

Prepare Our Island

Week 8: Family Plan, Family Drill

Welcome to your last week! Your final task is to create and practice a Family Earthquake Plan. Whether you live alone, with roommates, with a partner, or with children, having a plan (and understanding it!) means you'll know what to do and where to go in case of an emergency. Practicing your plan (i.e., doing a drill) helps family members become even more physically and mentally prepared.

Basic Checklist: Family Plan and Drill

- Talk about where and how to duck, cover and hold
- Establish family safe place outside
- Establish family safe place outside of neighborhood
- Come up with family communication plan
- Run drill

1. Each family plan will be different. But all family plans should include:
 - a. Places in each room to seek shelter during an earthquake. **Note:** Seismic experts no longer recommend standing in doorways. Instead, they advise people to “[duck, cover, and hold](#).” Be sure each family member understands how to do this in [different kinds of situations](#).
 - b. Places that are *not* safe to hide near as well, such as near windows, mirrors, or by things that could fall.
 - c. Some discussion of how long to stay put and how your family will know it is safe to move to a better location.
 - d. A safe place you will meet in your yard or just outside your home. That place should be away from trees, light posts, utility lines, and buildings.
 - e. In addition, you should identify a safe place away from your home, such as a park, sports field, or local school. That way, if your own home has collapsed or the environment is otherwise unsafe, you know where to find each other.
 - f. A contact person outside the area.
2. Running the drill is the best way to prepare for the event of an actual earthquake.
 - a. Call a time to duck, hold, and cover wherever your family members may be.
 - b. End the drill, and then grab your go bags and meet outside.

- c. You can also make a trip to where you would meet with your family outside of the neighborhood so that everyone know which spot it is and how to get there.
- d. Note any logistical challenges you encountered and amend your plan if need be.

For more information, please see:

- Earthquake Country Alliance: "[What to Do During an Earthquake](#)"
- Ready.gov: "[Earthquakes](#)"