



Earthquakes

Earthquakes strike without warning and can be followed by aftershocks. This page helps families secure their home in advance, protect themselves while the ground shakes, and stay safe in the hours afterwards.

CHECKLIST

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| ☐ Food and water for at least three days | ☐ Medicines and personal needs for each person |
| ☐ Torch | ☐ Pet supplies |
| ☐ Spare batteries | ☐ Phone chargers or power bank |
| ☐ Whistle | ☐ Battery powered radio |
| ☐ Fire extinguisher | ☐ Work gloves and sturdy shoes |

BEFORE

- Fix TVs, shelves and wall-hung objects firmly so they cannot fall.
- Keep heavy or breakable items on low shelves.
- Practise Drop, Cover, Hold On with family members and colleagues.
- Agree a family contact living in another area and a place to meet if separated.
- Pack a supply kit with food, water and essentials for at least three days.
- Check whether your insurance covers earthquake damage, as standard policies often do not.

DURING

- Drop to hands and knees, protect head and neck, and hold on to sturdy furniture.
- Do not stand in a doorway or run outside while shaking continues.
- If in bed, stay there and shield your head and neck with a pillow.
- If driving, stop in an open spot clear of buildings, trees, bridges and power lines.
- If already outdoors, stay outside.
- In a tall building, expect alarms and sprinklers, and never use the lifts.
- Near hills or cliffs, watch for falling rocks and landslides.

AFTER

- Be ready for aftershocks.
- Check yourself for injuries, then help others if you are trained.
- Leave a damaged building quickly and do not go back in.
- If trapped, cover your mouth and signal by tapping, texting or whistling instead of shouting.

MY NOTES

Sources: Ready.gov (FEMA), Earthquakes (<https://www.ready.gov/earthquakes>)
General guidance in our own words. Always follow your local authorities.