



EARTH QUAKE

PREPAREDNESS

Earthquakes strike without warning, and can cause landslides, fires, electrical hazards, road destruction, even tsunamis. **Being ready for these events is essential** due to their sudden and unpredictable nature.

BEFORE

- Develop an emergency plan
- Store extra food & water
- Practice **DROP, COVER & HOLD ON**
- Secure loose furniture and appliances
- Have supplies & first aid ready
- Pack an emergency bag to keep essential items easily accessible in case of evacuation

DURING

- If inside, **DROP, COVER, & HOLD ON**
- Stay away from windows
- Stay indoors until it's safe to exit away from buildings
- If you're outside, move to an open area clear of objects that could fall

AFTER

- Evaluate your surroundings
- Be prepared for aftershocks
- Check yourself for injuries and attend to others if they need help
- If in a damaged building, go outside
- Establish communication with your family
- If near an area that may experience a tsunami move inland or to higher ground

1



DROP

where you are,
onto your hands
and knees.

2



COVER

your head and
neck with one
arm and hand.

3



HOLD ON

until the
shaking stops.



SCAN THE CODE
or visit [vcfd.org/
earthquake-preparedness](http://vcfd.org/earthquake-preparedness)
for more information.