BE PREPARED FOR AN EARTHQUAKE

FEMA

FEMA V-1003/May 2018

Earthquakes can collapse buildings and cause heavy items to fall, resulting in injuries and property damage.

Earthquakes are the sudden, rapid shaking of the earth, caused by the breaking and shifting of underground rock.

Can happen anywhere. Higher risk areas are California, Alaska, and the Mississippi Valley

Give no warning

Cause fires and damage roads

Cause tsunamis, landslides, and avalanches

IF AN EARTHQUAKE HAPPENS, PROTECT YOURSELF RIGHT AWAY

If in a vehicle, pull over and stop.

If in bed, stay there.

If outdoors, stay outdoors.

Do not get in a doorway.

Do not run outside.

HOW TO STAY SAFE
WHEN AN EARTHQUAKE THREATENS

Secure items such as televisions and objects that hang on walls. Store heavy and breakable objects on low shelves.

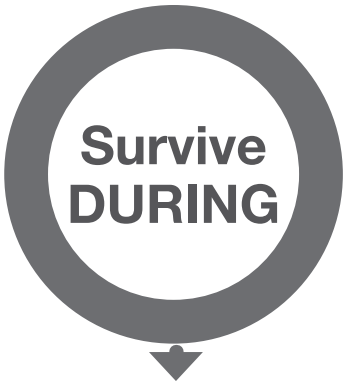
Practice Drop, Cover, and Hold On with family and coworkers. Drop to your hands and knees. Cover your head and neck with your arms. Crawl only as far as needed to reach cover from falling materials. Hold on to any sturdy furniture until the shaking stops.

Create a family emergency communication plan that has an out-of-state contact. Plan where to meet if you get separated.

Make a supply kit that includes enough food and water for several days, a flashlight, a fire extinguisher, and a whistle. Consider each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries and charging devices for phones and other critical equipment.

Consider earthquake insurance policies. Standard homeowner's insurance does not cover earthquake damage.

Consider a retrofit of your building if it has structural issues that make it vulnerable to collapse during an earthquake.



Drop, Cover, and Hold On like you practiced. Drop to your hands and knees. Cover your head and neck with your arms. Hold on to any sturdy furniture until the shaking stops. Crawl only if you can reach better cover without going through an area with more debris.

If in bed, stay there and cover your head and neck with a pillow.

If inside, stay there until the shaking stops. DO NOT run outside.

If in a vehicle, stop in a clear area that is away from buildings, trees, overpasses, underpasses, or utility wires.

If you are in a high-rise building, expect fire alarms and sprinklers to go off. Do not use elevators.

If near slopes, cliffs, or mountains, be alert for falling rocks and landslides.

Expect aftershocks to follow the largest shock of an earthquake sequence.

Check yourself for injury.

If in a damaged building, go outside and quickly move away from the building.

Do not enter damaged buildings.

If you are trapped, send a text or bang on a pipe or wall. Cover your mouth for protection and instead of shouting, use a whistle.

If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops.

Save phone calls for emergencies.

Wear sturdy shoes and work gloves.

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Take an Active Role in Your Safety

Go to **Ready.gov/earthquakes.** Download the **FEMA app** to get more information about preparing for an **earthquake.**