

WHEN THINGS START TO SHAKE

BE PREPARED FOR AN EARTHQUAKE

ARE YOU READY?

The more prepared you are before an earthquake, the more resilient you will be after an earthquake.

Earthquakes are sudden, rapid shaking of the ground that can cause tsunamis, landslides or avalanches, fires, buildings to collapse, other property damage and injuries.

While they can happen anywhere without warning, there are ways to increase your ability to **prepare, survive** and **recover**.

Prepare before (with family & coworkers): Make an emergency plan. *Practice **Drop, Cover and Hold On** (see below). Make a supply kit (food, water, flashlight, fire extinguisher, whistle). Protect your home (secure heavy items, consider improvements to strengthen your building and obtain insurance).

Stay safe during (survive): Protect yourself right away: (Car) Pull over, stop and set your parking brake. (Inside) Stay and do not run outside, and avoid doorways. (Bed) Turn face down and cover your head and neck with a pillow. (Outside) Stay outside and away from buildings.

Stay safe after (recover): Be aware of serious hazards (damaged buildings, leaking gas or water, or down power lines). Expect aftershocks to follow and be ready to protect yourself again. Go outside and quickly move away from buildings (do not enter damaged buildings).



DROP!



COVER!



HOLD ON!

1. Wherever you are, **drop** down to the floor and hold onto something sturdy.

2. **Cover** your head and neck with your arms. If a sturdy table or desk is nearby, use it for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows). Stay on your knees or bent over to protect vital organs.

3. If you are under a table or desk, **hold on** with one hand and be ready to move with it if it moves. If seated and unable to drop to the floor, bend over, cover your head with your arms and hold on to your neck with both hands.

Earthquake Info Poster https://www.ready.gov/sites/default/files/2020-03/ready_earthquake-information-sheet.pdf

How to Prepare <https://www.ready.gov/sites/default/files/2020-03/how-to-prepare-for-an-earthquake.pdf>

How to Prepare Organization www.ready.gov/sites/default/files/2020-07/prepareathon-playbook-earthquakes.pdf

Earthquake Home Safety https://www.fema.gov/sites/default/files/2020-08/fema_earthquakes_fema-p-530-earthquake-safety-at-home-march-2020.pdf

Shake Out (SO) Earthquake Drill <https://www.shakeout.org/> SO Videos <https://www.youtube.com/user/greatshakeout>

***International ShakeOut Day/Drill is always the third Thursday of October (this year: October 15, 2020).**

For additional information on agency planning for earthquakes or other emergencies please contact: Caron Nazario at Caron.Nazario@vdh.virginia.gov