

## After an Earthquake:

- When the shaking stops, look around. If there is a clear path to safety, leave the building and go to an open space away from any damaged areas.
- If you are trapped:
  - Do not move around or kick up dust.
  - Use a cell phone to call or text for help, if you have one.
- Check for injuries on yourself before providing assistance to others.
- Be prepared to “Drop, Cover, and Hold on” again in the likely event of aftershocks.
- Use a battery operated radio, TV, social media, and cell phone text alerts to get emergency information and instructions.
- Only call 911 if it is an emergency.

### Emergency Radio Stations

- 1610 AM
- KPFB – 89.3 FM
- KQED – 88.5 FM
- KCBS – 740 AM
- KSOL – 98.9 FM (Spanish)



**Practice makes perfect!** To be ready for an earthquake, it's important to practice "[Drop, Cover and Hold On.](#)"

The *Great California Shakeout Drill* is an annual opportunity to practice how to be safer during earthquakes. Use the annual drill to encourage your family, community, school, or organization to practice drop, cover, and hold on. You can also use the annual event to update emergency plans and supplies, and to secure your space in order to prevent damage and injuries.

The Great ShakeOut occurs on the third Thursday of October annually. To find out more information visit:

[www.shakeout.org/california](http://www.shakeout.org/california)

For Alternative  
Formats Email: [ADA@  
cityofberkeley.info](mailto:ADA@cityofberkeley.info)  
Call: 1-510-981-6418



## Earthquake Preparedness



### City of Berkeley

[Ready@CityofBerkeley.info](mailto:Ready@CityofBerkeley.info)

(510) 981-5605 (Phone)

(510) 981-5544 (TTY/TDD)

[www.CityofBerkeley.info/Ready](http://www.CityofBerkeley.info/Ready)

Edit Date: 05/29/18

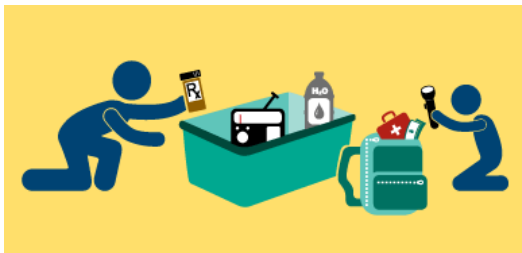
## Before an Earthquake

**Secure items** that could fall and cause injuries or damage, such as bookshelves, mirrors, light fixtures, televisions, computers, and hot water heaters.



### Prepare a Disaster Kit

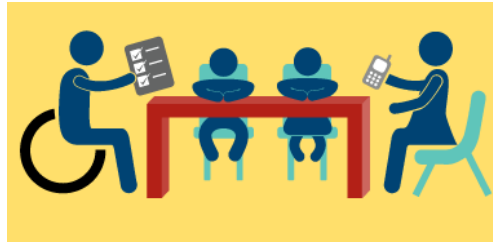
It may be difficult to get needed items after an earthquake. Make sure to keep at least one week's worth of supplies. Check out the "*Berkeley Ready Emergency Preparedness*" brochure for general disaster kit items.



**Keep a flashlight** and pair of sturdy shoes under each bed in your home.

**Learn how to shut off your utilities**

**Practice "Drop, Cover, and Hold on,"** in all areas of your home



**Learn ways to communicate during an emergency.**

During an emergency, communication services could be unavailable. Learning strategies "outside of the box," can help you communicate with loved ones and learn important information. For example:

- It might be easier to communicate with someone who lives out of the Bay Area/state. Write their contact information in your communication plans.
- Text messages may go through easier than making a phone call.
- Listen to your local radio station for the latest city information.
- Change your voicemail or/and update your social media accounts to alert loved ones of your location and well-being.
- Check with a neighbor to see if they have communication lines/information available to them that you do not have.

### Other Berkeley Ready Brochures:

- *Emergency Preparedness*
- *Earthquake Preparedness*
- *Pet Preparedness*
- *Preparing for a Disaster: People with Disabilities*

## During an Earthquake

**DROP** to the floor wherever you are. If you will be unable to get up from the floor, do not drop to the ground, sit down on a chair or couch instead. This position protects you from being knocked down.

**COVER** your head and neck with one arm and hand.

- If a sturdy table or desk is nearby, crawl underneath for shelter.
- If no shelter is nearby, crawl next to an interior wall (away from windows).

**HOLD ON** until the shaking stops.

- Under shelter: hold on to it with one hand.

No shelter: protect your head and neck with your

