



Preparing for an **EARTHQUAKE**

Solano County Office of Emergency Services



Are You ready for an **EARTHQUAKE**?

Here's what you can do to prepare for such an emergency.

Prepare a Home Earthquake Plan

- Choose a safe place in every room, under a sturdy table or desk or against an inside wall where nothing can fall on you.
- Practice DROP, COVER and HOLD ON at least twice a year. Drop under a sturdy desk or table and hold on. Protect your eyes by pressing your face against your arm. If there is nothing sturdy, sit on the floor against an interior wall away from windows, bookcases, or tall furniture that could fall on top of you. Teach children DROP, COVER and HOLD ON.
- Choose and out of town family contact.
- Consult a professional to find out additional ways you can protect your home, such as bolting your home to its foundation and other structural mitigation techniques.
- Take a first aid class and keep your training current.
- Get training in how to use a fire extinguisher from your local fire department.
- Inform babysitters and caregivers of your plan.

Eliminate Hazards, by

- Bolting bookcases, china cabinets, and other tall furniture to studs in walls.
- Install strong latches on cupboards.
- Strap the water heater to wall studs.

Prepare a Disaster Supplies Kits for home and the car

- First aid kit, essential medications.
- Canned food and can opener.
- At least 3 gallons of water per person.
- Protective clothing, rainwear, and bedding or sleeping bags.
- Battery powered radio, flashlight, and extra batteries.
- Special items for babies, elderly and the disabled.
- Written instructions for how to turn off your gas, electricity and water. You will need a professional to turn them back on.
- Keeping essentials such as sturdy shoes and flashlight by your bedside.

Know What To Do When The Shaking Begins.

- DROP, COVER and HOLD ON!
- Move only a few steps to a nearby safe place
- Stay indoors until the shaking stops and your sure its safe to exit.
- Stay away from windows.
- In a high rise building expect the fire alarms and sprinklers to go off.
- If you are in bed, hold on a stay there, protecting your head with a pillow.
- If you are outdoors, find a clear spot away from buildings, trees and power lines. Drop to the ground.
- If you are in a car, slow down and drive to a clear place. Stay in the car until the shaking stops.

Identify What To Do When The Shaking Stops

- Check yourself for injuries. Protect yourself from further injury by putting on long pants, long sleeves and sturdy shoes. Give first aid for serious injuries, turn off gas if you think it's leaking, extinguish small fires, Get everyone