Plan to be on your own for at least 2 weeks

- Water (1 gallon per person, per day)
- Food (non-perishable)
- Comfort/entertainment
- Medical equipment
- Glasses/eye care
- First aid kit
- Can opener
- NOAA alert radio
- Flashlight
- Personal hygiene items
- Pet supplies
- Cash
- Toilet paper
- Medications
- Identification & important documents
- Tools

Keep at least 2 weeks of supplies in your home. Have smaller kits for work, for every family member, and pets. Have a vehicle safety kit too.
BE PREPARED

MAKE A PLAN

Determine an accessible meeting place in case you have to leave your home or work, so you can reunite your family.

LEARN ABOUT DISASTER PLANS FOR

Your work
Your children’s school
Your medical and/or transportation provider
Other places where your family spends time

DEVELOP A COMMUNICATIONS PLAN

Write down emergency contact information
Tests are more likely to go through
Have an extra cell phone charger and batteries
An out-of-area contact can serve as a relay point for family communication

HELP EACH OTHER

Know how you’ll help people and pets who normally rely on you

-参与Great ShakeOut Earthquake Drill to practice how to stay safe during an earthquake
- www.shakeout.org
- Determine an accessible meeting place in case you have to leave your home or work, so you can reunite your family.
- Help organizations in your neighborhood that may need support during a disaster
- Attend free disaster skills workshops offered by your local emergency management office and learn basic survival skills

Check with your local emergency management office to:
• find out what hazards could affect your home and place of work
• sign up for emergency alerts and notifications
• identify your local emergency alert system (EAS) radio stations
• know your evacuation and alternate transportation routes

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DURING THE SHAKING

DROP!

COVER!

HOLD ON!

If there is no table around, get lower than the other furniture.

THINK

BENEATH

BESIDE

BETWEEN

AFTER THE SHAKING

CHECK YOUR BUILDING:

For structural damage

Shut off the water at the main valve

Shut off gas only if you:

Smell natural gas

Hear hissing

See the dial spinning rapidly

FOR MORE INFORMATION

Local television

Your local Emergency Management office

Emergency radio stations

NOAA weather radio channels

DISCLAIMER: The Central United States Earthquake Consortium or any of its Members are not responsible for any actions undertaken by any person utilizing information contained herein and assume no liability for any injury, death or property loss associated with earthquakes or other disasters.

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