

Hello Steller Community,

In lieu of the Great Alaska Shake Out on October 18, please review the seven steps to be prepared in case of an earthquake. The step guidelines are linked for more detailed information.

The Seven Steps

• **Prepare**

- Step 1: [Secure Your Space](#)
 - **Secure your space by identifying hazards and securing moveable items.**
- Step 2: [Plan to Be Safe](#)
 - **Plan to be safe by creating a disaster plan and deciding how you will communicate in an emergency.**
- Step 3: [Organize Disaster Supplies](#)
 - **Organize disaster supplies in convenient locations. [Click link for supply ideas.](#)**
- Step 4: [Minimize Financial Hardship](#)
 - **Minimize financial hardship by organizing important documents, strengthening your property, and considering insurance.**

• **Survive**

- Step 5: [Drop, Cover, and Hold On](#)
 - **Drop, Cover, and Hold On when the earth shakes.**
- Step 6: [Improve Safety](#)
 - **Restore daily life by reconnecting with others, repairing damage, and rebuilding community.**

• **Recover**

- Step 7: [Reconnect and Recover](#)
 - **Restore daily life by reconnecting with others, repairing damage, and rebuilding community.**

Thank you for spending time with your family in safety planning for disaster preparedness. It can happen at any time!

Nurse Annette

Resources:

<https://www.earthquakecountry.org>

<https://www.shakeout.org/alaska/>