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STEPS TO PREPARE FOR ANY DISASTER



STEP 1. GET ALERTS

Set up tools on your phone to get emergency alerts and public safety warning messages where you live and work at [CalAlerts.org](https://www.calalerts.org)



STEP 2. MAKE A PLAN

Discuss how loved ones will get to safety and find each other.



STEP 3. PACK A GO BAG

Pack important documents ahead of time. Be ready to grab keys, wallet, phone/charger, medication, and personal items.



STEP 4. MAKE A STAY BOX

Pack supplies for at least 3 days at home with no water or power: food that won't spoil, water, plastic bags/bucket for toilet, flashlight, radio, first aid kit, and batteries.



STEP 5. HELP OTHERS

Be ready to help those in need.

RESOURCES

**Governor's Office of
Emergency Services (Cal OES)**
[CalOES.ca.gov](https://www.CalOES.ca.gov)

Learn your area's risks, find help for survivors

ListosCalifornia.org
Disaster readiness, response, and recovery

Earthquake Warning California
[earthquake.ca.gov](https://www.earthquake.ca.gov)
Get earthquake alerts on your phone



**Quick Guide to Safety
Before, During, and After**

EARTHQUAKES



Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES



BEFORE AN EARTHQUAKE



Set up one of these tools on your phone to get lifesaving seconds of notice from Earthquake Early Warning:

- MyShake App
- Android Earthquake Alerts
- Wireless Emergency Alerts (WEAs)



Practice earthquake safety drills. Know where you would **DROP, COVER, and HOLD ON** in different spaces in your home and at work.



If using a wheelchair or walker, practice **LOCK, COVER, and HOLD ON**.



Plan to use a car or battery-powered radio for updates in a power outage.



Attach TVs and tall furniture to walls. Move heavy objects to lower shelves.



Learn how to turn off gas, electricity, and water in your home.



Fully charge backup batteries. Prepare to keep medicines cold and medical and assistive devices charged in power outages.



Be ready to stay home for days with jugs of water, food you can eat without power, bandages, and items you need every day.



If by the coast, learn your local tsunami evacuation route, indicated by street signs.

DURING AN EARTHQUAKE



If indoors, don't rush outside or stand in a doorway.



DROP, COVER, and HOLD ON! DROP onto your hands and knees. **COVER** your head and neck with one arm and hand and crawl under a strong table or desk. **HOLD ON** to on to it with one hand.



If using a wheelchair, **LOCK, COVER, and HOLD ON. COVER** your head with your arms.



If in bed, stay there and cover your head with a pillow.



If outdoors, move away from anything that could fall, like trees, buildings, or power lines. **DROP** on the ground to keep from falling. **COVER** your head with your arms.



If driving, pull over and stop away from trees, bridges, buildings, or power lines. Set emergency brake.



Do not use elevators!



When shaking stops, watch for falling debris.



If you get trapped under debris, call 911 if you can. Cover your face with your shirt to avoid breathing dust. Try to bang on metal or another object to help others find you.



Stay away from beaches, in case of tsunamis. A tsunami may be followed by even larger waves.

AFTER AN EARTHQUAKE



Be ready for aftershocks over several days or weeks. Whenever you feel shaking, **DROP, COVER, and HOLD ON**.



If the earthquake was strong and long, watch for signs of a tsunami near the coast: a very loud ocean roar, or the tide pulling out too far or rising too quickly. Follow your tsunami evacuation route or rush to any higher ground.



Listen to local radio, TV, or other reliable sources for emergency information.



Check for hazards. If you smell gas, get everyone out, turn off valve, and dial 911. Call utility company and 911 for downed power lines.



If your home is damaged and no longer safe, leave and go to a safer place. Call 211 to find exit routes and safe shelters.



Beware of tripping hazards, sharp debris, falling trees, and damaged structures. Avoid using candles or other flames, due to risk of gas leaks.



Check in with family, friends, and neighbors.



Don't enter damaged buildings. Wait until officials say it is safe.



If you see damage that risks public safety, contact 911 or your local emergency manager.