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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!

**Alex Lee**  
Assemblymember



**CALIFORNIA GOVERNOR'S OFFICE  
OF EMERGENCY SERVICES INFO.:**

(916) 845-8510 | [caloes.ca.gov](http://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

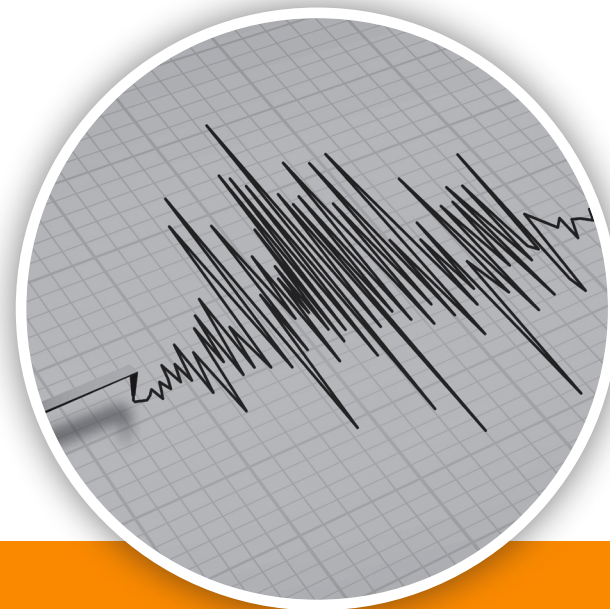
Move away from buildings, streetlights, and utility wires.

### 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 a 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](http://earthquakeauthority.com)

  @CaliforniaEarthquakeAuthority

 @CalQuake



DON'T PANIC



DROP



COVER



HOLD



PROTECT YOUR HEAD



FIND A WAY OUT



MEETING PLACE



STAY INFORMED