



EARTHQUAKE GUIDE

1

PREPARE

- Practice **Drop, Cover,** and **Hold On** with your family and coworkers.
- Make an **Emergency Plan**. 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 fits
- 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.

2

DURING

- If near the ocean, **drop, cover,** and **hold on**. If shaking lasts longer than 20 seconds, immediately evacuate to high ground due to the risk of a tsunami.
- If in bed during an earthquake, hold on and cover your head with a pillow or blanket. Do not attempt to run for cover as most injuries occur in the process.
- If in a moving vehicle, stop and park the car. Remain in the car until the shaking stops.

3

AFTER

- Follow directions from local authorities and first responder personnel.
- Provide first aid where needed; cool and cover burns to reduce the chance of further injury or infection.
- Inform friends and family that you're safe.
- Avoid entering fire-damaged homes until local fire authorities declare it safe to do so.
- Discard any food that has been exposed to heat, smoke, or soot.
- Keep pets under your direct control and watch them closely.

IMPORTANT FACTS

- The best time to prepare for any disaster is before it happens.
- If you're inside, stay inside. If you're outside, stay outside.
- Consider obtaining an earthquake home insurance policy.
- There can be serious hazards after an earthquake - be aware and stay safe!

