

QUAKE 101

What to do **before**, **during**, & **after** the shaking.

BEFORE



SECURE YOUR STUFF

Most earthquake-related injuries are caused by falling objects.

Store heavy things low on shelves and in cupboards.

Secure cupboard doors.

Attach tall, heavy furniture and decor to floor and walls.



HAVE A PLAN

Practice what to do as soon as an earthquake hits. Plan your:

Post-quake evacuation.

Gathering place for family and friends.

Emergency communication.



PREPARE & STORE

Assemble a few essentials and have them readily accessible:

A 3-day supply of water (1 gallon per person per day).

A 3-day Earthquake Evacuation Kit

Food for 7-14 days.

DURING



INDOORS

Drop! Cover! Hold on!

Drop to the floor and crouch beneath a table or desk.

Protect your head and neck.

Hold tight to your cover.



OUTDOORS

Keep away from buildings!

Stay outside and move to a clear area.

Watch for falling materials from above.

Avoid downed power lines, broken pipes, and sinkholes.



DRIVING

Pull over, set the brake, and stay in your car.

Avoid bridges, power lines, trees, signs, etc.

Stay in your car until the shaking stops.

If you're near downed power lines, wait in your car for help.



AFTER



ASSESS YOUR SITUATION

Quickly determine the damage to your immediate environment.

Look for and extinguish small fires.

Smell for gas, look for water, and watch for downed lines. Turn off **ONLY** if necessary.

Check on family, coworkers, and neighbors and assess health and injury.



ESTABLISH COMMUNICATIONS

Coordinate with family, friends, and community according to your communications plan.

Tune in your emergency band radio.

Use an out-of-area phone channel to exchange info with other family members.

When possible, text instead of calling. Texting uses less bandwidth and won't overwhelm wireless channels.



TSUNAMI? FIND HIGH GROUND!

90% of major earthquake zones are along major bodies of water. Know your zone, and if needed:

Evacuate to an area 100 ft above sea level.

Walk quickly instead of driving to avoid traffic delays.

Take your 72-hour kit.

Did You Know?

▶ An earthquake can affect the length of a day

On March 11, 2011, an 8.9 magnitude earthquake struck northeast Japan and altered the distribution of the earth's mass, causing it to rotate slightly faster and shortening the day by around 1.8 microseconds.

▶ Standing water smells before an earthquake

Ponds, canals, lakes and other standing water may give off an unpleasant smell or become slightly warmer before an earthquake, due to gases being released underground as the plates shift.

▶ Internal waves observed post-quake are called 'seiches'

Sometimes after an earthquake, you can observe waves or seiches (pronounced 'saysh'), sloshing in swimming pools, ponds and other bodies of water. The swimming pool at the University of Arizona in Tucson lost water from a seiche caused by the 1985 earthquake in Mexico, 2000 km away.

▶ San Francisco is moving toward Los Angeles

At the rate of about 2 inches per year, San Francisco is moving toward LA at the same pace as the average growth of fingernails.



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