

Four Keys to Protecting Against Earthquakes

1. Strengthen your building.

Make sure your home and other buildings you spend time in are safer during earthquakes and more resistant to earthquake damage. Get professional help to assess the building's structure and then take steps to install nonstructural solutions, including foundation bolting, cripple wall bracing, and reinforced chimneys. If you live in a mobile home, consider installing an earthquake-resistant bracing system. These measures can help reduce major damage to the building. If you are a renter, ask your landlord or property manager to make the necessary improvements to make the building safer.

2. Practice.

Everyone should know what to do in an earthquake and should practice how to drop, cover and hold on. Visit www.shakeout.org and www.ready.gov/prepar to learn more. Learn and practice first aid skills and emergency response skills through training such as the Community Emergency Response Team (CEWT) Program.

3. Gather critical Documents.

Once the immediate danger passes, having your legal, financial and medical documents will help you to receive assistance work with your insurance company. It's essential to take time now to safeguard critical documents and take pictures or videos of your belongings.

4. Discuss

Talking about disasters and helping others prepare makes everyone safer. Discuss what you have done to prepare with your family, friends, neighbors, and colleagues.

5. Store.

Gather and store the basic supplies your family would need for at least three days if grocery stores and other services are unavailable, if power is out, or you are unable to stay in your home. A sustained power outage can have a significant impact on people who require electricity to power medical equipment, so make sure that you have a plan to take care of yourself and your family during an outage.