



Cascadia Conversation Kit

What I've done to prepare and *why I need to share.*

- I have at least two weeks of water for each member of my family (14 gallons per person)
 - *Because fresh water will likely be unavailable in my community*
- I have secured my water heater
 - *To prevent home fires and safeguard our water supply*
- I have secured furniture and objects in my home
 - *To minimize the risk of injury to myself and others*
- I have built a supply of daily vital medications (including prescriptions and over-the-counter medications)
 - *Because doctors and pharmacists may not be available*
- I have a kit at home, in my car and at work
 - *Because these are the places we're most likely to be when an earthquake occurs*
- I have an emergency plan for communicating with and finding my loved ones following an earthquake
 - *Because we may not be able to call or may have difficulty locating those we care about*
- My family participates in earthquake and fire drills two times per year
 - *Because in an emergency, we revert to the behaviors we have regularly practiced*
- My family and I know how to turn off our home's gas main following an earthquake
 - *Because leaving the gas on if you suspect a leak can cause a fire*
- I share my preparedness actions with my community via conversations, social media, by sharing the Prepare Out Loud website, and by encouraging others to attend a Prepare Out Loud presentation
 - *Because we change our behavior when we see each other preparing. Prepare then share.*

During the Earthquake

- **Drop, cover and hold on.** Expect a lot of noise and for sprinklers and alarms to activate. The shaking may last 5-7 minutes.
- **Stay indoors until the shaking stops and you are sure it is safe to exit.** Use stairs rather than an elevator.
- **If you're in bed, stay in bed.** Cover your head with a pillow until the shaking stops.
- **If you are outside, find a clear spot away from buildings, power lines, trees, streetlights and drop to the ground.** Cover the back of your head with your hands. Stay there until the shaking stops.
- **If you are in a vehicle, pull over to a clear location and stop.** Avoid bridges, overpasses and power lines, if possible. Stay inside with your seat belt fastened until the shaking stops. The roads will likely be totaled. You may not be able to drive after the earthquake.
- **If a power line falls on your vehicle, do not get out.** Wait for assistance.

After the Earthquake

- **Expect and prepare for potential aftershocks, landslides or potential tsunamis.** Tsunamis are often generated by earthquakes in coastal areas.
- **Each time you feel an aftershock, drop, cover and hold on.** Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
- **Look for and extinguish small fires.** Fire is the most common hazard after an earthquake.
- **Watch out for fallen power lines or broken gas lines and stay out of damaged areas.**
- **If you smell gas, turn off your home's gas valve**
- **Check and treat yourself for injuries**
- **If you are away from home, listen to a radio for emergency information before you proceed.** If you're safe where you are, stay put until you learn more.



Top 5 Features of the American Red Cross **Earthquake App**



✓ Notifications and alerts including tsunami warnings

✓ Toolkit with flashlight, strobe light and alarm

✓ Magnitude and Shake Zone maps

✓ Locations of open Red Cross shelters

✓ "I'm safe" feature lets family and loved ones know you are okay



Download on the App Store or Google Play Store for Android.
Learn about all Red Cross apps at redcross.org/mobileapps

redcross.org/PrepareOutLoud



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