

# SAFETY TIP – Seven Steps to Earthquake Safety

Information from Martinez Area CERT and the California Earthquake Alliance

## Prepare. Survive. Recover.

Follow the Seven Steps to Earthquake Safety and be prepared to survive and recover from the next damaging earthquake. More information is available at [EarthquakeCountry.org/sevensteps](http://EarthquakeCountry.org/sevensteps)

### PREPARE

#### Step 1

Secure your space by identifying hazards and securing moveable items.

#### Step 2

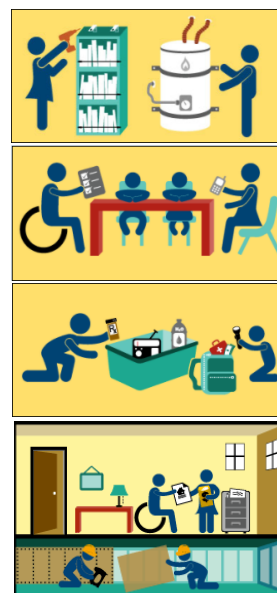
Plan to be safe by creating a disaster plan and deciding how you will communicate in an emergency.

#### Step 3

Organize disaster supplies in convenient locations.

#### Step 4

Minimize financial hardship by organizing important documents, strengthening your property, and considering insurance.



### SURVIVE

#### Step 5

Drop, Cover and Hold On when the earth shakes.

#### Step 6

Improve safety after earthquakes by evacuating if necessary, helping the injured, and preventing further injuries or damage.



### RECOVER

#### Step 7

Reconnect and restore daily life by reconnecting with others, repairing damage, and rebuilding community.



For more information visit your Martinez Area Community Emergency Response Team, (CERT) at [www.martinezcert.org](http://www.martinezcert.org)

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