

# Earthquake Checklist

A before, during and after earthquake checklist to secure your home and keep your family safe.

## Before: Secure Your Home

- ☐ Anchor tall bookcases, cabinets and shelving to wall studs
- ☐ Strap the water heater and major appliances to the wall
- ☐ Install latches on cabinets to keep doors shut
- ☐ Move heavy and breakable items to low, secure shelves
- ☐ Keep beds away from windows and heavy hanging objects
- ☐ Know how to shut off gas, water and electricity

## Before: Build Your Kit and Plan

- ☐ Store one gallon of water per person per day for three days
- ☐ Keep a three-day supply of non-perishable food and a can opener
- ☐ Pack a first aid kit, medications and sturdy shoes by each bed
  - Broken glass after a quake makes shoes essential right where you sleep
- ☐ Add flashlights, a radio, spare batteries and a whistle
- ☐ Identify safe spots in every room away from windows
- ☐ Set a family meeting place and an out-of-area contact

## Before: Practice and Plan

- ☐ Practice Drop, Cover and Hold On with everyone in the home
- ☐ Teach children how and when to call for help
- ☐ Keep copies of key documents in a waterproof container
- ☐ Plan how to reunite if family members are apart
- ☐ Review the plan and refresh supplies twice a year

## During: Drop, Cover and Hold On

- ☐ Drop to your hands and knees right where you are
- ☐ Take cover under a sturdy table or against an interior wall
- ☐ Hold on and protect your head and neck until shaking stops
- ☐ Stay indoors and away from windows, mirrors and heavy furniture
- ☐ If outdoors, move to an open area away from buildings and power lines
- ☐ If driving, pull over safely and stay in the vehicle

## After: Check for Hazards

- ☐ Expect aftershocks and be ready to Drop, Cover and Hold On again
- ☐ Check yourself and others for injuries and give first aid
- ☐ Smell for gas; if you suspect a leak, shut it off and leave
- ☐ Stay clear of downed power lines and broken glass
- ☐ Inspect your home for damage before re-entering or staying
- ☐ Listen to a battery radio for official information and updates