Introduction

1 Earthquake Basics

2 Earthquake Psychology

3 Week1: Getting Started Before the Big One Strikes

4 Week 2: Preparing Yourself and Your Home

5 Week 3: Finding Safe Places

6 Week 4: Preparing to Stay Safe in Your Car and at Work

7 Beyond the Essentials: Earthquake-Proofing Your Home

8 During the Big One

9 After the Big One

Conclusion