

Emergency Preparedness Checklists — Earthquake

Before an Earthquake

- Keep my cell phone charged.
- Have a charging cable for my phone.
- Program my phone with the number for local emergency services.
- Program my phone to receive traffic updates from Caltrans.
- Program my phone with Monterey Alert app.
- Keep a print copy of all phone numbers.
- Keep at least 1/4 tank of fuel in my car.
- Have at least one working flashlight.
- Have a solar-powered lantern.
- Have extra water, food, and medicines, enough for 3 days.
- Have a plan to move to another location if I can't stay where I am.
- Have contact information, medical history, and medications list available.
- Always park where my car will be least likely to be hit by falling objects, such as roof tiles, trees, tree branches, overhead wires, utility poles, etc.
- Never store or rest objects above my head or body (e.g., flashlight) where it can fall on me while I sleep.

During an Earthquake

- Get in my car and close the door if I feel an earthquake begin.
- Keep the engine and fan/heater/air conditioner off.
- Put on my seatbelt and stay in the car until the earthquake is over.
- If driving, slow down until I can safely pull over and stop.
- Stop where there are no trees or poles or other objects to fall on my car.
- Stop where other drivers can see me.
- On the freeway, take the first exit that's safe and avoid parking near overpasses, big trees, power lines, bridges, and buildings.
- Check my car radio and phone for updates.
- When parked, look to see if my car is under or next to trees, tree branches, poles, wires, or other objects that can fall.
- If my car is in under or next to objects that can fall, look around the parking lot or roadside for the nearest place to move my car as soon as the earthquake is over.
- Expect aftershocks but stay calm.

After an Earthquake

- Check my printed copy of earthquake instructions to make sure I'm ready for aftershocks.
- Monitor my phone for official alerts and instructions.
- If my car is in a safe location, I remain where I am and wait until ...
 - aftershocks or other earthquakes have passed.
 - I find out that roadways are free of fallen objects or debris.
 - I receive any official alerts or other instructions to move my car.
 - I have given myself enough time to calm down and can focus on driving safely.
- Avoid using my phone to call others so first responders and emergency personnel can contact one another.
- Before starting my car, check my phone for possible official alerts or road closures that may tell me ...
 - if roads are blocked.
 - to move to a certain location.
 - to stay where I am.
- Before starting my car, open the door and check to see if I can smell natural gas or other fuel odors.
- If I smell natural gas or other fuel odors,
 - Walk away from the area.
 - Do not turn on a flashlight or other electrical devices.
 - Do not start my car.
 - Do not sound my car horn.
 - Do not plug in my cell phone to charge it.
 - Do not turn on my cell phone.
 - Do not use my phone.
 - Do not light matches or cigarettes.
 - Do not use road flares.
 - Do not turn on car lights.
 - Do not do anything that could create sparks.

- If power, telephone, or cable lines fall across my car,
 - Stay inside until the utility turns the power off and removes the wires.
 - Call 911, sound my car horn, or lower the window and call for help.
 - Warn others to stay at least 50 feet away from my car because the ground can be energized.
 - Warn others not to touch or come near my car or any wires.
 - Do not hand anything to anyone outside my car.
 - Don't touch any power, telephone, or cables wires.
- Never drive over a downed power line or other cables because other power lines or pole could be pulled down.
- Avoid moving or driving over debris or fallen trees or branches that can hide downed wires.
- Never try to drive under a damaged pole or partially fallen power line.
- If an emergency forces me to leave my car even though a downed power lines is touching my car,
 - Don't touch the car and the ground outside my car at the same time, even for half a second.
 - Open the door, but do not touch anything outside my car including the pavement.
 - Remain inside the car while moving to stand on the inside edge of the car door frame.
 - Cross my arms and jump free of the car without touching it.
 - Keep my feet together (touching) and land with them together.
 - Never separate my feet. Always keep them pressed together where they touch the ground.
 - Hop or shuffle away from my car with both feet touching the ground at the same time.
 - Never lift one foot off the ground at a time.
 - Never take big steps or crawl to move away from the car.
 - Never touch more than one part of my person to the ground while near my car or wires.
 - If I feel tingling in my feet, hop away from the car until it stops AND I'm 50 feet away.
 - Hop or shuffle until I am 50 feet from my car and any wires.