

## *Earthquake*

### Earthquake Preparedness Tips

#### Before

- Know your disaster risks and create a family disaster plan at [www.CaliforniaVolunteers.org](http://www.CaliforniaVolunteers.org)
- Secure your space. Strap top-heavy furniture and appliances to walls, add latches to cabinets, secure TVs and other heavy objects
- Locate safe spots in each room under a sturdy table or against an inside wall
- Practice earthquake drills with your family members
- Consider earthquake insurance to reduce the risk of earthquake loss
- Stock a disaster supply kit with a minimum three day supply of food and water

#### During

- Drop, cover and hold on
- Stay away from glass, windows, outside doors and walls, and anything that could fall
- If you are in bed, stay there, cover your head and hold on
- Stay inside until shaking stops and it is safe to go outside
- If you are outside, drop to the ground and stay there until shaking stops. Stay away from buildings, trees and power lines

#### After

- Check for injuries
- Prepare for after shocks
- Look for damage in and around your house
- Extinguish any small fires
- Listen to the radio for updated emergency information and instructions

### Disasters can strike any time. Be prepared.

Go to [CaliforniaVolunteers.org](http://CaliforniaVolunteers.org) and create a family disaster plan today.