



Earthquake

**Preparedness Empowers You
It saves lives, property, and time.**

Emergencies happen, often with little or no notice. By taking action beforehand you can be prepared for any emergency.

**Be Ready Navy!
I am. Are you?**

The sudden and violent shaking experienced during an earthquake is caused by the shifting and breaking of subterranean rocks. Earthquakes can happen almost anywhere and anytime without warning, so you and your family should be prepared.

How to Prepare

- 1 Be **informed**.
- 2 Minimize home hazards by bolting shelves, bookcases, china cabinets, and other tall furniture; placing large or heavy objects on lower shelves; and strapping the water heater to studs in the walls.
- 3 Identify a safe place in every room of your home where nothing can fall on you, such as under a table, against a wall, or in a doorway.
- 4 Make an **evacuation plan** as a family.
- 5 Make an **emergency communication plan** in case family members are separated during an earthquake.
- 6 Practice earthquake drills as a family so everyone knows what to do, especially “**Drop, Cover, and Hold On!**”
- 7 Build an **emergency kit**.

What to Do If There Is an Earthquake

- If you are indoors:
 - » Do not run outside. There may be falling debris.
 - » If possible, DROP to the ground, take COVER under a table or sturdy piece of furniture, and HOLD ON until the shaking stops.
 - » If you are not near any sturdy furniture, crouch in a corner or in a stable doorway where there is less of a chance of things falling on you.
 - » Stay away from windows, light fixtures, unstable furniture, or anything that could fall.
 - » Stay inside until the shaking stops and you are absolutely sure it is safe to go outside.
 - » The electricity may go out, so don't use elevators.
- If you are outdoors:
 - » Statistics show that the most injuries in earthquakes are caused by falling debris.
 - » Move away from buildings, street lights, utility wires, and anything that could fall into somewhere open.
 - » Once in an open area, drop to the ground.

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- If you are in a moving vehicle:
 - » Stop as soon as you can, away from buildings or anything that could fall.
 - » Stay in the vehicle.
 - » Proceed very slowly once shaking stops.
 - » Avoid roads, bridges, or ramps that might have been damaged by the earthquake, and anticipate traffic light outages.
 - » Once you are in a safe place, muster with your command if you are military or civilian personnel or a member of the selective reserves.
- Use the telephone only for emergency calls.
- Stay tuned to the radio for further information and instructions.
- Expect aftershocks, which can come minutes, hours, or days after an earthquake.
- If an aftershock happens, “Drop, Cover, and Hold On.”
- Open cabinets cautiously. Beware of objects that can fall off shelves.
- Be very careful of falling debris in homes or outdoors. This is how most injuries occur.
- If you are trapped beneath debris:
 - » Do not light a match for light. There may be gas leaks in the area.
 - » Do not move around or kick up dust.
 - » Cover your mouth with a handkerchief or piece of clothing to reduce dust inhalation.
 - » Tap on a pipe or use a whistle to help rescuers find you. Shout only as a last resort as it will increase dust inhalation.
- If you live near the ocean, be aware of possible tsunamis, which are caused by earthquakes off the coast.
- After a declared emergency, register your needs with the Navy through the Navy Family Accountability and Assessment System (NFAAS) at <https://navyfamily.navy.mil> or call 1 877-414-5358 or 1-866-297-1971 (TDD).

What to Do When the Shaking Stops

- Check yourself and others for injuries.
- Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
- Inspect utilities—check for gas leaks, look for electrical system damage, and check for sewage and water line damage. Turn off gas, power, or water if you suspect a leak.

Where to Find Additional Information

- Centers for Disease Control and Prevention (CDC)—
www.bt.cdc.gov/disasters/earthquakes
- Department of Homeland Security (Ready.gov)—
www.ready.gov/earthquakes
- FEMA—
www.fema.gov/hazard/earthquake/index.shtm