



What we do now, before the earthquake, will determine what our lives will be like after.

- Do a "[hazard hunt](#)" for items that might fall in your home, school or working environment during earthquakes and secure them. Do an inspection for non-structural items (bookshelves, equipment, etc.) that might fall and cause possible injury. Move or secure these items to provide a safer environment.
- Create a personal or family [disaster-preparedness plan](#).
- Plan for your family's specific needs (seniors, disabled, children, pets).
- Teach all household members how to use a fire extinguisher.
- If you are a business or organization, develop, review and/or exercise your continuity plan to identify and practice organizational responsibilities.
- Organize or refresh your [emergency supply kits](#). Be prepared for the possibility that you, your family or those in your school or work place may need to remain in place for 2-3 days.
- Store at least 1 gallon (4 liters) of water per person, per day
- What other supplies might you need if transportation routes were blocked and you needed to remain in the same place for an extended length of time?
- Organize and refresh your emergency equipment – fire extinguishers, first aid, flashlights, food, crank radios, satellite phones, generators, fuel; make sure everyone in your family or work place know the location and how to utilize supplies.
- What else would you need to be on your own for up to 2 weeks?
- What would you need if you are in your car or office when the earthquake strikes?
- Consider whether earthquake insurance is right for you.
- Create a game where everyone responds to a signal by practicing Drop Cover and Hold On. Talk to children about what to expect during and after an earthquake.
- Contact your local Emergency Program to learn more about how to take care of yourself and your family when you are "on your own" after a disaster.