

Why should I prepare?

Earthquakes represent one of the greatest natural disaster threats to people living in Southern California. Every California resident should have a disaster preparedness plan and know what to do before, during, and after an earthquake.

How do I prepare for an earthquake?

People need to be prepared at home, in the office, and while commuting:

- Keep personal disaster supply kits where you spend most of your time, so they can be reached even if your building is badly damaged. The kits will be useful for many emergencies and should include items such as water and snacks, emergency contact phone numbers, a prescription list, sturdy shoes, etc. (See the websites below for more extensive guidance.)
- Create a disaster preparedness plan for your home and review the plan for your work environment.
- Identify potential hazards in your home and begin to fix them.

What should I do in an earthquake?

Wherever you are, protect yourself! If you cannot find shelter beneath furniture, then crouch low against an interior wall, with your arms covering your head and neck.

1. Immediately **DROP** to the ground where you are
2. Take **COVER** by getting under a sturdy desk or table
3. **HOLD ON** to something sturdy and ride out the earthquake until the shaking stops



What do I Need to Remember?

- **Don't run.** You can trip or fall, or there could be broken glass. You can injure yourself or others by running.
- **Remain Indoors.** NEVER try to exit a building while it's shaking; you could be killed by falling debris.
- **If you are driving, slow down and pull to the side of the road** until the shaking stops. Don't park under trees, overhead power lines, or freeway overpasses.

What websites can help me prepare?

Improve readiness and assemble a preparedness kit:

earthquakecountry.info/roots/steps.html

[Discover Drop, Cover, and Hold On!](#)

[Learn more about UCLA's Emergency Management Programs:](#)

Following a large earthquake, stay informed about UCLA operations and procedures at [Bruins Safe Online](#)

Be Prepared with a Disaster Supply Kit:

- Prepare your kit based on your needs (personal/family survival, food & water, search & rescue, etc.)
- Check kits at least annually. Kits stored in a car trunk degrade quickly under extreme heat conditions.
- Use a backpack or small bag so you can take them with you if you evacuate.

Don't forget a kit for home, work, and your vehicle!