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
**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

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**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.

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**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.

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**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.

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**OPT-IN FOR REAL-TIME NOTICES**
Text your “Zip Code” to 888777

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**EARTHQUAKE INSURANCE INFO.:**
(877) 797-4300 | earthquakeauthority.com
@CaliforniaEarthquakeAuthority
@CalQuake

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