

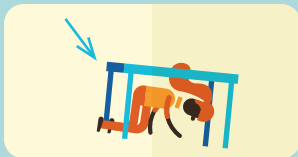
# ACTIONS TO TAKE DURING A QUAKE



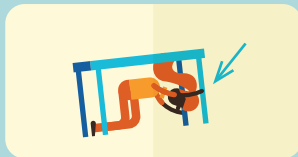
## DURING THE SHAKING



DROP



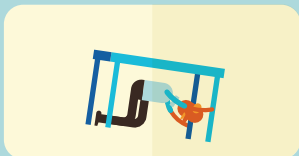
COVER



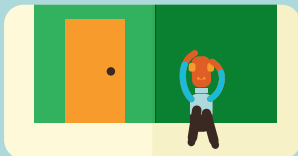
AND HOLD ON

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.

# BE PREPARED

## MAKE A PLAN

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



## 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
- know your evacuation and alternate transportation routes

Map Your Neighborhood  
MYN



## DEVELOP A COMMUNICATIONS PLAN



Write down emergency contact information



Texts are more likely to go through



Have an extra cell phone charger and batteries



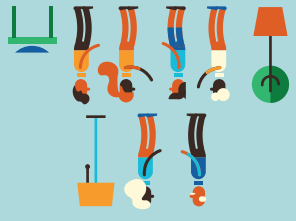
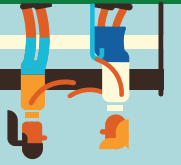
An out-of-area contact can serve as a relay point for family communication

## HELP EACH OTHER

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



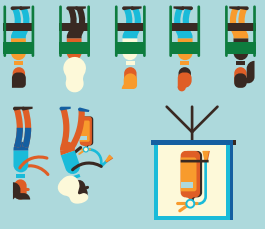
—Woofi



Form a neighborhood group: for examples and suggestions, see Map Your Neighborhood at: [emd.wa.gov/myn](http://emd.wa.gov/myn)



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



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