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Earthquake/Tsunami

This bulletin provides information and preparation reminders for California’s earthquakes and tsunamis.



Earthquake

During an earthquake, **Drop, Cover, and Hold On** to protect yourself from falling debris. Here is how to practice:

DROP where you are onto your hands and knees.

- This position protects you from being knocked down.

COVER your head and neck with your arms.

- If a sturdy table or desk is nearby, crawl underneath it.
- If you cannot find a protected space, crawl to an interior wall (away from windows).

HOLD ON until the shaking stops.

- If you are under a table or desk, hold onto it as things will be moving. Use an arm to protect your head and neck.
- If you are not under a protected space, protect your head and neck with both arms.

To Prevent Injuries, Secure Your Space

Secure items that may fall during shaking so they do not injure you. Straps, hooks, latches, and other safety devices are recommended.

Source: Earthquakecountry.org

Tsunami

A strong earthquake along the coastline is one of nature’s tsunami warning signals. Do not stay in low-lying coastal areas after a strong earthquake. Go to higher ground or inland.

Be Prepared Before the Tsunami

- Assemble a small evacuation kit or “to go bag” (essential documents, medications, flashlight, portable NOAA weather radio and batteries, water, snack, warm clothes).
- Prepare a reunification plan with your family. Decide when and where you will meet if you are separated. Designate a relative or friend living in a safe space for you and your family to call if it is not possible to meet at your reunification spot.
- Make plans for how to address your needs or disabilities.
- Look for the blue and white tsunami evacuation signs along the coast. They identify evacuation routes and safe sites.




Source: Ready.gov



Did You Know?



- Each year, California generally gets two or three earthquakes large enough to cause moderate damage to structures, and can occur at any time of the year.
- Homeowners, renters, or condo insurance policies do not usually cover earthquake damage.
- Before a tsunami, sometimes the ocean pulls back from the beach and exposes the seafloor.
- A sound like an oncoming train sometimes may be heard as a tsunami wave rushes toward the shore.
- Official tsunami warnings can be aired on radio and TV, and locally broadcasted in a variety of ways.

Tsunami Alert Level	Potential Hazards	What You Should Do
 Warning	Dangerous coastal flooding of normally dry areas and strong currents.	Move to high ground or inland.
 Advisory	Strong currents and waves dangerous to those in or very near the water.	Stay out of the ocean, off beaches, and away from near coastal waterways.
 Watch	Unknown at this time. Still investigating the tsunami threat.	Stay tuned for more information and be prepared to act.



Resources

- **Earthquake Preparedness Guide for People with Disabilities and Other Access or Functional Needs – [English](#) [Spanish](#)**
- **[If You Have a Mobility Disability](#) – Earthquake Safety Video Series**
- **[7 Steps to Earthquake Safety](#)**
- Below are tools that provide notice within seconds:
 - [Earthquake Warning California](#) –
 - [Ready.gov – Earthquake Tsunami](#)
 - [ShakeAlert](#)
 - [Wireless Emergency Alerts \(WEAs\)](#)
 - [U.S. Tsunami Warning System](#)
- **[California Geographical Survey](#)** – To see areas prone to ground earthquake related hazards.
- **[How to Know if a Tsunami Is Coming](#)**
- **[California Tsunami Preparedness Guide](#)**
- **[California Tsunami Maps](#)** – To identify the tsunami hazard area in your community.



Make an Emergency Plan and Practice it!

← **Consumer QR Code**

Provider QR Code →



This Emergency Preparedness Bulletin is produced by the Department of Developmental Services to alert and educate individuals and direct service providers to specific risks identified with our community. Please provide feedback on this bulletin and what we can do better through this survey: [Bulletin Survey](#)