

# What to do in an Earthquake

## Before An Earthquake:

- Know your designated COPE neighborhood meeting site and the location of your local Fire District Station. ( [www.cope.srcity.org](http://www.cope.srcity.org) )
- Know critical needs of yourself, your family, and your neighbors.
- Be aware of any unique hazards near your home such as power lines, trees, or hills.
- Know the best escape route from each room, your home, and the neighborhood. Also have an alternate route from each.
- Know where the gas, electric, and water shutoffs are located and how to use them. Attach gas shutoff wrench to gas meter.
- Keep shoes, flashlight, and critical information (medical information, photo ID, keys, and contact telephone numbers, including an out-of-state contact for family members to contact and relay messages) under bed in plastic bag.
- Develop a plan and keep an emergency preparedness kit at home, in your car, and at your school or workplace.
- Develop a family and neighborhood emergency plan, include an out of state contact for your family to call and check on your welfare

## During An Earthquake – Remain Calm:

If Inside:

- Seek immediate shelter.
- **Drop, Cover, and Hold** at least 15 feet from any window or try to get under something sturdy that will protect you from falling glass and debris such as a sturdy table or desk. Hold on to it.
- In a hallway, sit down against a wall and cover your head.
- Never run outside during the earthquake. Debris and glass can fall off buildings and cause injuries

If Outside:

- Move away from buildings to an open area.
- Watch for downed power lines or light poles.

## After An Earthquake

- Check to see phones were not shaken off hooks. Only use phones for emergency calls.
- **Check** the situation, **Call** for backup if necessary, and **Care** for victims without jeopardizing your safety.
- Put out small fires and clean up spills. If fire is larger than a trash can, leave room, and close door.
- If safe, take a walk around your home and carefully look for damage.
- Shut off gas at meter only if you hear a gas leak, smell a gas odor, or see the gas meter rotating rapidly (gas can only be turned back on safely by a gas company representative).
- Go to your prearranged COPE neighborhood meeting site to report what you have seen.
- Get car out of garage and load it with supplies to prepare for evacuation, if necessary.
- Call your out-of-state contact to check on safety of family members and relay messages.
- Turn radio to [KZST 100.1 FM](#) or [KSRO 1350 AM](#).