

# FAMILY PREPAREDNESS FOR EARTHQUAKE EMERGENCIES

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*TABLE OF CONTENTS*

<b>INTRODUCTION.....</b>	<b>3</b>
<b>OBJECTIVES.....</b>	<b>3</b>
<b>METHODOLOGY.....</b>	<b>3</b>
<b>CONCLUSION.....</b>	<b>3</b>
<b>TIMELINE.....</b>	<b>3</b>
<b>REFERENCES.....</b>	<b>4</b>

## INTRODUCTION

- An earthquake is the sudden shaking of the Earth's surface which is caused by the passage of seismic waves through Earth's rocks. Earthquakes commonly happen near fault areas and can lead to significant destruction, especially in densely populated areas. This may include collapsed buildings and broken infrastructure. Occasionally, earthquakes can trigger secondary disasters like fires, tsunamis, landslides, or avalanches leading to further ruin.
- Family preparedness is crucial for minimizing the potential risks of injuries and loss of life from these earthquakes. Many families lose homes, resources, and loved ones. It could cause severe physical and psychological damage to those affected. Since earthquakes are unpredictable, having a plan that ensures that you and your family know what to do before, during, and after this natural disaster would help immensely whenever an earthquake suddenly occurs.

## OBJECTIVES

- To educate families on the unpredictability and potential dangers of earthquakes
- To educate families on how to create an emergency plan, including communication strategies, evacuation routes, and designated safe spots in their homes
- To reduce the risks that could affect these families physically, mentally, financially, and socially

## METHODOLOGY

1. **Creating a Family Emergency Plan:** To ensure your family can communicate better and know what to do such as identifying safe spots and having designated meeting points around the area.
2. **Building Emergency Kits:** To have all the resources and necessities you need that you could just grab and go, readying you for any situation that may arise and have the resources to help you recover and move forward.
3. **Securing Your Home:** To secure heavy furniture to prevent it from falling.
4. **Learning Earthquake Safety Procedures:** To practice safety drills like duck, cover, and hold so that you and your family will know what to do.
5. **Information Campaigns:** (*In person*) To hold Public Workshops and Community Events to help other families in your community. (*Online*) To spread awareness online by sharing educational posts, videos, infographics, and tips across platforms. It also offers information on earthquake preparedness for people who cannot attend physical events.

## CONCLUSION

- Families need to prepare for earthquakes to reduce the risks. By creating emergency plans, building kits, securing homes, and practicing safety drills, families can respond effectively during an earthquake. Spreading awareness through social media helps more people take action. These steps will protect families and aid in recovery, ensuring they are ready for any situation.

## TIMELINE

- Month 1 – Conduct meetings and drills
- Month 2 – Prepare emergency kits
- Month 3 – Spread awareness online or through Public Workshops and Community Events

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