



# EARTHQUAKE

**Create a plan for your family.** Your family might not be together when an earthquake strikes. That's why it is important to have a plan in place. Talk about how you will reach each other. By planning and practicing what to do before an earthquake, you can condition yourself and your family to react spontaneously when the first jolt or shake is felt.

**Identify safe spots in each room.** Safe spots can be under a sturdy table, desk, kitchen counter, or wood framed doorway or against an inside corner or wall. Take extra precaution by holding onto the item you are under or covering your head with your arms. Stay away from windows, hanging objects, mirrors, fireplaces, and tall, unsecured pieces of furniture. Be prepared to deal with what you may experience after an earthquake – both physically and emotionally.

**Prepare an emergency kit.** The below listed items should be part of your basic emergency kit and kept in a container that can be easily carried. Use the Family Safety Guide as a reference to gather additional items important to your family.

- Water and canned or dried food - families should set aside one gallon of water per person per day, to last three days, and a three-day supply of food per person. The food should be nonperishable items that don't need to be cooked, such as tuna and crackers. Remember to include a manual can opener. If there's an infant in the house, include formula and baby food.
- Battery powered radio
- Flashlight
- Extra batteries for the radio and flashlight
- Prescription medications
- First-aid kit

**Listen for information about what to do and where to go during an actual emergency.** City, county, and state officials have developed emergency plans.

**Look for potential hazards in your house and reduce or eliminate them.** Secure water heaters and major appliances to wall studs and the floor. Bolt bookcases, china cabinets and other tall furniture to wall studs. Install strong latches or bolts on cabinets. Move large objects and breakable items to lower shelves.

**Teach responsible members of your family how to turn off the gas, electricity and water at valves and main switches.** Label all the main switches.

**Stay indoors until the shaking has stopped and you are sure it is safe to leave.** Limit your movements during an earthquake to a few steps to a nearby safe place.

**If you are outdoors, stay and move away from buildings, trees, streetlights and utility wires.**

**If you are in a vehicle, stay inside it but park in a safe place.** Avoid stopping on bridges, near buildings or trees, or under overpasses and power lines. Do not attempt to drive across bridges or overpasses that have been damaged.