

live well, work well

Health and wellness tips for your work, home, and life—brought to you by the insurance and healthcare specialists at Cavignac & Associates Insurance Brokers.

Prepare for a Quake Before It Hits!

Useful suggestions for being prepared

Earthquakes, one of Mother Nature's most unsettling phenomena, are unpredictable and can strike without warning. That's why it's important for you and your family to learn how to prepare for an earthquake, and develop a plan to react quickly and safely if a disaster strikes.

Preparing for an Earthquake:

- Locate the shutoff valves for water, gas and electricity in your home. Learn how to shut off the valves before a quake. If you have any questions, call your utility company.
- Prepare an emergency earthquake kit with warm clothing, non-perishable food items and bottled water to last you and your family for at least 72 hours.
- Decide where and when to reunite with loved ones if you and your family are not together when an earthquake hits.
- Bolt down and secure to the wall studs your water heater, refrigerator, furnace, and gas appliances,

if recommended by your gas company.

- Have an automatic gas shutoff valve installed that is triggered by strong vibrations.
- Hold earthquake drills with your family members: Drop, cover and hold on! Locate safe spots in each room under a sturdy table or against an inside wall. Reinforce this information by moving to these places during each drill.
- Keep extra cash on hand. If electricity is out, you will not be able to use an automatic banking machine.
- Make copies of vital records and take photos and/or videos of your valuables. Make copies and keep them in a safety deposit box, preferably in another city or state.

During an Earthquake

- Remain inside of your home and seek shelter under a

heavy table or desk, or brace yourself inside a door frame or inside wall.

- Stay at least 15 feet away from windows and out of kitchens and garages, if possible.
- Stay under the structure that is protecting you. If the shaking causes the table or desk to move, then you should move with it so you remain protected.
- Do not panic, and anticipate what you should do next to remain safe. Also, do not be alarmed if your electricity goes out.

Source: FEMA



Did you know...?

It's important to remain in your home after the ground stops shaking in case there are any aftershocks. While doing so, make sure that all your family members are safe and administer first aid for any injuries.