**Now is the Time to Get Ready for the Next Big Shake**

An earthquake is a sudden, rapid shaking of the earth caused by the shifting of rock beneath the earth’s surface. They can strike without warning, at any time of year, day or night. Everyone needs a plan that includes how to prepare, what to do when the ground starts to shake, and how to respond and help neighbors, families, and friends in the time immediately following a shake.

The following are some preparedness tips on what to do during an earthquake. Whenever you feel shaking, always Drop, Cover, and Hold On immediately:

Prepare NOW

1. Practice makes perfect! Practice the Drop, Cover, Hold On earthquake drill with family and neighbors. Hold on to any sturdy furniture until the shaking stops.
2. What could fall on you, your family, or pets in an earthquake? Secure items, such as televisions, and objects that hang on walls. Store heavy and breakable objects on low shelves.
3. Consider obtaining an earthquake insurance policy whether you own or rent your residence
4. Make sure you have supplies for the whole family for at least 7 days in your Shelter in Place Kit in case getting on the road is challenging
5. Learn more at [SoCoEmergency.org/get-ready](file:///C:\Users\nbrown1\AppData\Roaming\Microsoft\Word\SoCoEmergency.org\get-ready)
6. **If you live near or visit the coast, be sure to learn more about Tsunami** [**https://socoemergency.org/get-ready/local-hazards/tsunami/**](https://socoemergency.org/get-ready/local-hazards/tsunami/)

**Learn More:**

<https://socoemergency.org/get-ready/local-hazards/earthquake/>

<https://www.earthquakecountry.org/sevensteps/> <https://ssc.ca.gov/>

<https://pubs.usgs.gov/fs/2008/3027/>

**What to do when you feel an earthquake:**

[Illustration detailing what to do during an earthquake. 
Figure of person crouching under table with text saying: Drop! Cover! Hold On!](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwiyuf_NnJrkAhXOvZ4KHSg5B64QjRx6BAgBEAQ&url=https%3A%2F%2Fhcidla.lacity.org%2Fblog%2Fearthquake-preparedness-%25E2%2580%2593-drop-cover-and-hold&psig=AOvVaw3U3YkZO0nm0GWsVyAgxToM&ust=1566691985762061) [Illustration detailing what to do during an earthquake if in a wheelchair.
Figure of person in wheelchair with text saying: Lock! Cover! Hold On!](https://www.earthquakecountry.org/step5/)

Illustrations detailing what to do during an earthquake. 
Figure of person crouching under table with text saying: Drop! Cover! Hold On!
Figure of person in a bed with text saying: In Bed. Stay there, hold on, and protect your head with a pillow.
Figure of person running past buildings and power poles with text saying: Outside. Stay away from buildings, walls and power poles.
Figure of person driving in car with text saying: Driving. Stop where safe, turn on hazard lights and stay in your vehicle.
Figure of person in wheelchair with text saying: Wheelchair. Put the brakes on in a safe place and protect your head.
Figure of person crouched on ground with text saying: Anywhere. Drop, protect your head and stay there until the shaking stops.