

THE SEVEN **7** STEPS FOR EARTHQUAKE & TSUNAMI SAFETY

Tear off this page and put it on your refrigerator, bulletin board or other prominent place. Make copies for other family members.

Before an earthquake or tsunami – PREPARE

1 Identify hazards (pg 20)

- Identify items that may fall, topple or slide
- Secure potentially hazardous and valuable items
- Determine if you live, work or play in a tsunami hazard zone

2 Create a disaster preparedness plan (pg 22)

- Practice “Drop, Cover, and Hold On” drills
- Collect critical supplies
- Choose a meeting place and an out-of-area contact
- Recognize the natural and official warnings of a tsunami and know how to respond

3 Prepare survival kits (pg 23)

- Create kits for home, work and car
- Be prepared to be isolated for at least a week

4 Identify weaknesses (pg 24)

- Identify weaknesses in your building and fix them
- Contact your local government and find out what tsunami plans are in your community

During the earthquake – PROTECT

5 Protect yourself during an earthquake (pg 26)

- **DROP** to the floor
- **TAKE COVER** under a sturdy table or desk
- **HOLD ON** until the shaking stops

After the earthquake – RECOVER

6 Evacuate if necessary, check for injuries and damage (pg 27)

- If you are in a tsunami hazard zone, immediately **WALK** to higher ground or inland away from coast
- Check for injuries and damage

7 Follow your plan (pg 28)

- If you evacuated coastal areas—stay away until officials permit you to return
- Be in communication—use your radio for info
- Expect aftershocks—some may be large enough to do additional damage

IMPORTANT INFORMATION

Out-of-Area Contact Name _____	Phone _____
Email _____	Phone _____
Neighborhood Meeting Place _____	Phone _____
Regional Meeting Place _____	Phone _____
Doctor/Office _____ Account No. _____	Phone _____
Medical Insurance _____ Policy No. _____	Phone _____
Pharmacist _____ Account No. _____	Phone _____
R _x No. _____ R _x No. _____ R _x No. _____	
Home/Rental Insurance _____ Policy No. _____	Phone _____
Veterinarian/Kennel _____ Account No. _____	Phone _____

Call the **HEEC Earthquake Hotline** for a daily recording of earthquake activity locally and around the globe: **(707) 826-6020**

WEB RESOURCES FOR
FURTHER INFORMATION

Living on Shaky Ground
humboldt.edu/shakyground

Earthquake Country Alliance
earthquakecountry.org

US Geological Survey Earthquake Preparedness
earthquake.usgs.gov/learning/preparedness

NOAA Tsunami Preparedness
tsunami.noaa.gov/prepare.html



Earthquake Country Alliance
We're all in this together.