

## Sunnylands Shakeout Resources

1. What are the seven steps to earthquake safety? If you want to learn more about each step, use the following link to view the webinar series presented by the Earthquake Country Alliance: <https://www.earthquakecountry.org/safer-at-home/>

2. Want to help your kids learn more about preparedness? Play the online Build-a-Kit Game here: <https://www.ready.gov/kit>

Or visit the Rocket Rules website for videos about all kinds of preparedness topics, including earthquake safety: <https://rocketrules.org/animated-videos/>

3. Pet Preparedness: Pets are part of our families, so make sure to prepare them for an emergency, too! You can use the pet emergency checklist featured here: <https://www.cdc.gov/healthypets/resources/disaster-prep-pet-emergency-checklist.pdf>

4. If you have difficulty getting onto the ground, or cannot get back up again without help, you can follow these recommendations: [https://www.earthquakecountry.org/library/Earthquake\\_Protective\\_Action\\_Postcard\\_English.png](https://www.earthquakecountry.org/library/Earthquake_Protective_Action_Postcard_English.png)

Use the link below for more recommendations if you or someone you know has a mobility disability: <https://youtu.be/PZtDYIOfwrQ>

5. Myth or Fact? Is a doorway the safest place during an earthquake? **Myth!**

This common myth dates back to the 19th century when many homes were built with adobe. In modern homes, doorways are no stronger than other parts of the house, and standing under one exposes you to falling objects. If the doorway has a door, the swinging door can injure you too.

Falling or flying objects present the biggest danger during an earthquake, so the safest place to be inside a home is under a sturdy desk or table.

6. Myth or Fact? Building codes will ensure that our buildings are earthquake proof. **Myth!**

The intent of modern building codes is to protect the occupants of the building, not the building itself. Codes help make buildings more earthquake-resistant, not earthquake-proof. Buildings can still suffer considerable damage, preventing people from returning to them after an earthquake. There are also many buildings built under older codes and may need retrofitting, which is up to a building's owner. This is why it's essential to have an emergency plan in case it is not possible to stay in your home after an earthquake.

7. CERT stands for Community Emergency Response Team. These groups of community volunteers organize and educate their neighbors to make sure everyone is prepared for an emergency. Find your local CERT organization here:

<https://www.rivcocert.org/certprograms.htm>

Additional Resources

Dennis Mileti Home Preparedness video: <https://youtu.be/IgNz72GpsW8>