

Earthquake Actions for Individuals With Disabilities

Think ahead and make a plan

- Consider what you do in your daily life that you may not be able to do after an earthquake:
 - What will you do if power, gas and phone lines are down?
 - What if roads and sidewalks are damaged?
- Make a plan for how you will accommodate any special medical or mobility needs in the event of an emergency like an earthquake.
- If you have a service animal or pet, include their needs in your plan.
- If you can't "Drop, Cover and Hold On," practice what you will do in advance. The suggested action for individuals using walkers and wheelchairs is to "Lock, Cover and Hold On" while staying seated.

Secure your space

- Ensure the spaces in which you live, work and play are safe for you in the event of an earthquake. For example, ensure heavy furniture is securely fastened to the wall.
- When you enter new spaces, make note of accessible exits and places to "Drop, Cover and Hold On" or "Lock, Cover and Hold On."
- Ensure your emergency supplies (including your kit and plan) are kept in a convenient, accessible location.

Protect Yourself During Earthquakes!

IF
POSSIBLE



USING
CANE



USING
WALKER



USING
WHEELCHAIR



www.EarthquakeCountry.org/disability

Personal Support Network

Build a trusted support network of at least three people you can ask for help after an earthquake. Discuss the following:

- How your support network will communicate and check on you after an earthquake.
- Exchange important keys and any necessary medical information.
- Plan multiple ways to share information.
- Show them where you keep your emergency supplies and plan.
- Practice your plan in advance – ShakeOutBC day is the perfect time!