

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