



1. Your local or state Office of Emergency Management (OEM) will be able to tell you what the earthquake threat is in your area. Remember, just because it might be unlikely does not mean that it is impossible. If you like to travel, you should consider what to do and how to prepare for the area(s) you will be in. Learn more by visiting the FEMA Earthquake Risk page:
<https://www.fema.gov/your-earthquake-risk>
2. “Drop, Cover, and Hold On!” means that when the shaking starts, you drop to the ground, cover your head and neck with your arms, and, if a safer place is nearby, crawl to it and hold on. Learn more about the “Drop, Cover, and Hold On!” method by watching this video at
<https://www.youtube.com/watch?v=GSDmqLQmMN0>
3. Identify an inside corner of a room, away from windows and objects that could fall on you. The Earthquake Country Alliance advises getting as low as possible to the floor. People who use wheelchairs or other mobility devices should lock their wheels and remain seated until the shaking stops. Protect your head and neck with your arms, a pillow, a book, or whatever is available. If you are in bed, stay there and cover your head and neck with a pillow. At night, hazards and debris are difficult to see and avoid; attempts to move in the dark result in more injuries than remaining in bed. To learn more about the Earthquake Country Alliance, please visit:
<http://www.earthquakecountry.org/>
4. If you’re in a moving vehicle, stop as quickly and safely as possible and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses and utility wires. Proceed cautiously once the earthquake has stopped. Avoid roads, bridges or ramps that the earthquake may have damaged.
5. Telephone and computer networks could be unreliable during a disaster, and electricity could be disrupted. Planning will help ensure that all the members of your household — including children, people with disabilities and others with access and functional needs, as well as outside caregivers — know how to reach each other and where to meet up in an emergency.
6. If trapped, don’t move about too much to avoid disturbing dust. Use your cell phone, if available, to call or text for help. Tap on a pipe or wall, or use a whistle if you have one, so that rescuers can locate you.
7. At the very minimum, your family emergency kit should include the following items: water (one gallon per person, per day) and/or water purification tablets, a first-aid kit, a flashlight, batteries, a hand-crank/solar powered radio, nonperishable food, medications/prescription glasses, baby food, formula, diapers, cash (in small denominations), a wrench (to turn off utilities), hand sanitizer, a Mylar blanket, ear plugs, and a book and/or deck of cards. Consider having a kit for your pet(s), if applicable.
8. This may include having items and services in place *before* an evacuation becomes necessary. If a loved one is comforted by a certain item (a blanket, photograph, stuffed animal, etc.), be sure to pack the item when evacuating. If a relative requires regularly scheduled mental health therapy, make sure that his/her mental health provider is aware of the location of the shelter.

9. After an earthquake, there can be serious hazards around you, such as damage to the building you're in, leaking gas and water lines, or downed electric lines. Here are a few tips to help keep yourself and your loved ones safe.
- Expect aftershocks to follow the main shock of the earthquake. It is possible that you could still be injured by falling debris during this time.
 - If you are in a damaged building, go outside and quickly move away from the building. Do not enter damaged buildings.
 - If you're trapped, make sure to protect your mouth, nose, and eyes from dust or other particulate matter.
 - If you're in an area near water, you might experience a tsunami. In this case, go inland or to higher ground *immediately* after the main earthquake stops.
 - Be careful during post-disaster clean-up of buildings and debris. Do not try to move heavy debris by yourself and be sure to wear protective clothing.