

Safety Spotlight

Practical tips to keep you safe

Earthquake Preparedness

Why should I prepare?

Earthquakes represent the greatest natural disaster threat to people living in Southern California. Every California resident should have a disaster preparedness plan and know what to do before, during and after an earthquake occurs.

How do I prepare for an earthquake?

People need to be prepared at home, in the office and while commuting:

- Keep personal disaster supply kits where you spend most of your time, so they can be reached even if your building is badly damaged. The kits will be useful for many emergencies, and should include items such as water and snacks, emergency contact phone numbers, a prescription list, sturdy shoes, etc.
- Create a disaster preparedness plan for your home, and review the plan for your work environment.
- Identify potential hazards in your home and begin to fix them.

What should I do in an earthquake?

Wherever you are, protect yourself! If you cannot find shelter beneath furniture, then crouch low against a wall, with your arms covering your head and neck.

1. Immediately **DROP** to the ground where you are.
2. Take **COVER** by getting under a sturdy desk or table.
3. **HOLD ON!** to something sturdy and ride out the earthquake until the shaking stops.

What do I Need to Remember?

- **Don't run.** You can trip or fall, or there could be broken glass. You can injure yourself or others by running.
- **If Indoors – Take Cover and Remain Indoors Until the Shaking Stops.** Don't try to exit a building during the shaking. You could be thrown to the ground or you could be injured by falling debris (e.g., glass, cement, roofing materials).
- **If you are driving, slow down and pull to the side of the road until the shaking stops.** Don't park under trees, overhead power lines, or freeway overpasses.

Be Prepared with a Disaster Supply Kit

1. **Prepare your kit based on how it will be used (personal/family survival, food & water, search & rescue, etc.) and how long the kit is needed.**
2. **Check kits at least annually. Kits stored in a car trunk degrade quickly under extreme heat conditions.**
3. **Use a backpack or small bag so you can take them with you if you evacuate.**

Don't forget a kit for home, work

