



Earthquake Readiness

Small steps. Practical preparation. Keep this page where you can find it.

BEFORE SHAKING

- ☐ Secure tall furniture and heavy items; move heavy objects away from beds.
- ☐ Identify safer places away from windows in each room.
- ☐ Keep shoes, a flashlight and emergency supplies accessible.
- ☐ Practice Drop, Cover and Hold On, adapted to mobility needs.

DURING AND AFTER

- ☐ During shaking, drop, cover your head and neck, and hold on; do not run outside.
- ☐ If in bed, stay there and protect your head with a pillow.
- ☐ Expect aftershocks and avoid damaged structures.
- ☐ Check official instructions and injuries; leave safely if the building is unsafe.

SAFETY NOTE Do not enter damaged buildings. If you smell gas, leave and contact emergency services from a safe location.

Checked by: _____ Date: _____ Review again: _____

Full guide: [readyguidance.com/preparedness/earthquake-preparedness/](https://www.readyguidance.com/preparedness/earthquake-preparedness/)

Safety reference: <https://www.ready.gov/earthquakes>