Earthquakes strike without warning, and can cause landslides, fires, electrical hazards, road destruction, even tsunamis. Being ready for these events is essential due to their sudden and unpredictable nature.

**BEFORE**
- Develop an emergency plan
- Store extra food & water
- Practice DROP, COVER & HOLD ON
- Secure loose furniture and appliances
- Have supplies & first aid ready
- Pack an emergency bag to keep essential items easily accessible in case of evacuation

**DURING**
- If inside, DROP, COVER, & HOLD ON
- Stay away from windows
- Stay indoors until it’s safe to exit away from buildings
- If you’re outside, move to an open area clear of objects that could fall

**AFTER**
- Evaluate your surroundings
- Be prepared for aftershocks
- Check yourself for injuries and attend to others if they need help
- If in a damaged building, go outside
- Establish communication with your family
- If near an area that may experience a tsunami move inland or to higher ground

1. **DROP**
   where you are, onto your hands and knees.
2. **COVER**
   your head and neck with one arm and hand.
3. **HOLD ON**
   until the shaking stops.

SCAN THE CODE or visit vcfd.org/earthquake-preparedness for more information.