

Post-Earthquake Checklist

Place this in an area you might see after an earthquake, such as the inside of your front door.

An earthquake can strike at any time. Once the shaking stops, do you know what to do? Here's a quick Post-Earthquake Checklist to help you remember what to do once the shaking stops.

Before the Earthquake:

- Gather your Disaster Supply Kit and store it in an easily accessible location. Don't forget to include an emergency tool to shut off gas.
- Have a fire extinguisher for your home and keep a pair of shoes near your bed.
- Have multiple ways to get alerts, even if power goes out (RiversideAlert, NOAA Weather Radios, Cell Phone (cell tower alerts and specialized alerting apps, such as Earthquake Early Warning apps), Radio, TV, and Internet).

After the Earthquake:

- If you are in a damaged building, find a safe way out and move to an open area in case of strong aftershocks.
- If you are trapped, avoid moving too much or kicking up dust. Cover your mouth with some cloth and avoid shouting for help. Use a phone or nearby material (pipe, metal, etc.) to make noise instead.
- Wear protective clothing: Long pants, long-sleeve shirt, sturdy thick-soled shoes, work gloves, and an N95 mask.
- Check for fires or damaged utilities (Gas, electric, water). Check once right after the earthquake, and again periodically in case a leak or damage is not large or easy to identify.
 - Listen and smell for natural gas leaks. Never use a lighter or matches that could cause an explosion.
 - Turn off utilities only if a further hazard exists. Remember: gas service restoration must be done by a professional to prevent damage or injury.
- Check for injuries and provide any assistance you are trained to provide. If able, assist with rescues safely.
- Have qualified professionals inspect your home and utilities for damage when able.
- Document damage to your property. Pictures and video can do a lot!
- If safe and accessible, grab your Disaster Kit and important documents.
- While driving, take your time and be aware of damaged roadways and bridges.
- Be prepared for aftershocks. These can occur hours, days, weeks, or even months after a large quake.
- It's okay to feel emotional after an earthquake. Seek help if depression or anxiety persists or seems out of proportion to the circumstances.

Review this checklist now and print a copy to leave in an easily accessible place, such as on the inside of your front door, to help you remember what to do after an earthquake strikes.

