

Protecting Children from Earthquakes



Be Prepared! It is the best way to keep everyone safe when an earthquake happens.

Prepare Your Home

There are several ways to **prepare your home** for a possible earthquake and keep children safe:



Keep a stock of clean water (at least 1 gallon per person per day for 3-7 days)



Have a portable radio with extra batteries in your home to stay informed



Keep a First Aid kit stocked with medical supplies



Secure heavy furniture to the wall

A Safety Plan

Prepare a Safety Plan and review it with children on a regular basis. The plan should include:

Show children safe places to be in an earthquake:



- Under sturdy desks or furniture
- Next to an indoor wall
- Away from windows or furniture that can fall

Pick a familiar place to meet once the earthquake is over:



- A neighbor's house
- A community center
- A park
- A school

If they are stuck after an earthquake, they should:



- Cover their mouth
- Try not to shout to avoid breathing in dust
- Instead, tap on metal to get attention



Practice the Safety Plan with Children!

Going over this plan with children will help them to be safer and feel safer in an earthquake. This can help prevent long-term psychological effects.