

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.

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!)**