

## 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](https://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/>

### 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:

