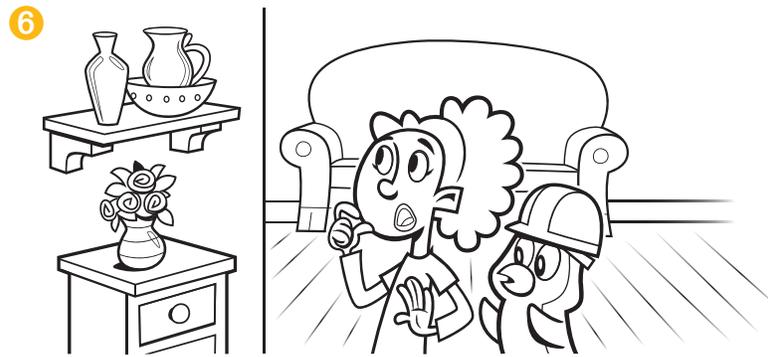
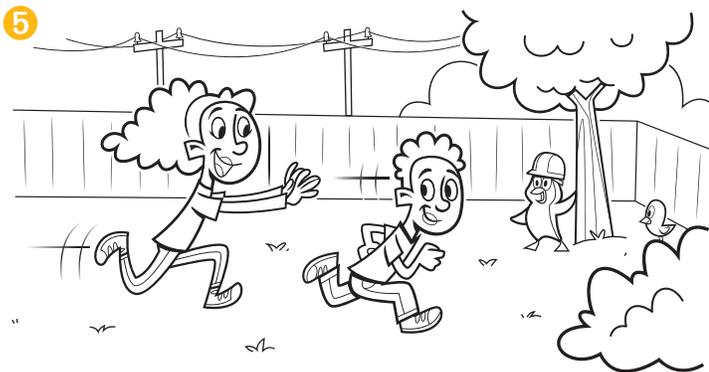
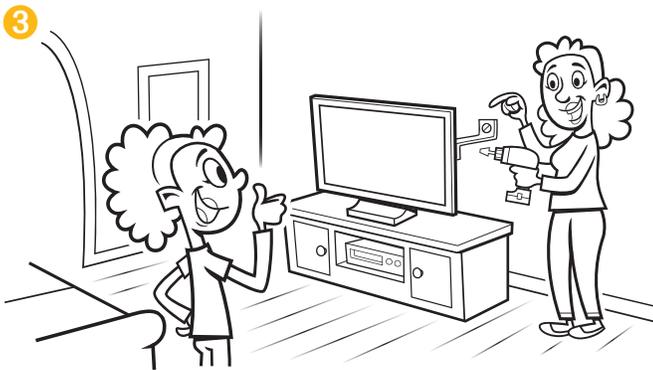


Prepare with Pedro!

Earthquakes

All Shook Up!

Help Pedro and his friends Jasmine and Brandon prepare and practice for an earthquake! Circle the pictures that show what will help them stay safe. Cross out the pictures that are not ways to be prepared or take action for an earthquake. When done, color the safe pictures.



A MESSAGE TO GROWN-UPS: Be prepared for an earthquake! With your child, look at regional maps, such as the ones on the American Geosciences Institute website (americangeosciences.org/critical-issues/maps/national-seismic-hazard-map), to discuss the possibility of an earthquake in your area. Encourage children to talk through any fears or anxieties they may have and reassure them that, as a household, you can be prepared to stay safe.



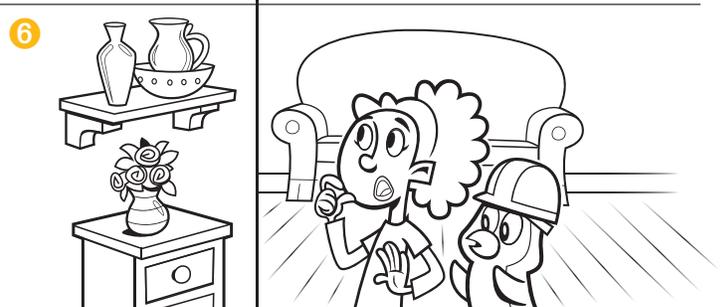
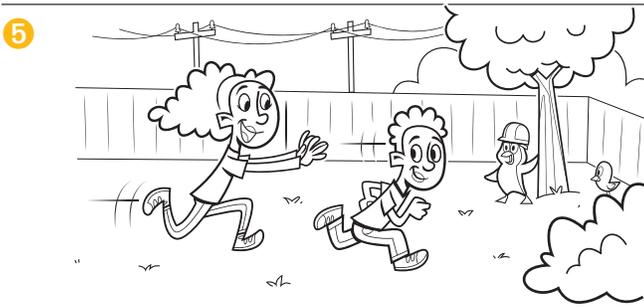
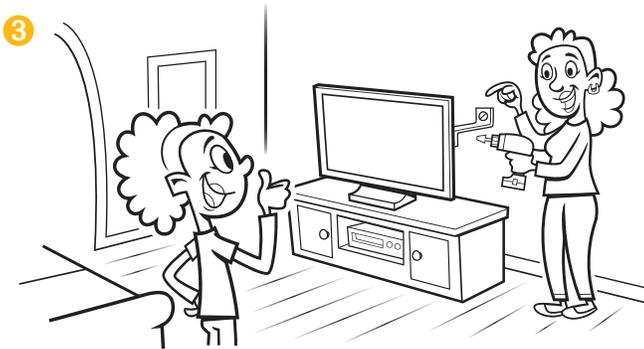
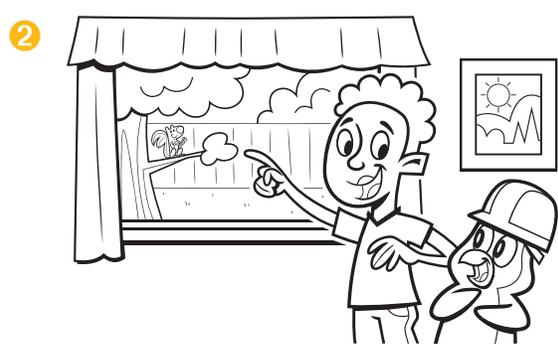
Answers: 1. safe; 2. not safe; 3. safe; 4. safe; 5. not safe; 6. not safe.



Prepare with Pedro! Earthquakes

All Shook Up!

Part 1: Help Pedro and his friends Jasmine and Brandon prepare and practice for an earthquake! Circle the pictures that show what will help them stay safe. Cross out the pictures that are not ways to be prepared or take action for an earthquake. When done, color the safe pictures.



Part 2: Now, match each earthquake safety word or phrase to its definition. Write the letter on the line.

- | | |
|-----------------------|---|
| 1. earthquake _____ | a. to attach heavy things to the wall or put them away |
| 2. secure items _____ | b. where you go so things will not fall on you and hurt you |
| 3. supplies _____ | c. a natural event that happens when the rock under the earth moves and makes the earth shake |
| 4. safe place _____ | d. water, food, a first aid kit, flashlights and more |

A MESSAGE TO GROWN-UPS: Be prepared for an earthquake! With your child, look at regional maps, such as the ones on the American Geosciences Institute website (americangeosciences.org/critical-issues/maps/national-seismic-hazard-map), to discuss the possibility of an earthquake in your area. Encourage children to talk through any fears or anxieties they may have and reassure them that, as a household, you can be prepared to stay safe.



Prepare with Pedro! Earthquakes

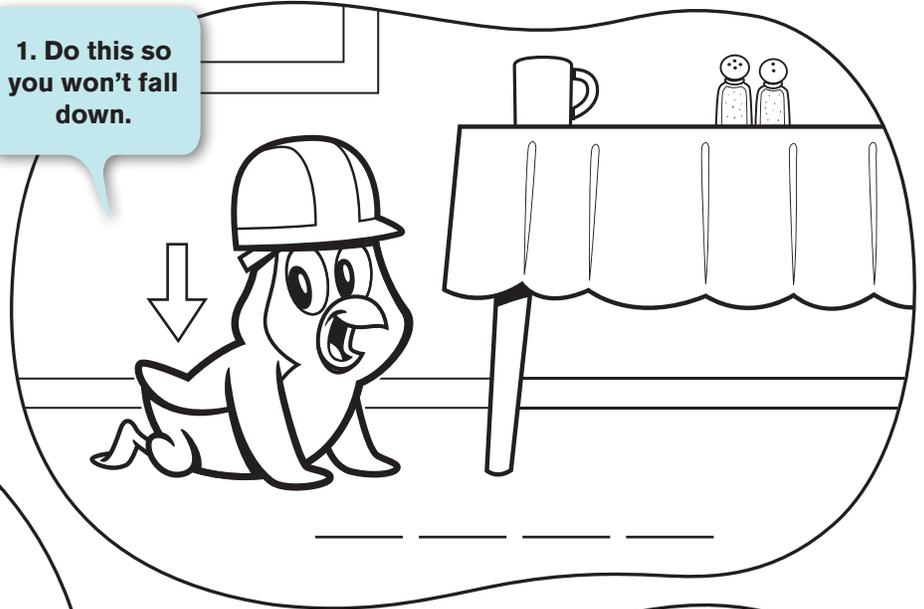
Drop, Cover and Hold On!

Part 1: Help Pedro and his friends stay safe during an earthquake in three steps! Look at the pictures. Label them. Write the word (or words) from the “word bank” on the lines under the correct picture.

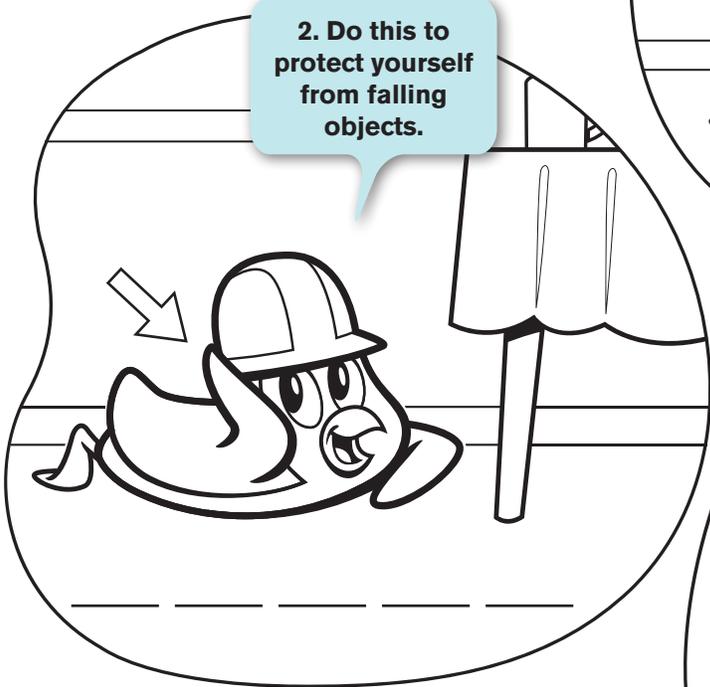
WORD BANK

DROP
COVER
HOLD ON

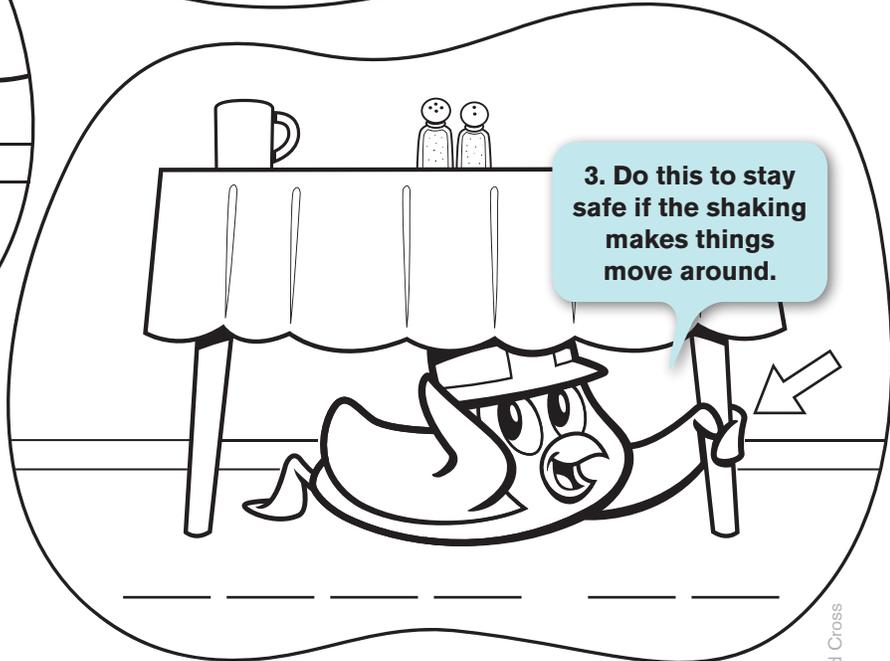
1. Do this so you won't fall down.



2. Do this to protect yourself from falling objects.



3. Do this to stay safe if the shaking makes things move around.



Part 2: On the back of this paper, draw yourself in a safe space at home. Show the three steps in your picture: Drop, Cover and Hold On!

A MESSAGE TO GROWN-UPS: Your child has learned how to stay safe during an earthquake. Ask them to share the **Drop, Cover and Hold On!** steps of earthquake safety and, as a household, practice these steps in a safe space in each room. You can practice outside as well!



Prepare with Pedro! Earthquakes

Drop, Cover and Hold On!

Part 1: Help Pedro and his friends stay safe during an earthquake in three steps! Look at the pictures. Label them. Write the word (or words) from the “word bank” on the lines under the correct picture.

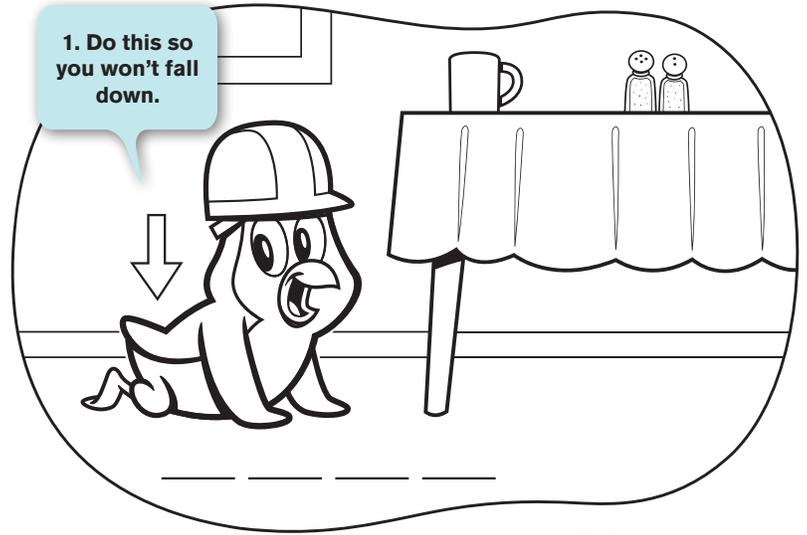
WORD BANK

DROP

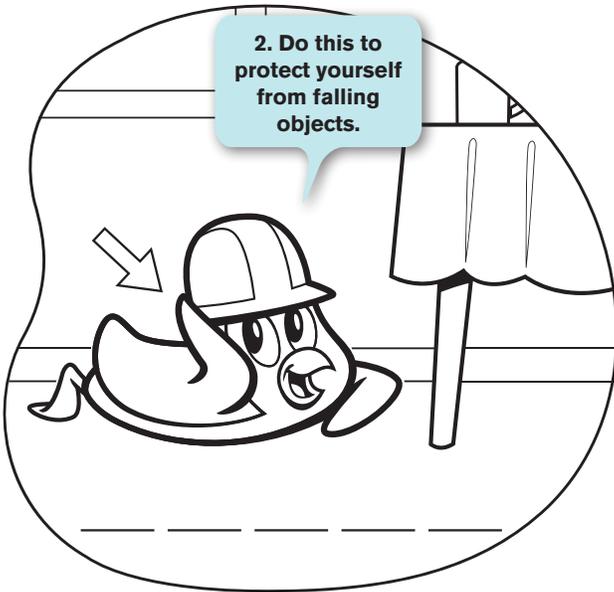
COVER

HOLD ON

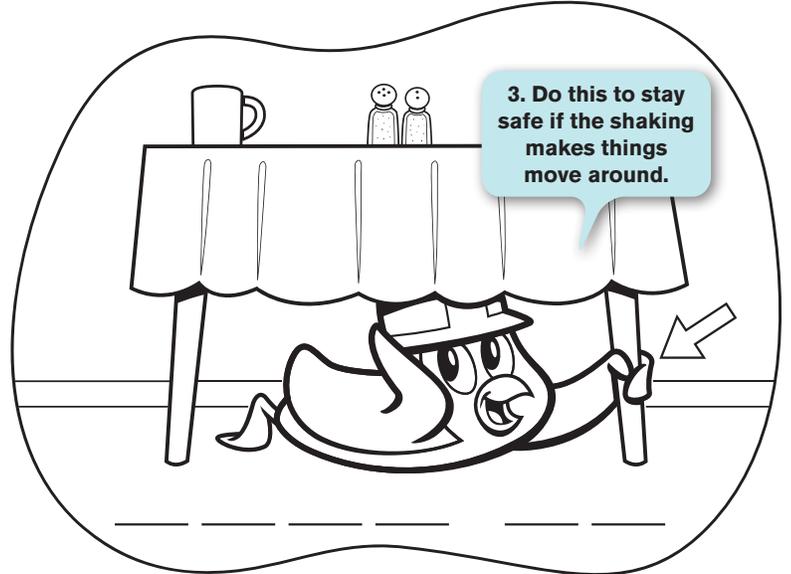
1. Do this so you won't fall down.



2. Do this to protect yourself from falling objects.



3. Do this to stay safe if the shaking makes things move around.



Part 2: When will Pedro know it's okay to leave his safe space? Unscramble and write the words on the lines to finish the sentence.

When a _____ it is _____
 n u p r o w g s s y a f e a s

A MESSAGE TO GROWN-UPS: Your child has learned how to stay safe during an earthquake. Ask them to share the **Drop, Cover and Hold On!** steps of earthquake safety and, as a household, practice these steps in a safe space in each room. You can practice outside as well!



Prepare with Pedro! Earthquakes

A Message to Grown-ups



Your child has been learning about earthquakes, including how to prepare for them and stay safe when an earthquake happens. Ask your child to share what they've learned.

Review the guidelines below with your child and then develop a plan to help keep all members of your household as safe as possible during and after an earthquake. On a separate piece of paper or poster board, create an "Earthquake Safety" plan. List supplies your household needs to have on hand, safety tips and emergency phone numbers. Encourage your child to add illustrations. Reassure your child that if you do experience an earthquake, you will put the plan into action so they don't feel it is their job. It's also important to address any fears or anxieties your children may experience over a possible earthquake. Talk through their feelings and consider practicing coping skills together such as deep breathing.

Be "Earthquake Prepared"

- Tour your home with your child and create an inventory of loose or unstable items and unsecured heavy furniture or appliances. Then secure or move items as your child "supervises" and checks them off the list!
- Keep a flashlight and a pair of sturdy shoes by each person's bed.
- Consider installing locks on your cabinets, especially in places where you keep heavy or fragile items, as well as installing locks on closet doors.
- Identify places where you could seek cover.
- Create a "go bag" with a flashlight, change of clothes, bottled water and a game or book for each member of the household.

Stay "Earthquake Safe"

- When an earthquake happens, drop, cover and hold on!
- If you are inside, stay inside.
- If you are outdoors, find a clear spot and drop to the ground. Try to get as far away from buildings, power lines, trees and streetlights as possible.
- If you are in bed, stay there, roll over on your stomach and cover your head and upper body with a pillow.
- If you're in your car during an earthquake, pull over to a clear location and stop, keeping your seatbelts on.

Aftershock Awareness

- Stay inside until the shaking stops and you are sure it is safe to exit.
- Aftershocks can occur minutes, days, weeks, and even months following an earthquake. Be ready to drop, cover and hold on anytime there's an aftershock.
- Open closet and cabinet doors carefully as contents may have shifted.
- Secure any heavy furniture or wall hangings that came loose or fell.
- Together, when it is safe, review your "earthquake prepared" checklist and note if any items need re-securing or moving.

Learn More!

For more information, check out these resources:

- American Red Cross: [redcross.org/earthquake](https://www.redcross.org/earthquake)
- Ready.gov: [ready.gov/earthquake](https://www.ready.gov/earthquake)
- Centers for Disease Control and Prevention: [cdc.gov/disasters/earthquakes/index.html](https://www.cdc.gov/disasters/earthquakes/index.html)

