

# ACTIONS TO TAKE DURING A QUAKE



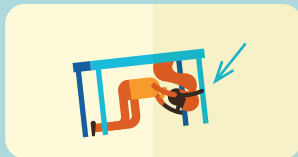
## DURING THE SHAKING



DROP



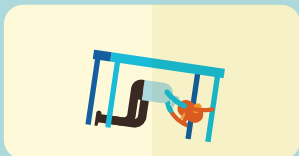
COVER



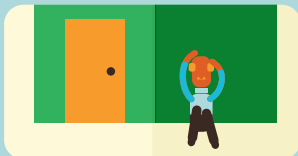
AND HOLD ON

If there is no table around, get lower than the other furniture.

## THINK



BENEATH



BESIDE



BETWEEN

# AFTER THE SHAKING

## CHECK YOUR BUILDING:

For structural damage

Shut off the water at the main valve

Shut off gas only if you:

→ Smell natural gas

→ Hear hissing

→ See the dial spinning rapidly

- Check for injuries and apply basic first aid
- Leave building if unsafe
- Help your neighbors



## FOR MORE INFORMATION

Local television

Your local Emergency Management office

Emergency radio stations  
NOAA weather radio channels

Twitter @waEMD

Facebook facebook.com/WashEMD

# 2 WEEKS READY

## BUILD KITS

Plan to be on your own for at least 2 weeks



Water (1 gallon per person, per day)



Food (non-perishable)



Comfort/entertainment



Medical equipment



Glasses/eye care



First aid kit



Can opener



Sturdy shoes



NOAA alert radio



Extra batteries



Flashlight



Warm clothes



Personal hygiene items



Fire extinguisher



Tools



Pet supplies



Cash



Toilet paper



Medications



Identification & important documents



Keep at least 2 weeks of supplies in your home. Have smaller kits for work, for every family member, and pets. Have a vehicle safety kit too.

# BE PREPARED

## MAKE A PLAN

Determine an accessible meeting place in case you have to leave your home or work, so you can reunite your family.



## LEARN ABOUT DISASTER PLANS FOR



- Your work
- Your children's school
- Your medical and/or transportation provider
- Other places where your family spends time



- Check with your local emergency management office to:
- find out what hazards could affect your home and place of work
- sign up for emergency alerts and notifications
- identify your local emergency alert system (EAS) radio stations
- know your evacuation and alternate transportation routes

## DEVELOP A COMMUNICATIONS PLAN



## HELP EACH OTHER

Know how you'll help people and pets who normally rely on you

Write down emergency contact information



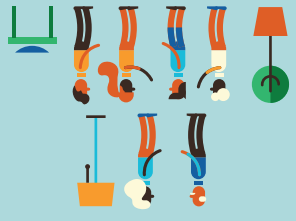
Texts are more likely to go through



Have an extra cell phone charger and batteries



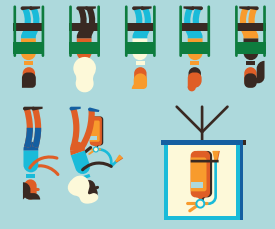
An out-of-area contact can serve as a relay point for family communication



Form a neighborhood group: for examples and suggestions, see Map Your Neighborhood at: [emd.wa.gov/myn](http://emd.wa.gov/myn)



Help organizations in your neighborhood that may need support during a disaster



Attend free disaster skills workshops offered by your local emergency management office and learn basic survival skills

Map Your Neighborhood  
**MYN**

