our household earthquake plan

Fill it in tonight. Keep one copy on the fridge, one in your kit and one in the car. Paper still works when phones do not.

WRITE IT DOWN, THEN PUT A COPY IN EVERY WALLET

Out-of-area contact, name and phone

Meeting place just outside our home

Meeting place outside our neighborhood

Where the gas meter and wrench are

Where the water shutoff is

Where our emergency kit is

Who checks on neighbors who live alone

Doctor and pharmacy phone numbers

Veterinarian phone number

Insurance company and policy number

Medications and doses, by person

Pet names and microchip numbers

NUMBERS AND HABITS THAT HELP

- 911 for life-threatening emergencies only
- Gas leak: leave, then call SoCalGas at 1-800-427-2200
- Powered medical equipment: ask SCE about its Critical Care Backup Battery program, 800-736-4777
- Text, do not call: texts often go through when calls do not
- Sign up for Alert SouthBay at alertsouthbay.com, or NotifyLA in San Pedro
- Download the free MyShake app for earthquake early warning

Smell or hear gas? Shut it off at the meter only if it is safe, then leave it off. SoCalGas turns it back on.

Scan for the full guide on chhabriare.com: what to check at home, the first 72 hours for people and pets, and the complete kit list.

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the household emergency plan

Check each box as you go, and restock the kit once a year.

RIGHT AFTER THE SHAKING

- [ ] Check everyone for injuries
- [ ] Put on sturdy shoes, grab a flashlight
- [ ] Look, listen and smell for gas
- [ ] Gas leak? Shut the meter, leave it off
- [ ] No matches, candles or light switches
- [ ] Text your out-of-area contact
- [ ] Turn on a battery or hand-crank radio

THE FIRST 72 HOURS

- [ ] Check walls, doors, stairs and windows
- [ ] Check water heater straps and lines
- [ ] Photograph damage for insurance
- [ ] Keep the fridge and freezer closed
- [ ] Fridge out 4+ hours? Toss perishables
- [ ] Check on neighbors who live alone
- [ ] Keep pets in a carrier or on a leash
- [ ] Call your insurance company if needed

Drop, cover and hold on in every aftershock until the shaking stops.

KEEP FOOD COLD

- [ ] Keep a big cooler where everyone can find it
- [ ] Keep ice bags and gel packs in the freezer
- [ ] Long outage? Move fridge food to the cooler

YOUR KIT

- [ ] Water: 1 gallon per person per day
- [ ] Several days of non-perishable food
- [ ] Manual can opener
- [ ] Battery or hand-crank radio
- [ ] Headlamps and extra batteries
- [ ] First aid kit
- [ ] Whistles, one per person
- [ ] Dust masks
- [ ] Plastic sheeting, scissors, duct tape
- [ ] Emergency tent and Mylar blankets
- [ ] Wipes, toilet paper, garbage bags
- [ ] Wrench or pliers for utilities
- [ ] Phone chargers, battery, solar charger
- [ ] Prescriptions, spare glasses, contacts
- [ ] Pet food, water and records
- [ ] Cash and copies of documents
- [ ] Hygiene and feminine supplies
- [ ] Change of clothes and sturdy shoes
- [ ] Fire extinguisher

BEFORE THE NEXT ONE

- [ ] Strap bookcases, dressers and TVs
- [ ] Download the free MyShake app
- [ ] Sign up for Alert SouthBay
- [ ] Check your earthquake insurance
- [ ] Practice this plan once

This checklist is general information for South Bay households, not insurance, legal, engineering or medical advice. If you see structural damage, call a licensed structural engineer and your insurance company before you make repairs. The kit list builds on Ready.gov's emergency supply list; gas guidance is from SoCalGas; food safety and cooler guidance is from FoodSafety.gov and the USDA Food Safety and Inspection Service; communication tips are from the Federal Communications Commission; preparedness steps are from the Earthquake Country Alliance and the California Governor's Office of Emergency Services. Figures and sources as of November 28, 2026.

Scan for the full guide on chhabriare.com

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our suggested Amazon shopping list

For quick restocking or building your emergency kit.

WATER AND FOOD

- [ ] Water jugs or a 5-gallon container
- [ ] Shelf-stable emergency water pouches
- [ ] Water filter straws, one per person
- [ ] Chlorine bleach and a medicine dropper
- [ ] Canned food, protein and fruit bars
- [ ] Manual can opener
- [ ] Large insulated cooler
- [ ] Reusable ice packs

LIGHT, POWER AND NEWS

- [ ] Hand-crank or battery NOAA radio
- [ ] Headlamps, one each, plus a flashlight
- [ ] Extra batteries in the sizes you use
- [ ] Solar battery charger
- [ ] Power bank and car phone charger

PETS

- [ ] Pet carrier, collapsible bowls, ID tags
- [ ] Spare leashes
- [ ] Backup medications
- [ ] Calming treats and a calming jacket
- [ ] Veterinarian contact numbers

SHELTER AND SAFETY

- [ ] First aid kit
- [ ] Whistles, one per person
- [ ] Dust masks
- [ ] Plastic sheeting, scissors, duct tape
- [ ] Pop-up emergency tent
- [ ] Mylar emergency blankets
- [ ] Sleeping bags
- [ ] Fire extinguisher
- [ ] Waterproof matches
- [ ] Adjustable wrench for the gas valve
- [ ] Furniture and TV anti-tip straps
- [ ] Water heater strap kit

HYGIENE AND PAPERS

- [ ] Baby wipes and sunscreen wipes
- [ ] Toilet paper, garbage bags, zip ties
- [ ] Soap, sanitizer, disinfecting wipes
- [ ] Reusable and disposable period products
- [ ] Spare glasses, contacts and solution
- [ ] Waterproof document pouch

HOW TO USE THIS LIST

These are generic items, so choose the brand, size and budget that fit your household. Check off each one as it arrives, then store the kit where you can reach it if part of the house is blocked.
Scan the code below for the full household emergency plan guide.

Scan for the full guide on chhabriare.com

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OK

Everyone here is accounted for.
No help needed at this home.

Posted at _____ on _____

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HELP

Someone here needs help.
Please check this home.

People inside: _____ Injured: _____

Posted at _____ on _____

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how to use your OK and HELP signs

Why: after a big earthquake, phones may not work. Rescuers have many homes to check. A sign in your window tells them where to go first.

Get ready now

1.  Print the signs, plus extras for neighbors.

2.  Slip them into a plastic sleeve. Add tape.

3.  Keep them by the front door.

4.  Show everyone where they are. Practice once.

Right after the shaking

Is everyone in your home OK?

Yes

OK

Put the OK sign in your front window.
Why: rescuers can move on to homes that need help.

No

HELP

1. Call 911.
2. Put the HELP sign in your front window.
Why: rescuers come here first.

Tape the sign inside a front window, facing the street.

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more ways to help rescuers

If you leave home

Tape a note to the front door.
Why: rescuers won't search an empty house.

We left at _____
We went to _____
People: ____ Pets: ____
Call: _____

Pets inside?

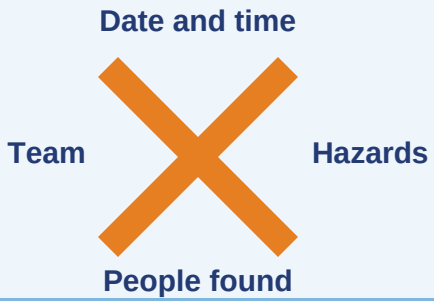
Put a pet rescue sticker on the front door. The ASPCA sends them free. Write how many pets you have and your vet's phone number. Took the pets with you? Write EVACUATED on it.
Why: rescuers know to look for them.

Help your neighbors

- ☐ Give them a set of signs
- ☐ Start with neighbors who live alone
- ☐ Show them how the signs work
- ☐ Agree who checks on whom

Why: a neighbor who lives alone may have no one to put up a sign.

The X on a door



Rescue teams paint an X by the door after they search a home. Never paint one yourself.
Why: so teams don't search the same home twice.

Sources: City of Los Angeles OK/HELP window sign program (Los Angeles Fire Department, American Red Cross, U.S. Geological Survey); Seattle Office of Emergency Management; Ready.gov, Evacuation; ASPCA, Disaster Preparedness; FEMA Urban Search and Rescue search marking. General information, not legal or medical advice.

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