

EARTHQUAKE READINESS GUIDE



ENGLISH

EARTHQUAKE SAFETY TIPS

1

Get Alerts



2

Make a Plan



3

Make a Go-Bag/Stay-Box



4

Take Protective Actions



5

Reconnect,
Recover,
Rebuild



1 GET ALERTS TO KNOW WHAT TO DO



Earthquakes can happen anywhere, anytime.

The California Earthquake Early Warning System marries ground motion technology with mobile devices to detect earthquakes before humans can feel them, providing warnings to individuals and communities to take protective actions.



Download the MyShake App at earthquake.ca.gov to receive notifications when an earthquake with a magnitude of 4.5 or higher happens in your area.



Sign up for alerts in your county at calalerts.org.



Follow your local authorities on social media.



Note the local radio station that carries emergency alerts. A directory of county emergency resources is available at listoscalifornia.org.

1 GET ALERTS TO KNOW WHAT TO DO



WHAT IS THE CALIFORNIA EARTHQUAKE EARLY WARNING SYSTEM?

Managed by the California Governor's Office of Emergency Services (Cal OES), the California Earthquake Early Warning System, powered by ShakeAlert, is the country's first publicly available, statewide warning system that uses ground motion sensors to detect earthquakes before humans can feel shaking. When an earthquake is detected, the system initiates an alert that can provide crucial seconds for people to take cover.



WHAT IS THE MYSHAKE APP?



The MyShake app is a free smartphone application available to download on mobile devices that provides shaking alerts for earthquakes of a magnitude of 4.5 or higher. The alerts instruct people to Drop, Cover, and Hold On, or Lock, Cover, and Hold On, before shaking begins.



WHAT ARE WIRELESS EMERGENCY ALERTS (WEAS)?

Wireless Emergency Alerts (WEAs) are targeted no-cost text messages alerting mobile users of emergency situations, including earthquakes with a magnitude of 5.0 or higher. To receive these messages, enable Emergency Alerts in the phone Settings.



LOCAL EMERGENCY ALERTS

Stay up to date with local emergencies by signing up with a county alerting program. Register with a county at calalerts.org.

2 MAKE A PLAN



BE PREPARED WITH A PLAN THAT INCLUDES:



Plan should include locations in every room of the house where you can Drop, Cover, Hold On (or Lock, Cover, and Hold On).



If you have to evacuate, after shaking concludes, know where to meet your people that is easily recognizable and accessible.



Create a contact sheet with family, friends, first responders (fire/police).



Print a copy of your earthquake insurance policy.



Learn how to turn off gas, electricity, and water.



Practice safety drills.



Visit earthquake.ca.gov for more resources to get prepared. Refer to the [Listos Readiness Guide](#) for a plan template or check out more tips in the [Listos Quick Guide to Earthquake Safety](#).

2 MAKE A PLAN



SITUATIONAL CONSIDERATIONS:



Secure furniture to create safe spaces for kids and infants and safeguard accessible pathways.



Have emergency kits ready for your pets or service animal, and designate a safe area for them to shelter.



Ensure older adults have easy access to emergency supplies and support during earthquakes.



Develop earthquake plans tailored to the unique needs of your location, including access to resources and evacuation routes.



Familiarize yourself with the emergency response plans of your social networks (schools, day care, work, etc.).



Identify and support individuals that are pregnant, need mobile assistance, or have special communication needs. Make a plan for those living in the household or in your community and address how their needs will be met during an emergency.

3 MAKE A GO-BAG



CREATE A GO-BAG:

 Earthquakes can happen fast, leaving little to no time to gather essential items. Have a Go-Bag, a pre-packed emergency kit containing essentials for survival and safety during evacuation or immediate crisis situations, ready and accessible. Some common items include:

	Copies of key documents such as identification and insurance; photos of family and pets.
	Cash of small bills \$1 & \$5 - save up a little at a time.
	Paper map with routes out of neighborhood.
	Medications, list of prescriptions, and medical information.
	Charging equipment for phones and assistive equipment/devices.
	First aid supplies.
	Supplies for your pets or service animals.
	This Earthquake Readiness Guide.

3 MAKE A STAY-BOX



CREATE A STAY-BOX:

 Earthquakes and aftershocks can cause damage to infrastructure, preventing evacuation or restricting access. Assemble a Stay-Box, a prepared container with essential supplies, to be prepared to shelter in place during emergencies or disasters. Some common items include:



Prepare for at least 3 days at home without water or electricity.



Water – three gallons per person per day.



Non-perishable foods that do not require electricity or gas to prepare.



Trash bags, ties, and bucket can be used as a toilet.



Flashlights and portable radios with extra batteries.



Supplies for your pets or service animals.

4 TAKE PROTECTIVE ACTIONS

IF YOU FEEL SHAKING OR GET AN ALERT:

If Possible:



Using a Cane:



Using a Walker:



Using a Wheelchair:



4 TAKE PROTECTIVE ACTIONS

WHAT TO DO DURING SHAKING:



Indoors: Drop, Cover, and Hold On, or Lock, Cover, and Hold On. Shelter where you are; do not move about your home. If under a sturdy desk or table, hold on to one leg of the desk or table. If there is no table nearby, try to drop next to an inside wall.



In a Car: Pull over, stop, set the parking brake.



Outdoors: Drop, Cover, and Hold On, or Lock, Cover and Hold On, to protect from objects that may be thrown through the air. Avoid power lines, trees, signs, buildings, vehicles and other hazards.



In Bed: Do not get out of bed. Turn face down and use a pillow to protect your head and neck. Hold on and stay put until shaking stops.

4 TAKE PROTECTIVE ACTIONS

WHAT TO DO DURING SHAKING:



Public Transit: Listen for traffic alerts and warning alarms. Follow directions from operators.



Near the Coast: Drop, Cover, and Hold On, or Lock, Cover and Hold On. As soon as shaking stops and you are able to stand, walk quickly inland and/or to higher ground. Don't wait for official alert messaging.



Follow Authorities: Listen for instructions to shelter in place or evacuate.

5 RECONNECT, RECOVER, REBUILD

Be prepared for aftershocks, and be ready to Drop, Cover, and Hold On again.

ANTICIPATE FIRST RESPONDER DELAYS



- Only call 911 during life threatening emergencies.

FOLLOW INSTRUCTIONS BY AUTHORITIES



- Evacuate or remain in place as instructed.
- Do not enter damaged buildings.

CHECK FOR HAZARDS



- Conduct a safety check of your home: Check for gas leaks, chemical spills, damaged electrical wiring and/or broken water pipes.

STAY INFORMED



- Monitor local radio or television reports.
- Follow trusted public safety social media sources.

USE YOUR EMERGENCY NETWORK



- Contact family and loved ones.
- Check on neighbors, talk with them about what help they might need, and be willing to help where you can.

INSURANCE



- Take pictures of damage right away.
- Contact your insurance agent or company to begin your claims process.
- Keep records of any repair or cleaning costs.

EARTHQUAKE PREPARATION CHECKLIST

Having a well-prepared list of important information can be crucial in the event of an earthquake. Here are key details you should have written down and in your Go-Bag:

PERSONAL AND HOUSEHOLD INFORMATION

Full Names and Birthdates

All family members: _____

Medical Information

Allergies: _____

Current medications: _____

Health conditions: _____

Emergency Contacts

Names, phone numbers, and addresses of close family and friends:

To further develop your personal and family resource information, visit the [Cal OES Family Readiness Guide](#).

EARTHQUAKE PREPARATION CHECKLIST

EMERGENCY SERVICES AND UTILITIES

Local Emergency Numbers

Police: _____

Fire Department: _____

Other Assistance: _____

Utilities

Gas company: _____

Electric company: _____

Water company: _____

IMPORTANT ADDRESSES & INFORMATION

Hospitals and Clinics

Nearest hospital: _____

Nearest urgent care: _____

Workplaces and Schools

Contact information for workplace(s): _____

Contact information for school(s): _____

EARTHQUAKE PREPARATION CHECKLIST

EVACUATION AND MEETING PLANS

Evacuation Routes

Multiple routes out of your neighborhood: _____

Designated Meeting Places

Primary meeting spot near home: _____

Secondary meeting spot outside the immediate area: _____

FINANCIAL AND LEGAL INFORMATION

Insurance Information

Homeowners/renters insurance policy numbers and contact info: _____

Health insurance details: _____

Car insurance details: _____

Banking Information

Bank contact details: _____

Account numbers: _____

EARTHQUAKE PREPARATION CHECKLIST

OTHER IMPORTANT INFORMATION

Pet/Service Animal Information

Veterinarian contact info: _____

Medical records: _____

List of Essentials

Important items to grab if evacuation is necessary:

Copies of Important Documents

- ☐ IDs (driver's licenses, passports)
- ☐ Birth certificates
- ☐ Social Security cards
- ☐ Property deeds and titles
- ☐ Legal documents (wills, power of attorney)

TIPS

-  **Keep multiple copies** of this information: one in your emergency kit, one in your car, and one in a safe place at home.
-  **Digitize important documents** and store them securely online or on a USB drive that you can keep in your stay or go bag.
-  **Update the information regularly** to ensure accuracy and completeness.

EARTHQUAKE PREPARATION CHECKLIST

SUPPLIES CHECKLIST

Stay Box & Go Kit Contents

- ☐ Battery-powered or hand-crank radio
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Whistle (to signal for help)
- ☐ Dust masks (to filter contaminated air)
- ☐ Wrench or pliers (to turn off utilities)
- ☐ A map with at least 2 evacuation routes
- ☐ Cell phone with chargers and backup battery
- ☐ Alternate power source (emergency phone bank)
- ☐ One complete change of warm clothes and sturdy shoes per person
- ☐ Sleeping bag or warm blanket for each person
- ☐ Rain gear
- ☐ Matches in a waterproof container
- ☐ Personal hygiene items
- ☐ A list of medications including dosage and any allergies
- ☐ Paper towels
- ☐ Paper and pencil
- ☐ Cash/check/change

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EARTHQUAKE PREPARATION CHECKLIST

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Stay Box Contents

- ☐ Water (three gallons per person)
- ☐ Food (food that won't spoil or require cooking)
- ☐ Manual can opener (for food)
- ☐ Mess kits, paper cups, plates, paper towels, and plastic utensils
- ☐ Bucket, plastic bags, ties, and personal hygiene items

Being prepared with this comprehensive list can greatly improve your safety and readiness during an earthquake.

