate foundations, unbraced cripple walls, soft first stories and unreinforced masonry. Seek professional retrofitting advice if your building has these issues.



PROTECT

5. During earthquakes—Drop, cover and hold on: Drop to the floor, take cover under a sturdy desk or table, and hold on to it firmly. If no table is nearby, drop to the floor near an interior wall and cover your head and neck with your arms and hands. Face away from windows or mirrors. Do not leave a building during an earthquake. If you use a wheelchair or have other mobility impairments, protect your head and neck with a pillow or your arms if you are able. Learn more at www.dropcoverholdon.org, including what to do in different situations. Everyone can practice what to do during earthquakes in the Great California ShakeOut (www.ShakeOut.org).



RECOVER

6. After earthquakes—Check for injuries and damage: Remain calm and take care of yourself first. If you live on the coast in a tsunami inundation zone, immediately walk to higher ground or inland away from the coast. If you are in a safe area, help others and check for damage. Learn in advance what to do about fire, leaking gas, electrical dangers, and chemical spills. Aftershocks may cause additional damage so be ready to drop, cover, and hold on.



7. When safe, continue to follow your disaster plan: If you evacuated coastal areas - stay away until officials permit you to return. When possible, if you cannot stay in your home, take your disaster kit and get to a safe location. Listen to a portable radio for news, and call your out-of-state contact. Begin your recovery by organizing your financial papers and documenting any damage.



Earthquake Country Alliance
We're all in this together.

The Earthquake Country Alliance is a statewide partnership of earthquake experts, emergency managers, business and community leaders, and others working to help Californians prepare for earthquakes. Visit www.earthquakecountry.org/alliance.



The California Emergency Management Agency is a proud leader and partner in the Earthquake Country Alliance. Learn more about disaster readiness, and about CalEMA's programs and responsibilities at www.calema.ca.gov.