

Earthquakes

Before the ground starts to roll...do you know what to do?

7 steps to prepare for, survive, and recover after an earthquake.

PREPARE

1. Secure your space!
2. Plan to be safe
3. Organize emergency supplies
4. Minimize financial hardship

SURVIVE

5. Drop, Cover, and Hold On
6. Improve safety after earthquakes

RECOVER

7. Reconnect and Restore

**CHECK OUT "BUILD A KIT"
AND "MAKE A PLAN"
SECTIONS FOR INFO ON
EMERGENCY SUPPLIES AND
FINANCES**

Prepare: Secure Your Space



Heavy furniture: Anchor furniture with nylon strapping or metal "L" brackets that screw into wall stud, not just the wall.



Water Heater: Use two metal straps that completely wrap around and are screwed into the studs or masonry of the wall. Secure both top and bottom.



Appliances: Secure major appliances to wall studs using earthquake appliance straps, angle brackets, or pronged zee clips.



Cabinets: Install hook and eye, pull/throwover, push, or child-proof latches or seismolatches to prevent doors from opening. Line shelves with rubberized mats.



Large, heavy items: Heavy items can become projectiles, so keep items on lower shelves and secure in place with earthquake putty or gel.



Small, fragile items: Collectibles and small items can also become projectiles. Use non-damaging adhesives like earthquake putty to secure items.



Hanging Objects: Secure screw hook or earthquake picture hanger into wall stud. Secure bottom corners with earthquake putty or similar product.

Find more ideas at SecureYourSpace.org

Prepare: Plan to Be Safe



More than half of the injuries associated with the 1994 Northridge earthquake were caused by toppling objects.

- ✓ Practice Drop, Cover, and Hold on
- ✓ Identify safe spots in every room like under a sturdy table or desk
- ✓ Keep shoes and flashlight next to each bed
- ✓ Have a fire extinguisher and know how to use it
- ✓ Keep shoes and flashlight next to each bed
- ✓ Know where utility main shut-off controls are and how to use them
- ✓ Get trained in first aid and cardiopulmonary resuscitation (CPR)
- ✓ **Sign up for emergency notifications at www.anaheimalert.net**
- ✓ Download mobile app for California Earthquake Warnings

Survive: Drop Cover, and Hold On



- ! **DROP** to your hands and knees
- ! **COVER** your head and neck with one arm
 - ! Crawl underneath a sturdy table for shelter
 - ! If no table or shelter, crawl next to interior wall
- ! **HOLD ON** until shaking stops
 - ! Hold onto table or shelter
 - ! If no table or shelter, cover head and neck with both arms
- ! **DO NOT** stand in or under a doorway
- ! **DO NOT** use elevators
- ! Stay away from windows, heavy furniture or appliances

**IF YOU ARE
INDOORS,
STAY INDOORS**

***Survive:* Drop Cover, and Hold On**



Rescue teams around the world who search for people in collapsed structures agree that Drop, Cover, and Hold On is the best way to reduce injury and death during earthquakes.

OUTDOORS

- ! Move to most open space you can find
- ! Avoid utility wires, trees, signs, streetlights, vehicles, and buildings
- ! **DROP, COVER, AND HOLD ON**

***IF YOU ARE
OUTDOORS,
STAY OUTDOORS***

IN A VEHICLE

- ! **Slow down, put on turn signal, pull over to side of road**
- ! Don't stop in the middle of the freeway if traffic is still moving
- ! Avoid stopping near buildings, trees, overpasses, and utility wires
- ! Proceed cautiously once earthquake stops
- ! If a power line falls on your vehicle, stay inside, and wait until an emergency worker removes the wire

Survive: Improve Safety After a Quake

DiD YOU
KNOW?

Aftershocks can be as strong as the original quake.
Always be ready to **DROP, COVER, AND HOLD ON!**

- ! Conduct a safety check for injuries, and call for help if needed
- ! If you are trapped, cover your mouth, nose, and eyes against dust
- ! Signal rescuers with a whistle, a cell phone, or knock loudly on solid pieces of the building, three times every few minutes
- ! Stay alert to new or continuing hazards such as fires or gas leaks
- ! Monitor radio or TV for latest emergency information
- ! Evacuate your home or office only if there is damage to the building or the surrounding area is unsafe
- ! Wear boots or sturdy shoes to protect your feet from debris
- ! Let friends and family know you are safe, but try to minimize calls



Recover: Reconnect and Restore

The road to recovery can be rocky... It can take several days, weeks, months or longer to recover from an earthquake.

- ✓ Take pictures of any damage to your property and home
- ✓ Keep records of any repair or cleaning costs
- ✓ Contact your insurance agent right away to start the claims process
- ✓ Monitor local radio and TV reports for updates on emergency assistance and safety advisories
- ✓ Continue to check for gas leaks, chemical spills, damaged electrical wiring, and broken water pipes
- ✓ Communicate with friends and family via text and limit phone calls
- ✓ If your home is safe to occupy after shaking, it may be best to stay even if utilities are out, as shelters or other housing may be crowded
- ✓ Visit [DisasterAssistance.gov](https://www.DisasterAssistance.gov) to find out what financial assistance may be available