

Do You Live in an Earthquake Zone?

Maybe you currently live in a region that is prone to earthquakes, maybe you don't currently but this might be something that will apply to us in future.

Preparations Before an Earthquake - The best time to prepare for any disaster is before it happens.

- Practice how to protect yourself during earthquakes with family and co-workers.
- Make an Emergency Plan: Create a [family emergency communications plan](#) that has an out-of-state contact. Plan where to meet if you get separated.
- [Make a supply kit](#) that includes enough food and water for several days, a flashlight, a fire extinguisher and a whistle.
 - Being prepared allows you to avoid unnecessary trips and address minor medical issues at home, lessening the burden on urgent care centres and hospitals.
 - Remember that not everyone can afford to respond by stocking up on necessities. For those who can afford it, make essential purchases and slowly build up supplies.
- Protect Your Home: Secure heavy items in your home like bookcases, refrigerators, water heaters, televisions and objects that hang on walls. Store heavy and breakable objects on low shelves.
 - Consider making improvements to your building to fix structural issues that could cause your building to collapse during an earthquake.
 - Consider obtaining an [earthquake insurance policy](#). A standard homeowner's insurance policy does not cover earthquake damage.

What to do in the Event of an Earthquake



To stay safe during an earthquake, remember to **Drop, Cover, and Hold On**. Stay indoors if you are already inside, and move to an open area away from power lines if you are outside.

Immediate Action Steps

- **Drop:** Drop to your hands and knees right where you are so the shaking does not knock you down.
- **Cover:** Cover your head and neck with your arms. Crawl under a sturdy table or desk if one is close. If no table is near, crouch next to an inside wall away from windows.
- **Hold On:** Hold onto your shelter with one hand and move with it, or keep protecting your head and neck with both hands until the shaking stops.



Using a Walker or Wheelchair?



LOCK!



COVER!



HOLD ON!

If you use a walker or wheelchair: **LOCK** your wheels (if applicable). If using a walker carefully get as low as possible. Bend over and **COVER** your head/neck with your arms, a book, or a pillow. Then **HOLD ON** until the shaking stops.



LOCK!



COVER!



HOLD ON!

Indoor Safety Rules

- **Stay inside:** Do not run outside or to other rooms while the ground is shaking. Most injuries happen when people move around.
- **Avoid doorways:** Doorways do not protect you from falling or flying objects better than an ordinary room.
- **Stay in bed:** If you are in bed, stay there, turn face down, and cover your head and neck with a pillow.

Outdoor and Vehicle Rules

- **Move to clear areas:** If you are outside, stay outside. Move away from buildings, trees, streetlights, and power lines, then drop and cover.
- **Pull over in a car:** Pull your car over to a clear spot away from bridges, trees, and overpowers. Set the parking brake and stay inside with your seatbelt fastened until the shaking stops.

Post-Shaking Safety

- **Watch for aftershocks:** Be ready to drop, cover, and hold on again if extra shaking happens.
- **Check for hazards:** There can be serious hazards after an earthquake, such as damage to the building, leaking gas and water lines or downed power lines.
- If you are in a damaged building, go outside and quickly move away from the building. Do not enter damaged buildings.
- If you are trapped, send a text or bang on a pipe or wall. Cover your mouth with your shirt for protection and instead of shouting, use a whistle.
- If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops. Avoid contact with floodwaters as they can contain chemicals, sewage and debris.
- Check yourself to see if you are hurt and help others if you have training. Be the help until help arrives.
- If you are sick or injured and need medical attention, contact your healthcare provider for instructions. If you are experiencing a medical emergency, call 9-1-1.

- Once you are safe, pay attention to local news reports for emergency information and instructions via battery-operated radio, TV, social media or from cell phone text alerts.
- Use social media to let people know you're okay.
- Use text messages to communicate. This may be more reliable than phone calls and can save battery power.
- Be careful when cleaning up. Wear protective clothing, including a long-sleeved shirt, long pants, work gloves and sturdy thick-soled shoes. Do not try to remove heavy debris by yourself. Use an appropriate mask if cleaning mould or other debris. People with asthma and other lung conditions and/or immune suppression should not enter buildings with indoor water leaks or mould growth that can be seen or smelled. Children should not take part in disaster clean-up work.