



# Earthquake Preparedness

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## Who's at risk?

In the continental U.S., California has seen the most serious earthquakes. But minor tremors occur all over the country. And there's actually a significant risk of a major quake along the New Madrid Fault in the central U.S. within the next 30 years.

## Prepare your Home:

- Secure large appliances, water heaters, furnaces and air conditioning units. And install flexible gas and water connections.
- Anchor top-heavy furniture like bookcases to the wall, and install guardrails on shelves. Place large or heavy objects on lower shelves.
- Use additional anchors for hanging light fixtures and heavy pictures or mirrors. And never hang anything heavy or breakable above where you sit or sleep.
- Keep your home in good repair – fix loose tiles or bricks right away.
- Know how to shut off your utilities in an emergency.
- Store all important documents – birth certificates, insurance policies, etc. – in a fire-proof safe or safety deposit box.

## Prepare your Family:

- Create an emergency supply kit – be sure to include enough canned food and bottled water to last three to five days.
- Discuss evacuation plans with your family, and decide on a location to meet outside your home.
- Have at least one family member learn first aid and CPR.
- Make sure everyone knows the safest spots in the house in the event of a quake.
- When the Ground Starts to Shake:
  - If you're outside, move away from buildings, street lights, utility wires and overpasses.
  - If you're indoors, get under a sturdy table or desk and hold onto it. If you're not near one, crouch in a strongly supported doorway or inside corner, and protect your head. Also, stay clear of windows or large objects that could fall on you.