

FLASH

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PREPARE YOUR FAMILY

EMERGENCY



FLASH[®]
FEDERAL ALLIANCE FOR SAFE HOMES

Earthquake

Earthquakes strike with no warning, leaving many homeowners and families unprepared for injuries and property loss. Below are some tips to help safeguard your family against earthquakes.

Prepare

- Assemble disaster survival kits to last at least 72 hours for each person in the household.
- Choose a location where family members will meet if separated during the earthquake. Designate an out of town relative that family members can call or text.
- Plan and hold earthquake drills with your family during a “Great ShakeOut” earthquake drill (visit www.ShakeOut.org).
- Consider purchasing earthquake insurance.
- Consider taking Community Emergency Response Team (CERT) or American Red Cross training.

Survive

- Keep calm. Expect the earthquake to last from a few seconds to a few minutes.
- If indoors, **Drop, Cover and Hold On**. Drop down to the floor and take cover under a sturdy desk, table or other piece of furniture or an interior wall to protect your head and back from falling objects. Cover your head with your arms while holding onto the furniture and keep your position until the shaking stops.
- If outdoors, move into an open area away from trees, buildings, utility wires, signs, or anything that may fall on you. Stay there until the shaking stops.

Recover

- Check for injuries and administer first aid if possible. Don't move injured persons unless they are in immediate danger.
- Use TV, radio, or internet to gather emergency information and instructions.
- Check utilities for gas and water leaks, or broken electrical connections. Be prepared to turn off utilities in the event they are damaged or leaking.
- Clean up medications, cleaning products, or flammable liquids immediately.
- Open cabinets carefully, to avoid objects falling out.
- Be aware of aftershocks.

Protect your home in a *FLASH* with
the Federal Alliance for Safe Homes!

www.flash.org ■ toll-free 1-877-221-SAFE