

THE ULTIMATE US SEISMIC BLUEPRINT

SeismicPrep.com | Your All-In-One Preparedness Master List

1. SECURE YOUR SPACE

Structural (The House)

- Foundation bolted to frame
- Cripple walls braced w/ plywood
- Water heater double-strapped
- Auto gas shut-off valve installed

Non-Structural (The Interior)

- Tall furniture anchored to studs
- No heavy art above beds/sofas
- Cabinet latches (prevent spills)
- Electronics/TVs strapped down

2. STOCK YOUR GEAR

The 72-Hour Kit

- Water (3 gal per person)
- Non-perishable high-cal food
- Hand-crank NOAA weather radio
- First Aid kit + 7-day meds
- Flashlights + extra batteries

Utility Tools

- Gas shut-off wrench (by meter)
- Work gloves & sturdy shoes
- Fire extinguisher (Type ABC)
- Portable solar power bank

3. RESPONSE PLAN

During Shaking

- Identify "Drop/Cover/Hold" spots
- Locate interior safe zones

Post-Quake Actions

- Check for fire/gas/leaks
- Do not use elevators (Condos)
- Listen to NOAA weather alerts
- Text, don't call (save bandwidth)

4. EMERGENCY DIRECTORY

Out-of-State Contact:

Family Meeting Spot:

Local Police/Fire:

Insurance Policy #:

US Hotlines: FEMA: 1-800-621-3362 | Red Cross: 1-800-733-2767

Always keep this sheet in a visible place (e.g., fridge or kit). Updated for US Standards 2026.