Alameda County
Social Services Agency

EARTHQUAKE

7 SAFETY STEPS

Prepare | Survive | Recover

1

Secure Your Space

Identify hazards and secure movable items.

2

Plan to be Safe

Create your emergency plan and decide how you will communicate with loved ones.

3

Organize Emergency Supplies

Ensure kits are in convenient locations.

* Sample emergency kit list on reverse side

4

Minimize Financial Hardship

Keep important documents secure, consider insurance coverage, and protect your property from damage.

5

Drop. Cover. Hold On.

Practice earthquake safety actions so you're ready to respond when it matters most.

6

Improve Safety

Stay alert after an earthquake—assess for injuries, assist others, and reduce your risks from any hazard.

7

Reconnect and Restore

Reunite, repair, and recover—together.

Other Languages available upon request: Chinese (Simplified & Traditional), Vietnamese, Arabic, Farsi, Dari, Korean, Tagalog, Cambodean (Khmer)

Disaster Preparedness and Emergency Management (DPEM) | Office of Public Affairs
Contact us: ssadpem@acgov.org

Sept 2025

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Resources:

- Earthquake Warning California
- Ready.acgov.org
- Alameda County Social Services Agency Disaster Preparedness & Emergency Management (DPEM)

Alerts:

- Listos CA/Alerts
- MyShake Mobile App:
  - Apple Store or Google Play Store (Android)
- AC Alert
- Nixle - Text Zip Code to 888777

Emergency Kit Essentials

Get emergency supplies together before a disaster happens. During a disaster, you and your family will need specific items, including cash and supplies. Your emergency kit will be unique to you. Consider items your family may need such as durable medical equipment, medications and infant supplies, and remember to pack for your pet!

* Make sure you have enough items to last several days

- ☐ Water
- ☐ Non-perishable food
- ☐ Cash
- ☐ Battery-powered or hand crank radio
- ☐ Flashlight and extra batteries
- ☐ Non-electric can opener
- ☐ Whistle
- ☐ Prescription Meds
- ☐ Personal hygiene items
- ☐ Dust mask to help filter contaminated air
- ☐ Moist wipes, garbage bags, and plastic ties
- ☐ Wrench or pliers to turn off utilities
- ☐ Pet needs
- ☐ _____
- ☐ _____
- ☐ _____

Emergency Contact Card (Sample):

IN CASE OF EMERGENCY CALL: 911 - POLICE / FIRE / MEDICAL

Name:
Primary Phone:
Address:

Local Non-Emergency
Police :
Fire:
Medical:

Family/Friend Contact
Name:
Phone

Out-of-Area Contact
Name:
Phone

Other Important Contact
Name:
Phone:

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