

# EARTHQUAKE

## LESSON 1: SAFETY FIRST

Earthquakes can occur at anytime, anywhere. Many of these earthquakes are too small for most people to feel and go unnoticed. However, you should always be prepared to survive if a major earthquake does happen. These steps will help you prepare when an earthquake does strike.

### Before an Earthquake:

- Check your home for earthquake hazards and talk to your family about creating a plan to secure items that may be dangerous if an earthquake occurred.
- Hold occasional home earthquake drills in each room of your home to help learn how to stay safe during an earthquake.
- Create a family emergency communications plan and make sure everyone knows what to do. An earthquake could occur when your family is not together. Take a few minutes with your family to establish a plan for how and when to reunite after an earthquake.
- Keep a flashlight and a battery-powered radio in the home, ready for use at all times. Keep fresh batteries with these items.
- Conduct calm family discussions about earthquakes and other

possible disasters. Avoid frightening disaster stories, but talk frankly and rationally about the possible consequences of catastrophic events.

- Keep a 3 day supply of food and water. To maintain freshness it is important to rotate this stock periodically.

### Preparing your pets for an earthquake

In an earthquake we may not have a warning, but you can prepare for your pets as you do for any other disaster:

- Create a special Emergency Kit for your pets, just like have for yourself. You can include food, water, bowls, treats, toys, medications, leashes, medical records, veterinarian contact information and a list of potential shelters or boarding facilities that take pets during emergencies.
- Choose and use an ID method for each of your pets, such as ID tags on their collars. Keep photos of your pets to help identify them in case they get lost during an emergency event.
- Keep your animals' vaccinations current – especially rabies.

### Learn how to take cover during an earthquake

- **DROP** to the ground.
- Take **COVER** by getting under a sturdy table or other piece of furniture.
- **HOLD ON** until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as light fixtures.
- Stay in your safe spot until the shaking stops and it is safe to go outside.
- NOTE: A doorway is not a safe place to be during an earthquake.
- Practice these steps regularly so that you will be prepared when an earthquake occurs.

### Discussion:

1. Have you ever felt an earthquake?
2. What would you see, hear, feel and smell if an earthquake occurred nearby?

### Activity:

1. Practice earthquake safety "Drop, Cover, and Hold On" procedures with students.
2. Hold an earthquake drill to practice with students.

Look for lesson 2 on Tuesday, November 8.

*This lesson is part of the Newspapers In Education program, Earthquakes. To learn more about this free program, visit [nie.newsok.com](http://nie.newsok.com) or contact [jjenkins@pubco.com](mailto:jjenkins@pubco.com)*



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