



# SAN FRANCISCO Earthquake Safety Guide



## Before an earthquake



### Sign up for AlertSF

Text your ZIP Code to 888-777 or go to [alertsfor.org](http://alertsfor.org) to create an account. AlertSF is the official mass notification system and will send important alerts and instructions during emergencies.



### Make a plan

An emergency plan is all about keeping in contact with the people most important to you and knowing where to meet. Use the Make a Plan sheet available online at [sf.gov/ReadySF](http://sf.gov/ReadySF) to help you create a plan and share it with your family and friends.



### Prepare your Go Bag and Stay Box

A list of helpful supplies to pack is available at [sf.gov/ReadySF](http://sf.gov/ReadySF). Your Stay Box or Go Bag should include a radio (battery-operated or hand crank). In an emergency, if other communication channels are unavailable, tune to local radio stations for critical updates and instructions. In San Francisco, emergency information can be heard on KCBS 740 AM / 106.9 FM, KQED 88.5 FM, KALW 91.7 FM, and NOAA Weather Radio 162.400 MHz.



### Know the location of your gas main and how to shut it off

Contact PG&E at 1-800-743-5000 for guidance if you are unsure. Renters can contact their landlord to learn the location of their building's gas shutoff. Keep a wrench next to the shutoff valve.

PG&E advises turning off the gas service shutoff valve only if you smell gas, hear gas escaping, see a broken gas line, or suspect a gas leak. Unnecessary shutoff could lead to delays in restoring your service, as it must be turned back on by a qualified professional.



### Reduce earthquake hazards at home

Earthquakes can strike without warning, but simple steps can make your home safer. Start by identifying potential hazards -- move heavy furniture like bookcases away from places where people sit or sleep. Store heavy objects on lower shelves to prevent them from falling. Secure items like televisions, computers, bookcases, cabinets, and mirrors to walls or stable surfaces. Making these changes can help prevent injuries and protect your home when the ground shakes.

For more tips visit  
[www.EarthquakeCountry.org](http://www.EarthquakeCountry.org)



# During an earthquake

## Drop, cover and hold on

Drop down onto your hands and knees, get under a strong table or desk if possible, and cover your head and neck with your arms. If you are not near a table, drop against an interior wall and cover your head and neck with your arms. Stay away from windows.



## Stay put

Whether you're in a car, your home, or public place, stay put and wait until the shaking stops. If you're outdoors, steer clear of wires or falling objects. The only time not to stay put? If you're near the coast in a tsunami hazard zone. Go to high ground as tsunamis may follow earthquakes.

## Wait it out

Moderate to large earthquakes typically last about 10 to 30 seconds. Stay in a safe position until the shaking stops. Aftershocks are likely and may feel as strong as the original shaking. Be ready to drop, cover, and hold again. Staying calm and thinking before acting will help you make safe choices for yourself and people around you.

# After an earthquake

## Check your surroundings

Check for damage, and for anyone who is injured and in need of attention. Be alert as damage to a building may lead to leaking gas and water lines or downed power lines. After an earthquake, only turn off your gas main if you smell gas, hear a hissing sound, see a broken gas line, or suspect a leak.

If your building is visibly unsafe—showing signs of major structural damage, collapse risk, or gas leaks—evacuate carefully to a nearby open space, bringing your Go Bag. Never re-enter a damaged building.

## Leave a trail

If you leave home, leave a sign telling friends and family your new location. Meet up at your established meeting spot if it's safe and accessible. If possible, call or post updates on social media to say you're okay.

## Stay tuned, stay alert

Remain alert for official updates and emergency instructions. Tune in to local radio stations (KCBS 740 AM / 106.9 FM, KQED 88.5 FM, KALW 91.7 FM) for real-time information. Be prepared for aftershocks, which can cause additional damage, and stay aware of tsunami risks if you're in a coastal area.

## Check [sf.gov/ReadySF](https://sf.gov/ReadySF)

In a major emergency, the City and County of San Francisco will share official updates and resources at [sf.gov/ReadySF](https://sf.gov/ReadySF).

## Need Help Getting Ready?

Follow the "How To" instructions at [sf.gov/ReadySF](https://sf.gov/ReadySF). Get started today. You're more prepared than you may think!



For more  
information visit  
[sf.gov/ReadySF](https://sf.gov/ReadySF)

