

EARTHQUAKE GUIDE

STEP 1 - PREPARE

- Practice **Drop**, **Cover**, and **Hold On** with your family and coworkers.
- Make an <u>Emergency Plan</u>. Before a disaster strikes, set a plan with your family to know how to contact one another and reconnect if separated.
- Make an **Emergency Supply Kit.** After an earthquake, you may need to survive on your own for several days. Having enough food, water and other supplies is important to have ready in case of an emergency. 72HRS has various **Emergency Kits!** Choose one that best suites your needs.
- Secure Heavy Objects in your home.

 Items such as refrigerators, water heaters, televisions and objects on the wall. Store heavy objects on low shelves.
- Having **light** to see is very important!

 Keep a flashlight in a place that is familiar and easy to access in case of a power outage. Having at least one

 Hand-crank Flashlight in your house is a good idea as it does not rely on batteries.

STEP 2 - DURING

- Drop, Cover, and Hold On. Try to move as little as possible you are less likely and hold on. It to get injured if you stay where you are.

 Cover your head and neck underneath a shelter and hold on.
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- If you are **outside**, stay outside. Move as far away from buildings, telephone poles, and trees as possible. Find an open space and get down low.
- If you are near the **ocean**, drop, cover, and hold on. If shaking lasts longer than 20 seconds, immediately evacuate to high ground as there may be a chance of a townsmi
- head with a pillow or blanket. Do not try to run for cover, most injuries happen in the process.
- If you are in a moving **vehicle**, stop and park the car. Remain in the car until the shaking stops.

STEP 3 - AFTER

- Count 60 seconds before getting up and be ready to Drop, Cover, and Hold On if an aftershock occurs.
- If you are in **damaged building**, go outside and move away from that building. Never enter damaged buildings.
- Follow directions from **local authorities** and **first responder personnel.**
- If your home is severely damaged and unsafe to stay in, take your <u>emergency</u> <u>bag</u> and evacuate to somewhere safer.
- If you suspect a **gas leak**, turn off the gas valve and leave your home immediately. Once the gas is shut off at the meter, do not try to turn it back on only registered contractors can do that safely.
- Once you are safe, pay attention to local news reports for emergency information. Keeping a **NOAA radio** in your emergency kit is essential for this reason.
- Check to see if you have any injuries and help others if possible.

IMPORTANT FACTS









RECOMMENDED KITS





The 72HRS Essentials Kit
Available for 1-4 people

The 72HRS Deluxe Kit Available for 1–4 people