

# Prepare and Stay Safe: A Comprehensive Guide for Pacific Northwest Earthquakes

The Pacific Northwest region is prone to earthquakes, and it's crucial to be prepared for the potential of a major event. This comprehensive guide, meticulously crafted by experts, provides invaluable insights and practical tips to help you prepare for and stay safe after an earthquake in the Pacific Northwest.

## Part 1: Preparation

### 1. Assess Your Home's Vulnerability

Use the Pacific Northwest Seismic Hazard Tool to determine the seismic risk level of your home. Consider the age, construction materials, and structural integrity of your residence. Identify and reinforce areas of potential weakness.



### Get Ready!: How to Prepare for and Stay Safe after a Pacific Northwest Earthquake by Deb Moller

★★★★☆ 4.7 out of 5

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### 2. Establish an Emergency Plan

Develop a family emergency plan and designate meeting points both inside and outside of your home. Establish communication channels and identify evacuation routes. Include plans for pets and individuals with special needs.

### **3. Gather Essential Supplies**

Assemble an emergency preparedness kit that includes a first-aid kit, non-perishable food, water (one gallon per person per day), flashlight, batteries, radio, whistle, and a multi-tool. Consider specific items for infants, children, and seniors.

### **4. Secure Your Home**

Secure heavy objects such as bookcases, mirrors, and appliances to prevent them from falling and causing injury. Install earthquake straps and latches to keep cabinets and doors closed.

### **5. Learn CPR and First Aid**

Acquire the skills to perform CPR and first aid to assist yourself and others in the event of an earthquake. Consider taking formal training classes.

## **Part 2: During an Earthquake**

### **1. Stay Calm and Duck, Cover, and Hold**

When an earthquake strikes, remain calm and follow the rule of "duck, cover, and hold." Drop to the ground, take cover under a sturdy table or desk, and hold on until the shaking stops. Avoid windows and exterior walls.

### **2. Protect Yourself from Falling Objects**

Seek shelter under a doorway or a corner of a room, away from windows and other potential hazards. Cover your head and neck with your arms and hands to protect them from falling debris.

### **3. Stay Informed and Listen to Authorities**

Tune into local radio or television for updates and instructions from emergency responders. Do not use the phone unless it is an emergency to keep lines open for essential communications.

### **4. Be Mindful of Aftershocks**

Following an earthquake, be prepared for aftershocks. These can occur within minutes, hours, or even days after the main event. Stay vigilant and continue to follow safety precautions.

## **Part 3: After an Earthquake**

### **1. Check for Injuries and Damage**

Assess yourself and others for injuries. If injured, seek medical attention immediately. Check your home for damage and identify any potential hazards.

### **2. Monitor for Gas Leaks**

If you smell gas, evacuate your home immediately and notify the authorities. Do not turn on lights or appliances as sparks can ignite the gas.

### **3. Check Water and Electricity**

Turn off water and gas mains if there is evidence of damage. Do not use electrical appliances until they have been inspected by a qualified electrician.

## **4. Stay Informed and Cooperate with Authorities**

Follow updates and instructions from emergency responders. Cooperate with law enforcement and aid organizations. Do not spread rumors or interfere with rescue efforts.

## **5. Help Others and Stay Resilient**

Assist your neighbors and community members in need. Share resources, offer emotional support, and work together to overcome the challenges.

## **Additional Tips for Specific Situations**

### **1. Earthquakes in High-Rise Buildings**

Stay in the building and do not use elevators. Seek shelter under a sturdy table or desk in an interior room. Avoid windows and exterior walls.

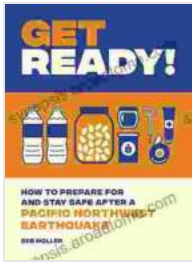
### **2. Earthquakes in Coastal Areas**

Be aware of the potential for tsunamis. If you feel an earthquake, evacuate to higher ground immediately. Follow instructions from local authorities.

### **3. Earthquakes in Rural Areas**

Be prepared for limited access to emergency services and resources. Have a designated meeting point outside your home and communicate with neighbors.

Preparing for and staying safe after an earthquake in the Pacific Northwest requires knowledge, planning, and community cooperation. By following the guidelines outlined in this guide, you can mitigate the risks and increase your chances of weathering a seismic event with minimal impact. Stay informed, stay prepared, and stay safe.



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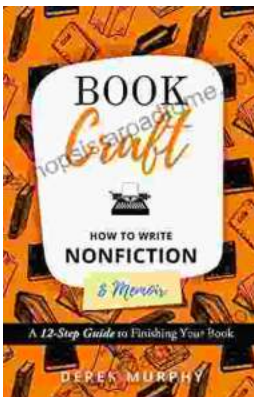
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