



Are You Ready?: How to Prepare for an Earthquake

Maggie Mooney

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As earthquakes have struck around the world with alarming frequency, millions have realized they are unprepared for similar catastrophes close to home. Online disaster plans and older books—heavy with seismic science and a survivalist focus—leave the average reader overwhelmed with details and anxiety. How much water will I need? What if I'm driving? How do I protect my six-year-old? The questions go on—and in this book Maggie Mooney answers them. Her four-week readiness program includes straightforward instructions, forms, and checklists. Mooney explains what to expect during a quake, and what to do when the shaking stops. She also addresses both aftershocks and tsunamis.

Use this guide and the checklists inside to get ready:

- Find your safe spots at home, at work, at school, and outdoors.
- Develop your emergency communication plan.
- Shake-proof your home.
- Assemble emergency supplies.

By following the steps in the four-week readiness program described here you can avoid injury and ensure you have the food, water and other essentials you need to be prepared rather than scared.

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Playing with family within a park, coming to see the coastal world or hanging out with good friends is thing that usually you might have done when you have spare time, in that case why you don't try point that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Are You Ready?: How to Prepare for an Earthquake, it is possible to enjoy both. It is good combination right, you still wish to miss it? What kind of hang type is it? Oh can occur its mind hangout fellas. What? Still don't get it, oh come on its known as reading friends.

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