

College students should know what steps to take before, during, and after an earthquake at home, work, and school. Visit [www.earthquakecountry.org/sevensteps](http://www.earthquakecountry.org/sevensteps) to learn the *Seven Steps to Earthquake Safety*.

### **PREPARE (before an earthquake):**

- (Step 1) Secure your space, by identifying hazards and securing moveable items. Move heavy items to lower shelves. Bunk beds should be strapped together.
- (Step 2) Plan to be safe, by creating a disaster plan and deciding how you will communicate in an emergency. Know your dorm's evacuation procedures. Learn basic first aid. With your family decide (in advance) on an out of state contact (friend or relative) that everyone can report to and share information.
- (Step 3) Organize disaster supplies in convenient locations. Have a 'go bag' easily accessible with a first aid kit, list of medications, 3-5 days of medication, first aid kit, bottled water, high energy food bar, flashlight, shoes, and cash (small bills). During the first 24 hours after a very damaging earthquake, it may not be clear where you can go to get food and water, and you may not be allowed back into your dorm or building right away. If you live in college housing, ask your RA or other staff where you would go for food and shelter.
- (Step 4) Minimize financial hardship, by organizing important documents, strengthening your property, and considering insurance. Store copies of identification, car registration, passports, or other documents you may need in an emergency in your go bag or car. If you live in rental housing, consider earthquake renters insurance if available in your state.

### **SURVIVE (during and just after an earthquake):**

- (Step 5) Drop, Cover, and Hold On during earthquake shaking.
  - DROP to the ground (before the earthquake drops you!);
  - COVER your head and neck with your arms and seek shelter by getting under a sturdy desk or table if nearby; and
  - HOLD ON to your shelter and be ready to move with it until the shaking stops.
  - If there is no table or desk near you, drop to the ground and move next to an inside wall of the room. Remain in a crawling position to protect your vital organs and cover your head and neck with your hands and arms.



- Do not move to another room or outside during strong shaking.
- Visit [www.earthquakecountry.org/step5](http://www.earthquakecountry.org/step5) to learn how to protect yourself in various situations and locations, including safety tips for people with disabilities.
- (Step 6) When shaking stops, improve safety by evacuating if necessary, helping the injured, and preventing further injuries or damage. Follow your dorm/classroom emergency evacuation and relocation plan. Avoid downed power lines and water from broken pipes when exiting a building. If you smell gas move away quickly. Be careful leaving a building; aftershocks can cause loose bricks, broken glass, and other building materials to fall.

### **RECOVER (after an earthquake):**

- (Step 7) Reconnect and Restore. Restore daily life by reconnecting with others, repairing damage (in your living space if needed), and rebuilding community. To keep phone lines accessible for emergency use, send a quick text to parents and/or family's out of state emergency contact (see below) to let them know you are ok. Only call if there is an emergency situation. Be careful when cleaning up debris (watch for broken glass and other hazards). If you are OK, volunteer to help others on campus or within your community.

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