

# EMERGENCY PREPAREDNESS STARTS WITH YOU



Visit: [ready.hawaii.gov](http://ready.hawaii.gov)

## ARE YOU 2 WEEKS READY?

### ACTIONS TO TAKE DURING A QUAKE



**DROP**



**COVER**



**HOLD ON**

If there is no table around, get lower than the other furniture.  
**THINK – BENEATH • BESIDE • BETWEEN**

### AFTER THE SHAKING

- Check for injuries & apply basic first aid.
- Check your building for structural damage.
- Leave building if unsafe.
- Help your neighbors.

Shut off the water at the main valve.  
Shut off gas **ONLY** if you:

- Smell natural gas
- Hear hissing
- See the dial spinning rapidly



### FOR MORE INFORMATION



Local television



Your local Emergency Management office



Emergency radio stations  
NOAA weather radio channels



@Hawaii\_EMA



[facebook.com/HawaiiEMA](https://facebook.com/HawaiiEMA)



[ready.hawaii.gov](http://ready.hawaii.gov)

### BUILD KITS

Have Go Bags ready for work, each family member, pets, & a vehicle safety kit too.



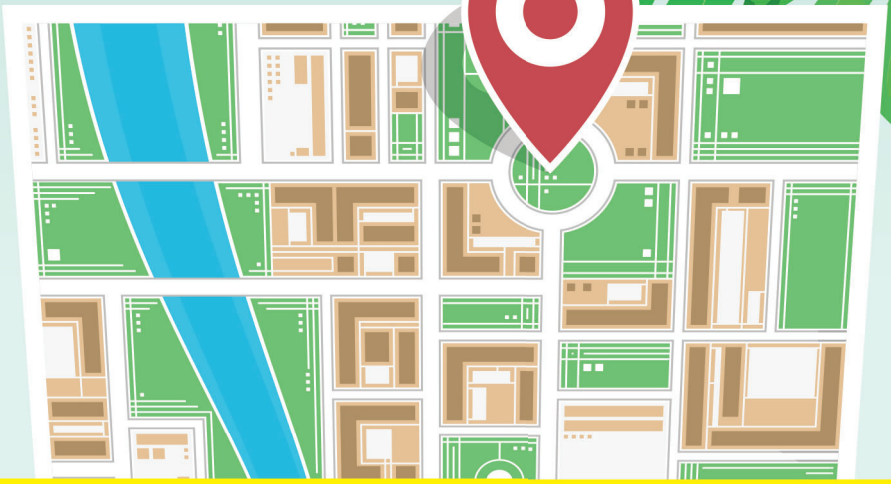
### PLAN TO BE ON YOUR OWN FOR AT LEAST 2 WEEKS

Water (1 gal. per person/day)  
Food (Non-perishable)  
First Aid Kit  
Medical Equipment  
Medications  
NOAA Alert Radio  
Extra Batteries

Flashlight  
Can Opener  
Tools  
Warm Clothes  
Sturdy Shoes  
Personal Hygiene Items  
Toilet Paper

Pet Supplies  
Fire Extinguisher  
Glasses/Eye Care  
Cash  
Identification  
Important Documents  
Comfort/Entertainment

# PLAN AHEAD!



Determine an accessible meeting place in case you have to leave your home or work, so you can reunite your family.



## LEARN ABOUT DISASTER PLANS FOR:

Your medical and/or transportation provider

Your workplace

Your children's school

Other places where your family spends time



Check with your local emergency management office to:

- Sign up for emergency alerts and notifications.
- Identify your local emergency alert system (EAS) radio stations.
- Know your evacuation and alternate transportation routes.



## WAYS TO HELP EACH OTHER

- Know how you'll help people & pets who normally rely on you.
- Form a neighborhood group. Please visit [ready.hawaii.gov](http://ready.hawaii.gov) for a listing of preparedness groups.
- Help organizations in your neighborhood that may need support during a disaster.
- Attend free disaster skills workshops offered by your local emergency management office and learn basic survival skills.

## COMMUNICATION IS KEY —

- Write down important emergency contact information.
- Texts are more likely to go through than calls.
- Have an extra cell phone charger and batteries.
- An out-of-area contact can serve as a relay point for family communication.

