

READY TOGETHER FOUNDATION
COMMUNITY PREPAREDNESS RESOURCE LIBRARY

RTF-121

Earthquake Recovery Guide

A Practical Guide to Helping Your Family Recover Safely After an
Earthquake

Building Resilient Communities Together

Recovery Begins After the Shaking Stops

The moments and days following an earthquake can be confusing and stressful. Aftershocks, damaged buildings, disrupted utilities, and emotional stress may continue long after the initial event.

Knowing what to do after an earthquake helps protect your family and supports a safer recovery.

Recovery begins with patience, planning, and caring for one another.

Why Earthquake Recovery Matters

Being prepared for recovery helps your family:

- Stay safe after the earthquake.
- Prevent additional injuries.
- Protect your health and well-being.
- Begin rebuilding safely.
- Support neighbors and your community.

Recovery is an important part of preparedness.

Immediately After an Earthquake

Once the shaking has stopped:

- ☐ Check yourself and others for injuries.
- ☐ Administer first aid if trained.
- ☐ Call 911 only for life-threatening emergencies.
- ☐ Expect aftershocks.
- ☐ Move away from damaged buildings if necessary.
- ☐ Listen to official emergency information.

Stay calm and make safety your first priority.

Check Your Home Carefully

Inspect for:

- ☐ Structural damage.
- ☐ Gas leaks.
- ☐ Water leaks.
- ☐ Electrical hazards.
- ☐ Broken glass.
- ☐ Fallen chimneys or walls.

If you suspect serious damage, leave the building and wait for professional guidance before re-entering.

Utility Safety

If it is safe and you know how:

- ☐ Shut off utilities if necessary.
- ☐ Report damaged gas lines immediately.
- ☐ Avoid exposed electrical wiring.
- ☐ Do not use open flames if you smell gas.

Never take unnecessary risks.

Food and Water Safety

After an earthquake:

- ☐ Drink safe, clean water.
- ☐ Inspect food for contamination.
- ☐ Discard spoiled refrigerated food after extended power outages.
- ☐ Follow local public health guidance if water systems are affected.

When in doubt, throw it out.

Emotional Recovery

Experiencing an earthquake can be stressful.

Support your family's emotional well-being by:

- ☐ Talking openly about the experience.
- ☐ Maintaining daily routines when possible.
- ☐ Limiting exposure to distressing news.
- ☐ Seeking professional support if needed.

Recovery includes both physical and emotional healing.

Helping Children Recover

Children may experience fear or anxiety after an earthquake.

Help by:

- ☐ Listening to their concerns.
- ☐ Answering questions honestly.
- ☐ Maintaining familiar routines.
- ☐ Encouraging play and positive activities.
- ☐ Reassuring them that they are safe.

Children recover best when they feel secure and supported.

Supporting Older Adults and Persons with Disabilities

Check that they have:

- ☐ Safe housing.
- ☐ Medications.
- ☐ Medical equipment.
- ☐ Transportation if needed.
- ☐ Regular support from family, friends, or caregivers.

Recovery is strongest when everyone is included.

Caring for Pets

After an earthquake:

- ☐ Check pets for injuries.
- ☐ Keep them on a leash or in a carrier outdoors.
- ☐ Ensure access to clean food and water.
- ☐ Watch for unusual behavior caused by stress.

Pets also need time to recover.

Helping Your Community Recover

Recovery is stronger when neighbors help one another.

Consider:

- ☐ Checking on neighbors.
- ☐ Sharing reliable information.
- ☐ Volunteering if it is safe.
- ☐ Supporting local recovery efforts.
- ☐ Donating responsibly to trusted organizations.

Strong communities recover together.

Ready Together Action

Complete these three steps this week:

- ☐ Review your family's recovery plan.
- ☐ Update your emergency contacts.
- ☐ Discuss how your family can help neighbors after a disaster.

Prepared families help build resilient communities.

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

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Preparedness is a journey, not a one-time event. Every small step you take today helps protect the people you care about tomorrow.