

FREE PRINTABLE RESOURCE

EARTHQUAKE PREP FIELD CARD

Drop, cover and hold on, securing your home, and a kit checklist.

DROP, COVER, HOLD ON

- ☐ **Drop onto hands and knees**
Immediately (CDC)
- ☐ **Cover head and neck**
Under a sturdy table or desk, or by an interior wall (CDC)
- ☐ **Hold on until shaking stops**
Move with your shelter (CDC)

WHERE YOU ARE

- ☐ **Indoors**
Clear of windows, glass, falling objects
- ☐ **In bed**
Stay under covers, pillow over head
- ☐ **Outdoors**
Move away from buildings, wires, gas lines
- ☐ **In a vehicle**
Stop safely, brake on, stay in the car

SECURE YOUR SPACE

- ☐ **Anchor bookcases and furniture**
CDC
- ☐ **Strap fridge, water heater, stove**
Flexible cable, braided wire or metal strapping
- ☐ **Heavy mirrors away from beds**
Or anchor to wall studs
- ☐ **Heavy objects on lower shelves**
CDC
- ☐ **Know your gas, power, water shutoffs**
CDC

KIT (3 DAYS MINIMUM)

- ☐ **First aid, water, food**
Home and car (CDC)
- ☐ **Contacts, medical and insurance info**
CDC
- ☐ **Sturdy shoes, gloves, whistle**
CDC
- ☐ **Flashlight and radio by the bed**
Our suggestion

Practice: run an earthquake drill with your family and plan a second exit from each room.

Want the reasoning behind each line? Read the full guide on the TacticalBox blog.
tacticalbox.com/blogs/tacticalbox-blog

Sources: CDC, Preparing for Earthquakes; Earthquake Country Alliance, Seven Steps to Earthquake Safety. Follow local emergency officials. Informational only.