



Earthquake Safety: Before, During, and After Shaking

**Simple practical steps to help protect yourself,
your family, and your community during an earthquake**

Before an Earthquake

Have a paper contact list and rehearsed family plan if technology fails

- **Hard-copy contact list:**

Keep a printed list of important contacts. A dead battery, damaged or lost phone should not prevent you from reaching family members during an emergency.

- **Family evacuation plan:**

Agree in advance on where to evacuate near your house, so everyone knows where to reunite after an earthquake.



Before an Earthquake

Earthquake Emergency Contact Card:

Emergency services

911

Primary emergency contact

Name: _____

Phone: _____

Out-of-state emergency contact

Name: _____

Phone: _____

Additional contact

Name: _____

Phone: _____

Family Communication Plan:

Meeting locations

Near home:

Outside neighborhood:

Important local contacts

Local emergency management:

Local utility emergency line:

Doctor / medical provider:

Before an Earthquake

Three simple items that can improve survival chances:



- **Whistle**

Signals your location when you are trapped under debris, out of sight, or unable to shout



- **Shoes**

Protect feet from cuts caused by broken glass and other sharp objects



- **Flashlight**

Essential when it is dark – inside a damaged building or outside after dark

Before an Earthquake

Emergency bag content

Know where your emergency bag is and keep it in an easily accessible location



- Water
- First aid kit and medications
- Wrench and pliers
- Phone chargers
- Matches
- Flashlight
- Batteries
- Duct tape
- Blanket
- Can opener
- Family documents
- Non-perishable food
- Whistle
- Battery-powered or hand-crank radio
- Local maps
- Change of clothes
- Activities for kids

Where to store it:

- Home closet
- Car
- Work office
- By the front door and back door
- Dedicated storage

If you purchase a ready-made emergency bag, look through the bag to become familiar with its contents, then add any additional needed items.

Before an Earthquake

Water Storage

- Store at least 1 gallon of water per person per day for a minimum 3 days for drinking and sanitation
- Store water in clean, food-grade container in a cool, dry, and dark space



Before an Earthquake

Preparedness begins before the ground starts shaking

- Identify safe locations in each room ahead of time, such as a sturdy table, or other secure piece of furniture that can provide protection from falling objects during an earthquake.
- Once shaking begins, do not try to move to another room; take cover where you are.



During an Earthquake

Drop, Cover, and Hold On



- Drop to your hands and knees
- Cover your head and neck. If a sturdy table or desk is available, crawl to it and take cover. Hold on to your shelter with one arm and protect your head with the other until the shaking stops
- Stay indoors until the shaking ends and it is safe to move

After an Earthquake

- Move slowly and carefully
- Assess your surroundings for hazards
- Check yourself and others for injuries
- Call 911 for life-threatening emergencies
- Text your contacts when possible
- Check in with your out-of-state contact
- Evacuate only when it is safe to do so, watching out for debris, broken glass, and other hazards as you leave the building
- Follow instructions from local authorities

Take the Next Step

Explore additional earthquake preparedness resources

- Visit the Great ShakeOut website:
<https://www.shakeout.org/>
- Practice Drop, Cover, and Hold On
- Learn more about earthquake preparedness and safety at:
<https://www.ready.gov/earthquakes>
- Create an emergency water supply:
<https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html>
- Download FEMA mobile app for alerts, safety tips, and shelter locations:
<https://www.fema.gov/about/news-multimedia/mobile-products>