



# EARTHQUAKE SAFETY

## EARTHQUAKE CHECKLIST TO ENSURE SAFETY AT ALL COSTS

### BEFORE AN EARTHQUAKE

#### MAKE A FAMILY COMMUNICATION MEETING PLAN



Agree on **safe meeting locations**, such as one spot near your home, make sure all family members memorize **important phone numbers** and understand what to do during shaking, as well as know their **specific roles** so everyone can act quickly and stay safe.

#### PREPARE AN EMERGENCY GO BAG



Prepare an emergency “**Go Bag**” that contains essential survival items. These supplies should be enough to support you for at least 72 hours. It should be stored in an **easily accessible** place for you to quickly grab during an emergency.

### DURING AN EARTHQUAKE

#### STAY CALM. DONT PANIC.



During an earthquake, **keep a clear head** and **don't panic** so you can think and act safely. **Panicking** can cause accidents or prevent you from protecting yourself.

#### DROP. COVER. HOLD.



**Get on your hands and knees** to prevent falling and move to safety. **Take cover** under a sturdy table or desk. Protect your head and neck if no shelter is available. **Hold on** to the furniture until the shaking stops. Be ready to move with it if it shifts.

### AFTER AN EARTHQUAKE

#### CHECK YOURSELF & OTHERS FOR INJURY



After the shaking stops, **look for any** cuts or other **injuries** on yourself and those around you so you can get help quickly and **prevent further harm**.

#### LISTEN TO OFFICIAL ANNOUNCEMENTS



Keep a radio or phone close and **pay attention to advice** from authorities like PHIVOLCS to stay informed about **aftershocks** and **safety instructions**.

