

Get Quake Ready

Six steps to stay safe in earthquake country



For peace of mind, take these steps to prepare for, survive and recover from the next quake.



Make a plan

Preparedness starts with a plan. Choose a place for your family to meet after a quake and an out-of-area contact person to relay messages.

- » Hold earthquake drills.
- » Use this card to record your emergency plan.



Secure your home

Make sure your house is as shakeproof as possible by retrofitting weak spots, strapping down furniture, and securing loose objects.

- » Consult a retrofitting expert to evaluate your home.
- » Consider investing in earthquake insurance.

Out-of-area emergency contacts

Primary contact name

Primary contact phone number(s)

Secondary contact name

Secondary contact phone number(s)

Local emergency contacts

Primary contact name

Primary contact phone number(s)

Secondary contact name

Secondary contact phone number(s)

Emergency meeting places

Near home

Out of the neighborhood

Workplace evacuation site

School/day care evacuation site



Get a kit

Store supplies to get you and your family through at least three days after a quake including:

- » Nonperishable food
- » One gallon (4 L) of water per person per day
- » Flashlight, crank radio and essential tools
- » First aid, medications, clothes, ID and cash



Drop, cover, hold on

When a quake starts, drop down where you are, and cover your head. If you're near heavy furniture, take cover underneath and hold on tight.

- » If outside, stay clear of trees and structures.
- » Repeat during aftershocks.



Check for hazards

When the shaking stops, check for injuries and damage to home electrical wires, gas lines and water pipes.

- » If you detect a leak, close your main natural gas valve. Wait for the gas company to restart your service.
- » In the Bay Area, tune in to 740 AM, 810 AM or 88.5 FM for emergency advisories.



Stay connected

Surviving a quake is a community effort. Get to know your neighbors now and work with these local organizations to get trained and be prepared:

www.alertsf.org
www.redcross.org
www.sf-fire.org
www.72hours.org

