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Earthquake Preparedness

A guide to preparing yourself,
your family and loved ones.

California State Assembly

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Earthquakes are common in California. While there is nothing we can do to prevent them, there are things we can do to reduce the harm they cause. **Preparedness is the key to eliminating damage and injury.**

This guide offers checklists for what to do before, during and after an earthquake. You can also find information to opt-in for local emergency notifications.

Be prepared!

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CALIFORNIA GOVERNOR'S OFFICE OF EMERGENCY SERVICES INFO.:

(916) 657-9369 | caloes.ca.gov

@Cal_OES | @CaliforniaOES

BEFORE the earthquake

- Practice Drop, Cover, and Hold drill.
- Gather critical documents.
- Discuss how to prepare with your family, friends, and neighbors.
- Learn school policies: Know whether the school's policy is to hold or to release your children in the event of an emergency.
- Do not forget the needs of pets and service animals.
- Gather basic supplies in a storage container:
 - Food (at least 3-day supply of non-perishable food, including pets)
 - Water (1 gallon of water per person per day, for at least 3 days)
 - Flashlight, radio, cell phone charger
 - First aid kit
 - Sanitation supplies
 - Clothing and blankets
 - Cash
 - Whistle
 - Fire extinguisher

OPT-IN FOR REAL-TIME NOTICES

Text your "Zip Code" to
888777

DURING the earthquake

Indoors

Drop, cover, hold on! *Do not run outside!*

Outdoors

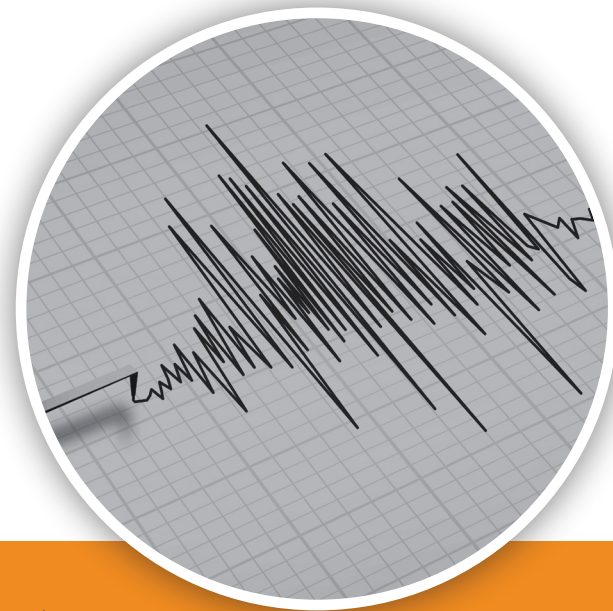
Move away from buildings, streetlights, and utility wires.

High-rise building

Stay away from windows or walls, do not use elevators.

Driving

Stop, stay in vehicle, avoid buildings, trees, overpasses and utility wires.



AFTER the earthquake

- Check for injuries, provide assistance if you have training.
- Have damaged (electrical, sewage, gas, water, etc.) utilities inspected by qualified professionals.
- Stay away from damaged areas. Do not use lighter or matches near damaged areas.
- Check for and extinguish small fires.
- Check supplies:
 - Food and water.
 - Obtain emergency water from water heaters, melted ice cubes and canned vegetables.
- Monitor local news using radio and cell phone text alerts for emergency information.
- If you are trapped, tap on a pipe or wall, use whistle if available.
- If you are in a damaged building, find a safe way out, leave and go to an open space. Do not re-enter the building.
- Cooperate with public safety officials.
- Be prepared for aftershocks.

If you do EVACUATE

Meeting place if separated:

- List three places where family members should plan to go if they cannot stay or return home.

Be in communication:

- Text messages may be more reliable than phone calls.
- Only use phone for emergencies and out-of-area contact to inform statuses.

Take necessary supplies with you:

- Medicines and first aid kit
- Food, water, clothes, blankets
- Flashlight, portable radio, batteries, phone charger
- Important papers and cash

Leave a message:

- Post a message inside your home indicating where you can be found.

EARTHQUAKE INSURANCE INFO.:

(877) 797-4300 | earthquakeauthority.com

  @CaliforniaEarthquakeAuthority

 @CalQuake



DON'T PANIC



DROP



COVER



HOLD



PROTECT YOUR HEAD



FIND A WAY OUT



MEETING PLACE



STAY INFORMED