Comprehensive Earthquake Safety Guide

Introduction

This comprehensive guide provides essential information for earthquake preparedness and response. Earthquakes can occur with little to no warning, making preparedness crucial for safety and survival. Following these guidelines can help protect you and your loved ones before, during, and after an earthquake.

Before an Earthquake

Create a Family Emergency Plan

- Develop a family emergency plan and practice it regularly
- Identify an out-of-area contact person to call and check in with
- Choose family meeting places: select easily identifiable, open locations
- Prepare to be self-sufficient for a minimum of three days

Prepare Your Home

- Quake-proof your house by securing heavy furniture and objects
- Identify the main electric fuse box, water service main, and natural gas main
- Learn how and when to turn off utilities
- Keep necessary tools near gas and water shut-off valves
- Secure important family documents in a waterproof container
- Keep a smaller kit in the trunk of your car

Create an Emergency Supply Kit

- Food and water (3-day supply minimum)
- Prescription medications and first aid supplies
- Battery-operated radio, flashlight, extra batteries
- Shelter items (clothing, sturdy shoes, blankets)
- Personal toiletries
- Special items for infants, elderly, or disabled family members

During an Earthquake

Remember: Do not panic and remain calm!

If Inside

- If you are NEAR AN EXIT, leave the building as soon as possible
- Put your arms over your head to protect against falling objects
- Move away from buildings and watch for traffic
- Practice 'DROP, COVER, and HOLD' if you cannot exit quickly