

Earthquake Preparedness: A Simple Guide To Stay Safe

1.



Create an Emergency Plan

Earthquakes strike without warning, so having a plan is essential. Discuss with your household how to respond during a natural disaster. Identify the safest places in your home to take cover—away from windows, under sturdy furniture, and away from heavy objects that could fall.

Everyone should know how to “Drop, Cover, and Hold On.” Practice this regularly so it becomes instinctive. If you’re in bed, turn face down and cover your head with a pillow. If you’re outside, stay away from buildings. If you’re in a car, pull over and set the parking brake.

2.



Build an Emergency Kit of Essentials to Last 72 Hours

Prepare a kit that includes enough water and non-perishable food for three days—for both people and pets. Include first-aid supplies, necessary medications, flashlights, batteries, and hygiene items.

Keep important documents such as identification, insurance policies, medical records, and emergency contacts together in a waterproof container that’s easy to grab in a hurry.

3.



Secure Your Space

Take steps to identify and reduce building weaknesses and hazards in your home and begin to fix them. Protect yourself during earthquake shaking by anchoring heavy furniture to walls and relocating breakables to lower cabinets. Lock cabinets and keep clear paths to exits.

Secure water fixtures, electronics, and any flammable or toxic substances. Relocate or anchor large objects that could fall and cause injury or damage.

4.



Stay Informed

Sign up for local emergency alerts to receive real-time updates during a disaster. Know where to go for reliable information, such as local government websites or emergency services.

Keep a battery-powered or hand-crank radio with your emergency kit to stay informed if power and internet access are lost.

Before

During

After

Preparation is key.

- Create an emergency plan on where to take shelter and how to communicate if separated.
- Have a supply kit ready (water, food, flashlight, first aid kit, whistle, etc.)
- Secure your home and property.
- In most cases, you can sign up to receive real time alerts.

React quickly and protect yourself.

- In a car? Pull over and set your parking brake.
- In bed? Turn face down and cover your head with a pillow.
- Outdoors? Stay away from buildings, trees and power lines.
- Inside? Stay inside and avoid doorways.

Once the shaking stops, be cautious.

- Serious damage could have occurred to buildings, leaking gas, water lines and power lines.
- Expect aftershocks and be ready to drop, cover and hold.
- If you are in a damaged building, exit quickly.
- If you are trapped, send a text or bang on a wall.
- If you are in an area that experiences tsunamis go inland or to higher ground.

ADDITIONAL RESOURCES:

- [Earthquakes | Ready.gov](#)
- [Earthquake Preparedness | California Governor's Office of Emergency Services](#)
- [Prepare | U.S. Geological Survey](#)
- [Earthquake Country Alliance: Welcome to Earthquake Country!](#)