

Earthquake Safety

After an earthquake

Earthquakes can be very scary to both adults and children. Involving children in the preparedness steps previously discussed in this lesson series, such as developing an earthquake plan, preparing an earthquake emergency kit and practicing “drop, cover, and hold on,” can help children minimize stress when an actual earthquake occurs.

Lesson 4

What to do after an earthquake

After an earthquake, there things children can take to stay safe, make sure others are safe, and cope with what they have just experienced.

After an earthquake

- Wear sturdy shoes to avoid injury from broken glass and debris.
- Take care of yourself first. Make sure you are okay before you try to check on family members or friends.
- Help check for injuries. If a person is bleeding or appears to be injured, call an adult to help them. Do not attempt to move a seriously injured person. Call 911 for medical help for serious injuries.
- Avoid Hazards. Stay away from damaged areas and other hazards such as downed power lines, broken glass and damaged electrical wiring. If you smell gas, alert an adult immediately.
- Turn on the TV or radio for instructions on safety or recovery actions. Emergency officials will provide safety information through the news media.
- Use the telephone for emergencies only.
- When safe, follow your family emergency plan.
- Be cautious falling objects when opening cabinets or closet doors.
- Be prepared for possible aftershocks.
- Know that it is okay to be scared or stressed. Talk to an adult about what you experienced and how are feeling.



Activity:

1. Hold an earthquake drill at school. Afterwards, ask students to practice what to do after the earthquake has occurred. Have students scan the classroom for possible hazards and evacuate the building while pointing out objects that could be unsafe.
2. Ask students to create a list of steps to take at home after an earthquake, using the information learned above.

