

ELEC
BETTER TOGETHER

Tip 5

Practicing safe habits during an earthquake

Earthquakes are sudden and without warning. In the past 4 tips we have shared what we believe is sound behavior for preparation and evacuation—you can find those previous tips at [Elizabeth Lofts Emergency Committee \(ELEC\) - The Elizabeth Lofts | Pearl District | Portland, OR](#) or by navigating to <https://www.elizabethlofts.org/information/earthquake-study/>

This next tip is a set of quick videos with advice from the Southern California Earthquake Center on the immediate first step as an earthquake strikes. Because you never know where you will be with disaster strikes, the videos provide recommendations on how to stay as safe as possible in a variety of locations. Please view the [video here](#) or navigate to <https://youtu.be/tHUITo83nis> to watch it. We are grateful for the SCEC and others like them for sharing free educational instructions on emergency preparedness.

Coming next month Tip 6

What works to improve disaster preparedness

We will look at tools and techniques of behavioral science to improve the effectiveness of disaster preparedness.