# **Earthquake Safety Playbook**

This playbook outlines crucial steps to be taken to ensure safety before, during, and after an earthquake. It includes preparation strategies, immediate actions, and post-earthquake checks.

## Step 1: Preparation

Ensure that you have an emergency kit ready with supplies like water, non-perishable food, a flashlight, batteries, a first-aid kit, and necessary medications. Secure heavy furniture to walls and locate safe spots in each room, such as under a sturdy table or against an interior wall away from windows.

## Step 2: **Drill Practice**

Regularly conduct earthquake drills with all household members. Practice 'Drop, Cover, and Hold On' during each drill. Identify and rehearse safe evacuation routes from your home and workplace.

## Step 3: Alert System

Install an earthquake early warning app or sign up for local alerts. Ensure all family members know how to receive and respond to earthquake alerts.

#### **Step 4: Immediate Action**

At the first indication of an earthquake, execute 'Drop, Cover, and Hold On.' Take cover under a sturdy piece of furniture, protect your

head and neck, and stay indoors until the shaking stops and it is safe to exit.

#### Step 5: **Evacuation**

If evacuation is necessary, leave the building quickly but calmly once the shaking has stopped. Avoid elevators and be cautious of possible aftershocks and debris when exiting.

#### Step 6: **Post-Earthquake**

After the earthquake, check for injuries and administer first aid if necessary. Carefully inspect your home for damage, gas leaks, or fire hazards before re-entering. Use caution during clean-up to avoid injuries.

#### **Step 7: Communication**

Establish communication with family members and use text messages or social media to prevent overloading voice networks. Listen to the radio or check online for official updates and instructions.

#### Step 8: Aftershock Readiness

Be prepared for aftershocks, which are smaller earthquakes that follow the main shock. Continue to use 'Drop, Cover, and Hold On' during aftershocks.

# **General Notes**

#### **Supplies**

Check and replenish emergency supplies regularly. Each member of the household should know the storage location of emergency kits.

# **Important Documents**

Keep photocopies of crucial documents like IDs, insurance policies and bank information in a safe and accessible location, preferably part of the emergency kit.

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