

# EARTHQUAKES

An earthquake can strike at any moment—which is why always being prepared in advance is key. Here are some important tips for staying safe and ready in the event of an earthquake.



---

## 1 PREPARE

- Practice drop, cover, and hold on in each safe place.
- Make sure you have access to local radio broadcasts.
- Bolt and brace water heaters and gas appliances to wall studs. Have a professional install flexible fittings to avoid gas or water leaks.
- Keep a flashlight in places that are easy to access in case of power outage.
- Pick safe places in each room of your home, workplace, and/or school: under a piece of furniture or against an interior wall away from windows, bookcases, or tall furniture that could fall on you.
- Learn how to shut off the gas valves in your home and keep a wrench handy to do so in an emergency.

---

## 2 DURING

- Drop, cover and hold on! Move as little as possible, as most injuries during earthquakes occur because of falling and resulting sprains, fractures, and head injuries. Always try to protect your head and torso.
- If you smell gas, get out of the house and move as far away as possible.
- If you're in a vehicle, pull over to a clear location and stop. If possible, avoid bridges, overpasses, and power lines.
- If you are in bed, stay there, curl up and hold on, and cover your head.
- Stay indoors until the shaking stops and you are sure it is safe to exit. If you must leave a building after the shaking stops, use stairs rather than an elevator in case of aftershocks, power outages, or other damage.
- If outdoors, find a clear spot and drop to the ground. Stay there until the shaking stops. Try to get as far away from buildings, power lines, trees, and street- lights as possible.

---

## 3 AFTER

- If away from home, return only when authorities say it is safe to do so.
  - Check yourself for injuries and get first aid, if necessary, before helping injured or trapped persons. After an earthquake, the disaster may continue.
  - Expect and prepare for potential aftershocks, landslides, or even a tsunami if you live on a coast.
  - Each time you feel an aftershock, drop, cover, and hold on. Aftershocks frequently occur minutes, days, weeks, and even months following an earthquake.
  - Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
  - If you are at home, look quickly for damage in and around your home and get everyone out if your home is unsafe.
-