

# Welcome!



**E**arthquake  
**C**ountry  
**A**lliance

**ECA Bay Area**  
Fall 2025 Workshop

Online Workshop

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## **ECA Bay Area Coordinating Committee Co-Chairs**

**Jeff Airth**

San Francisco International Airport

**Ray Bonilla**

CommonSpirit Health & City of Hayward City Council

**Dena Gunning**

Central County Fire Department (San Mateo)

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# Today's Agenda

**Welcome – ECA Bay Area Coordinating Committee Chairs**

**Your Action Plan for the *Seven Steps to Earthquake Safety***


**ECA Activities & Opportunities**

**Announcements from Participants**

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## Your Action Plan for the Seven Steps to Earthquake Safety



**Seven Steps to Earthquake Safety: Your Action Plan Worksheet** 

Use this worksheet to create Your Action Plan for what to do before, during, and after a damaging earthquake. Visit [EarthquakeCountry.org/sevensteps](http://EarthquakeCountry.org/sevensteps) for more guidance and resources for each step.

- 1 Secure Your Space | What will you secure, and when?**  
Item and Location: \_\_\_\_\_ When: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 2 Plan to be Safe | Start with the following:**  
**Out-of-Area Contact:** Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
**Other Key Contacts:** Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
**Meeting Place:** \_\_\_\_\_  
**Other Planning Actions?** \_\_\_\_\_
- 3 Organize Emergency Supplies | What will you keep in each location?**  
**Under-Bed Bags:** \_\_\_\_\_  
**Go-Bags:** \_\_\_\_\_  
**Home or Work Supplies:** \_\_\_\_\_
- 4 Minimize Financial Hardship | What will you do next?**  
**Organize Documents:** \_\_\_\_\_  
**Strengthen Property:** \_\_\_\_\_  
**Consider Insurance:** \_\_\_\_\_

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**[EarthquakeCountry.org/languages](http://EarthquakeCountry.org/languages)**

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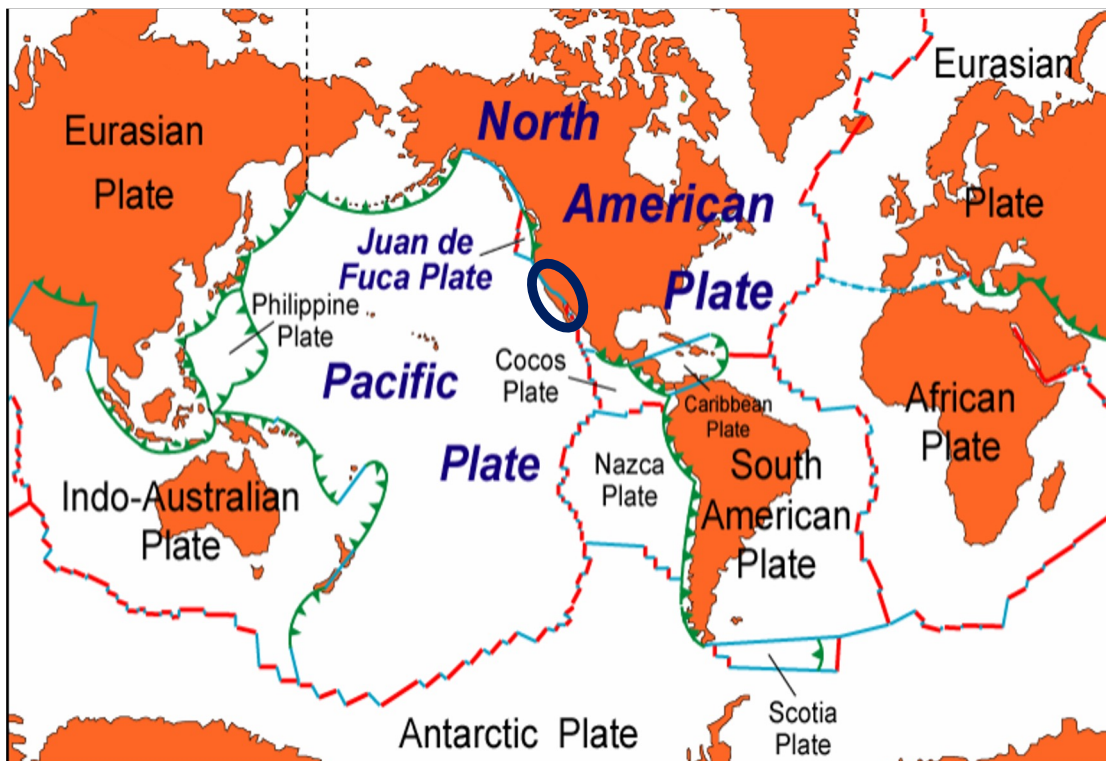
# Share Feedback or Suggestions

Please complete our workshop survey:  
[Surveymonkey.com/r/DCNXBGK](https://www.surveymonkey.com/r/DCNXBGK)



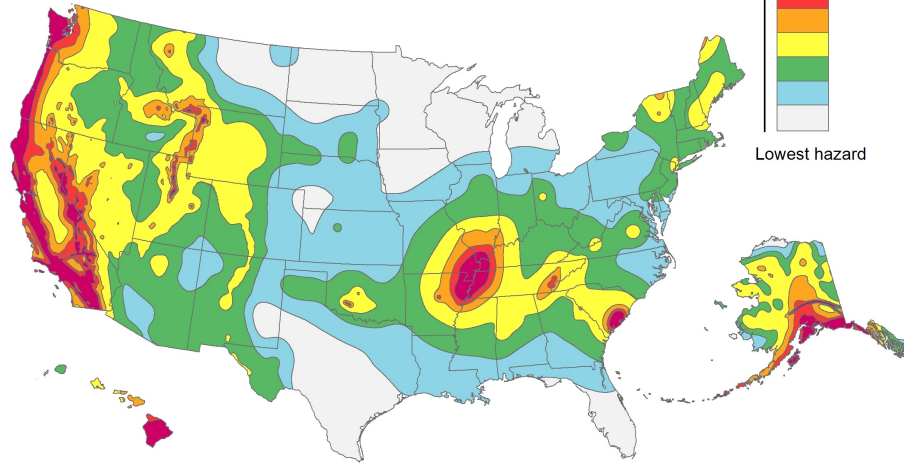
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## We Live on the Edge...



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# National Seismic Hazard Maps



[usgs.gov/programs/earthquake-hazards/hazards](https://usgs.gov/programs/earthquake-hazards/hazards)

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## Improved Understanding of Major Faults

**UCERF3: A New Earthquake Forecast  
for California's Complex Fault System**

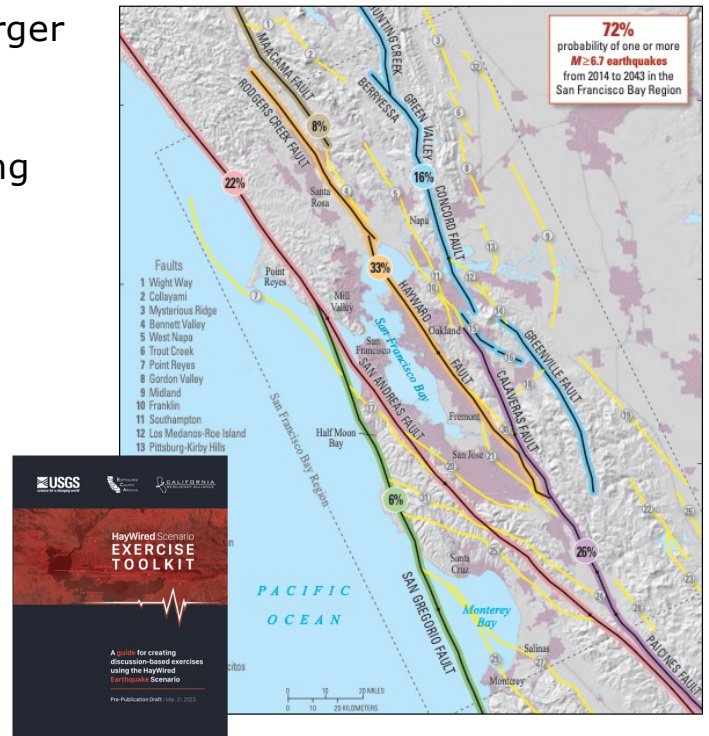
**[www.WGCEP.org/UCERF3](http://www.WGCEP.org/UCERF3)**

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# Bay Area Major Faults

- Several faults capable of magnitude 7 or larger earthquakes
- Many smaller faults can also cause damaging shaking
- 22% chance of an earthquake larger than M6.7 on the San Andreas within 30 years
- 33% chance of >M6.7 on Hayward fault in same timeframe
- Learn about the **USGS HayWired Scenario** at [EarthquakeCountry.org/haywired](https://EarthquakeCountry.org/haywired) and download a toolkit for conducting discussion-based exercises based on issues identified in the scenario report.



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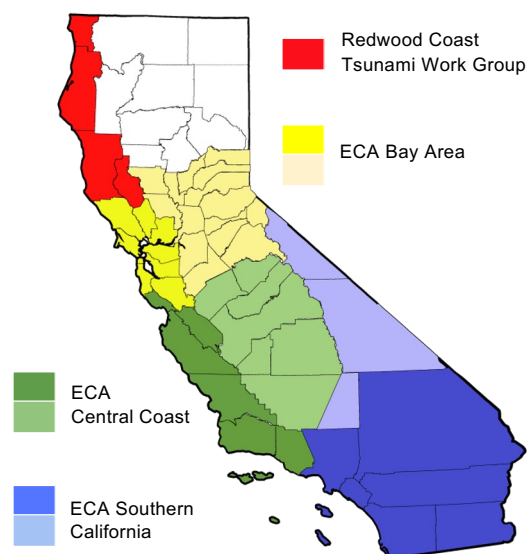
## More Can and Must Be Done...

- ...at every level
- ...before, during, and after
- ...by each and all of us



# Earthquake Country Alliance

- 4000+ *Public-Private-Grassroots* leaders
- Statewide *committees* develop resources and deliver programs
- *Regional Alliances* organize meetings and outreach activities
- California's Office of Emergency Services provides NEHRP funding for ECA earthquake mitigation activities
- USC's Statewide California Earthquake Center (SCEC.org) administers ECA



Join: [EarthquakeCountry.org/join](https://EarthquakeCountry.org/join)



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## ECA Statewide Activities

*Develop Messaging and Resources:*

[EarthquakeCountry.org](https://EarthquakeCountry.org)  
[EarthquakeCountry.org/resources](https://EarthquakeCountry.org/resources)  
[Terremotos.org](https://Terremotos.org)



*Support Tsunami Preparedness Week:*

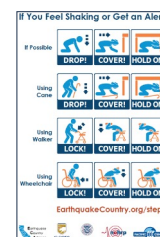
[TsunamiZone.org/california](https://TsunamiZone.org/california)



**March  
21-29,  
2026**

*Created and Coordinate  
The Great California ShakeOut:*

[ShakeOut.org/california](https://ShakeOut.org/california)



**Oct. 15,  
2026**

*Webinars & other events*

[EarthquakeCountry.org/calendar](https://EarthquakeCountry.org/calendar)

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# Seven Steps To Earthquake Safety

## BEFORE

### 1. Secure Your Space



### 2. Plan To Be Safe



### 3. Organize Supplies



### 4. Minimize Financial Hardship



### 5. Drop, Cover, and Hold On



### 6. Improve Safety



## AFTER

### 7. Reconnect and Restore



[EarthquakeCountry.org/sevensteps](http://EarthquakeCountry.org/sevensteps)

[Terremotos.org/sietepasos](http://Terremotos.org/sietepasos)

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## Step 1: Secure Your Space

### BEFORE

- Identify hazards
- Secure moveable items
- Reduce Injuries and damage

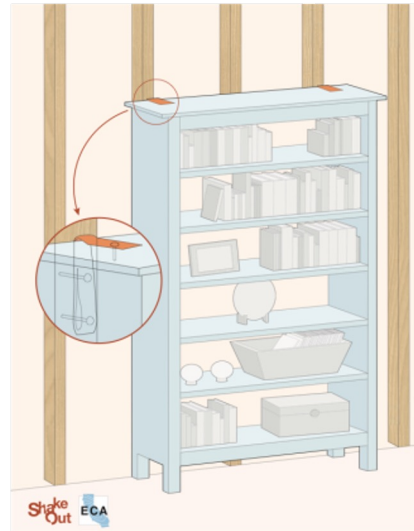
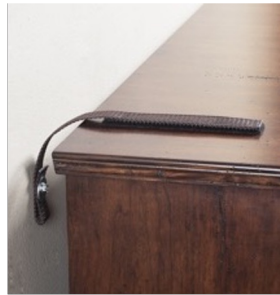


[EarthquakeCountry.org/step1](http://EarthquakeCountry.org/step1)

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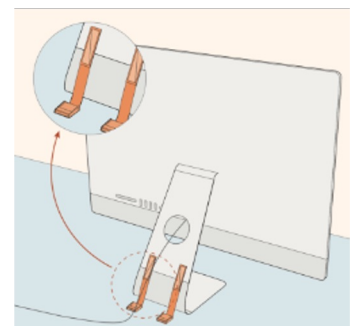
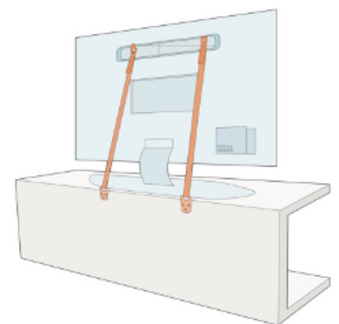
# Top-Heavy Furniture



Use flexible nylon straps (buckles or velcro)

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# TVs and Electronics



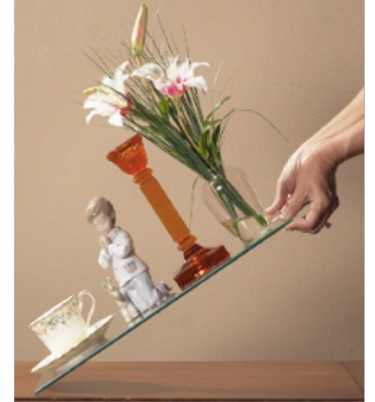
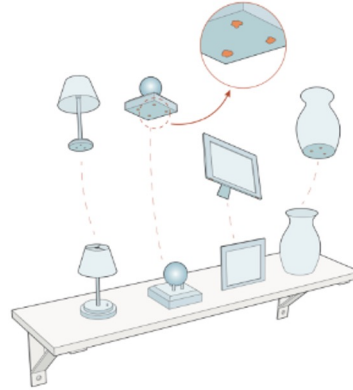
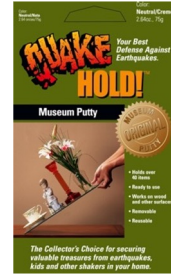
Straps and buckles secured with adhesive and bolted to anchor points

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# Smaller Items

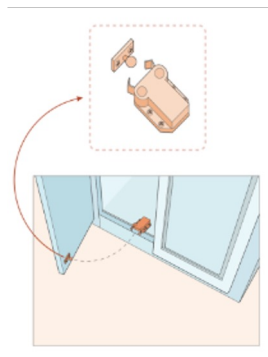
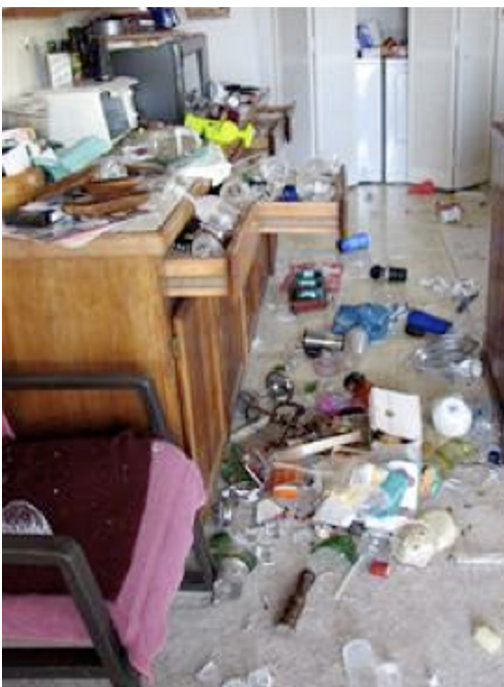


- Earthquake Putty
- Microcrystalline Museum Wax



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# Kitchen Cabinets

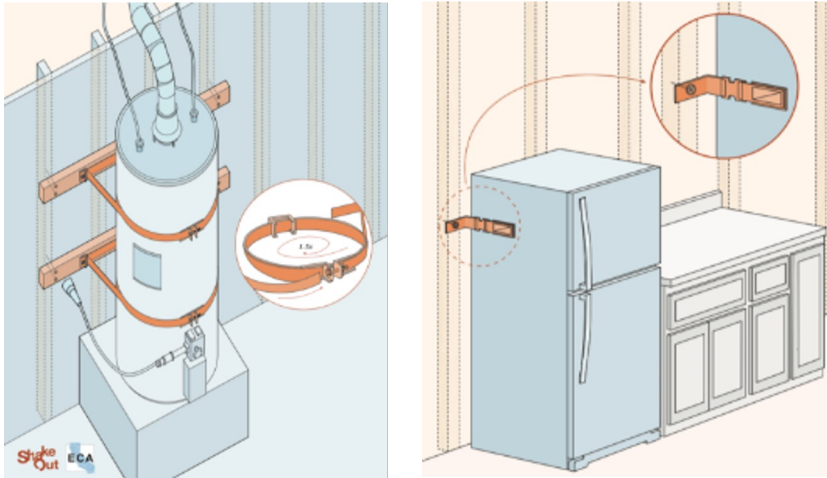


Many options are available at hardware stores and online

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# Water Heaters and Large Appliances



- Use flexible stainless-steel gas connectors
- Secure large appliances to wall studs



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## Secure Your Space Guide & Worksheet

**Step 1: Secure Your Space**  
How to prevent items from falling during earthquakes

Imagine your entire home or workplace being picked up and shaken during an earthquake – even heavy objects can fall or be thrown around! This usually causes the most injuries during earthquakes, and replacing items or repairing damages can also be very costly.

These issues can be prevented through simple actions to secure furniture and other items in place. That's why "Secure Your Space" is Step 1 of the Seven Steps to Earthquake Safety!

Start now by moving tall furniture like bookcases away from beds, sofas, or other places where people spend a lot of time. Move heavy objects to lower locations.

Then continue by securing things such as televisions, dressers, water heaters, cabinet doors, hanging objects, and small objects, following the instructions within this document. Try securing at least one item every weekend until you get everything done. You may need to ask others for help or to borrow tools. Perhaps you might help them too. We're all in this together!

Learn more at [EarthquakeCountry.org/Step1](https://EarthquakeCountry.org/Step1)

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### How to Secure:

- Tall Furniture
- Televisions/Monitors
- Hanging Objects
- Small Objects
- Refrigerators
- Cabinet Doors
- Storage Racks
- Water Heater

**[EarthquakeCountry.org/step1](https://EarthquakeCountry.org/step1)**

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# Begin to Secure Your Space

**TODAY:**

*Move a heavy object to a lower location*

- Review [EarthquakeCountry.org/step1](https://www.earthquakecountry.org/step1)
- List potential hazards to be secured
- Secure everything in a weekend, or over time
- Show your friends, family, neighbors, etc. to encourage them to *Secure Their Space* (even better... help each other!)

## Your Step 1 Action Plan

*What will you secure, and when?*

**Item and Location:**

**When:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## Step 2: Plan to Be Safe

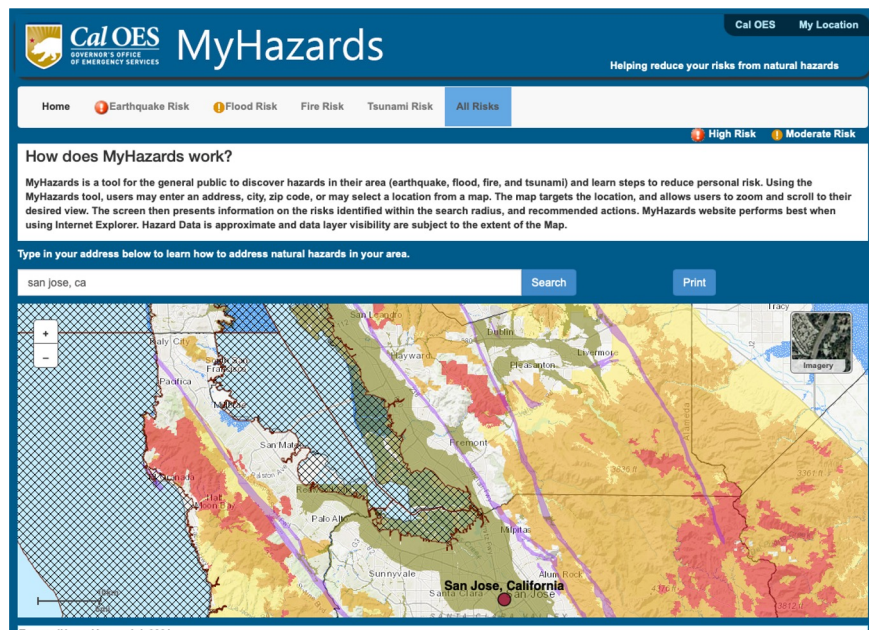
**BEFORE**

- Create a disaster plan
- Decide how to communicate in an emergency



[EarthquakeCountry.org/step2](https://www.earthquakecountry.org/step2)

# Know Your Hazards



**[MyHazards.CalOES.ca.gov](http://MyHazards.CalOES.ca.gov)**

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## Why Prepare??

- Disasters can occur anytime, anywhere
- First Responders will not be immediately available
- Preparing is key to maintaining independence



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## Why Prepare?



Utilities may not work

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## Why Prepare?



Roads may be  
impassible



Transportation  
may be  
unavailable

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# Why Prepare?



Grocery stores, pharmacies, banks, etc. may be closed



Getting accurate information will be difficult

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## Planning Is Personal

- Make a plan where you spend time
  - Work, school, family or friend's homes
- Assess YOUR situation
- Plan, prepare, practice
  - worst case scenario
- Address YOUR needs & concerns



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# Plan How You Will Extinguish Small Fires

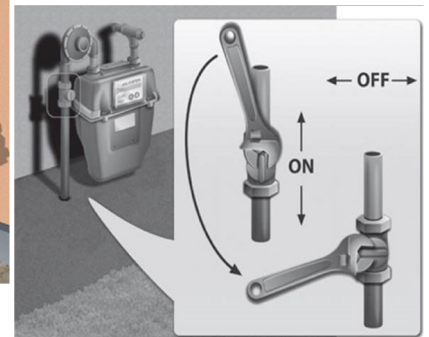
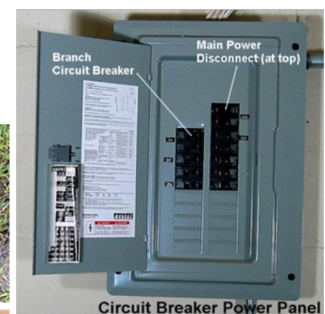
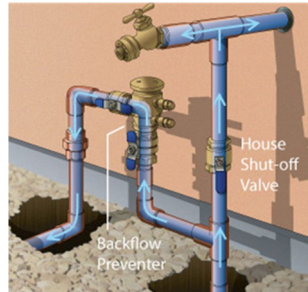
- Get at least one fire extinguisher for your home.
- Your local fire department can train you and your family to use it properly, or you can watch videos online.



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# Plan How You Will Turn Off Utilities (if needed)

- Know the location of utility shutoffs (gas, water, and electricity)
- Keep needed tools nearby
- Know how to shut them off
- Gas:
  - Only turn off the gas if you smell, hear, or see leaking gas
  - Use wrench and turn 1/4 way
  - Or have automatic gas shutoff valve installed

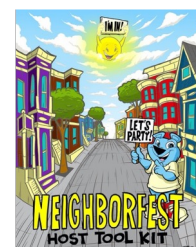


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# Take Training/Networking Programs

- Learn about local programs, such as:

- CERT
- Map Your Neighborhood
- Neighborfest
- Red Cross trainings



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## Plan How To Communicate and Connect

- Choose a meeting place where everyone will go if your home is not accessible.
- Share a list of key contacts (include someone in another area to text or call)
- If you are a person with a disability, identify and include your support network
- Sign up for local emergency text alerts or download alert phone apps.
- Get a NOAA Weather Radio for weather updates or any portable radio for news
- Know your neighborhood Amateur Radio operator – or become one!

### Your Step 2 Action Plan

Start with the following:

#### Out-of-Area Contact:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

#### Other Key Contacts:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

#### Meeting Place:

#### Other Planning Actions?

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Local Alert Info:  
**AlertTheBay.org**

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# Step 3: Organize Disaster Supplies

## BEFORE

- At home, work, and in your car
- Copies of prescriptions, extra glasses, etc.
- Essentials for 3 days, ideally 2 weeks



[EarthquakeCountry.org/step3](https://EarthquakeCountry.org/step3)

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## Disaster Supplies Checklist

- Choose where you want to store your supplies:
  - Under-Bed bag?
  - Go-Bag?
  - Home?
  - Work?
  - Car?
- What personal items do you need?

**Step 3: Organize Emergency Supplies**  
The Seven Steps to Earthquake Safety

It may be easier and cheaper than you think to **organize emergency supplies in convenient locations**. This is not just about "having a kit." Include supplies specific to you, such as medications, eyeglasses, clothing, shoes, toiletries, and more. This is in addition to the basic supplies everyone should have (water, food, first-aid, flashlight, radios, etc...).

The chart below can help you customize supplies for when and where you need them: **under-bed bag** (immediate supplies), **evacuation** ("go-bag" - 3 days), **home** (2 weeks), and perhaps **at work** and in your **car**. Choose what makes the most sense based on your needs and budget. Learn more at [EarthquakeCountry.org/step3](https://EarthquakeCountry.org/step3).

Under-Bed?	Go-Bag?	Home?	Work?	Car?	Item:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Clothing, shoes, hard hat / helmet, gloves
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Whistle
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Flashlight / headlamp
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dust mask and goggles
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Glasses / contacts
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tools (gas wrench, shovel, crowbar, knife)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Contact lists (in-state, out-of-state)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Copies of ID / important documents
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Batteries, battery pack, & charging cables
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Medications / Copies of Prescriptions
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	First-aid supplies and emergency blanket
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Water and food (long shelf-life)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Portable radio
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Toiletries (sunscreen, tissue, hygiene items)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cash (small bills)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maps (local and regional)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pet supplies (food, water, toys, leashes)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Litter / sand (spills, traction)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Jumper cables, spare tire, inflator, jack
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Flares / road hazard lights
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Personal item
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Personal item

Choose... what makes sense for YOU and where to keep it!

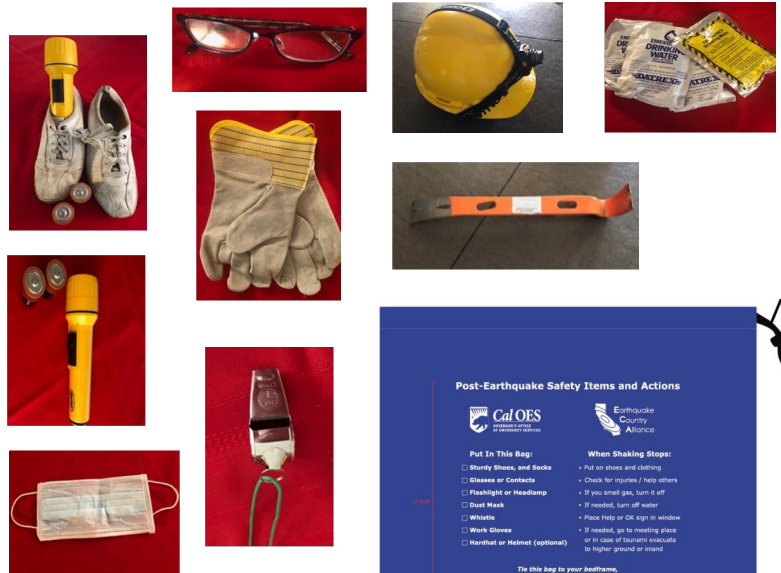
Gal OIS FEMA NCEM © 2022 Earthquake Country Alliance

[EarthquakeCountry.org/step3](https://EarthquakeCountry.org/step3)

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# Under-Bed Bags

- Keep **shoes**, socks, and a **flashlight** in a **closed** bag attached to each bed.
- You can also include other items as in this picture.

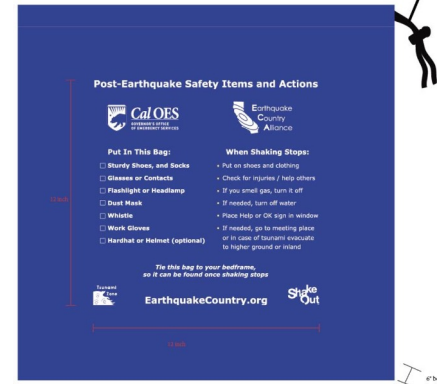


Prevents...

- Stepping on broken glass, or glass in shoes
- Tripping over objects

Allows you to...

- Exit bedroom safely
- Help injured



# Go Bags / Car Kits

- Prescription & critical medications
- Non-perishable food & manual can opener
- As much water as can carry
- Flashlights & batteries or other power
- First aid kit
- Personal health and hygiene needs
- Pet supplies (water, food, leash, carrier)





# Home Supplies / Stay Kits

- Up to 2 weeks of water, food, and other supplies

1 gallon of water per person or pet, per day, for up to 2 weeks

3 people +1 dog = 4 gallons/day

4 gallons x 14 days= 54 gallons

- Keep items in containers, backpacks, etc. – you may need to take with you

Under-Bed?	Go-Bag?	Home?	Work?	Car?	Item:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Clothing, shoes, hard hat / helmet, gloves
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Whistle
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Flashlight / headlamp
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dust mask and goggles
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Glasses / contacts
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tools (gas wrench, shovel, crowbar, knife)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Contact lists (in-state, out-of-state)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Copies of ID / important documents
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Batteries, battery pack, & charging cables
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Medications / Copies of Prescriptions
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	First-aid supplies and emergency blanket
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Water and food (long shelf-life)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Portable radio
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Toiletries (sunscreen, tissue, hygiene items)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cash (small bills)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maps (local and regional)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pet supplies (food, water, toys, leashes)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Litter / sand (spills, traction)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Jumper cables, spare tire, inflator, jack
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Flares / road hazard lights
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Personal item _____
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Personal item _____



## Personalize Disaster Supplies

- Account for dietary needs
- Medical Information list
- Stockpile medications & supplies
- Plan for refrigerated medication
- Label adaptive equipment with your contact information
- Key people know location





# What is missing (or needs to be checked?)

## Your Step 3 Action Plan

*What will you keep in each location?*

**Under-Bed Bags:** \_\_\_\_\_

\_\_\_\_\_

**Go-Bags:** \_\_\_\_\_

\_\_\_\_\_

**Home or Work Supplies:** \_\_\_\_\_

\_\_\_\_\_

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## Step 4: Minimize Financial Hardship

BEFORE

- Organize important documents
- Strengthen your property
- Consider insurance



[EarthquakeCountry.org/step4](https://EarthquakeCountry.org/step4)

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# Organize Important Documents

(keep copies in your go-bag or in a secure place online)

## IDENTIFICATION

- ☐ Birth, marriage, adoption, and other certificates
- ☐ Driver's License, Social Security, Passport, Green Card, Military I.D.
- ☐ Pet identification (licenses/tags, photos) and vaccination records

## FINANCIAL

- ☐ Checking, savings, retirement, and investment account info
- ☐ Lease or rental agreement, deed/title, mortgage info
- ☐ Vehicle payment info, registration, title
- ☐ Utility bills, credit cards, student loans, etc.
- ☐ Homeowners/renters, auto, life, earthquake, flood Insurance
- ☐ Photos and lists of belongings (for insurance claims)

## MEDICAL

- ☐ Health/dental insurance, Medicare, Medicaid, VA health benefits
- ☐ Lists of medications, immunizations, allergies, prescriptions, etc.
- ☐ Living will, medical power of attorney

## CONTACT INFO

- ☐ Family, neighbors, friends (including an "out of area" contact)
- ☐ Employers, supervisors, employees, colleagues
- ☐ Schools, childcare, elder care
- ☐ Doctors, dentists, veterinarians, social service providers

**[EarthquakeCountry.org/step4](http://EarthquakeCountry.org/step4)**

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# Older Buildings & Infrastructure

- California Earthquake Authority offers home retrofit incentives and guidance:

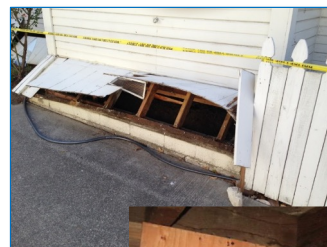
**[EarthquakeBraceBolt.com](http://EarthquakeBraceBolt.com)**

**[StrengthenMyHouse.com](http://StrengthenMyHouse.com)**

- Many cities are requiring retrofit of older, vulnerable buildings including some apartment buildings and certain commercial building types.

- Infrastructure:

- Freeway bridges have been retrofitted
- Water, power, and other utilities improving resilience



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# Financial Preparedness

- Keep a small amount of cash at home in a safe place
- Have an emergency savings account
- Consider earthquake insurance (homeowners, renters, commercial)
- Download FEMA's *Emergency Financial First Aid Kit* (EFFAK)

[ready.gov/financial-preparedness](https://ready.gov/financial-preparedness)



## What Will You Do Now to Minimize Financial Hardship later?

### Your Step 4 Action Plan

*What will you do next?*

**Organize Documents:** \_\_\_\_\_

\_\_\_\_\_

**Strengthen Property:** \_\_\_\_\_

\_\_\_\_\_

**Consider Insurance:** \_\_\_\_\_

\_\_\_\_\_

# Step 5: Drop (Lock), Cover and Hold On

**DURING**



- When the earth shakes, act immediately
- Protect yourself from falling to the ground, or from falling objects

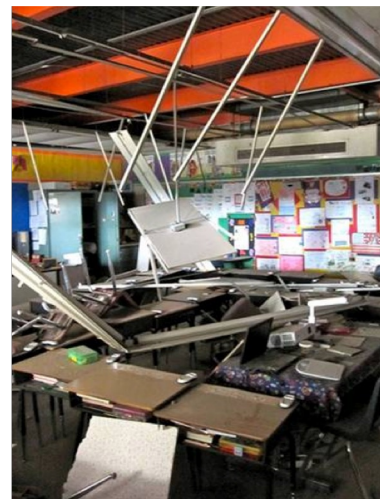


**[EarthquakeCountry.org/step5](http://EarthquakeCountry.org/step5)**

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## Why *Drop, Cover, and Hold On?*

- Strong consensus for many years, based on data for how people are injured, and experience of Urban Search and Rescue firefighters
- Prevents being thrown to the ground
- Reduces injury from falling or flying items... including structural elements and exterior façades (brick, glass, etc.)
- Increases chance of surviving collapse



Classroom in Calexico, CA  
April 2010 M7.2



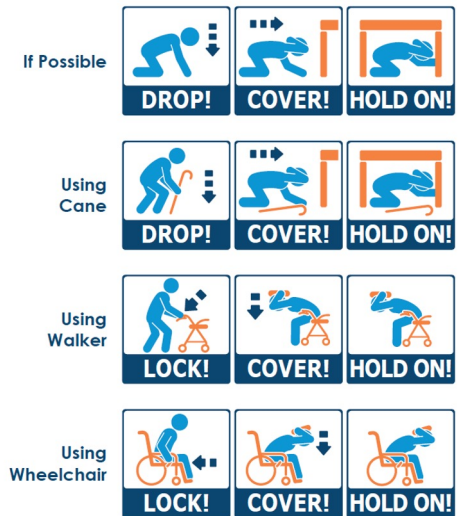
**[EarthquakeCountry.org/step5](http://EarthquakeCountry.org/step5)**

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# Adapt to Your Situation

- If you can't get back up, don't get down
  - Bend over and cover your head and neck with your arms/hands
- Instruct others how to assist you
- Practice often
- [EarthquakeCountry.org/step5](https://EarthquakeCountry.org/step5)

If You Feel Shaking or Get an Alert:



[EarthquakeCountry.org/step5](https://EarthquakeCountry.org/step5)



## Know How to Protect Yourself

In *most* situations and building types:



**Drop** on to your hands and knees, where you are



See [EarthquakeCountry.org/step5](https://EarthquakeCountry.org/step5) for advice for a variety of settings



# Know How to Protect Yourself

In *most* situations and building types:



**Cover** your head and neck with one arm and hand

- If a sturdy table or desk is nearby, crawl underneath it for shelter
- If no table/desk, crawl against a wall or next to low furniture for sideways protection



See [EarthquakeCountry.org/step5](https://www.EarthquakeCountry.org/step5) for advice for a variety of settings

# Know How to Protect Yourself

In *most* situations and building types:



**Hold On** to your shelter until shaking stops

- Be ready to move with your shelter
- If not under a shelter, hold on to your head/neck with both arms and hands



See [EarthquakeCountry.org/step5](https://www.EarthquakeCountry.org/step5) for advice for a variety of settings

# Earthquake Safety Video Series

The logo for Shake Out, featuring the words "Shake" and "Out" in a stylized, overlapping blue font. The "O" in "Out" is large and partially covers the "e" in "Shake". A small "TM" trademark symbol is at the bottom right of the "Out" wordmark.

**IF NEAR A STURDY  
DESK OR TABLE**

The logo for Shake Out, featuring the words "Shake" and "Out" in a stylized, overlapping blue font. The "O" in "Out" is large and partially covers the "e" in "Shake". A small "TM" trademark symbol is at the bottom right of the "Out" wordmark.

**IF THERE'S NO STURDY  
DESK OR TABLE**

- Separate short (1-8 min) videos:
  - indoors, nearby table/desk
  - indoors, no table/desk
  - theater/stadium
  - near the shore
  - in a car
  - in bed
  - for users of mobility devices/aids
- View full videos at [Youtube.com/greatshakeout](https://www.youtube.com/greatshakeout)
- Download full videos at [ShakeOut.org/messaging](https://ShakeOut.org/messaging)

The logo for Shake Out, featuring the words "Shake" and "Out" in a stylized, overlapping blue font. The "O" in "Out" is large and partially covers the "e" in "Shake". A small "TM" trademark symbol is at the bottom right of the "Out" wordmark.

**IF USING A CANE**

**Shake  
Out™**

**IF USING A WHEELCHAIR**

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**Shake  
Out™**

**IF USING A WALKER**

54

# Shake Out™

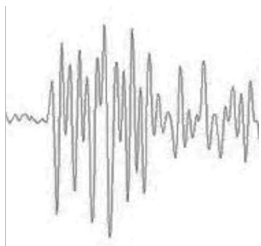
## IF YOU'RE IN BED

55

## When Should You Protect Yourself?



When You  
Feel  
Earthquake  
Shaking



When You  
Get an  
Earthquake  
Warning



When You  
Do an  
Earthquake  
Drill



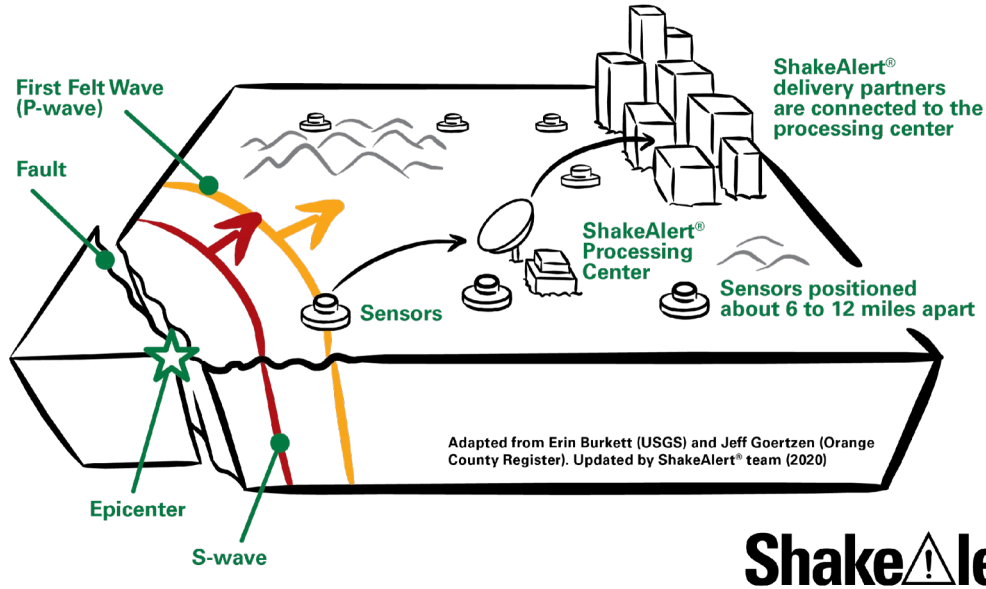
**ShakeOut.org**  
**2024: October 17**

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# Earthquake Early Warning

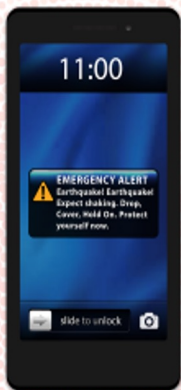
- Detects an earthquake as it begins
- Rapidly estimates ground-motion patterns
- Issues alerts to locations expected to experience significant shaking



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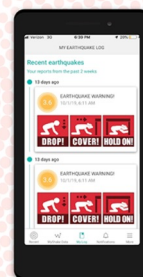
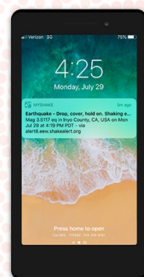
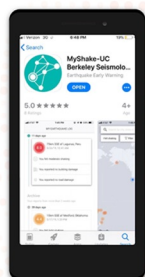
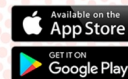
# Earthquake Warning California

Earthquake Early Warnings  
Now Available through Wireless  
Emergency Alerts (WEA)

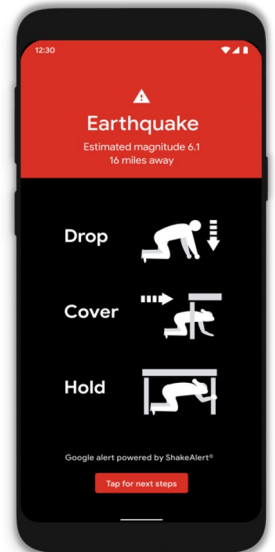


Magnitude = 5 or greater  
and  
Intensity at your location =  
greater than IV

Download the **MyShake™**  
Earthquake Early Warning App.



Magnitude = 4.5 or greater  
and  
Intensity at your location =  
greater than III



Magnitude = 4.5 or greater  
and  
Intensity at your location =  
greater than III

**earthquake.ca.gov**

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# Great ShakeOut Earthquake Drills

- Annual opportunity for schools, organizations, and families to practice earthquake safety and other aspects of their emergency plans
- 2026 International ShakeOut Day: **October 15**
- Learn more and register: [ShakeOut.org](https://ShakeOut.org)
- **10.5 million** registered in 2025
- How to participate, guides, etc.: [ShakeOut.org/howtoparticipate](https://ShakeOut.org/howtoparticipate)

# Shake Out™



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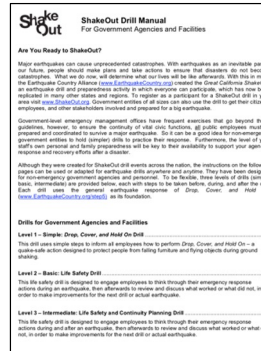
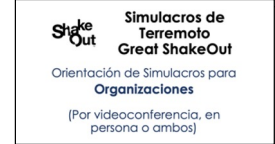
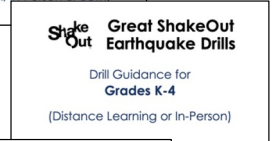
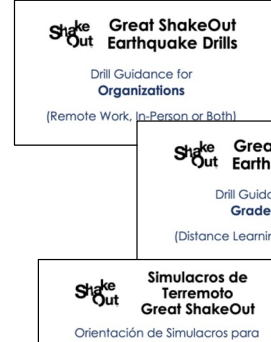
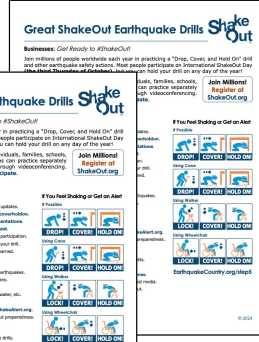
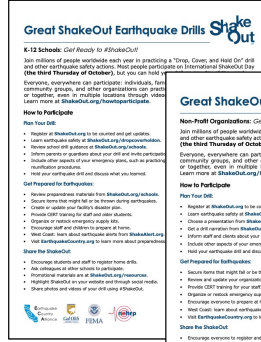
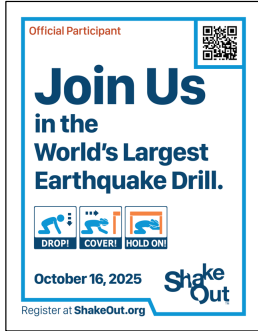
## Everyone Can ShakeOut



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# Example ShakeOut Resources



# Plan to Practice

## Your Step 5 Action Plan

Who will you practice with and when?

People at home:

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When:

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People at work:

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When:

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Other groups:

---



---



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When:

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# Step 6: Improve Safety

**DURING**

- Evacuate if necessary
- Help the injured
- Prevent further injuries or damage



[EarthquakeCountry.org/step6](https://EarthquakeCountry.org/step6)

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## Evacuation (If Needed)

- If there is **building damage, a fire, or other hazard**, safely go to your planned meeting place (Step 2).
- If you feel shaking and are **near the coast**, move to higher ground once you can safely move. Tsunami waves can arrive within minutes. Distant-source tsunamis may have official alerts and more time to evacuate. Learn more at [TsunamiZone.org](https://TsunamiZone.org).
- Remember to bring your Go-Bag!



[EarthquakeCountry.org/step6](https://EarthquakeCountry.org/step6)

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# Help the Injured & Prevent Damage

## Help the injured:

- Check your first aid kit for instructions or a first aid app.
- Ask permission before helping someone else.
- If someone is bleeding, put direct pressure on the wound.
- If someone is not breathing, provide hands-only CPR
- Do not move a seriously injured person unless there is danger of further injury.
- Call 9-1-1 to request medical help for serious injuries.

## Prevent further damage:

- Move or secure items that may fall during aftershocks.
- Use a fire extinguisher for small fires only.
- Shut off the gas only if you smell or hear a gas leak.
- Use flashlights instead of lighting candles or matches.

## Your Step 6 Action Plan

What will you do **now**, so you can improve safety **after**?

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[EarthquakeCountry.org/step6](https://EarthquakeCountry.org/step6)

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# Step 7: Reconnect and Restore

**AFTER**

- Restore daily life
- Reconnect with others
- Repair damage
- Rebuild community



[EarthquakeCountry.org/step7](https://EarthquakeCountry.org/step7)

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# Step 7: Reconnect and Restore

## The first weeks after the earthquake:

- If your gas was turned off, contact the gas company
- Visit [FEMA.gov/assistance](https://www.fema.gov/assistance) to learn what might be available.
- If you need repairs, check that contractors are licensed.
- Talk with others about how they are feeling, and help them seek counseling if needed.

## If you cannot stay in your home:

- Shelters may be overcrowded; staying with friends or family, or in a hotel, may also be options.
- Tell a neighbor and out-of-area contact your location.
- Only take your Go-Bag and essential items to a shelter.
- Have a plan for pets in case they cannot stay with you.

**Your Step 7 Action Plan**  
What else might you do **now** to speed your recovery?

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[EarthquakeCountry.org/step7](https://EarthquakeCountry.org/step7)

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# Safety Guidance in 16 Languages

The collage displays 16 different language versions of the 'Seven Steps to Earthquake Safety' guidance. Each version includes the 'Shake Out' logo and the 'EarthquakeCountry.org/step5' URL. The languages shown are: English, Spanish, Vietnamese, Thai, Chinese, Japanese, Korean, and others. Each version features the 'Shake Out' logo and the 'Seven Steps to Earthquake Safety'.

[EarthquakeCountry.org/languages](https://EarthquakeCountry.org/languages)

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# Together We Prepare

- Start preparing *TODAY!*
- Share information with your family, friends, colleagues, personal support team, and other communities
- Become engaged in community preparedness groups & other stakeholder opportunities



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## Connect with ECA

- [EarthquakeCountry.org/bayarea](https://EarthquakeCountry.org/bayarea)
- [bayarea@earthquakecountry.org](mailto:bayarea@earthquakecountry.org)
- [Terremotos.org](https://Terremotos.org)
- [X.com/eca](https://X.com/eca)
- [Facebook.com/earthquakecountryalliance](https://Facebook.com/earthquakecountryalliance)
- [Instagram.com/earthquakecountryalliance](https://Instagram.com/earthquakecountryalliance)
- [info@earthquakecountry.org](mailto:info@earthquakecountry.org)



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# Q&A

Please complete our workshop survey:  
[Surveymonkey.com/r/DCNXBGK](https://www.surveymonkey.com/r/DCNXBGK)

Join ECA (free) be notified of future events, etc.  
[EarthquakeCountry.org/join](https://EarthquakeCountry.org/join)

Questions?  
[info@earthquakecountry.org](mailto:info@earthquakecountry.org)



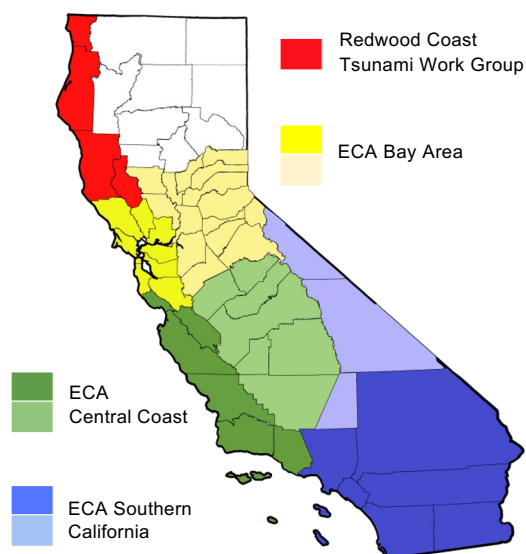
## ECA Activities & Opportunities

Mark Benthien  
Statewide California Earthquake Center (USC)  
ECA Executive Director



# Earthquake Country Alliance

- 4000+ *Public-Private-Grassroots* leaders
- **Statewide committees** develop resources and deliver programs
- **Regional Alliances** organize meetings and outreach activities
- California's Office of Emergency Services provides FEMA NEHRP funding for ECA earthquake mitigation activities
- USC's Statewide California Earthquake Center (SCEC.org) administers ECA



Join: [EarthquakeCountry.org/join](https://EarthquakeCountry.org/join)



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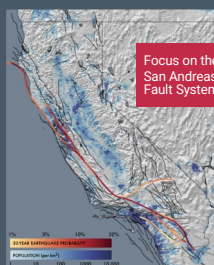
## Statewide California Earthquake Center

A collaborative research and education hub that brings together experts across geoscience and related fields

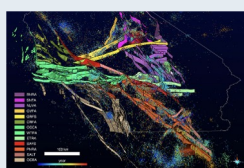
**SCEC's mission** is to develop and share cutting-edge earthquake system science to enhance California's resilience and to educate and inspire future scientists.

SCEC is a consortium of more than 90 institutions and a **community of over a thousand individuals**, guided by diverse leadership teams to fulfill the Center's mission.

### SCEC's Natural Laboratory and Study Area



### Earthquake System Science and Innovation



SCEC integrates new research and technologies to enhance predictive system-level models and simulations to synthesize knowledge and quantify seismic hazards.

### Education and Workforce Development



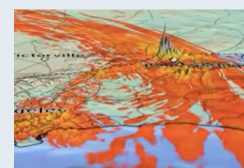
SCEC prepares the next generation of scientists through transformative research experiences, community building, and professional skills development.

### Outreach and Community Engagement



SCEC engages stakeholders across geoscience and related fields through workshops, drills, and collaborations to advance earthquake science, education, and preparedness.

### Earthquake Preparedness and Risk Reduction



SCEC bridges the gap between cutting-edge science and preparedness for a more resilient California, through education, research, and more realistic earthquake simulations.



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# ECA Statewide Activities

*Develop Messaging and Resources:*

[EarthquakeCountry.org](http://EarthquakeCountry.org)  
[EarthquakeCountry.org/resources](http://EarthquakeCountry.org/resources)  
[Terremotos.org](http://Terremotos.org)



*Support Tsunami Preparedness Week:*

[TsunamiZone.org/california](http://TsunamiZone.org/california)



**March  
21-29,  
2026**

*Created and Coordinate  
The Great California ShakeOut:*

[ShakeOut.org/california](http://ShakeOut.org/california)



**Oct. 15,  
2026**

*Webinars & other events*

[EarthquakeCountry.org/calendar](http://EarthquakeCountry.org/calendar)

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## ECA Outreach Bureaus (Regional & Statewide)

### • Events Bureau

- Speakers for online/in-person events – **Join us!**
- Booths and tables at events
- Request presenter or information table:

[EarthquakeCountry.org/eca-events](http://EarthquakeCountry.org/eca-events)

### • Participation Bureau

- ShakeOut and Tsunami Week recruitment and communications
- County/City Partners for local engagement

### • Communications Bureau

- Statewide and local coordination
- Media event planning
- Year-round messaging / news releases
- Post-earthquake shared messaging



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# Safety Guidance in 16 Languages



[EarthquakeCountry.org/languages](https://EarthquakeCountry.org/languages)

## ECA Mini Awards

- **Purpose:** provide materials for ECA member projects that improve earthquake resilience by promoting mitigation, awareness, and preparedness, and multiply impact of programs
- **Purchases:** \$500 to \$1000 each
- **Eligibility:** Proposals for earthquake **mitigation** and **education** activities
- **New packages:** For 2026 you'll be able to fully customize the materials for your project (furniture straps, printed materials, etc.)
- **Next Application Period:** Spring 2026
- **Join ECA** so you will be notified ([EarthquakeCountry.org/join](https://EarthquakeCountry.org/join)) – free!

# ECA Late-2024 Nor Cal Mini Award Recipients

**Pace Solano:** 2 file cabinet straps, 4 furniture/bookcase straps, 1 storage cabinet fastener, 2 TV straps, 12 QuakeHOLD putty, 4 QuakeHOLD gel; \$275

**City of Martinez:** 8 storage rack fastening kit, 4 computer straps, 3 refrigerator kits, QuakeHOLD putty, \$500

**Invictus Academy of Richmond:** 20 furniture straps, 10 bookcase/storage strap, 5 file cabinet straps, 3 copier fastener; \$500

**Cortez Family Childcare:** 5 furniture strap, 3 bookcase/storage straps, 3 storage rack fastening kit, 6 wall "lasso" kit, 1 refrigerator kits, 1 water heater strap, 1 seismo-latch deluxe, 2 QuakeHOLD putty, 2 QuakeHOLD gel; \$405

**Pacific Skyline Council, Boy Scouts of America:** 9 furniture/bookcase straps, 8 storage cabinet fastener; \$495

**St. Francis Catholic High School:** 20 file cabinet straps, 5 bookcase/file cabinet fastener, 5 storage cabinet fastener; \$500

**Comunidades Aliadas Tomando Acción:** 4 storage rack fastening kit, 2 refrigerator kits, 4 bookcase/file cabinet straps, 2 furniture fastening kit; \$340

**Golden Valley USD:** 5 bookcase/storage straps, 4 bookcase/file cabinet straps, 3 storage cabinet fastener, 4 storage rack fastening kit, 5 QuakeHOLD; \$495

**International School of Monterey:** 10 bookcase/file cabinet straps, 2 storage rack fastening kit, 2 storage cabinet fastener, 2 refrigerator kits, 6 furniture straps, 4 file cabinet strap; \$500

**American Red Cross:** 1 furniture strap, 3 bookcase storage straps, 8 file cabinet straps, 3 storage cabinet fastener, 2 storage rack fastening kit, 1 TV strap, 2 computer straps, 1 copier fastener, 1 refrigerator kits, 1 seismo-latch deluxe, ; \$495

**Salinas Valley Solid Waste Authority:** 2 file cabinet straps, 2 furniture/bookcase straps, 4 storage cabinet fastener, 1 storage rack fastening kit, 10 computer straps, 1 tabletop fastening kit, 5 QuakeHOLD putty, 2 QuakeHOLD gel, 4 picture hooks; \$500

**Williams Whittle Residential Care Home:** 1 furniture strap, 3 file cabinet strap, 1 storage cabinet fastener, 1 TV strap, 4 refrigerator kits, 3 water heater straps, 4 QuakeHOLD putty, 3 QuakeHOLD gel, 2 residential kit; \$500

**San Carlos School:** 10 furniture straps, 8 file cabinet straps, 9 bunk bed fastening kits, 1 electronic strap; \$500

**Our Lady of Miracles Catholic School:** 20 bookcase/storage straps, 5 file cabinet straps, 1 bookcase/cabinet fastener, 1 copier fastener, 2 QuakeHOLD putty; \$325

**Building Blocks of Grace Preschool:** 14 furniture straps, 2 file cabinet straps, 1 storage cabinet fastener, 2 refrigerator kits, 2 seismo-latch deluxe, 1 picture hook; \$370

**Mendocino County Office of Education:** 20 bookcase/storage straps, 20 cabinet latches, 10 QuakeHOLD putty, 30 picture hooks; \$500

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## Brief Announcements from Attendees

Questions?

[info@earthquakecountry.org](mailto:info@earthquakecountry.org)

Please complete our brief workshop survey:

[Surveymonkey.com/r/DCNXBGK](https://www.surveymonkey.com/r/DCNXBGK)



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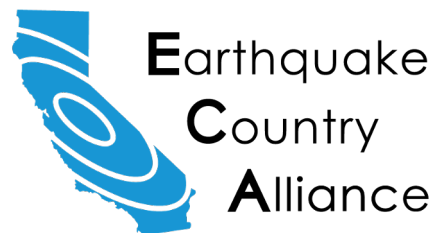
# What is something that you:

learned  
will do  
will use  
will tell others

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## Connect with ECA Bay Area

- [EarthquakeCountry.org/bayarea](https://EarthquakeCountry.org/bayarea)
- [bayarea@earthquakecountry.org](mailto:bayarea@earthquakecountry.org)
- [Terremotos.org](https://Terremotos.org)
- [X.com/eca](https://X.com/eca)
- [Facebook.com/earthquakecountryalliance](https://Facebook.com/earthquakecountryalliance)
- [Instagram.com/earthquakecountryalliance](https://Instagram.com/earthquakecountryalliance)
- [info@earthquakecountry.org](mailto:info@earthquakecountry.org)



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# Q&A

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Questions?  
[info@earthquakecountry.org](mailto:info@earthquakecountry.org)

