

HOW TO PREPARE FOR AN EARTHQUAKE

Earthquakes are potentially devastating natural events that happen without warning. There is no way to predict when an earthquake will occur. If you live in a high-risk area, you can learn how to prepare for an earthquake to keep you and your family as safe as possible.



BEFORE THE EARTHQUAKE

Take these steps to ensure your house and family are ready long before an earthquake ever occurs.

CREATE A FAMILY EMERGENCY PLAN

- **Communication** - Establish an out-of-town point-of-contact
- **Evacuation** - Know how to evacuate any room in your house
- **Meet** - Designate an outdoor meeting spot for all family members

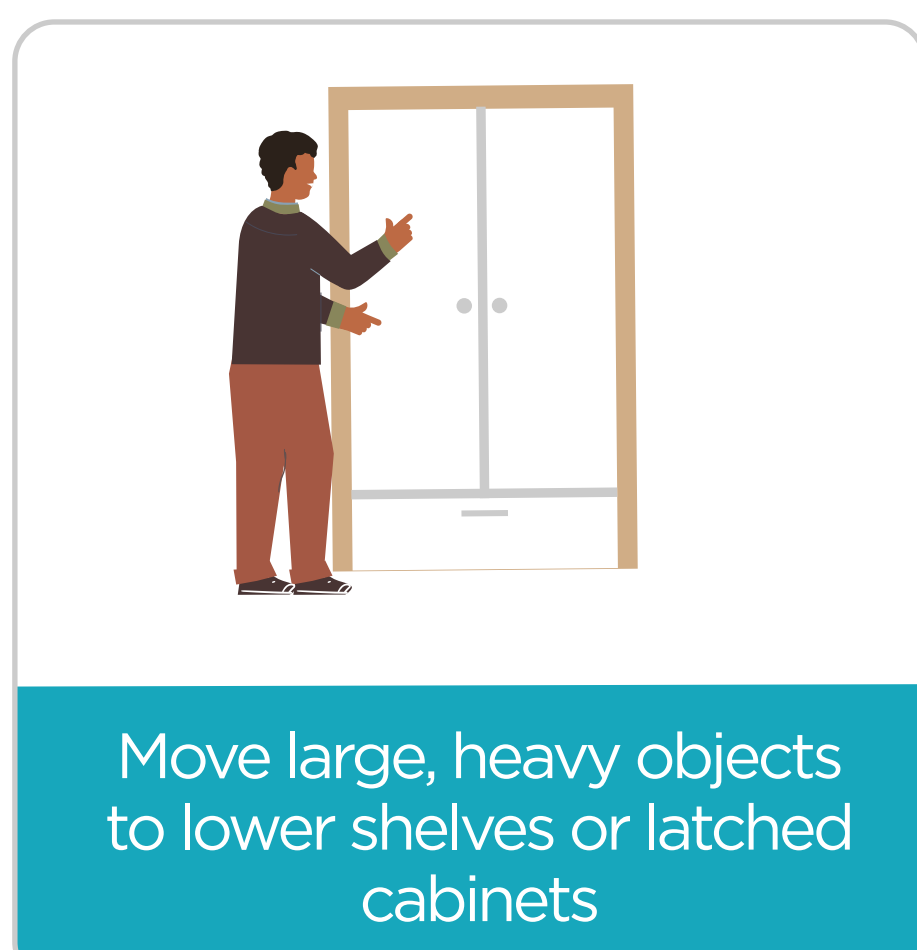
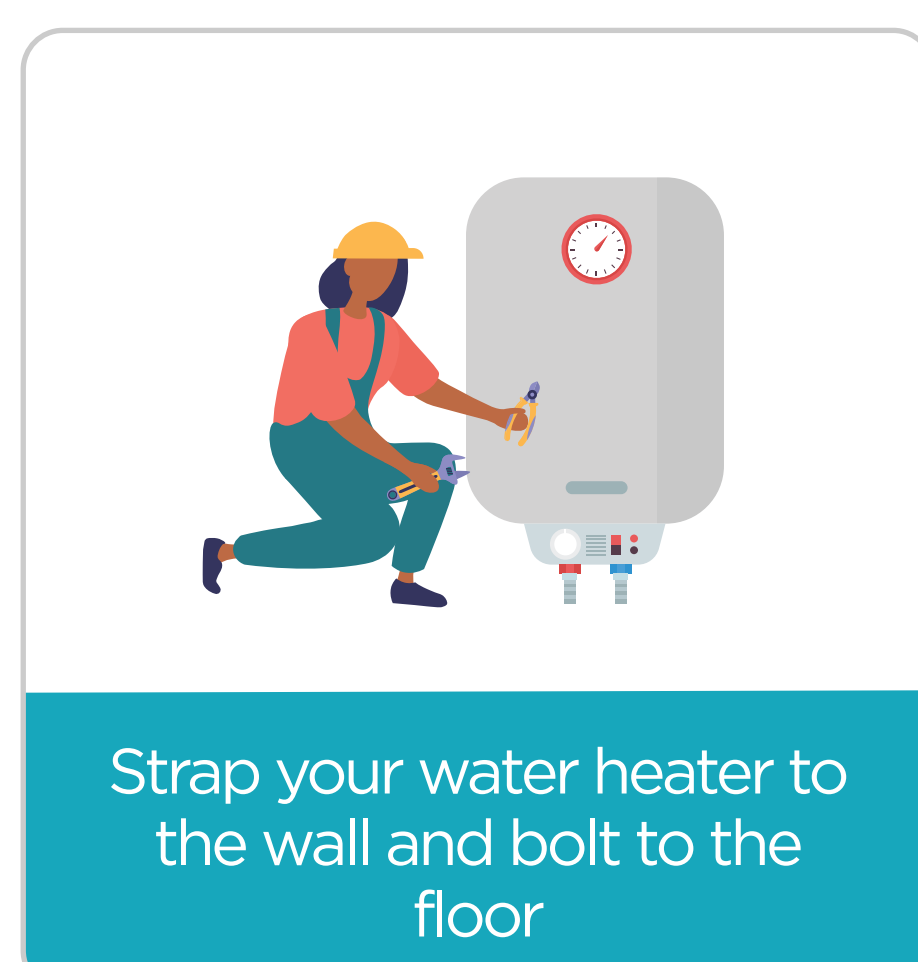
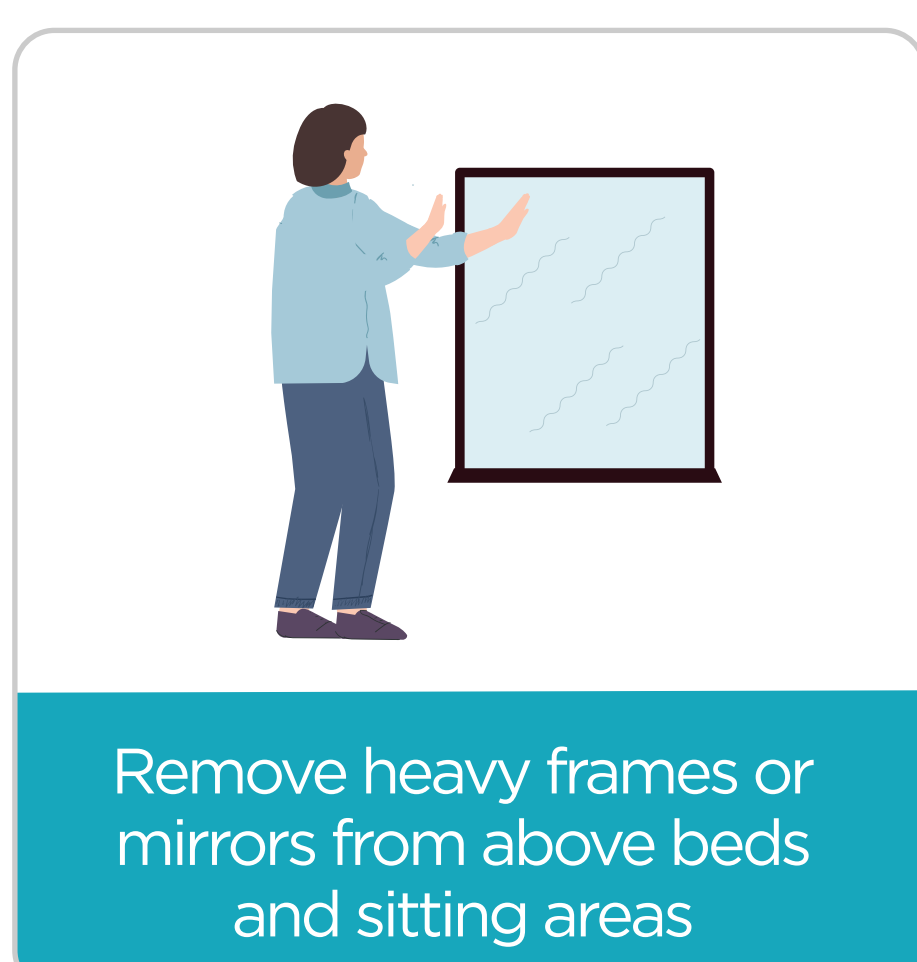


STOCK AN EARTHQUAKE SURVIVAL KIT

- **Include 3 days of food and water** for each family member
- **Stock a first aid** and learn how to use it properly
- **Keep a battery-powered radio** and extra batteries
- **Add flashlights**, a Swiss army knife, and can opener
- **Have some cash** and a credit card handy
- **A whistle** will help you notify others if you become trapped



EARTHQUAKE-PROOF YOUR HOME



DURING THE EARTHQUAKE

In the event of an earthquake, first protect yourself with 3 basic steps:



Drop - Drop to your hands and knees so you won't fall but you can still move around



Cover - Cover your head and neck with your hands and arms



Hold - Get under a table or desk and hang onto one of the legs

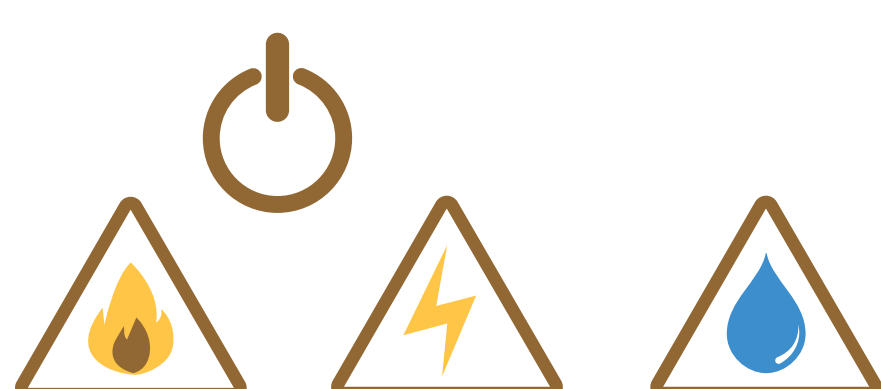
People in a wheelchair or using a walker should follow similar steps:

- Lock the device
- Lean over and cover your head
- Remain in that position until shaking stops



AFTER THE EARTHQUAKE

- **Get to safety** (evacuate the building you are in if it is unsafe)
- **Turn off gas, electricity**, and water if you remain inside
- **Check for others nearby** that might be hurt or need assistance



KNOW WHERE TO GO FOR INFORMATION

When disaster strikes, you need to know where to turn for the most up-to-date information.



- lafd.org/alerts
- Alert.lacounty.gov
- Weather.gov/alerts
- Lapdonline.org
- AlertOC
- Alert RivCo
- Ready.gov/alerts
- Fema.gov

During an emergency, your portable radio often becomes your most reliable source of information.



- **KPCC - 89.3 FM**
- **KCBS - 93.1 FM**
- **KIIS - 102.7 FM**
- **KFI - 640 AM**
- **KABC - 790 AM**
- **KNX - 1070 AM**
- **KBIG - 104.3**
- **KFRG - 95.1**