



Get Ready to ShakeOut 10.20.2016 at 10:20 a.m. Register at [www.ShakeOut.org/CentralUS](http://www.ShakeOut.org/CentralUS)

## Seven Steps to Earthquake Safety

<http://earthquakecountry.org/sevensteps/>

**PREPARE.** Before the next big earthquake, the California Earthquake Country Alliance recommends the following four steps that will help you, your family or your workplace better prepared to survive and recover quickly:

### Step 1.



Secure your space by identifying hazards and securing moveable items. Move heavy, unsecured objects from top shelves onto lower ones.

### Step 2.



Plan to be safe by creating a disaster plan and deciding how you will communicate in an emergency.

### Step 3.



Organize disaster supplies and store in convenient locations. Keep the disaster supply kits where you spend most of your time, so they can be reached even if your building is badly damaged.

### Step 4.



Minimize financial hardship by organizing important documents, strengthening your property and considering insurance (available in earthquake-prone states such as California).

**SURVIVE.** *During* the next big earthquake, and immediately after, is when your level of preparedness will make a difference in how you and others survive and can respond to emergencies:

Step 5.



***Drop, Cover and Hold On!*** when the earth shakes.  
***Drop*** where you are, onto your hands and knees.  
***Cover*** your head and neck with one arm and hand.  
***Hold On*** until the shaking stops. If in a wheelchair, **LOCK** the chair, **COVER** your head with your arms and **HOLD ON** to your neck with both hands.

Step 6.



Improve safety after earthquakes by evacuating, if necessary, helping the injured, and preventing further injuries or damage.

**RECOVER.** *After* the immediate threat of the earthquake has passed, your level of preparedness will determine your quality of life in the weeks and months that follow:

Step 7.



***Reconnect and Restore*** – Restore daily life by reconnecting with others, repairing damage and rebuilding the community. Following a disaster, your family, friends and neighbors can come together to start the process of recovery.

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