

You can never tell when there will be an earthquake, but you can reduce or avoid damage, injuries or loss of life by preparing yourself.

As a licensed child care provider, you already do many things that prepare you for an earthquake. You have a fire extinguisher and the beginning of an emergency and disaster plan. A few other things will help you even more to prepare for an earthquake.

Having a good emergency plan assures parents, and it benefits you directly because your home and family are prepared, too.

What you can do before an earthquake

1. Prepare Your House and Its Contents

Much of the damage caused by earthquakes is to the contents of homes. During the shaking, bookcases topple, objects fall out of cabinets, windows shatter, and hanging or large plants fall. You can reduce damage and injuries by removing, moving and fastening, or latching items that are likely to break, fall over or hurt people.

Go through your home, room by room. Standing in the center of each room, look all around you and imagine which objects or pieces of furniture might fall over or fly through the air.

▼ Move heavy objects to lower shelves

▼ Attach heavy objects that can't be moved to the desk or table they're sitting on with heavy-duty Velcro

▼ Fasten bookcases and tall cabinets to the wall

▼ Move beds and cribs away from windows

