Are You Prepared?

- If you are indoors, stay there!
- DUCK, COVER, & HOLD: Get under a desk or table or stand in a corner
- In a high-rise building, stay away from windows and outside walls. Do not use elevators.
- If outdoors, get into an open area away from trees, buildings, walls and power lines
- When driving, pull over to the side of the road and STOP. Avoid overpasses and power lines. Stay inside your car until the shaking is over.
- In a crowded public place, do not rush for the doors. Crouch and cover your head and neck with your hands and arms.

Is Your Department Prepared?

Faculty, staff, and students should be aware of UCR’s Emergency Plan where you can find valuable information.

- Has your department completed a Department Emergency Operations Plan (Verify with our Emergency Manager)
- Have you secured and anchored any equipment and/or furniture that may present a threat during an earthquake?
- Do you have an emergency kit assembled? Be sure to include safety information and first aid supplies.
- Did you know? EH&S is available to help with all campus emergency planning needs. Email us or call 827-5528.

Is Your Family Prepared?

- Know the safe spots in each room of your home:
  1. Under sturdy tables
  2. Under desks
  3. Against inside
- Know the danger spots in each room of your home:
  1. Windows
  2. Fireplaces
  3. Hanging Objects
  4. Mirrors
  5. Tall Furniture
- Secure water heater and appliances so as to not rupture utility lines
- Learn how to shut off gas, water, & electricity in case the lines are damaged
- Conduct family drills. Practice finding the safe spots in your home.
- Learn first aid and CPR from your local Red Cross
- Maintain emergency food, water and other supplies, including medicine, first aid kit and clothing.
- Keep a list of emergency contact phone numbers. Choose an out-of-state friend or relative whom family members can call after the quake to report whereabouts and conditions.