

# You're More Prepared Than You Think

## BEFORE AN EARTHQUAKE

- 1 **Make your space safe.** Identify and secure things that could fall and cause injuries.
- 2 **Practice how to “Drop, Cover, and Hold On!”** To react quickly you must practice often. You may only have seconds to protect yourself in an earthquake.
- 3 **Make a plan, get connected and gather supplies.**

## DURING AN EARTHQUAKE

- 1 **Drop, cover and hold on.** Drop down and get under a strong table. If you are not near a table, drop against an interior wall and cover your head and neck with your arms. Stay away from windows.
- 2 **Stay put.** Whether you're in a car, bed, or public place, stay put and wait until the shaking stops. If you're outdoors, steer clear of wires or falling objects. If you're near the coast in an earthquake, immediately go to high ground, as tsunamis may follow.
- 3 **Stay calm.** Keeping calm will help you make safe choices for yourself and those around you.

## AFTER AN EARTHQUAKE

- 1 **Check your surroundings.** Check for damage and for anyone who is injured and in need of attention. Think about those people who may need extra help, including those with access and functional needs. For example, people who have challenges with vision, hearing, mobility or medical conditions.
- 2 **Share your location.** If you leave home, let friends and family know your new location. If internet and phone access is available, call, text, tweet or update your Facebook page to say you're okay.
- 3 **Stay tuned.** Listen to the radio for important information and instructions. Aftershocks, which often follow large quakes, can cause damage too.



Get Connected



Make a Plan



Gather Supplies



ph.lacounty.gov

## RESOURCES

### Los Angeles County Department of Public Health Emergency Preparedness and Response Program

[publichealth.lacounty.gov/eprp](http://publichealth.lacounty.gov/eprp)

### Los Angeles County Office of Emergency Management (LACOEM) [lacoa.org](http://lacoa.org)

### Ready LA [readyla.org](http://readyla.org)

**Ready.gov** Includes planning and preparedness support for individuals with disabilities, and access and functional needs.

**Great California Shakeout** [shakeout.org](http://shakeout.org)  
Participate in state-wide earthquake drills.

### Emergency Preparedness & Pets: A Guide for Pet Owners

[publichealth.lacounty.gov/hea/library/topics/eprp](http://publichealth.lacounty.gov/hea/library/topics/eprp)

### Community Emergency Response Teams (CERT) [cert-la.com](http://cert-la.com)

Get training to help your family and community in a disaster.

### Alert LA County [alert.lacounty.gov](http://alert.lacounty.gov)

Sign up for alerts and updates from LA County.

### NotifyLA [notifyla.org](http://notifyla.org)

Sign up for alerts and updates from the City of LA.

### Nixle [nixle.com](http://nixle.com)

Sign up for public safety alerts via text or email.

### 211 Los Angeles County [211la.org](http://211la.org)

Dial 2-1-1 or visit the website for more information.

### American Red Cross [redcrossla.org](http://redcrossla.org)

866-GET-INFO (866-438-4636)

### Department of Mental Health, Los Angeles County [dmh.lacounty.gov](http://dmh.lacounty.gov)

Access Center 24/7 Helpline:  
(800) 854-7771



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COUNTY OF LOS ANGELES  
Public Health

[ph.lacounty.gov](http://ph.lacounty.gov)