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
- Glasses/eye care
- Comfort/entertainment

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.
Participate in the Great ShakeOut Earthquake Drill to practice how to stay safe during an earthquake. Learn more at: www.shakeout.org

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

Help organizations in your neighborhood or community that may need support during a disaster or emergency.

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

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

DEVELOP A COMMUNICATIONS PLAN

- Have an extra cell phone, charger, and batteries
- An out-of-area contact can serve as a relay point for family communication
- Write down emergency contact information
- Texts are more likely to go through

HELP EACH OTHER

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

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DURING THE SHAKING

DROP!

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

COVER!

THINK

HOLD ON!

BENEATH

BESIDE

BETWEEN

AFTER THE SHAKING

CHECK YOUR BUILDING:

Check building for damage

If you see a leak, shut off the water at the main valve

Shut off gas only if you:

Smell natural gas

Hear hissing

See the dial spinning rapidly

FOR MORE INFORMATION

Local television

Your local Emergency Management office

Emergency radio stations

NOAA weather radio channels

Original content and design was graciously provided by the State of Washington, Emergency Management Division. The Central United States Earthquake Consortium or any of its Members are not responsible for any actions undertaken by any person utilizing information contained herein and assume no liability for any injury, death or property loss associated with earthquakes or other disasters.

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