

# When Seconds Count!

## Earthquake Preparedness in Three Steps



### Download the MyShake App

Get earthquake early warning  
Safety Tips  
Quake Info



### Drop, Cover, Hold

Know what to do during a quake



### Prepare

Know the risks and develop a plan to meet your unique needs

## Download The MyShake™ App

The MyShake™ App provides early warnings of earthquakes. You can use the seconds notice to improve outcomes.

The MyShake™ App was developed by UC Berkeley Seismology and uses ShakeAlert® an Earthquake Early Warning (EEW) System that detects significant earthquakes (greater than 4.5 magnitude) so quickly that alerts can reach people before shaking arrives.

*(Source: Shake Alert)*

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### DOWNLOAD MYSHAKE

Get the MyShake™ App from the Apple App Store or the Google Play Store

2

### KNOW THE RISKS

Learn the steps to take to be safe during an earthquake

3

### PREPARE

Have a plan for yourself, your family and neighbors

## Drop, Cover, Hold On

When a ShakeAlert® is received or an earthquake occurs.



During an earthquake dropping to the ground, covering your head and getting under a sturdy table or desk and holding on has been determined as the best course of action to survive the shaking. If you're in a mobile home, get on a chair, couch or bed and cover your head. If you are in a wheelchair or seated walker, lock the device, cover your head and hold on until the shaking stops.



## Be Prepared

Will you be ready when you receive a MyShake alert? What will you do if you're at home, at school, at work, or in your car?

Having a plan and essential supplies are key steps to preparing your family and your pets for an earthquake. If you are like most of us, preparing can seem overwhelming however, it doesn't have to be. Taking small steps each month to improve your plan is the best way to protect yourself and those you care about. Need help getting started? See [cadresv.org/earthquake](https://cadresv.org/earthquake) below

### WATCH THE EARTHQUAKE SAFETY VIDEO!

Go to [cadresv.org/earthquake](https://cadresv.org/earthquake) for more information on the **MyShake™ App** | **Emergency Supplies** | **Protecting Yourself and Your Home** | **Trusted Sources for Emergency Information** | **Creating an Emergency Plan** | and more. (Translations Available)

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