8 Ways to Be Prepared

1. Identify Your Risk
   - What are the hazards where you live or work? Find out what natural or human-caused disasters pose a risk for you.
   - Do you live near a flood plain, an earthquake fault, or in a high fire danger area?
   - Are you prepared for an unexpected human-made disaster that can strike any time?

2. Create a Family Disaster Plan
   - Your family needs a plan that tells everyone: where to meet if you have to evacuate, who you’ve identified.

3. Practice Your Disaster Plan
   - After you have sat down with your family and written your plan—practice it.
   - Start by having family members meet at a designated spot outside your home—like you would after a fire or after the shaking stops. Know how to respond in the event of any disaster—whether to stay put indoors, or whether to evacuate your neighborhood by car.

4. Build a Disaster Supply Kit for Your Home
   - If you are stranded in your car or have to be self-sufficient at home until help arrives, you need to have a disaster kit with you.

5. Prepare Your Children
   - Talk to your kids about what the risks are and what your family will do if disaster strikes.

6. Don’t Forget Those with Special Needs
   - Infants, seniors, and those with special needs must not be forgotten.
   - Make sure that supplies for your infant are in your kit and that seniors or those with special needs have medical supplies that they may require.

7. Learn CPR & First Aid
   - Get trained in basic first aid and CPR, your training could save the life of a loved one or neighbor following a disaster.

8. Eliminate Hazards in Your Home and the Workplace
   - You must secure the contents of your home or office to reduce hazards, especially during shaking from an earthquake or from an explosion.