

BASIC EARTHQUAKE PREPAREDNESS GUIDE

BEFORE

Identify safe spots in each room of your home: sturdy tables, desks, and interior walls. Know your danger spots: windows, mirrors, hanging objects, fireplaces, and tall, unsecured furniture.

Check chimneys, roofs, walls and foundations for stability.

Keep breakables, heavy objects, and flammable or hazardous liquids in secured cabinets or on lower shelves.

This also includes having disaster supplies on hand such as flashlights, extra batteries, battery operated radio, food, and drinking water, including for your pets.

Conduct practice drills with your family. Know the safest locations in your home and where to reunite if separated. Prepare especially for children and pets.

Teach your family how to shut off gas, water, and electricity. Learn First Aid and CPR and put together a First Aid Kit.

Participate in organizing your neighbors to be self-sufficient after an earthquake. Check [CERT](#) and [NTP](#).

DURING



If indoors, stay there. Get under a desk or table or stand in a corner. Stay away from windows, bookcases, file cabinets, mirrors, hanging plants, and other objects that could fall. Watch out for falling plaster and ceiling tiles. Stay under cover until the shaking stops. Hold on to your cover — if it moves, move with it.

If outdoors, get into an open area away from trees, buildings, walls, and power lines.

If driving, pull over to the side of the road and stop. Avoid areas around power lines. Stay in your car until the shaking is over.

If in a crowded public place, do not rush for the doors. Crouch and cover your head and neck with your hands and arms.

AFTER

Turn on your portable radio for instructions and news reports.

Stay away from downed power lines and warn others to stay away.

If it is safe, check for gas and water leaks, and broken electrical wiring or sewage lines. If there is damage, turn the utility off at the source and immediately report gas leaks to your utility company.

Do not attempt to re-light the gas pilot unless your gas line has been thoroughly inspected. Call the Gas Company for assistance.

If you are able to safely do so, check your building for cracks and damages, including the roof, chimney, and foundation.

Cooperate fully with public safety officials.

Do not use your vehicle unless absolutely necessary.

Be prepared for aftershocks - Stay calm and help others.

This is only a *basic* guide. To learn more, consider taking a free CERT class.
CERT is Community Emergency Response Team. In the City of Los Angeles, see cert-la.com.