

READY TOGETHER FOUNDATION
COMMUNITY PREPAREDNESS RESOURCE LIBRARY

RTF-005

Earthquake Preparedness Guide

A Practical Guide to Preparing Your Family Before, During, and After
an Earthquake

Building Resilient Communities Together

Earthquakes Can Strike Without Warning

Unlike many other natural hazards, earthquakes often occur without warning.

Although we cannot prevent earthquakes, we can reduce their impact through preparation, planning, and practice.

Knowing what to do before, during, and after an earthquake can help protect you, your family, and your community.

Preparedness begins today.

Why Earthquake Preparedness Matters

Preparing for an earthquake helps your family:

- Reduce the risk of injury.
- Protect your home and belongings.
- Respond calmly during shaking.
- Reunite safely after an earthquake.
- Recover more quickly.

Every family should know what to do before the ground starts shaking.

Before an Earthquake

Take action now to make your home safer.

- ☐ Secure tall bookshelves and cabinets to the wall.
- ☐ Fasten televisions and heavy furniture.
- ☐ Store heavy objects on lower shelves.
- ☐ Learn how to shut off gas, electricity, and water if instructed to do so.
- ☐ Prepare an emergency kit.
- ☐ Create a family communication plan.
- ☐ Practice earthquake drills.

Preparation today reduces risk tomorrow.

During an Earthquake

If You Are Indoors

Remember:

DROP Get down on your hands and knees.

COVER Protect your head and neck under a sturdy table or desk.

HOLD ON Hold on until the shaking stops.

Stay away from:

- Windows
- Glass doors
- Large mirrors
- Heavy furniture that could fall

Do not run outside while the ground is shaking.

If You Are Outdoors

Move to an open area away from:

- Buildings
- Trees
- Streetlights
- Utility poles
- Power lines

Remain there until the shaking stops.

If You Are Driving

Safely pull over to a clear location.

Avoid stopping under:

- Bridges
- Overpasses
- Power lines
- Trees

Remain inside your vehicle until the shaking has stopped.

After an Earthquake

Once the shaking has stopped:

- ☐ Check yourself and others for injuries.
- ☐ Expect aftershocks.
- ☐ Check your home for hazards.
- ☐ If you smell gas, leave immediately and report it from a safe location.
- ☐ Listen to official emergency information.
- ☐ Use text messages instead of phone calls whenever possible.
- ☐ Help neighbors if it is safe to do so.

Home Safety Checklist

After an earthquake, inspect for:

- ☐ Gas leaks
- ☐ Water leaks

- ☐ Electrical damage
- ☐ Structural damage
- ☐ Broken glass
- ☐ Fallen furniture

Do not enter buildings that appear unsafe.

Emergency Supplies

Every family should maintain:

- ☐ Water
- ☐ Non-perishable food
- ☐ Flashlights
- ☐ Batteries
- ☐ First Aid Kit
- ☐ Medications
- ☐ Portable phone charger
- ☐ Battery-powered or hand-crank radio
- ☐ Copies of important documents

Children and Earthquakes

Help children prepare by:

- ☐ Practicing earthquake drills.
- ☐ Showing safe places to take cover.
- ☐ Explaining earthquakes in simple language.
- ☐ Reassuring them after an earthquake.

Confidence grows through practice.

Ready Together Action

Complete these three steps this week:

- ☐ Secure one heavy piece of furniture.
- ☐ Practice "Drop, Cover, and Hold On" with your family.
- ☐ Review your emergency kit.

Small actions today make a big difference tomorrow.

Review Your Preparedness

Review your earthquake plan:

- ☐ Every six months
- ☐ After moving to a new home
- ☐ After major renovations

- ☐ After changes in household members

Preparedness is an ongoing commitment.

About Ready Together Foundation

Ready Together Foundation is dedicated to building resilient communities through emergency preparedness, emergency relief and response, youth engagement, and outreach to vulnerable populations.

Our work focuses on:

- Community Emergency Preparedness
- Emergency Relief & Response
- Youth Preparedness & Leadership
- Vulnerable Population Outreach

Together, we are building stronger, safer, and more resilient communities.

Ready Together Foundation

Building Resilient Communities Together

Website: www.readytogetherfoundation.org

Email: info@readytogetherfoundation.org

Phone: 323-387-1785