

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



NOAA alert radio



Flashlight



Personal hygiene items



Tools



Pet supplies



Cash



Toilet paper



Medications



Identification & important documents



Sturdy shoes



Extra batteries



Warm clothes



Fire extinguisher

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.



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



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



Form a neighborhood group: For examples and suggestions, see Map Your Neighborhood at: emd.wa.gov/myn



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

HELP EACH OTHER

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



Have an extra cell phone and batteries



Texts are more likely to go through



Write down emergency contact information



DEVELOP A COMMUNICATIONS PLAN

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



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

LEARN ABOUT DISASTER PLANS FOR

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

MAKE A PLAN

BE PREPARED