

# Kids in Action: Earthquakes

*In Case Anything Happens, I Love You Series*






## Stay Calm & Cover

- Earthquakes can happen suddenly, but you can stay safe by being calm and aware. Prepare for action by following these earthquake safety steps.

## Earthquake:

A powerful shake below the ground.

## During an Earthquake


- If indoors, **Drop, Cover, and Hold On!**
  - Stay away from doors or windows.
  - **Drop to the ground** & take cover **under a table or desk.** 
  - **Hold onto the object** with one hand and **cover your head and neck** with the other arm.
  - **An aftershock** is another smaller earthquake that can happen after the first one.
  - **Stay in your safe place** until adult tells you it's okay to move. 
- If in a car, stay inside until the earthquake stops. 
- If outside, find a safe spot away from streetlights, buildings, trees, and powerlines, and **drop to the ground.**



## After the Earthquake

- Earthquakes and aftershocks can happen suddenly and be scary... Make sure to take **4 deep breaths in and out** to calm yourself.
- When the shaking stops, check for alerts on the radio or the TV.
- **Avoid elevators** and only take the stairs. Elevators could be broken after an earthquake.
- **\*Stay away from beaches!**

## Be an Earthquake Safety Hero!

- Practice earthquake drills for home, and if you're playing outside
- Help pack an emergency supply kit with your household. 

\*(If the ocean tide disappears, that means a tsunami is near - Stay away until safe!)