



## 2020 AKDN ShakeOut: Earthquake Preparedness

If the ground started shaking right now, what would you do?

*“Drop, Cover, and Hold On” is a simple and effective response that will save lives and reduce injury in the event of an earthquake!*



**DROP** to your hands and knees, **COVER** your head and neck, and **HOLD ON** to your shelter until shaking stops

### Tips:

- Stay indoors. Take cover under a heavy table, desk or any solid furniture and hold on.
- If you can't get under something strong, or if you are in a hallway, flatten yourself or crouch against an interior wall.
- Stay away from windows, glass partitions, mirrors, fireplaces, bookcases, tall furniture and light fixtures. In an earthquake, you could be hurt by shattered glass or heavy objects thrown around by the shaking.
- If you are driving, stop quickly and safely, set the parking brake, and stay in the car, get down low and stay there until the shaking stops. Stay away from utility poles and overhead wires.
- If you are outside, stay in the open and move away from buildings and power lines.



[Earthquake Safety Video Series](#)

### Prepare *now!*

- Make a [Family Emergency Plan](#) and get an [Emergency Preparedness Kit](#) ([Resources](#) can be downloaded from the [FOCUS Canada website](#)).
- Be prepared with a flashlight and extra batteries.
- Secure heavy items (i.e., bookshelves, refrigerators, televisions) and hanging objects to the walls.
  - Do a [“hazard hunt”](#) around your home or workspace for items that might fall during earthquakes and secure them. Identify and correct any issues in your home’s structure.<sup>1</sup>
- Learn to switch off the electrical panel, water, and gas valves.
- Buy portable battery packs and use them in an extended power outage to keep your mobile phones charged.
- Own a home? Hire a foundation specialist or structural engineer to see if anything needs to be done.
- Consider obtaining [Earthquake Insurance](#).

<sup>1</sup> <https://www.fema.gov/media-library-data/1420417719892-b9b41636569f3c41eea88e70ddfae2e2/FEMA528.pdf>