

Earthquake Preparedness

Earthquakes occur suddenly and with little warning. Many times, earthquakes also have the additional hazards of aftershocks and tsunamis. Knowing what to do before, during, and after an earthquake can help reduce the physical, emotional, and financial strains that can come from being in an earthquake.



Before

- Create an emergency plan and a preparedness kit.
- Consider having an earthquake insurance policy.

During

- **Drop:** Drop to the ground. If using a wheelchair or walker, lock the wheels and remained seated.
- **Cover:** Cover your head and neck with your arms. Crawl underneath a sturdy table if a desk is available.
- **Hold On:** If you are under a table or desk, hold on with one hand and be ready to move with the furniture. If a table is not available, cover your head and neck with your arms and hands.

After

- Be prepared for aftershocks and possible coastal tsunamis.
- Pay attention to local news reports for emergency information and instructions.

