



# Live Assured

protect yourself during an earthquake

*While earthquakes may not seem like a common occurrence in the Northeast, all 50 states are vulnerable to these natural disasters and their devastating aftermaths. And oftentimes, earthquakes strike severely and without warning.*

*Most injuries and fatalities that happen during an earthquake are actually caused by collapsing objects, so the best defense against these natural disasters is to be prepared.*

- **Be familiar with you surroundings.** Should an earthquake result in a power-outage, it will be beneficial to know the floor-plan of your home or office and where all exits are located.
- **Have an emergency kit.** It should contain at least the following:
  - o 3-day supply of food and water
  - o Flashlight
  - o Battery-operated radio
  - o Extra batteries
  - o Toiletry items
  - o 3-day supply of medications
  - o Copies of personal documents
  - o Extra cash/credit cards
  - o Extra blankets, clothes, and outdoor gear
  - o Cell phone chargers
- **Arrange furniture wisely.** Make sure that shelves are tied or bolted to the wall, and heavy objects are located on the bottom shelf.
- **Know what to do.** If you are indoors during an earthquake: stay away from windows and any heavy objects that could fall. Seek shelter under a

sturdy table and cover your head and neck. Stay there until the shaking stops. If you are outdoors during an earthquake: find an open area that is located away from buildings, power lines, and other heavy objects. Drop to the ground and cover your head and neck; remain in this position until the shaking stops.

- **Beware of aftermath.** Aftershocks can last for days after a large earthquake, so remain cautious of unstable buildings and shifted surroundings. Earthquakes can cause gas leaks, and can trigger other catastrophic events like landslides, flash floods, and tsunamis, so stay alert and be prepared to react to these types of events.

For more information and safety tips regarding earthquakes, log onto [www.FEMA.gov](http://www.FEMA.gov). And be sure to ask your independent agent about Preferred's earthquake coverage that's available as an endorsement for homeowners or renters insurance policies. You may not be able to predict Mother Nature, but you can certainly Live Assured that Preferred Mutual has got you covered.

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