

Living on SHAKY GROUND

HOW TO SURVIVE EARTHQUAKES AND TSUNAMIS IN NORTHERN CALIFORNIA

Special Considerations for People with Limited Mobility

Preparedness is a personal responsibility. It is important for everyone to consider how an earthquake or other disaster may affect them. Individuals with any special considerations need to take extra precautions.

Before an Earthquake

- Assess your own special needs or those of others in your family. Develop a plan with your relatives, caregivers and service providers.
- Create safe spaces in your home by moving items that might fall or topple, especially near your bed and areas where you spend much of the day.
- Keep medications and adaptive equipment in a safe place that can be easily reached. Label them so they can be returned to you if they get displaced during an evacuation.
- Talk to your doctor to request an extra two-week supply of your essential medications and supplies. Make sure caregivers know where they are.
- Keep a notebook, pencils, a whistle and flashlight in several locations.
- Keep extra supplies for your service animal in your emergency go kit.



To find out more about how to prepare, contact your local mental health department or visit EarthquakeCountry.org/disability.

During and After an Earthquake

- If you are in a wheelchair when an earthquake strikes, lock the wheels. Try to get as low as possible, cover your head/neck with your arms, a book, or pillow. Stay in place and HOLD ON until the shaking stops.



- If you are in bed, or are unable to move safely and quickly, stay where you are. Cover your head and body with your arms, pillows and blankets if you are able to.
- Use your whistle to call for help and signal others if you need it.

Special Considerations in Tsunami Zones

- Know where the local tsunami zones are. If you cannot easily evacuate on your own, consider moving to a home outside the tsunami zone if possible. Make sure you are signed up for emergency alerts and that someone in your household can help you evacuate to a safe area. If an event occurs, do not wait to evacuate or depend on first responders coming to rescue you.

