

EARTHQUAKE CHECKLIST

Earthquakes strike suddenly, without warning, and they can occur at any time of the year, day or night. Forty-five states and territories of the United States are at moderate to very high risk of earthquakes, and they are located in every region of the country.



DURING:

1. Drop, cover and hold on. Move as little as possible.
2. Stay indoors until the shaking stops and you are sure it is safe to exit. If you must leave the building after the shaking stops, use stairs rather than an elevator in case there are aftershocks, power outages or other damage.

IF YOU ARE OUTSIDE WHEN THE SHAKING STARTS...

- Find a clear spot (away from buildings, power lines, trees, streetlights) and drop to the ground. Stay there until the shaking stops.

IF YOU ARE IN A VEHICLE...

- Pull over to a clear location and stop. Avoid bridges, overpasses and power lines if possible. Stay inside with your seat belt fastened until the shaking stops. Then, drive carefully, avoiding bridges and ramps that may have been damaged.
- If a power line falls on your vehicle, do not get out. Wait for assistance.

AFTER:

1. Expect and prepare for potential aftershocks, landslides or even a tsunami. Tsunamis are often generated by earthquakes in coastal areas.
2. Each time you feel an aftershock, drop, cover and hold on. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
3. Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
4. Watch out for fallen power lines or broken gas lines and stay out of damaged areas.

PLANNING AHEAD:

1. Create a family disaster plan – review and practice with your family.
2. Put together an emergency kit including at least three days' worth of food and water for every family member.
3. Install strong latches or bolts on cabinets.
4. Place large and heavy objects and breakable items (bottled foods, glass or china) on lower shelves.
5. Anchor top-heavy and freestanding furniture such as bookcases, china cabinets and other tall furniture to wall studs to keep these from toppling over in an earthquake. Anchor overhead lighting fixtures to joists.
6. Bolt and brace water heaters and gas appliances to wall studs.



To learn more, call **REDCROSS from your mobile phone and download the free Red Cross earthquake app or visit [redcross.org/prepare](https://www.redcross.org/prepare).



American Red Cross