

Two things you can do about Earthquakes right now: **Prepare & Practice**



Prepare:

- 1. Create Emergency Plan**
 - a. Where to meet
 - b. Documents (Red Cross Plan) (FEMA Plan)
 - c. How to turn utilities off (Buy a wrench you need [here](#))
 - d. How to do First Aid
 - e. Where to go if evacuated
 - f. Who to call if evacuated
- 2. Secure Home**
 - a. Be aware of things on the wall or remove them
 - b. Secure large pieces of furniture
 - c. Secure water heater
- 3. Keep Shoes and Flashlight by Bed**
 - a. Tie to leg of bed
- 4. Have a Fire Extinguisher in Home**
- 5. Learn CPR**

Practice:

- 1. Stop, Drop, Cover and Hold On**
 - a. Stop – Wherever you are.
 - b. Drop – The earthquake will do it, so you need to do it first.
 - c. Cover – Place one hand over head, bend forward into a ball, and find something to get under.
 - d. Hold on – Everything will be moving. You will be more secure if you don't hold onto anything. Place two hands over head and curl into a ball.
- 2. Indoors:** Avoid things. If you are in bed, stay there.
- 3. Outdoors:** Stay where you are, but avoid overhead dangers like trees and power lines.
- 4. Driving:** Pull over, away from anything like trees, power lines, or overpasses.
- 5. Shoreline (lakes or oceans):** Move inland as quickly as possible.

Don't:

- 1. Don't Move Outside if you are Inside:** The outside windows, door ways and porches are the most dangerous areas. Stay away from them.
- 2. Don't Get in the Doorway:** This is not a safe place in our homes today. Things like under the table, desk, or other pieces of furniture are safer options.
- 3. Don't Look for a "Triangle of Life":** It is not a safe option because it will move. Find something more reliable instead.