Can you make it alone for three days?

The first 72 hours after an earthquake are critical. Electricity, gas, water and telephones may not be working. Public safety services such as police and fire departments may not be available.

You should be prepared to live without running water, gas, electricity, telephones and assistance from safety services for at least 3 days following a major earthquake.

For a list of emergency supplies you should have on hand, go to http://www.oaklandcore.com

Prevention and Preparation Are Key

Protect yourself

■ Practice drop, cover and hold on drills at home, school and work.
■ Develop a disaster plan at home, in your neighborhood, at school and work.
■ Store emergency supplies in a safe, readily available place. Check your local home improvement center for details.
■ Take a first aid course.

Protect your belongings

■ Make sure your home and workplace are earthquake secure.
■ Create a fire-protection zone around your home by regularly clearing overgrown vegetation.

Protect your neighborhood

■ Organize with your neighbors for disaster preparedness.
■ Work with local officials to keep public lands maintained to reduce fire danger.

Protect your assets

Insurance provides you with the resources to help get back on track following a devastating fire or earthquake.

■ Homeowner’s or Renter’s Insurance
■ Business Insurance if you work at home
■ Earthquake Insurance

Household Inventory

Make an accurate inventory of your valuables. It can be as simple as photographing the contents of each room.

■ Update your files regularly. Keep a list of the original cost of major items.
■ Items of high value, such as jewelry or art, should be covered under a rider to your homeowners policy.
■ Keep your inventory and important papers somewhere other than your home: in a bank safe deposit box, with an out-of-town relative, or in a secure online account.