



Koj Lub Tswv Yim Npaj

Rau qhov

**Xyha Theem
Kev Pab Kom
Txhob Raug
Mob Thaum
Muaj Av Qeeg**

EarthquakeCountry.org



Qhov no yog Koj lub Tswv Yim Npaj rau yuav ua cas ua ntej, rau thaum ntawd, thiab tom qab muaj ib qho av qeeg loj. Mus saib ntawm EarthquakeCountry.org yog xav tau kev qhia thiab kev pab ntxiv rau ntawm ib theem kev qhia twg.

NPAJ

Npaj koj qhov chaw kom khov kho

ntawm los twb zoo saib tej yam yuav ua tau raug mob thiab khi tej khoom yuav txav kom khov.

Xav txog rau ntawm qhov chaw koj nyob los yog ua haujlwm cia li raug muab nqa thiab co ib sab rau ib sab thiab sau rau hauv thaum muaj ib qho av qeeg-Dabtsi yuav yog raug dhia ya? Koj yuav txwv qhov no kom tsis pub muaj li cas? Pib yam koj ua es yuav tsis yog poob nyiaj; nug lwm cov tib neeg seb koj puas yuav tsum kom muaj tej ntaub ntawv qhia los yog kev pab.

Tsis Them Nqe:

- Tshem tej lub ntim uas cog paj/ntoo thiab lwm yam khoom uas hnyav los txawb rau hauv av los yog rau cov txee qes.
- Tshem tej khoom uas yuav ya tau kom deb ntawm tej chaw uas neeg feem ntau nyob.
- Tshem tej rooj tog thiab lwm yam khoom loj kom txhob nyob ze cov qhov rooj thiab tej kev tawm tau.

Them Nqe Qes (muaj nyob rau tej kiab khws muag khoom kho vajtse los yog hauv online):

- Muab tej rooj tog thiab taub yees, cav ntshua khaub ncaw thiab lwm cov cav loj khi rau daim ntoo ntawm tej phob ntsa. (\$12-\$19)
- Muab tej computers, TVs, tej cav kho mob, thiab lwm yam khoom hynav khi kom khov kho. (\$7-\$15)
- Muajb tej tug khawm khoom uas khov khov los mus dai tej aiv thiab duab. (\$1-\$2)
- Muab lub taub rho dej kub hauv lub tsev khi nrog rau ob tug pab hlau kom khov kho. (\$20-\$50)
- Muab tej cov cam cam li cov museum wax los yog cov quake putty coj los nplaum tej yam khoom me zog. (\$5-\$10 to secure many items)
- Muab ib yam dabtsi los rau cov txee uas nyob theem siab zog hauv hoob noj mov kom xauv tau. (\$1-\$8)

Theem 1 ntawm Koj Qhov Kev Npaj Yuav Ua Cas

Yam dabtsi koj yuav tsum khi kom khov kho, thiab thaum twg mam ua?

Khoom dabtsi thiab nyob rau qhov chaw twg:

Thaum Twg?



Kev pab thiab kev qhia ntxiv:
EarthquakeCountry.org/step1

2

Npaj kom tsis muaj raug mob

Rau ntawm los tsim kom koj muaj ib lub tswv yim pab thaum muaj xwm txheej thiab los txiav txim koj yuav txuas lus tau li cas.

Muab koj lub tswv yim no tham qhia nrog rau koj tsev neeg, cov neeg nyob ib ncig koj, cov neeg pab tu neeg mob, thiab lwm cov tib neeg.

Plan now to reduce injuries and damage:

- Practice earthquake self-protection safety actions (see Step 5).
- Have fire extinguishers and learn how to use them, or how to get help.
- Take a first aid or CPR course and download a first aid app.
- If your home has gas service, show everyone how to shut off the gas valve.
- If near the coast, learn about evacuation and more at [TsunamiZone.org](https://www.tsunami-zone.org).

Npaj seb koj yuav txuas lus thiab tiv tauj neeg li cas:

- Xaiv ib qhov chaw uas sawv daws yuav mus sib ntsib yog tias koj nkag tsis tau mus rau hauv koj lub tsev lawm.
- Muab daim ntawv uas muaj cov neeg tseem ceeb ntawm koj qhia rau lwm tus (kom muaj ib tug uas nws nyob rau lwm qhov chaw es yuav ntaus ntawv hauv xov tooj tau rau los yog hu tau.)
- Yog tias muaj ib co menyuum, mus kawm kom paub txog lawv lub tsev kawm ntawv los yog qhov chaw zov menyuum ntawd txoj kev yuav ua li cas thaum muaj xwm txheej.
- Yog koj paub leej twg nyob rau ib lub tsev laus, kawm kom paub txog lawv qhov chaw ntawd txoj kev yuav ua li cas thaum muaj xwm txheej.
- Yog tias koj yog ib tug neeg mob ua tsis tau dabtsi, qhia txog cov neeg/chaw uas pab koj nyob rau hauv koj txoj kev pab thaum muaj xwm txheej.
- Kawm kom paub seb koj yuav los koom nyob rau tej Community Emergency Response Team (CERT) los yog lwm yam kev pab zoo li no yog yuav ua li cas.
- Cuv npe kom txais tau tej xov xwm ntaus ntawv qhia txog thaum muaj xwm txheej rau hauv tej zej zog los yog mus download qhov alert phone apps.
 - o Cov neeg nyob rau Sab Ntug Dej Hnub Poob ntawm U.S: Mus nrhiav tej qhov apps qhia txog av qeeg zoo li MyShake
- Mus nrhiav ib lub NOAA Weather Radio thiab kawm kom paub txog qhov Public Alert.

Qhia txog cov tswv yim kom txhob raug mob ntxiv:
[EarthquakeCountry.org/step2](https://www.earthquakecountry.org/step2)
[EarthquakeCountry.org/accessibility](https://www.earthquakecountry.org/accessibility)

Theem 2 ntawm Koj Qhov Kev Npaj Yuav Ua Cas

Xub pib yam muaj li nram qab no:

Tus Neeg Nyob Rau Lwm Qhov Chaw:

Npe: _____ XovTooj: _____

Lwm Tus Neeg Tseem Ceeb:

Npe: _____ XovTooj: _____

Npe: _____ XovTooj: _____

Chaw Teem Sib Ntsib: _____

Lwm Cov Tswv Yim Npaj Ua



3

Npaj Kom Muaj Ib Co Khoom Tseem Ceeb Thaum Muaj Xwm Txheej rau tej qhov chaw koj yuav muab tau yooj yim.

Muaj tej khoom txhij txhua kuj yuav pab kom tsis raug phem ntau los ntawm ib qho av qeeg los yog lwm cov kev xwm txheej.

Xaiv ib qho chaw uas muab koj cov khoom cia:

- *Lub hnab tso rau hauv qab txag* (khi rau lub txaj) yog thaum tsaus ntuj tuav cov khoom uas koj toob kas thaum muaj av qeeg (cov khau thiab thom khwm, tsom iav coj, daim looj ntsej muag thaum tsau ntuj, teeb khoos tsom, etc)
- *Lub Hnab Npaj Nqa* Mus muaj khoom kom txaus rau li 3 hnub.
- *Cov khoom hauv tsev los yog tom chaw ua haujlwm* yuav tsum kom muaj txaus txog kias li 2 lub asthiv thiab muab cai rau ib qho chaw kom qhuav, thiab zoo.

Cov khoom kom muaj:

- Dej haus koj txaus tsawg kawg li 3 hnub. Tiag mas yuav tsum yog kom kav txog rau li 2 asthiv (tib neeg thiab tsiaj txhu tu tom tsev toob kas haus, ua zaub mov, thiab ntxuas ub no tej yog ib gallon ib hnub).
- Teeb khoos tsom thiab roj teeb, lub charger rau xov tooj ntawm tes, thiab ib lub radio yus nqa tau.
- Tej yam khoom rau menyuum yaus ua si li tej games, xim, thiab khoom ua si kom lawv tsis txhob quaj quaj los xeeb xeeb txob.
- Luam tej ntaub ntawv qhia nyiaj (Theem 4) rau hauv koj lub hnab npaj nqa mus nrog rau tej ntaub ntawv cov tib neeg kom tiv tauj (Theem 2), ntawv luam qhia tej tshuaj noj, daim npav mus kuaj kho mob, daim ID, thiab ib qho mentsis nyiaj.
- Tej tshuaj noj thiab cav pab pab ua pa (cav tso pa, tej yam ua pab ua pa no, etc).
- Khoom ntxuav/tu lub xev thiab tej ntaub siv thaum mus plob.
- Ntaub ntawv txog tus tsiaj txhu tu hauv tsev (duab, tshuaj tiv thaiv kab mob, thiab daim "chip" id number).
- Khaub ncaw hnab, pam vov, thiab lwm cov khoom ntau ntxiv uas yuav pab kom nyob tau sov so (los yog txias).
- Hnab looj tes ua haujlwm thiab tej ciaj es thiaj mus tua tau nkev thiab dej, qheb cov qhov rooj, etc.
- Zaub mov nyob hauv koos poom los yog ntim, diav noj mov, tus qheb koos poom, thiab lwm yam uas pab ua zaub mov noj rau sab nraum zoov.

Theem 3 ntawm Koj Qhov Kev Npaj Yuav Ua Cas

Koj yuav muab dabsi cia rau ntawm ib qhov chaw twg?

Lub hnab tso rau hauv qab txag: _____

Lub Hnab Npaj Nqa Mus: _____

Cov Khoom rau Tom Tsev los yog tom Chaw Ua Haujlwm:

Kev qhia txog lwm yam
khoom yuav tau npaj ntxiv:
EarthquakeCountry.org/step3



4

Txwv kev nyuaj siab ntawm kev nyiaj txiag

rau ntawm los mus muab tej ntaub ntawv tseem ceeb khaws tseg cia, kho tej vajtse kom khov kho, thiab npaj kom muaj insurance.

Cov av qeeg kuj ua tau peb lub neej puas tau li tsheej asthiv los yog tsheej lub hli yog tias cov khoom ntawd yuav tsum rov yuav dua los yog yuav tsum kom tau raug kho.

Kho tej ntaub ntawv kom zoo:

- Khaws tej ntaub ntawv rau thaum los mus pib ua tej insurance claim los yog los ua ntaub ntawv thov nyiaj rau hauv koj lub Hnab-Npaj Nqa Mus (Theem 3).
- Thiab kom muaj tej ID, insurance policies, ntawv qhia txog nyiaj txiag, thiab ib daim ntawv qhia txog muaj dabtsi rau hauv tsev (duab los yog videos los yog video kuj coj mus khaws tseg cia tau rau hauv online).

Kom koj lub vajtsev nyob khov kho:

- Tej cai rau cov vajtsev tamsim no tsawg kawg yuav coj tau los tswj rau cov vajtse qub qub kom kho, tabsis txawm li los kuj tseem muaj tej yam kuj yuav tsum kom tau ua (mus saib rau ntawm [StrengthenMyHouse.com](https://www.StrengthenMyHouse.com)).
 - o *Tej cov phob ntsa uas tsis muaj dabtsi tuav* yog muaj ntau nyob rau ntawm cov tsev uas qub zog tabsis kuj tseem mus muab dabtsi khi thiab tuav los tau.
 - o *Thawj xab ntawm lub tsev nyob nws* muaj qheb dav zog rau cov xab nyob qes (xws li lub qhov qheb rooj hauv ngas las) kuj yuav khov dua tuaj yog muab dabtsi los txhawb khi thiab los pab ntiv txhawb lub tsev.
 - o *Tej pob zeb coj los ua phob tsa* uas tsis muaj dabtsi tuav (tej bricks los yog block walls thiab chimneys).
 - o *Cov tsev mobile homes yeej* yuav tsum kom muaj ib qho "resistant bracing system rau thaum muaj av qeeg."
- Cov neeg xauj tsev nyob: yog ua tau, xaiv ib lub tsev uas tsis muaj tej yam kev yuav raug mob li no. Nug seb puas tau muaj dabtsi kho ntiv rau lub tsev, seb lub taub rhaub dej hauv tsev puas tau muab khi, thiab yog koj ua tau muab qhov khoom no khi kom khov rau daim phob ntsa.

Xav kom paub ntiv txog rau theem no:

[EarthquakeCountry.org/step4](https://www.EarthquakeCountry.org/step4)

Xav kom muaj insurance los pab tiv thaiv:

- Cov neeg yuav tsev thiab xauj tsev nyias yuav tiv thaiv tau nyias tus kheej ntawm los yuav insurance rau thaum muaj av qeeg (nws yog nws ib daim policy tshiab).
- Yog tias koj nyob rau thaj chaw uas muaj hiav txwv los nyab tau, xav kom yuav daim FEMA flood insurance.

Theem 4 ntawm Koj Qhov Kev Npaj Yuav Ua Cas

Koj yuav ua dabtsi rau tom ntej?

Kho tej ntaub ntawv kom nyob zoo: _____

Kho lub vajtsev kom khov kho: _____

Xav kom yuav insurance: _____



5

Khoov, Npog, thiab Nyob Twj Ywm Tos

los yog ua lwm yam kev xav kom ua (yog tias koj mloog av qeeg co co los yog tau ib qho xov xwm).

Rau feem ntau tej qhov chaw, yog tias koj ua tau:

KHOOV Qhov khoov li no yuav tiv thaiv koj kom txhob ntog thiab ua tau rau koj nkag mus nkaum tau rau ib qhov chaw nkaum uas nyob ze.

Npog koj lub taub hau thiab caj dab ntawm siv ib txhais npab thiab tes.

- Yog tias muaj ib lub rooj los yog lub rooj saib ntawv nyob ze, nkag mus nyob hauv ua ib qho chaw nkaum.
- Yog tsis muaj ib qho chaw nkaum nyob ze, nkag mus nyob npuab ib sab phob ntsa (kom deb ntawm cov qhov rai).
- Nyob twj ywg txhos caug; khoov kom tiv thaiv koj tej siab, plawv, ntsu, raug uas tseem ceeb.

NYOB TWJ YWM txog rau thaum qhov co co nres.

- Nyob nkaum rau ib qhov chaw: muab ib txhais tes los mus tuav khov kho; npaj txav nrog qhov chaw nkaum ntawd yog tias nws txav.
- Tsis muaj ib qhov chaw nkaum: Siv koj ob txhais npab thiab tes los tiv thaiv koj lub taub hau thiab caj dab.

Xyhaum
nrog Lab!
ShakeOut.org



Yog tias koj siv ib lub laub zaum los yog ib lub laub taug kev uas muaj log:

XAUV koj ob lub log laub (los yog tsa tus pas kom tuav tus brake).

NPOG koj taub hau thiab caj dab siv ob txhais npab los yog ib phau ntawv.

NYOB TWJ YWM tuav koj cov khoom ntawm ib txhais tes yog ua tau, kom txog thaum qhov co co nres.

Xav paub ntxiv mus rau ntawm EarthquakeCountry.org/accessibility.

Theem 5 ntawm Koj Qhov Kev Npaj Yuav Ua Cas

Leej twg yog tus koj yuav xyhaum ua ke nrog rau thiab thaum twg?

Cov tib neeg tom tsev:

Thaum twg?

Cov tib neeg tom chaw ua haujlwm:

Thaum twg?

Lwm pawg neeg:

Thaum twg?

Mus kawm kev qhia ntxiv
txog rau lwm qhov chaw:
EarthquakeCountry.org/step5



6

Kom Qhov Txhob Muaj Raug Mob Muaj Zoo Dua Tuaj

tom qab muaj av qeeg los ntawm qhov khiav tawm yog tias yuav tsum tau khiav, los mus pab cov uas raug mob, thiab los pab tiv thaiv kom txhob muaj kev raug mob los puas ntxiv.

Thaum twg yog thaum kuv yuav tsum tau khiav tawm?

- Yog tias koj nyob ze ib qho ntug dej, txav mus nyob rau ib qhov av kom siab zog uas koj mloog yuav tsis ntshai thiab txav tau. Qhov hiav txwv los nyab nws yuav yog li ob peb nashis tej ntawd. Kawm kom paub ntxiv rau ntawm [TsunamiZone.org](https://www.tsunami-zone.org).
- Yog lub tsev raug puas, muaj ib qho hluav taw, los yog lwm yam yuav muaj raug mob, mus rau koj qhov chaw uas teem sib ntsib (Theem 2)
- Yog tias koj yuav tsum kom tau mus nyob rau ib qho chaw nkaum, nqa koj lub Hnab-Npaj Nqa Mus (Theem 3).

Pab cov tib neeg uas tau raug mob:

- Saib xyuas koj pob khoom ntim tej cov khoom pab kho mob es nyeem seb yuav pab li cas los yog siv qhov first aid phone app.
- Yog yuav pab lwm tus tib neeg nug ua ntej seb lawv puas tso cai tso.
- Yog leej twg hos los ntshav hlob, muab dabtsi mus pab es nais lub qhov nqaij.
- Yog ib tug neeg twg nws tsis ua pa lawm, tsuas yog siv ob txhais tes los pab thawb nws lub hauv siab xwb, yog tias koj tsis tau kawm ua CPR.
- Txhob txav ib tug neeg raug mob loj loj yog tias yuav tsis muaj lwm yam yuav raug mob ntxiv.
- Hu 9-1-1 es hais kom muaj ib tug neeg tuaj pab ib tug neeg uas raug mob loj loj.

Tiv thaiv kom txhob muaj raug mob ntxiv:

- Txav los yog khi cov khoom uas yuav vau tau thaum av co (theem 1).
- Siv lub taub tua hluav taw los tua cov hluav taw uas kub meme xwb.
- Tsuas mus tua nkev xwb yog tias koj hnov tsw los yog hnov dim dim pas nkev.
- Siv cov teeb khoos tsom es txhob siv tee khaim los yog cov menyuam ze taw.

Qhia lwm cov tib neeg koj nyob li cas thiab ua twb zoo mloog kom koj paub yuav ua li cas ntxiv:

- Ntaus ntawv hauv xov tooj los yog hu mus rau cov neeg uas tsis nyob rau koj qhov chaw es qhia rau lawv koj nyob li cas thiab nyob rau qhov chaw twg.
- Mus cuv npe nyob rau ntawm qhov American Red Cross [SafeAndWell.org](https://www.safeandwell.org) website.
- Mloog ntsoov koj lub NOAA Weather Radio los yog xov xwm hauv TV.



Theem 6 ntawm Koj Qhov Kev Npaj Yuav Ua Cas
Koj yuav ua dabtsi **tamsim no**, es koj thiaj kuj pab txwv kom qhov kev raug mob nws muaj tsawg zog dua tuaj rau **tom qab ntawd?**

Kawm kom paub ntxiv txog qhov kom txhob muaj raug mob muaj zoo dua tuaj:
[EarthquakeCountry.org/step6](https://www.earthquakecountry.org/step6)



7

Rov los sib tiv tauj thiab sib kho

txoj kev ua neej nyob los ntawm qhov rov los sib nrhiav nrog rau lwm cov tib neeg, los kho tej yam uas puas, thiab rov los tsim kho lub zej zog.

Zoo li qhov muaj av co meme tom qab qhov av qeeg, koj qhov yuav zoo zuj zus rov los yuav siv ob peb lub hlis los yog ntev dua.

Thawj hnuv tom qab qhov av qeeg:

- Kuaj xyuas seb puas muaj nkev dim pa, tej tshuaj chemical nchuav thiab lwm yam yuav raug mob tau.
- Kuaj xyuas tej neeg laus laus nyob ze, cov neeg mob ua tsis taus haujlwm, thiab cov menyuam.
- Siv cov zaub mov hauv koj lub taub yees thiab lub freezer ua ntej.
- Tiv tauj koj tus insurance agent. Cov khoom uas yog koj tug muab yees duab tseg cia thiab sau tseg txhua cov nuj nqe koj muaj.
- Hu mus qhia cov neeg uas tsis nyob rau ntawm koj qhov chaw kom lawv paub txog koj nyob li cas kom txog rau thaum muaj kev sib txuas lus tau li qub dua.

Thawj asthiv tom qab qhov av qeeg:

- Yog tias koj twb tua nkev lawm, hu mus rau lub tuam txhab tso nkev kom rov tso nkev tuaj.
- Mus saib [FEMA.gov/assistance](https://www.fema.gov/assistance) es mus kawm seb ho muaj dabtsi pab ntxiv.
- Yog tias koj yuav tsum kom kho lub vajtsev, saib seb koj tus contractor nws puas muaj daim license.
- Nrog lwm cov tib neeg tham seb lawv mloog lawv tus kheej nyob li cas, thiab pab lawv mus tham nrog rau ib tug neeg yog tias lawv toobkas.

Yog tias koj nyob tsis tau rau hauv koj tsev...

- Cov chaw mus nkaum tej zaum yuav muaj neeg coob heev. Mus nyob nrog rau tej phooj ywg los yog tsev neeg, los yog rau hauv ib lub hotel, kuj yuav yog lwm txoj kev xaiv.
- Qhia ib tug neeg nyob ze koj thiab tus neeg tsis nyob rau ntawm koj thaj chaw paub tias koj yuav mus nyob rau qhov twg.
- Tsuas yog nqa koj lub hnab-npaj nqa mus thiab tsuas yog yam khoom tseem tseem ceeb mus rau ntawm ib qho chaw nkaum xwb.
- Npaj ib lub tswv yim yuav ua cas rau koj cov tsiaj tsam lawv tsis pub nyob nrog koj.

Kev qhia ntxiv txog yuav rov sib pab kom zoo zuj zus muaj nyob rau ntawm:
[EarthquakeCountry.org/step7](https://www.earthquakecountry.org/step7)

Theem 7 ntawm Koj Qhov Kev Npaj Yuav Ua Cas

Yam dabtsi ntxiv koj ua tau **tamsim no** uas yuav pab kom koj rov muaj zoo zuj zus sai dua?

