

# Seven Steps to Earthquake Safety

Prepare to Survive and Recover

## Step 1: Secure Your Space



Studies of the '89 Loma Prieta and '94 Northridge Earthquakes show that **most** injuries are caused by falling or flying objects.

## Step 2: Plan to be safe

40%

of Californians have made disaster plans with their families.



## Step 3: Organize Disaster Supplies

**1 in 2** California homes lack essential supplies in their kits such as water, food, first-aid, flashlights, and radios.



## Step 4: Minimize Financial Hardship

**Only 1 in 3** Californians

know they can make their home safer for earthquakes.



## Step 5: Drop, Cover, and Hold On



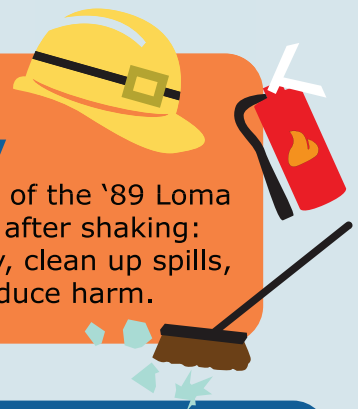
55%

of serious injuries related to the '94 Northridge quake resulted from falling, tripping, and/or stepping on objects.



## Step 6: Improve Safety

Injury and damage reports of the '89 Loma Prieta quake illustrate that after shaking: move slowly and cautiously, clean up spills, and wear safety gear to reduce harm.



## Step 7: Reconnect and Restore

**Many** people interviewed after the 2014 Napa Earthquake experienced anxiety from not being prepared to connect with loved ones and begin their financial recovery.